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# Dani's Papers

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SPECIAL SECTION:  
BUSINESS & FINANCES



LARGEST WEEKLY CIRCULATION IN THE HAMPTONS PLUS SPECIAL MANHATTAN DELIVERY

# HEALTH & BEAUTY

## Skin deep with Samantha Altea

### ONE FOR THE BOYS

Do you have a bit of a pain in the neck during the colder months? Well, I do. His name is Peter and ever since winter began, he's been endlessly complaining about his aching back, legs and arms. What with jogging on the snowy beach, skiing and occasional cold-water surf excursions (rather him than me), it's gotten so bad that his pain has now become mine! So last week, I took desperate measures and decided to visit the experts at Nickel, the new Men's spa in downtown Manhattan that celebs and style connoisseurs are flocking to. The spa, an export of Paris, France, seemed like a good place to get some H. E. L. P. to fix my man and fast. If you haven't heard of Nickel's best selling men's skincare line found in Sephora and other major stores, or wouldn't dream of using any kind of men's beauty (men prefer to call it skincare) products, let alone visit a spa, then wake up to the fact that the men's health and beauty industry is growing faster than you can say metrosexual, because these days, men are learning to pamper and take care of themselves just as much as women do.

I decided to see for myself, but imagine my surprise when I discovered, as I entered the slick looking lobby, that I wasn't allowed one step further. Women are not permitted in the spa under any circumstances! I was intrigued, so I sent my own private spy along for some reconnaissance work. I convinced my macho Australian man that he should go along for a massage to get some relief - for both our good - but neglected to mention that I'd also booked him a facial! Well, when in Rome...

I waited with baited breath. When Pete returned

home with a big mushy smile on his face, I knew I was on to something. So here's one for the boys.

I had a phone interview (remember, no girls allowed) with Bob Napondano, one of Nickel's massage



Photo from www.pamperyou.com

therapists, who gave me some at-home massage tips for Hamptonites who can't get to a 'men only' spa. The first thing that Napondano told me was to make sure to warm up your muscles before any kind of exercise - take a steady run on the beach, or stretch in front of a log fire before major work outs. For aches and pains, "Men have a different muscular mass than women," he says, "there's a lot more mass, which means that to massage a man you have to work harder and go deeper to really effect the muscle. Try using long deep movements and never massage on the bone." For ham-

strings, you can strip the muscle and get rid of toxins by sliding your hand slowly and deeply up and down it. Pay close attention to his back too, and note that between the shoulder blades and around the scapula, the shoulder blades are only attached by muscle, not bone. Meaning that shoulders are attached to everything else, arms, back, etc. Working on the shoulder blade muscles is, therefore, important. Napondano suggests using Nickel's Canaille Massage Oil with hot peppers, \$30, to massage the body. It gets warm which helps to ease muscle strains. He also recommends a foot massage with Le Pied, Nickel's foot massage gel. Use both hands with longer, deeper movements, including toes, at base joints and over balls of the feet for fast relief.

I spoke with Philippe Dumont, the creator of Nickel, who used to work for skincare companies like Chanel and Christian Dior, so he knows a thing or two about skincare. He stresses that men's skincare in winter is, just like women's, all about moisturizing. "Moisturizing is the key work! We suggest using Nickel's daily moisturizer Bonne Gueule, \$50, twice a day, especially as a night cream," he adds. Another good men's moisturizer is Dr. Brandt's Balanced Body Moisturizer, \$50, which is good to apply after bathing - hot baths are another way to warm up hurting bodies.

For aches and pains, skincare, or simply a little pampering... gentlemen, embrace, love and take care of the skin you're in. 'Cos, being a metrosexual doesn't seem such a bad thing.

*More men's health and beauty to come... Get Nickel and Dr Brandt's men's skincare products at Sephora [www.sephora.com](http://www.sephora.com)*

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