

How to Groom Your Beard

If you need these instructions to groom your beard, congratulations. You have already completed the hardest step, committing to growing a beard. A properly groomed beard will highlight the features of your face, while an improperly groomed beard can make you appear unkempt. Maintaining your beard is a serious commitment but the rewards are worth it. You will look manlier, more unique, and you will command attention. The entire process to groom your beard will take approximately 35 minutes, but multiple steps can be skipped to reduce the time to under 20 minutes. Grooming should be done every day to ensure you always look your best.

Required Supplies

All of the required supplies can easily be bought online. There are many brands for each product, so be sure to read reviews to determine which one is best for your needs.

- Shampoo
- Beard Oil



- Beard Comb



- Beard Trimmer with adjustable guard



- Mustache Wax



- Mustache Comb



Procedure

1. While taking a shower, apply shampoo to your beard. Gently massage it throughout your entire beard and skin beneath. It is important to make sure the skin is also washed to prevent it from drying out and flaking, similar to your scalp. Rinse your beard and ensure that all of the shampoo is gone. To dry your beard, gently pat it with a towel until it is only damp.



2. Apply a dime size amount of beard oil to your palm. Rub your palms together to distribute the oil to both hands then wipe your palms over your beard.



3. Using the beard comb, comb your beard starting at the sideburns. Begin at the top and use a downward stroke. Avoid running the comb through your beard too fast as this will pull out hair rather than unknotting it.

It is important to use a proper beard comb and not a standard plastic comb. A plastic comb will produce static that causes hairs to stick out.



4. Apply mustache wax.

- a. Use your thumbnail to scrape out a pea size amount of wax.
- b. Rub the wax between your thumb and index finger until there is a coating on the tips of both fingers.
- c. Starting in the middle wipe the wax onto your mustache from the top to the bottom. Continue wiping on mustache moving towards the edges.
- d. Brush your mustache with the mustache comb, starting at the top and stroking downwards. Continue combing until the hairs are all neatly aligned.



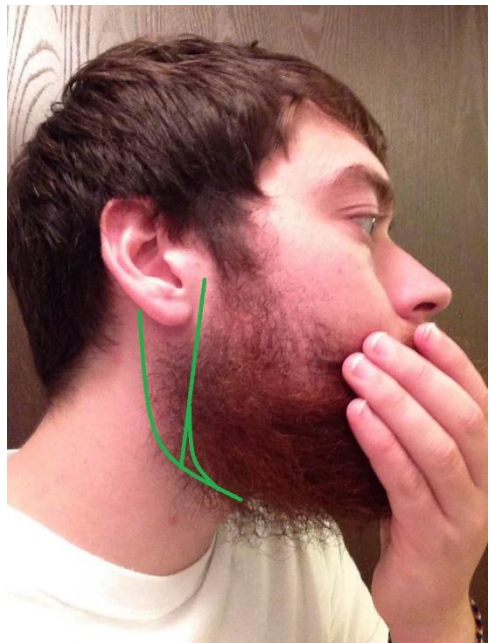
The next five steps do not have to be used every time you groom your beard. They only are needed approximately twice a week.

Caution:

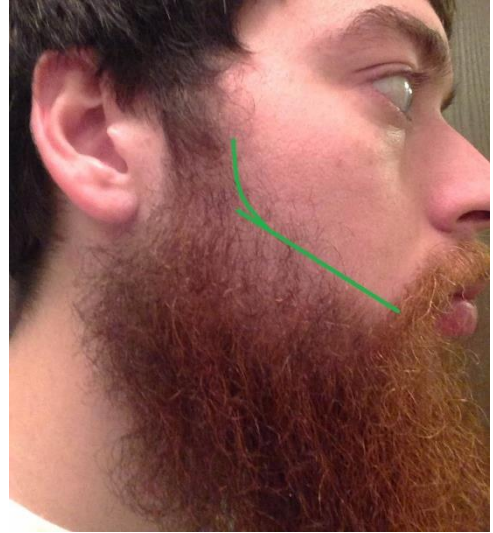
Using a beard trimmer is a delicate process. Remember that more can always be trimmed off but once you trim hair it can't be added back.

5. Trim your neckline.

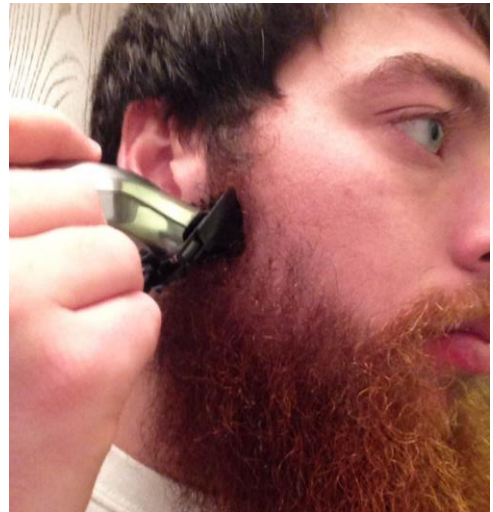
- a. Visualize a line from your ear to the top of your neck below your chin.
- b. Visualize a line extending from the back of your sideburns downwards.
- c. Round off the intersection of these two lines.
- d. Remove the adjustable guard from the beard trimmer and trim everything below this line.
- e. Repeat for the other side of your face.



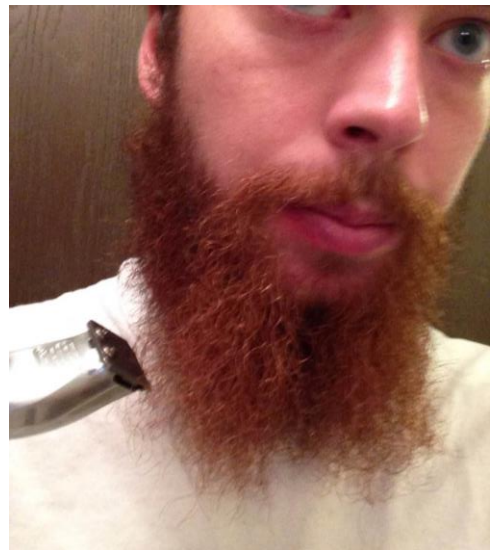
6. Trim your cheek line.
 - a. Visualize a line from your sideburn to your mustache.
 - b. Round off the intersection of the line with your sideburn.
 - c. Trim everything above this line.
 - d. Repeat for other side of face.



7. Trim your sideburns.
 - a. Attach the adjustable guide to the trimmer and set the guide to the longest setting.
 - b. Starting at the top of your sideburns, trim downward to the bottom of your ear.
 - c. Repeat the trimming, lowering the length of the guide until it is the same length as your sideburn hair.



8. Take the adjustable guide back off the trimmer. Trim any hairs that stick out, being careful not to accidentally cut hairs that are lying flat.



9. Trim your mustache to match the line of your top lip, using the beard trimmer without the guard.



More Information on Grooming and Styles

The above procedure is a simple way to keep your beard looking its best. There is information available online covering additional grooming techniques and facial hair styles. The following websites will allow you to find a specific beard style that will look best on you and give you more tips on how to maintain it. They will also allow you to connect and share experiences with other proud beard wearers.

<http://www.artofmanliness.com/category/dress-grooming/shaving/>

<http://www.beards.org/>

<http://jeffsbeardboard.yuku.com/>

<http://www.americanmustacheinstitute.org/>