17 DISASTROUS GROOMING MISTAKES

THE MOST COMMON GROOMING MISTAKES THAT MOST MEN MAKE & HOW TO AVOID THEM

BY "THE MANLINESS KIT"
17 DISASTROUS GROOMING MISTAKES

The Most Common Grooming Mistakes That Most Men Make & How to Avoid Them

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By
the
MANLINESS™

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Finally, use your head. Nothing in this Guide is intended to replace common sense, legal, medical or other professional advice, and is meant to inform and entertain the reader.
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Introduction

I believe that the way you present yourself to the world says a lot about you and can even influence the course of your life.

This is why I want to share this guide with you and have a positive impact on your life.

Why grooming mistakes are so important? And how can they change your life?

I’ll answer these questions with more questions to you.

- How many times you look at photos and you’re sure you could look much better?
- Have you ever thought that your last job interview might have failed because of a bad haircut?
- What about that promotion? Is it really only because of the skills that job requires?
- Did it ever happen to you to miss your chance to impress that woman at the bar?

I respect the fact that success or failure on the above doesn’t depend only on your appearance. Sometimes, things are beyond your control.

But here’s my question to you.

Why don’t you eliminate the factors that might be the cause of failure, that are under your control?

What if you could avoid making all the little mistakes that keep you from reaching your true potential?

Your appearance is something that you can change. It’s in your control.

You might not be the most handsome man in the room but you can become the best groomed one by avoiding mistakes most men make.

Become a better looking and more confident man.

Thousands of men visit The Manliness Kit every day, searching for the perfect shave, a well-shaped beard, a nicely groomed haircut, a clean face. Small things that can help a man avoid common grooming mistakes, improve his appearance, become happier and more confident.

And this is what this guide is all about. To help you achieve your grooming goals and become the best man you can be.

I created this free guide, to say a big thank you for trusting my blog and honoring me when you subscribe to my email list. Without you The Manliness Kit wouldn’t be the same.
About the Author

What the heck am I talking about and why would I know how to avoid making grooming mistakes.

Am I perfect? Of course not. Not even close.

Just like anyone else, I made mistakes and learned from them the hard way. But this is the only reason why I am sure what you might be doing wrong. And I can show you with this guide what you need to pay attention to and how to avoid making the same mistake again in the future.

It’s not hard to do so and that’s its true beauty. Everybody can start right now!

Growing up in Greece, I got to see that the common belief was that a real man is the one that has hair from head to toes and doesn’t need to do much about his appearance. Testosterone is what takes care of everything, right?

However, just like most men, I was lucky enough to have my father and grandfather as role models. Even up till now, I’ve never seen my father unshaved. As for my grandfather, I remember him waking up at 6 every morning, shave against hair growth and put on his suit with a tie. And you know what the best part is? He was following that routine no matter if he had to stay at home or go out.

My grandfather was a strong believer of one thing -among others.

“A man has to look at his best no matter what.”

Coming back to 2015, our role models, the society that we live in and the education that we get as young men are factors that influence our beliefs and knowledge. This is also why we tend to avoid grooming properly and making common grooming mistakes.

In my eyes, the modern manly man takes pride in his appearance and this expands to his health and wellbeing. These things shouldn’t be only a woman's privilege and priority.

A real man should care about his hair, his face and his body; both for health related reasons and for style related ones.

I hope you like this guide and as always, I’ll be happy to hear your thoughts.

John
The Most common grooming mistakes that you can avoid

You decided to download this guide for a reason.

No matter if you’re doing everything right in terms of grooming or you want to improve your routine, this guide will try to cover everything that you might be doing wrong, where you need to pay attention and how to improve and never repeat the same things that affect your appearance in a negative way.

- Maybe you’ve just graduated college and you’re looking for that first step towards a new career.
- You have a date with that girl you’ve been chatting with for weeks now and really need to make a great impression.
- That promotion that you wanted is approaching and apart from your skills you want to look as slick as you’ve ever been.

Regardless of your reasons, every man needs to ensure his grooming game is strong.

Let’s lose no more time and get into the specifics, shall we?
1. Applying Too Much Perfume

I know it's tempting to spray just one more time. We've all been there and we've all got those strange looks from strangers who turn their heads towards us, as if Pepé Le Pew was walking by.

Moderation is always the key when it comes to personal grooming. Too much of a good thing is not always better. This is especially true for your favorite perfume.

As said, we've all been there. We've been told a particular fragrance smells amazing on us and we stick to that brand with loyalty throughout our life. Finding what suits you in terms of fragrances is a good thing but a lot of men tend to over do it. Applying too much cologne is an absolute turn off and could arguably be worse than no cologne.

Two, maximum three sprays on the pulse points of your body are more than enough to make you smell like a man.

Usually, the best places to spray are three. Your wrists, your neck and your chest.

What I would recommend is spray only once on your wrist, place the two wrists touching against each other and then touch both of them behind your ears.

Tip: Don’t rub your wrists together since this will cause the molecules of the perfume to break and the fragrance may dissipate faster than you expect.

The second place you want to spray is your chest, but don’t do this from very close distance. Stretch your arm that holds the perfume in front of you and aim towards your chest so that you cover a wider area. Applying perfume on your chest is particularly good since it’s going to get mixed nicely with your natural odor.

These two sprays should be more than enough to get you going for the entire day -or night.

As for the neck, if no perfume got there with the two previous sprays, use the same technique that you did with the chest area.
2. Too much aftershave

Putting too much perfume is one thing, but letting your aftershave cover the scent is something that should trouble any man.

An aftershave balsam is supposed to soothe your skin from shaving so that you avoid irritation. This doesn’t mean that you need to be very generous with the amount on your face. Besides, your skin will have trouble absorbing the excess product and you’ll end up smelling more like a Christmas tree.

After shave should be applied with moderation and in no case should be evitable. Just a dime amount is more than enough to moisturize your face and keep the scent at minimum so that the perfume does all the work you need.

Personally, I prefer either an aftershave with a very subtle scent or even a scentless one. I already have a favorite perfume and I wouldn’t want to mix the two scents.
3. Not Using Moisturizer

Men tend to have fickle skin and a need to appear masculine by limiting as much product as possible.

Many guys feel that their masculinity is under threat when it comes to skin care since traditionally this seems to be a woman’s routine.

But I urge you to think about your skin a bit.

This habit of not maintaining your skin with the right amount of quality products could backfire in the long run as wrinkles and fine lines begin to appear on the skin as you age. Even a firm skin will succumb to dryness and irritability after a hot water shower or a shave.

The best way to protect your skin from the elements that it comes into contact with daily is to use a simple and effective moisturizing lotion every day. This protects the skin, soothes it and replenishes the hydration that your skin needs.
4. Not using hand cream

Have you ever thought about the sensation you trigger when giving a handshake? Does it feel like rubbing hands against sandpaper?

If the answer is yes, you’ve been doing something wrong. Or better yet, you haven’t been doing something right. There are many guys out there that neglect the health and appearance of their hands.

You see rough - and more often that you think, bleeding hands that no hand cream has ever touched.

Make it a habit applying hand cream right after you wash your hands and dry them well enough in the morning. Repeat that once again right before you go to sleep so that you give the hand cream some time to do its magic while you rest.

Needless to say that this is important especially during winter months when cold and wind makes our skin very dry.

Remember this.

It’s a great feeling when a woman touches your hand and she can’t stop stroking it. Don’t take this appreciation away from her.
5. Lip balm

Time to stop considering lip balm something that doesn’t belong in your dopp kit.

Just like we discussed your hands that need attention during winter months, same applies to your lips.

You lips are the only organ in your entire body that is constantly wet and this is why you need to pay extra attention to it. During winter months we tend to lick our lips way more due to the fact that they get dry from cold and wind. The result is something that every single man has experienced. Dry, chapped lips that bleed.

This is one of the most neglected things that every man has done, at least gazillion number of times, and can be a very big mistake.

Think about it.

You have a very important meeting and the time comes to share your opinion. When you start talking, everybody unavoidably is looking at your lips. This is surely not the moment that you want to have chapped lips. Even worse, you’re not giving the best impression from neglecting moisturizing them.

- Keep a lip balm with you at all times and apply whenever you start feeling your lips getting dry.
- Repeat as often as required throughout the day.
- Do that in the morning just before you leave from home and at night before you go to sleep.

Make sure that the lip balm is scentless and has no color. Otherwise you might get some mixed messages.
6. Dirty Uncut Nails

Dirty, uneven, uncut nails could spoil everything for an otherwise well groomed man.

Make an effort to cut your nails and file them properly at regular intervals depending on how fast your nails grow. A good rule of thumb is to cut your nails twice per week or every three to four days. I prefer to do it once on Sundays and the second one on Wednesdays.

Cut your nails short but not so short that your nail bed is seen as this could be extremely painful.

Something to keep in mind.

Let go of any preconceived notions you might have about manicures and pedicures being exclusively for women. It’s good and advisable for every guy to get his nails properly clipped and filed by a professional at least once a year. This can help avoiding uneven growth of nails.

Lastly, improving your diet can help you maintain healthier nails which don’t chip easily.
7. Letting your toe nails get too long

It’s not only your finger nails that require cutting but also your toe nails.

Besides the fact that you might scare someone off in the sauna or at the beach with the swords that you carry down there, it’s also a matter of hygiene and health.

Keeping your toenails short, you ensure that no dirt is clustering between the nail and skin. Moreover, you reduce the chances that longer toenails to unsightly thickening due to trauma. This is particularly important for the more active men.

Again, going overboard is not the right solution.

If you cut them too short you might get ingrown nails which can only be fixed by surgery. Moderation is required here as well.

Make it a habit when you cut your fingernails, you immediately do the same for your toenails. This way, you won’t postpone it forever until the tip of your shoe slashes open.
8. Dry Shaving

Dry shaving is a trend which has grown leaps and bounds since the advent of electric razors. The technology has enabled men around the world to shave without first wetting and softening their facial hair. However this is the reason why you might get *irritable skin and razor burns* since the skin isn’t properly lubricated and exfoliated.

Dry shaving isn’t necessarily a grooming mistake but if you don’t do it properly and you have a sensitive skin, it could cause you more problems than actually solving them.

A solution to this would be *wet shaving.*

When you use the traditional method of shaving you get all those things that your grandfather was telling you about and you weren’t convinced.

- First, you soften your facial hair with a *shower before shaving* or with a warm towel on your face.
- Next, you build up *lather with a shaving brush* and shaving cream or soap.
- By using the shaving brush on your face, you actually reach deep down inside your facial hair roots by softening your beard as well as exfoliating your skin.
- Lastly, *shaving with a safety razor* that has only one blade instead of a multi-blade cartridge that instead of just shaving, each blades besides the first one, scrapes your skin leading to potential skin irritation.
9. Using Blunt & Old Razors

Speaking of razors, if you’ve made it a habit using disposable razors when shaving, there’s a serious reason why it’s called “disposable”.

The cartridges in these razors are meant to only last a week of shaving at most -if not less, depending on how often you shave.

Don’t try to push the razor blades further than what they’re built for.

A worn out, old or rusty blade could be the worst thing to use on your delicate facial skin. The hair on your face could be violently ripped out by such razors causing bleeding and razor burns. A good, fresh and sharp blade is meant to glide nicely over the skin and cutting your facial hair effortlessly.

Your shave should be close, smooth and painless.

If you really want to stick to cartridge razors, prefer cartridges that come with an indicator strip along the top which lets you know when to dispose off the blades.

Now, if you’re using a safety razor, change the blades every three shaves.

Image Courtesy: flickr.com/misterhonk
10. Unkempt Facial Hair

Beards have made a definite come back and a lot of women find a man with a beard genuinely attractive.

But what women mean when they say they like men with beards is that a well maintained, groomed beard is attractive, not one that was born out of laziness.

"With great beard comes great responsibility..."

A well groomed and healthy looking beard requires patience and time which a lot of men lack. Avoid growing a beard altogether if you don’t have any of these two.

If you are serious about growing a beard invest in the proper tools to help you trim it regularly, maintain a shave till the jawline and make it appear as if it's effortless. Tricky but doable.

Normally, a well maintained beard looks very slick and many times takes more time than being clean shaved.

Pay special attention to the neck and cheek line. If you’d like to take the beard grooming one step further, make sure that your facial hair is longer close to your chin and as you move away from it, the beard is supposed to get shorter so it emphasizes the nice shape you’re trying to achieve.

Besides shaping your beard, you also need to put more effort in keeping it healthy and tamed.

Apply beard oil regularly in order to make your beard softer and keep it moisturised. Beard oil nurtures both your facial hair and skin, which makes it a must in a beardsman grooming arsenal. It’s particularly necessary during winter months and for guys with dry skin and hair.

And there’s more besides beard oil.

Beard balm can do similar job to beard oil and on top of that, it gives a little bit of shape to your beard due to certain ingredients such as beeswax, which offers a bit of extra hold.

Lastly, if hold is your main concern, you can also try using beard wax. But apply modestly. The more beard wax you apply on your beard, the less natural your beard shape looks and feels. What you’re after is a well-shaped beard that appears naturally groomed and maintains its softness.
11. Missing the stray hairs behind/below your jawline

For all men that either wet shave or wear a beard, missing the hair behind the jawline is something that happens quite a lot.

Not to mention how often this happens when you’re in hurry and all you’re thinking of is to shave quickly and hit the road.

If you’re a beard wearer, this won’t be too much of a problem since it’s harder to notice the missed hair with a thick beard. But it’s a great disappointment when you’re freshly shaved and some black hairs are just sitting there below your ear. And it also can be a bit unaesthetic.

Trust me, other guys might not pay that much attention to this, but the ladies in your office will definitely notice it. And it’s the last thing you want: to be the subject of coffee gossip.

Some men may find it difficult to spot these stray hairs and shave it.

A solution to this is to use a small mirror to reflect the area behind your jaw line and spot the facial hair that you might missed. Make this a habit and you no longer have to worry about this problem.

Another way to identify it is when you apply after shave. If you massage your entire face and the sides of your neck with your aftershave balm, you’ll be able to spot any hair that is unshaved.
12. Applying Too Much Hair Gel

Here’s another aspect of personal grooming that requires moderation.

Keeping your hair without any product may not be as bad as piling on so much that your hair looks like a cardboard cutout. Crunchy, unmovable hair isn’t considered attractive. It’s way more preferable to style your hair in a way that looks as natural as possible.

If you prefer hair gel, try and apply as little as possible and there’s literally no reason to get the one with the strongest hold possible. You don’t want to look like a teenager that recently discovered hair styling products. Apply just enough to tame your hair rather than gluing it on your head. Your hair doesn’t have to glow in the dark or reflect sun rays.

My personal favorite is hair pomade or styling paste. These styling products fix your hair perfectly while giving it a natural shine. With hair pomade your hair looks as if there’s no product in the first place and appears more natural to both appearance and touch.

As for the application:

1. Put some product in your hands first,
2. Then comb them with your fingers repeatedly until your hair goes to the preferred direction. Don’t add more product just yet. Only do that if, after several strokes, your hair doesn’t look tidy.
3. If you’re still not happy, apply some more product with moderation.
4. If your hair is still unruly, try using a comb with narrow gap teeth until your hair is tamed. Once you do that, use your fingers to make your hair look more natural and not like a plowed field.
13. Not getting a haircut often enough

We’ve all done it.

Every single man has postponed a haircut for just one more week. But the problem isn’t just the extra week. It’s the fact that one week becomes two and so on, and you end up having longer hair than your wife.

**Long hair looks great as long as you take care of it.**

For the rest of men that have a short haircut, it’s of great importance to freshen your haircut every 3, maximum 4 weeks.

The reason why?

When you start getting in your third week since your last haircut, your sideburns, the hair on the sides and most importantly, the neck hair is crying for attention.

“And not the good type of attention.”

Even if anything else looks decent, your neck hair says the brutal truth.

There’s nothing worse in your looks than a neck full of hair which can ruin any good impression you want to make.

Even if you want to grow your hair longer, pay a visit to your barber every three or four weeks to make your neck look more presentable and freshen up your haircut.
14. Not Paying Attention to Hair That’s Thinning

Male pattern baldness is something that a lot of men can’t avoid and they start facing it in their 20’s or 30’s.

The cause of baldness is primarily hereditary and hair loss can grow at a rate of 4% annually till you’re left with only a few patches of hair.

Tip: Talk to your dermatologist about the treatment options available to you to recover from this sort of baldness.

Thinning hair affects a man’s appearance and as a direct result, his entire confidence and psychology. This is why you need to do something about it as soon as you realize that you can’t save your hair anymore.

Most of the times, there’s nothing really you can do to stop this natural cause. But you can be sure that you can improve the appearance of your thinning hair.

And I’m definitely not talking about the comb over.

This might be probably the least attractive thing you can do for your appearance. Instead of trying to cover your thinning hair, you actually achieve the exact opposite of what you’re aiming for and you draw attention to it.

If you happen to have very thin hair, the best thing you can do is trim your hair very close to your head or even shave it.

It takes a lot of carriage to shave your head for the first time. But most of guys that decide to do it, immediately feel relieved and regain their confidence.

Lastly, try to pair your shaved head with a bit of facial hair. If you’re not a big fan of a full beard, a van dyck might be a good idea and it usually looks good to most head shapes. A boxed full beard might also be something that could work for you.
15. Not Trimming Body Hair

Body hair is an expression of masculinity and a lot of women like it. But letting your hair grow uncontrollably could lead you to look more like a bear-or a caveman at best, than a suave heartthrob.

Trim your body hair regularly, especially in your armpits and chest region. This may take a bit of practice but getting the right thickness of body hair is very important to look both masculine and well groomed.

I wouldn’t recommend shaving since you don’t want to look like an “erotic” movies star.

Besides that, shaved body hair can get very itchy once the hair starts growing. Moreover, if you don’t have the body to support it and not a proper tan, a shaved body doesn’t look very attractive and you end up looking weird, the least.

Trimming your entire body hair though, looks very neat and you make a good impression at the beach. Remember to do this every two to three weeks, when your hair starts getting longer again.

Now, for men that have hair on their back, I would definitely suggest to have a trimming session more often. I understand that shaving won’t solve the problem and waxing is just too damn painful.

If you can’t afford laser hair removal, try to keep your back well groomed. People see and understand that you want to look the best you can. Women appreciate it too.
16. Not trimming… down there

We talked about trimming your body but let’s not forget this part.

It’s definitely a bit of a taboo subject, but having a bush down there is neither the best for your hygiene nor very attractive when your girlfriend or wife sees it.

Personally, I strongly believe that pubic hair and bodily hair, generally, was a development in human evolution caused mainly by the fact that at the beginning of our existence as human beings, we had to pee behind bushes while being surrounded by poison ivy. It made sense…

But now, things have changed.

The environment we live in is so much safer. And, as a consequence, I think in the future we will further develop… maybe without bodily hair.

But, until then, some trimming is necessary!

Again, I’m not saying that you need to look like a baby and shave it all off.

But if you trim your pubes, it’s going to make a huge difference on how you feel and your partner is surely going to appreciate it.

Try to keep it tidy and trim it every two weeks or so, if you want to keep the hair at a decent length and not allow it to become a jungle down there again.
17. Ignoring Nose and Ear Hair

Nose and ear hair obviously serve a purpose by filtering dirt and debris from the air and keeping it out of your body. But overgrown nose or ear hair is a very unappealing thing to see on a person’s face.

This is a very common mistake that many men make. We tend to overlook our nose and ear hair since most of our attention unintentionally goes to our hair and beard.

**Nose and ear hair can be a huge bummer, especially if they get out of control.**

Try using a nose trimmer to cut the hair down and minimize their appearance outside the orifices.

Make it a habit to check your ear hair every one or two weeks since they tend to grow relatively fast. For the nose hair, it might take a bit longer until you see them trying to escape your nose.

Nevertheless, taking care of both areas, will definitely add a few extra points to your appearance.
All guys make grooming mistakes. Time to make less

Making less grooming mistakes isn’t only about looking good to your girlfriend, wife, friends or family.

It's also about feeling good about yourself and being proud and happy of what you see in the mirror.

The first reason why you want to improve your appearance should only be because you want to become better and you do it for yourself.

Wondered why am I saying this?

When you are well groomed and tidy, you feel more confident and you reflect this feeling to others. You make your aura stronger.

Remember how many times you put a bit of extra effort to look better than you usually do and what kind of unique feeling it triggered?

You felt more confident, more masculine and more handsome. And you really were.

Did you like the guide?

Unfortunately, the time for this guide to end has come. But the point when you change your grooming game has just started.

Hopefully you got an idea of typical grooming mistakes most guys tend to make and how to work on them to become better.

If you have any questions, you can always get in touch with me and I’ll do my best to help you out.

Stay updated with the latest posts from The Manliness Kit and follow me on my social media for more grooming tips and guides.