

Your *Guyde* to Good Grooming



They say that someone makes decisions about you within the first 7 seconds... How is that possible? They look you up and down from head to toe.

American Male consulted the Web site bebetterguys.com to get the down and dirty on what makes guys better guys – we focused on your appearance (yea yea, we know there is more to you than that, but hey – we are a salon for guys!)

Be prepared for some hardcore grooming advice that goes far beyond your usual morning SSS – Shower, Shave and... (we won't go there).

Let's start all the way at the top and work our way south.

HAIR

Hair styles are dependent upon your hair type and general style. Hair can be changed depending on the occasion, but your cut needs to be versatile and that is something you and your stylist can talk about.

FACE

Let's face it – it's really the first thing people see. [Bebetterguys.com](http://bebetterguys.com) calls your face "your business card." Keeping a daily cleaning regimen will help your skin stay in shape. In this day and age, looks are everything – looking your best is a must. American Male has skin care regimens for all skin types.

BODY

Here we have the middle ground. There is so much you can do to make your body better- Regular exercise, eating healthy and dressing for your body type.

Work Clothes: "Dress for the job you want, not the job you have." If you have trouble matching your shirt, tie and pants, bring someone with you who you think dresses well – what a compliment that is. Don't be shy when it comes to shopping – everyone does it.

Causal Clothes: Finally, here is where you have some freedom. You know what you like so find clothes in that category that compliment your personality. Again, bring someone with you to get a second opinion. But make sure you have clothes for all occasions – the after work happy hour, movie date, weekend cookout etc. These outfits can be mixed and matched just don't confuse your gym wear for your date wear.

FEET

You Pick

Scenario 1: Your in bed with that 'special' someone when she begins playing footsies... warming up to you, when suddenly she gets a huge gash across her foot, starts bleeding, jumps out of bed and never speaks to you again.

Scenario 2: Your in bed with that 'special' someone when she begins playing footsies... warming up to you. Your feet are smooth and soft rubbing up against hers. I am sure you can imagine the rest.

Get a pedicure guys, its relaxing, feels nice, takes some stress away and she will love it.

Shoes – You never really know a man until you walk a mile in his shoes. Well if someone else is going to wear your shoes, what do you want them to say about you? Find more information on proper shoes at bebetterguys.com.

Last piece of advice – Always wear clean underwear.