

## 8 BARBER SECRETS FOR AN AWESOME BEARD.

Beard care has never been easier : these eight beard care tips will keep your facial hair looking great.

### 01 First, be patient.



An epic beard is the result of good self-control. When you start growing your beard, resist the urge to trim or style it and leave it untouched for the first 4-6 weeks. This will allow the hair to grow evenly (some grow faster than others) and help you choose a style that suits its length and density. A healthy lifestyle, good nutrition and exercise can help speed up the process a bit.

[HOW DO YOU MAINTAIN AN EMERGING BEARD?](#)



### 02 Adopt a beard style that suits your face shape.



Like a wild animal, a beard should be in harmony with its environment. After the first month of growth, don't hesitate to consult our online barber. He will help you choose a final style that will go with your face shape. Your beard will look better, and so will you.

### 03 Know how (and when) to trim.



Trimming is essential for a well-maintained beard, even if you plan to grow it out. Invest in a quality trimmer and find the right technique for your plan. To find the right trimmer for you, you can check out our article What is the best beard trimmer for you?

[WHAT IS THE BEST TRIMMER FOR YOU?](#)



### 04 Wash your beard regularly.



This is especially important in the early stages of growth, especially since trapped food and skin cells can exacerbate itching. It's not just the hair, but also the skin underneath. Washing your beard is one of the most important steps in caring for your hair. Clean it several times a week with a beard shampoo, which will be more gentle on your facial skin than a regular shampoo, and then gently dry it, which means no rubbing. Just pat it dry to avoid frizz and split ends.

[LEARN MORE ABOUT BEARD SHAMPOO](#)



### 05 Love your beard oil.



Some beard oils are too greasy. Others are too shiny. Still others are too dry. Test it and you will know when it is the right one. A little commercial moment: the Sapiens beard oil is formulated with castor oil, jojoba or even argan to promote hair growth, moisturize and nourish the hair in depth. And that, without a greasy feel.

[LEARN MORE ABOUT BEARD OIL](#)



### 06 Learn to tame your beard.



Regular trimming will maintain your chosen shape, but it's not the only way to keep your beard looking pristine. Daily brushing or combing will bring stubborn hairs into line, causing them to grow in the right direction. You can even take it a step further with a structuring beard balm. To find out when to brush and/or when to comb, check out our article The difference between a beard brush and a beard comb.

[THE DIFFERENCE BETWEEN BEARD BRUSH AND COMB](#)



### 07 Don't forget the mustache.



Unless you've opted for a beard collar - which you should - growing an epic beard also means growing a great mustache. You can keep your 'stache pretty neat with tiny trims every three to four days to keep stray hairs at bay. Focus on the area around your philtrum (the area under your nose) with a pair of beard scissors and keep it naturally sculpted with a little beard balm or mustache wax.

[HOW TO TRIM A MUSTACHE ?](#)



### 08 Stock up.



You can't build a house without bricks, and the same goes for facial hair. Your beard is made up of protein and fat, but it also relies heavily on vitamins B5, B3 and B9. That means lean meats, nuts, egg yolks, milk and lots of vegetables. If you are seriously committed, you can also supplement your diet with biotin. If you want to learn more about beard growth, check out our article How long does it take to grow a beard?

[HOW LONG DOES IT TAKE TO GROW A BEARD?](#)

