

No Compromises: 3 Things You Must Incorporate Into Your Beard Growing Regimen

Description

Whether men are planning to grow out their facial hair for the first time and want to make sure they're ready, or they already have impressive beards but want to up the ante when it comes to maintenance, a solid beard-growing regimen is a key to success. There are plenty of products out there that claim to help men grow and maintain more attractive facial hair, but they are not all created equal. Read on to find out about three of the most important things to incorporate into a beard growing regimen for help separating the wheat from the chaff when it comes to specialized beard products.

Beard Styling Balms

For men who already have long beards, a good styling balm isn't a luxury. It's a necessity. Beard balm will help to strengthen, protect, and control unruly facial hair throughout the day, and natural products can also help to hydrate the skin and the hair, making it easier to maintain healthy, handsome beards.

The ingredients found in high-quality, natural beard balms are similar to those found in beard oil, but these two products aren't exactly the same. Beard balms often contain styling agents, as well. This gives them some extra hold. Many men also carry beard balm with them to use it on-the-go for extra styling help.

The addition of styling agents can also help to create a thicker appearance. This makes it perfect for men with thin or patchy beards. Beard balm is usually scented, so choose a product carefully. Men should look for scents that perfectly complement those found in the rest of their beard growing products for best results.

Don't assume that because most beard balms contain many of the same ingredients as beard oils, that means the two are interchangeable. For most men, especially those who live in dry or cold environments, it's actually better to use both. Apply the beard oil first, then use styling balm to add an extra layer of protection and make the hair look thicker. Men who want to upgrade their beard products should find a reputable vendor [for beard balm](#) to ensure that they can find high-quality products.

Beard Oil

While beard balm serves some of the same purposes as beard oil, they serve somewhat different purposes. Beard oil doesn't just help with styling. It also keeps the hair from getting dry and brittle and protects the skin from common problems like beard itch and dandruff. Unlike beard balm, most men use it just once per day to help them maintain healthy facial hair.

High-quality beard oils are designed to mimic the natural oils found on facial skin. Look for natural products that contain [jojoba oil](#), which is the best natural analog for skin oil. It will keep the skin

hydrated, helping to prevent itchiness, and keeping hair follicles healthy so they continue to produce prolifically.

Like beard balms, most beard oils are scented. Men should choose scents that complement their personalities and go well with the other products in their daily regimens. Here are a few good scent combinations to get men started figuring out what will work for them:

- Sandalwood and vanilla
- Bergamot and lavender
- Geranium and patchouli
- Lemon, clove, and pepper
- Sweet tobacco and aged Bourbon

Already have a favorite cologne and don't want to overpower it? Don't worry. Not all beard oils are scented, and there's nothing wrong with buying a natural beard oil that doesn't pack a scented punch.

Beard Brushes

Beard brushes are specialized pieces of grooming equipment designed specifically for men with facial hair. They're definitely not the same as hairbrushes, so men shouldn't just make do with what they or their girlfriends already have on-hand. They should invest in a quality beard brush, comb, or both.

There are a few options available when it comes to taming unruly facial hair. Here are a few to consider:

Massage Brushes

Massage brushes are designed to be used in the shower or during men's daily beard conditioning routines. They're great for helping to alleviate the dreaded beard itch and exfoliating the skin. Men with short hair can use them on their scalps, as well.

Boar Hair and Nylon Bristle Brushes

Traditional beard brushes were made from boar hair, and discerning men are beginning to embrace this tradition once again. Boar hair is stiff and coarse, which allows it to penetrate even thick beards. Some boar hair brushes are hand-held, while others have handles. Either option is fine for men with beards of all lengths.

Beard Combs

Beard combs can be made of metal, plastic, or wood. They're great for dealing with longer facial hair and can also be used to style mustaches. Consider buying a larger beard comb for home use, then complementing it with a pocket-sized variety for use on-the-go. Men with especially long beards consider their beard combs indispensable tools for managing unruly facial hair, but they work just fine on shorter beards, as well.

Don't Forget to Condition

Having a hard time brushing or combing? Consider switching to a different beard conditioner. Beard conditioners are designed specifically for use on facial hair, which means that unlike most products found in the average drug store, theyâ€™re formulated especially with menâ€™s needs in mind. Beard hair [is coarser](#) than ordinary hair, so it needs a different kind of product to keep it looking smooth and prevent tangles.

The Bottom Line

Men who want to grow prolific beards canâ€™t just stop shaving their faces and trust nature to do the rest. They need to nurture their facial hair as it grows and keep it under control once it reaches the desired length, and specialized products designed or formulated specifically with menâ€™s needs in mind make it much easier to accomplish this goal. When buying beard care products, donâ€™t just head to the drug store and buy whatever is available. Find a reputable brand that produces all the products required to keep beards and mustaches looking their best and stick with it for amazing results.

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