

SAVE YOUR 'STACHE

FOR SEVERAL YEARS, men have been trying harder to adopt healthier lifestyles. The Movember Foundation is in part responsible for inspiring those changes with its innovative approach to raising awareness of men's health issues.

Guys around the world are participating in the annual Movember challenge to grow out their mustaches during the month of November as a way to campaign for the cause. In honor of this shaveless season, we asked a few barbers to give us the lowdown on how to groom, grow and successfully maintain your facial hair. —JLY

1 SIMPLY SHAVED

The natural is a popular style usually worn by men who are more on the low-maintenance side. To achieve this look, "start by cleanly shaving the cheeks, chin and neck," says Craig the Barber, owner of The Grooming Concierge. "The ends of your 'stache should not extend more than one half inch past the sides of your mouth. Use a trimmer to cut the hairs just above the top lip."

2 KEEP IT SMOOTH

Brian "Goose" Davis, owner of Legends Barbershop in Los Angeles, recommends "using a small toothbrush to comb hairs down so they lay in a uniform direction as your mustache starts to grow."

3 BEAT BUMPS

Ingrown hairs are a common issue among African-American men. To keep your skin clear, Duncan suggests shaving with a trimmer rather than a razor. "Follow immediately with an antiseptic to keep follicles clean

and skin bump-free," he says.

4 PRACTICE MAKES PERFECT

When it comes to shaving, the technique employed is almost as important as the quality of your tools. "Be sure to go with the grain," instructs Davis. Cutting along the natural growth pattern of the hair will also ensure a smooth, even finish.

5 QUENCH SKIN

Craig the Barber says it's vital that men remember to feed their skin with much-needed hydration once the temperature drops. Whether you opt for a traditional moisturizer or a lightweight oil, nourishing the skin plays an integral part in keeping your new 'stache from looking crusty.

6 EVEN THINGS OUT

"Use the ends of your lips as a guide to ensure that both sides of the mustache have the same length," adds Duncan. "Nothing is more embarrassing than a lopsided mustache."



According to grooming educator Kenny Duncan, "the size and shape of the mustache should be in proportion to the size of your lips." We totally dig how rapper Andre 3000 always keeps an evenly groomed balance.



1. ANDIS CAMO CLIPPER (\$56; ANDIS.COM)
2. GILLETTE FUSION PROGLIDE WITH FLEXBALL TECHNOLOGY (\$8.99-\$12.59; MASS RETAILERS)
3. DERMALOGICA INTENSIVE MOISTURE BALANCE (\$42; DERMALOGICA.COM)
4. PHILIPS NORELCO CARETOUCH (\$5.97; WALMART)

Get Creative

Not sure what looks best on you or if a hairy upper lip is your thing? Don't be afraid to experiment with a few different ideas. Visit Movember.com for more styling suggestions.



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