



GROOMING CHECKLIST

Hair:

- ❑ **A good haircut requires minimal maintenance and looks good morning to evening, from the beach to the boardroom.**
- ❑ Short to medium length on top, tapered sides.
- ❑ Stick with a style that fits your hair type.
- ❑ If you're balding, don't try to comb it over or hide it. Embrace it by going with a buzz cut or shaving it completely.

Nails:

- ❑ **Invest in a quality pair of [nail clippers](#) and use them weekly.**
- ❑ Finger and toe nails should be short, but you don't need to clip them to the quick.
- ❑ If you've never had a manicure, get one at least once so you have a reference point for good nail care, then adjust your routine according to your needs and lifestyle.

Body Hair:

- ❑ **A [trimmer](#) is your friend.**
- ❑ Not necessary to shave everything smooth, but keep body hair in check.
- ❑ Chest and leg hair can be kept fairly long.
- ❑ Back, shoulders, and stomach should be kept very trim (alternatively, shave or laser hair removal).
- ❑ Do you like your woman clean and trim downstairs? She probably likes the same. Trim it.

Eyebrows:

- ❑ **Unibrows are not cool.** Get [tweezers](#) for at least between your eyebrows.
- ❑ If you have especially bushy eyebrows, you can use your trimmer to keep this in check.
 - Pro-tip: if your barber asks whether you want them to trim your eyebrows, the answer is always "yes."

Shaving:

- ❑ **[Shave](#). No more three-day stubble.**
 - If you wear a beard, keep it trim and well-kept.
- ❑ Ditch the electric razor. Use a real blade.
 - Upgrade from goopy, chemical-laden shaving cream from an aerosol can to high quality [shaving cream](#) or [soap](#) applied with a [brush](#).
 - For best results, upgrade from the multi-blade drug store razor to an [old-school double-edge](#) or the modern upgrade: [OneBlade](#).
 - For the ultimate luxury, don't bother shopping around. Get the [OneBlade Genesis starter kit](#) which includes the best of everything you need: the razor, brush, blades, cream, pre-shave, after shave, blade disposal case, and leather packing case.
- ❑ Enjoy the process. As 007 said, "[Sometimes the old ways are best.](#)"



GROOMING CHECKLIST

Daily:

- ☐ Shower
- ☐ Shave
- ☐ Brush teeth
- ☐ Floss
- ☐ Apply deodorant

Weekly:

- ☐ Clip nails
- ☐ Trim mustache or beard

Bi-Weekly/Monthly (as necessary)

- ☐ Haircut
- ☐ Eyebrows
- ☐ Ears
- ☐ Nose
- ☐ Trim body hair