

Forum:[Hack Forums](#)

Thread: [The Art of Grooming](#)

Eccy - June 7, 2018, 3:38 am

The Art Of Grooming

Written by [Eccy](#) and [Pronouncer](#)

What is grooming?

Body grooming is the act of hair removal, shaving, styling or trimming hair of the male body. It is also often referred to as manscaping, a portmanteau derived from the words 'man' and 'landscaping'.

Morning Routine

This is a routine that you should get into doing almost every time you wake up

Shaving

Straight Razor

A straight razor is quite simply a straight single blade that is sharp on one side and blunt on the other. They are extremely sharp and require a steady hand to use, they are better than a normal razor because they only have one blade, meaning there's a much lower risk of suffering from razor burn and you can manage to do a much closer shave. A straight razor allows you to keep a clean line up keeping you looking sharp between barber trips. This is what people are unable to achieve with standard razors, people always let themselves get messy between barber trips which is always a no go. There are some dangers to using a straight razor, from my experience I suggest you trying it out on your arm or on your leg, so you can learn the angle along with following youtube tutorials. The first time I tried using a straight razor I cut myself, not on my face but on my hand stupidly wiping the blade clean on a thin tissue unaware of the sharpness.

[+] Pros

Men who use straight razors will tell you that the biggest benefit is that a single razor will last a lifetime. The build quality on these razors is exceptional and the metal is designed to be re-sharpened over and over. Many men use straight razors which were created centuries ago, giving them a real history.

The blade on a straight razor is normally around 3 inches long, far longer than any commercial or safety blade. This allows you to cover a larger surface of your face in each stroke, which could reduce irritation for some men. With proper care, strong honing and stropping, you'll be able to make an initial investment that will last a lifetime.

[-] Cons

When you first start shaving using a straight razor there's a very good chance that you'll cut yourself. Using one of these takes technique and it's something that every man has to learn. You're far more likely to cut yourself with a straight razor than with a safety razor.

If you do damage the razor, you'll have to buy a new unit. It's unlikely to happen, but you wouldn't

be the first. It also takes a time commitment to learn and then sharpen the blades. Whereas a dull blade in a safety razor is simply replaced, with a straight razor you'll have to re-sharpen the blade every 6 months to ensure a close shave. I would also argue that because you only have one blade, if you do have any changes in your skin you can't simply change to a less aggressive blade, you need to work the blade instead.

Safety Razor

Safety razors are what disposable and cartridge razors are based upon, they have a handle which leads up to a T-shaped blade holder. They are called safety razors because above the blade you have a cap and below the blade you have a safety bar. This means that only a small amount of the blade protrudes and it can only contact the skin at a given angle, making it far safer to handle and use than a straight razor

[+] Pros

The best part about a safety razor is in the name - it's safe. The safety bar allows you to get an extremely close shave (when compared to a commercial razor from Gillette or Bic) without the same risk of cutting yourself. This is excellent for anyone new to shaving or with an unsteady hand.

Compared to a commercial disposable razor, safety razors are also much cheaper. While a disposable razor can cost 40 cents or more per razor, a single double-edged blade for your safety razor may only cost 5 cents. These double-edged blades often last far longer than a single disposable razor, saving you money on each shave.

With a safety razor you can simply use different blades. This means that if your skin changes because of a rash or longer hair, you can use a different blade very easily.

[-] Cons

The biggest con when compared to a straight razor is that you have to continue to buy blades. For some men this might be enough to turn them off, however, straight razors still need to be sharpened which takes time.

Safety Razors vs Straight Razors vs Disposable Razors

I believe that each one has its place.

There's a common rhetoric that disposable or cartridge razors are horrible and that using a safety or straight razor makes you more of a man. The reality is that modern cartridge razors aren't anywhere near as bad as most people make out and they still allow for the quickest shave.

A lot of men won't notice a huge difference between a shave with a good-quality cartridge razor and a safety razor. Yes, you'll get a closer shave and less irritation with a safety razor. But, most men don't have an issue with irritation and they aren't overly worried about having stubble the next day.

That's not to say that safety and straight razors don't have a place or aren't superior. They do and they are. But they are also slower, have a learning curve and are overkill for many men. Most people value efficiency over quality, that's another debate but we need to accept that there are benefits to all methods of shaving

If you get irritation with shaving or have delicate skin, then I would recommend that you switch to either a safety or a straight razor. Either will be better than using a commercial razor.

One other significant difference between commercial blades and straight or safety razors is the weight of the blade and handles. Most commercial razors are designed with plastic, this makes them much lighter than straight or safety razors which are usually made out of wood and steel respectively. This extra weight changes how the blades are to be used. With commercial blades you have to push hard to cut downwards, whereas heavier blades glide down. This wouldn't be a problem except that as humans we aren't perfect, our hands push harder than needed and this causes a lot of irritation to the skin. By using a safety or straight razor you can use the weight of the blade, making it far easier to have the right force and prevent irritation.

Each of the different types of razor have their benefits, but there is little doubt that a safety and straight razor will provide a much closer shave than a commercial razor. Whether the safety or straight razor will be closer is up for debate.

Eyebrows

As most people know, eyebrows play a huge role in attractiveness, if you have huge bushy eyebrows women most likely will not be attracted to you. The thing you want to avoid mostly is overly maintainig them, this will leave it looking like you constantly shape it, for a guy you always want to keep some stray hairs as perfectly shaped eyebrows are a no go, although we see teenagers with pointy eyebrows thinking it looks good, the majority of women find this as a turn of. Over thinning may also be something you run into which is fine, men are supposed to have thicker darker eyebrows and women often find it seductive. Do NOT put a slit in your eyebrow, you will look like a chav and an idiot. No matter what you do never ever take a razor to your eyebrows, getting out ingrown hairs will be painful and leave marks.

[Video: <https://www.youtube.com/watch?v=Xq0a2BWE3zA>]

[+] Start With a Trim

Brush brows up with a comb or old toothbrush. Using a scissor with a straight, short blade (try mustache scissors), snip off a millimeter straight across. Brush them down, check your work, and dig back in a little at a time if you need to remove more weight.

[+] Pluck Your Bert-Brow

The space shouldn't be bigger than 3/4 an inch or you could end up with a more pronounced nose. The best time to remove hairs is after a steamy shower when your pores are open. Pull skin taught, then use tweezers to pull hairs in the direction they grow in.

[+] Keep Things Natural

Strays that pop up seriously outside your brow line can go, but leave most strays below and above the brow line in place to maintain a masculine arch. If yours need more restraining, use a little hairspray on that old toothbrush and brush onto hairs to keep them in place.

Face scrubbing

[+] Why Use a Face Scrub?

A face scrub for men is one of the best products you can use in your arsenal of weapons for clear, healthy skin. We've discovered, however, that most men either overuse a face scrub or they don't use one at all. Both scenarios are not best case. Read on to learn how using a face scrub for men properly can propel you to clearer, brighter skin.

The point of using face scrub (or often called an exfoliator), is to remove dead skin cells that build up on the face and clogging the pores. Your skin cells turnover about every two weeks, meaning, your face has new skin cells every two weeks. Your face doesn't shed the dead skin cells very well

and over time, the dead skin cell build up can cause your face to look dull. The solution is to use a men's face scrub to clear away the build up and show off a polished face.

Not only is exfoliating good for the skin, it also can do wonders for your shave. Rubbing face scrub into the area of the face you'll be shaving before the shave, softens up the facial hair and whiskers, allowing the blade to more easily cut the hair. Using the man's face scrub before the shave will also raise the hairs further up from the skin, meaning your blade will cut the hair closer to the skin, allowing for less frequent and cleaner looking shaves.

As great as the benefits are of using a scrub, a guy needs to make sure he's using it properly. Not using a face scrub for men isn't an option, but also using one too much can cause issues. Over scrubbing your face can make it look dully, dry and irritate the crap out of it.

Brushing Teeth

If I need to go into detail about this one, it's probably already too late, though avoid using things such as excessive bicarbonate of soda, it does help but excess will strip away enamel leaving your teeth permanently yellow.

Night Routine

Creams

Typically, men have never shown as much interest as women when it comes to using products to keep their skin young and healthy. Men are now becoming more open to taking care of their skin and following a skincare regime to keep their skin looking fresh. In particular, more and more men are waking up to the benefits of using a night cream before bed, to protect and restore their skin over night and have them waking up feeling refreshed and ready for the day ahead.

Why should I use night cream?

It is recommended that men begin using night cream prior to the skin showing signs of ageing or damage, usually at around 25 years of age. Applied from an early enough age it can delay the effects of ageing. It is never too late, however, so if you show signs of ageing, you should consider bringing a night cream into your daily skincare routine.

It should be applied to the face before you go to bed, paying particular attention to the soft skin around the eyes, which is the first area to show signs of ageing. Dont worry too much though, a large percentile of women find wrinkles on men cute.

How to use night cream

[+] Wash your face using a warm, moist cloth. (A clean face encourages proper absorption of the nutrients and active ingredients).

[+] Gently pat your face dry and apply a light coat of cream to your face in a gentle circular motion. Do not apply a heavy layer to your skin as this can clog your pores and cause irritation to your skin.

[+] When you wake in the morning, wash your face with warm water to remove any residue left by the cream.

The benefits of night cream

Night creams can help to visibly reduce the signs of ageing and work with your skin's natural defences to rejuvenate and restore your skin overnight. They will moisturise and enhance cell regeneration, helping your skin recover from the previous day and prepare for the day ahead.

As a man, it is easy to overlook the importance of taking care of your skin, but it's just as important for men as it is for women. Using a night cream is a simple and convenient way to maintain your skin, keeping it fresh, clean and young.

Showering

I advise showering at least every two days, especially now it's almost summer, you will get a lot more sweaty and if you don't shower often trust me no female will want to be in the same room as you. Make sure you use shower gel and body wash everywhere on your body, especially under your arms and between your legs as you will sweat there the most.

Brushing Teeth

Do the exact same thing you would in a morning, also invest in some mouth wash since by night you will have eaten a decent amount, so there will be much more on your teeth that needs cleaning.

Weekly Routine

Barbershop Services

Visiting the barbers weekly is one of the most important things to do. Most people wait 3 weeks for a haircut and let it get out of hand, if you wish to maintain your appearance and keep up a high standard of personal perfection you will never neglect this. There are many services that you should be doing at the barbers, not just the 10 Pound haircut and out the door. Think of your barber as a life coach and stylist, i recommend befriending your barber, i have such a close connection to my barber than he even drives me home after my haircut. You want to always tip your barber, if you want freebies and a better service leave a generous tip of 5-10 Pounds. This will let them know you appreciate them and they will always give you better service and spend more time perfecting your haircut. I have a long term relationship with my barber for over 6 years, from the first day i tipped him 10 pounds as it was the best experience i had even though it was fast, ever since then i have had numerous free haircuts, free tea, free coffee free drinks, and even free lifts home. Lets take a deeper look into services your barber should offer, if you find your barber not offering this search for "Authentic Turkish Barbers" or Iranian Barbers. Middleeasterns being naturally hairy have perfected the grooming game.

[+]Beard Shaving

While getting your haircut if you maintain a beard or get rid of it, you will always want your barber to clean your beard for you, whether it be clean shaved or shaped. Your barber can make or break your facial structure just by your beard. Now there are a few things we will get into which will include waxing.

Always consult your barber on how to keep your beard, how to take care of it, things such as beard oils to keep your skin hydrated, treat your beard like the hair on your head with a intense amount of care. Most peoples beards end up rough from a lack of care to the skin underneath. We are going to jump into beard waxing for a small moment as its vital i say this. If your barber shaves from your cheek thats not a good barber. Great barbers will always do an alternative for on your cheeks, the reason i say dont shave this area is because as you age you will end up with black dots all along your cheek and your cheeks being rough which no one likes. My barber personally waxes and threads your cheek and neck, this is to slow down the hair growth and to stop stubble, rough skin. Although it may seem painful and extra, i promise you, your girlfriend/boyfriend will thank you for taking care of your cheeks and neck. We have all seen those 25 year olds with non stop stubble on their neck, thats caused by razors.

[+]Eyebrow Shaping

Now you should never go to women to shape your eyebrows, this is because the male eyebrows are differently structured to females. Female eyebrows focus more on curves and being perfect,

guys eyebrows are supposed to be rough and thick. A good barber will often offer eyebrow services, where they thread and wax them, This is one of the benefits of Turkish barbers. YOU NEVER, I mean NEVER want to take a razor near your eyebrows. If your barber tries INSTANTLY stop them it's not worth the temporary fix. Your barber will often run their clippers over a comb on your eyebrows to thin it slightly, you never want them to go far as darker eyebrows are attractive on males. Boxed eyebrows are a no go, in England we often see male teenagers have boxed off and sharp eyebrows this is not what you want, you neither want overly curved you want it clean but with the natural look.

[+]Oiling

Now this seems weird to many but if you ask your barber they'll explain. Most Turkish barbers spray oil onto your head after doing haircuts that are short, such as Skin Fades, this is to stop skin irritation and stop scalp damage, there is nothing natural about having clippers rubbing against your scalp, you barely notice a difference but it does help.

[+]Blackhead Masks

Some barbers offer blackhead masks or "golden masks". You may ask what's the point well, simply to put it, the masks will help your skin be clear and hydrated. They will often leave it on during your haircut and take it off after.

[+] Most attractive haircuts to women

You may feel confident with your expensive clothes, expensive watch and your charming looks, but if you don't have the right hair cut, you may as well not even bother trying! The first thing a woman will notice when speaking to you is your hair, before they even look at the rest of your body they'll have already judged you by your hair style, so I'm going to list some of the most attractive haircuts according to realmenrealstyle.com.

[+] Undercut – The Modern Cut

The undercut combines short and long men's hairstyles that stand out from all angles. The back and sides are shaved while hair at the top is swept right, left or backwards. It's easy and quick to style with a little pomade or gel.

Why it's attractive

One thing about undercuts is they bring the ears to the foreground while the hair on top stays long. That's a plus if you got nicely shaped ears. Men's grooming expert Elle Medico calls the undercut "an attention getter" that's perfect for outgoing men.

Spoiler ([Click to View](#))

[+] Classic Quiff – The Elvis Cut

The traditional quiff adds volume to a guy's hair. The sides are cut shorter while the hair on top is combed forward except the front part. The strands in front are unevenly brushed up. You'll need some wax or styling cream for this.

Why it's attractive

The classic quiff is manly-stylish when done properly. People see it as the "evolution" of the crew cut. It's not supposed to be perfect – that's why women love it. There's beauty in men's hairstyles that's a bit rugged. It shows you're not that high-maintenance.

Spoiler ([Click to View](#))

[+] Crew Cut – The Classic Cut

The crew cut offers a lot of flexibility with the men's hairstyles tapered to short or medium length. Hair at the top is upright and you can add wax or gel to spike it some more. Other than that there's no maintenance required until your next trip to the barbershop.

Why it's attractive

The crew cut is a women's favorite. So is the suit. But a guy with a crew cut and a nice suit – that's a killer combo. You see it on TV with all those fictional lawyers, spies and con artists alike. Those men aren't just smart and diligent – they completely look like it. They endorse the beauty of classic short men's hairstyles.

Spoiler ([Click to View](#))

[+] Buzz Cut – The Military Cut

This style is also known as the butch cut. All hair is trimmed short – between 1/4 and 3/4 inches – around the head. Clippers are used to taper the back and sides for a slight fade. Buzz cuts are easy to maintain with the use of hair control wax (butch wax).

Why it's attractive

The buzz cut denotes discipline and manliness. Most men in the military sport it well – it matches their uniforms. And women respond to that tough, authoritative image. They love a guy who looks like he can be their knight in shining armor.

Spoiler ([Click to View](#))

Body Hair Grooming

[+] Hair downstairs

Eccy - Personally, I shave my pubic hair every week, every girl I've been with has HATED pubic hair, rightly so, if they're going to be treating you the last thing they want is for it to feel like they've licked the floor of a hair dressers whilst they're doing it, if you was going down on your girl and it was a jungle down there, would you carry on? Also, if you aren't packing much down there, shaving will definitely make it look larger, so keep that in mind.

Be aware, when shaving down there you're much more prone to razor burn, there's many solutions for this online, I would say the best remedy is Aloe Vera, it will help reduce razor burn significantly.

If you don't want to go completely bald then at least trim well, a complete bush is extremely unattractive and most women won't go anywhere near it.

Pronouncer - From my experiences how you groom downstairs depends on the type of girl your with, if you are a guy with leg hair and the line of hair down your belly, going completely bald will be well simply to put weird, imagine a hairy guy and their downstairs is just entirely clean, it'd be funny and make a lot of girls just laugh, in my opinion the best thing to do is trim the hair around it and on your sack shave that entirely. Most girls wont have a problem with trimmed hair, as completely shaved brings a lot of friction and that doesnt feel good for her, along with causing yourself irritation. No matter what you do, from experiences the best thing is to not use a razor as its quite well risky aha, use a hair trimmer there are many with attachments that are made specifically for the lower body whcih can get you the entirely clean shave without the irritation for you or your partner.

[+] Chest Hair

From my experience most females like a bit of chest hair, though not so much that you look like you're one generation down from a gorilla. It also shows manliness, it shows that you're a man, not a boy.

"I like a hairy chest but nothing too out of control. Just like eyebrows and beards, chest hair should also be groomed. If he has patchy chest hair, he should go ahead and shave it. If he's on the hairy side, he should definitely trim it up but not too short. I hate chest stubble. It's too pokey!" - Jenna on sheknows.com

[+] Leg and Arm Hair

A woman has never really said anything about my leg hair or arm hair, but personally I would say don't shave it, I'm a pretty hairy guy and I've never had any complaints, like I said before; it shows that you're a man, not a boy.

"Yes. I used to date a guy that did this, but it's because he was a 'triathlete.' Bro, shaving the hair is going to what? Shave five seconds off your swim time? Not a fan." - Olivia on sheknows.com, was asked "Is it weird when guys shave their legs?"

"Yes!! It's so unattractive when you're lying in bed next to a guy and his second-day shaved arm rubs against yours. Ew!" - Jenna on sheknows.com, was asked "Is it weird when guys shave their arms?"

[+] Back Hair

Like chest hair, a bit is okay, but if you look like you're part gorilla then trust me, she'll not like it, get that sh*t waxed or at least shaven!

""Just get rid of it! I will use the clippers on you, but please get rid of it." - Olivia on sheknows.com

Thank you for taking your time to read this, it is highly appreciated!

Kash Only - June 7, 2018, 4:42 am

This is something i need to bookmark lol. I feel like this is made for me. xd

Eccy - June 7, 2018, 4:50 am

(Jun 7, 2018 04:42 AM)Kash Only Wrote: [\[CITE\]](#) This is something i need to bookmark lol. I feel like this is made for me. xd

Haha hope it works out for you then

Tat Tvam Asi - June 7, 2018, 5:37 am

Would be nice with a table of contents.

Eccy, get in touch on Discord.

I have some additions to this.

Eccy - June 7, 2018, 9:02 am

(Jun 7, 2018 05:37 AM)Tat Tvam Asi Wrote: [\[CITE\]](#) Would be nice with a table of contents.

Eccy, get in touch on Discord.

I have some additions to this.

Cannot add them sadly, Im already 4K characters past the limit :(

meister - June 7, 2018, 9:28 am

The important thing here is the effort gone into writing this thread.

Eccy - June 7, 2018, 10:40 am

(Jun 7, 2018 09:28 AM)Chronic Wrote: [\[CITE\]](#) The important thing here is the effort gone into writing

this thread.

Haha thanks, took us quite a while!

virus - June 7, 2018, 1:24 pm

nice thread, thanks for another helpful thread.

sAVITAR - June 8, 2018, 10:42 am

lol I'll use this, someday, or maybe not idk

Vyxn - June 9, 2018, 10:20 pm

I'm ugly but I hope this will help me becoming less ugly.

Parallelogram - June 9, 2018, 11:09 pm

Hey thanks, I'm 19 and finally starting to get some decent facial hair. This guide will for sure put me in the right direction.

Eccy - June 10, 2018, 9:26 am

(Jun 9, 2018 10:20 PM)Vyxn Wrote: [\[CITE\]](#) I'm ugly but I hope this will help me becoming less ugly. I'm not sure, your case is pretty severe ;)

Jk <3

Pronouncer - July 10, 2018, 12:48 pm

I feel like this should be bumped. Could help some of you out.

Eccy - July 10, 2018, 1:07 pm

(Jul 10, 2018 12:48 PM)Pronouncer Wrote: [\[CITE\]](#) I feel like this should be bumped. Could help some of you out.

i also think this should be bumped

Almonds - July 10, 2018, 4:06 pm

Well done, nicely written.

JUUL - July 11, 2018, 12:11 am

Quote:[+] Hair downstairs This was the only reason I came to this thread.

Pronouncer - July 11, 2018, 11:55 am

(Jul 11, 2018 12:11 AM)peate Wrote: [\[CITE\]](#) This was the only reason I came to this thread. Like most others yeah

sm?ked - July 14, 2018, 1:52 pm

A woman's leg safety razor gives a quite clean shave for men's facial hair. Just leaving this here.

remember to shave with the grain so you have less of a chance of getting razor bumps ?

Ravioli - July 18, 2018, 3:26 pm

I did not expect such a HQ thread from you tbh.

Nice work mate.

Eccy - July 18, 2018, 3:32 pm

(Jul 18, 2018 03:26 PM)Ravioli Wrote: [\[CITE\]](#) I did not expect such a HQ thread from you tbh.

Nice work mate.
I'm always HQ ?

Thanks :P

Jahseh - July 22, 2018, 4:06 pm

Never looked into night creams before. Appreciate the information. Got something new to try.

Judge Judy - July 22, 2018, 10:16 pm

Eccy, while this thread clearly came from a good place... just don't. I got absolutely triggered when you started talking about scrubbing and creams, and I had to refrain from giving you a -4 immediately since I do like you. But this is just... well, no.

Just please don't.

Also since you like putting videos in your post I figured I'd do the same, this refers to your methods preventing skin aging.

Also sidenote, Jenna is a bitch that needs to shave more often if she gets upset by her stubble rubbing together with her (nonexistent) man.

Vyxn - July 23, 2018, 5:57 pm

I just want to confirm that this method helps me become less ugly.
Thanks for creating this tutorial.