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BEARD CARE

A COMPLETE GUIDE



OVERALL HEALTHY DIET

To have the best beard, start with a healthy diet and foods high in protein. The higher protein diet will help boost your testosterone which is a key factor in beard epicness.



WASHING BEARD REGULARLY

Yes, your beard counts as hair, so clean it regularly. Wash your beard a few times a week and use a beard shampoo or you'll have a brittle, beast-like beard.



DRY CAREFULLY & APPLY OIL

After you wash your beard, dry it delicately. After shampooing and drying, it removes natural oils from your facial hair. Use olive oil or beard oil, to keep your beard shiny and soft.



USE THE RIGHT TOOLS

If you plan on keeping your beard long and strong, make sure to use the right grooming gear. Purchase a beard trimmer and sharp scissors for shaping or use beard wax or beard balm for enhanced styling and care.



ALWAYS STAY HYDRATED

Keeping yourself hydrated is essential for optimum body function, which will improve your overall health. Water flushes out toxins from the body and keeps skin hydrated from within.



KNOWING WHEN TO TRIM

Growing a beard doesn't mean retiring your shaving supplies until you go bare-faced again. Depending on the beard shape you choose, parts of your cheek and neck will still need a little trimming attention regularly.

WEB SOURCE: www.beard-growth.com