

THE  
**FACIAL GAINS**<sup>TM</sup>  
GUIDE



FT. PHYSIQUE, MEWING, & MORE

2023 - FacialGains.com

**YOU ARE NOW READING OUR PREMIUM FACIAL GAINS GUIDE**, I know you guys have been wanting this for a while so here it is! We have both worked very hard and we are bringing out all the undiscovered secrets I'm sure you've **NEVER HEARD OF!**

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# Hair Looks

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## Hair Textures

Your hair texture is determined by mostly your genetics but also can be influenced by environmental factors, such as certain nutrients or nutrient deficiencies. The amount of curl, wave, or lack thereof, is dependent on the number of bonds between hair proteins found in the hair shaft. Meaning

more curls = more bonds

Less curls = less bonds

## The 12 Major Hair Types:





**Straight hair is classified as type 1.** Straight hair reflects the most sheen. It is also the most resilient hair of all of the hair types. It is hard to damage and next to impossible to curl this hair texture. Because the sebum (natural oil produced in the sebaceous glands of the scalp) gently works its way from the scalp to the ends without the interference of curls or kinks, it is the oiliest hair texture of all.

**Wavy hair is classified as type 2.** Wavy hair lies somewhere between straight and curly hair. It also imparts sheen, more than curly hair, but less than straight hair. The further down the wavy spectrum you go the less sheen the hair will impart. Wavy hair is typically more prone to frizz. While type A waves can easily alternate between straight and curly styles, type B and C Wavy hair is resistant to styling.

**Curly hair is classified as type 3.** If you pull a strand of type 3 curly, you will notice it has a definite S shape. Granted, the S may be a lower case s or upper case S, or it may even resemble a Z on some occasions...however, there is a definite curl pattern in place, with or without products. This hair type is full-bodied, climate-dependent (humidity = frizz), and damage-prone. Lack of proper care renders dull curls (Which you can not afford).

**Kinky hair is classified as type 4.** Despite many misconceptions, this tightly coiled hair is quite fine and fragile. It is wiry, and delicate by nature. Each strand usually has a zig-zag pattern. A

misconception exists that this hair type does not grow. Coily hair grows at the same rate as other textures, however, if not treated properly it breaks more than other textures. (Which is where this misconception comes from)

Treat this hair type like a fine silk blouse – cleanse gently, detangle softly, and avoid harsh chemicals. Coily hair is the driest hair type, thus it is more prone to breakage and requires a gentle touch. On the surface, kinky hair may seem robust, but it is actually the most fragile of all hair textures because coily hair contains the fewest cuticle layers to protect it from dryness. The main challenges oily hair women experience are lack of hair definition, dryness, tangles, shrinkage, and breakage. You can rock your beautiful coils if you take the right steps for hair health, moisture, and styling products that do not dry

- The higher the hair texture, the harder it is to maintain, and the worse it looks unkempt.
- Type 1 hair has over-oily problems, Type 4 hair has over-dryness problems. Type 2 and Type 3 hair are in between but Type 2 may have minor oil problems and Type 3 may have more over-dryness problems.
- Type 4B and Type 4C hair is ultra-difficult to maintain and looks horrible if not managed properly. Remember that Type 4 hair serves better protection purposes than aesthetic purposes. The hair is naturally dry as hell, frizzy as hell, coarse, fragile, irritating to work with, looks much shorter than it actually is, easy to break, shrinks in water, and is super hard to make look good, rendering it a high effort, low reward hair texture. **I am NOT saying it is impossible to make it look good (check the beautiful women below with Type 4B+ Hair),** but extremely, extremely, extremely difficult to make it look good.

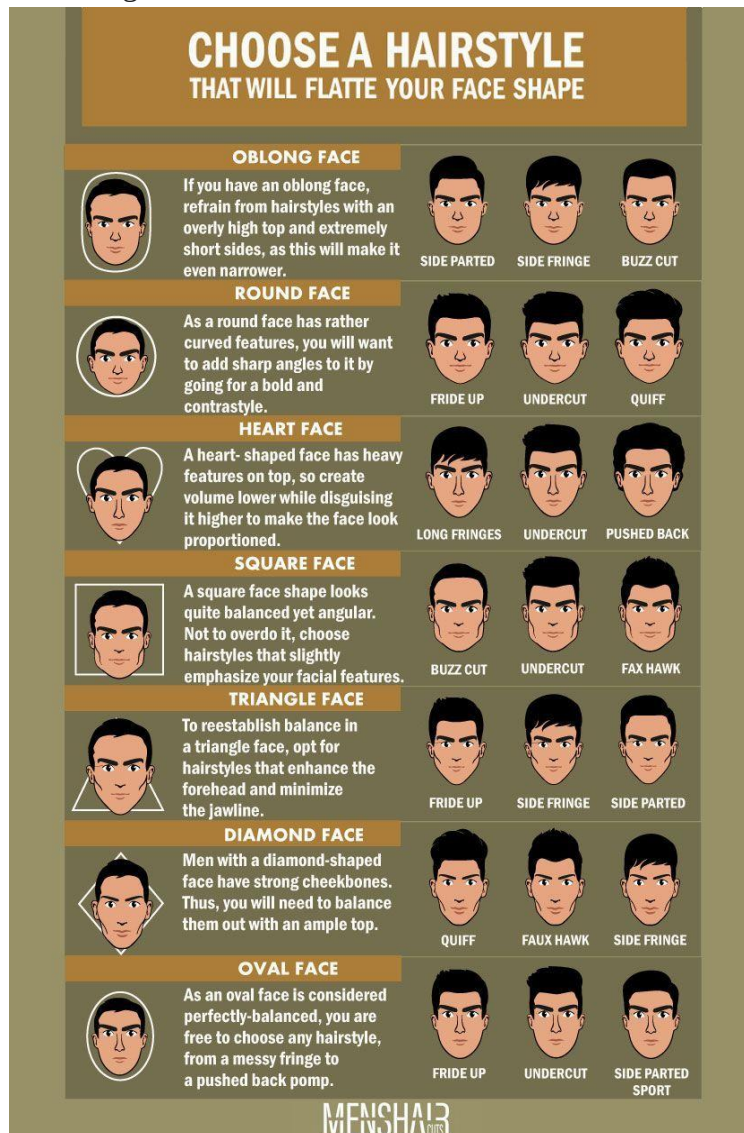
## Head Shapes, Haircuts, and Lengths

This one is crucial as you'll need to achieve harmony with your hair and head shape, a failure to do that will have you looking bad or at least, not good. Here is an example





Ideally, he would need as much hair on top of his head that he can which gives the appearance that the upper part of his head isn't rounded as well. This is an example of head shape to hair disharmony. Major occipital protrusion (upwards poking of your skull) should also be covered in my opinion. It looks strange in most cases



There are a couple ways to find your exact head shape, for one you can look at [this chart](#) and figure it out. But if you want to go the extra mile, I recommend you to download an app on your mobile device or find a website that can calculate your head shape, take a picture of yourself and upload it, and do it a few times (for certainty), and voila! You've found your head shape! All head-shape-specific advice can be found above.

“Well what app should I use?” Don't worry we’ve got that covered.

Hiface - Face Shape Detector

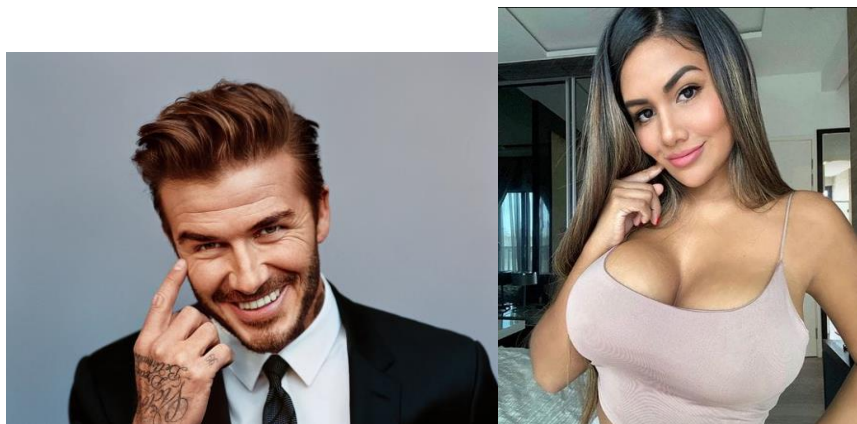
Is a decent detector (we are not sponsored or affiliated them by the way)

**For hair length**, I personally forbid any person from getting hair past their collarbones. Long hair can make you look very feminine. Medium-length haircuts look the best for average people. Short or buzzed hair works well for people with very good facial structures.

## **Maintenance**

This part is crucial, once you have detected your hair type, check your advice for your specific type down below.

- **Type 1 Hair**



### **1. Wash your hair regularly.**

Maintaining a regular wash schedule is critical to controlling your oil production, as this kind of hair is prone to getting oily. It's recommended you wash your hair every two to three days to keep it clean and also give it some oomph. Refreshed hair always tends to look a little bit more voluminous than dirty hair. Be careful not to wash it too often, because that can actually cause your strands to produce more oil. And we don't want that now, do we?

It's also good to keep in mind that if you tell people you only wash your hair every two to three days you're 100% going to get some backlash, people will make fun of you, so you can either lie or really wash it everyday. But it's not recommended.

### **2. Use cold water to rinse your strands.**

When you wash your hair, cold water is best. It doesn't need to be ice cold so make it comfortable. Washing your hair with cold water not only rids the scalp of impurities, dirt, oil, and the like but also will keep your hair cleaner for longer. This will come in handy on those days you can't be bothered to wash your hair, even if it's been a few days since a rise already.

### **3. Don't overdo it with hair products.**

Your thin, flat, fine hair may have you reaching for all the hair products—put them down. You don't need them. Using too many of them will actually make things worse. They'll only weigh down your lifeless strands and can even make them appear greasier than they already are. Avoid things that increase moisture in your hair, this will actively make it worse. This is because hair type 1 is the most oily

This kind of hair needs shampoo the most though. Once every other day is best.

### **4. Don't go to bed with wet hair.**

Sleeping on wet strands is a huge no-no for those with Type 1 hair. Doing so will create unnecessary (and unwanted) frizz, while also tangling your tresses. Avoid this by going to bed with dry hair. If you must go to bed with wet or damp strands, spritz on some leave in some conditioner for some added slip and protection.

### **5. Schedule regular hair trims.**

Trimming your dead ends will add some life and fullness back into your limp strands. The longer you go without cutting your hair, the more weighed down they'll be. So, get trims on a regular basis. Talking to your hairstylist can help you determine what that maintenance looks like for you.

- **Type 2 Hair**





## 1. Find a Shampoo for Wavy Hair.

Over-washing curly hair can strip away the natural oils your hair needs to stay shiny and healthy-looking. Because curly and wavy hair is naturally drier than straight hair, shampooing once a week is enough to clean without stripping away too much moisture. When you do shampoo, use a [shampoo for wavy \(curly is fine as well\) hair](#) with a gentle and hydrating frizz-fighting formula.

## 2. Condition—A LOT!

Look for a thick, deep [curl-defining conditioner](#) infused with hydrating oils and other moisturizing ingredients like glycerin. Apply conditioner both before and after shampooing to soften and detangle your curls. On no shampoo days, refresh your curls by just using conditioner in the shower.

## 3. Deep Condition Often.

Skipping the shower today? Work in a nourishing, [frizz-fighting hair oil](#) on dry hair to keep your curls feeling soft and hydrated without losing their bounce. For extra dry, frizzy curls, try a [smoothing hair mask](#) once a week.

## 4. Strike a Balance Between Moisture and Strength.

As important as it is to keep your wavy hair hydrated, it is important to protect your hair's strength, structure, and elasticity. When looking for products for your wavy hair, look for formulas that contain vital nutrients and silk proteins. These formulas are known to strengthen and define your curls.

## 5. Lay off the Heat.

When it comes to hair, heat equals dryness and damage. And as we've learned, curly hair is already dry by nature. Instead of using heat tools, rely on curl-defining products like [air dry wave foam](#) for your hair. And if you must blow-dry, use a diffuser on the lowest setting to disperse the heat and minimize friction. When you shower, rinse your locks with cool water to seal the cuticle and lock in moisture.

- **Type 3 Hair**



## **1. Choose Shampoo Wisely**

Washing your hair is the first and foremost step in any hair care routine irrespective of the hair texture. Washing or cleaning ensures that there is no dust, excess oil, dead skin cells, and product buildup on your scalp.

Use a mild shampoo free of toxic chemicals like sulfates, silicones, alcohols, and [parabens](#) that can irritate your scalp. Sulfates are lathering agents while parabens are preservatives used in your hair care products. Switch to [mild surfactants](#), fragrance-free, sulfate-free, silicon-free, and paraben-free formulas in your shampoos.

### **Pro Tip:**

Dilute your shampoo and low-lather cleansing conditioner in water before you let them work on your hair. This will ensure you don't use up too much product at once, which is good for both your hair and pockets.

## **2. Avoid Excessive Shampooing**

Curly hair tends to become dry easily. Excessively shampooing your hair can suck out its natural moisture. Also, look for moisturizing ingredients in your conditioner. Conditioning makes sure that your hair cuticle is sealed and protected against environmental damage.

### 3. Pre-Shampoo Treatment

Pre-shampoo treatment is bliss for those with curly hair. It helps in detangling and removing the frizz from your hair.

Apply a hair mask or a conditioning oil to your dry hair by separating out sections of hair. Leave in the conditioner for 20 minutes. You can put on a shower cap or a towel to trap some heat and open up the cuticle. This ensures that the conditioner penetrates your hair well.

### 4. Never Brush Curly Hair

Resist the urge to brush curly hair. Use a wide-toothed comb on your curly hair before shampooing. After washing your hair, simply run your fingers through your hair. Never ever brush your wet hair as it is more prone to breakage and damage.

### 5. Hair Styling With Moderate Heat

The high temperature from heat styling tools can remove the natural texture of your curls, making them dull and lifeless. Limit the use of heat styling and use a good heat protectant spray whenever you can't avoid it. Use moderate heat and a diffuser to protect your naturally beautiful curls.



## **6. Use A Very Wide-toothed Comb**

Use a wide-toothed comb to remove the tangles in your curly hair. Comb from bottom to up to remove the knots if any. Each curl can be considered as a potential breaking point, handling gently is the way to go. A hairbrush can mess with your natural [hair texture](#) and can cause damage to your hair.

## **7. Always Use Cold Water For Hair**

Hot water showers strip off the natural oil or sebum from your scalp and hair. It can also open up the cuticle making the hair strands prone to frizz and breakage. Coldwater rinses are your safest bet whether you are shampooing or conditioning your hair.

## **8. Trim To Avoid Split Ends**

Get your hair trimmed every 6-8 weeks to [get rid of the split ends](#) and [damaged hair](#). Curly hair needs to look and feel healthy.

## **9. Curly Hair Sleep Routine**

Haircare experts swear by the pineapple trick as part of the sleep routine for curly hair. Pile all your hair on top of your head into a bun or a loose ponytail. This way, there is less friction between your hair and the pillowcase. Switch to satin or silk pillowcases instead of cotton cases to reduce friction.

## **10. Try Natural Treatments For Healthy Curly Hair**

Use hair masks containing natural ingredients for your curly hair:

- Make a mask of olive oil, eggs, vinegar, and mayonnaise and apply it to your hair. Rinse with a mild shampoo after 30 minutes. While eggs provide protein to your hair, mayonnaise adds moisture and shine to the dry curls.
- Avocados are rich in vitamin B, E, and good fats. Mash a ripe avocado with a tablespoon of honey and two tablespoons of olive oil. Apply this mask on to your curly hair and leave it on for 30 minutes. Wash off with a gentle shampoo.

Apple cider vinegar, milk, fenugreek seeds, and hibiscus are all great natural treatments to have healthy curly hair.

## 11. Moisturize

No matter what the hair texture or type, the basic rules of hair care remain the same. Oiling your hair improves blood circulation to the scalp and promotes healthy [hair growth](#).

Our product development executive, Pruthi B Nawale says, “Natural oils are a rich source of vitamin E and fatty acids. These fatty acids help to lock the moisture in your hair. That’s how natural oils control frizz and improve the manageability of curly hair. Massaging natural oils on the scalp boosts blood circulation and promotes hair growth.”

- Use light and non-greasy coconut oil for curly hair. Use your fingertips to massage the oil onto your scalp. You can apply coconut oil before bedtime and wash it the morning after. Alternatively, you can also apply oil an hour before shampooing your hair.
- Olive oil is a great treatment for your curly hair. It adds a lot of moisture to your dry locks. Take 2-3 tablespoons of olive oil in a bowl and heat for a minute. Apply evenly on your scalp and hair with your fingertips. Wrap a warm towel over your head and rinse off the oil with a mild shampoo after 45 minutes to 1 hour.
- Castor oil is a lesser-known ingredient when it comes to oiling your hair. The reason is its stickiness. But castor oil is a wonder in itself. It can moisturize your curly hair and add shine. Haircare experts recommend using castor oil before bedtime and washing the next morning.

Jobba oil, sweet almond oil, argan oil, grapeseed oil, avocado oil, rose oil, and ayurvedic oils like amla, Brahmi, neem, and bhringraj (special oil) can also be used for curly hair.

## What Should You Not Do With Curly Hair?

- Do not wash your curly hair every day as it can remove all the natural oils.
- Never sleep on a cotton pillowcase as it can create friction between the strands.
- Do not do heat styling often as it can strip off the moisture from your curls.
- Do not let your hair remain in tight ponytails all the time. The pulling can cause [scalp pain](#).
- Never settle for one-size-fits-all products. Go for products that are created for your [hair type](#).
- Most importantly, do not compare your hair with straight hair or other hair types. Learn to embrace your curls.

## How Often Should You Wash Your Hair If You Have Curly Hair?

Wash your hair once every 2 or 3 days. Washing every day removes all the natural oils from your hair. If you are a gym addict, wash your hair with a conditioner in between your shampooing sessions.

## How Do You Keep Your Hair Curly?

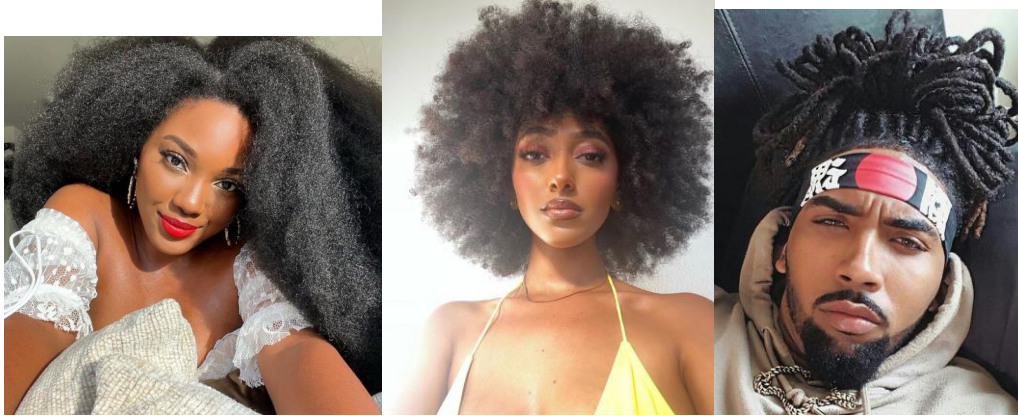
- You can skip the conditioner once in a while to keep those curls intact.
- Use a curl cream on your hair to define the curls. Avoid using too much product as it can weigh down your hair.
- Use sponge rollers or hairpins to roll up your hair.
- Hair sprays and hair gels can also keep the curly hairstyles in place.

Gentle hair care, limited heat styling, and all the above tips are all it takes to keep your tight coils or looser waves in shape. Avoid excessive shampooing and flaunt your curly hair with the hairstyles mentioned above.

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- **Type 4 Hair**





Type 4 hair is the most delicate hair texture that exists and as such requires extra care and attention. If there is anything to take away here, is to **MOISTURIZE!** Caring for type 4 hair requires gentle handling and should be styled with as little manipulation as possible in order to promote length retention, volume, and growth. Natural type 4 hair should be well maintained due to its fragile state and with a little TLC and a delicate touch, your natural hair will grow longer, stronger and healthier.

### **Washing tips**

Shampoo infrequently, once a week tops. Ideally every two weeks. You could go for three months without shampooing and you'd be fine honestly. Experiment with your regimen to see what works for your hair. Remember that once your hair is wet it is in its most fragile state and will be more prone to tangles which lead to breakage. Handle your hair with care!

Concentrate shampoos on your scalp and not the lengths and ends of your hair. Avoid sulfates at all costs, along with any other ingredients that dry out your hair such as silicones and parabens.



### **Moisturizing**

Use lots of conditioner on wet hair to help with moisture and detangling, and look for products with a lot of slip. Be gentle; your curls are fragile. Using a wide-toothed comb will help remove tangles and help disperse conditioners throughout your hair. After shampooing, use a deep moisturizing conditioner to rehydrate your hair.

Moisturize every day with a leave-in conditioner, moisturizer, or steam to keep your curls soft and hydrated at ALL TIMES!!! You can also use intense hydration products to make this work even better. You'll know if you're doing this right if your hair is NOT dry when you touch it throughout the day.

Use oils to seal moisture into your hair at the ends to enhance your curls and keep frizz at bay. Apply oils to the roots to keep them in optimal health.

## **Deep Conditioning**

Deep condition every 1-2 weeks to add moisture and nourishing ingredients to your hair to keep it strong and free from damage. If your hair feels weak or lacks elasticity, use a protein conditioner to strengthen the hair follicles and prevent breakage. Type 4C hair, in particular, needs to be deeply conditioned once a week to soften, strengthen and moisturize the hair. We would recommend using hair butters, natural oils, and natural moisturizers.

Ensure that you wrap your hair in a silk hair wrap or sleep on a silk pillowcase to protect your hair from rubbing against cotton, reducing bed head and tangles, and helping your hair to retain the moisture you worked so hard to put back into your hair.

## **How To Change Your Hair Texture**

- **From Straight or Wavy to Curly**
  - Get a perm + using curl activating and curling creams (Different types of perms online)
- **From Straight to Wavy**
  - Use curling wands lightly
  - Use curling creams and curling creams + styling creams and hold creams
- **From Wavy or Curly to Straight**
  - Use a straightening brush
  - Ironing your hair
  - Keratin Treatment
  - Blow-dry + brush it straight + styling and holding cream
  - Watch Alex Costa on YouTube! He is the best at this stuff and I can attest to you on that!
  - You can also use sea salt spray LOL. I know its a meme of mine but it works

- **From Curly to Wavy**
  - **Blow-dry + brush it straight with some waves + styling and holding cream**
  - **Use a straightening brush lightly**
- **From Kinky to Curly (Training your Hair)**
  - **Hair Texturizers**
  - **Moisturizing, and taking care of your hair consistently! (You'll know if you're doing well if your hair is NOT dry when you touch it)**
  - **Training your hair to become curly (the same way people with waves train their hair by consistently brushing) by caring for it hyper-consistently, and twisting the curls onto your hair while it's moisturized (Search it up on YouTube!)**

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Now Here are more tips on how to successfully move from kinky to curly hair. Since this section was designed specifically to change hair texture, this is what will be discussed.

- Assuming we are working on kept, moisturized, and maintained type 4 hair (Pre-Requisite), we can use curling Activators and enhancers, these products loosen the hair texture, a link to one I recommend is here (6 USD): [Click Here](#). This won't work on dry and nappy hair!
- Another thing I HEAVILY RECOMMEND is using this set of shampoo, conditioner, and curl enhancer smoothie. This will work **wonders** for your hair as you'll over time modify how the roots of your hair will grow, so you'll naturally grow curly hair with repetitive use. Also, you'll be able to define your curls using the conditioner provided in this set (making them pop out). The CURL ENHANCING SMOOTHIE IS KING! (32 USD) [Click Here](#).
- Using a styling cream (regardless of texture) makes everything look much better and holds the styled hair. Use this in tandem with the products above
- **Please use a detangling brush**, this type of hair is severely prone to tangling and you want to make sure you get rid of all tangles!!!
- I recommend doing this procedure for going from kinky to curly.
  - Step 1: Ensure your hair is moisturized and hydrated and that you have sufficiently long enough hair. Make sure it's conditioned as well.
  - Step 2: Apply the [leave-in conditioner](#) (8.50 USD) throughout your hair. Your hair should be very moisturized now! It MUST BE

DAMP AND MOISTURIZED ITS AN ABSOLUTE NECESSITY AND A PRE-REQUISITE!

- Step 3: Apply the curling smoothie throughout your hair
  - Step 4: Use the styling cream and detangle your hair, you'll see the curls coming in nicely!
  - Step 5: From here on out, it's my recommendations. Get the curling activator and enhancer product and apply this to your hair, especially your roots!
  - Step 6: Apply this product here as the final thing to your fabulous new hair now! This product eliminates and defends against frizz, moisturizes, makes your hair SHINE, and also straightens your hair a bit as well! This will also define your curls!: [Link Here](#) (12 USD)
  - Step 7: Clean your face of any products to prevent acne.
  - 
  - For more elaboration, watch this video and plenty of other similar ones like this!
  - Note: Moisture is key! As you gradually train your hair to become curly instead of kinky, you will likely need to cut down on it since you'll no longer have the same hair texture and you'll start to need to play by type 3 rules instead of type 4 rules. You can use my type three guide above if you've ascended.  
She's actually changing her hair texture but claims she's defining type 4 curls. Great video nonetheless!
- **From Kinky To Wavy (2C)**
    - **All of the advice above but add a little bit of the straightening brush or straightening iron to it.**

## Advice

- For haircuts, I advise you to go on Pinterest, it is your best friend. Search up "Type [Insert Number Here] Haircuts for Men" and feed off the inspiration there.
- For haircuts, I recommend making sure it looks nice and crisp, not a weak and poorly done haircut. Go to the barber or do your haircut every two weeks. (Or learn yourself)
- Make sure your edges are well done and make sure to correct any errors in your hairline.
- If you have dandruff, make sure to tackle that with special shampoos and conditioners as well. Reduce the oil in your hair, as dandruff feeds off of oil!
- Use Forte Series for elite hold on your hair to create volume
- Straight-haired people should not be moisturizing their hair, instead, they should be fighting excess moisture.

- Wavy-haired people should be accepting of a little additional moisture, especially if it's type 2C.
- Curly-haired people should be moisturized.
- Kinky-haired people should literally drown their hair in as much moisture as possible, for as long as possible. Hell, wear a cap to bed to trap it all in!
- Research styling creams that will help you get the desired result in your hair
- Fermented rice water smells horrible but will make your hair grow so much quicker, like literally 4x growth.
- Make sure the water you use isn't highly chemicalized, burning water. Use a water filter on your showerhead and use cold water.
- Don't have nutritional deficiencies, stress, depression, etc. It makes you prone to hair loss, shedding, and poor hair quality.
- If you're norwooding, get [Keeps](#) immediately, get a hair loss cap, get some [minoxidil](#) (**information in regrowth section, [minoxidil](#) can be dangerous**) and a derma roller and start derma rolling and applying minoxidil as soon as possible! Finasteride, (**information in regrowth section, [finasteride](#) can be dangerous**) biotin, peppermint oil, PRP therapy, anything to keep the Norwood reaper away!
- Take care of your beard, make sure it's soft! Use beard oils and other products to take care of it. Use a beard shaping tool, a beard kit, and razors (elite quality ones!) to optimize your beard's aesthetics
- Derma-roller + Minoxidil Combo (**information in regrowth section, [minoxidil](#) can be dangerous**) (peppermint oil can be added) on your beard for patchy beards.
- Curly hair must be defined! Curly hair doesn't look its best undefined. The curls have to "pop" and not look dull. This is crucial for curly-haired people!
- For straight-haired and wavy-haired people, you know how important volume is. Using the right brushing techniques, volume creams, etc. You can get your desired volume. Search Alex Costa on YouTube for more info. He's literally a hair god!
- If you have type 4 hair, and you're growing your hair out and are in that awkward stage, I recommend accelerating the hair growth, rice water, moisturizing, etc, to get out of it and either ascend into a long hairstyle like braids or ascend to type three hair. Unkept Type 4 hair is the worst!
- Make sure you have a good hairline, get a hair transplant to lower your hairline, or fix the sides of your hairline (if they're too far). This can ascend some people combined with good hair though.
- Restrict dying/bleaching your hair to an absolute minimum, especially at your roots, it damages your hair
- Restrict using texturizers that have heavy chemicals, same reason as above.
- Avoid touching your hair, can cause damage, breakage, and strip oils away.
- You can use colored conditioners and shampoos to change your hair color without dying it.

- Avoid over-wetting hair, make your hair prone to hair loss due to damage to your cuticles.
- Avoid heat damage at all costs!
- Look into styling creams and holding creams!
- Kinds of brushes to use based on your hair type

# Hair Health

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- [Water Used](#)
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**The water you use on your hair (The most important but can be expensive):** Most of your hair problems will go away by doing following this guide. The kind of water you use on your scalp and hair is single handedly the most important thing when it comes to hair health using hard water is the death of your hair. After many washings, minerals dissolved in the hard water (non filtered) create a film on the hair. This prevents the moisture from entering the hair.

The result is dry, dull, tangly hair. Hard water (non filtered) can also cause build up on the scalp, causing a dandruff-like condition to form. It can even cause hair loss. Etc. The best thing you can do to stop hard water damage is apply filters to the source of where your water comes from it'll be expensive but its worth it.

**Having a proper lifestyle :** What I mean by that is the regular things like eating healthy, sleeping well, not being deficient in nutrients, stress free life etc.

**Things to avoid :**

Aight these are things you should stop doing that are preventing your hair from being healthy

**Dont use as much shampoo:** Don't go cold turkey, progressively cut down using shampoo day by day until you've reached a point where you feel comfortable.

**Avoid heat damage from the sun and hairstyling tools:** Yes , your hair is just like your skin and will get damaged by the sun. Avoid being in the sun for too long because it will damage your hair badly . If you live in a sunny area and you leave your house a lot I would say invest in a cap or hat.

**Avoid touching and playing with your hair too much:** Touching your hair too much can strip it of its natural oils and that will cause damage and breakage. Also avoid being harsh while drying your hair out with a towel.

**Avoid chemically processing your hair and bleaching/dying it:** Alright this could be possibly the worst one, not only does it make your hair look bad but it will 10000 percent damage your hair. As a matter of fact it will also cause hair loss which is the last thing you want .



A brush guide we highly recommend:

## The Right Hairbrush For Your Hair Type

Presented By: Real Men Real Style

| Purpose               | Hair Type<br>Hair Brush                                                                                 | Straight Hair Types |      |       |      | Curly Hair Types |      |        |      |       |      |
|-----------------------|---------------------------------------------------------------------------------------------------------|---------------------|------|-------|------|------------------|------|--------|------|-------|------|
|                       |                                                                                                         | Thick               |      | Thin  |      | Wavy             |      | Coiled |      | Kinky |      |
|                       |                                                                                                         | Short               | Long | Short | Long | Short            | Long | Short  | Long | Short | Long |
| Detangling            | Denman Brush           | ✓                   | ✓    | ✓     | ✓    | ✓                | ✓    | ✗      | ✗    | ✗     | ✗    |
|                       | Rectangle Brush        | ✓                   | ✓    | ✓     | ✓    | ✓                | ✓    | ✗      | ✗    | ✗     | ✗    |
|                       | Paddle Brush           | ✗                   | ✓    | ✗     | ✓    | ✗                | ✗    | ✗      | ✗    | ✗     | ✗    |
|                       | Oval Brush             | ✗                   | ✓    | ✗     | ✓    | ✓                | ✓    | ✓      | ✓    | ✗     | ✗    |
| Detangling & Grooming | Round Brush           | ✗                   | ✓    | ✗     | ✗    | ✓                | ✓    | ✓      | ✓    | ✗     | ✗    |
|                       | Hair Pick            | ✗                   | ✗    | ✗     | ✗    | ✗                | ✗    | ✗      | ✓    | ✗     | ✓    |
|                       | Vented brush         | ✓                   | ✓    | ✓     | ✓    | ✓                | ✓    | ✗      | ✗    | ✗     | ✗    |
|                       | Pocket Comb          | ✓                   | ✗    | ✓     | ✓    | ✗                | ✗    | ✗      | ✗    | ✗     | ✗    |
|                       | Wide-tooth Comb      | ✗                   | ✗    | ✗     | ✗    | ✗                | ✗    | ✗      | ✗    | ✗     | ✗    |
| Grooming              | Military Palm Brush  | ✗                   | ✗    | ✓     | ✗    | ✗                | ✗    | ✓      | ✗    | ✓     | ✗    |
|                       | Foldable Comb        | ✓                   | ✓    | ✓     | ✓    | ✓                | ✗    | ✗      | ✗    | ✗     | ✗    |
|                       | Hair Brush Sponge    | ✗                   | ✗    | ✗     | ✗    | ✗                | ✗    | ✗      | ✗    | ✓     | ✓    |

✓ Best Option

✗ Sometimes

✗ Worst Option

**RMRS**  
Real Men Real Style

# Hair Regrowth

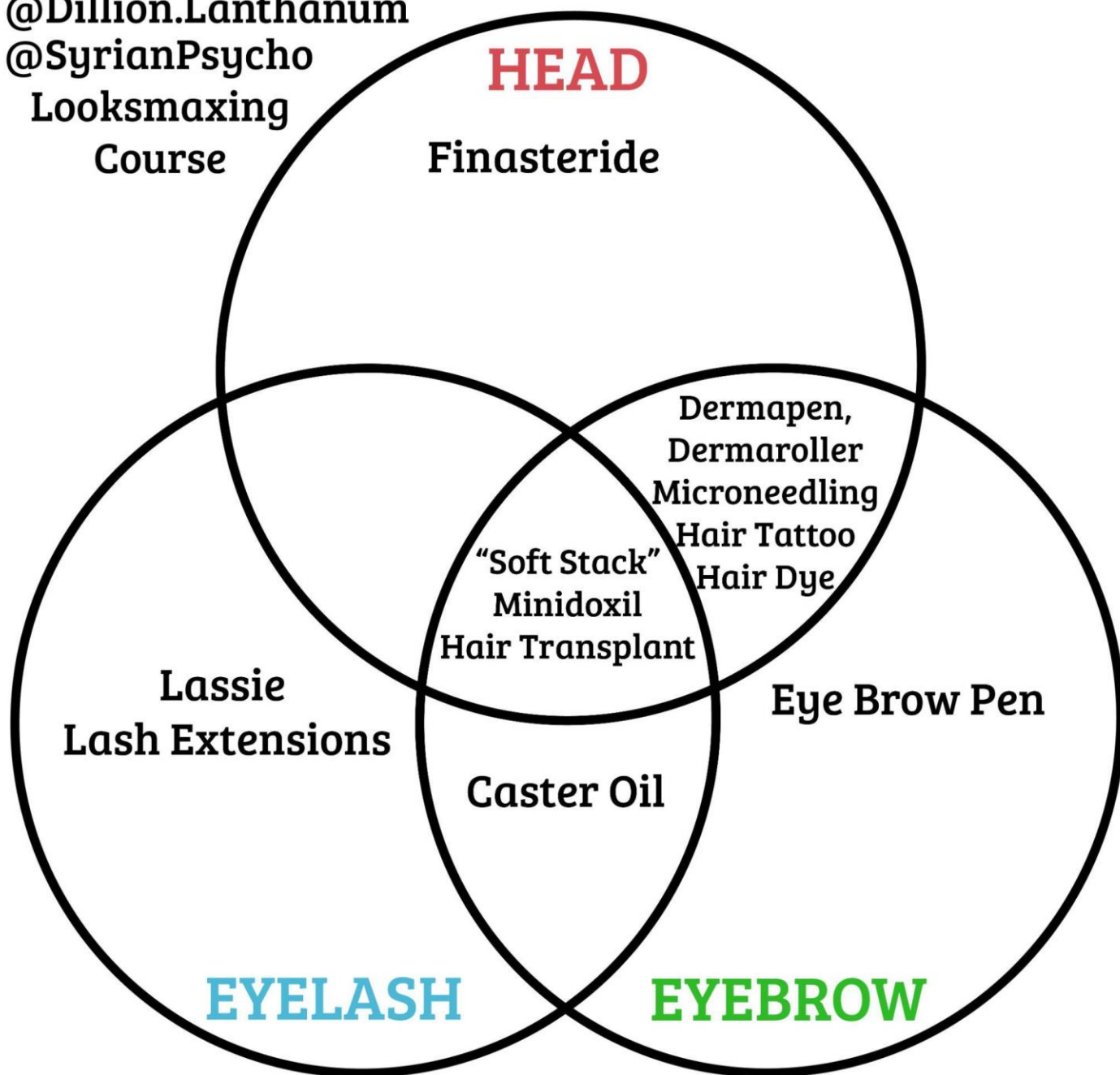
Here is an image of all the good simple popular options that are optimal for each section!

@Dillion.Lanthanum

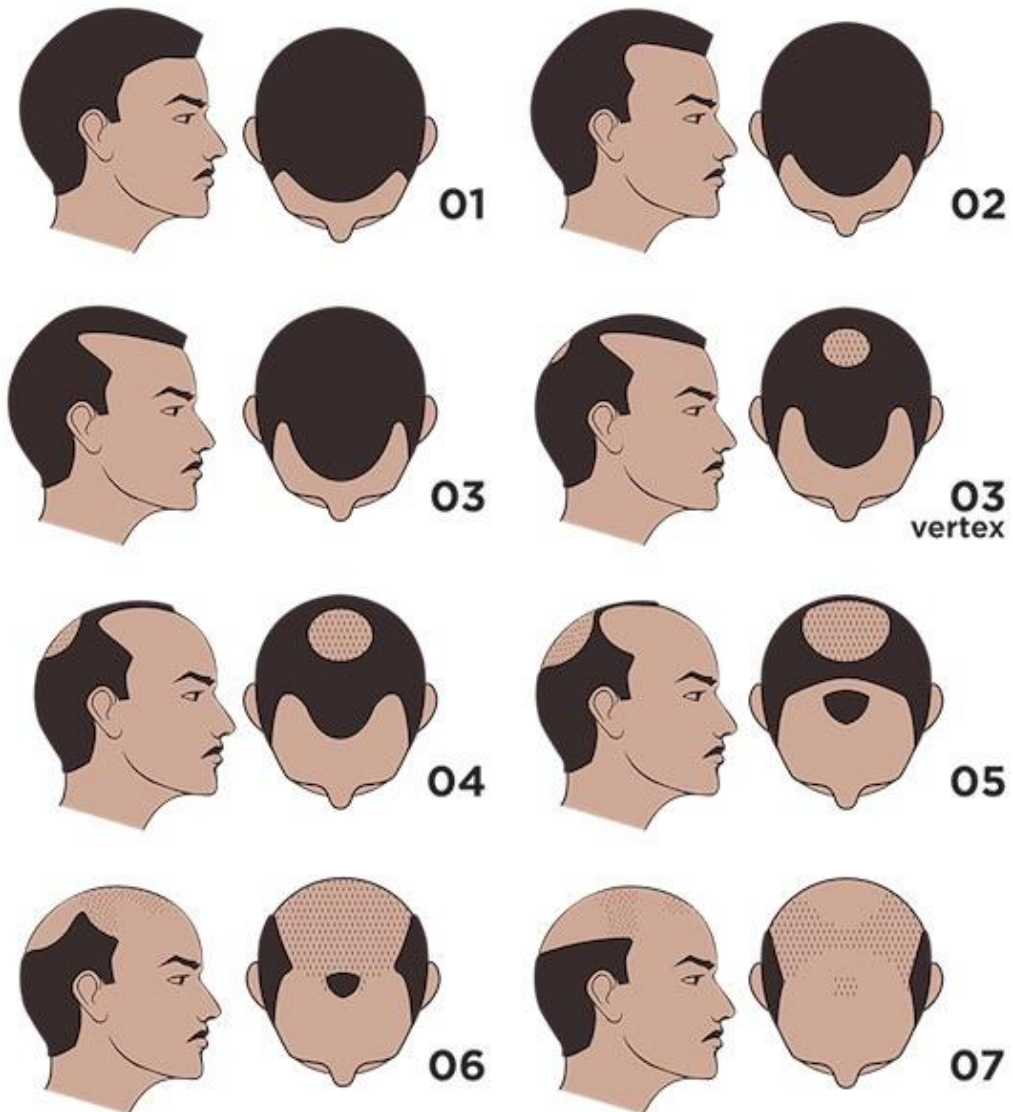
@SyrianPsycho

Looksmaxing

Course



### What is the norwood scale?



### Links :

- **Dermaroller:** Dermarollers are basically mini dough rollers with sub-millimeter-sized needles. When hair follicles are derma-needled, it increases the blood flow to the hair follicles, speeding up the rate of growth significantly.
  - Links
    - <https://amzn.to/3aiTF0q> (No more than \$20 USD)

- **“Soft Stack:** This is a hair regrowth stack that anyone can use at any age, there are no side effects unless you're allergic to a product
  - Rice water
  - Peppermint Oil (interchangeable with rosemary oil)
  - Rosemary Oil (interchangeable with peppermint oil)
  - Derma Roller
  - Redensyl 3%
- 
- **Minoxidil:** ( [minoxidil](#) can be dangerous refer to the guide before using) A liquid that stimulates an insane amount of growth in hair, the treatment is a vasodilator, meaning it widens the blood vessels to deliver more oxygen-rich blood to the hair follicles. Minoxidil also helps increase the size of hair follicles, which promotes the growth of thicker, stronger hairs. ***YOU MUST COMBINE THIS WITH DERMA-ROLLING.***
    - Links
      - <https://amzn.to/3Nczj7O> (\$15-30 USD)
- 
- **Peppermint Oil:** An oil that has the benefits of **increasing blood circulation, improving hair growth, and preventing some hair loss.** Peppermint menthol also imparts a freshened smell and tingly sensation on the skin and scalp. ***YOU MUST COMBINE THIS WITH DERMA-ROLLING.***
    - Links
      - <https://amzn.to/3Q1zzbE> (\$12 USD)
- 
- **Eyebrow Pen (For Men):** You can also fake good eyebrows with an eyebrow pen, the one I am recommending is for straight men, made by straight men. Tutorials online / youtube
    - Links: [Amazon.com: GENTLEHOMME](https://www.amazon.com/GENTLEHOMME) (\$20 USD)
- 
- **Scalp Micropigmentation (Hair Tattoo):** Scalp micropigmentation, also known as a hair tattoo, can cover bald spots or thinning hair without surgery. Providers use thin needles to deposit tiny dots of pigment (color) on the scalp. This treatment can cover bald spots or create a shaved head look
- 
- **Finasteride :** ( [Finasteride](#) can be dangerous, refer to the guide before using) finasteride is a FDA-approved drug for hair loss that works by inhibiting 5 $\alpha$  and lowering DHT (strongest hormone that causes hair loss) levels in the body. Finasteride

drops DHT by around 50-70%. By inhibiting DHT testosterone raises and so does estrogen. Topical finasteride drops DHT more in the hair and less in the body causing fewer side effects. ED problems occurred in less than 2% of the males so do not get afraid of the sides and do some bloodwork beforehand. Finasteride is one of the most used and most researched anti-hair loss medicine. Finasteride stops hair loss but doesn't cause a lot of regrowth (reversal on the Norwood scale). Using Finasteride should cause an initial shed for a few months.

- **Oral castor oil:** Oral castor oil is a growth promoter weaker than Minoxidil, but way cheaper. It works by raising PGE2 levels in the body. It's a cheap almost side effect free way (except perhaps some stomach issues) to increase hair density. 1ml a day is enough, but up to 2ml is possible without diminishing returns.
- **Ketoconazol shampoo :** Ketoconazol is an anti-inflammatory product and a small DHT blocker used to treat hair loss, anti-inflammatory and fungal problems. It helps a little bit against hair loss, but isn't as strong as AR5 inhibitors or anti-androgens, but it's almost side effect free. Because of the weakness a lot of people claim it isn't working. Derek from More plates more Dates advice to use it as first product.
- **Hair Transplant :** Approximately three months later (90 to 100 days), new hair starts to grow and continues to grow at a normal rate. About six months after a hair transplant session, the transplanted hairs begin to take on a natural appearance and will continue to grow for a lifetime.
- **Eyebrow Transplant :** An eyebrow transplant is a type of cosmetic surgery to make your eyebrows fuller. This is a permanent procedure that can last a lifetime. A surgeon will move hair follicles from your scalp to your eyebrows.
- **Eyelash Transplant :** Eyelash extensions can last for six to eight weeks, while the surgery gives more of a permanent result that could last up to a lifetime.

- **Eyelash extensions** : Because extensions are attached to the lash itself, they last as long as the natural growth cycle, or about six weeks. To extend the life of the extensions, we recommend using a lash conditioner and to gently comb through your lashes with a dry spoolie brush.
- **Hair Dye** : We recommend hair dye from “just for men” we are not affiliated! Tutorials on how to use it online / on youtube!
- **Latisse** : Latisse is FDA approved and is probably the best way to grow your lashes “naturally”, it is kind of expensive though, (Warning: latisse usage may cause fat loss and some changes in your eye area.)

***IF YOUR CONFUSED ALL TUTORIALS ON YOUTUBE!***



# Eyebrow Looks

## Table Of Contents

- [Importance Of Eyebrows](#)
- [Shape, Tilt, and Length](#)
- [Conclusion](#)

## Importance Of Eyebrows

One of the worst things to neglect is your eyebrows. The eyebrows are a crucial part of your eye area, making it probably 30-40% of the attractiveness of your eye area. Here are some ways to improve your eyebrow looks



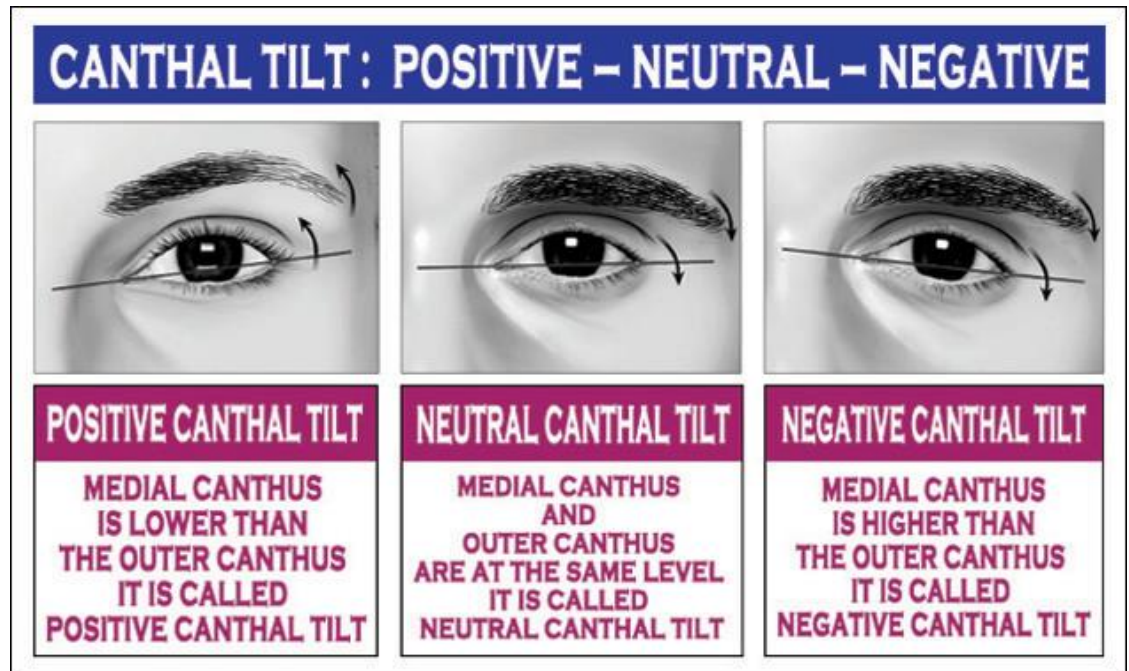
## Shape, Tilt, and Length

- Shape: Anything that **isn't** round or hard-angled is ideal.





- Tilt: Ideally neutral or positive, but not excessively so. You can also shape them as well using tweezers, etc to turn them positive or neutral.



- Length: Your eyebrows should start ideally right next to your nasal tip and should end one middle finger after your eyes. Use this picture as a guide, buy a EYEBROW RAZOR!



## Conclusion

Thin eyebrows are unattractive, use some of the ways in [hair regrowth](#), to thicken them up



One good video to watch for extra info

[How to Get Ideal Eyebrows for Men - Full Guide - YouTube](#)<sup>+</sup>

<https://youtu.be/HC7TEXWqxQc>

## Eyelash Looks

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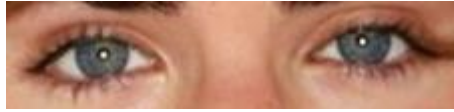
- [Examples of very good eyelashes](#)
- [How to grow](#)
- [How to apply Latisse](#)
- [How to apply Peppermint oil](#)
- [How to apply Caster Oil](#)
- [Eyelash Extension Procedure](#)
- [Eyelash Transplant](#)
- [Eyelash Dyeing](#)
- [Eyelash Curling](#)

### Examples of very good eyelashes:



### How to grow :

With good eyebrows:



**Without good eyebrows:**



As you can see good eyelashes benefit every male, masculine looking, prettyboys. Personally we think that low set dark eyebrows + long, dense and dark eyelashes + light eyes = automatically good eye area.

Now what we can do to achieve best possible eyelashes, personally im not fan of eyelash transplant because most of results are really shit and you need to put a lot time to maintain them. Unless you have non-existent eyelashes transplant is no option

Latisse (avg. 120-140\$ for month supply)

### **How to apply Latisse :**

-Make sure your face is clean. Wash your hands to prevent germs from getting on or near your eyes.

-Remove the applicator from the tray it's packaged in. Hold the applicator horizontally. Gently squeeze the bottle allow one drop of Latisse to come out -onto the applicator. Do not put it on the very tip but the area right before the tip. You will not want to waste any drops, as it's expensive.

-Draw the applicator with the Latisse on it along the base of the upper eyelashes starting from the inner part of your eyelash line to the outer part. Do not apply to the lower lid and do not instill Latisse into the eye. (With Latisse, a little goes a long way.)

-Blot any excess Latisse that may be on the eyelid with a tissue. Try not to allow the Latisse to enter your eyes.

-Use it 1-2 per day till you get desired results.

**Results:**



For the full process here is the video : [https://youtu.be/xKooEVEGE\\_s](https://youtu.be/xKooEVEGE_s)

**Warning: latisse usage may cause fat loss and some changes in your eye area.**

Peppermint oil (starts from 10\$)

### **How to apply peppermint oil :**

-Apply it on clean and dry face before going to bed, you can follow guide to latisse application.



**Results:**



Castor oil (starts from 5\$)

**How to apply caster oil :**

-Apply it on clean and dry face before going to bed, you can follow guide to latisse application.

**Results:**



Eyelash extensions (150-200\$ for first application, 55-60\$ for monthly maintenance)

## **Eyelash extension procedure :**

-Before appointment:

Make sure your lashes are perfectly clean. Clean them night before with oil free remover and mild soap . This is to ensure the lash extensions bond correctly to the host lash.

-Day of appointment:

At the initial consultation you should tell about the shape and type of look you desire.

During procedure your lashes will be washed once again to ensure they are free of any proteins and oil. Then pads will be placed under each eye on the top of your lower lash to make sure they are not in the way and that they don't get glued together with the top lash. Your eyes are kept closed for the entire procedure. After that its time to start lashing.

The application takes approximately 2 hours.

-After care for lash extensions:

1. Don't use water on your lashes for 24 hours

2. For couple days don't steam your face.

ou have to wear eyeshadow or eyeliner. Only use water based liner and powder eyeshadow and make sure you remove it before going to bed.

3. After the 24 hours you can wash your lashes, I recommend just standing under the shower head and let the water run through your lashes then carefully pat it dry, don't rub.

- 4 Don't pull on your lashes. Let it natural fall out.

5. When using your face cream and oils please be careful not to touch your lashes. Creams and oils are the eyelash bonding agents' worst enemy.



### Results:



For the fill procedure watch this video! <https://youtu.be/c6qviywifDA>

Eyelash transplant (2500\$ to 6000\$ according to google)

### **Eyelash Transplant :**

An eyelash transplant is a minimally invasive, outpatient procedure that transplants hairs one-by-one from a person's donor area (usually the back of their head) to the eyelids, to address thinning or non-existent eyelashes. It is virtually painless and can be completed in one day. Eyelash implants leave no scarring in the donor area and is 100% natural, undetectable and permanent once complete.

#### **-Eyelash transplant consultation:**

During your eyelash transplant consultation, doctor will examine your existing eyelashes and eyelids and discuss your goals and expectations for the procedure with you. He will go over your health history and ensure that it is safe for you to move forward with the treatment. You will learn more about the treatment process and have the opportunity to ask any questions you may have. This should give you everything you need to make an informed decision about your treatment.

#### **-Eyelash transplant procedure:**

Before the procedure, a mild or more potent- as desired- oral sedative will be given to help the patient relax and feel comfortable during the surgery. After the upper scalp has been numbed, doctor will make a 1-inch incision in the scalp in order to harvest hair follicles for transplantation. This incision can typically be easily hidden in the hair after the procedure.

Once the donor hair has been extracted, doctor places 25 to as many as 110 individual hairs into each upper eyelid. He angles these to blend in with the existing lashes, and will place as many as necessary to achieve the patient's aesthetic goals. These hairs are actually "threaded" into the eyelid.

#### **-Recovery:**

Although it is a relatively minor procedure, an eyelash transplant is still surgery. Following the procedure, patients may notice some swelling and pinkness in the eyelids, and the transplanted hairs will develop tiny crusts during the first few days. Although the recovery generally involves little discomfort, patients should take at least 3-5 days off from work and normal activities.

About 10 days after the procedure, sutures will be removed from the donor site, or if dissolvable sutures were used- as they are commonly- they will dissolve by 4 weeks. The transplanted hairs can be expected to fall out two weeks after the surgery—this is normal. The hairs will begin to grow back in about three months, and will continue to grow normally after this time.

#### **-Risks:**

Risks of eyelash transplant procedures are minimal, but can include tiny bumps in the upper eyelid, and the small but serious risk of the hairs growing into the actual eye (note that this has not happened with any of Dr. Epstein's patients). Side effects are usually mild, and the donor incision is small and tends to heal well. With that said, every surgical procedure carries some risk, and doctor will discuss these possible complications with you prior to the procedure.

#### **Results:**



For the fill procedure watch this video! : <https://youtu.be/ijAo8Lnxoxk>

**Never use Minoxidil, it's skin killer + very dangerous for your eyes.**

**Additional:**

Eyelash dyeing (starts from 10\$ for 40 days lasting kit)

**Eyelash Dyeing :**

There is a possibility that you actually have very good, long eyelashes but like me you are unfortunate to have light hair so your eyelashes are barely visible or literally invisible. Dye them and see how big difference it makes.

**Results:**



For the full dyeing process watch this video! : [https://youtu.be/epa\\_UYQzjmQ](https://youtu.be/epa_UYQzjmQ)

**Eyelash Curling :**

Eyelash curler (starts from 2.5\$)



For the fill curling process watch this video! : <https://youtu.be/4fe9W8qMmJU>

- My private advice for you guys, before using eyelash curler just warm it with hair dryer, but be careful to not make it too hot and not to harm yourself. Using warm eyelash curler will give you longer lasting effects.

# Eyes

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- Intro
- [Video](#)
- [Eyebags & Dark Under Eyes](#)
- [Tips](#)

### Intro

As far as eyes go there isn't much you can change, Having good eyebrows and eyelashes are going to change a lot of your eye area. When it comes to your eye itself most of the features are not able to be changed without surgery. I believe most guys can be very attractive without getting surgery so I won't be covering surgeries in this guide.

## Video

This will show you a bunch a good ways to fix your eye area (the channel overall is good but can be overly bitter some times. Make sure you never do cosmetic surgeries unless your over the age of 18, (usually they aren't worth it anyways)

[How To Get Hunter Eyes - Complete Guide - YouTube](https://youtu.be/f6fOO69P92M)  
<https://youtu.be/f6fOO69P92M>

Ways you can get lower upper eyelid exposure right now!?

Squeeze your eyes very tight

To keep this effect long term, do it and then wear an ice mask while sleeping. You need to sleep on your back to keep this all night, get an airplane pillow if you cant sleep on your back properly.

## Eye Bags & Dark Under Eyes



The most important thing here is to get proper sleep. I know its obvious but people still don't get it. Most people should sleep 8-9 hours a per day. BUT most people think going to bed at 10 and waking up at 7 would get you 9 hours of sleep. WRONG. Most people have horrible sleep quality, so they could be sleeping for 9 hours but get 7 hours of quality sleep. There are many ways to improve sleep such as.

#1 : Cut out all noise or get something to make a soft noise like a fan or white noise box

#2 : Get your room as dark as possible, there are special blinds that do this

#3 : Keep your room cold

#4 : Get a sleep ring to track your progress

#5 : Get a very good bed (Could be Expensive)

#6 : Get a special mattress that changes its temperature as you sleep (Could be Expensive)

If you still have under eye bags, you could use an under eye bag cream (although most of them dry out your skin so do some research)

Or you can moisturize the area, (derma rolling or microneedling the area will also help) cerave moisturizing products and under eye cream are fine if you don't know what to get.

## **Tips**

Wear glasses if you have a bad eye area

Good eyebrows and eyelashes are 60% of how good your eye area looks

When taking a video record the video so the phone is slightly above you

When taking a video look at the camera, not at the screen

Focus on what you can change

Surgeries for your eyes can be very dangerous and get botched!

# Nose

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- Intro

## **Intro**

Much like the eye area there isn't much you can do other than surgery. Although with noses it's REALLY HARD. Rhinoplasty is the most popular surgery, but losing weight can make your nose more slim.

There is little to no chance these videos work but if you're really desperate he's a potential way to change your nose (maybe):

<https://youtu.be/Jnp8-Gn5q6s>

# Cheeks

## Table Of Contents

- Intro
- Hollow Cheeks

### Intro

We want our cheeks to be prominent and we want the inside area of our cheeks to be slim.  
Giving this “hollow cheek” appearance





## Hollow Cheeks

Let's keep things simple, the only way to get hollow cheeks is to get a really low body fat % and by debloating your face

Body fat % can be achieved by tracking calories, Use a calorie tracker to see how much of a deficit you need to be in.

Debloating your face will be covered in the debloat section of this guide

# Jaw

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- [Intro](#)
- [Body Fat %](#)
- [Chewing](#)
- [Chewing Properly](#)
- [Mewing](#)

## Intro

Studies show that women think the Jaw is the most attractive part of a man. Its hard to change the shape of your jaw directly but there are some things you can do to make MAJOR differences in your Jaw area

## Body Fat %

Reducing your body fat % is the easiest way to get a “better” jawline. We will cover the best ways to reduce your body fat % in the Physique section of this guide.



Here is a bodyfat % reference picture. This isnt 100% accurate but its a decent chart in general.  
The real benefit to getting a low bodyfat % is how it effects your face!



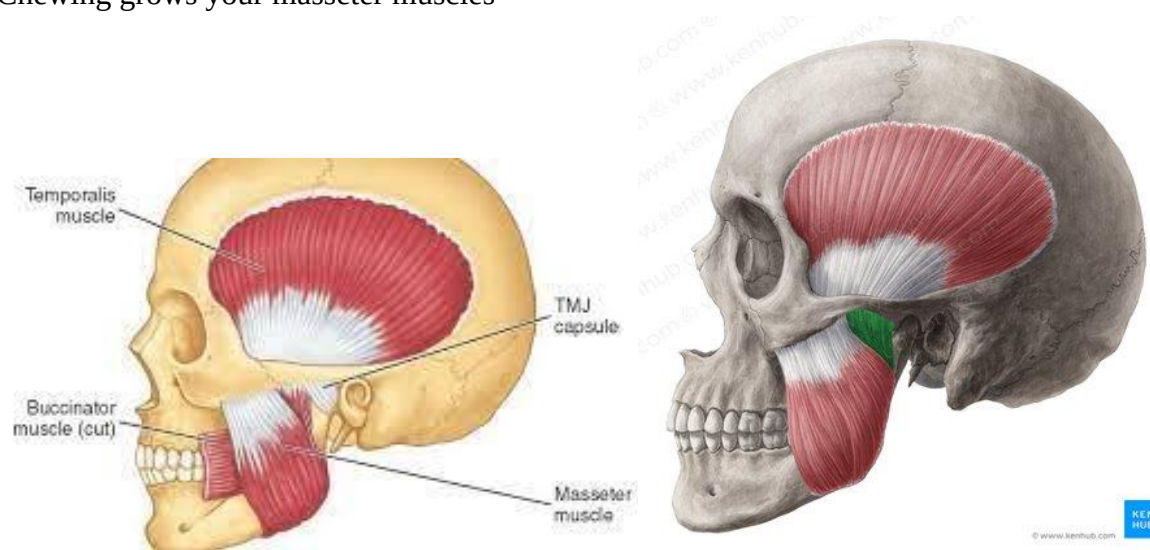


Some Before and Afters!

## Chewing!

What does chewing do?

Chewing grows your masseter muscles



This makes your jaw wider, and when your a low body fat % they POP! tons of male models have big prominent masseter muscles. For example brad pitt

Front Brad Pitt



Side Brad Pitt



Growing your masseter muscles does not help your side profile significantly and you can really tell the difference in these two pictures!

### **Things to chew :**

There are different ways to chew and different things to chew. Let's start with different things to chew.

**#1 : Gum**

**#2 : Chew Harder Food**

**#3 : Chew hard gum or jawline gum**

**#4 : Chew a product that is specifically made for growing your Masseter muscles**

If you plan on chewing, make sure you checkout the [Chew Properly](#) section so you dont hurt yourself or mess up your jaw

Chewing Before & After



## Chewing Properly

Chewing can be dangerous

Essentially, there are two different jaw trainers. The most notable jawline trainer is used in the front of the mouth between the incisors. The drawback of incisors is that they are naturally designed for cutting food, not chewing hard or resistant foods. So they are naturally not capable of high-pressure chewing. This inappropriate use puts unnecessary stress on the incisors. In the worst-case scenario, the inappropriate use of incisors can lead to serious long-term damage

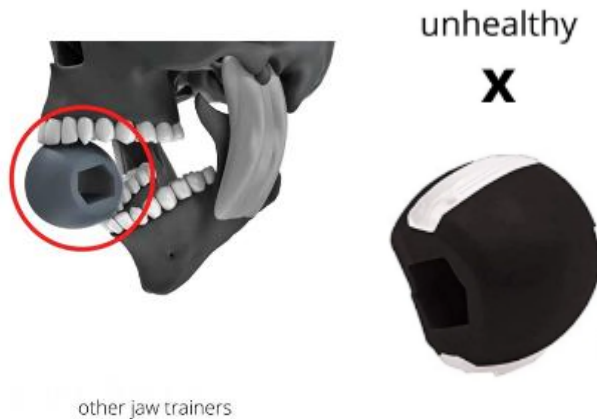
Numerous experiments and researches by orthodontists conclude that the degree of stress on the temporomandibular joint (TMJ) depends on how wide the mouth opens and closes during training. The TMJ has to dislocate and readjust at the time of mouth opening and closing. The jaw ball is located in the front of the mouth, and the training movement involves opening the mouth widely. The jaw joint has to dislocate and retract under a steady load from the jaw trainer. Inappropriate jaw trainers can cause jaw cracking, wear and tear of the joint cartilage. The size of the jaw trainer has to be optimal to achieve more chiseled face and less jaw pain. Multiple



orthodontists have reviewed and discussed about chiseled jaw and TMJ problem on social media platforms.

To Chew optimally, chew with the back part of your teeth and close your mouth when chewing.

If you want a good product to chew on, we suggest a “jawliner”



## Mewing

If you don't know what mewing is, look it up on youtube. There's alot to cover and explain so come back to this part of the paid guide when you know what mewing is.

Mewing is super popular and mainstream but there are untouched aspects of mewing that most influencers don't cover. Here is the step by step process to mew PERFECTLY

Step by step things to do

Level #1 : Breath threw your nose

(People may say their nose is clogged and they have allergies but your nose will clear up naturally. You need to progressively overload these steps and even though breathing threw your nose may be hard now it will progressively get easier)



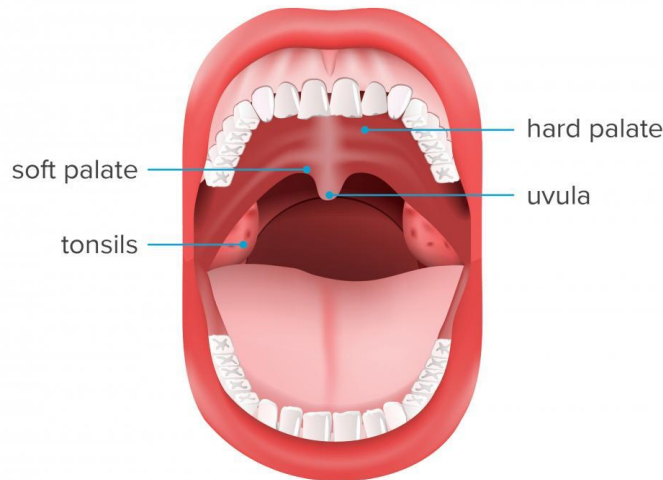
Heres an image of someone who was a mouth breather for years

Level #2 : Hold your tongue posture for 10 seconds

(Or more if you can, Say the word king or sing and hold the end g position. You want the back of your tongue to touch the back fo your palate)

MEDICALNEWS**TODAY**

## Human Mouth Anatomy



Level #3 : Tape your mouth shut while mewing

(Heres the [link](#) for big mouth tape)

(Heres the [link](#) to small mouth tape)

(Heres the [link](#) for micropore tape)

This is arguably the most important part of mewing, Mewing while you sleep will help you mew all day because you subconsciously learn how to do it for hours

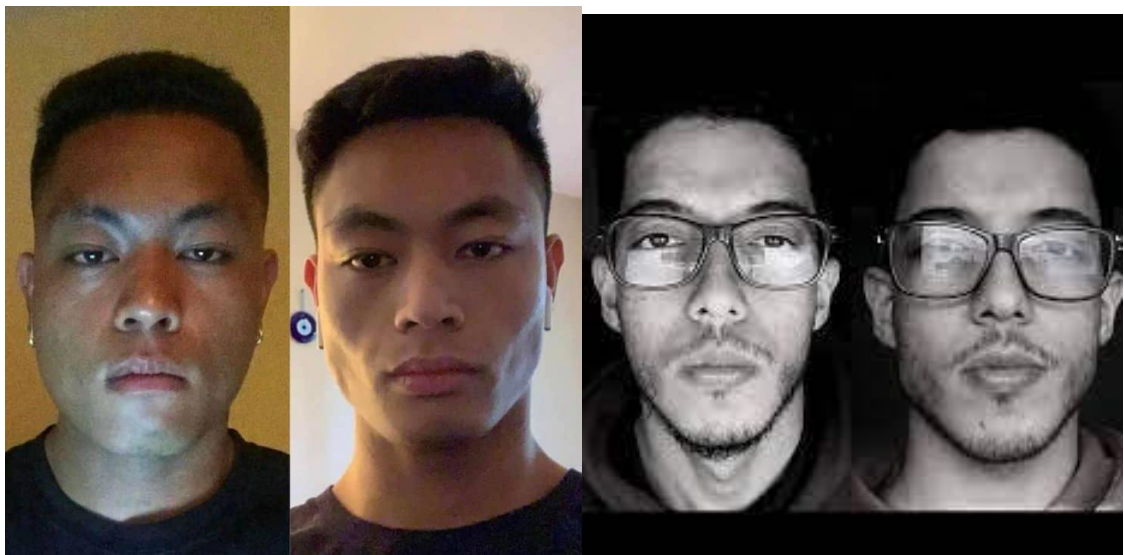
Another good way to keep your tongue posture ALL night is by using an airplane pillow. It keeps your head straight and lets you sleep on your back

Theres are TONS of benefits to sleeping with your mouth shut and sleeping on your back

Heres a good [neck pillow](#)

Last. Therese are some results to chewing, mewing and having low bodyfat %





# Teeth Looks

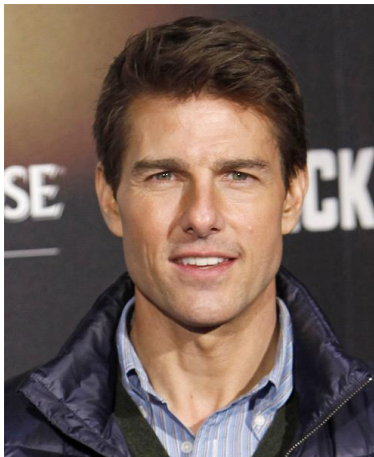
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- [The Goal](#)
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- [Color](#)
- [Axial Arch Shape](#)
- [Frontal Arch Shape](#)
- [Size](#)
- [Inclination \(Tipping\)](#)
- [Support](#)

## Teeth are important

Having a wide smile with nice white healthy teeth that have proper proportions is a must.

Your upper and lower lip both rest on your top row of teeth, the support around your mouth area that your teeth give is very important for an aesthetic lower third.



**If you have an unaesthetic mouth area, your teeth are part of the problem.**

**A inclination of each tooth is also very important,**

which also varies between male and female.



**(Aesthetic teeth, aesthetic mouth)**

### **The goal**

The goal is to not have an unnatural donkey-looking smile, but also not have shark teeth that are super tiny. The number of teeth that show from the front (how many teeth are in your smile) while talking and laughing matters as well. Lastly, symmetrical dimorphic arches that fit together perfectly are a must. This thread is going to touch on the most important aspects of all of these that make or break your smile.

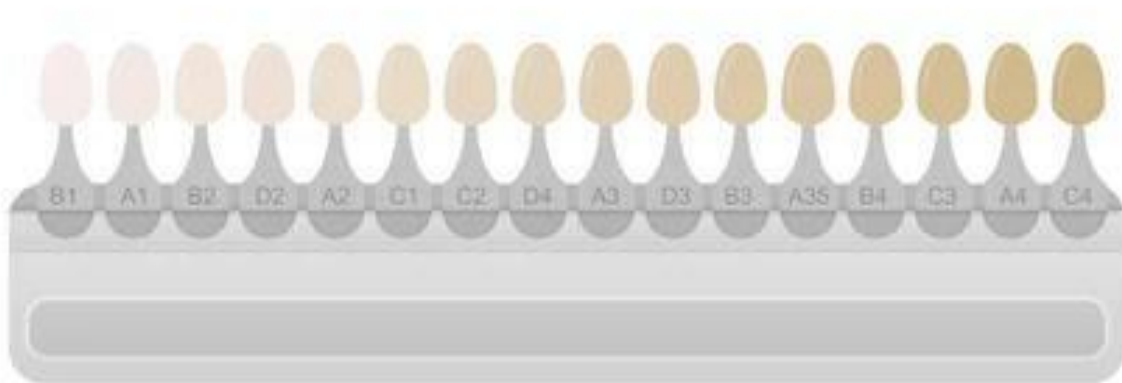
### **Width**



This one's pretty straightforward, a 10 tooth smile is the ideal. It isn't make or break though as you can see from the examples above. It's just not good to have area in your smile that isn't filled with teeth (a large gap between the corner of your lip and the first tooth that shows in your smile)

## Color

This one's also simple but people tend to mess it up when they get veneers and they're huge and unnaturally white. But on the other hand you don't want to look like you haven't brushed your teeth in a month lol.

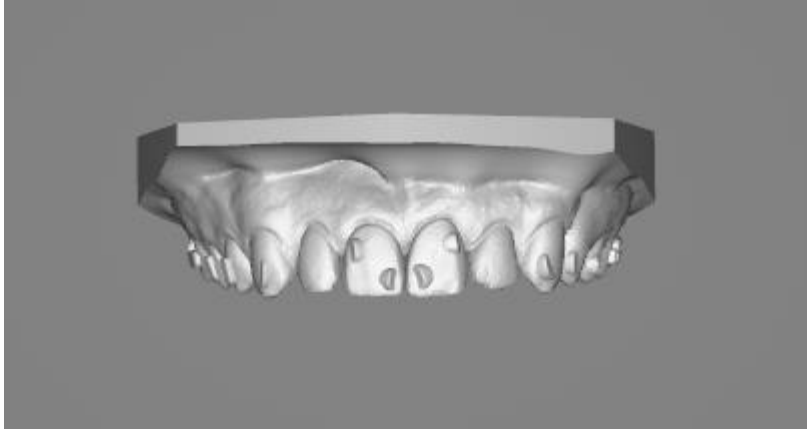


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B2-A2 is natural-looking and will look natural contrasting against everything else.

## Axial Arch Shape

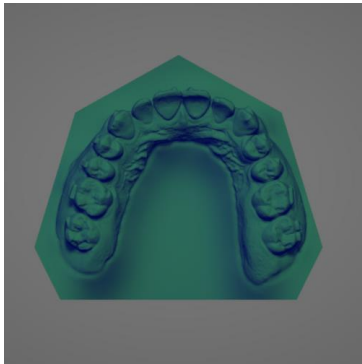
The reason I put a picture of the frontal first is to explain how the axial view affects the frontal.



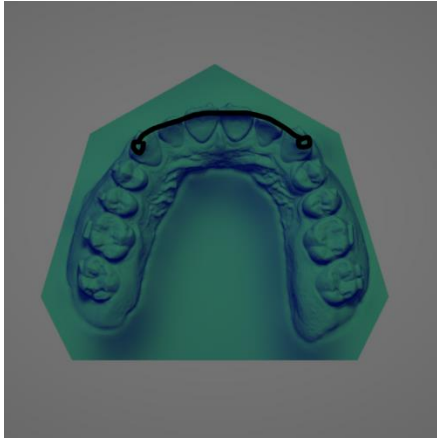
As you can see, if you ignore the attachments this is a ten tooth smile. The last tooth will be covered by soft tissue and won't be seen.

The reason there are gaps between the lateral incisors is that the teeth were underdeveloped and composite will need to be added to close the gap.

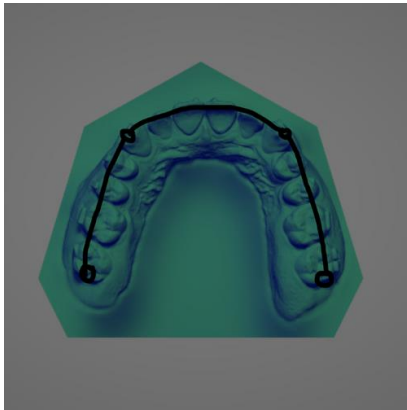
Now that the frontal for this plan is shown take a look at the top view



From K9 to K9 is where mouth support occurs, notice the slight curve of these teeth



At these points the arch cuts back with a sharp edge and creates another bow.



The bow in this section of teeth should be slighter because the teeth should gradually become less visible on either side.

I just did some quick sketches over the plan I created to indicate the rough shape.

## **Frontal Arch Shape**

The best way to demonstrate the aesthetics of the frontal arch is to isolate the teeth and create a silhouette



(Doing this quickly but you get the point)

*Then make everything one color*



The silhouette should be symmetrical and have equal lines on top and bottom



Because of the way this arch was planned I was able to only draw one red line, and mirror it. Symmetry.

Also like I have already mentioned; ten tooth smile and teeth that disappear exponentially on either side is also important.



## Size

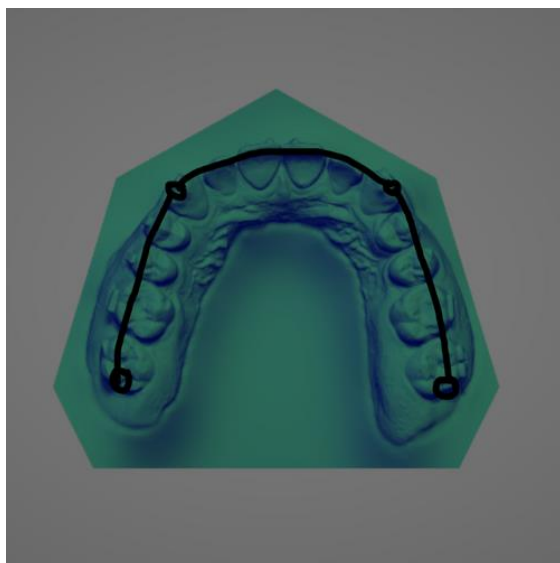


Bryce (Middle) has small teeth and a narrow palate, he's good-looking but Kio and Josh's teeth are better because of size and width.

Teeth should be properly developed.

## Inclination (Tipping)

Let's bring this image back



The ideal inclination grouping is also in this pattern as well.

For men, the incisors should be slightly proclined (tipped out) but not neutral. For women, a greater procline is more aesthetic and gives a more feminine look to the mouth as the upper lip is more exposed. Tiktok prettyboys like vinnie have proclined incisors and it gives that look to the lips.

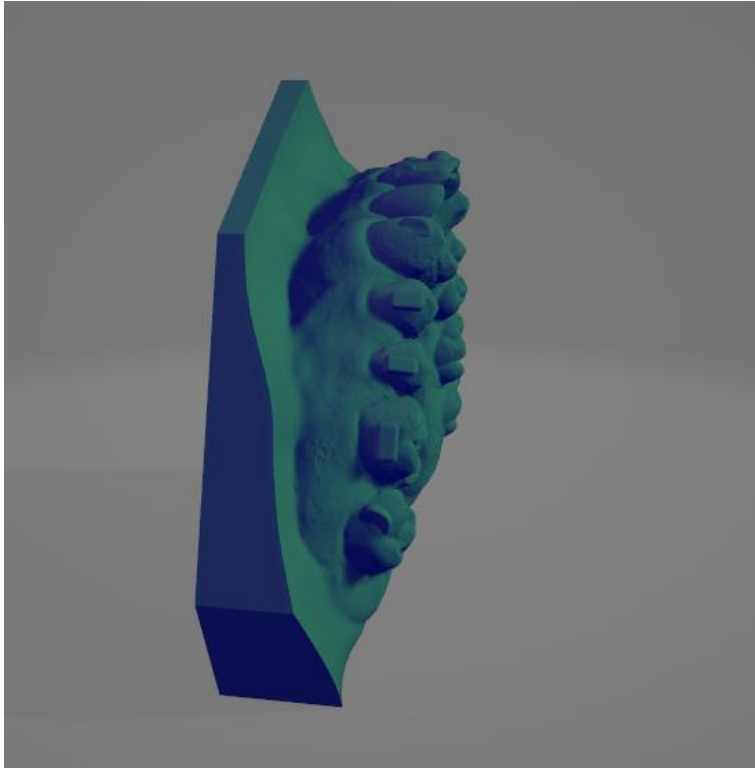


K9s Should also be proclined and more protruding on men, but more neutral and smaller on women.

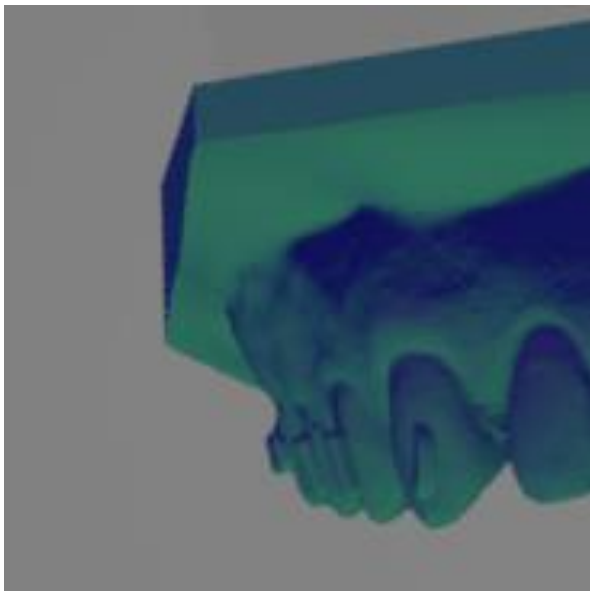
As you probably guessed, anything after the k9s should be retroclined! Nothing major, just a slight tip in is what looks really good.

Lateral incisors should be a little less proclined than central as well.

K9-K9 lateral view (proclined)



Molar lateral view (retroclined)



This brings us to our next point

## Support

Soft tissue support in cheeks and lips is 100% determined by teeth width, inclination, and obviously jaw location.



Hollow cheeks are caused by correct molar inclination that doesn't give the cheeks support. Obviously, you need chin projection, zygo projection, and low body fat to really achieve hollow cheeks, but it doesn't help to have teeth that aren't in the correct spot.

I've pretty much already covered lip support, but good k9 proclination gives great soft tissue support as well.

# Teeth

## Table Of Contents

- [Solutions](#)
- [Width](#)
- [Color](#)
- [Arch Shape](#)
- [Size](#)

### Solutions

Now that you know what to look for, here are some solutions

### Width

There's no way around this one, you gotta get MSE or MEW if your palate is narrow. Mewing is shown to help expand your palate over time.

### Color

Ways of whitening :

- Hydrogen peroxide toothpaste
- Baking soda mixture
- Teeth whitening gel with aligners
- Teeth whitening strips

All products on amazon, doesn't really matter which one you choose, do some research on the product you buy before hand though

### Arch Shape

If you have width and just need nice teeth, you need to get blackpilled custom planned invisalign. Braces can straighten your teeth but it is impossible to predict and move the teeth like aligners with attachments (sometimes) can.

## **Size**

This one is also tough. If you grind your teeth at night and have taken a lot off, there's nothing you can do and you need to get veneers, and jaw surgery because people with a perfect bite don't grind their teeth. If your gums are inflamed it may cause the teeth to look small. If the gums are too large they can be lasered down at a clinic somewhere. If your teeth are just too high up in the gums they can be extruded with aligners and the gum line will stay in the same spot. All of those solutions were for short teeth though, if your teeth are laterally short, you need to get veneers and possibly pre-planned orthodontics (to add space).

You can also get :

- Crowns
- Veneers

To fix your teeth size

# Lips

## Table Of Contents

- [Dry Lips](#)
- [Grow Lips](#)
- [Lip Health](#)
- [Ways to drastically change lips](#)

## How to fix Dry Lips

Lip routine consists of these steps: This is mostly to keep them nice all day

Ive been on Accutane (Acne Medication) and my lips were so dry they would cut and crack so here's the stack

- Grab a towel or cloth
- Wet it in your sink
- Scrub / exfoliate your lips (DONT DO THIS TOO OFTEN its not too good for you)
- Wet your lips with water, a spray bottle works best but splashing it also works
- Apply this hydraulic acid [link](#)
- Apply a moisturizer, id suggest an spf moisturizer so you get a 2 in one and you don't have to apply sunscreen to your lips individually
- Apply lip Vaseline (I use this one [Link](#) ) or Cerave healing ointment

You dont NEED the hydraulic acid and most people will be fine just using the water, moisturizer and vaseline.

Dont lick your lips

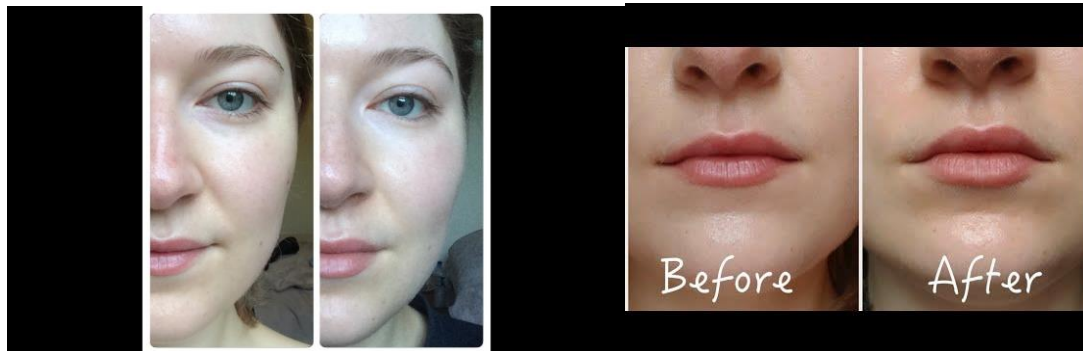
If your using **LIPBALM** but your lips are fine and you just want them to be moist throughout the day try Cortibalm about 5\$ per stick, expensive but soo worth it. Heres the [link](#)





## Grow Lips

The only way to grow your lips “naturally” is so apply this thing called volufiline. What volufiline does is promotes fat growth to an area. Use this cautiously because you don't want your face to get fat. We won't be recommending any specific products because some of them can be fake



## Lip Health

- Drink lots of water, your lips are like a sponge
- I heard "shaving your lips" work but I don't use that in my routine
- Don't exfoliate too much

## **Ways to drastically change lips:**

We never recommend surgery but if your really desperate look into these things :

### **Increasing size**

- fillers
- lipofilling
- lip implant

### **Decreasing size**

- lip liposuction

### **Widening length**

- surgery
- lip expander

# Skin & Acne

- Intro
- [Beginner Routine](#)
- [Intermediate Routine](#)
- [Acne Scar Treatment](#)

## Intro

This section will be for skincare and acne treatment. I'm not trying to mislead anyone because I was on accutane and acne treatment. I'm not trying to mislead anyone because I was on accutane (a drug for severe acne) and it worked well for me but will not work well for everyone.

## Beginner Routine :

|                     | Daily                                           | Weekly 1-2x                             | Monthly                                                                     |
|---------------------|-------------------------------------------------|-----------------------------------------|-----------------------------------------------------------------------------|
| After waking up     | Cleanse<br>Moisturise<br>SPF<br>Chapstick       | Exfoliate<br>Red light lamp for 15 mins | Visit a cosmetician if<br>you have severe acne<br>or shitty skin in general |
| Before going to bed | Cleanse<br>Moisturise<br>Tretinoin<br>Chapstick |                                         |                                                                             |

## Facial cleanser



Start the routine by rubbing a cleanser on your face at morning and before bed to clear your skin's pores from all the dirt that gets stuck on it during the day. Be careful to chose products that doesn't contain alcohol as it dries the skin out.

## Moisturiser



After cleaning your skin, use a moisturizing lotion on it to keep it hydrated all day. I can highly recommend products from CeraVe and Neutrogena.

## SPF cream



Always use sun protection cream before leaving your house, especially if you are white (but don't be lazy even if you are not, if your skin tone is darker you only have a natural SPF of around 15). Use as high factored as possible, at least 30 (you can use higher factored, more expensive one on your valuable face and cheaper low factored elsewhere on your body to save money). A smart idea is to use a moisturiser lotion that has SPF built into it.

## Tretinoin



A retinoid sold under the brand name Retin A or Retino among others, it does wonders for acne, skin tightness, wrinkle prevention and collagen production. It comes in different strengths (0.01%, 0.025% and 0.1%). I recommend starting with the weakest one and see it if you need to

up the strength. Apply a pea sized amount from the cream and rub it evenly on your skin before going to bed. It increases sensitivity to sun rays, so be sure to apply SPF too.

For tretinoin you need a prescription from your dermatology but usually they give it out when you ask

## Chapstick



Use chapstick on your lips at morning and before bed to keep them hydrated and glowing. You can also use the lip routine for better results. Dont use anything on your lips if your taping them at night!

## Exfoliating



Once or twice a week take the time to exfoliate after you have cleansed your skin. Rub the exfoliating cream on your skin to remove dead skin, then wash it off with water when you are finished.

### Acne kit



Don't pop pimples with your hands! Nasty ah

### Intermediate Routine :

Use everything in the first routine, were just adding some stuff. Feel free to switch products that you like around. You dont have to use all the products and the beginning skin routine should fix most problems if you wait long enough



## Vitamin C Serum (Morning)



MAKE SURE TO KEEP THIS AWAY FROM LIGHT. I keep mine in my mini fridge but you dont have to. This oxidizes really fast so take it out, put it on in the morning then put it back away. Vitamin c help visibly brighten your complexion and support soft, radiant, and healthy-looking skin. It also smooths out your uneven tones

## Salicylic acid (Night)



You may need to wash this off after 10-20 minutes depending on how it effects your skin(but most people dont need to). Paula's choice is one of the best kinds but the ordinary has one and there are a bunch of companies that sell it. Don't use if using minoxidil

## Adapalene (Night)



Adapalene is used to treat acne. It works partly by keeping skin pores clear. Adapalene is available only with your doctor's prescription.

## Benzoyl peroxide (Morning)



BE CAREFUL THIS CAN BLEACH CLOTHING. Benzoyl peroxide products are usually used to treat mild to moderate acne. When used to treat acne, benzoyl peroxide works by reducing the

amount of acne-causing bacteria and by causing the skin to dry and peel. Some brands are used to treat a certain skin condition called rosacea.

If NONE of these work after trying them constantly for 4 months dialed in. You should contact your dermatologist. He or she will probably put you on “accutane” which I used to get my skin clear.

## **Acne Scar Treatment :**

Getting rid of the acne itself is unfortunately only the first battle for some people, if you are unfortunate enough to get scars there are multiple solutions. Here are the 3 best ways to fix acne scars

### **1. Microneedling**

How? This can be performed by a professional or at home. If you do it at home you can save some money. The needles have to be at least 1.5mm for it to have any effect on acne scars otherwise its a waste of money

Cost: Around \$200 per session, you need multiple sessions.

### **2. Chemical Peels**

How? This should be performed by a professional (Lookup dermatologists near you)

Cost: Around \$150 per session, you may need multiple treatments.

### **3. Ablative fractional CO2 Laser**

How? This should be performed by a professional (Lookup dermatologists near you)

Cost: Around \$600 for one session, you may need multiple sessions.

**Different types of acne scars:**

There are four different types of scars and some treatments are better suited for different scars. You can see what type of scars you have and google can help you find the best treatment, some treatments are good for most scars tho. Ice pick scars are the hardest to get rid off.



**End :** for a very advance expensive routine look online, we aren't including it because most people will be fine with either one of these routines

For skin tone and tans go to “ [Skin Tone & Tans](#) ”

## Mouth & Gums

## Table Of Contents

- Intro

### Intro

Lets keep things simple. Anything that has to do with lips, go to the lips section, and gums were covered in the teeth section. Brush your gums, fairly often, and get a tongue scraper to all the bacteria off your tongue. Your breath should smell better aswell. If your gums are too far over your teeth you can get a gum lift



"Gum Lift" To Enhance Your Smile



Before



After

## Facial hair

### Table Of Contents

- [Most attractive facial Hair](#)
- [Basic Grooming](#)

- [Best ways to grow](#)
- [QNA](#)

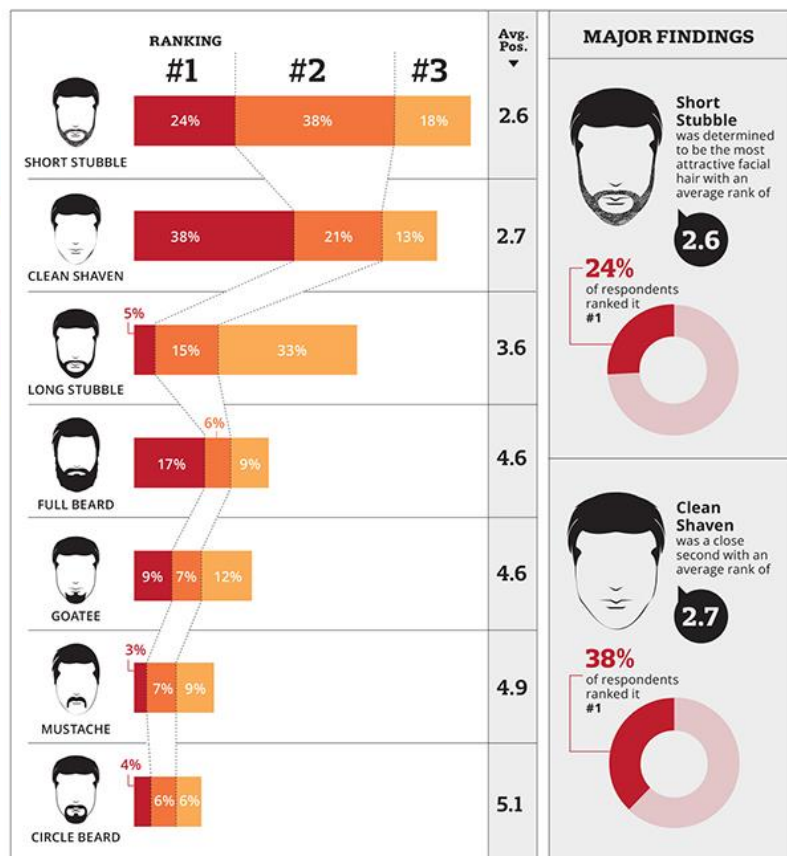
## Most attractive facial hair?

Lets keep things short, women find the “heavy stubble” the most attractive

### Most Attractive Facial Hair by Age Group

| AGE GROUP ▶                                                                                         | 18 TO 24                                                                                                                                                                                                                                          | 25 TO 34           | 35 TO 44           |
|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|--------------------|
| <br>CLEAN SHAVEN   | RANK #<br><b>1</b>                                                                                                                                                                                                                                | RANK #<br><b>2</b> | RANK #<br><b>2</b> |
| <br>SHORT STUBBLE  | <b>2</b>                                                                                                                                                                                                                                          | <b>1</b>           | <b>1</b>           |
| <br>LONG STUBBLE   | <b>3</b>                                                                                                                                                                                                                                          | <b>3</b>           | <b>3</b>           |
| <br>FULL BEARD    | <b>4</b>                                                                                                                                                                                                                                          | <b>4</b>           | <b>7</b>           |
| <br>MUSTACHE     | <b>5</b>                                                                                                                                                                                                                                          | <b>7</b>           | <b>5</b>           |
| <br>GOATEE       | <b>6</b>                                                                                                                                                                                                                                          | <b>6</b>           | <b>4</b>           |
| <br>CIRCLE BEARD | <b>7</b>                                                                                                                                                                                                                                          | <b>5</b>           | <b>6</b>           |
| <b>MAJOR FINDINGS</b>                                                                               |  A full beard is considered far more attractive among women 18-24 and 25-34 who both ranked it <b>#4</b> versus women 35-44 who on average ranked it <b>#7</b> |                    |                    |

### Most Attractive Facial Hair



## Basic Grooming

Shave sideburns, side beard, neck beard, weird mustache. Any patchiness just shaved. Try to keep things well kept and even. You dont want to go around looking like a discord mod especially when you're young.

Some examples of bad grooming :



### Best ways to grow

- Minoxidil 5 % , any brand will work .
- A derma roller or optimally the derminator 2 or a derma pen
- Peppermint oil + castor oil/coconut oil
- Patience .
- (information in regrowth section, [minoxidil](#) can be dangerous)



Unfortunately your going to need to use minoxidil for serious growth, minoxidil doesnt work for everyone, you need to use it for life. Or at least 1 year (depends on how it affects you) It can have major side effects. Only works topically for about 40% of people.

### **QNA :**

For any other questions look online, google or youtube

### **Will it work?**

It mostly depends on your genetic predisposition although most people experience significant beard gains, for example:



### **How to apply minoxidil ?**

1 ml is recommended. There is a line that is on the dropper that comes with your supply. If you are growing out a beard, more may be needed as it clings to the hairs. This means you will use up your supply more readily.

Wash your face to ensure your pores are clean and apply either with your finger or dropper.

### **How long should I leave Minoxidil on ?**

It should stay on for 4 hours. Tests have shown 50% is absorbed in the first hour, and 90% by hour 4. You should try to keep it on for a minimum of an hour, or the treatment will be wasted.

### **How long should I use minoxidil for?**

You should plan on using Minoxidil for a year, 6 months minimum (not just 3 months like people may say that is misinformation). People using under 6 months often report losing their gains. The reason is that we want hair to go terminal (mature).

### **How long until I see results?**

Some see results after 2 weeks, but most report seeing the biggest improvement happening between months 2-3 and beyond. Patience is the key. Continued treatment brings continued new growth. Some reports are growth seems to stall for a couple weeks, and then burst out with new growth.

### **Been on minox for a few weeks now , and I see thin white hairs on my face , what are those?**

Vellus hair is short, fine, and soft hair that grows over most parts of the body, usually less than 2 mm in length. Fully developed ("terminal") hair is generally longer, coarser, thicker, and darker. For more information about hair development, see [http://en.wikipedia.org/wiki/Hair\\_follicle](http://en.wikipedia.org/wiki/Hair_follicle).

### **Can I shave while using minoxidil for beard thickening?**

Yes! The shorter your beard (e.g. clean shaven) the better the chances of minoxidil being absorbed to its maximum extent. Try to shave before applying the minoxidil or four hours post application. Try not to shave so sharp that you ultimately irritate the skin; a [good beard trimmer](#) or electric razor is a better option.

### **Can I use DHT-blocking agents like finasteride (Rogaine) to augment my use of minoxidil for thicker facial hair?**

No! The hair follicles making up your beard rely on DHT; blocking DHT only makes sense for men afflicted with male pattern baldness as scalp hair is lost mainly via the action of DHT on scalp-hair follicles.

Heck, do not even come close to any DHT-blocking agent if what you intend is to maximize your beard's fullness and thickness.

### **Any side effects?**

At some point you'll experience minor shedding, but don't worry this will go away and is simply the new hairs pushing out the old. Using minoxidil could also age you slightly because some studies say its bad for collagen. Many doctors say its a myth so dont worry too much.

### **Will I lose my gains If I go off minoxidil?**

The vellus hair will fall off, the terminal will stay.

### **How can I accelerate my results?**

The best way is to use a derma roller or the derminator 2 or dermapen (recommended). Next apply a few drops of pure peppermint oil to the face, mixed with equal amounts of castor/coconut oil. DO NOT apply solely the pure peppermint oil as this can actually damage the hairs water it down or use a minimal amount. Here is a statistically significant (meaning it's proven to work) clinical study showing that dermarolling + minox blew away minox by itself and made it 300 % more potent and effective on the hair growth .

Study : [Link](#)

### **How often can I use the dermaroller?**

I highly recommend using 0,5 mm needles once a week.

0.5 mm long needles can be used once or twice per week on the same skin area.

Microneedling is much better for you though so if you can afford it do it. Microneedling can also help with skin quality, scars and stretchmarks.

Tutorials on how to use both are online. Google or youtube

# Debloating

## **Table Of Contents**

- [Introduction](#)

- [Potassium](#)
- [Carbohydrates, Sugar & Sodium](#)
- [Electrolytes & Water](#)
- [Fasting / intermittent Fasting](#)
- [What to do](#)
- [Best Anti Bloat Supplement I've Found](#)

## Introduction

***Disclaimer: This guide ASSUMES that you aren't overweight or high body fat, just bloated.***

Bloating is a really bad thing for your facial aesthetics because it hides your bone structure, without the bone structure providing you with good bone definition, it makes your face look less defined, more rounded and you also can't get those hollow cheeks either. Fixing your bloat is a very easy but overlooked part of making your face look better.



*An example of how bloating descends you. The person here is Tom Cruise.*



*Hollow cheeks can't occur on a bloated face. Also, notice how the lack of bloat on these guys' face allows their faces to be chiseled.*

## **Potassium**

One of the first things you can do to fix your bloating is to increase your potassium levels. High levels of potassium encourages your body to remove the sodium (one of the biggest culprits of bloating) out of the body. It's a naturally-occurring diuretic (A diuretic is an agent that removed sodium out of the body)

According to [this article on www.heart.org](http://www.heart.org), the foods with the highest amounts of potassium are... (the ones in bold are my recommendations)

- **Avocados**
- Potatoes
- Greens
- **Spinach**
- Mushrooms
- Lima beans
- Peas
- Tomatoes, tomato juice and tomato sauce
- **Oranges and orange juice**
- **Cantaloupe and honeydew melon**
- **Grapefruit and grapefruit juice** (talk to your healthcare provider if you're taking a cholesterol-lowering drug)
- Prunes and prune juice (This stuff is disgusting, and it's a laxative as well)
- **Apricots and apricot juice**
- Raisins and dates
- Fat-free or low-fat (1 percent) milk
- **Fat-free yogurt**
- **Halibut**
- **Tuna**
- Molasses
- **Watermelon** (Added this myself)
- **Coconut Water** (I added this one myself)



You could also take liquid potassium supplements as well. Liquid supplements have a higher bio-availability (meaning more of it reaches your bloodstream), compared to pill-form potassium.

**Some links for liquid potassium (once per day, dosages on back of each supplement)**

- <https://a.co/d/bJbyT64>
- <https://a.co/d/3hQUXXZ>
- <https://a.co/d/gTQqc0w>

## **Carbohydrates, Sugar and Sodium (Salt)**

Both carbohydrates (especially refined carbohydrates) and excess sugars (especially added sugars) which both turn to glucose, have bloating effects on your body as they spike your blood sugar. One thing that carbohydrates like sugar (glucose) do is that it draws water from your body, or prevents it from being absorbed properly.

Sodium on the other hand literally leeches water like a sponge...

What these three demons do to your body is this...



**"WE'RE LOW ON WATER, WE GOT TOO MUCH GLUCOSE AND SODIUM RUNNING IN THE**

**BLOOD LEECHING OUR WATER, QUICK STORE AS MUCH WATER AS POSSIBLE, ESPECIALLY IN THE FACE! WE DON'T WANT TO DIE!"**



Now you have a bloated face because your body is more freaked about about it's water supply

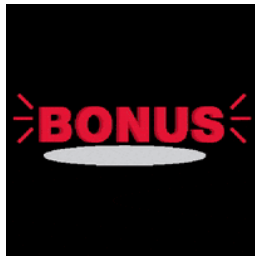
## **Electrolytes & Water**

It is absolutely critical to consume water, and loads of it everyday. Water flushes the sodium out of the body and lowers your sodium levels. An ample amount of water also chills out the body so it isn't worried about having to retain water and make your face bloated or puffy.

**My Recommendation:** 3-4 liters of water a day, 2-3 Liters of Electrolyte Drinks.







**Bonus:** Add electrolytes in your water or drink an electrolyte loaded drink like Prime, Powerade or Gatorade has electrolytes not only LITERALLY taste more hydrating, but it actually hydrates your body better. Meaning it takes less of an electrolyte-loaded drink like Gatorade to hydrate your body compared to regular water.



*There are many more kinds of electrolyte powders, not only this one! Look through your local store or look on Amazon for one that you like!*

## **Fasting/Intermittent Fasting**

To put it very simply, when you fast (intermittently or over a 24 hour period) your glucose, fat and sodium levels go down, de-bloating your face.



According to [this scientific paper](#) (Weinsier, 1971) it states "Sodium excretion is also enhanced early in fasting, declining progressively to between 1 and 15 mEq/day, losses that persist even through prolonged caloric deprivation. **The losses exceed those with salt restriction alone.**"

And [this article](#), it says the following about glucose "Scientists know that insulin resistance **improves** with calorie restriction. After a period of fasting, insulin sensitivity increases, and insulin levels decrease. These changes result in improved blood sugar levels both during fasting and shortly after eating."

## **Simply**

- Minimize sodium and sugar ☐
- Lower your carbohydrate intake ☐
- Drink **a lot** of water, electrolyte-loaded drinks are even better ☐
- Raise your potassium levels ☐
- Do some intermittent fasting ☐

## **Best supplement for anti bloating that i've found**

Its kinda expensive but.



1stmans defined supplement is AMAZING. Unfortunately its not available atm but it should come back in the summer. (Serving size on the label)

# Physique

## Table Of Contents

- [Introduction](#)

- [QNA & Videos](#)
- [My Workout Routine](#)

## **Introduction**

It is clear a good physique is super sexy and women love it. Its one of the best ways to increase your looks. Gaining muscle teaches you consistency, discipline, and will improve your mental health in the long run. Were NOT going to cover everything because it would be like 40 pages long, but we will link some videos to watch

## **QNA & Videos**

There will be a video for each one of these questions

### **How do I start?**

If your that guy who asks other people how to start chances are, your not going to.

But the best ways are

#1 : Workout with a friend who knows what hes doing

#2 :Make it convenient

[Video](#)

[Video](#)

### **What if people are looking at me?**

Trust me, they aren't

### **How do I do it fast?!**

Its not fast and its not easy, but there are ways to speed up your progress naturally.

[Video](#)

### **I don't wanna get too big!**

Trust me, you will never be to big, just try to reach your goal and you'll realize. Your too small lol

## **How do I build an aesthetic body?**

Work on shoulders, back, upper chest, neck and abs

[Video](#)

## **I just want a 6 pack**

Doing crunches arnt going to do anything, you need to get a lower body fat %, training abs may make your abs bigger and more visible at slightly higher body fat percentages though

(One of my videos)

[Video](#)

## **You guys NEED proper gym edicate**

Put your weights back! Dont be overly loud at a noobie public gym

[Video](#)

## **How do I find a gym?**

Sounds like your a noobie lifter, if your still in school most schools have a weight section, if you cant go there, go to google maps and find a good cheep gym near you.

[Video](#)

## **I need a workout routine**

Push pull legs is best for beginners, thats what I do, heres a video on it

[Video](#)

## **Good fitness influencers for people who lift :**

Jeff Nipard, Athlean X, Hamza (Beginner guides) , MPMD

## My workout routine :

### PUSH A

incline dumbbell press 3x8-12  
incline barbell press 3x8-10  
machine chest flyes 4x12-15  
tricep rope extension 4x12-15  
dumbbell skullcrushers 3x8-10  
dumbbell pullovers 4x12-15  
chest dips until failure

### PULL A

deadlifts 3x8-10  
wide grip lat pull downs 4x12-15  
machine cable rear delt flyes 4x12-15  
v bar rows 4x8-12  
dumbbell curls 4x12-15  
cable barbell curls 4x12-15  
preacher curls 3x8-10  
dumbbell hammer curls 3x8-12

### DELTS

rope face pulls 4x12-15  
dumbbell shoulder press 3x8-10  
ez barbell upright rows 4x8-12  
cable side lateral raises 4x12-15  
dumbbell side lateral raises 4x12-15  
dumbbell front lateral raises 4x12-15

### PUSH B

incline dumbbell press 3x8-12  
flat barbell press 3x8-10  
cable chest flyes 4x12-15  
seated machine chest press 3x8-12  
barbell tricep extensions 4x12-15  
laying down ez barbell triceps extensions 3x8-10  
dumbbell skullcrushers 3x8-10  
pushups until failure



machine chest flyes 4x12-15  
tricep rope extension 4x12-15  
dumbbell skullcrushers 3x8-10  
dumbbell pullovers 4x12-15  
chest dips until failure

#### PULL A

deadlifts 3x8-10  
wide grip lat pull downs 4x12-15  
machine cable rear delt flyes 4x12-15  
v bar rows 4x8-12  
dumbbell curls 4x12-15  
cable barbell curls 4x12-15  
preacher curls 3x8-10  
dumbbell hammer curls 3x8-12

#### DELTS

rope face pulls 4x12-15  
dumbbell shoulder press 3x8-10  
ez barbell upright rows 4x8-12  
cable side lateral raises 4x12-15  
dumbbell side lateral raises 4x12-15  
dumbbell front lateral raises 4x12-15

#### PUSH B

incline dumbbell press 3x8-12  
flat barbell press 3x8-10  
cable chest flyes 4x12-15  
seated machine chest press 3x8-12  
barbell tricep extensions 4x12-15  
laying down ez barbell triceps extensions 3x8-10  
dumbbell skullcrushers 3x8-10  
pushups until failure

#### LEGS

squats 3x8-10  
leg extensions 4x12-15  
laying down hamstring curls 4x12-15  
romanian dumbbell deadlifts 3x8-10  
dumbbell or barbell walking lunges 4x12-15 each foot  
standing calf raises 4x12-15 (go light and heavy, full range of motion, really feel the calves burn)  
seated calf raises 3x8-10 (go light and heavy, full range of motion, really feel the calves burn)

can also add light leg press 4x8-12 superset with barbell front squats until failure.  
do these only if you feel like your leg development isn't progressing because these literally kill your legs



# Frame

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- [Introduction](#)

### Introduction

Often time frame can be more important than the physique itself.

Example :



Lucky you can makeup for a bad frame by lifting. Target the shoulders and lats, like stated in the physique section. This will make the biggest impact on your physique



(Btw theres no way this before and after was done in 4 months)

Train all 3 heads of your shoulders!

# Grooming Body

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- [Introduction](#)

## Introduction

Lets keep things simple,

Shave your back if you have back hair

Trim your armpit hair if its horrible / super long

Don't shave your legs or arms unless its super harray

Shave your hands, fingers, toes and feet hair if you get it

Shave your snail trail (the trail of hair that goes down to your package)

Shave your chest hair and stomach hair unless your older and you know what your doing

Trim your junk, tutorials online, and try to shave your nuts if your older and actually know what your doing.

Try to make everything look clean

## Examples of bad body hair :



# Height

## Table Of Contents

- [Introduction](#)
- [Ways to grow](#)
- [Ways to increase height](#)

## Introduction

There are a couple ways to increase height, but its safe to say if your older than 20 your done growing, most people stop growing younger, and when your growth plates are fused your done growing.

We wont be covering surgery, or taking growth hormone because it can be dangerous, but if your really desperate doing either are viable options, look into it online.

## Ways to grow

Just watch this [video](#) we could cover this on our own, but it would take forever

## Ways to increase Height

There are a couple ways to increase height, but its safe to say if your older than 20 your done growing, most people

- Shoe Lifts (100% good)
- Sock lifts (100% good better than shoe lifts IMO but much harder to get good ones)
- Posture (100% really just added her for the laugh, every manlet has 10/10 posture anyways)
- Eating and sleeping right ( About 25% can impact you a lot when growing, but genetics is the main determining factor)

# Clothes / Style

## Table Of Contents

- Introduction
- [Styles](#)
- [Upper Body Fashion](#)
- [Lower Body Fashion](#)
- [Shoes](#)
- [Accessories](#)

## Introduction

One easy way to get better style is to look up what you have with you. Clothes don't have to be super expensive and thrifting can be super easy, stylish and cheap which is my recommendation for getting into style. If you have a black hoodie for example, you should go on tiktok and lookup “outfits with black hoodie” or “classy casual outfits with black hoodie” depending on how specific your style is. For beginners I recommend a mix casual, and comfort casual and beach ware on special events or occasions. Any dances or formal parties business formal is the way to go. I dress classy casual (Syrian) and I dress casual (Dillian)

## Fashion



## Styles

- **Business Formal**

If you're dressing in **business formal** attire, you need to look sharp and professional. This is attire that is suitable for a very dressy evening event such as business meetings. That means you need to wear a dark suit and a dress shirt with a silk tie. A notched lapel suit is appropriate for business formal attire. The notch lapel differs from the peaked lapel suit jacket, which is used in formal wear. Add cufflinks and a pocket square to complete the look. It's the little details that really matter in the business formal style. No accessories besides a watch should be present as this is the absolute pinnacle of formality. No or minimal bright colors as well. [View Examples Here.](#)

- **Event Formal**

An offshoot of business formal, but with decorative elements. This kind of fashion is ideal for events like weddings and celebrations. A lot of brighter colors, designs, floral accessories, and even bowties (especially the creative and cool-looking ones). You can even throw in some casual elements like necklaces, bracelets, white sneakers, etc. [Visual Examples Here.](#)

- **Casual**

Dressing in a **casual** style outfit does not mean looking sloppy. This isn't wearing your [pajama bottoms out of the house](#). You can dress to be comfortable and casual and still be stylish. There is plenty of stylish casual wear for men ranging from many different men's styles incorporating many men's outfits. Jeans, polo shirts, T-shirts, [and casual slacks like cargo pants and chinos are a perfect way to capture casual style](#). Hoodies, shorts, and knits work fine, too. Feel free to wear your sneakers, topsiders, and shoes without socks. A white sneaker can really pop against a casual outfit. Capture a stylish and carefree look with [suede](#) loafers, a button-down shirt, and dark jeans, as recommended by Luxe Digital. A good casual outfit will help you look stylish anywhere you go. [Visual Examples Here](#)

- **Artsy/Vibrant/Designed/Colorful Fashion**

The **artsy** look is all about being a little unique and thinking outside the box. This style is used to make a statement, and tell the world a little something about who you are. This is a bold,

colorful, vibrant style. Experiment and get creative. Use bright colors, and cool designs (that match, please.) The artsy style is all about personal self-expression, [so use your style to let your inner light shine. Visual Examples Here.](#)

- **Comfort Casual**

An offshoot of casual fashion that has been gaining steam recently. Mainly characterized by pastel-colored or muted colors, soft-looking fabrics, and sweatshirts/sweatpants along with solid color shoes. There are a lot of solid colors in this kind of fashion. [View Examples Here.](#)

- **Hip-Hop**

The low-class, thuggish one...The fashion of **hip hop** is eye-catching and flashy by nature, bright and colorful. The look is exciting and energetic, just like the music. Also, like the music, hip hop fashion blends different style elements together to create a look that's truly unique. To create hip hop style, invest in some key pieces of fashion. Sag your pants, use lighter jeans, designer-looking t-shirts, and athletic wear, including tracksuits and sweatpants, plays a big role in [hip-hop fashion](#). Clothing that supports various sports teams, including player jerseys, is also a big part of the look. It's also common to blend in high-end and pretty fashion elements with the more casual features of the hip-hop style. For example, many hip-hop-style icons wear tracksuits with lots of flashy jewelry like chain necklaces, wristwatches, and big rings. Basically, look like a fusion of poverty and wealth. [Visual Examples Here.](#)

- **Athleisure**

The **athleisure** look is everywhere. This is definitely one of the trendiest styles you can possibly wear. All the hottest designers and most fashion-forward celebrities have embraced the [athleisure look](#), which is all about wearing athletic clothing. Wear the clothing you'd wear to go exercise, though instead of exercising you're showing off your style. Tracksuits, sweat pants, sneakers, T-shirts, tank tops...well, you know what [athletic clothing](#) looks like! Add some accessories to make your athleisure truly fashionable. A baseball cap and a sports watch will truly complete this look. [Visual Examples Here.](#)

- **Beach Fashion**

The beach fashion look is very simple. It's sort of a departure from style because it's a look that's all about comfort rather than looks. Bright, bold prints like Hawaiian shirt designs, neon colors, drawstring Hawaiian swimming pants, and beachy motifs are just right. Shorts, button-up

shirts, tank tops, and [sandals](#) will give you a beach bum look every time. Don't forget your [sunglasses](#), waterproof watch, and general laid-back attitude. [Visual Examples Here](#)

- **Nautical Fashion**

**Nautical** style has been worn by many of Hollywood's leading men and some of history's most interesting ones. The nautical look is stylish even when you're on dry land. Many have successfully added nautical elements to their fashion to create a great high-class look. Slacks, especially [chinos](#), work well for any nautical look. White and light-colored pant styles are perfect for sunny days. Striped long-sleeved shirts, Breton shirts, are strongly associated with the nautical look. Navy blazers add another layer of style to the look. Forget socks. The nautical look is all about being sockless. Keep most of your outfits in shades of white, blue and red and you will look truly [nautical](#). [View Examples Here](#).

- **E-boy Fashion**

The **e-boy** look, also styled as **eboy**, appeared pretty recently on Tik Tok and it's made a big splash on the fashion scene. The eboy look is typically more popular with teens and men in their early 20s. It's a highly trendy look that is a mishmash of style elements from K-pop, skateboarder fashion, gothic fashion, and even punk. Black skinny jeans are a cornerstone of the eboy look. You will also see T-shirts and long-sleeved shirts layered on top of button-up shirts. Sneakers are the footwear of choice. [Neck chains and watches are frequent accessories for the eboy look](#). A [TikTok hairstyle](#) is a MUST on this one, like seriously! [View Examples Here](#).

- **Cowboy Fashion**

Once a true style staple of the male wardrobe, **the cowboy** style fell out of fashion around the mid-1900s but lately, it has had a strong resurgence. [Cowboy hats](#), boots, and jeans have never left the fashion scene entirely and they're still frequently seen at county fairs but now, the cowboy look has become much chicer. How can you make this time-honored fashion style look great on you? The jacket is the key to fashionable cowboy style, according to [Fashion Beans](#). Slip into a snakeskin jacket or a suede jacket to really make this look pop. Under it, you'll want a Western-style shirt. This means the shirt will have a yoke, which means it will be made in a pattern that provides structure and support across the back of the shoulders and the front of the chest. Natural and neutral colors allow piping and embroidery to stand out. If you want to look more casual, wear a denim or flannel shirt to create a more rugged look. Of course, you want to finish the look off with a pair of [cowboy boots](#) and a cowboy hat. Feeling bold? Add a great Western string tie. [View Examples Here](#), [and here](#) (wear this to the carne asada)



- **Modern Formal Fashion**

Heavily popularized by fragrance advertisements, this form of fashion is an offshoot of formal, but in which it's basically dress shirts and pants. Wearing Chelsea boots, and solid color sneakers can also be used in this kind of fashion as it is more casual. [View Examples Here](#)

- **Rugged/Lumberjack Fashion**

**The rugged** style is about looking sort of tough, ready for anything. Men who wear a [rugged style](#) aren't afraid to get their hands dirty. They spit. And they can change the tire on a car. You know who the rugged men are: movie icons like John Wayne, Steve McQueen, and Liam Neeson. Now, how can you look more like one of them? Rugged style isn't fussy, it's functional. You should wear clothes that fit well and give you a full range of motion, so nothing tight or form-fitting. That means no skinny jeans. Wear tough fabric like denim, leather, [cotton](#), and twill. This is a simple style without a lot of excesses. Jeans or tweed slacks, henley and flannel shirts, wool coats, and boots are the hallmarks of the rugged look. Clothing items that are made as work gear, or hunting gear, work perfectly for any rugged style. [View Examples Here](#)

- **Smart Casual**

The most difficult to put together by far as you have to blend casual and formal aspects properly. Simple button-down shirts in neutral colors or white look very smart and casual. Don't wear a tie, because that's too formal, and unbutton the top one or two buttons to really create that casual flair. Classic patterns, like plaid, are wonderfully smart and casual as well. Plain T-shirts in shades like navy, black and white are perfect for smart casual wear. Add another layer to your look with a blazer or cardigan. This is a great way to add a little more style, according to TrendSpotter. [Boots](#), loafers, or oxfords are all great shoe choices for a smart casual look. If you need an even more casual look, try low-cut sneakers with no socks. Bomber jackets, [chinos](#), and [jeans](#) are all standard elements for the smart casual look as well. Accessorize with a pair of sunglasses and you're ready for anything. [Visual Examples Here](#)

- **Exotic Indie Fashion**

This is all about wearing something that is eccentric, unconventional, and unique. Think of this as Halloween. You can dress up as coming straight from 2050 with [cyberpunk glasses](#), LED clothing, and shoes, or [use all white](#), [all black](#), or [all pastel/muted colored](#) clothing with turtlenecks. Or you could dress up like royalty, a pharaoh, king, etc., or even dress up like a

Bollywood actor or wear a male kimono, etc. Personally, very weird ones work better the more attractive you are. Trust me, you're getting everyone's attention.

## Upper Body Fashion



Here is a list of things that you can put on your upper body. Purchase these online or preferably at your local mall.

- T-Shirts
- Hoodies
- Jackets
- Blazers
- Hawaiian Shirts (They don't have to have the tropical print)
- Sweatshirts
- Turtlenecks
- Flannels
- Dress Shirts
- Corduroys
- Tuxedos
- Jerseys
- Suspenders
- Bomber Jackets
- Tailcoats

## Lower Body Fashion



- Underwear
- Jeans
- Dark Jeans
- Chinos
- Slacks
- Sweatpants
- Joggers
- Plaid Pants
- Shorts
- Athletic Pants

## Shoes

- Regular Shoe Lifts

The classic strategy of increasing height, you can buy them here: <https://amzn.to/3Ndb1FT>. I only recommend wearing shoe lifts in settings where you don't know anyone and won't have to take your shoes off. If you're in an environment where you know people, 1-1.5 inches (3-4cm) max. With strangers, up to two inches (6 cm). After two inches, you'll start to walk funny and people will notice. If you're trying to get more height, invest in bots or other shoes that will increase your height.

- Invisible Shoe Lifts

The great thing with these is that if you're going to take your shoes off, sometimes hard to get on hard to fit with socks but better if your around people you know.

Buy them here: <https://amzn.to/3GRWOAo>

## Shoes

- Dress Shoes
- Sandals (BEACH ONLY)
- Chelsea Boots
- Leather Boots
- Minimalist Sneakers
- White Sneakers (REQUIREMENT)
- Nike Sneakers
- Converse Sneakers
- Athletic Sneakers (Athleisure or Athletic Endeavors ONLY they usually look bad)

## Shoe Maintenance

- Shoe Protectors

NECESSARY! These prevent your shoes from getting dirty, and if dirt falls on them, you can literally blow it away, it's like a shield. You will need this to keep your sneakers clean. This also makes it, MUCH easier to clean off if the damage is on the severe end. Purchase:

<https://amzn.to/39cVADs>

- Shoe Cleaners

NECESSARY! Of course, you can clean your sneakers with soap, water, and a spare toothbrush/cloth but using a professor sneaker cleaner is even better! It cleans deeper and is very cheap. Purchase: <https://amzn.to/3azE3pr>

- Kinds Of Shoes To Avoid
  - Ones that use excessive fabric, dirt gets attached to it and it is harder to get out, unlike other materials, which is the inverse.

## Accessories



- Rings
- Ties, Bowties
- Necklaces
- Headbands & Hair Accessories
- Bracelets
- Temporary Tattoos
- Upper Arm Jewelry
- Sunglasses (best for people with asymmetry and bad eye areas, [find out what's best for your face shape](#))
- Glasses (best for people with asymmetry and bad eye areas)

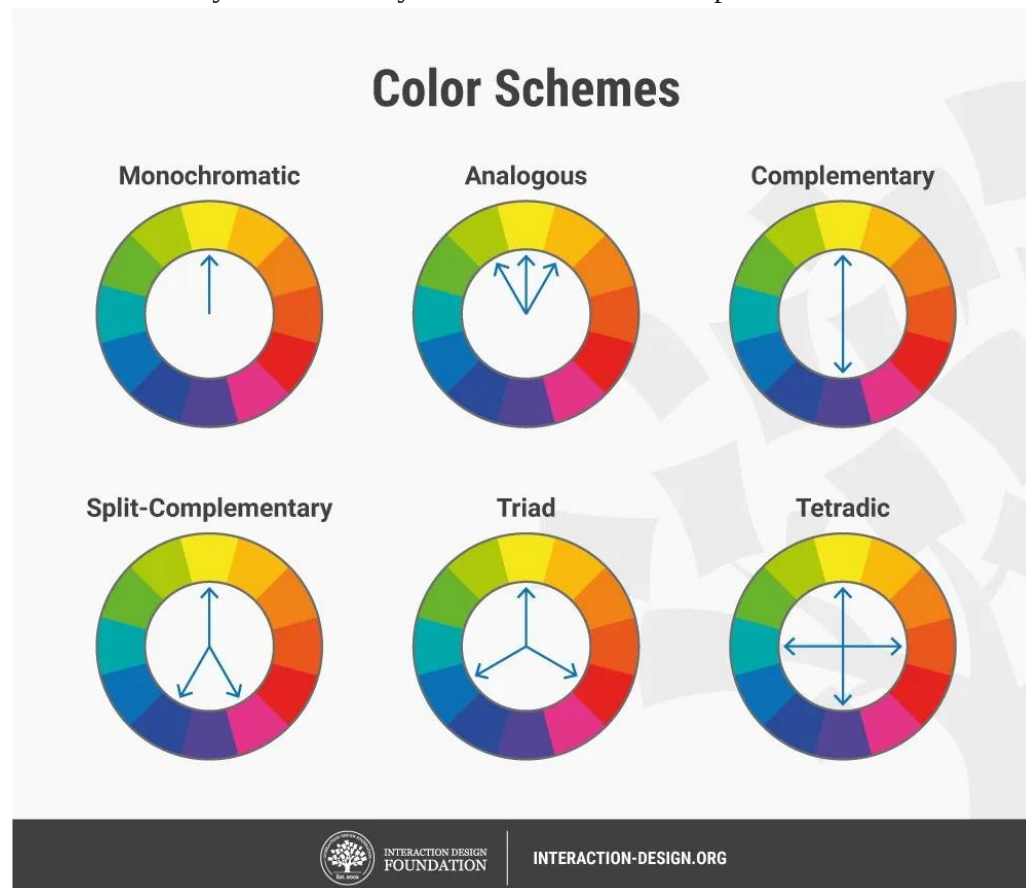
- [Magnetic Earrings](#) (also I recommend getting gems like rubies, emeralds, and sapphires for coloring, they don't have to be legit.)
- [Watches](#)
- [Gloves](#)
- [Masks](#)
- [Hats](#)
- [Belts](#)
- [Wallets](#)
- [Bags](#)

## Coloring

- Color Theory and the Three-Color Rule

In the visual arts, color theory is a body of practical guidance for color mixing and the visual effects of a specific color combination. Color terminology based on the color wheel and its geometry separates colors into primary color, secondary color, and tertiary color. The understanding of color theory dates to antiquity.

The rule is that you should stay in certain color sets or palettes.



What I recommend is that you head over to this website called <https://colors.muz.li/>, select an initial color and then choose a color palette (besides random) and use only those colors (and black and white if you wish, but even then, don't use both in one outfit preferably) in your outfit. Bookmark that website, you'll need it, trust me.

When wearing colors, don't exceed three colors, unless they're black and white, they don't count. But I would prefer not to use both, on top of three colors.

If you do, you'll just end up looking whacky like this woman.



- Color Psychology

|                                                                   |                                                                  |                                                               |                                                                     |                                                            |
|-------------------------------------------------------------------|------------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------|
| <b>Red</b><br>Excitement<br>Strength<br>Love<br>Energy            | <b>Orange</b><br>Confidence<br>Success<br>Bravery<br>Sociability | <b>Yellow</b><br>Creativity<br>Happiness<br>Warmth<br>Cheer   | <b>Green</b><br>Nature<br>Healing<br>Freshness<br>Quality           | <b>Blue</b><br>Trust<br>Peace<br>Loyalty<br>Competence     |
| <b>Pink</b><br>Compassion<br>Sincerity<br>Sophistication<br>Sweet | <b>Purple</b><br>Royalty<br>Luxury<br>Spirituality<br>Ambition   | <b>Brown</b><br>Dependable<br>Rugged<br>Trustworthy<br>Simple | <b>Black</b><br>Formality<br>Dramatic<br>Sophistication<br>Security | <b>White</b><br>Clean<br>Simplicity<br>Innocence<br>Honest |

## Advice

### Clothing Maintenance

- Ironing

Please don't wear wrinkly clothing, you can either put your clothes in the dryer or iron them to perfection.

- **Washing**

Make sure you wash your clothes! Some clothes shouldn't be washed as frequently such as black cotton clothing, or jeans. The further away it is from your body, the less it needs to be washed.

- **Fitting and Tailoring**

Make sure your clothes fit you (unless you're into baggy/oversized fashion). Measure your body using a measuring tape or using an app, just search up "Tailor Sizing App" on your phone's app store.

- **Dry Cleaning**

Dry cleaning is cleaning and ironing taken to the next level! Dry clean your clothing if you want it to be as crisp as possible.



Design

- **Season-Specificity**

You obviously want to be dressing according to the season, don't wear shorts and a light shirt w/ sunglasses during the winter, and don't wear coats and stuff during the summer. (Unless you live in Singapore and Greenland respectively)

- **Fabric Types**



<https://www.masterclass.com/articles/28-types-of-fabrics-and-their-uses#28-different-types-of-fabric>

Bamboo, seaweed, and aloe vera fabrics are so soft

Would recommend getting some from [ESNTLS](#)

- **Patterns and Designs**

Make sure they match and fit the coloring and harmony of your outfit and don't look like you're intentionally trying to mismatch things.

- **Layering Clothing**

A must, adds flavour and spice to your outfit

Miscellaneous

- **Body Shape**

Fashion works the best if you're gym-maxxed. Anything else and it may look sub-par. Make sure to wear clothes that fit as well to show off your body shape. Clothing that hides your proportions is just as bad for your attractiveness as a curvy hourglass figured woman hiding her curves.

- **Quality > Price**

Don't buy clothing because "ITs gUcCi Bro". Get it because it genuinely looks high quality and nice.

- **No Sagging**

- **Accessories Advice**

Layer accessories, add rings, earrings, and multiple bracelets/necklaces together to get a higher degree of sophistication. [An example](#), [another example](#). The best places to purchase jewelry are: Ronn Jewelry, Rose Gold and Black, David Yurman, HelloIce, Black-Vienna, Degs and Sal Jewelry.

- **Following Trends**

You'll want to keep up with trends by ideally following celebrities on Instagram and watching how people dress outside so you don't get left behind.

# Waist

## Table Of Contents

- Introduction

### Introduction

Getting a small waist is essential to anyone who wants a really good V taper. Unfortunately its mostly genetics but there are some things that can help

#1 : most important is body fat %

Before and after :



#2 : Grow your lats (and shoulders but lats are more important for the small waist look)



#3 : This might not work but improving your gut health. Heres the youtuber who talks about shrinking your waist with proper gut health [\(Video\)](#) Part 2 [\(Video\)](#)

**MAKE SURE TO NEVER USE A WAIST TRAINER, IT WILL DAMAGE YOUR ORGANS AND ALSO IT EVENTUALLY GOES BACK TO NORMAL!**

# Breath

## Table of Contents

- Introduction
- [What Causes Bad Breath?](#)
- [How To Have Elite Smelling Breath](#)
- [Conclusion](#)

## Introduction

In this guide, I will show you how to literally have GOD-TIER breath like an infant. This thread isn't necessarily about eliminating bad breath, *it's on how to have AMAZING breath at all times!*

Your average baby's mouth literally looks 100% clean, especially their tongue. It's super pink, devoid of any white. (Making your tongue as pink as possible is ideal, I will explain why below)



## What Causes Bad Breath?

The fundamental cause of bad breath is **BAD BACTERIA!** Either in the mouth, stomach, or in your gut. Good bacteria do not produce bad breath, bad bacteria do. The main contributor to bad breath is *leftover food inside your mouth!* Babies lack teeth, so they can't trap anything foul-smelling in their teeth. Also, babies have a good gut and digestive health and they also are very hydrated (saliva kills bad breath), squashing all possibilities of getting bad breath. Babies only develop bad breath after they develop some teeth.

Things that commonly cause bad breath are the following.

- Plaque, Gum Disease or Tartar. These are sticky white or yellow bacteria that form in your mouth (gums and teeth)



- White Tongue: Remnants of food, liquids, or anything on your tongue get collected here and cause bad breath



- Not Brushing Your Teeth, or brushing it incorrectly: Obvious.



- Poor Gut Health or Poor Digestion: Your microbiome is in horrible condition and even if your mouth smells fine, your breath won't since the smell of your gut or stomach will climb up your esophagus and will be noticeable to others. Another potential problem here could be that your stomach can not process your food properly, leaving the food there to rot, ferment, and will be smelled by the outside world.



- Dehydration: Saliva kills and suppresses bad breath. Poor bacteria can not get flushed out of your mouth without saliva and water, and neither can bad breath fighting bacteria do their job in dehydrated conditions.



- Weird or Bad Diets: If you're eating unhealthy foods (unbalanced and bio-harming foods) or you're eating a diet that encourages ketosis, you will get bad breath as this hinders your body's ability to function properly to deal with the bacteria in your mouth.



- Smoking or Vaping: Degenerates your oral hygiene, not much else to explain here. This is common knowledge.



- Leftover food inside of the mouth, lack of flossing: You need to get rid of all foods in your mouth! Rinse your mouth when you're done eating, floss when you're done eating or going to bed, and make sure there are no foods in your mouth, even when there are no foods in your mouth, rinse your mouth with water or mouthwash to remove the micro foods in your mouth! This is so important as when leftover food stays in your mouth, it ROTS and FERMENTS!



## How To Have Elite Smelling Breath

Here are guidelines on how to improve your breath! If you have any disease like gum disease, plaque, tartar, colon cancer, or any other mouth infection or bad-breath inducing disease, please consult with a dentist first before continuing! If you're on a strict budget, just stick to one and two, but three will help out tremendously!

- The first step is to floss properly (get every crack, check your gums as well), brush your teeth (make sure all of your teeth are clean, everywhere, on the top, on the bottom, the behinds, etc.), and your tongue! (with the designated textured backside of your toothbrush, brush the white stuff (it causes bad breath) off your tongue with the best of your ability, even deep into your mouth as well or you can use a [tongue scraper, it's better in my opinion.](#)), and use cinnamon products! I say cinnamon specifically because mint is a weak anti-bacterial agent and it tends to mask bad breath instead of fixing the fundamental underlying problem. In summary, mint and bad breath are akin to AXE and body odor, while cinnamon and bad breath are akin to shower + deodorant and body odor. Even I can anecdotally confirm that this works. The first thing you'll want to do is use [cinnamon toothpaste](#). This is the one I have been using as of late. Secondly, you'll want to get [cinnamon mouthwash](#). I recommend leaving this in your mouth for **at least** thirty seconds to kill the remaining bacteria. Last but not least, the deal sealer, the [mouth probiotics, and digestive enzymes](#)! The probiotics will recruit tens of millions of bad breath fighting soldiers in the battle to kill all bad breath in your body and the digestive enzymes will make sure your stomach works at its peak to make sure your food is digested quickly so it doesn't **rot and ferment** in your stomach, relieves constipation both of which can cause bad breath, especially the first one. Use once a day. The additional thing I will add is to purchase [cinnamon mints](#)! This will eradicate any

development of bad breath throughout the day, carry these with you, especially if you are going to eat, take these after you're done eating or brush your teeth if you are at home when you eat.

- Study #1 On Cinnamon - <https://www.sciencenews.org/blog/food-for-thought/cinnamon-cleans-breath>
- Study #2 On Cinnamon-  
<https://www.sciencedaily.com/releases/2004/04/040401080031.htm>
- Study #3 On Cinnamon:  
<https://onlinelibrary.wiley.com/doi/full/10.1111/eos.12745> (Cinnamon essential oil was one of the best killers of bad breath, mugged peppermint.)
- The second thing to do is to stay hydrated! Dehydration causes bad breath as it hinders your ability to fight it off. Dehydration causes bad breath because when you're dehydrated **your body doesn't produce enough saliva**. Without saliva there to clean out debris, bacteria have the chance to grow and cause bad breath.
- Make sure you're replacing your toothbrush every two months, any longer and the bacteria built up on the bristles of your toothbrush will actually compound and can be causing you bad breath or sub-optimal breath!
- The final thing to do is to make sure your microbiome is in check, I recommend getting [Viome supplements](#), as it is personalized (gut probiotics aren't one size fits all). This will ensure that there are no bad bacteria in your gut that will be smelled in your breath, no poop stuck in your intestines that people are smelling from your breath, and just general better health.

## Conclusion

Don't have bad breath, it's a potent turnoff.

Update: Using some post suggestions, I sent him a message earlier this morning that was kind and gentle but clear. I received no response back. I still feel really badly for telling him that and I know I know I've hurt his feelings but he did need to hear it, you guys are right. Thanks for the advice!

went on two dates with a gentleman. **On both dates his breath was putrid. It was so bad on last night's date that I had to turn away whenever he spoke to me**, and needless to say the entire date was a bust. Apparently he didn't notice because he's asked me out for a third date. My question is do I tell him no and that his breath stinks as friendly Future dating advice or I just leave it alone? He's a sweet guy and I'd like to see him find someone but God he's got to brush those teeth. Do I tell him?





dissappeer · 4 mo. ago

Single

"Insert dates name, you're super nice and I like how sweet you are, but I have to let you know because I think you're unaware; you have bad breath. I do not wish to go on another date, but I wanted to let you know so that you can work on that for your future dates. Best of luck."

↑ 39 ↓ Reply Give Award Share Report Save Follow



Traditional\_Bison472 · 4 mo. ago

Op, just copy and paste this, press send and run from your phone

↑ 20 ↓ Reply Give Award Share Report Save Follow



Great-Wafer5909 · 4 mo. ago

Tell him....Confucius say "growth come from pain"

↑ 2 ↓ Reply Give Award Share Report Save Follow

# Fragrances

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## Introduction

If you're reading this then I'm sure you know what fragrance is, you probably call it cologne and can buy it for \$10 at your local clothing store. However, what you're oblivious to is the wide world of aroma, with fragrance only being a single piece of the puzzle. In this megaguide, I will take you on a journey across the wide world of aroma, to help you cultivate your signature, so you may smell like a king.

Foreword: The large majority of what I say is backed by scientific studies, if you disagree with something then check those

## Why smell is important for attracting women

For starters, the sense of smell is very a valuable tool for humans and a way of communicating different things, most notably how healthy you are and how strong your immune system is. When it comes to attraction, humans use the smell emanating from various areas of others as a tool to understand different things about them and notably to find someone who has an immune system that will produce the most healthy offspring. However, women have a better sense of smell than men, on average possessing around 50% more olfactory (smelling) neurons in their brain, and therefore vet the traits of a man using this tool to a greater degree compared to men towards women. You should read to understand indicators of youth/health vs dimorphism. Now,

the two major factors for how sexually worthy you smell to a woman are: your androgen levels thus synonymously your perceived dominance(dimorphism), and your health level (indicators of health/youth). This is important to note as you will learn later how different molecules form your aromatic footprint. Simply stated, you want to optimize your health and androgens to smell as attractive as possible. Notably, the olfactory region of the brain is connected to the amygdala and hippocampus, (which are the brain regions associated with processing emotions and storing memories, respectively) more directly than any other sense is connected to them, and is the key reason why we experience smell induced memories most potently. With that being said, you can imagine how powerful smell is, especially for women, when interacting with men and formulating their impressions.



**DugongOfJustice** • Dec 28, 2012

there have been a few times where I've gotten a whiff of a ridiculously good smelling dude and then wanted to ~~fuck~~ him immediately.

I wouldn't say ~~fuck~~ but definitely I've turned around and wanted to see his face, know more, etc.

Sometimes your appearance = confidence and a good smell and good speech = your socially adept

Meaning all these factors are correlated, would it not stand to reason that being good looking(mainly in a health indicating way but also relating to dimorphism)is a signal of good health and development? Such is the logic used when making the correlation between looks, personality, smell, voice and health. These factors are all intertwined, a good looking person is likely to have been brought up in a healthy environment or if not they have good genes and are sporting a healthy immune system, are more likely to be within their right mind and have the characteristics/personality traits you would associate with being healthy, as well as the smell(as humans can smell how healthy others are). Also a person who is dominant and aggressive will likely look this way because of their prenatal T, have the personality traits, may have a deep voice, and also will smell of the heightened androgen levels, and this is because that's who they truly are. With this in mind the way to smell healthy and or masculine, is to be healthy or masculine.

## How important is smell compared to other factors for attraction

Looks(w/height & frame)>Social awareness & Confidence>smell>voice

As stated earlier, all these pillars for attraction are connected. With that being said, even if smell is not as high on the totem pole for attraction compared to looks or speaking well/confidence, that doesn't mean it's not important at all, and that also doesn't negate the fact that it is one of the major pillars for attraction & human communication, and is also one of the lowest effort, highest reward things you can work on, to compensate for a lack in another area(depending on how far you take it), or have a strong influence on others. I know from personal experience what crazy emotions you can elicit in people by mastering aroma, and how you can control the way people view you.

## Fragrance guide

Your first thought when trying to buy a fragrance might be to look for the "Top 10 most popular panty dropping men's fragrances" but this is not a good idea. As if you wear Dior sauvage, then not only will you will smell like everybody else, but you will smell like a desperate tryhard who's only wearing fragrance for validation. Also as stated earlier women make a strong mental association with smells so you might smell like an old boyfriend that she doesn't like, this makes impressions harder. What you want to buy is a fragrance that isn't so popular, so you can smell unique.

## Fragrance seasons

Fragrances are organized into the 4 seasons: **Spring, Summer, Autumn, and Winter**.  
Fragrances with mostly warm and spicy notes like amber or incense will fit the Winter or Autumn category typically. While fragrance with only bright and lighter notes like citrus and floral notes will be in the Spring or Summer category. This is important as you don't want to wear a winter fragrance in high heat, as it will project too much and choke everybody out. Vice versa, fragrances that are too light will not project in very cold weather, this isn't a big issue if

you're indoors but if you want your smell to survive outside then you can opt for denser fragrances. Some fragrances with balanced notes can be worn year round.

## **Synthetic vs Natural**

Synthetic fragrances have notes that smell "chemically" and remind you of a typical cheap fragrance. These are the gas station fragrances that you want to stay away from, as they don't smell pleasant compared to more natural smelling fragrances. But even natural smelling fragrances are made with synthetic ingredients, it's just the type of ingredients used come together to produce a more natural smelling fragrance, although many natural smelling fragrances will be blended with non synthetic ingredients as well.

## **Harmful toxins**

Within fragrances there can be estrogenic toxins. This isn't a large issue as fragrance is in everything, so you're 100% already being exposed to them and not even cognizant, but in the event you decide to go all natural, then you should know that you can still buy fragrances that are natural, and even make your own natural fragrances like I do myself sometimes. Keep in mind that you can chelate toxins from your body through a healthy lifestyle and using activated charcoal and other toxin chelators.

## **Fragrance concentrations**

The common concentrations for fragrances are eau de toilette, eau de parfum, and parfum. The concentration dictates the amount of fragrance oil in the bottle with edt being the least potent, edp being more concentrated, and parfum being the most concentrated. Typically this also aligns with the seasons of the fragrance with summer fragrances being edt and winter fragrance being edp or parfum.

## **How to apply fragrance**

You want to make sure that your body is moisturized on the areas you apply fragrance. Applying fragrance on to hydrated skin will help it project more and last longer. You also want to apply fragrance to areas that radiate the most heat, like your neck and pulse points. Also don't neglect the lower body, and applying fragrance to the clothes is good as well, but make sure to apply it directly to the skin primarily. Make sure not to apply too much fragrance, lighter fragrances can get more sprays around 5, but heavy ones should get around 3. Different atomizers (the spraying bit of the bottle) spray different amounts of fragrances so this can fluctuate but you'll know what

is excessive. There's also a compound known as Iso E super that you can layer or mix with fragrances to enhance the performance.

## **Where to buy fragrance**

Most fragrances can be found on online discounters, search for them on fragrantica and you can find them for cheaper than retail price. You can also use fragrantica to search for good fragrances as they have note breakdowns and a review feature. Be careful when buying fragrances off eBay or sites like this because there are many scammers selling counterfeit fragrances.

## **Top Fragrances**

I'll list the best fragrances of each season, but you need to find what YOU enjoy. However, not everyman wears fragrance so it maybe it's not a huge issue to just buy the most popular one.

### **Top Summer fragrances**

**Dior Sauvage or Acqua di gio**

### **Top Autumn fragrances**

**Jean Paul Gaultier Le male or Dolce & Gabbana the one for men**

### **Top Winter fragrances**

**Paco Rabanne 1 Million or Parfums de Marly Layton**

### **Top Spring fragrances**

**Creed Aventus or Terre d'Hermes**

I advise you to go to your local fragrance store and smell different fragrances to find what you like. You should buy fragrances that you like and not just buy ones recommended as if you blindly buy it without knowledge on different notes then you can be disappointed with your purchase. Smell is very subjective so even fragrances that others adore can smell horrible to you. Wearing a fragrance you love will also boost your confidence and morale.

## Fragrance vs natural body odor

Typically, when women are asked what fragrances they like on a man, they will say they enjoy their mans natural smell after a shower and they like light fragrances. What they really mean is they enjoy smelling the “aroma footprint” of a man they like, this is due to what I stated earlier about women smelling the immune system, indicators of health and other areas of a mans smell composition. Women will smell that a man checks out internally, and fragrances can mask this. What you want to keep in mind is that you still want your natural aroma to be present (assuming it checks out) by not overdoing the fragrance, and by maximizing your natural aroma. To maximize your body odor you want to first be healthy, (keep in mind that if you’re in puberty and producing lots of androgens then your smell will permeate more than someone who is past their prime so take precaution) the main factor involved in your body odor is digestive health(I’m not going to go on a tangent so search this forum for threads) having that in control in combination with digestive enzyme and chlorophyll supplementation (basically an internal deodorant) will make you produce body odor that is pleasant enough to allow you to use less soap or no soap when you shower and scrub your pits. Another factor is that you want to ensure that you’re not sedentary and allowing mildew to fester on your incubating nether regions, being out in the open with the wind and suns rays on your body will help to prevent funky smells and have other positive effects on your aroma. Another major tool for this that I have experience with is ammonia oxidizing bacteria. Basically it’s good bacteria that breaks down the bacteria and other things on your skin, neutralizing the odor and turning it into nitric oxide. AOB is prevalent in dirt, water, and everywhere that life exists, and prior to the spread of hygienic products, they existed on our skin to prevent odor. You can buy a product called mother dirt, or you purchase AOB that is meant to purify fish tank water. Spray some on your nether regions and high BO areas after a no soap shower, and maybe even apply a light unscented deodorant. You also want to make sure that there are lots of good minerals, zinc and magnesium etc. on your skin, you can find mineral rich skin products to apply. If you’d rather just use an artificial pheromone and not go through this trouble for simplicity’s sake that will work.



## Essential Oils

This one is a new one, and no, I am not talking about the hard-smelling aromatherapy ones *necessarily*. What our aim here is to dilute a few drops of essential oil(s) of preferably warm water to a spray bottle ([here is a pack of sixty for like under \\$20 USD](#)) feel free to stack them as well, but I prefer always combining anything with at least one drop of a woody fragrance. You can also find essential oils in your local "natural stuff" store.



Ideally, we want to spray once on our lower neck and everything else on our upper body (excluding the arms). Up to 5 sprays. One on each chest and the remaining three should be on your abs, and two sides of your upper body. *Feel free to spray on your balls as well.* Also, DO NOT SPRAY ON CLOTHING. Ideally, you'd want to spray this on when you're fresh out of the shower and when you don't have anything on your body.

## Deodorant

This one is simple, find a good one with aluminum. This doesn't matter too much, just make sure to WEAR IT! Unscented is fine as well

## Pheromones Guide

**Disclaimer: Pheromones may or may not be pseudoscience, science has proved their existence in humans, but they have yet to prove if their purported effects are legitimate, you need to try it for yourself to see if it's effective, but in my experience it has been.**

you probably don't care about the science but basically there's an organ in maybe half the populations nose that is meant to smell pheromones, it's called the VNO. this is what pheromones act on, though supposedly even though this organ is present, it's "inactive" in humans, but let's move on...

## Effects of pheromones

Pheromones can elicit effects on other people from increasing cortisol, to making them feel comforted. Pheromones can also elicit many effects different on the user, like making them feel more energetic, increasing libido, to making colors appear more vibrant. You can also smell how genetically similar you are to people as a measure to prevent incest.

## Types of pheromones

### -Androgens

**Androstadienone, the “love” pheromone**- Makes women feel protected and comforted, known for making the wearer appear more attractive and eliciting crushes.

**Androstenone, the “sexual” pheromone**- One of the most widely studied pheromones, this androgen can cause women to feel sexually aroused, it is intimidating in high doses, cashing a fear based respect and can also make other men feel threatened and make them confrontational. Featured in almost all pheromone blends.

**Androstanone, the “charm & dominance” pheromone**- Features the same effects as androstErone, with less of the fear based respect and more of a charming type of respect.

**Androsterone, the “respect” pheromone**- Makes the user appear more reliable and mature. Used alone it can create an old man vibe, but is featured in most blends.

**Epi-Androsterone, the “charming” pheromone**- This androgen gives the wearer a youthful and charming, social vibe. It is believed to elevate your social status and respect, being well received by both genders.

**Androsterone Sulfate, “fun, warm, and social” pheromone**- Not produced predominantly in males or females, may uplift mood and increase sociability while making people see you positively.

**Alpha Androstenol, “conversation” pheromone**- Can make people more social around you and makes you seem more playful, it is commonly used to buffer the effects of aggressive pheromones like androstenone.

**Beta Androstenol, “truth serum” pheromone**- Beta Androstenol is known for creating a sense of familiarity and bond with the user, can make people reveal things about themselves to you as if you’re already well acquainted. Used in combination with Alpha Androstenol which can open up conversations, to deepen said conversations

**Androstenetrione, “visual beautification” pheromone**- This pheromone can make the wearer appear more attractive to other people by modulating how they see you, this effect extends to the

wearer as well, making everything around you appear more bright and as if it has a filter that makes things more “beautiful” also creates feelings of affection and is an emotion amplifier.

**DHEA, “youthful and funny” pheromone**- This compound can make situations more playful, both in effects on others and the user and improve your sense of well being.

**DHEAS, “social attention” pheromone**- Has unique effects compared to DHEA, makes you more verbally articulate, and witty, is very attractive to younger women and can make you feel energized.

### -Non-Androgens

**Pregnenolone, “hilarity” pheromone**- This molecule makes people perceive things in a positive light, and can make you giddy, powerful stress modulator.

**Estratetraenol, “nurturing and protective” pheromone**- This is a female pheromone that creates a feeling of comfort and friendliness, in male blends is used in small doses as a buffer for aggressive pheromones, in female blend can create a sense of vulnerability and inspires men to be more chivalrous.

**Alpha THDOC, “reset” pheromone**- This one is not officially considered a pheromone but does have pheromone like effects. This molecule can create strange reactions such as blanking out and hysterical laughter. Is known to reset people’s perception of you.

**Beta THDOC, “disinhibition” pheromone**- Again this one is actually a neurosteroid, this one is an allosteric modulator of GABA-a and increases disinhibitions, this one will amplify people emotions towards you, which can be a good or bad thing.

**Copulins**- Copulins are actually vaginal secretions from healthy fertile women that act as a lubricant. This compound is a female pheromone that is used to attract men and can boost their testosterone levels. Men can use copulins in trace amounts to give off a player vibe. Quick side note pure copulins smell very funky.

**Hedione**- This is actually a fragrance molecule that is a derivative of the jasmine flower. It’s present in all popular men’s fragrances, and studies show that it has the power to arouse women.

**Iso E super**- This fragrance molecule is meant to increase projection of fragrances but may also have some pheromone like qualities, with ladies enjoying the scent.

**Astaxanthin**- I’m sure the pheromone advocates know this carotenoid, it’s used to produce pheromone-like effects that enhance mood, and give an inviting and fun aura.

PS: there are more many more pheromones out there that haven't been tested, and other experimental ones that aren't as popular.

## **Pheromone Blends**

There are many pheromone blends that exist but not all of them are approved by users. These are the ones with the best reviews.

### Romantic

#### **Xist by pheromoneXS**

This blend is purported to help men break out of the friend zone by “resetting” their feelings. It also has the properties of increasing perceived social worth, and can make women see you in a romantic way that builds with exposure.

#### **Swoon by pheromone treasures**

This blend is purported to cause a playful, yet romantic aura, that attracts younger women. It causes women to feel affection and “crushy” type feelings toward you.

### Sexual

#### **Alpha Maschio by Alpha dream**

This blend will supposedly give you “balls of steel” and eliminate social anxiety, while improving verbal fluency and assertiveness. Will give you a bad boy or player kind of aura.

#### **Evolve XS by pheromoneXS**

This blend is supposed to start off as a social blend, then convert to a strong sexual blend that causes physical attraction in women and sexual tension. Users also note this blend can help induce orgasms in women during intercourse.

### Alpha/Status

#### **Bad wolf by Liquid alchemy labs**

This blend is an incredibly strong sexual that will give you a dominant aura. It can intimidate women in high doses and cause fear or confrontation in men.

### **APi by pheromoneXS**

This blend is meant to increase your perceived social status and make women chase you. It is also a social blend and can give you the aura of a leader in a smooth way.

### Social

#### **Glance by Alpha dream**

This social is meant to increase carefree feelings and enhance conversations in a fun and extroverted way.

#### **Core by Apex pheromones**

This blend can enhance your own signature or be mixed with another blend. It has the effects of increasing attention and popularity, like a spotlight effect.

### Beautifying

#### **TKO by Apex pheromones**

This blend has the effect of making things look more “beautiful” and is supposed to extend to other people’s view of you. It also can improve your social standing and popularity.

#### **Alpha Q**

This blend is supposed to be a jack of all trades, with social, sexual and alpha properties. It also has the added benefit of being a beautifier.

### **How to use pheromones**

Pheromones are meant to be used sparingly. However, if you want to overdose on them to see if they actually have an effect then that’s fine, some people even say they have better effects when they use very high doses. The amount you should use will be listed on the blend, individual mones are dosed the same, usually 2-4 drops or sprays on your pulse points. The oil based ones last longer but don’t diffuse as well compared to the alcohol sprays, as with fragrance.

Apparently they can linger on your skin for a while and require heavy scrubbing to clean off, personally, I ignore this point and shower regularly. Keep in mind almost all androgen

pheromones convert into androstenone with time, if you see the effects of this pheromone you will why using high doses can be bad.

## **Mixing fragrance and pheromones to become a king**

If you're using pheromones,, then it's within your best interest to combine them with fragrance. This is how you'll reap the most benefits of them, also some of them can have an unpleasant smell that you're meant to mask. The best way to do this is to apply your pheromones like usual, and then apply the fragrance afterward. You can even mix together different pheromone blends AND different fragrances as I do, this is how you'll really become a smell king. This relates to my theory for maximizing results.

### **My theory for maximizing results**

I surmise that mixing together different blends and fragrances caused me to amplify my effects. I use fragrances of different categories, along with different pheromones, to create a very complex smell profile. I also theorize that a reason we enjoy fragrances is it gives the impression of abundance. Smelling like vanilla and citrus will subconsciously communicate to people that you have access to these things, when you blend together a fragrance with multiple different smells, you subconsciously communicate that you have access to many resources. This appeals to the dopaminergic and outward, resource seeking aspect of people's minds.

### **My experience with blending**

I have blended together fragrances and pheromones on 2 occasions, both being incredibly profound experiences. One time I had an event where the whole my whole high school would be, I combined 4 different fragrances, a hedione and iso e super spray, TKO pheromone and copulins. I called an Uber to the event, after I got in the ride my driver complimented me a few minutes later, then he was insisting that I tell him what I was wearing(I told him the name of one of the fragrances)he was basically praising my fragrance the entire ride. When I got to the event, I walked up to my friends and I kid you not, immediately they were all in awe of my aroma, complimenting me, then a few minutes later a good looking girl(literally the most popular and one of the baddest girls at my school)walked by and was like "who smells so good?!" You can't even make this up, I felt like a king. One of my close friends even gave me a super genuine compliment told when we were alone, he was like "Yo, you smell really good" I said thanks bro I know. Then he was like, "No bro, like you smell REALLY good, like that fragrance is fire." So

it's clear to me that this was a success. The other time I used a similar mix at work as an experiment, I only had one middle aged lady stop me but it was very genuine. She asked if it was me that smelled so good and I said yes, then she basically demanded that I tell her what I was wearing. Keep in mind that I have been wearing fragrances for pretty much all my life and prior to blending all these things I had only ever received a compliment from my mom lol.

## Conclusion

This concludes the mega guide, this is the path to aroma ascension, and everything you need to know. Links to helpful resources for your fragrance journey will be down below. Goodluck

Fragrance reviews and Info: <https://www.fragrantica.com>

Pheromone reviews: <https://pherotruth.com/index.php>

Pheromone Information: <https://houseofpheromones.com/>



# Voice

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- [Why it matters](#)
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- [Improve Vocabulary & Tone](#)

## Introduction

In this guide, I will show you how to improve your voice, tone and vocabulary.

Voice is an underrated infrequently talked about trait that is a major component of perceived charisma, dominance and significant for attraction and perceived "personality". Unfortunately you're limited by your hormonal profile and vocal cord thickness as to how you sound but you can make some changes to improve how you sound.

## Example of how it matters

People like Daniel Craig, Rowan Atkinson and Peter Dinklage sound very captivating to listen to and seem much more attractive when you scourge through interviews than they should based off their face, just because of their voice. Very unlikely they'd have any appeal as a celebrity otherwise.

Lower voices are more attractive and dominant in men, and a study showed **96Hz** as ideal male voice pitch but anything deep is good.

## Ways to get a deeper voice

### #1 Voice training

This is our recommendation because If done religiously you might get a 20Hz or so pitch drop just by doing this, which is a huge deal.

Here are some videos : [video #1](#) [video #2](#)

## **Track your progress**

A good app is vocaluar

## **Strengthen your Neck Muscles**

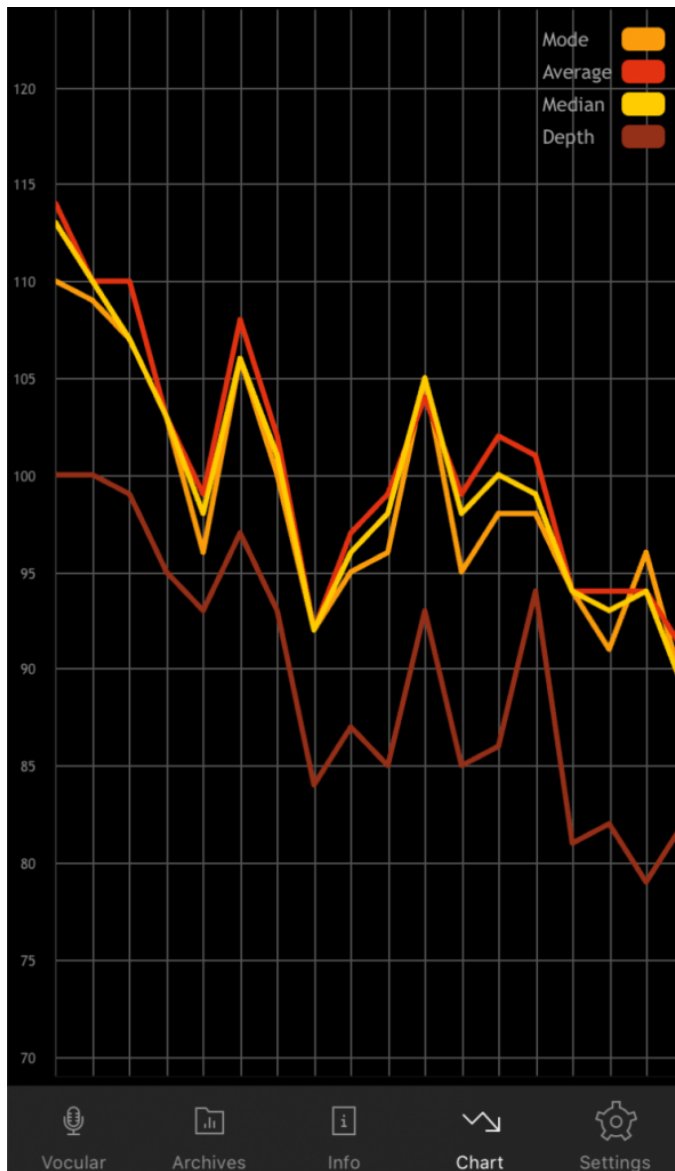
I've seen a lot of talk about this online, so I wanted to start by confirming here: this truly does work. Actually, it's my favorite method of all of them.

If you put your hand on your throat, you'll feel two long muscles which run down from behind your ear to your collarbone. These are your sternocleidomastoids, and when they get tense they tug on your vocal chords, resulting in a higher note. Relax these and, logically enough, your voice gets lower.



One recommended way of doing this is by making the neck muscles stronger. Stronger muscles are better at meeting their daily demands and therefore less likely to tighten up throughout the day. I was interested in this idea, so I thought I'd test it out.

The next image is a chart from vocaluar



As you can see, by all four metrics, my voice did deepen over time. My matches completely changed too.

More compellingly, my voice actually got higher before it got lower. It starts at about 105Hz, then shoots up to 113Hz and stays high for a week, before it gradually deepened month after month to the current pitch of 89Hz.

This fits the idea that strong neck muscles give you a deeper voice. The exercises first made my neck weaker, like any muscle when you start training it. So my voice got higher. Then, as I continued with the exercises, it got used to the strain and became stronger, and my pitch dropped.

**Update:** I'm also currently experimenting with a neck harness to build the muscles at the back of my neck as well as the front. It's early days but I'll report back here if I find that to be more effective.

## **Breathe from the Diaphragm**

Ever noticed how your shoulders bob up and down as you breathe in and out?

If you have, you're doing it wrong. This is a thing called 'shallow breathing' and it's something most people are guilty of. While it seems as good as any method, this kind of breath shifts effort to the upper half of the torso, putting tension on the neck and vocal chords.

Instead, breathe with the muscle that's designed to do it: the diaphragm. As you inhale, try to shift the effort downward so your stomach flexes out while your shoulders remain completely still. Feel as though the air is being summoned by your abs.

I know it's quite hard to follow in writing, so Eric Arceneaux does a very good job of explaining this.



This one correction had the greatest impact on my voice depth – but, like any bad habit, it requires a conscious effort to overcome it. You may want to try something to remind yourself when you're creeping back to your old ways. One vocal coach has created [the Singing-Belt](#) to do this, although it's expensive so using [kinesiology tape](#) or a tight T-shirt might work better.

It's tough to get used to, but mastering diaphragmatic breathing will also give you a richer, more resonant voice, which is probably more important than having a deep voice. It also has a host of other benefits, such as reducing stress and improving athletic performance, since it's just a more efficient way to breathe.

## Aspirate

You can try this one for yourself and immediately see its effect. Open Vocular and enable the Pitch Tracker in Settings, then speak to the microphone in your normal voice and see what numbers come up.

Now try talking in a breathier, more aspirated kind of way, as if you're speaking through a sigh. If you need someone to copy, Tom Hiddleston's a pretty good example.



You should see your numbers drop as soon as you take on this breathier kind of tone. And not only does this make your voice deeper, it makes it more attractive too. A 2014 study found that the most attractive male voices were also the breathiest – and this was so pronounced that women preferred a high-pitched but breathy voice over a deep, non-breathy one.

## Drink More Water

Please don't skip over this section, because it's a lot more important than you might think. You know how the depth of your voice is partly caused by the size of your vocal chords? Well, dehydration literally shrinks your vocal chords. The loss of water equates to a loss of mass, leaving you with thinner, squeakier vocal chords.

And, strikingly, most people are dehydrated. A recent study found that 75% of Americans fell far below the recommended daily intake, which, again, gives us a majority of people speaking with higher voices than they ought to be.



The solution is to make things easier for yourself. If you work at a desk, get a jug (one that can hold 3-4 litres) and fill it every morning. Not only will this encourage you to drink more because it's there, it'll bring the water to room temperature which stops the throat contracting from the cold.

If you're sceptical about the impact of this, see for yourself. My hydrated voice is often so much deeper that it shares almost no overlap with my dehydrated one – the similarity comes out at about 10-20%. In fact, I now make a point of drinking a litre of water an hour before going on a date or to an important meeting.

## **Be More Monotone**

I've noticed a few names that come up time and time again when discussing voice depth. One of these names is Clint Eastwood. But the weird thing here is that, in terms of pitch, Eastwood doesn't have a deep voice. It's about average.



However, one thing Eastwood has in spades is monotony. This is a very manly trait – in fact, a recent study found that men with monotone voices tend to have more sexual partners than those who don't. So it may be that the masculinity of a monotone voice tricks people into thinking that voice is deep as well.

This is backed up by a paper on vocal attractiveness, which found that the voices which varied less in pitch were the most likely to be considered deep. In fact, pitch variation was almost as important as actual pitch in deciding whether a voice was deep or not.

## **#2 Thyroplasty (\$2500~)**

If your voice is actually terrible, you might need this. If you're interested watch this video

<https://youtu.be/pU2NnZRkXmQ>

Simple one night stay

## Improve Vocabulary & Tone

The best way to improve your vocabulary & tone is by listening to other people on youtube, and speaking to people. If you have anxiety, start by talking to people without looking at them, like talking to someone on social media, or through a voice chat service like skype or discord.

The best way to improve your vocabulary specifically is by listening to people with a good vocabulary. I'd suggest looking up some commentators or political people and putting them on 1.25 speed, then googling every word you don't know. Also study the patterns they use when talking. Actually improving will take a long time so make sure you're listening to something you actually enjoy hearing about.

The best way to improve your tone specifically is by speaking. Speak to other people! If you have bad stuttering problems, read a book, record it and then listen back to what you sound like.

Lookup better ways to speak on YouTube and as a rule of thumb, end your words / sentences on a low note instead of a high note.





# Skin Tone & Tans

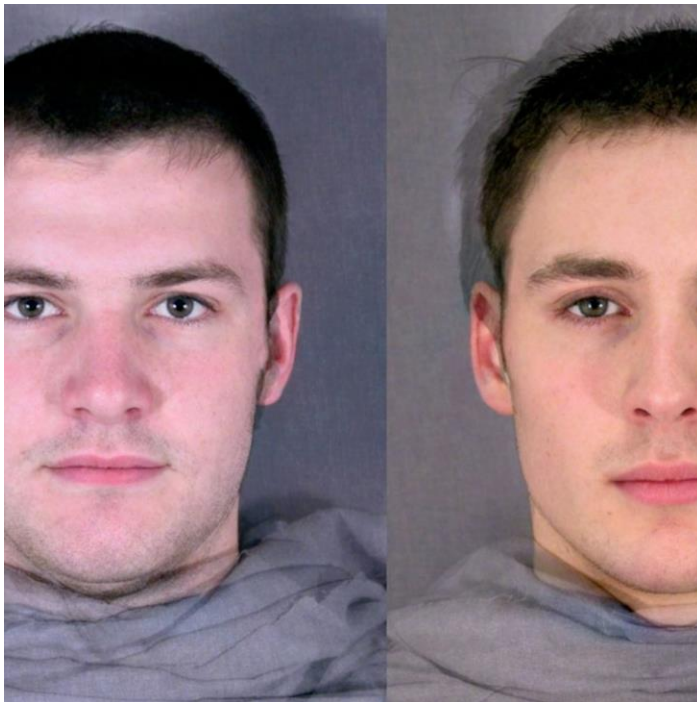
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## Skintone

### Warm skin undertone

The ideal skin tone for men is warm, glowing and orangeish, as opposed to pale and pinkish, seen on the left:



## Beta carotene

A precursor of vitamin A and a carotene which is naturally found in yellow - orange vegetables giving them their iconic color. It makes your skin undertone yellowish. Good food sources include sweet potatoes, carrots and pumpkins, but you can also get it from tablets. I recommend doing a loading phase for 1-2 weeks intaking 100 000 IUs of beta carotene (vitamin A is fat soluble meaning it gets deposited) daily, then maintenance at 25 - 50 000 IUs / day.

## Lycopene

Also a carotene, which gives red undertone to your skin and makes it glowing when consumed. Found in tomatoes naturally, but you can also take from tablets. I recommend 20mgs / day. Use in combination with beta carotene to achieve warm orange toned skin.

## Example:



*The picture on the left shows original skintone few years ago during wintertime. The pic on the right was taken after . No tanning (and haven't gotten any sun either as it's cold December rn in Europe), only been using carotenoids.*

## **Skin darkness**

The ideal skin darkness for men is that of olive, light brown or caramel color. Some people already have this color so if you are one, congratulations, you have nothing to do in this department. Meeks' coloring is perhaps as good as it gets:



Olive skin, common that of Meds is also very good:



## **Tanning**

Tanning can be very dangerous and bad for you skin, refer to the anti aging section to keep your skin as good as possible while tanning.



## Tanning cream

Simple, gets you a better tan, usually protects your skin from the sun (somewhat) some also make your skin darker

## BB Cream

This is makeup / foundation, if yours has a smell girls may be able to smell it and recognize it. You apply it in the morning and wash it out at night, good for fixing hyperpigmentation. (Temporary). You would need to try different tones to find the perfect one for you, put it on your face and neck



## Tanning beds



Tanning beds give the most natural tan and the effect is instant but that's where their list of pros end. Other than that the UV rays coming from the machines are horrible for your skin, leading to wrinkles over long term and lost of collagen plus they are pricy to use too. Only use one if you need to get a tan as soon as possible and have no other option otherwise.

# Anti Aging

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- [How do we age?](#)
- [Things that accelerate aging](#)
- [Things that decelerate aging](#)

## Why do we age?

Aging is nothing but wear and tear. That's it. Aging is caused by a lot of factors, the main ones being oxidation, epigenetic damage, waste, mitochondrial productivity decline, and senescent (zombie) cells. There is also something called a biological age, which is basically how old your cells really are. Someone like Jeniffer Lopez is 50 with a biological age of 26 or this [man from Singapore](#). He's 50 but probably has a biological age of 20. You can check yours online (a guesstimate) or you could take a Viome or Thorne test to check out your legitimate biological age. The ideal biological age for beauty is the early twenties for men and late teens for women in my opinion.

Here is a video explaining why we age here by Dr. David Sinclair (He is like the biggest guy in this field).

Watch for 10 minutes, feel free to skim through and speed the video.

<https://youtu.be/MjdpR-TY6QU>

Another thing, **the most important when it comes to skin is WEAR SUNSCREEN!** Here are the results from a man who drove a truck, for decades, with the sun shining on one side of his face, for decades





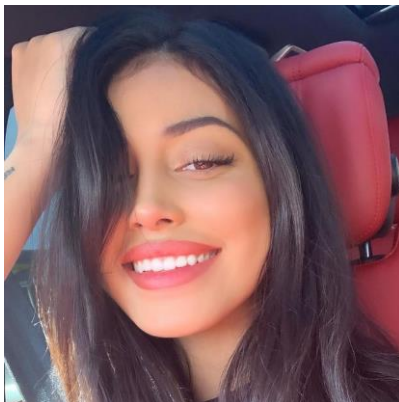
### **Things that accelerate aging**



- Loneliness
- Alcohol
- Stress
- Anxiety
- Depression
- Low Self-Esteem (causes other things that accelerate aging)
- Poor Hygiene
- Living in poverty
- Lack of financial freedom
- Not being happy
- Not having any friends
- Not having a social circle or friend group
- Not having a significant other, or bad partner

- Poor diet (A poor diet in my view is a diet that has more than low levels of non-biocompatible ingredients, and that puts the consumer at nutritional excesses and deficiencies, an example being a protein deficiency or a fat surplus unless you're losing or gaining weight. A good diet is a balanced and biocompatible one, if you can fit burgers into a balanced and biocompatible diet, that's great!)
- Smoking, Vaping, Certain Drugs such as Heroin
- Living in places that have high air pollution
- Absorbing non-biocompatible ingredients into your skin
- Sexual frustration
- Tanning
- Excess use of androgenic anabolic steroids
- Lack of exercise or over-exercising (where your muscles don't get time to recover)
- Feeling exiled, from others or from society
- Not having a social life or life in general
- Not having a purpose
- Not achieving all stages of Maslow's hierarchy of needs
- Not drinking enough water
- Not taking care of your skin
- Having white or pale skin and not East or Southeast Asian
- Drinking dirty water
- Living in a bad country
- Poor gut health
- Microplastics

### **Things that decelerate aging (w/o surgery and supplements)**



- Having friends you talk to
- Having a social life, or life in general
- The TERT gene



- Being happy, laughing constantly
- Feeling included everywhere you go, a sense of community
- Achieving everything in Maslow's Hierarchy of Needs
- Fasting/Intermittent Fasting
- Having a significant other who loves you/obsesses over you in which you find attractive
- Consistent intercourse
- Great, balanced, and biocompatible diet
- Financial Freedom
- Skincare Maintenance
- Adequate exercise
- Feeling like you love life
- Wearing sunscreen, reducing or not being exposed to the sun, UV or X-Ray Radiation (melanin isn't enough)
- Absence of stress, anxiety, depression, alcohol, smoking, vaping, etc.
- Going out and having fun
- Drink loads of water every day
- Be in a place where it is minimal or no air pollution
- Friend group/social circle
- Not living in poverty
- Using ice washes, or cold showers
- Living in a first-world country or decent country

# Symmetry

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- [Facial Symmetry](#)
- [The Importance of a Good Nutrition](#)
- [Correct Symmetry](#)
- [How To Enhance Symmetry](#)

## Introduction

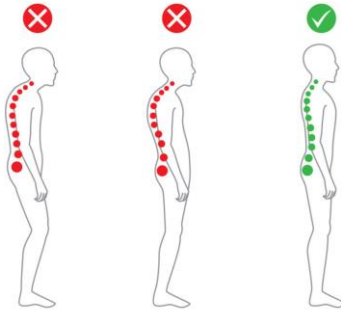
The first thing you should know is that you can improve your facial symmetry; well, the bones that make up our facial structure do not fuse with each other until very old. With which, it retains a small amount of movement during most of our lives, if we take advantage of that movement over time, we can achieve important changes in our health and in our appearance.

## Facial Symmetry

What do facial asymmetries cause us? We can alter the development of our face if we smoke, if we have teething problems, if we have a postural alteration and even if we have worse vision in one eye than in the other. The problem appears when we want to understand what part of a symmetry is caused by our genetics and what part is caused by bad habits. To answer this same question and understand that we can change our facial asymmetry, a 2014 study evaluated 147 pairs of twin brothers to see what were the factors that altered facial symmetry and since these pairs of twin brothers are genetically the same, it can be understood with them what factors really influence the development of the face and facial symmetry, because you can compare the twin who smokes vs. who does not smoke, for example, and the study showed that the twins who slept face down had a greater deviation of the nose and from the corner of the mouth to one side, than those who slept on their backs or on their sides. In addition, the twins who had teeth extracted or who smoked had more cant in the ocusal plane, basically one side of the mouth lowered than the other.

([https://pubmed.ncbi.nlm.nih.gov/253...ors such as,risk factors for facial asymmetry.](https://pubmed.ncbi.nlm.nih.gov/253...ors%20such%20as%20risk%20factors%20for%20facial%20asymmetry))

Therefore, your best option is to sleep on your back/side (without a pillow and if possible, sleep on the floor) **one good trick that you probably have never heard of is buy an airplane pillow, to help you sleep on your back**, not to smoke cigarettes or any other drugs and, of course, to solve any problem that has to do with your teeth or your dental arch.



## Muscles

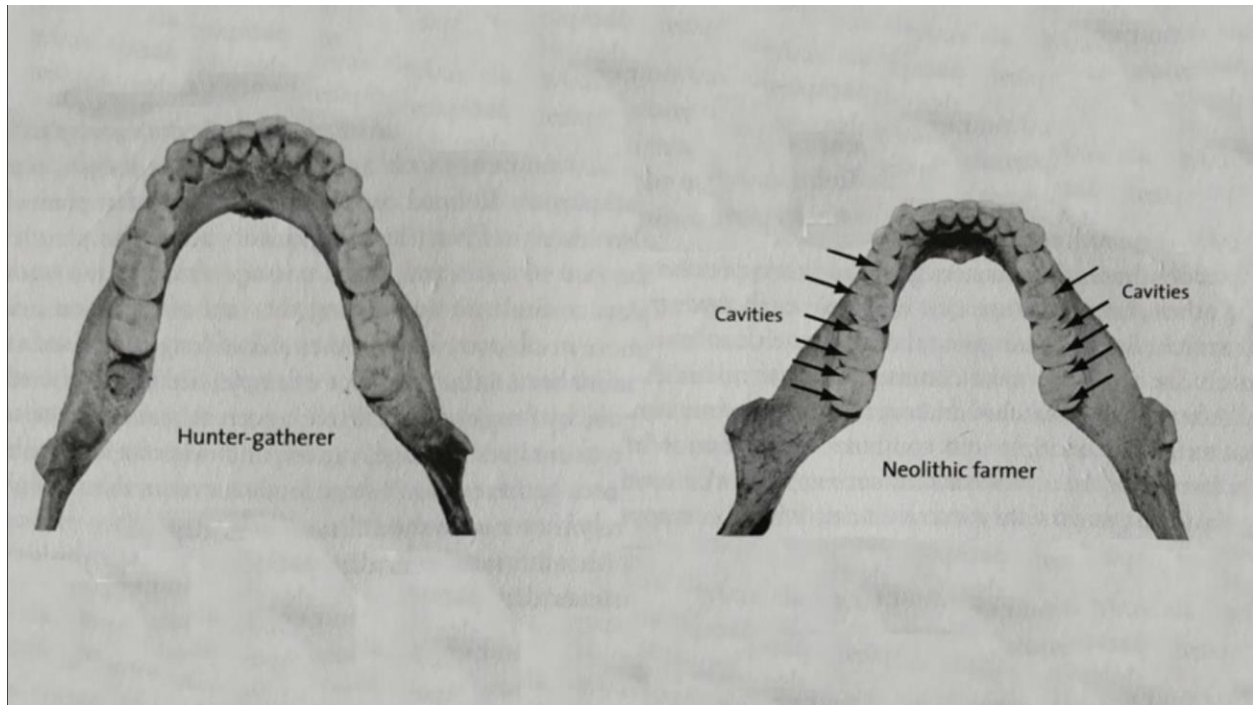
These bones can move and there are passive forces, like sleeping position, that will move us. But what's it that can actually displace a bone? The same thing that moves all the other bones, the muscles. This is central, because our muscular development and the tension that these muscles (of the face, mouth and neck) generate in the bone are the key to good facial symmetry. For much of their evolutionary history, especially in the Paleolithic, humans found foods much harder to chew than today's ultra-processed foods that were easy to chew and swallow. This caused two things:

- At first, you developed more chewing muscles (they had more use)
- Secondly, over the years, this gave a greater development of the jaw and a wider dental arch (less problems with the wisdom tooth and no malocclusions were generated)

Basically, if you only eat soft food throughout your life and you can't allow room for jaw development, you're going to mess with the alignment of your teeth, bite, and symmetry of the lower half of your face, simply because there's no room. *Habits > genetics.*

## What habits can I acquire?

Chew more, train your chewing muscles to help your jaw, especially if you do it with real food and not processed food. Since in addition to helping you develop your jaw, this will help you extract more nutrients from a food that you are consuming and if in addition to all this you eat a low glycemic index diet, you will take better care of your teeth and the bacterial flora of your mouth, reducing the chance of losing teeth when you age. That is why, in the Paleolithic era, the wear of the teeth due to the effort and the amount of chewing was common. But, it was not so common to lose many teeth due to infections or cavities.



## Tongue

Like the muscles of mastication, it plays a central role in jaw development by exerting force from the outside. The tongue, which is an extremely strong muscle, determines the development of your palate and upper jaw bones. From inside your mouth, the correct position of the tongue on the palate helps guide the upper jaw bones forward and laterally.

### **Why does the movement of the maxillary bones matter? - Why is the position of the tongue so central to having a symmetrical and healthier face?**

To answer this, let's see what happens in a face when it is developed without the pressure exerted by the tongue on the jaws; when we have respiratory allergies or difficulties breathing through the nose and we use our mouth to breathe, it is impossible for us to maintain the correct position of the tongue, this prevents our face from developing forward and growing in the only direction it can, downward. This growth towards the bottom of the face instead of towards the front, not only leads to aesthetic problems, it also leads to health problems. So what can we do about it? Correct the bad posture of our tongue, this always helps us, it doesn't matter if your 70 years old with a face more wrinkled than a raisin and I think that my bones are no longer going to move or, if your 18 and you can generate a great aesthetic change, because correcting the posture of our tongue helps us breathe better and makes it easier to always breathe through the nose, especially when sleeping and to be able to know if you have a bad tongue posture by testing your swallowing.

## **Steps:**

1. Position the base and the rest of the tongue against the palate so that the tip of the tongue is in contact with the palatal recess.
2. With your head straight, try to swallow without touching your teeth.

## **Do you feel how difficult this swallow is compared to what most of us unfortunately do?**

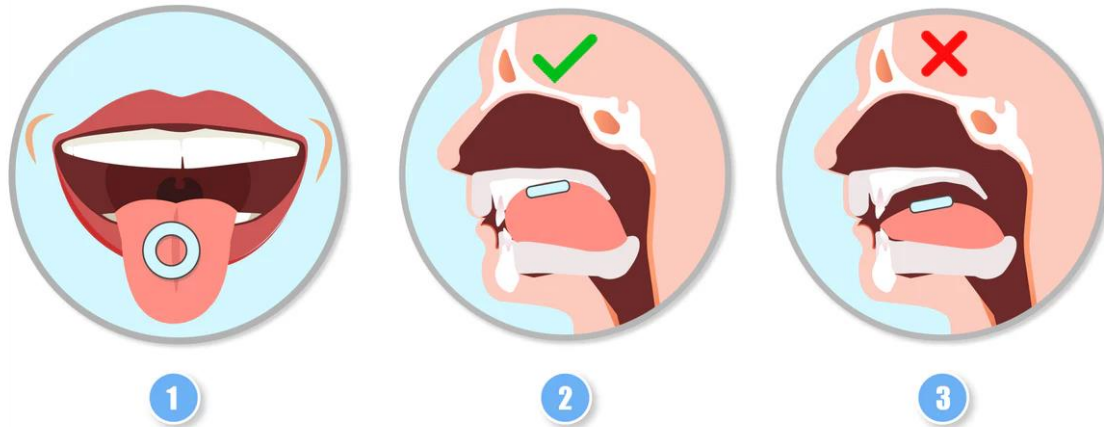
This is the swallow that we should all have and, there are exercises to correct atypical swallowing, here I have attached some that could help you improve it in in case you notice that you have a very bad swallow (you push with your teeth, your tongue is not on the roof of your mouth, etc.)

Or, you can go to an orthodontist and / or myofunctional to correct this.

Is swallowing and tongue posture so important to move a much harder tooth? Yes, according to this study we only need 1.7g of force on the incisors (front teeth) to move them, but our tongue can apply forces of up to 500g on those teeth, with which, obviously, the tongue can move and modify the development of your face. One of the most effective exercises to correct this lingual posture is the "Mewing" technique of Dr. Mike Mew (Orthotropics) which consists of bringing the tongue to its correct position against the palate and exerting gentle upward/forward pressure, seal the lips and, in more severe cases, helping guide the jaws with specifically designed appliances.

## **What can most of us do to apply this technique in our daily lives?**

Firstly, correct atypical swallowing with what I mentioned above and, secondly, set reminders (alarms, wallpaper or write on your calendar) to remember to have the tongue in the correct position and help guide the jaws over time forward and upward and even achieve better nasal breathing. What you're looking for is simply to keep your tongue in the correct position whenever you are not talking, eating or drinking.



## Respiratory Allergies

This is something that we must avoid, since any obstruction in our nasal airways leads us to breathe through the mouth and alter the development of our face. Today mouth breathing is becoming more common, mouth breathing makes respiratory infections more likely, and even decreases the arrival of oxygen to the brain. By keeping the mouth open we prevent the correct position of the tongue, the development of the dental arch and the upper jaws and, if moving the upper jaws forward/up makes a more attractive and symmetrical face, mouth breathing does the opposite (arch smaller teeth and facial development that is not forward but inferior).

Therefore, we want to avoid it, but what do we do when we have had allergies and/or obstructions that prevent us from breathing through the nose for a lifetime? In that case, we correct what we can:

1. **We can test if we breathe through the nose when we sleep.** 8h per day breathing through the mouth is too many hours, even if during the day we breathe well. In the first place, we can discover if we breathe through the nose with the help of another person who can evaluate if our mouth is open or, simply by using a piece of hypoallergenic tape to the lips to close them when sleeping and if you're short of breath you're going to open your mouth peeling off the tape and you're going to wake up without it. If you notice that you are breathing through your mouth both awake and asleep, you can correct it using the breathing method called Buteyko, I am not going to put too much emphasis on this, here is a link that explains what it is and how to do it:

(<https://www.anahana.com/en/breathing-exercise/buteyko-breathing>).

This respiratory method helps you clear the airways, increase your tolerance to CO<sub>2</sub>, distribute more oxygen due to an effect called Bohr or reduce symptoms of respiratory allergies. Secondly, the worse bacterial flora we have, the more problems related to allergies and autoimmune diseases we will have. Therefore, it's important to maintain a healthy bacterial flora, the simplest way to improve our bacterial flora is to use prebiotics (soluble fiber) both in food and in the form

of supplements. Also, if you can't eat vegetables or don't want to, you can add prebiotics to your drinks. The foods that most cause allergies and/or food intolerances can also affect correct nasal breathing, such as; dairy in lactose intolerant people.

Keep in mind that the more we develop our face forward, the easier it is for us not to have deviation of the nasal septum, which is also one of the factors that makes it difficult to breathe correctly through the nose. In general, sinusitis symptoms (especially chronic ones and respiratory allergies) can modify the development of our face for the worse.

## **The Importance of a Good Nutrition**

These foods that we are going to see are rich in all the fat-soluble vitamins, in *Vitamin A*, in *Vitamin D*, in *Vitamin E* and in *Vitamin K*. So, we all know that vitamins are essential for our health, but surely you wonder what the hell these vitamins have to do with the development of facial symmetry, after all they are just vitamins, right? Apparently they have a lot to do with it. Studies in mice, for example, showed that if the mother lacks *Vitamin K2* during pregnancy, alterations appear in the morphology of the mouse's face during its development and, in humans, during the development of the embryo, proteins dependent on this *Vitamin K2* are concentrated in the septum of the nose to help guide the face anteriorly and laterally, if *K2* is lacking this leads to premature ossification and to be able to develop the maxillary bones correctly, which, as we already know, are central to facial symmetry and, in turn, *Vitamin K2* works in conjunction with *Vitamin D3*, which are central to bone remodeling. On the other hand, *Vitamin A* does much more than maintain healthy skin or help your eyesight, but also in the expression of the *phenotype* of our *DNA*, that is, all the characteristics that we can see from the genetic information, what you are going to express, what is going to be seen from the outside, less *Vitamin A* = worse expression of these characteristics during development and less *Vitamin E* means more difficulty in repairing a tissue when it has to change its shape. In addition, all these vitamins promote the development of a good bacterial flora and, therefore, a good immune system that will contribute to having fewer respiratory allergies and will allow you to breathe through the nose more easily.

## **What does a diet include to help us recover asymmetries?**

- Real unprocessed foods, such as:
- Free-range meat and offal
- Fish that are not from fish farms, shellfish and fish eggs.
- Some fermented drinks and, in some cases, yogurts.
- Olive oil (as long as it is not hot)
- Coconut, palm or oils rich in saturated fats if you are going to use them to heat.
- Organic vegetables and fruits.
- Legumes that were generally soaked or sprouted.
- Nuts.



- 
- A top-down view of a variety of fresh food items arranged in a circular border around a dark grey center. The items include fruits like bananas, apples, kiwis, lemons, limes, and berries; vegetables like broccoli, bell peppers, tomatoes, and asparagus; proteins like salmon, chicken, fish, and meat; and other items like eggs, rice, and a bowl of dressing.

## Correct Symmetry

The main points that affect our symmetry of the whole body, not only our face, are our feet and mouth; in the case of the feet it is easy to understand, they support all our weight and it is logical that the distribution of that weight changes if we lock ourselves in "boxes" (shoes) all day that prevent normal mobility. Not to mention if we wear high-heeled shoes, which represent a dilemma for anyone who wears them, they give someone the possibility of making their silhouette more "attractive" today at a cost of greater development of asymmetries and joint problems in the future. Which is the solution then? How can we improve our alignment and symmetry from the feet? First of all, we must know that our feet evolved to bear weight barefoot, in a position where the big toe can pull and the other toes stabilize the step. To recover the normal footprint little by little and correct the asymmetries caused by our feet in the first place, I recommend spending as much time as possible barefoot. Secondly, check if you are walking with the balls of your feet forward, many people walk with their feet slightly displaced outwards and this usually happens due to some alignment alterations that may arise in the knee or hip. Thirdly,



if it is an option, choose a shoe that allows normal foot movement, at least one that does not raise your heel, because despite being terribly unsightly, they are the type of shoe that makes it easier for us to correct movement of our feet.

To evaluate all this, take a full body photo in front of a mirror, evaluating if there are alterations in symmetry, one shoulder higher than the other, one or both knees turned inward or backward, one hip higher than the other, etc... and if you notice that there is an asymmetric part of the body, you can do alignment exercises for that specific sector.



## **Cervicals and Neck**

It is increasingly common to have cervical pathologies or pain in the neck due to poor posture. In part, because we straighten our cervicals and our head weighs more for our torso if it is displaced forward than if it is in its correct position. It's very difficult to have a good respiratory pattern and "harmonious" facial development if our head is displaced anteriorly. So the question is, how do we correct this postural problem? We can, on the one hand, perform cervical alignment exercises and also, you can do neck muscle stretching exercises such as "Chin Tuck". Combining these exercises over time helps correct neck alignment and compensate for sitting at a desk all day or using a phone.



### How To Enhance Your Symmetry

Logically, someone who is a teenager and has not finished developing his face will have much more results than a 70-year-old person, but we can all obtain important results, and there are many reasons why we should put into practice the tools that I mentioned above:

- **Increases your energy levels.** First of all, correcting our breathing improves the functioning of our mitochondria and gives us more energy.
- **Breathing methods:** Buteyko or Wim Hof. These can improve our mood.
- **These changes improve nasal breathing and decrease respiratory allergies.**
- **This process helps keep the teeth aligned.** There is no point in doing orthodontic treatment if I have a small palate and poor lingual posture, because after the treatment I will move my teeth again.
- **A symmetrical face makes us healthier and gives us more confidence.** We tend to consider more attractive faces that are more symmetrical and with the upper jaws in their correct position.
- **Better oxygenation means better brain function.**

What I see works the most to improve facial alignment and improve development, even as an adult, is a combination of:

- Tongue posture correction
- Chewing exercises: hard-chew gum (Falim or Xios Mastiha) and/or harder foods rich in fiber
- Train your swallowing: if you see your tongue pushing your teeth instead of the palate when you swallow.

- Improve your breathing: respiratory techniques such as Buteyko and/or Wim Hof.
- Intraoral Face Pulling: You can use more complex techniques such as "intraoral pulling" or "face pulling" that are more effective, but also more difficult to carry out.

## **Conclusion**

Working your jaw and masticatory muscles can help your face develop laterally, and positioning your tongue and upper dental arch can help your face develop anteriorly, making it more symmetrical and more proportionate. These techniques are safe and can be done by all of you except people with very significant temporomandibular joint problems.

# Minidoxil Guide

Check in with a doctor before using

Here's a short video guide overview. This covers most if not all minoxidil questions / the science behind if you will be a responder etc.

[\(VIDEO\)](#)

Transcript to the video :

The following talk is about minoxidil which is one type of medication that's used for non-surgical hair restoration in this talk i'll be covering the history of minoxidil which is also called rogain rogain is the brand name i'll be going through the mechanism of action of minoxidil the different formulations of the medication as well as its side effects make sure to watch till the end of the video where i'll cover a newer type of formulation which is showing some promise in delivering results i'd like to mention that this is part of our series on non-surgical hair restoration options and with all medical therapies i recommend being on at least two different types of medical therapies to optimize your hair restoration goals and i also want to say that with all medical therapies you have to continue to be on that medical therapy to see sustained beneficial effects of that medication or different procedures that might be done that are still in the realm of medical therapies so let's start with the history of minoxidil minoxidil was introduced in the early 1970s as a treatment for hypertension or high blood pressure it's really rarely used today for that same purpose but that's how people found out about its benefits for hair restoration one of the side effects of the medication was hypertrichosis which means increased amount of hair on different parts of the body and people found that when you had different patients on oral minoxidil they were getting these situations where more hair was growing in other parts of their body including hair on the head and the beard area so this led to the development of a topical formulation of minoxidil for the treatment of androgenic alopecia in men and then subsequently in women and as you know androgenic alopecia is the most common form of hair loss in men and women so the two percent product was first marketed for hair regrowth in men in 1986 in the united states and then the five percent product became available in 1993. so moving on to the mechanism of action of minoxidil so minoxidil is actually what's called a pro drug which is not the active form of the medication it's then converted to its active form which is called minoxidil sulfate and that's done by an enzyme called sulfo transferase that enzyme is expressed in the outer root sheath of hair follicles the higher the enzyme activity in a person the better the response to minoxidil and that's why not everyone responds as well as they'd like to minoxidil minoxidil is a vasodilator that works by opening up potassium channels on smooth muscle as well and that's how it works to lower blood pressure when it's given in a high enough dose in oral formulation it also has been shown to enhance hair growth and it reduces hair loss specifically it prolongs the anagen phase of the growth cycle which is the growth cycle responsible for improved growth of the actual hair and there are actually some new tests that are assessing sulfo transferase enzyme activity in kind of plucked hair follicles to predict treatment response so generally low enzyme activity will mean that you have a limited response to minoxidil and then the opposite is also true high enzyme activity means a better response to minoxidil and one interesting point

is that salicylic acid which is an aspirin precursor actually inhibits that same enzyme expression in the liver and that's why it really should be avoided if possible for optimal efficacy of minoxidil so let's go through the different formulations we're going to start with the topical formulation so it's one of only two usfda approved drugs for the treatment of androgenic alopecia it's also used off label in other hair loss disorders including alopecia areata which is what i have but usually not in universalis which is the subset that i specifically have but it's also used in beard and eyebrow enhancement for example as has been shown to work for those applications as well it comes as either a solution or a foam product the solution which is the original sort of formulation for the topical minoxidil has what's called propylene glycol in it which improves the delivery of the drug into the hair follicle but it also causes local irritation so the foam is easier to use because it's quicker to dry and it's more localized in its application so it's kind of the more popular choice between those two for men with androgenic alopecia it's recommended that you do a twice daily application of either one ml of five percent minoxidil solution or half of a capful of five percent minoxidil foam for women with female pattern hair loss it's recommended twice daily application of one ml of two percent minoxidil solution or once daily application of half a capful of the five percent minoxidil foam and the reason for that is that you want to reduce the side effects of the medication we'll go through the side effects later in the talk but women are more susceptible to getting that additional hair growth and other parts specifically of the face so to reduce that side effect you want to keep that foam application especially at five percent down to once a day and what's interesting is that with the topical formulation approximately 1.4 percent of the actual topical minoxidil is absorbed through the normal scalp so most of the actual drug is not being absorbed into through the scalp and that is why other formulations exist and are still prescribed for hair restoration when it comes to minoxidil and following four months of twice daily application less than 40 percent of patients regrow hair and that's something that is important to remember and one of the reasons why it's not used as widely as it potentially could be and that's because not everyone's a responder and we talked about earlier why that might be and that's because of that sulfo transferase activity and enzyme expression why do people stop using topical minoxidil the main reasons are poor regrowth of hair the fact that it's a twice daily application undesirable hair texture which can occur in some people scalp irritation especially with the solution and a shedding period which usually lasts for about three to six weeks and because of these shortcomings some opt for an oral formulation of minoxidil so let's talk about that so remember the oral formulation of minoxidil is actually how we discovered its beneficial effects for hair restoration it was used for blood pressure control but for blood pressure control the doses are much higher and are different from the doses used for hair loss type of conditions the adverse effects that are seen with oral minoxidil are much higher and much more serious the higher the dose that's given so the blood pressure doses for hypertension are on the order of 10 to 40 milligrams per dose whereas for hair restoration it's generally five milligrams or under and so low-dose oral minoxidil has been shown to be safe and effective for hair growth the doses are as low as this is again for the literature the doses are as low as 0.25 milligrams daily for women with female pattern hair loss and that's been shown to be effective and as low as one milligram for men though in men based on various studies the recommended dose is actually 2.5 milligrams to five milligrams for the oral daily dose there's also and this is what i was telling you guys in the beginning of the talk there's also sublingual application of minoxidil and that involves taking a pill putting it under the tongue and allowing it to dissolve and there was a study in 2020 from dr sinclair in australia that was a retrospective review of 64 patients men and women and they had a six-month follow-up period the advantage of the sublingual administration is that it actually bypasses hepatic which means liver metabolism and therefore it increases the bioavailability of the drug meaning there's more of it actually working in your body compared with

the oral administration of the pill and the doses used in his study were 0.45 milligrams daily 20 of the 64 patients were actually increased to 0.9 milligrams daily and in his study he found that there were improvements based on a global assessment of the photographs as well as hair shedding scales that were shown to also improve in the study the side effects that he showed were mild hypertrichosis in eight uh women there was mild postural dizziness that occurred in three men and two women and there was mild edema that occurred in two women so overall good safety profile to the sublingual formulation and this definitely is very promising but we need prospective studies we need additional studies and there was also a lack of statistics that i saw in that retrospective study so basically we need to study it much more before that could be recommended but it's definitely a very interesting and novel approach and it could end up being a very kind of a beneficial way to administer minoxidil so let's now go over the side effects of minoxidil both with the topical applications as well as systemic use as far as the topical side effects of minoxidil use you have the contact dermatitis and that is mostly from the solution formulation you have headaches which can occur hypertrichosis which we already covered and that's been shown to be worse in women five percent formulation of the topical solution is actually more likely to give you these side effects compared to the two percent which makes intuitive sense as far as systemic side effects of minoxidil which you can get from oral use or sublingual use there are some serious side effects at the high doses again at doses that are given more for the blood pressure type of application rather than for hair restoration and those systemic side effects include different types of fluid retention problems that can result in something called pericardial effusion as well as a few other conditions swelling of the legs things of that nature and as far as the termination of treatment because a lot of people think that when you stop minoxidil you just start to lose your hair right away and many of my patients are worried that if they miss one dose that all of a sudden everything will just you know be lost all the gains that they've made and that's really not true there's a progressive decline of hair that occurs over the course of about 12 to 24 weeks is what's been shown in the studies it's not a kind of instant on off switch so it's okay to miss the occasional dose of minoxidil you're not going to lose your hair right away from that so let's summarize what we've talked about and what we've learned so far about minoxidil i'll also give you an idea here of what i generally recommend when it comes to like you know clinical practice and how you should administer minoxidil both for yourself and sometimes maybe going to your doctor for a prescription so keep in mind that for the topical formulation at least in the united states you don't need a prescription right you can go to the drug store and you find it on the shelf so you start with topical minoxidil generally the foam version is recommended you can start with the two percent but i would just recommend starting with the five percent if you're able to tolerate it and i recommend attempting it for at least three months to see what kind of benefit you might get from it as far as your hair growth this includes not just the scalp but it can include eyebrows and could include the beard as well so if you're tolerating that and you're seeing some improvement great continue using that if you're unable to tolerate the medication the topical like for example if you get a headache that becomes persistent or you get this hypertrichosis effect where you get extra hair on a face that you don't want in the case of women for example or you don't see much of an impact with the topical formulation you could then bump up to oral minoxidil you need a prescription from your doctor for this and you want to start with again low dosing right five milligrams or less and it's really gender specific based on the studies women do well with lower doses of minoxidil oral and then men do better with the doses of the two and a half to five milligrams daily dose so again talk to your doctor see if it's okay with all the other medications that you take i can tell you that in my practice for women i might start with a one milligram per day dose for men closer to a 2.5 milligram per day dose and most people do extremely well and tolerate the the pill well and definitely you know many people see

some benefits with oral minoxidil the sublingual formulation of minoxidil i think is still too experimental and i wouldn't just jump to using that i don't even know if you can easily obtain that at least in the states here so i think we still need to do more studies as a community before we can kind of safely say that that's a good option for people and if you're on the systemic formulation so like the oral minoxidil you definitely have to be vigilant for some of the more systemic kind of blood pressure related side effects of minoxidil that i mentioned earlier fluid retention any changes in your overall sort of condition need to be you know those things have to be brought up with your doctor if you're on that type of pill so that is pretty much all i have for you when it comes to minoxidil in in 2021 you know as time goes on i'm sure we'll get more information and i'll be sure to share updates with you we could do that every year if you guys would like and we have a whole lot more planned for you as far as non-surgical hair restoration videos i know you know the community has been asking me about this we put out a lot of hair transplant videos but there are a lot of people who don't need or want a hair transplant but a lot of people who benefit from these non-surgical modalities and minoxidil is like a tried and true one and it's one of the only fda approved ones so we have a lot of data to support its use so hopefully you guys learned something make sure to like comment and subscribe to the channel turn on your notifications and i'll see you again soon



# Finasteride Guide

Check in with a doctor before using, this has more side effects than minoxidil. I don't advise ANY young people to use! This is really for older people unless your very unlucky

Here's a short video guide overview. This covers most if not all finasteride questions / the science behind if you will be a responder ect. If you don't understand what he's talking about, you are either too young to use it don't have enough information, if you don't have enough information lookup what you don't understand and then resume the video

[\(VIDEO\)](#)

Transcript to the video :

Hey guys dr gary here i know you've been waiting for this video this is on finasteride the outline of this talk is the history the mechanism of action of finasteride the efficacy the topical use of finasteride the decision between dutasteride and finasteride the side effects which i know are very important to talk about here post-finasteride syndrome we're gonna tackle it i know it comes up a lot people are very worried finasteride for women finasteride and hair transplant and make sure you watch till the end of this video because we'll be covering post finasteride syndrome in as much detail as i could find in literature and trying to give a balanced opinion on that and it's something that i get asked about a lot and also how finasteride plays into hair transplant decision making so keep in mind that this is part of our series on non-surgical hair restoration we have also many surgical videos on hair transplants but this is for the non-surgical side of things and just a reminder that with medical therapies whether it be like a pill or a topical or something like prp a procedural type of treatment these are all things that you need to be continued in order to continue to see beneficial effects it's not one and done like with surgery so that's just something important to keep in mind and i generally recommend at least two modalities of medical therapy when you're considering you know hair maintenance and regrowth let's go through some brief history of finasteride finasteride was first used to actually reduce benign prostatic hyperplasia or bph by reducing the volume of the prostates this is a situation where usually you know of course men have larger prostates and they have difficulty urinating so if you're able to shrink down the prostate with the use of this drug then they feel better and it was approved in 1992 in the u.s for the use of bph then in 1997 it was also approved for the treatment of androgenic alopecia so now let's talk about the mechanism of action of finasteride testosterone is first synthesized in the ldyic cells of the testes and it enters the prostate gland where it's subsequently converted to dht or dihydrotestosterone and this reaction of testosterone being converted over to dht is catalyzed by a membrane-bound enzyme called 5-alpha reductase and dht binds then to the androgen receptor and this is what causes the miniaturization of the hair follicles finasteride is a competitive and specific inhibitor of 5-alpha reductase and it's specific for the type 2 form of 5-alpha reductase there's three types of five alpha reductases in our bodies type one two and three so finasteride targets type two five alpha reductase and in so doing it's blocking that conversion of testosterone to dihydrotestosterone okay so that's the mechanism of action and for androgenic alopecia it's typically taken orally at a dose of one milligram per day and by taking it in that way it has been shown to rapidly lower serum and scalp dht levels by over 60 percent and as you take finasteride it will stabilize hair loss and

promotes hair regrowth so some would argue that propecia which is the brand name of finasteride is actually more effective than generic finasteride because the generics are made in different places around the world that sometimes have quite varied manufacturing protocols and even though there's the same active ingredient the efficacy of the actual medication has been shown to sometimes be quite different so now how effective is finasteride especially compared to minoxidil and we're going to display this graph that i found in a really nice review article from 2017 and it's been shown to essentially be this is many many different studies compiled into this uh graph and it's been shown to be almost twice as effective in increasing hair density and thickness and this is based on many many different studies so again finasteride is going to be more effective for you in general again every individual might be a little different but on the whole finasteride more effective than minoxidil and that's again why it's such a commonly prescribed medication especially for someone who's looking to stabilize their hair loss so that's why we recommend it for a lot of people right it's not because it's one of those things out there it's actually one of the most effective things out there guys make sure to subscribe to the channel if you're not subscribed already and turn on notifications we have a lot more videos in store for you and most of the people who watch our videos are not subscribed so why not just hit that button thank you so much now let's talk about the topical formulation of finasteride this is off-label use right now has not been fda approved for hair loss it has been shown to be safer in patients who especially are looking to avoid those systemic side effects of finasteride currently the topical formulations of finasteride that have been tested are gels and solutions at varying concentrations and all of them which have been tested and obviously reported on have resulted in improved hair growth which is great but remember people aren't going to be publishing the negative studies right there's a publication bias there just something to keep in mind so far so good the early studies do show some promising results and topical finasteride does appear to be at least non-inferior to the systemic oral finasteride for hair regrowth which is very promising and it can be applied alone or in combination with minoxidil you can also combine finasteride with minoxidil and or dutasteride and that's been shown to be more effective at hair regrowth than topical minoxidil alone so there's a study that shows that and in terms of the doses you're looking at 100 microliters 200 microliters of topical finasteride which is concentration typically of about 0.25 percent solution and that's applied daily and again it appears to be fairly effective from what we see so far we don't yet know the most effective concentrations and frequencies and all that but the most frequently done application protocol is that 0.25 concentration and 100 microliters to 200 microliters we need more studies we need more studies to determine the efficacy of long-term hair regrowth from topical finasteride how safe it is cost effectiveness patient tolerability and satisfaction that's still pending the final verdict on it but the early studies do look promising which is great now what is dutasteride you may have heard of that so of the three isoforms that i mentioned in the beginning of the talk of the five alpha reductase dutasteride inhibits not just type 2 like finasteride but also type 1. so it inhibits both type 1 and type 2 5-alpha reductase dutasteride has been shown to be 3 times more potent than finasteride at inhibiting type 2. 5-alpha reductase and 100 times more potent at inhibiting type 1 because finasteride doesn't really inhibit type 1. it's dosed at 0.5 milligrams per day and at that dose it can reduce dht serum levels by upwards of ninety percent and compare that to the seventy percent from finasteride and the efficacy for hair regrowth is even higher at the higher doses of dutasteride if you go from zero point five milligrams to 2.5 milligrams per day the studies show an even greater improvement for hair regrowth so why are we all doing that because the side effects are also worse so there have been studies that have pointed to a higher incidence of side effects from dutasteride especially as you go to those higher doses so it's more effective but higher you know risk of side effects while the use of dutasteride for androgenic alopecia is off label in the united states it's

actually approved in south korea and it has been since 2009 at the 0.5 milligrams per day dose so they have i guess enough data as far as their agencies concern their equivalent of the of the fda to have approved that medication at that dose but again the side effect profile in general at any dose is worse than for finasteride and we're going to put up a graph here to show you guys sort of the side effect and efficacy dilemma i would say of finasteride and do test ride so as you go from finasteride to dutasteride up into the higher doses of dutasteride the efficacy goes up but so do the risks of side effects the question also that i get a lot is how long do i need to be on finasteride for as long as you want to maintain your hair in that dht sensitive zone so that's going to be that frontal mid scalp and crown area so for as long as you want to maintain that hair you need to be on the pill and that goes for all forms of medical therapy now let's get into the side effects of finasteride most commonly reported side effects as many of you have heard of are sexual side effects that includes erectile dysfunction ejaculatory dysfunction and the loss of libido and all the studies on a whole for finasteride you're looking at about a two percent risk of those sexual side effects it has been shown finasteride to actually lower the risk of prostate cancer and that remember is partly due to the effects on bph as we talked about in the beginning of the talk but it can increase the risk of high grade prostate cancer so lowers the risk in total of kind of all prostate cancers except for the high grade it can actually potentiate that type of cancer so that's again one of those things to to keep in the back your mind depression has been associated with the use of finasteride and the theory there is that by decreasing dopamine levels you actually are leading to some forms of depression and we have a table here that will show from one of the papers and the side effect profile is actually very similar from finasteride one milligram to finasteride five milligrams so some patients i know they're worried about even one milligram they'll cut it down to 0.5 milligrams based on a literature review that i've done and that i've seen there's really no major benefit most of the studies that are you know done on and for androgenic alopecia are with the one milligram dosage so i would just kind of stick to that if you're going to take finasteride and the side effect profile for finasteride is worse than men who are starting at lower baseline testosterone levels so some people recommend actually checking your testosterone levels before starting this pill and using that as a parameter to decide on whether or not you should take it or not so that's that's one other way to go so let's get into what is post finasteride syndrome this is something that's in a lot of the forums online and people are just worried about it post finance heart syndrome is the occurrence of persistent adverse events including sexual dysfunction and depression in a subset of men who have used five alpha reductase inhibitors such as finasteride and it is important to point out that in 2012 the fda in the u.s required that for finasteride labels they include multiple persistent side effects in the past before that that wasn't a thing no one recognized it now you know people started to at least over the last 10 years it is difficult to size up this syndrome partly because of the multifactorial background of the adverse events partly because of the subjective criteria of diagnosis and also because of the variable reporting a lot of the studies they didn't really necessarily ask those questions and they didn't have the mechanisms in place to figure out if that was really something that was happening to people later on after they stopped finasteride or not but also equally important to point out that sexual dysfunction and depression are sort of common things that also co-exist in patients who have never been exposed to finasteride and it's not always something that's elicited at the beginning of the study so if you're finding out later on so you do a study a year later you pull everyone p some people have stopped finasteride and they've developed this post-finasteride syndrome but the study never asked them beforehand right at the start of the study do they have any sexual issues do they have any depression or anything that might be later related to the depression that they developed you know so that's part of the problem with figuring out you know how real the syndrome is or how high the incidence of it is i think we know by now that it's real

but we don't know how prevalent it truly is and the other important point to bring up is this nocebo effect it's the opposite of a placebo effect it's the notion that if you're told that you might have a negative experience with something that your risk of having that negative experience goes up so if all you read in the forums is about this post finasteride syndrome and how bad it could be and all these things that could go wrong when you actually get started on finasteride you might have a higher risk of developing these issues compared to someone who's never really heard of it or where those risks were kind of minimized to them early on which is interesting i'm not saying we should minimize the risk or not inform people fully before offering them the medication but it is an interesting phenomenon so there was a study that when patients were treated with finasteride and informed about a possible sexual dysfunction caused by the therapy nocebo effect was significant the fact of the information being given to them at the beginning of the treatment caused a 14.3 percent increase in the reported sexual side effects so it's a real effect and it's something to keep in mind the other thing to point out there's a study from 2017 that looked at side effects of finasteride and we're going to we're going to scroll through the charts that they have at the at the end of the study and highlight the the column that is showing you the persistent side effects and if you look and you see there are very few out of all the studies that this one paper looked at which was many 20 30 studies and there were very few that report on persistent side effects or that had any persistent side effects from the use of finasteride so it is uncommon it is not something that will likely happen to you but there is some remote chance of it happening that's i guess the best way to frame it and there's even this post finasteride syndrome foundation in summit new jersey that is like a whole support group and they do a lot of other non-profit activities related to this type of scenario so if you want to learn more you can go on their website so is finasteride safe overall yes many people are on it many people have been on it for decades can it cause sexual side effects yes if the side effects develop stopping the medication will almost always reverse the side effects that's what i gather from the review of the literature of course if you're one of the unfortunate ones to have developed post-finasteride syndrome you know you're going to have a much stronger opinion on what i just said so given the remote possibility of post-finasteride syndrome the individual who is considering starting this pill really needs to properly balance the pros and cons before you know going on the pill and they need to do this in consultation with a trusted doctor now in terms of finasteride for women the evidence is overall positive for the efficacy of finasteride in women though there are some randomized studies that actually show no improvement in women and in women who may or may not be pregnant the main risk is birth defects in the male fetus and therefore it should generally be avoided in this group so women who are pregnant or who may become pregnant it's usually reserved for postmenopausal women primarily you know that's the only kind of group of people that i would consider giving finasteride to and the side effects are somewhat similar with some added ones as well decreased libido is the primary side effect in women along with occasional risk of headache and gi discomfort and finasteride is definitely not the first choice in women for hair restoration but it may be a helpful adjunct for some so now let's just finish off here with the connection between finasteride and hair transplants this is where it gets interesting because a lot of hair transplant surgeons like myself are very pro finasteride because we're thinking about the final kind of hair result for someone who's interested in a hair transplant assuming they're a candidate for a transplant some people should just start with finasteride or some other medical therapies and they're not transplant candidates but for those who are especially for those who are under 45 we really rely heavily on maximizing medical therapy to prevent the loss of native hairs because if you have continued loss of your native hairs it's again that analogy of having a bucket of sand you're pouring sand in but there's a big hole at the bottom eventually you're going to run out of sand right so that's exactly the the look of your hair on your head so we want to preserve what you have with the use of

something like finasteride and then augment and on top of it or add it to places where there's no existing hair with a hair transplant so finasteride is really a major part of medical management in every practice and for a younger patient who is interested in a hair transplant but who's not interested in finasteride it could complicate matters and we just have to be extra cautious because we don't want to do a large procedure and then they lose all their existing hairs because they don't want to do anything to stabilize it and then it's a poor result at the end of the day if they don't want to do finasteride they want they don't want to be on the pill because the side effects there are some other medical therapies and you can look at you know watch our other videos to find out more we have one nice video out already on minoxidil another one on microneedling for hair restoration so those are all other options and there are even more options and we'll be covering those in subsequent videos but they are not as effective as finasteride in preserving your existing hair so it's just something to think about i hope you enjoyed this video on finasteride if you did please make sure to check out my video on minoxidil click the card and i will see you there thank you so much.

# The End

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We know that was a lot to take in, so feel free to rewatch this segment for anything that stood out for you

We are happy knowing we have now given you ways to improve your looks, which means ways to improve your LIFE

Do not waste this information!

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