

SPOTLIGHT on *Grooming Boston Men*

by Clint Hamblin

Not Your Father's Barbershop. There was a time when a little Vaseline combed through the hair, a quick shave and a splash of Old Spice was all a man needed to be considered well-groomed before going out to conquer the world. But, in the 21st century, many men choose to pay a team of professionals to help them achieve and maintain the perfect look.

The recently opened Barbershop Lounge is an underground men's salon located at 245 Newbury Street, and according to Stephanie Acciacca, one of the technicians at Barbershop Lounge, "Business is very good."

Men of all ages come in for a traditional shave and a haircut, but many don't stop there. Manicures, pedicures, massages, facials and body waxes have become very popular procedures for the manly man. "And men make regular appointments for any combination of these treat-

ments," Acciacca said.

While shaves, haircuts and manicures have been available to men for years, the pedicure is gaining popularity as one of the hot items on the services menu. Barbershop Lounge offers a private pedicure room where men can soak their toes while watching a game of football on a flat-paneled screen. A good pedicure is like a religious experience. When the ceremony is finished, your feet feel extremely clean, soft and subtle. The cracked-heals and dry-skin that catches the threads of your socks as you pull them up are gone and once you've had one pedicure, you'll be making appointments for more.

Body waxing has also become hot on the men's list of services. When asked what areas were popular for waxing, Stephanie responded, "We wax anywhere except the face and scalp. We remove hair or shape it depending on the client's wishes. For those private and delicate areas,



A Barbershop Lounge signature shave



A haircut at Barbershop Lounge

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Boston Public Works will collect and compost residents' yard waste

Six weeks: October 27th - December 5th on your recycling day

Place leaves in large paper leaf bags or open barrels marked "yard waste."
For free "yard waste" stickers, call 617-635-4959 (up to 2 stickers available per household).

Cut branches to 3' maximum length and 1" maximum diameter.
Tie branches with string.

Place leaves and yard waste at the curb by 7am on your recycling day.



Leaf and yard waste will not be collected during the two weeks before the Oct 27th start date. Please hold onto your leaves until collection begins.



Thomas M. Menino, Mayor

we sometimes provide a rolled-up towel for the client to bite down on just before we pull the wax."

"Yikes!" I said. "Let's save that service for another day."

Most men come in on a regular schedule as part of their personal maintenance program. While enjoying a pedicure, get your shoes shined. There's even a pool table where you can shoot a game to relax and mingle before or after your services. It's so civilized!

Taking men's grooming to a whole new level, The Boston Center for Facial Rejuvenation recently opened at 69 Newbury Street, where Dr. Leonard Miller performs advanced skin care services to maintain or correct skin maladies. Miller is a keen proponent of non-surgical rejuvenation procedures, including injection treatments and laser therapies, as an adjunct or alternative to surgery.

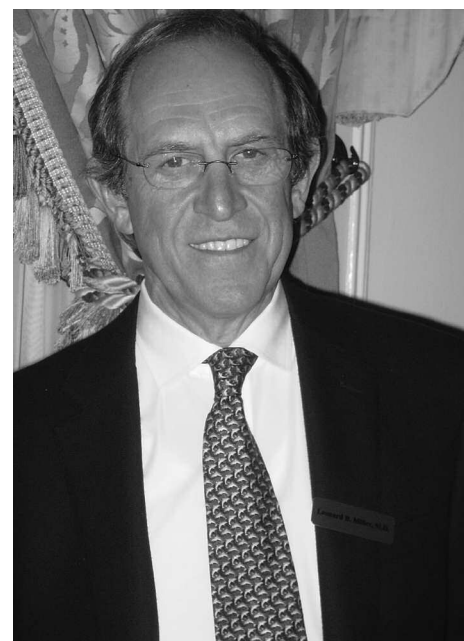
"About 15 percent of our

clients are men," Miller said. "Men are the same as women in terms of aging. Sometimes a man can look old, and these treatments can help plump out the skin, keeping the face young and from falling."

Men often request Botox or other filler injections to add volume to their faces. Many do laser treatments, peels and facials. The laser treatment can decrease the pigmented spots or liver spots, creating cleaner looking skin.

"Non-surgical rejuvenation or the use of non-surgical techniques to enhance and maintain one's appearance using lasers and fillers has revolutionized the whole field," Miller said.

"If men have a face lift, it's quite a procedure. Men don't scar well. There's no hair to cover the



Dr. Leonard Miller

scar, and you change the beard line. Men's skin is more stretchy. After the lift, they look good, but they can have a sagging problem. That's why skin rejuvenation is becoming so popular," Miller said.

A full rejuvenation could require two or three syringes of filler, which can run from \$2,000 to \$2,500, with maintenance of \$1,000 to \$1,500 needed once every four to six months.

Let's see now: \$45 for the pedicure, \$85 for the shave, \$2,500 for the Botox and \$1,500 for the laser treatment. "Shave and a haircut - two bits." Ah, those were the days.

Gibson



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