

# HOW TO: GROW A MOUSTACHE

The moustache is our ribbon for men's health. For 30 days in the month formerly known as 'November', use it to raise funds and stop men dying too young. Sign up on [movember.com](http://movember.com) and grow your Mo for 30 days.

## WANT TO TAKE YOUR MO TO THE NEXT LEVEL?

Got a beard? Sacrifice it to raise funds.

Auction off your face to the highest donor.

Dye it.

Style it.

Groom it.

Mo Sistas, get a little creative.

Recreate an iconic Mo.

## TIPS TO HELP YOU MAKE THE MOST OF THE MO

### GET TALKING

The moustache is a natural conversation starter. Use it to start a conversation about men's health.

### TEAM UP

The more moustaches the merrier. There's strength in numbers.

### GET CREATIVE

Challenges, competitions and unique ways to fundraise are what keeps Movember fresh as the moustache on your face.

## STYLE GUIDE



THE WISP



THE ABRAKADABRA



THE ROCK STAR



THE UNDERCOVER BROTHER



THE BUSINESS MAN



THE TRUCKER



THE REGENT



THE BOX CAR



THE CONNOISSEUR



THE AFTER EIGHT

**SIGN UP TO MOVEMBER**



# FAQS AND CONTACT

## FAQS

Visit our [FAQs](#) for answers to your questions.

## CONTACT US

Got a question? Drop us a line.

**Email** [info@movember.com](mailto:info@movember.com)

**Phone** 1300 GROW MO (1300 4769 66)

### Mail to

Movember Foundation  
PO Box 60  
East Melbourne  
VIC 8002 Australia



[facebook.com/MovemberAustralia](https://facebook.com/MovemberAustralia)



[instagram.com/Movember](https://instagram.com/Movember)



[twitter.com/MovemberAUS](https://twitter.com/MovemberAUS)



[linkedin.com/company/movember](https://linkedin.com/company/movember)

