

# Yes, there IS a difference: men's vs. women's skin.



**WARNING:** These statistics are **not** gender neutral! Ever wondered why men seem to age so much better than women (even though many of them barely cleanse, let alone apply lotion)? We have the answer to this mystery and more! You may not love everything you read, but you WILL love the insights, talking points, and tips we provide to help you address your skin in the way that gives you the very best results—whether you're a man or a woman.

## Men

**It's a guy thing.**

Men's skin naturally ages more slowly (ugh, we know), BUT this means that most men take care of their skin less proactively, which evens the aging score later in life. Come on guys, you have a gift. Use it or lose it!



## Women

**We don't want to offend anyone's delicate sensibilities, but...**

Women's skin is thinner than men's. While that gives it a softer feel earlier in life, that thinness makes women's skin more prone to redness, irritation, and visible fine lines and wrinkles. Sad.



**20%**

"Thick skinned" is more than just a saying. Men's skin is 20% thicker than women's! Here comes the eye roll: men's skin also contains more collagen (one of the reasons men appear to age slower than women).

**What's my age again?**



However, it's not all fun and games and riding into the sunset wrinkle-free. Like we touched on above, men naturally age more gracefully, so they generally don't think about skin care until it's too late. When signs of aging do emerge, they tend to be more dramatic (like a man cold but for wrinkles). We're talking **deeper grooves, heavier necks, and more pronounced under-eye bags.**

**This stat is a little dry.**

Estrogen suppresses your skin's oil production. This lack of natural hydration can make the signs of aging more pronounced in women than men in the same age group.

**Once again, why are women the ones who appear to age faster? NOT FAIR!**

Hot flashes aren't the only things wreaking havoc on our appearance. Women lose about 2% of their collagen every year after menopause. Some studies show that due to this loss, a woman's skin can appear about **15 years older** than a man's of the same age! \*heavy sigh\*



**Like oil and water.**

**2x!** The amount of oil men's skin produces compared to women's skin! Not only does this result in larger pores and a shinier appearance, but it also makes men more prone to clogged pores and acne. Less dry though, so that's a win.



**Why the oil slick?**

Higher testosterone levels are linked to higher oil production. With proper control, this can help men's skin age better than women's but requires the right care (such as products that contain mattifying ingredients).

**2x**



**Men aren't the only ones with mustaches.**

Blame Grandma all you want, but hair on a woman's upper lip and chin is VERY common and is affected by the number of androgens your body produces (androgens are hormones that contribute to growth and reproduction in both men and women).

**Mythbuster.**

Waxing, plucking, and even shaving do **not** cause hairs to grow back thicker! This misconception was debunked back in 1928. Yes, 1928! The roots of this persistent myth (haha, get it?) may be tied to the fact that hair regrowth can look different—usually coarser and slightly darker because of the new hair's thickness as well as the fact that it hasn't yet been exposed to lightening elements such as sun, soaps, or ingredients from lotions.

Whether you're all smiles or the human equivalent of a frowny face emoji, the majority of men's deep wrinkles are caused by repeated facial expressions.



**Things are getting a little hairy.**

Let it grow, let it groooowww! Facial hair can actually help slow signs of aging because it protects skin from environment aggressors and UV rays. The downside? Coarse facial hair often contributes to other skin issues resulting from poor shaving techniques and lack of cleansing and moisturizing. On that note...

**16,000x**

**Did you know** that men who shave on a regular basis will do so an average of 16,000 times in their life? The number one complaint from men is skin problems directly related to shaving! These include cuts, razor burn, and ingrown hairs.



**More body hair means more body odor.**

Ever wondered where "man smell" comes from? High testosterone levels in men increase the amount of body hair they have. Hair traps and holds bacteria, which also leads to increased body odor.

**Easy does it.**

Cleanse **BEFORE** shaving, never after! Using a washcloth or loofah after shaving your legs can cause irritation, redness, and even bumpiness. Follow your shave with a soothing lotion instead.



**No surprise here!**

Women have less testosterone, which makes their body hair thinner and paler in color. Even a mild increase in testosterone can increase body hair growth.

**Strike a balance.**

Men's skin has a lower pH compared to women's (pH refers to the acidity level on the skin). Skin that's too acidic can have higher instances of eczema and acne, which is why women suffer from these conditions more often. So fun, right?



**Ugh, really?**

Women's skin has a higher pH, which can result in increased instances of acne, redness, and dry spots.

**It's always sunny...**

Even when it doesn't look like it! On average, men apply products with sun protection (SPF) far less often than women—making them more susceptible to UV-related aging and damage.

**That's cold!**

Because women have a lower metabolic rate, women's skin is naturally cooler than men's, which makes it harder for them to sweat.

**Are these facts making you sweat yet?**

Men actually sweat **TWICE AS MUCH** as women! Though sweat is odorless (crazy, right?), when it comes into contact with bacteria on the skin it causes some of the worst smells humans can produce.

➔ The solution: Shower regularly and focus on cleansing areas prone to sweat and bacteria buildup.

In case you didn't get the memo back in April, **WASH YOUR HANDS!**

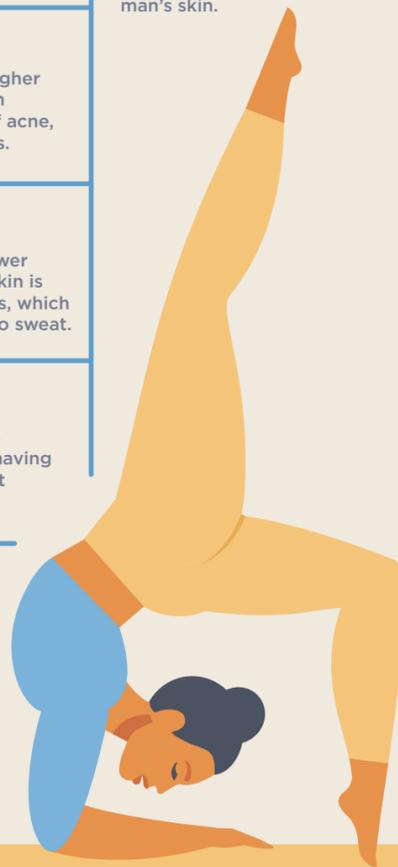
Clutch your sanitizer, ladies: Men are less likely than women to wash their hands—even after using the restroom, petting an animal, handling food, coughing, or sneezing.



**Say WHAT?**

Women are more prone to cellulite than men due to having less collagen and larger fat cells—**57% bigger!**

94% of women prioritize personal hygiene over other items on their to-do list. In fact, only 32% feel that it should come after schoolwork or a career.



## Would You Rather...



Have more oily skin and age better (but smell worse)

**OR**

Have less oily skin and more dryness (but smell better)?



Have thinner skin with a smoother texture but be more prone to redness and wrinkles

**OR**

Have thicker skin that ages better but feels rough to the touch?



Be cold-blooded and need a jacket almost everywhere you go

**OR**

Be warm-blooded and sweat more in hot weather?

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