

Grooming Tips All Men Need to Know

Applying These 8 Essentials Will Turn Your Appearance Around



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You wash. You shave. You freshen up with some type of body care product before leaving the house. Sounds simple enough, right? If that's the extent of your "grooming routine," you're likely leaving off some essential steps that could make a real difference to the quality of your day-to-day manly maintenance.

We've tested what seems like every grooming product out there along with subjecting our mugs to a range of grooming tips lauded by experts (and those who just claim to be). Fear not, though. This trial and error has led to the following list of 10 essential grooming tips compiled from our own testing and from some noted grooming experts.

We made sure each of these is easy to follow and repeat, with tangible potential results.

Hydrate in More Ways Than One

"My motto is 'nurture your soul to get a glow'," says Gena Price, Director of Spa & Wellness at **ALiLA Napa Valley**. "Bringing in water is an amazing element for wellbeing, from simple hydration to steamy hot towels on the face and neck, a hot to cool hydrotherapy shower or a nice long detoxifying or soothing soak in the tub ... tending to our wellbeing these days is truly a key to navigating these times and shouldn't require deep pockets."