

Your *Guyde* to Good Grooming



Where Looking Good and Feeling Great Happens Spring 2009

It's easy to look past a slightly crooked tie, shoes that are brown when they should be black, and even mismatched socks. But guys, for the sake of us all, please take care of your hands and feet. You may think no one notices when you gnaw off your fingernails, or have calluses on your palms, but every time you meet someone and shake their hand, you are making an impression. Taking care of your nails is how you present a cleaner, more polished image. American Male offers a guy-friendly version of the spa manicure. Our **hand detailing** includes filing and cleaning the nails, hand massage and soothing paraffin dip.

It's not just your hands that need extra attention; your feet are under constant stress, standing and walking around. With all the wear and tear our feet go through, we would be crazy to think that they don't need an occasional tune up. With the warmer weather upon us, it's time to stash away the socks and boots and bring out the sandals and flip flops. And while nothing is scarier than a large man sitting next to you on the beach in a speedo, your rough and unkempt feet are probably a close second. **Good looking feet** are a summertime must! Try our relaxing **foot detailing**, including leg and foot massage, full nail care, and callus removal. Who knows, maybe your special someone will even offer you a foot rub once yours are well groomed.

Call your salon for more info or to book your appointment! And watch for upcoming specials on nail services.

The American Male Savings Plan

From April 27 through June 1, take advantage of this great offer and save some valuable cash! Simply book your next three appointments before you leave the salon and receive \$5 off each appointment. Can't keep a scheduled appointment? No problem. Give us 24 hours notice, reschedule within one week of the original appointment, and still get the discount!

