

The basics of men's grooming

- **SHAVING.**
Soak your face with shaving cream before using a clean, sharp razor.
- **BEARD OIL.**
Try skin-friendly moisturizers like jojoba, hemp, and sage oil.
- **BODY WASH.**
For body acne, use a salicylic acid body wash after workouts.
- **DEODORANT.**
Aluminum-free deodorants > pore-clogging antiperspirants.
- **SUNSCREEN.**
A no-clog mineral sunscreen works for the face and body!
- **CLEANSER.**
Wash your face daily with a gentle cleanser (not a harsh soap).
- **MOISTURIZER.**
Hydrate, hydrate, hydrate—keeps your skin strong! Custom skincare. Curology creates a formula tailored to your skin's needs.



Guide To Male Grooming

Thomas Griffiths



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