

TIPS ON GROOMING YOUR BEARD

1. First and Foremost, Be Patient

A truly epic beard is the product of self-restraint. When you first start growing, resist the urge to trim or style, and leave it untouched for the first 4-6 weeks. This will allow the hairs to grow in evenly (some grow faster than others), and help you pick a style that suits its length and thickness. With that said, every guy's hair grows at its own speed. With a healthy lifestyle, good diet, and exercise can help speed up the process a bit.

2. Match Your Beard to Your Face Shape

A beard should be in-tune with its surrounding environment. After the first month of growth, choose a final style that complements your face shape. Your beard will look better, and so will you.

3. Know How (and When) to Trim

Pruning is essential to a well-groomed beard—even if you plan on growing it out. Invest in a quality trimmer, and find the right technique to suit your master plan.

4. Wash It Regularly

This is especially important in the early stages of growth, especially since trapped food and skin cells can exacerbate the itchiness. It's not just about the hair, but also the skin underneath. Washing and conditioning your beard is the most important step in caring for your beard. Scrub your beard several times each week with a specialized cleanser then gently pat it dry: An overzealous toweling can lead to frizz and split ends.

5. Love Thy Beard Oil

"Beard oils can be tricky. "Some are too heavy. Some are too shiny. Some feel dry. That's why with Beard Honey is formulated with a blend of 100% natural, organic, and vegan oils (like argan and jojoba to name a few!)

6. Learn to Train Your Beard

A regular trim will maintain your chosen shape, but it's not the only way to keep your beard in line. A daily rubdown with a comb or beard brush will wrangle stubborn hairs, training them to grow in a downward direction.

7. Don't Forget the Mustache

Unless you've chosen a chinstrap—and we really hope you didn't—growing an epic beard also means growing a mustache. Keep your 'stache looking extremely neat with tiny trims every three to four days to keep stray hairs at bay. Focus on the area around your philtrum (the area under your nose) with a pair of grooming scissors, and keep it naturally sculpted with a medium-hold wax, like Beard Honey's Butter.

8. Fuel Up

Your beard is made from protein and fat, but it's also heavily reliant on Vitamins B5, B3, and B9. That means lean meats, nuts, egg yolks, milk, and plenty of leafy greens.