

A man with a well-groomed beard and mustache is the central figure. He is wearing a dark, possibly black, jacket with visible buttons and a pocket. He is looking directly at the camera with a serious expression. The background is a rustic, dark wood wall. The lighting is dramatic, highlighting the texture of his beard and the wood.

16 TIPS & TRICKS

To Growing + Maintaining a
MAGNIFICENT BEARD

BY LEVEN ROSE

WHY SHOULD YOU READ THIS EBOOK?

(We'll tell you.)

You have decided to follow the footsteps of scientists, artists, mountain men, and OTHER REAL MEN.

You and your beard will join the ranks of Charles Darwin, Gandalf, James “Grizzly” Adams (a real bear tamer), and Incredibeard (Ramen Beard).

Welcome to magnificence.

Maybe you decided that now was the time to grow a truly magnificent beard. Stay strong. Persevere. You are called to be bearded.

Within the virtual pages of this book, we will explain to you how to grow a beard better, what to do as you're starting out, and give some solutions to common beard problems. As a beauty and beard-care company interested in natural, organic solutions to common beard and skin problems, we have compiled a book to address and guide you in your beard journey.

For many, the first few months of beard growing can be full of pitfalls. Patchy, scraggly, thin or coarse beards often send the owners of these beards to our enemy, the razor. Be patient, don't give in. Utilize the weapons you have - patience, beard oil, beard trimmers, and literacy.

Brought to you by the company who makes the #1 Beard Oil on Amazon, we're committed to beards. If you can't grow 'em, we can't serve 'em. We're committed to your magnificence.

BEARD ON.

1. CREATE BETTER BEARD HABITS.

Once you stop shaving, you may feel lost and uncomfortable. Your face is meant to grow a beard but it may not be easy. It's rough, it's majestic, it's manly. It isn't for the faint-of-heart.

When you decide to accept your birthright as a man, pay attention to sleeping enough, eating healthy foods and drinking enough water. Hair and skin is dramatically affected by sleep deprivation, dehydration and poor diet.

Your beard reflects your inner health, so maintain your manliness from the inside out.

Think of everything you do as a way to invest in a better, bigger beard. Diet, sleep, and exercise significantly change the way your skin feels, looks, and grows hair.

Make your skin happy and your beard will grow better.

When life gives you lemons, grow a beard.

2. RELIEVE THE BEARD ITCH.

When you stop shaving, your beard will change. It may become itchy and irritated. This is merely the beard gods testing your fortitude and ingenuity. (Ok, not really.)

But really, why does my beard feel so itchy?

When you were shaving, you were constantly scraping off the top layer of your skin, removing dead skin cells and irritating your skin. Now that you are growing it out, those dead skin cells are building up on your skin, making it itchy.

Ingrown hairs are another irritating and potentially painful issue associated with new beard growth. Fortunately, because ingrown hairs are often caused by shaving, once you've been growing the beard for a while, those ingrown hairs should be much less frequent.

Boars bristle beard brushes will brush away dead skin cells (sometimes known as "beard-druff") and open up ingrown hair follicles. In addition to removing the dead skin cells, it is important to soothe any irritated skin. We recommend applying Leven Rose beard oil to your face to moisturize your skin.

Beardness is next to manliness.

3. MAKE YOUR SKIN HAPPY.

You don't need to bring your skin roses but your skin does need moisturizer to soften the skin, relieve itch and irritation, and maximize beard growth. Beard oil is an intensive moisturizer that soothes the skin under the beard and softens the beard. Leven Rose Beard Oil is formulated to take care of your beard skin without making it oily (or having you smell like a girl).

When would I use shaving oil over beard oil?

If you're like most men, you'll want to shave areas around your beard to keep your beard looking ship-shape. Shaving irritates the skin, dries it out, and can cause ingrown hairs and itching. Shaving oil is thicker than beard oil and helps the razor glide across your skin to minimize irritation and to smooth out your skin.

Shaving oil is applied before shaving cream or soap to create a smooth shave.

Once the area (typically cheek and neck areas) is shaved and rinsed, follow with beard oil to moisturize and soothe your skin and hair. Because shaving oil is so thick, we don't recommend using it in your beard or as a final skin moisturizer. Instead, a couple drops of beard oil will moisturize your beard and skin without leaving it oily.

We recommend using the men's line of Leven Rose shaving and beard oils that come unscented or with essential oil mixes that promise to make you look awesome.

He who sacrifices his beard for comfort deserves neither.

4. TRIM NEW BEARD GROWTH.

Untrimmed beards look like they belong to someone who was shipwrecked on an island for months. Once rescued from the island, there is no reason to avoid a good ole' trim.

To clean up your beard on your own, you want to know how to use hair trimming scissors, a beard trimmer and a razor. When you start out growing your beard, make sure your beard grows evenly by using the lowest setting on your beard trimmer for two or three weeks before moving to the next “growth level” for your beard.

This will reduce beard patchiness and make your beard grow more evenly.

Once you've moved to the next level with your beard, you may want to fade the edges of the beard to soften the distinction between bearded and unbearded face. To do this, use one or two settings below your current beard level to trim the cheek edges of your face.

As your beard gets longer, use hair trimming scissors instead to find the right length and to shape your beard.

Sometimes a trim makes it look longer.

5. AVOID SPLIT ENDS.

Trimming is necessary to encourage healthy beard growth and to enhance majesty. Split ends and stragglers not only look bad, they are indications that your beard needs moisture, shaping, and trimming.

Trim off the split ends and treat your beard hair with beard oil to mitigate split ends. Beards that go untrimmed will always have more split hairs. Damaged hairs make your beard more dull and makes the beard look shorter and thinner.

When you trim your beard, don't use kitchen scissors but get good sharp ones to make clean cuts to keep those split ends away.

Trim your beard at least once a month - more often the shorter your beard is - and moisturize daily with Leven Rose Beard Oil to keep the first hairs healthy to the end.

6. SHAPE THE BEARD.

To avoid extra hairs where you don't want them, shape your beard when you notice stray hairs outside the "beard zone." Your beard zone should be the area that you've decided creates the best look for you.

Don't want those extra stragglers on your cheeks? Shave them. Decided on a goatee? No need to wait until your entire beard is long, shave the unwanted beard hair immediately to avoid the mess and pain of shaving longer beard hairs.

Some men choose to grow out their full beard before shaping it to give them an idea of what they have to work with. Especially if you have no idea what your beard will look like, grow out your full beard before making significant changes.

Don't forget about your ears - they get overgrown quickly! When your beard gets too bushy near the ears, use either a beard trimmer or scissors to shorten and tidy up that area. Some men trim their sideburns on a lower setting to shape their beard and prevent overgrown ears.

7. KNOW YOUR BEARD PRODUCTS.

As your beard gets longer, you may want to add beard balm to your morning ritual.

Beard balm is the tamer of lion manes - it works to shape and condition your beard. Beard balm is made of a mixture of oils, waxes and butters making it a great moisturizing and shaping product. Brittle hair will be softened and stray hairs will stay in place when you work a small amount of beard balm into your beard.

Shaving oil is thick and used as a primer for shaving. Apply 2-5 drops of shaving oil to skin before applying soap or shaving cream to seal in moisture and create a smooth shave. Shave oil is useful when you shape your beard regularly and have irritated skin whenever you shave.

Beard oil on the other hand is the way you start and continue to keep the skin under your beard healthy, moisturized, and willing to grow the magnificent beard you have. It also works to soften your beard hair. Put 2-4 drops of beard oil on your palm and work it through your majestic beard. Some guys work any extra oil through their hair.

With great beard, comes great responsibility.

8. BRUSH YOUR BEARD.

Brush out the curls and tangles of your growing beard. A boars hair brush is ideal to keep your beard healthy and damage-free. This brush exfoliates your skin, getting rid of beard-druff and smoothing hair follicles.

Brushing not only maximizes growth, but also minimizes ingrown hairs. Once the beard is brushed, use beard balm or oil to shape and finish your bearded look.

When in doubt, beard it out.

9. CONDITION DAILY.

Use beard oil or beard balm on your beard to encourage healthy beard growth, pliability, and attractiveness. Every morning when you shower, you may have an urge to apply shampoo to the beard. Don't. Find a made-for-beard soap for your beard.

Some men (and women) wash their beards every other day to avoid drying out the beard; the coarser the beard, the less often you wash it.

Brushing before washing the beard is a safe way to grow a cleaner and healthier beard. In combination with this, you can get away with brushing your beard after a shower for styling purposes. Just make sure to brush your beard when it is completely dry because brushing can damage a wet beard.

Condition the beard in the shower with coconut oil once or twice a week - if your beard was predestined to be smooth and soft, this will be needed less frequently, and you'll have to be the judge of that. But don't fall into the temptation of overestimating the magnificence of your beard; in time, with the right care, it will be beyond magnificent.

Every day after washing your beard or brushing your teeth, apply beard oil to your beard. If your beard needs some extra shaping, use beard balm after applying the beard oil.

Check out the new scented beard oils by Leven Rose that won't make you smell like you've spent a lot of time around your grandma.

10. FIND AN AWESOME BARBER.

Some guys love a good barbershop cleanup too. Just because you aren't shaving your face doesn't mean you don't need a barber!

Barbers are awesome at helping you with decisions about your beard, especially if you need some real-time advice about what style of beard matches your face shape, beard growth pattern, and beard thickness.

If you want to avoid mistakes, a barber can make your beard awesome in no time.

11. SOLVE THE SCRATCHY BEARD.

Coarse and scratchy beards are a woe to men and women everywhere. But don't lose the beard!

Take care of your beard so it doesn't feel like the second-cousin of sandpaper. Tom M., a user of Leven Rose beard oil explains how he cares for his coarse beard:

“1. Only wash your beard with soap once a week (make sure it's a soap made for beards). Once or twice a week use coconut oil to condition it in the shower.

2. Towel dry until damp, apply ~3-5 drops [of Leven Rose Beard Oil] depending on coarseness. ****BUY A NATURAL BOAR'S HAIR BRUSH.**** I cannot emphasize enough how much of a difference that brush has made for me as someone with a really coarse beard. Brush your beard out, it will help spread out the oils evenly and straighten your hair a bit.

3. Anecdotal, but I notice if I'm not drinking enough water my beard gets worse, so I've been doing my best to stay hydrated and feel that it makes a difference.”

12. OH, THE PATCHY BEARD PROBLEMS.

Patchy beards are a problem often solved by giving your beard time and attention. If you are struggling with patchiness and want to grow a full beard, continue to trim your beard on a low setting until the patches fill in. Then let it grow using beard trimmers two to four times a month to maintain a trim beard.

Some patchiness just won't go away. If that happens, try various styles of beards that emphasize the facial hair you have. If you can grow a mustache and beard on your chin but your cheeks are patchy, try a Van Dyke or Handlebar and Goatee. If you can't grow anything on your chin, a Winnfield or Franz Josef may be your beard of choice.

13. SCRAP THE SCRAGGLE.

The scraggly beard is a result of letting a beard grow out without regulation. Tell your beard who is boss by annihilating stragglers, evenly trimming the beard, and shaping the neckline.

Apply Leven Rose beard oil to moisturize the skin and use Leven Rose Beard Balm to tame your beard.

14. TAKE CHARGE OF THE THIN BEARD.

Thin beards are often thin because they are grown out to the maximum beard length or because they're still developing into a full-grown beard. Unfortunately, thin beards can also be genetic.

Take heart! There is still hope for you!

If you've grown your beard out to your maximum beard length and your beard looks thin, trim it. Not all hairs will grow out to the maximum length which means your beard is fuller closer to your face. Take off the length and your beard will appear thicker and better cared-for.

If your beard is still growing into a man-beard, give yourself time to develop your beard. While you wait, use a lower trim setting to make your boy-beard look intentional and well cared for.

If your beard is genetically thin, instead of the majestic foot-long beard, a rugged short beard will better fit your needs. Try various beard styles and lengths to determine your best look. Use Leven Rose beard oil to maintain a soft and touchable beard.

15. DITCH THE DRYNESS.

Dry and itchy beards need some special attention. They should be brushed with a boars bristle brush, especially before washing.

Washing a beard with shampoo is not a good idea - your beard is not the same as head hair and your face is different from your scalp. Use a made-for-beard soap to clean and moisturize your beard and face.

Try washing your beard only once a week to avoid stripping your beard of moisture. Condition the beard with coconut oil after shampooing if you really need extra love. After toweling off your beard, apply beard oil to moisturize the beard and soothe itchy skin and wild hairs.

Get rid of dead skin cells and open hair follicles by brushing your beard daily. Moisturizing with Leven Rose Beard Oil daily will also decrease dryness and improve the feel and texture of your beard.

16. FIND A GOOD STYLE.

No one - I repeat, no one - should ever dislike their beard. But you do need to work with what you have.

Look at various beard styles, beard thicknesses, and face types to decide what works best for you and what you like.

If your beard is thin, trimming your beard shorter will make it seem less scraggly. A thick beard may call for more shaping on the sides to avoid looking like an untame, reckless bush.

If the chin is thin, consider growing a full beard, short beard, or a goatee (as a last resort).

This will balance out the face and give a square, solid look to your jaw.

Alternatively, if the jaw is more solid, consider accentuating it with a well-defined full beard or softening the look with a less-defined full beard.

HAVE QUESTIONS?

Visit our Q&A on Amazon, the FAQ on LevenRose.com, how to use beard oil on LevenRose.com, or drop us a note at info@LevenRose.com.

Want to share your awesome beard with the world?

We know you want to show off the awesomeness of your beard.

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Send a photo of you and your beard to get your awesomeness featured!

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ABOUT LEVEN ROSE

Leven Rose is a premium beauty product company, producing the best pure and natural beauty products to keep you looking your best naturally. We're committed to bringing you the best organic and 100% pure, natural products by using only ingredients from suppliers that meet our stringent quality assurance standards.

Every product is upheld to countless quality tests and assessments throughout the manufacturing process to verify its purity and full potency. We do not test our products on any animals (other than ourselves)!

We believe that our bodies weren't meant to deal with chemicals and synthetics on a daily basis. We have a 100% satisfaction guarantee. Our customer service is here to make sure you have the best experience possible with the best products we can find.

Based in Colorado Springs, Colorado, we are a lifestyle brand that meets your everyday natural skin and hair care needs without the worry of over-processed fillers, additives, and other equally terrible stuff.

SHOP AT [LEVENROSE.COM](https://www.levenrose.com).

**BE A MAN.
LOVE YOUR BEARD.**

- LEVEN ROSE -