

The SpectrumAesthetics3 Bonesmashing Protocol

***Note: HELP ME OUT. I have 2 jobs and limited bandwidth and can't do it all. I'm just a guy who got lucky by stumbling across something that worked. If interested, please:**

- Send me helpful things that should be added to a section or as a new section
- Dive deep into the research on scar tissue formation vs. subperiosteal hematoma ossification, etc.; how well does the literature support the constant swelling method for one or both of these, even if IRL results support it?
- Help compile the best looksmax info on ideas ratios and attributes of the features we target with bonesmashing so that people are more confident that are targeting growth in the most ideal way
- Figuring out the best Claude prompts to give advice on areas to grow
- Etc. etc. Anything else that helped you or that you think will help others, plz send my way for additions

This program will be a **ROUGH DRAFT** for a LONG TIME. I hope those interested + able can come together to contribute value in various ways so we can really make this an elite resource for everything to do with bonesmashing, far beyond anything that currently exists in any way.*

Table of Contents

Brief intro / my story + FULL before-after pics proof.....	3
What exact areas do YOU need to target?.....	23
The Golden Rule / The essentials of the program.....	25
Guides / notes for different areas:	27
Cheekbones.....	27
Jaw corners (ramus/gonions)	28
Chin.....	30
Other areas: under-eyes, brow ridge, mandible (no probably)	31
Skin damage	32
Supplements	34
Mistakes.....	35

Brief intro / my story + FULL before-after pics proof

(This section is abridged from my main post: <https://looksmax.org/threads/pics-definitively-documenting-years-of-bonesmashing-changes-protocol-all-denial-ends-here-tbh.1912092/>)

Goals: promote real discussion; making this a legit method people are willing to try so they can get changes like me, Androgenic, Blake Speaks, and other users



There are 4 main types of copers/deniers here that will be destroyed:

-1: **"You just got leaner"**. Laughably proven false with shredded physique pics at different stages below where I was still boneless or had only developed one area

-2. **"There are no real changes"**. Idek what to say to this lmao

-3. **"Filler"**. Ig this can't be totally debunked. Yet, I grew my cheekbones and chin and jaw at DIFFERENT TIMES; wouldn't any non-retarded aesthetician, when consulting with me, tell me to do multiple areas at once for balance? Further, the unevenness at the bottom of my chin, which was blatant before and minimal now: why would I have waited to fill that for so long?

Second to last, pics from after making my cheekbones wider but while jaw was still narrow are included and look so uncanny: why would a professional let me fill the sides of them and kill my ratios like this? Also, permanent skin damage about the submalar area which isn't in the before pics and which is shown at the end.

And last, these changes were so gradual with so many pics as points of reference that it would have required like 10+ tiny filler sessions to fraud this so incrementally; even @Cheat_Win accumulated his insane lower third results with less sessions than this.

-4. **"Puberty changes", "changes from PED androgenicity", etc.** -Clearly not my case, starting this at 19, having different bones develop at different times depending on when I focused

on them, gains coming mostly after PEDs, etc. And jaw corners changes almost entirely being within the last 2 months at age 23.

That being said, if you want to believe this is in some way faked, then idk what to say: but **why should a way higher burden of proof be placed on this than on other posts on this site?** Just because few have done this long enough and properly so as to get results? It says something that Androgenic and Blake Speaks are s-tier intellects in this space and are really the few to advocate for the efficacy of this. Though this likely works via scar tissue deposition accumulation and not subperiosteal hematoma ossification

I am open to thoughtful users wanting to try to attribute my results to other things; I am not to those who arrogantly want to shut down discussion. Isn't the purpose of this an intellectually-humble scientific-mindset approach to looks improvement? Anyone thinking they can a priori "debunk" bonesmashing, because it is just "too crazy", does not have the type of open-mindedness needed to accomplish anything and will be behind the curve on things

I am getting a bunch of interested people to run my exact protocol so there will soon be an abundance of success case studies and this will be in the same respectability bucket, at least in the looksmax space, as going to the gym to build muscle

Should you do filler etc. instead?

I'm glad how this worked out for me and it is nice that, whether it is ossification via subperiosteal hematomas or just hard scar tissue deposition buildup, that it feels like "my" bones and is permanent, but fillers ofc work.

As far as the time issue, even though this whole progression below **SPANS ALMOST 5 YEARS**, I was only doing this, let alone doing it properly, for a fraction of this period; I'm confident gains can be made in months since I have done this for chin and cheekbones and now jaw in the more productive periods of this.

Asymmetry: in my case I used it to **FIX** my chin asymmetry, and my jaw corners asymmetry, with strategically addressing it rn, is getting more and more balanced as well. Of all the possible risks and issues that come along with this, asymmetry isn't near the top imo.

START. Late 2021, before any bonesmashing. 5.5-6/10 looks. Not a great baseline.



Narrow and pointier chin with clear unevenness at the bottom. Low cheekbone mass. Undefined jaw corner area with the ramus and gonions not wide enough for an aesthetic lower third.

-used FaceApp beard “shaven” filter to remove a little scruffy facial hair in some of these pics so it does not obscure the bone structure situation at all

Physique at the time. Since we are fully dismantling ALL copes: including “you just got leaner” and “filler” and all else:



Now, even if I have been slightly less lean than this at times in recent months, my chin mass and cheekbones and lower third are still way more prominent and defined; here, I was relatively boneless even at this bodyfat due to these areas just not being that developed. More shredded boneless pics later.

PHASE 1/5 BONESMASHING, early 2022 (around February-July):

Find out about bonesmashing through some combo of mewing content (maybe the mewing subreddit iirc) and Indigenous Swiss on YouTube (now deleted) – basically the only guy discussing it and with vids on it.

He claimed results from it and sold a couple courses related to it which I purchased. Since for one reason or another he seemed to want to erase himself from the internet, I won't be sharing his transformation pics or books. But this was my start.

Bonesmashed for several months starting sometime early 2022: chin all over, cheekbones all over, jaw all over (including the mandible body itself, which I don't recommend.

I WAS BLOATED TO HELL ON ROIDS (maybe a 4/10 or 5/10). I've been legit high-sub5 before, horrible face and bad skin in some moments. Generally like 15% bodyfat and lots of water retention from both diet and the PEDs. Thus, I could not fully see my underlying structure and ratios and what areas to really work on and how. I was hitting all over the cheekbones: not just the middle/upper parts, but the bottom too and the outer sides, leading to them in the present being a bit more bulbous/lower and WIDER than is ideal, hurting my harmony a bit. And, with my lower third width work only really starting at the beginning of 2026, my narrower lower third relative to the cheekbones was a harmony issue for sure.

-unattractive normie disaster with poor skin, totally invisible to girls, looking way older than my age at the time, etc.:



STOPPED this first run of bonesmashing near the end of summer 2022: I think I was still too bloated to really see results / if they were happening and was discouraged. **“Am I fucking**

insane/retarded for doing this? Is this a ridiculous cope that I've been spending a few mins on most days per week for months now?"

From this first run of bonesmashing, I developed some cheekbone mass and width (as revealed when leaner) but not noticeable changes on chin/jaw. I was overall doing it about every other day or every 2 days per Wolff's Law-based ideas about this at the time – and I think this is dramatically inferior to doing daily, even if the sessions were longer and with harder hits. And also, the suboptimal frequency notwithstanding, I think this stuff also just takes TIME.

Since cheekbones pool so well and don't recover right away, it seems they are the bone that can grow with lower frequency whereas if you keep letting the swelling on other spots die down between sessions then idk if you will get results efficiently or at all

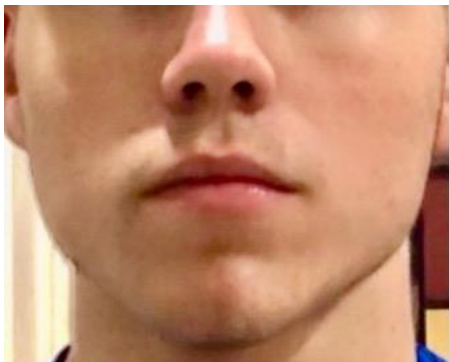
So, from late summer 2022 when I stopped phase 1 to early 2024 when phase 2 began, I didn't do it.

SUMMER 2023, when I was slightly less bloated than usual but still like 11-12% and with PEDs bloat. **LOOK HOW WIDE MY CHEEKBONES ARE WTF** (also I think I had done a one-off bonesmashing session all over a couple days before for pump swelling purposes, so I think my chin was slightly more prominent-looking in these than it really was at the time around then):



I'm like 6/10 in these at most rly

Vs. late 2021 below again before any bonesmashing...



Again, this is **SERIOUS** stuff when it can't be dissolved like filler, so you **need to be SHREDDED so you fully see what you are doing and need to be very aware of how your ratios/features stand, etc.**

PHASE 2/5 of BONESMASHING:

EARLY 2024 was the **SECOND** phase of bonesmashing. I don't think it lasted very long: maybe a few weeks. I did cheekbones again and focused more on chin. I still wasn't aware enough of how to objectively assess my needs in order to realize that squaring up the gonions-ramus area should have been a major priority, but I think I still targeted this area some.

Why did I stop again? Even though the swelling pump is motivating, I again wondered if I was crazy, if this was cope, etc. What a **HUGE DISADVANTAGE** to be double-minded about this during every session and to be unable to fully put your heart into the endeavor, not knowing if it is at all worthwhile. When enough people have proven results and this is considered a giga-legit method, then people can skip this start-stop madness that, if I had persisted through from the beginning, could have allowed for me to develop my current bone structure **YEARS** earlier.

THIRD PHASE OF BONESMASHING:

May-September 2024. I worked further mostly on cheekbones and a little bit of chin. This was where I fully finished developing cheekbones to where they are today. Lower third I again still under-focused on. Was minimal with chin as well.

So, it was mostly about my cheekbones. **If you aren't objectively assessing your appearance, then it is easy to have a NARROW VISION when seeing yourself in the mirror, focusing only on one feature that is weak or strong and ignoring other weak points and overall harmony. BE SMARTER THAN THIS.** (Ie I've even had trash hairstyles and only realized it way later)

Protocol then: about EOD cheekbones due to the high level of swelling and skin irritation not allowing for daily. Did for a few mins during sessions but not sure exactly of sets/reps, but they ranged from like 30 hard hits to 100 medium hits, roughly.

END OF SUMMER 2024



Cheekbones still too wide relative to the **underdeveloped lower third**. Chin seems slightly better than in 2021 but still a bit uneven on bottom. When lean enough, cheekbones were a decently strong feature at this point. Physique is included to thoroughly dismantle “oh your results are just from being leaner”. I was shredded and debloated here. Around a 7/10 on my absolute best days and with BB cream and Lumify drops frauds

August 2024: cheekbones showing through despite being relatively bloated in the pic (GLP drugs totally changed my life in 2025-onward btw). Yes, there is swelling in this pic, but the real underlying growth was mostly permanent.



GODSEND MOMENT. November 2024 iirc, a CRUCIAL moment: talking with yyamann, who later became St.Rotter, on here, because he had posted a bonesmashing full-face before-after with incredible changes. He showed me privately far more pics and clips demonstrating his

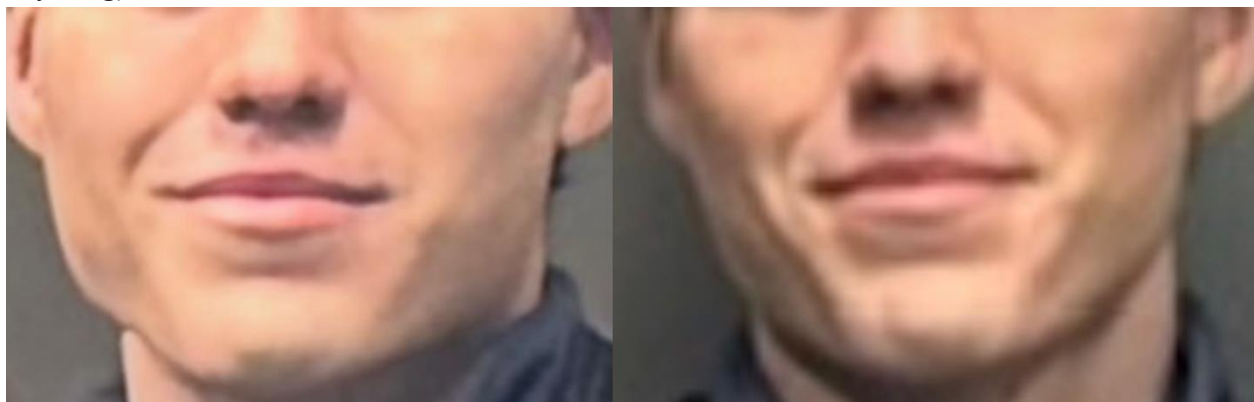
incredible transformation. He was more boneless than me to begin with and heavily heavily developed his chin, jaw corners, and cheekbones. In fact, he kind of overdid his cheekbones like I did— one special use case tool to see something more objectively is to use the FaceApp gender swap to female, and his female version had CRAZY big cheekbones that almost looked fake.

^SO, TAKE NOTES: CHEEKBONES ARE THE EASIEST SPOT TO OVERDO!! His were overdone anteriorly and not laterally really, unlike mine

His program: I wish we had talked more specifically, but he said he did it every day for two years. Multiple times a day. Don't remember if he talked about fists vs. hammer or more particulars on intensity, volume, and so forth: but what I remember is he went hard multiple time a day for two years, desperate to ascend a below-average face, and WOW were the changes insane. Squared up superman chad jaw. Ltn to either high HTN or low chadlite, with insane bone structure and with other minor maxxses surely chadlite.

HE GAVE ME HOPE TO START AGAIN. What this method is missing is ENOUGH CLEAR BEFORE-AFTERS such that people are convinced it works! Talking to him in private affirmed that my cheekbone gains to that point were not somehow placebo and that this was a legitimate method for those doing it properly and consistently for long enough. Though for some reason I think I wasn't really consistent again until like February 2025 maybe.

Dec 2024 lean and debloated. Cheekbones are where they are now since I haven't trained them since then, chin is decent, but it is the jaw corners, the ramus-gonions area, that is still too narrow and undefined and holding me back (and smiling with this expression made it look its best, if anything)...



Which leads us to:

PHASE 4 OF BONESMASHING,

from about February-May 2025. I did more chin and then some jaw corners as well. A key thing was focusing on the chin corners, which I remember doing in May for width.

In Feb-March, I was doing this maybe EOD or every 2 days; in May, focusing mainly on chin corners, I was doing daily generally. I think in phase 4, my jaw corners may have gotten just slightly less narrow and that my chin width improved a little bit; but there were not other gains from this run of it besides this.

Left, June 2025, maybe 12-14%, debloated here. **Right, July, 2025** about 12% bodyfat and debloated. While my 3/4ths had been the strongest angle in most lightings for a long time, some pics like this revealed the weakness of the jaw corners.



COMMON THEME FOR REST OF 2025 PICS: Strong cheekbones, good chin, weak jaw corners. This is why I almost never took pics STRAIGHT ON, hating how rounded the lower third looked and how narrow relative to the cheekbones. Most of my pics are a slight look to the side like above as well as 3/4ths profile.

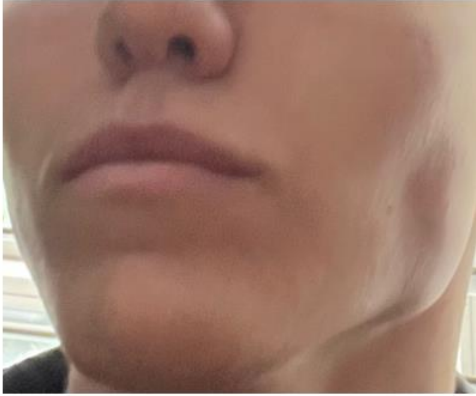
Mid July 2025, 11ish% bodyfat and debloated; similar deal, avoiding front angle pics because they revealed the poor lower third.



August 2025, shredded at roughly 10% bodyfat and debloated, FINALLY a front pic: with this leanness and skin and general harmony and cheekbones, I was already low HTN I think (still in HTN range at present) but my lower third corners continued to hold me back from better aesthetics.



^I'm not actually that badly recessed, but this is a down angle. Side profile way stronger than front by hiding the jaw corners weakness.



Early sept



Mid Sept



Sept 11 2025 physique pic: I am shredded and debloated. So it becomes clear that my limiting factors face-wise at this point are structure-related with leanness-related improvements no longer really on the table. Hard capped at around 7/10 on my best days before starting jaw corners work to square ts up



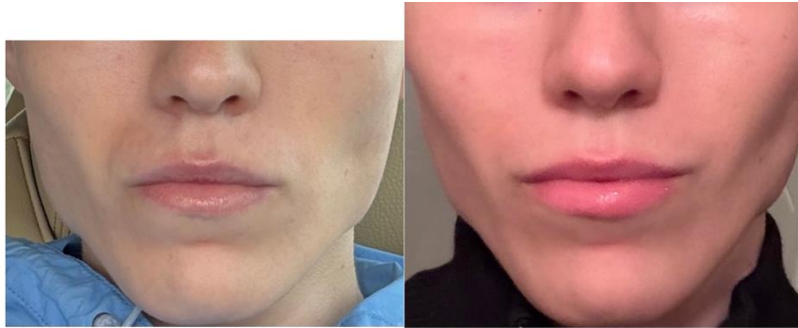
^I AM REALLY LEAN, but the lower third is NOT what it is now, still VERY inward-sloped corners. This is why it is NOT an option for copers to say that the difference was getting leaner JFL. If they want to claim filler, then so be it (but again at least apply this to anyone claiming results from any experiment here and not just this)

Mid Oct 2025. Around a 6.5 on worse days or 7/10 on best days (fluctuate a lot based on sleep, bloat, inflammation, skin, etc.):



^Those 2 pics the same day, same story: could look good in some off-center pics, but **destroyed** in most straight-on ones with these **inward jaw corners**. Which also required me to be way leaner than I would have had to otherwise in order to have some hollows.

Late Oct 2025: Started becoming too apparent that no amount of leanmaxxing would suddenly make the jaw corner area better at this point



November 2025



^(bottom right pic above) You know how occasionally you have a picture that looks way better than you actually looked when looking back? This was one of those where by jaw corners look probably the best they have in any picture due to the combo of lighting and angle and luck in this pic. Yet, STILL pretty poor and sloping inward etc.

Mid Nov 2025: showing how unbalanced the cheekbones-lower third proportion is



Lower third still trash. The few straight-on pics made this SO OBVIOUS that it became the next imminent looksmax when I took time at the end of the year to evaluate looks improvement opportunities...

END OF DECEMBER 2025: Evaluating different maxxex and weakness, I began trying to morph better jaw corners, and these imperfect morphs below helped me FINALLY see that I could ascend by improving this area:



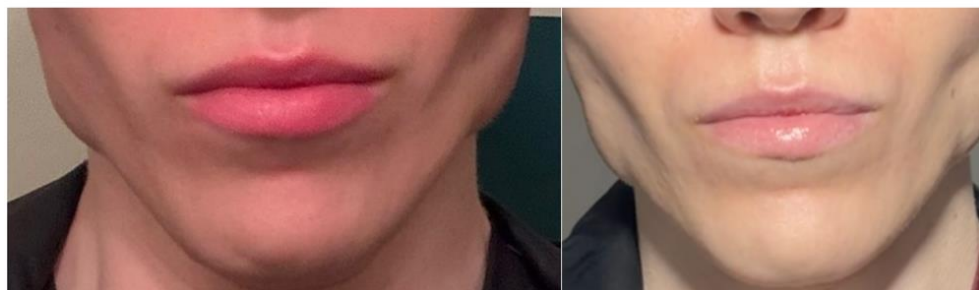
If you aren't taking time every now and then to step back and objectively see what looksmax opportunities you are overlooking, then you will be clumsy and slow with many maxxex as I was over the years. Use AI especially Claude for objective analysis; it is surprisingly based in pointing you to implants etc. vs. soft advice from Chat

So, this leads us to the present...—

PHASE 5 OF BONESMASHING: JAN 1 2026-PRESENT (March 2 2026 as of now)

Determined to square up/widen my jaw corners and ascend as hard as possible. To surpass the 7/10 cap. Incredible how oblivious I was to this, maybe in part thinking that constantly being even leaner would ascend this area even though I had kind of pushed this to the limit already.

From the night of Jan 1st, the swelling in the jaw corners already helped provide some temporary width and revealed how much better I was going to look as I grew this area



^I took multiple pics after my early sessions because the swelling making my bone structure look better than ever before was such lifefuel.

<https://youtu.be/1K0QX15wHTM>

^Vid I posted Jan 4th with some swelling as part of this post:

<https://looksmax.org/threads/vid-pics-masseter-vs-gonial-bone-growth-for-me-to-ascend.1811056/>

Still poor jaw corners even with the early swelling since this swelling mass was occurring on top of so narrow and poor a base

Late Jan 2026: Likely some scar tissue accumulating in the jaw corners already since the lower third started already looking consistently better than before in just a month in addition to the swelling



Early Feb 2026



^Unfortunately my nose is extremely prone to big swelling swings based on things like histamine, salt/bloat, inflammation, heat, blood pressure, etc.

Began hitting the front of chin as well at some point in Feb for more forward projection. (don't think there are really significant permanent gains in this spot yet)

Mid Feb 2026



In the shower when using cleanser on face, I began to **notice and feel a hard mass around the lower part of the ramus**, so permanent scar tissue gains are already happening, in addition to the fact that the **swelling looks far better than it did early Jan 2026 (why? because having real underlying growth + swelling means more mass than when you start and your swelling is on top of a lesser bone baseline)**

Doing this twice a day morning and night has been a game changer in order to keep swelling and inflammation going; no ridiculous 2-day rest and then resetting progress it seems etc.

Later Feb



MARCH 2 2026



Alien-tier cheekbones

Bonus: permanent underlying tissue or vascular damage in the submalar area from going too far inward/near the nose with the hammer when doing cheekbones. Is too soft-tissue dominant and so can't really even grow anyways.



What exact areas do YOU need to target?

This actually leads us to the first major mistake with bonesmashing, which is:

1) Not being COMPLETELY shredded and debloated. + Why this is a MAJOR risk

The difference even from "lean" to normies vs. fully chiseled is insane. Since I was not lean enough when doing cheekbones, I overdid them laterally (and shouldn't have hit the middle/bottom parts in general, could have kept them more compact and higher-set), and then when lean it became a harmony issue since they are just too much relative to my lower third width (which now I am training) and also to my flatter submalar/midface area (which I'll address eventually as well).

You do not fully know what you look like until you are in the above condition, so you can't really know in what way to change your ramus-gonions area, chin width or height, chin front projection, cheekbones, etc. And you can't even rely on photoshop morphs to test out what working on different areas might look like.

So tread CAREFULLY with this when not TRULY as lean as needed. If it is something obvious like a tiny chin like I had then yes you can work on this while getting shredded. Since lasting results take a while to accumulate anyways so you won't overdo it in a short period of time probably. But I think the point I am making here is clear. You need to fully see your base since what we are doing is literally the equivalent of filler or implant – and you don't want to have to do bone shaving or scar tissue buildup removal (depending on what the mass we are adding actually consists of) later on.

Being shredded for the months ending 2025 helped me fully see that my jaw corners needed work, no copes.

If you are not shredded as fuck and are doing this over a long period of time, that is akin to getting implants or filler without even knowing what exactly you really need, LOL

Getting shredded is beyond the scope of this program, but GLP drugs changed my life by allowing me to finally get truly lean and to maintain it, and PSMF dieting with high protein is a great way to get the dieting business done with asap.

But yeah, Knowing where to hit:

- **FaceApp** morphs of yourself (**reshape tool**)
- **Claude prompts for advice** (say you are getting filler to become as model-tier and objectively attractive as possible and want to know what areas to suggest the doctor to

inject it based on weak points – ofc don't bother explaining the real mechanism. it is surprisingly objective in helping even with hardmaxxes and stuff).

- To an extent **using swelling as a guide**, seeing how swelling certain areas in certain ways alters your look; a decent but not 100% perfect proxy of future results (and if it is uncanny you also may have hit too hard/long and the high swelling is the issue, not growth on the bone for you in general)
- It is beyond the scope of this to try to compile resources on the ideas ratios related to all the areas one may bonesmash, but also, it isn't as though I was using measuring tools on my pics, like, ever. If you have an aesthetic and objective eye, then you can figure out what things to work on.

The Golden Rule / The essentials of the program

— how many hits are you doing in each area? and with cheekbones are you just hitting one bit of moving across with the hammer?

The Golden Rule: keeping the swelling/pump alive and never letting it fully dying down, but not doing too much either where we damage the skin, etc.

What we are coming to with this is that it is more convoluted than a totally static recommendation like “X sets of X reps at X intensity per spot 3x per day”

Instead, it seems to come down to an intuitive titration up/down of these factors depending on how well the swelling is staying active and the area a bit pumped between sessions.

When an area feels like it is basically returning to baseline - both in swelling appearance and just the feel of it and pain, if it feels like you have never hit it before in your life - then you need to be upping some combo of sets/reps and intensity.

Now, instead of only pulling the volume lever (which takes more time) or intensity (more skin damage, head jostling, etc.), I think it makes sense to adjust all of these things in tandem. The biggest thing for me being to up frequency itself in adding a mid-day session, so now it is 7am, 1pm, 7pm roughly, spread out as much as I can. Sometimes jaw corners, but especially chin, were just not staying pumped between sessions. Something like cheekbones for me were always way easier to keep pumped with how swollen they can get

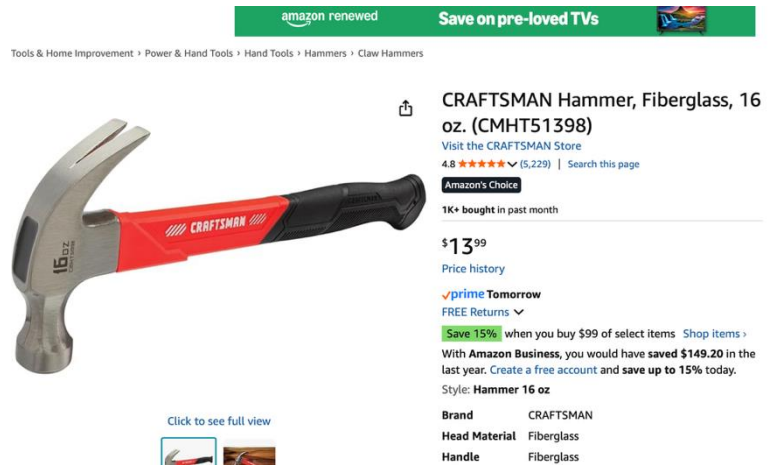
But now, chin feels more swollen, is bigger, and a little tender to the touch each session; as far as I understand this is the GOLDEN ZONE. Where our program isn't over-damaging anything, and yet providing a constant enough stimulus state for healing to come in the form of what is likely scar tissue mass buildup.

So, based on the Golden Rule in my experience, this has been anything from 2-5 sets per spot per session, 30-100 reps per spot. What “spot” means to me is just cheekbone, ramus, chin front, or chin corners.

“HITTING ONE BIT OR MOVING ACROSS WITH THE HAMMER”? – moving up and down for ramus, going across it for gonions from the jaw corner to the antegonial notch, and going side to side when doing front of chin, going across, up a tiny bit, back across, repeat. Since chin corners are a specific tiny area, there's no moving up/across to be doing, so that's an

example of a spot where each rep is the same spot. Tho I'll change angle between sets from diagonal leaning more from upwards/vertical to hitting them from a more horizontal plane.

-HAMMER not fists, 16oz not 8oz so the weight makes it easier and better, COMPLETELY FLAT SMOOTH HEAD since your skin will get KILLED if there is any unevenness or scratches.



I had this heavy steel ball thing for chin corners, and this allowed to hit more specifically since a hammer head is way too wide to target exactly what you need for that spot. ie- [amazon link to the type iirc](#)

Now, without this on hand currently, I am using the hammer for chin corners, but diagonally in a way that I am only using like half the head surface

CURT 40020 Chrome Trailer Hitch Ball, 6,000 lbs, 2-Inch Diameter, 1 x 3-Inch Shank

50+ bought in past month



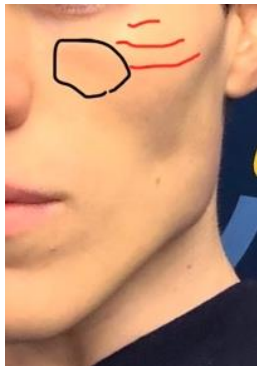
Guides / notes for different areas:

Cheekbones

CHEEKBONES SHAPING

KEYS: I wish I only did the top half of them and didn't overdo the outer part of them. Now the wider jaw is bringing the ratio into balance again though.

See how these are a little bulbous and "tall"? They look far better than before and are not bad, but if I only did the middle half and higher as marked in **red** then they could be



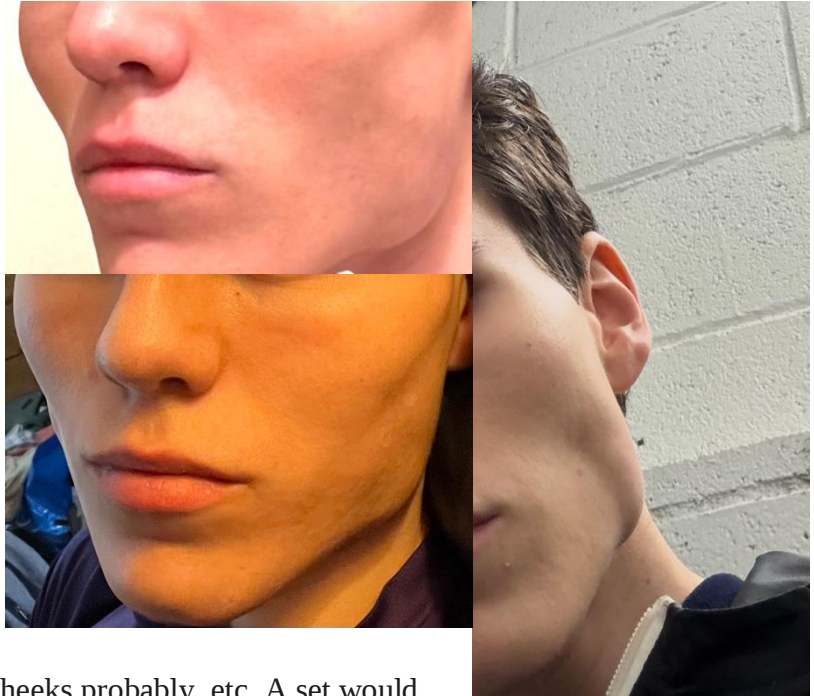
higher, more compact, taller and

deeper hollow cheeks probably, etc. A set would be going across back in forth, then up a little more and across back n forth a couple times, repeat etc. yes, be careful if going closer to eye.

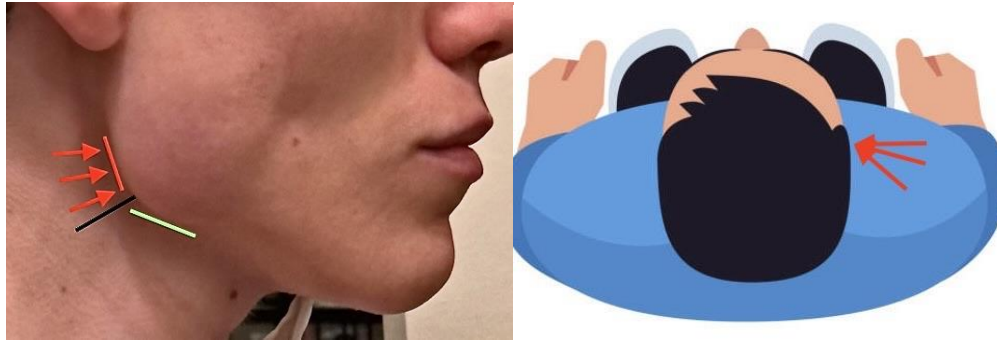
The **black circle:** this is marking the underlying skin damage and darkness discoloration that I always talk about. This isn't the cheekbone anyways and was too soft tissue for me to grow ig. It's slightly dark in the pic and this is with CC cream covering it. So avoid this inner zone and stay on the right parts of the cheekbone.

The ideal cheekbones for your face are going to differ, so perhaps can compile resources here on the most ideal growth for your face shape and archetype. But even if you just grow them haphazardly, you will be better off than if they are flat, tbh.

MY SKIN DAMAGE: See the skin damage section for more on how I killed my skin by hitting in that black circle area, RIP



Jaw corners (ramus/gonions)



-The **black line** in the side profile pic divides the **ramus** which is above it marked with **red** and the **gonion** below it in **green**; idk where the exact anatomical dividing line is, but this is what I am referring to

-**My plan right now.** I am hitting mostly the ramus and not the gonion right now. The ramus narrowness was the real weakness before, and the swelling ascended me right away and made it clear this was the major opportunity zone. This seems to be the bulk of the jaw corners area mass that I need. That being said, once I grow them to a sufficient degree, maybe I will need more gonion width as well in order to balance things or go even further. So, I have largely used swelling as a guide in the past: acute swelling results to see what ascends you + FaceApp reshape morphs to alter a few mm of shape + Claude prompts (telling it you are trying to become as model tier as possible and are seeing a doctor for filler and want to know what areas to ask about or whatever)

-**Part of the ramus.** The red arrows in the side profile pic indicate I am hitting the **lower part of the ramus**, like the first inch of it above the black line dividing the ramus from the gonion at the corner edge, but especially the bottom half of this 1-inch range for the best flare and angularity

-**Gonion hits angle.** When I hit gonions a little bit, I do not go not from the bottom, since hitting that green line area from the bottom will make it taller over time and provides a kind of weird blocky-jaw looking pump that I do not think is aesthetic; so to the extent I am minimally hitting gonions, I try to have the hammer sideways and come from the side as much as I can. But this is difficult to perfect do the way the bone is shaped so it is still from a slight upward angle, but mostly horizontal.

-**Ramus angle on horizontal plane.** The illustration of a person from above with arrows: those arrows are to show the angle I am coming at the ramus from. Like how it is hard to hit the gonions fully horizontally, I find it hard to hit the ramus fully from the side due to soft tissue interference, so even when coming from the side, it still is from a slightly behind angle, kind of like the middle of the 3 arrows in that picture.

-So the ramus sets, I'm following the protocol guidelines at the bottom of my .org post and working up and down the range during the set, again mostly concentrating on the lower part. Gonions I'm just doing a little bit of horizontal work (again, probably like a 30 degree angle), mostly to test the swelling at this point vs actually driving growth there.



The green line here marks the gonion on Arvid Hestner's right side, tracing from the jaw corner where it meets the ramus all the way in until the antegonial notch.

The **blue arrow** coming from the side is about **the angle I am doing gonions** at, hammer held sideways.

The black arrow coming from the bottom will create vertical growth that I think will look bad on most people. Again, I can't say exactly what type of growth everyone needs though.

-Hitting ramus/gonions without masseter interference: To avoid masseter blocking, be shredded, turn head to side a bit, neck forward and jutting lower jaw, teeth/jaws apart a bit, and duck face to make skin more taut. These are nuances hard to fully explain that you kind of have to figure out.

And there are times, be it due to swelling or whatever else, where it feels like I can't hit the bone easily even if it felt very accessible the session before; just keep experimenting with more or less masseter clench, more or less openness of the jaws, more or less jutting, lip positions like regular vs duck face vs a big cheesy raised grin, etc.

Chin

Front for projection, corners from a diagonal angle for width, Bottom for height; and of course if you are going for height and forward projection, then probably doing it at some diagonal angles between the front and the bottom as well so you are growing it forward and down in an even and canny way

Will add pics eventually

It seems like chin is a hard one to know when it needs work; I couldn't tell how weak my chin was for the longest time. Only recently did I realize I could work on the front for forward projection. And I just began doing the corners again some for width because cheat_win said to work on this in a comment in my main thread, and sure enough the swelling from that is ascending me already.

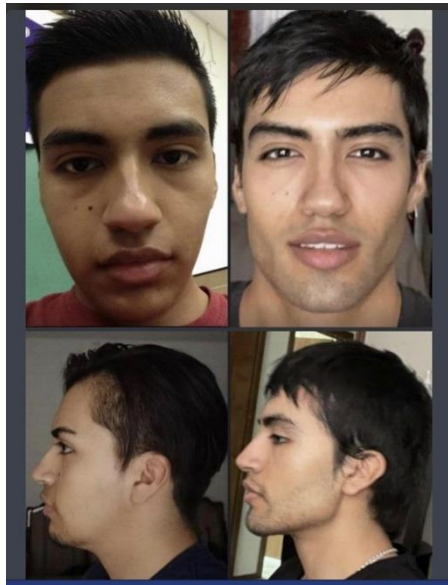
Other areas: under-eyes, brow ridge, mandible (no probably)

Not that experienced in these areas; for under-eye stuff you may want to use fingers and not a hammer, idk.

Brow ridge, some people have done including CheeseTouch on the forum. I just haven't done it since mine was naturally pronounced.

Mandible: it is hard to imagine most people need this. Jaw fillers in the ramus/gonion are common; in the mandible, not at all. Likewise, it seems jaw angle implants are way more common than full wraparound jaw implants.

Cheat_win, with the legendary fillers ascension, apparently did them in the ramus/gonions (and then the submalar/midface area, and idk about chin), not the mandible; it just seems that it isn't the mandible itself that is the problem for people. You'd think he got it there too since it looks better, but it seems like chin and jaw corners improvements just end up making the mandible look better as well.



Skin damage

Avoiding skin and vascular damage is really an important component of this and especially for cheekbones imo.

I STILL have some sort of visible damage in the more inner part of the cheekbone on both sides, which it seems is some sort of underlying vascular issue and is not a surface-skin issue fixable with micro needling or GHK-CU or anything. Looks a bit darker/discolored and like a slight divot in some lighting. It looks like this laser treatment called V-Beam may be the only/best actual fix for this, so I'll need to invest in a couple expensive sessions at some point. BUT, I'm kind of just waiting until I'm done with gonial area / jaw corners – in case I have similar damage fuckery there too, so that could also be fixed by V-Beam vs. doing it again.



Even though the gonial area had surface-level red spots consistently the first couple periods I was doing it there, this had healed entirely.

However, as you can see, for me, it was the inner part of the "cheekbone" that if you look at an anatomy picture is really more the midface area and soft tissue and not actual bone. Yes, I was hitting there some to see if I could forward-project it more. However, I don't really have damage directly on the zygus-area skin itself, it seems. So it is probably key to not really hit the "inner" part as I did, which I do not think can really grow and can lead to this issue.

Cheekbones themselves though are still prone to skin issues, bleeding/breakage: I've had it and there's pics of Clavicular and Androgenic with damage here after a session. Normal methods create a ton of swelling where it is like a "pocket" under the skin and it gets all red and then can break and look bad/be damaged for a few days as it has to heal.

---Solution:

I don't think it is a matter of hammer vs. fist/knuckles. Yes, in the first case you need some sort of oil or beef tallow or thick moisturizer to prevent damage via actual abrasion as much as possible. But the cheekbone issue can happen even despite this.

The shorter sessions without super hard hits partially help this.

But for now for you. First of all, if using a hammer or device, it must be a **TOTALLY** smooth surface: hammers with a surface slightly uneven, slightly scratched, etc. will **FUCK** you just by themselves. Second, doing shorter sessions (like 30 seconds softer hits, left side, right side, left side, right side, done; or maybe even just 1 set each time), and then 2-3 times a day, trying to keep swelling there but not extreme pooling as we would do with our harder sessions back when we thought Wolff's Law was the real driver here.

-Trying to avoid friction with the hammer head and using "quick" hits in a way hard to fully explain

This is an ongoing issue; persistent red/dark skin spots on both jaw corners. Am microneedling some and using GHK-CU as well. But it just seems it would not be worth taking multiple days off every couple weeks to heal it or something.

Hopefully we can figure out better ways

Hammer head must, MUST, be TOTALLY flat and smooth, NO unevenness or scratches

Supplements

Vitamin D3, Vitamin K2: I use this one. You know you are a bonesmashing OG when it lasts 2 months and you've bought it 6 times, haha.

Yes this is technically more for bone growth, but we don't fully know if this is all scar tissue buildup, part scar tissue part hematoma ossification, or even entirely hematomas. So best to be supporting all mechanisms, and these are good vitamins to be taking anyhow.

Vitamin C: Supports collagen pathways somehow. I'm not going to read up on it and then repeat it here as though I am saying it by heart; but this is legit.

Calcium. Again, for the same reasons as D3/K2.

Magnesium.

Maybe collagen powder. Not technically needed with high animal meats intake etc. Do your research to see if it is worth it. Efficacious doses of 15-20g are an extra dollar a day or so.

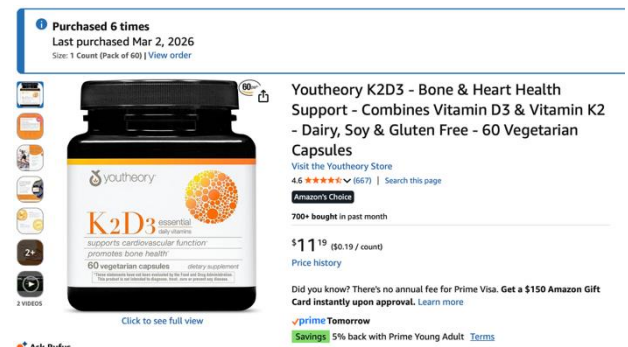
Won't list everything, but there's other things in any decent multivitamin that you want to be having as well, etc.

Sarms, anabolics, peptides. Kind of beyond my scope here.

*If someone wants to do a deep dive into how these promote either bone turnover/growth or scar tissue formation recovery processes, that might be golden.

I don't think any of these would end up being true major cheat codes if we are dealing with naturally rate-limited processes involving scar tissue response and ossification.*

Again, need help adding more value to this...



Mistakes

- Again, not using a totally smooth hammer surface
- Not being completely shredded and debloated; akin to injecting filler with a blindfold
- Not assessing the areas to grow properly and overdoing areas or not training areas that you should; I used to be myopically-focused on cheekbones, ridiculously not seeing the opportunities to improve my lower third
- Not doing other things in tandem; great hairstyle (I used to have dumb short hairstyles, descends so many people, just even look up Matt Bomer short spiky hair), everything possible for skin, decent style. Elevator shoes from tallmensshoes, colored contacts, CC cream, even. There is no “line” of what is “fake” or “frauding”

*Will be adding more as we experience more pitfalls. **Send me yours...**