

THE ESSENTIAL GUIDE TO BEARDS



THE
BEARD

AND
THE
WONDERFUL



**TRADITIONAL RECIPES
HANDMADE GROOMING PRODUCTS**





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Published 2015

www.thebeardandthewonderful.com

1 Roman Close, Heybridge, Maldon, Essex, CM94PW, United Kingdom



THE ESSENTIAL GUIDE TO BEARDS

Welcome to **The Beard and The Wonderful's - 'Essential Guide to Beards'**. Hopefully you have already grown a beard, have decided you want to grow a beard, or are still in the just thinking of growing one stage.

If for some strange and unfathomable reason you are not convinced that facial hair is for you, then please pull up a chair and pin back your ears, because we need a man-to-man chat.

In this world of political correctness, women's rights and removal of gender roles, there is still one last bastion of hope for men to become a real man, a warrior, a commander-in-chief, a beardsman of the highest order, a legend.

And that last bastion of hope my friend, is for you to grow a beard, entice a moustache, and cultivate a facial forest of manliness.

Growing a bushy thick beard and/or mustache is seen by many cultures as a rite of passage for men and a symbol of power. But not everyone has the beard gene and growth rate of beards will depend on both genetics and testosterone levels, as well as requiring perseverance and patience.

This means that some men can only produce wispy bum fluff, whilst others can produce a forest of beardness by just raising one eyebrow. But you owe it to yourself to beard up.

This fine book will guide you through the life-affirming changes that growing a beard will bring. We will help you on your journey, answering those difficult questions, helping you on this wonderful journey.

So without further ado, let us head to better place. All the answers you have been seeking are right before you. Let us help to make you complete.....



WHY GROW A BEARD?

Why should you grow a killer beard? There are so many reasons you need to grow a beard, and they include:-

- **The ultimate symbol of masculinity**
- **Can make you look older and more distinguished**
- **Makes you look more powerful**
- **Good for hiding an odd shaped or weak chin**
- **You will look more attractive to many people**
- **Adds character to the face**
- **No chance of being mistaken for a girl**
- **Protection from cold weather and biting winds**
- **Protection from being punched or blows to the face.**
- **Can act as a filter, to filter germs from entering the nose and throat.**
- **Look cool, hip and trendy**
- **Can attract the opposite sex, and even (if you're that way inclined) the same sex!**

OK the decision is now made, and you WILL be growing a beard. Once you have decided to grow a beard, you can just let it grow freely and wild or you may want to decide what style of beard may best suit your face. From a goatee to a full beard, what kind of facial fuzz is for you?

The best course of action is to simply start growing a beard first, and then make your style decisions once it gets established and you can see what suits your particular face shape.



Tip: A good tip is to set a date in your diary, maybe six weeks from when you start to grow your beard and wait until that date to decide if you are going to join the beard brotherhood or reach for the razor!

One thing that you need to be mindful of is that the hair on your face is different to the hair on your head. When you first grow a beard you will notice that the hairs do not grow over your entire beard area. There will be small areas where hair will not grow. The solution is to either choose a beard style that suits your growth or to let the beard grow long enough to cover any patches.

So now you have seen the light and committed yourself to embarking on a beard quest, let's get cultivating.

The Best Time to Start Growing a Beard

It is sometimes the toughest decision, when to start growing your new beard. You may not want to start looking scruffy and have that initial unshaven look at work, you could face objections from people you know, friends and family may think you're weird for wanting a beard.

Because of this you may want to grow a beard whilst on a break or holiday. Having an extended break from work/relatives could also be a good time to let it run wild. You can plan it over a long weekend or a trip abroad. Once it is starting to get established you can face everyone with your facial hair in a good state of development.



WHAT MAKES A BEARD GROW?

This may seem like a stupid question, but seriously what is a beard and what makes it grow?

Well just like all human hair on the body, a beard is composed of a protein called keratin.

How Long Does it Take to Grow a Beard?

A beard will generally take between 2-6 months to grow. This of course is dependent on the person, the genes, and the genetics.

The Cycles of Beard Growth

The growth of a beard is subject to a bit of a journey whilst growing, a series of stages that lead to the holy grail of the long beard. There are three different stages of growth – anagen, catagen, and telogen.

Anagen

This is the stage we are most concerned with as it is where your beard will grow the most and is the stage of active growth. The length of this stage (whilst dependent on your genes and genetics) will take around two months or so. This same stage for head hair lasts a mammoth two to six years!

Catagen

This is the phase between anagen and telogen, and is a period where your hair stops growing. This period usually lasts around 2-3 weeks.

Telogen

This phase is where no new hair growth occurs and the hair stays the same length. During this stage the cells prepare to start back at the beginning in the anagen stage again. This period can last from 3-9 months before it all starts again from the beginning.

How Long (what length) will a Beard Grow?

The average beard, if left untouched, will grow three feet long. The total length will again depend on your genes. It may grow less or even longer.



The Difference between Head Hair and Facial Hair

If you are a smart cookie then you may have noticed that head hair looks and feels a bit different from the hair on your face. This is because different parts of the body produce different kinds of hair.

After puberty a male body grows head hair and androgenic hair, which is your bristly body hair. Although Beard hair is of the androgenic type just like the rest of your body, it also continues to grow just like head hair.



HOW TO GROW A BEARD

Although simply growing a beard is easy, but growing it correctly and maintaining it requires a little more thought and care. So if you are trying to grow your beard out, or already have it where you want but are looking for ways to keep it looking sharp then relax! Here I will show you tips on growing out and maintaining your chin blanket.

Starting the Beard Growing Process

Although this is a simple enough step, you just have to throw out the razor, stop shaving, and wait.

But in reality it is not so easy. After a day or 2 you will start to look scruffy, people will think you have had a heavy night or no sleep and will question your sanity.

Then you will be faced with the inevitable comments such as, "Why do you want to do that", and "I hate beards" etc. Growing a show stopping beard will require grit, determination, and commitment, along with some patience on your part.

But follow our tips below and you will be the proud owner of a baby beard that will be the envy of your friends and make people take you more serious, find you more attractive, and increase your charisma levels to untold heights.



ESSENTIAL TIPS FOR GROWING A BEARD

Be Patient

Although this may seem obvious it is the only way you will get to where you want to be. After ditching the razor you need to wait some time for results, as the saying goes, “Cometh the beard so cometh the man”.

During the first few weeks you may feel scruffy, get itchy and even maybe a few funny looks. You may also want to trim your beard after it starts looking wild, patchy, and out of control.

But try to resist the urge to do any trimming or grooming at this stage. On average a beard will grow around $\frac{1}{2}$ an inch per month and will grow quickest if it is left well alone.

After around 3-4 weeks have passed, you can see how your beard will take shape and think about trimming and shaping to your desired style. To see the full potential of your new beard (if you are growing a full beard), you may need to wait around three months to see it in its full glory.

Have a Shave

Get your skin in perfect condition for the journey ahead by having a shave. Make sure your skin becomes primed for beard growth, so give your face a good wash with a cleansing face wash product.

This will remove dirt, oil, and dead. After drying use a good Pre-Shave Oil to nourish and soften the stubble. Apply shaving balm/foam and shave as normal.

After shaving use a good moisturizer and get rid of any existing skin issues or irritation which will be bothersome whilst you grow out that man hair.

Your beard may be itchy for the first two weeks or even up to the first month and a half of growth.

Beat the Itch

A big problem for many beard growers is overcoming the dreaded itch. An itchy beard can cause some discomfort and will need to be endured until it subsides.



This new and unknown growth may cause the skin on your face react to the new irritation with a natural itchiness. But persevere through the itch barrier as it will not last too long. Your facial skin is just getting used to the new hair growth during the early stages. You can help reduce itching by using Beard Oil and Moisturiser to keep it moist and the skin underneath clean.

Commit to the Process

As you know there will be several obstacles that you must overcome to get the facial fuzz of your dreams. But do not give up, stay committed to the cause.

Your skin may get dry and itchy, friends and colleagues may mock you, it may not be growing fast enough etc. But do not shave. You need to commit at least 4 weeks to see how your beard will look and feel.

After making it through these initial stages, all your facial hair related problems will cease, and your friends and family will forget you were once a wimpy clean shaven lad. You will now be seen as a bearded behemoth of a manly man.

Use Beard Oil and Moisturize that Fuzz

It's important to add items to stimulate the growth of your beard and take care of facial hair. [Beard oil](#) contains essential oils, vitamins and minerals which feed and moisturize the beard helping the growing process.

A good example of a superior beard oil which does this is the [Beard and Wonderful conditioning beard oil](#). With all natural ingredients like Jojoba and Hemp oil, this moisturizes and impregnates the hair follicles making the perfect environment and conditions for good, strong speedy hair growth. During growth you should avoid using regular shampoos and soaps that are full of chemicals.

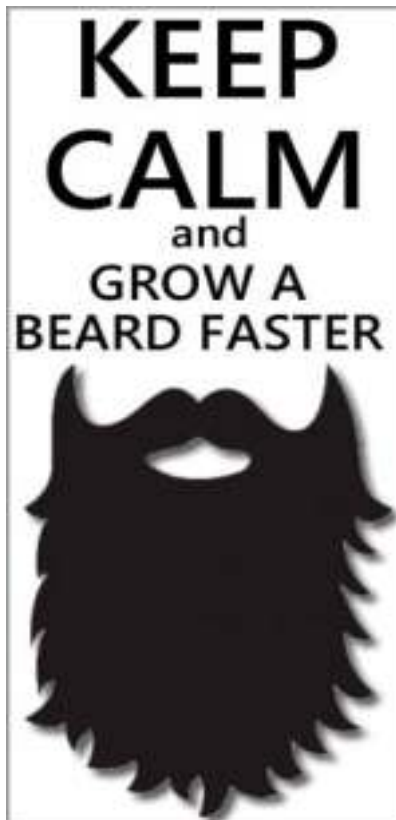
A beard oil massaged into your facial hair daily will nourish the facial hair roots and help to grow your beard faster.



HOW TO GROW A BEARD FASTER

While it is down to nature and genetics determining just how fast and thick your beard will become, and you cannot speed up the growing process, if your body is not in a good state then growing hair may be inhibited.

So although you cannot speed up growth, there are some things you can do that may help speed-up the growing process, and grow thicker and



healthier hair by improving the conditions for growth.

Some of the tips are obvious and some are not-so. But follow these recommendations and you will soon see those follicles fermenting faster.

Take Care of Your Body

The reason why it is so important to take care of the body is because your facial hair condition is in direct relation to the health of the body. So lets start taking care.

Eat Protein, Vitamins and Minerals

Start by eating more foods that are rich in proteins like beans, eggs, and fish. Eat more fruit & vegetables as they will help to provide some of the vitamins and minerals your hair requires to grow more rapidly. If you just eat junk food and sugar etc. then the lack of appropriate nutrients in the body will result in a slowing down of hair growth.

De-Stress

Stress is a killer when it comes to hair growth, leading to hair loss in many men. Reduce the stress in your life by exercising more and getting a full night's sleep each night.



Exercise

Exercising will improve the circulation of the blood in the body, which will help to promote facial hair growth.

Exfoliate

Use an exfoliant or scrub once a week to remove the dead cells on the face. This will help stimulate the growth of new hair. Try to make it a point each day to keep the face as clean as possible, rinsing with warm water and mild soap at least each morning and evening. The clean facial skin encourages tiny hairs to grow.

Additional Minerals and Vitamins

Eating a good and healthy diet can also be supplemented with a multi-vitamin and mineral supplement which can help your beard grow faster. A good supplement is to take 30-100 micrograms (mcg) per day of biotin (vitamin B7) which can help grow both nails and facial hair. Look into increasing your daily intake of vitamin B6, beta-carotene, vitamin C, flax seed oil, vitamin E, and nettle. In your effort to grow your beard more quickly, don't overdo it with these supplements. Before embarking on supplement use it is a good idea to speak with your doctor first.

Massage your Face

Giving your face a good rub down will help, a facial massage will improve blood circulation to the beard and mustache area which in turn will stimulate new hair growth. Make sure you have a [top quality beard oil](#) and then you can massage the face as you apply it (perfect).

Keep Hydrated

Although it seems pretty obvious, many people do not keep hydrated properly. Ditch the sugary drinks and juices and drink plenty of water every day.

Conclusion

Follow the above tips or at least some of them and within a week or so you should start to notice a difference. And because these steps will improve your whole body, it will not just be your beard that thanks you for it.



TRIMMING AND MAINTAINING YOUR BEARD

Regular Maintenance is the Key

A great beard only looks great if it is regularly maintained and trimmed. It may be tempting to grow facial hair because it means you don't have to waste time shaving, but even without shaving you do need to spend time every day maintaining your beard and mustache.

You can head down your barber or hairdresser for a trim and tidy up, but if you do not want to then you can easily do it yourself.

Equipment Needed

You will need the following equipment to ensure beard trimness, smartness, and coolness:-

- 1. A pair of small scissors.**
- 2. A brush or beard comb.**
- 2. Good quality beard trimmer or clippers**
- 3. Also some beard care products, beard oil, balm and mustache wax.**

Depending on your choice of beard style, you may need a daily trim of your facial hair or you may just need to check it over twice per week. Make sure you do it regularly though as it ensures you always have a great looking beard and mustache. Now carry out the following steps:-

- 1. Give your beard a good comb or brush:** Brush it thoroughly in the same direction. Do not forget to comb everywhere, under your chin and sideburns as well.
- 2. If you have a style that has part of your face clean shaven then use a razor to shave off the unwanted stubble and use scissors to remove any loose, straggly, or out of control hairs.**
- 3. For a nice uniform length make use of a pair of clippers to get that even cut. Make sure to set the clipper guard length longer than you need, you can easily cut a little shorter but you can never put the hair back without a long wait.**



3. Take time to trim the tache so that you don't have hairs that grow below the top of the lip, otherwise it will start to fill with food and carry around stains from beverages. First comb all hairs to the side first, then use the clippers. Comb downwards and trim any that hang below the lip.
4. Graduate the trim length as your beard heads down the neck and upwards onto the cheeks. As you move away from the beard pick a lower clipper setting so that the hair fades away nicely.
5. Once you have a good trim, look for areas that might need to be trimmed more. The goal is to make your face look symmetrical. You can just use scissors to clip here and there freehand for this.
6. Once finished give your beard a wash with water then pat dry and add some beard oil to both moisturize and keep your facial hair healthy.

Dealing with the Neckline

Many people wonder how far the beard should grow down the neck, and for a good reason. There are many disastrous looking beards which have been ruined by a badly cut neck line.

If you choose not to cut the neckline you risk ending up with a scruffy and unkempt looking beard, so master the art.

Many experts say that you should shave from where the chin meets the neck. The vertical neck area should be shaved clean leaving the underside of the chin covered.

Another way is to imagine either a line that gently curves from the back of your ear, around the chin and back up to the back of the opposite ear. Or a line that extends down from the back of the sideburn around to the other.

The main point is to create a smooth, pleasing shape and avoid the mistake of defining the neck line too high.

Dealing with the Cheek line

The cheek line is the top area of your beard which grows into the upper cheeks area. You can just let this grow naturally and you should only really trim/shave it if it is heading too high.



BEARD CARE PRODUCTS: WHAT THEY ARE AND WHY YOU NEED THEM

For Beardsmen there are some dedicated products available that will help to grow, maintain and keep your pride and joy in the best possible shape and condition. A beard is unlike the head on your hair so needs can benefit from dedicated beard care products. Here are the ones we recommend.

Beard Oil

This is the one essential piece of kit for keeping your beard and mustache in tip-top condition. Although it is not used to style your hair, beard oil is a special blend made from a number of carrier oils such as Jojoba, Argan, Hemp etc., along with essential oils such as Cedar wood. A [good beard oil](#) will moisturize your skin and beard, nourish the hair follicles, and keep the beard area healthy, primed, and conditioned for growth and strength.

Beard Balm

Balms will condition to an extent but they are mainly used to style your facial fuzz. [Beard balms](#) are generally made using beeswax, butters or lanolin. As well as styling balms also help to hold the the beard as the butter based balms are heavier than oil so help keep loose hairs tamed.

Mustache Wax

[Mustache wax](#) is purely used to hold and style your mustache and/or beard, and they are generally used alongside oils and balms. Waxes do not have conditioning oils but are great to hold position and create styles such as a handlebar mustache.

Beard Brush/Comb

You can use just any old brush or comb on your beard. [Dedicated beard combs](#) will generally have wider bristles/teeth so they do not pull on the facial hair.

Although many people don't think they need to comb their beard, it has a number of benefits. A comb can remove knots and tangles from your beard (especially important for longer beards). Combing your facial will make sure individual hairs are separated and will make trimming easier.



Beard Shampoo/Wash/Soap/Conditioner

These dedicated Beard care soaps & shampoos are generally the same as those you would use on your head, but beard follicles are different to head follicles and don't need washing so often. In fact washing your beard daily can actually be harmful.

Beard Supplements (vitamins/minerals)

There are a number of beard enhancing and growing pills and potions available to buy in a number of names and usually high prices, but are they actually needed or indeed any good?

As all these products will contain a number of vitamins or mineral combinations then it will be easier (and cheaper) to just buy those same vitamins and minerals. We suggest taking a good multi vitamin along with a B complex (Biotin) daily which is good for your body as well as hair growth.



BEARDS THROUGH HISTORY

Introduction

Throughout history, attitudes towards beards has been varied, and the styles that developed in each culture all have reasons for existing. From the long beards made colourful from hair dye to show that you were rich in ancient Egypt, to the clean shaven soldiers returning home from World War 1 after they needed shaven faces to survive gas attacks; the history of beards is definitely a story worth telling, and a story worth hearing.

The Early Beards

Scientists speculate that back when man was newly evolved and living in caves, completely animalistic and uncivilised, there were three reasons to grow a beard:

- *Warmth*: hair is a good source of protecting your skin from the harsh environments that we had to deal with before civilisation, houses, long-johns etc. which is why our body grows it over most of our skin, however beards grew noticeably larger and quicker due to how sensitive our skin is around the mouth when compared to other parts of the body.
- *Intimidation*: It is commonly held throughout history that with a beard comes power (as it makes our jaw line look much thicker and stronger), so it is clear that back when we were most primitive we would grow beards as a form of intimidating other males for their territory or to protect our family.
- *Protection*: Among protecting our families and territory through intimidation, with more hair comes more cushioning for our face from



oncoming punches and blows. They would have grown thicker beards so that their face had better protection while they were fighting.

However, even though there were these three reasons for growing a beard, there is evidence of shaving beards dating back to as early as 100,000 B.C., and the earliest razors dating back to 30,000 B.C. where they would use sea shells to rip the hair from their faces.

Ancient Egypt

In Ancient Egypt the population would always follow the trends that the ruling classes set, so when the rich men of Egypt began to grow beards, the rest of the population would quickly follow, and not having a beard would be frowned upon. We know that beards were popular in the earlier periods of Ancient Egypt due to men in the statues and wall paintings showing off long, well-groomed chin hair. Beards were specifically found on depictions of old rulers of Egypt and on the mummy masks that have been recovered from the ancient civilisation.

However, beards did not last forever in Egypt as soon the upper classes began to favour shaving instead of growing one out, and so it became fashionable to shave ones face instead of bear any hair on it. As shaving one's beard became more fashionable, so did the growing distaste towards those that were too slow to get with the trend, and you were considered to be of poor status if you did not shave. You were only forgiven of growing a beard if you had recently lost a family member or close friend, and were mourning their death.

Although it was seen as a poor attribute to have a beard, they were still revered by the culture itself as the gods are depicted with beards even after they went out of fashion. Because of this, the pharaoh would strap one to his face on special occasions to show that he was indeed a god among man; as they were believed to be. This was seen as such a popular and necessary presentation of Egypt's rulers that even depictions of Queen Hatshepsut and Cleopatra show them wearing false beards.

Ancient Macedonia and Greece

In Ancient Macedonia, among the soldiers specifically, beards were



discouraged as the generals, Alexander the Great to be more specific, did not want them to have an effect on the battles that the soldiers would take part in. For example, a soldier with a long beard could have that beard grabbed by the enemy and used to pull him around, gaining an advantage over him. They could also get in the way of the equipment and be a general nuisance when on long marches or in battle. (just as a side-note, it is also speculated by some that Alexander the Great could not himself grow a long beard, so he outlawed it to hide this unfortunate loss of masculinity).

Macedonia is one of the only civilisations within the Mesopotamian civilisations that did not favour the beard. In the other civilisations of this period beards would be incredibly popular; they would be grown out to huge lengths, oiled, styled in many interesting ways etc. and it was only Macedonia that did not follow this trend (maybe due to Alexander the Great being unable to grow one, or maybe due to something else).

Moving on to Ancient Greece, the beards were very popular there. Grown out, groomed, considered a sign of power and wealth etc. even the infamous Greek Spartans put so much importance on their beards that if one among them was to commit cowardice, they would have a section of their beard shaved off as punishment. However, like the ancient Egyptians, as the civilisation progressed so did the popularity of shaving, and soon beards were an uncommon thing to see among the general population.

Ancient Rome

The Romans saw this same progression from beards to shaving, only it happened earlier than it did in Greece. When it became popular in Rome to shave ones face, beards were still common in Greece. So whether or not someone had a beard became an accurate way of assuming their nationality; if a Roman saw a man with a shaven face, he would assume he was looking at a fellow Roman, and if he saw a bearded face then he would assume he was looking at a Greek.

However, you would still see beards in Rome, common among the upper classes and philosophers especially; beards were a sign that you were



experienced and wise. Because of this, some aspiring youngsters would smother their faces with oil in an attempt to grow a beard, as the individuals with them were so respected.

Of all of the Emperors of Rome only one ever grew a beard, and it was well after shaving had already come into fashion (he needed the beard to hide facial scars). After this, beards started to grow in popularity again as everybody was desperate to be more like their ruler.

Ancient India

Beards in Ancient India were very precious. It was unrestricted, allowed to grow as long as it could grow, and like the Spartans of Greece, if one was to commit a crime such as adultery, it would be a suitably punishing act to shave off the offending parties beard. The beard was so sacred to a man in India that if they were to find themselves in crippling debt, they would have to shave off their beard and give it to those they were indebted to as security for if they do not pay. It was not uncommon for a man with a long beard to style it to show off the symbol of wisdom that it was thought to be.

Ancient China

According to Chinese philosopher Confucius, no alterations should be made to the human body as it is a gift from one's parents to oneself. This led to the Chinese people refraining from any altercations to their bodies (besides tattoos), including not cutting their fingernails or toenails, and not shaving their moustache or beard (it is important to note that there were no laws prohibiting shaving, it was just not encouraged). However, not everybody was able to follow this philosophy and its teachings, as some had jobs that would make it harder to comply with; soldiers and farmers for example did shave to avoid the hair from getting in the way of their work.

(Side note: most Chinese beards depicted from those times were long and thin, with the moustaches resembling the whiskers of a cat)

The Middle Ages (5th Century – 15th Century)

With the fall of the Roman Empire came the rise of Germanic tribes and



Christianity; both holding very different views of beards.

The Germanic tribes considered beards to be an important part of their identity, and not unlike the Spartans in Greece, the beard was related to power, honour, strength etc. and if you wanted to shave it then you would have to prove yourself worthy of the change by shedding blood in combat for your tribe; until you killed a man, you would have to keep growing your beard. But this did not mean that long beards were frowned upon, it merely showed that you were capable of shaving if you were capable of killing.

To give a rough idea of just how important beards were to the Germanic tribes, their leader in the 8th Century 'Odo the Great' would (just as we 'swear' to God) 'swear' to his beard to put emphasis on the truth of his words.

(Side note: Not all tribes put this importance on beards however; The Celts of the middle ages were different from the Germanic tribes as they would have incredibly long hair and moustaches, but no beard at all)

As the Middle Ages progressed from the tribes into the different countries of France, England, Normandy etc. beards remained a very common feature of the men.

Again, the knights would treasure their beards as they would derive worth from them, and to grab a man's beard would be a great insult and led to many duels to the death.

All Kings of the middle ages would sport large beards; William the Conqueror, King Richard the Lionheart, King Richard the Second etc. all have paintings depicting their thick beards.

Christianity however, took a different view on beards, and although it wasn't frowned upon to grow one, the more important members of the clergy would be clean shaven as it was seen to them to be a sign of celibacy and purity if you had no beard.



So in the Middle Ages, unlike many previous civilisations that came before, it was not the case that beards started off common and progressed to be frowned upon, it was instead the case that throughout the era, unless you were a holy priest of Christianity, you had a large beard to take pride in.

The Renaissance (14th Century – 17th Century)

The Renaissance was a time of sorrow for all those who were poor and wished to sport a chin covered in thick hair, as when King Henry VIII came into power he introduced a tax against them. Growing a beard, or even going as far as wearing a fake one, was a taxable offense in England during the Renaissance if you were not of a suitable social class. In other words, if you were poor it was a crime to grow a beard, and if you were rich it was the latest fashion, due to the King growing one himself.

Even though the poor couldn't grow beards, the rich were having plenty of fun with them. Louis XIII would amuse himself by shaving his subjects, and naming the result the 'royal'. One of the more amusing facts about this time is that the beards became linked to masculinity again, but not for the reasons that the tribes of Europe gave. It was believed by the upper classes during the renaissance that the beard is hair leftover from the groin. With this belief came the reintroduction of no beards.

Shaving was reintroduced so brutally in the 17th Century that when Russia fell behind with the times and had beards when the rest of Europe did not, Peter the Great ordered the cutting off of all beards and introduced a beard tax (so desperate to rid Russia of beards, he personally shaved the beards of many Russian noblemen). Queen Elizabeth of England also hated beards, and so continued the beard tax that Henry VIII put in place. Europe remained beard-free during the 18th Century after the Renaissance.

The 19th Century

The 1800's (19th Century) saw the rise of beards once again. In America, beards were made popular by the iconic chin hair of Abraham Lincoln, 16th President of the United States, who was the first US President to sport a beard and sparked continuous beards and moustaches among all the following



Presidents (apart from two) until William Howard Taft, the 26th US President.

Beards were not just reintroduced in America however, as Europe, especially in the 1850s, saw many leaders and cultural icons grow thick beards. This included Karl Marx, Napoleon III, and Charles Dickens. This brought back the idea that the Greeks had about beards; that they were a sign of experience and wisdom.

The 20th Century

The 20th Century saw us through two of the most brutal wars ever witnessed by humanity. Bloodshed, death, disease, starvation, and the decline of the beard once again. Although beards were on the general decline before World War 1, when it hit Europe every soldier had to shave any facial hair they may have been sporting due to the gas masks that they needed in the trenches (the masks could not be worn properly and safely by somebody with a beard easily the size of their face after all). So, with the end of the war also came the end of the beard for a few decades, as when the soldiers went home clean shaven, they stayed clean shaven. By the time of World War 2, the only facial hair one would see would be the pencil moustache (which came out of fashion monstrously fast after World War 2 for some reason...).

However, the 20th Century wasn't even half over with the end of the last World War, there was still plenty of beard history to be made. Beards were not fully brought back into society until 'counterculture' of the 1960's and 70's. Hippie culture in America brought the beard back, with the sensational band 'The Beatles' sporting some of the best beards seen since Charles Darwin in the previous century. However, because of this culture it wasn't just the hippies keeping their chins fluffy, the business men would follow suit as well; beards were practically all you could see in America during the 60s and 70s.

Beards in The Church of Jesus Christ of Latter-day Saints (LDS Church)

Mormonism (LDS Church) developed fairly recently in the US, and therefore their beliefs towards maintaining a beard are very similar to the rest of America at the time. It is generally encouraged for Mormons to be clean-shaven, but not because of the doctrine of the religion or texts at all, merely because the encouragement in society at the time was to be clean-shaven,



with few beards being seen.

However, Joseph Smith, founder of the LDS Church, did have quite the beard in his time and so this encouraged many of his follows to follow suit. After leadership was passed down to someone else however, being clean-shaven was the more popular choice, and in higher education institutions funded by the church there was a prohibition against beards enforced on the students. Exceptions to this prohibition included serious skin conditions that need to be covered by the beard, and for being authentic during approved theatrical performances. Until 2015, no exception was given for any other reason to any of the students (regardless of if they were a member of the church or not).

The 21st Century

We aren't even 1/5 of the way through this Century, so the beard has yet to leave a significant mark on history just yet to all those researching them in the 22nd Century. However, we can see that beards are coming into fashion once again (especially after 2010 and during this decade), and it is becoming increasingly common to see them. Hopefully the 21st Century is known as one that encouraged beards, and fingers crossed there are no more beard taxes in the years to come.



BEARD FAQ S

Growing a beard can be a mystical yet sometimes mystifying experience. Here we answer some of those all important beard questions:-

Q. How long will my beard take to grow?

A. Beard hair will take around a month to become what you will be able to actually call a beard without being laughed at, but remember all hair grows around ½ inch per month. Genetics also determine how thick and long your hair will grow.

Q. How often should I groom my beard?

A. Depending on how particular you are and which style you pick, a beard should be groomed every other day or weekly if you are just growing it out. Although some beards will be thicker and bushier thereby needing more attention, whatever your style you will need to maintain it regularly. So look to get those trimmers, razor and scissors out at least once every week.

Q. How long until my beard becomes scruffy and unprofessional?

A. A well groomed beard of whatever length can look professional depending on where you work of course. Your beard will only become untidy if you let it grow wild, so don't.

Q. Where should my shave line be around my cheeks and neck?

A. Unless you are growing out a wild beard then you should shave down the neck from where the chin meets the neck then follow the curved line around to your ears. For the cheeks, shave off any facial hair that grows outside the line going from your upper sideburns down to the mustache.

Q. How should I comb my beard?

A. Hair on your beard can grow in different directions so you may need to train it by your beard to start falling in a certain direction. This will also help define the shape of your beard.

Q. What shave products are best to use?



A. There are many great shaving products on the market so you can choose from what's out there. Of course The Beard and The Wonderful oil, wax and balms are amazing traditionally made products, and available at an unbeatable low price :)

Q. How often should I wash my beard?

A. Use a similar mindset to washing your hair. If you wash it too much your facial hair will get too dry, so you do not want to wash your beard every day, but rather around twice per week. That being said everyone has different hair so you need to judge on an individual basis. Also moisturize your bush by adding a beard oil to keep it looking cool and hydrated.

Q. How do I stop my beard from itching?

The dreaded itch prevents a lot of people from growing a beard as they tend to shave it off as soon as it gets too uncomfortable. The itching is caused by the hairs agitating the skin. Some of your hairs will grow at different angles, so regular combing of your beard in the direction of the growth will help. You should also soften the hairs using a beard oil or balm. And remember the itch is only temporary and will go after a while.

Q. I have bald spots on my beard and patchiness, will it fill out?

A. Bald and thin areas of hair can be down to genetics, but your hair will grow more as you get older you will see hair growing in places that were once clean. If you have a short style then grow it longer so your hair will cover any patches.

Q. Do beard supplements work?

A. There are a number of beard supplements out there from vitamin pills to Biotin, and dedicated shampoo/conditioners as well. Although a healthy body and vitamins are important, standard branded vitamins will work just as well, if not better than those made specifically for beards. And they are usually easier and cheaper to buy. We suggest taking a good multi vitamin along with a B complex (Biotin) daily which is good for your body as well as hair growth.



BEARD TRIVIA

To many people a beard is just a bunch of hair growing on a man (or women's in some cases) chin, but the reality is that facial hair is much more interesting than that. Here we present a collection of interesting beard facts, trivia, and figures to whet your enquiring minds.

- The ability to grow beards comes from the chemical dihydrotestosterone. The level of this in the body varies by season, it has been established from this that the prime moment for attempts to grow a beard is in the summer.
- Ancient civilisations had the modern-held view that a well-groomed long beard can be a sign of wisdom, although they added to this with the idea that a man's beard was a sign of his honour, and that cutting it was an appropriate punishment for certain indiscretions.
- Someone who didn't think much of beards was the conqueror Alexander the Great, who in 345BC declared that no member of his army would be allowed to have one for matters of practicality... that wad of hair hanging from someone's chin could easily be grabbed by the enemy for an advantage in battle.
- The level of importance of beards in society has fluctuated throughout eras, but perhaps peaked in the middle ages, where touching another man's beard was usually seen as an offensive enough act for the toucher to be challenged to a duel by the touchee.
- Beards have been a popular display of masculinity since prehistoric times, it is believed that aside from shaving equipment not being easily accessible, cavemen kept beards for purposes of intimidating their fellow man or animal, insulation for cold days, and to provide a certain degree of cushioning against hits to the face.
- In modern times, a long beard is perhaps most commonly seen in the realm of major American professional sports leagues, primarily basketball and hockey, where players on teams who have made the play-offs will often pledge not to shave until the team is eliminated or



they win the trophy. Considering these tournaments can take around two months to complete, some of the players involved in the finals can make an interesting sight.

- But being competitive over long beards will be mainly a role for those who are in it for the long haul, and the current Guinness World Record for the world's longest beard on a living male is held by Canadian Sarwan Singh, who has facial hair measuring in at 250cm. Dumbledore would be proud.
- The longest beard of all-time, according to Guinness, at the time of his death in 1927, Norwegian-American Hans Langseth had a beard that was 533cm long, just under the height of 3 average adult males.
- And just because they don't produce as much dihydrotestosterone doesn't mean women can't give it a go either, as elderly American Vivian Wheeler, also known as "Melinda Maxie" holds Guinness' female bearded woman title with 25.5cm of beard.
- Of course, you can be competitive with your beard without waiting for it to grow. Since 1990 the boldest of beard owners have tried to be more elaborate and artistic than their rivals at the World Beard & Moustache Championships. These events see the kind of wacky and strange beards usually found in comedy sketches battling to be crowned the best in a number of categories by being judged on their unique styles or the quality of their facial hair.



BEARD STYLES

WHAT STYLE SHOULD I CHOOSE?

Unless you already have a definite and firm idea in your mind then the time will come where another important beard defining decision will need to be made. What style of beard do you want to achieve?

A good time to decide is after a few weeks have passed when you can see what nature has given you.

Each person grows a beard differently. You maybe a vociferous grower and have a thick and bushy beard in notime, or you may take a long time to produce a thin and wispy number.

If your beard grows patchy then that will also limit the number of styles available to you. Everybody has a face with different features and quirks which could suit any number of different beard styles.

Once you see what you have and how the lines of your beard are set, this will help you choose a style suitable for your growth and face shape.

From the quick and simple stubble look, a goatee, or even a full or hipster beard, deciding the style you want at an early stage can help the growth cycle. You will know how to shape it and which parts need trimming or shaving.



CHECK OUT THE BEST BEARD STYLES BELOW



The Beard And The Wonderful's GUIDE TO MEN'S BEARD STYLES



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STUBBLE



Stubble

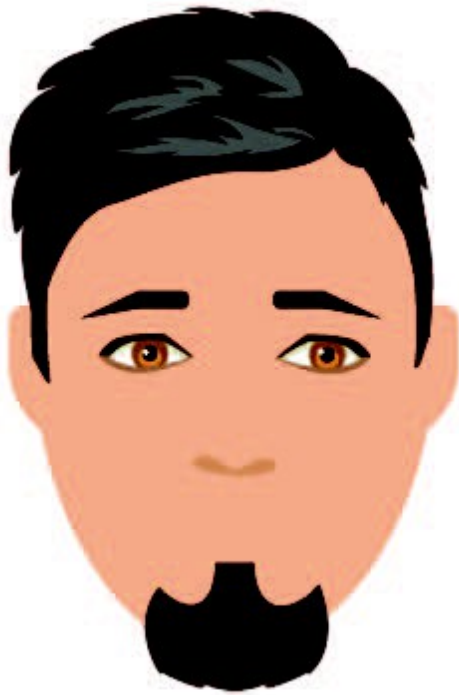
The classic, easy, and quick style that is loved by many is the stubble style. Also known as the Five o'clock shadow this style was made popular in the 1980's and is still popular now.

You can grow stubble in as little as 2-5 days and the perfect length is around 3-5mm long. Once you achieve this length you will need to make use of a trimmer to keep that stubble at optimum length.

Styling & Maintenance of the Stubble

Apart from using a hair trimmer to keep the length just right you may also need to shave the neck and cheek area. A clean neckline and upper cheeks are essential for the perfect scruff free stubble look.

- Use an adjustable beard trimmer and set to your preferred length (3-5mm is recommended). Pass the trimmer several times for a consistent length.
- Clean stray hairs that the trimmer doesn't catch with a pair of scissors.
- Shave untidy hairs growing above the cheeks or below the chin using a razor or trimmer minus the guard.
- For the neckline shave any stubble that is growing vertically and for the cheeks shave from the cheeks down to the jawline.
- Repeat the above steps every two to four days for nice and tidy looking stubble.



Goatee

A Goatee beard is named because it looks like the small beard of a goat.

The goatee beard is a growth of hair from the bottom lip down the chin with a width the same width as the mouth.

Many people think a goatee also includes a mustache. This is incorrect. If you want the mustache & chin beard combo then you may want the Goatee & Mustache style instead.

How to grow a goatee

Allow all the hair that grows below the bottom lip to grow out. Shave the cheeks and straight down from each

corner of the lips, the upper lip and below chin/neck area. Once you have around ½ inch of hair you can think of shaping it. If you also wish to connect your goatee to your mustache then check out the goatee and mustache style.

Styling & Maintenance of the Goatee

- The width of a *goatee* is typically about the same width as your mouth.
- Smile in the mirror and shave the goatee perimeter along your dimples (your smile lines.)
- Define the outer edge lines, keeping them smooth and symmetrical.
- Round off the hair on the bottom of your chin. Leave it a bit longer if you have a weak chin.



Goatee and Mustache

Many people want a goatee beard with a mustache as well. This combination of the two is one of the most popular beard styles around and is also known as the Van Dyke and is similar to the circle beard.

How to grow a goatee and mustache

When growing a goatee and mustache for the first time, grow your beard for around a week.

After this look to start shaping and styling as per the goatee, but keeping the mustache and the connecting hair down to the beard.

This way you can decide what size goatee and mustache coverage is best for your face.

Styling & Maintenance of the Goatee and Mustache

- Make sure the sides of your goatee do not extend past the smile lines of your face. Make sure you keep both sides symmetrical and even.
- Make sure you keep the un-goateed area of your face shaved clean, stubble looks untidy when combined with a goatee, so keep everything neat and tidy.

Keep your goatee and mustache well trimmed using a trimmer or scissors to keep it under control.

- Use shaving oil to clean the shaven areas of the face as it is much easier to see the edge of your goatee making the styling job easier.



Extended Goatee

This style is just the goatee and mustache but left to go a bit wild.

Without trimmer your whiskers it will grow longer giving that extended style.

How to grow an extended goatee

Simply grow your goatee and mustache and let it continue while you simply shave the cheek and sideburn area

Allow your facial fuzz to grow to your desired length.

You may want to keep some sideburn action going depending if it suits your face.

Styling & Maintenance of the Extended Goatee

- Simply keep those jowels clean and shaved while allowing the rest to grow to the desired length.
- It is still a good idea to shave down the front of the neck to keep it clean and tidy
- There will come a time when you need to trim the mustache and goatee to stop it escalating out of control.
- As your mustache and beard will be thicker, you may want to slightly extend the edge of the downward shave area to match.



As the name would suggest, the classic full beard is the best option for someone that wants more hair and less maintenance.

How to grow a Classic Full Beard

While not everyone will be blessed with the ability to grow hair in every area of their face, those that can will be able to let it grow out for around 4 weeks to get the foundation going for this iconic look.

Classic Full Beard While not necessary if you're planning to go full castaway, maintaining an even foundation with trimming, starting from the cheek line downward, helps during this period.

It is often recommended that the first few days of this process are done privately (such as over a weekend or on holiday) if you are feeling self-conscious about how people you know will react to the gradual change, it can be a lot easier to face the world if your face is a little more... finished.

Styling & Maintenance of the Classic Full Beard

- From there, it's all about personal preference, as you style to fit your expectations.
- This could be either a case of letting it grow to the full length that nature intended.
- Alternatively keep it more respectable by keeping it regularly trimmed to the size you desire.



DUCKTAIL BEARD



Ducktail Beard

While the name is a fairly obvious indicator of what to expect, the ducktail beard has a reputation of being a lot more sophisticated than a goofy title, managing to blend ruggedness and class for a useful hybrid look.

How to grow a Ducktail Beard

Considered part of the full beard family, the method used to create the ducktail beard will be the same as that of the Classic Full Beard, albeit with some focus on keeping the cheek and mustache areas thinner.

Styling & Maintenance of the Ducktail Beard

- To then shape the ducktail into your desired image, it takes a sharp hand, patience, and of course preference.
- Ideally you will be trimming carefully for a symmetrical appearance and moulding the central point with some beard oil.



GARIBALDI



Garibaldi

Named after one of the key figures in the foundation of Italy, men across the past two centuries have been showcasing their Risorgimento spirit (unwittingly or otherwise) by imitating the beard stylings of General Giuseppe Garibaldi.

How to grow a Garibaldi

Again, the Garibaldi is a member of the full beard family, therefore getting the base of it will be achieved in the same method as the Classic Full Beard.

Styling & Maintenance of the Garibaldi

- The general consensus is that for an ideal Garibaldi look, the cheek and mustache areas will be trimmed, whilst the chin area will be allowed to grow.
- The more 'natural' looking the better, although it is recommended that this is no more than 20cm in length.



HORSESHOE



Horseshoe

You would need a time machine in order to properly live out your wild western fantasies, but with the horseshoe mustache and beard you can have one of the next-best things.

And if you drop the goatee beard part, then it is also useful if you're heading to a costume party as Hulk Hogan (*May only work if hair is blonde*).

How to grow a Horseshoe

Grown your mustache and beard as normal for 2-3 weeks then shave the cheeks shaved shape the beard so the mustache grows down the face and does not connect to the beard. It will give the look of a mustache connected by 2 pipes going down your face. Also shave your neck your neck and relevant chin hair.

Styling & Maintenance of a Horseshoe

- Some people like the horseshoe as a mustache only and some keep the beard as well.
- You will need a good safety razor to keep both sides of your face smoothly shaved and keep those pipes well formed
- Use a good beard trimmer to keep the mustache, pipes and beard at your chosen length.



MUTTON CHOPS



Mutton Chops

Chops

Invoke your inner sheep with mutton chops. Essentially a longer and denser version of the sideburn, mutton chops can be grown with or without a mustache that joins each end.

How to grow a Mutton Chops

To grow your mutton chops you can grow a full beard and then trim to your preferred look or just let those sideburns grow while trimming the rest of your face.

Styling & Maintenance of a Mutton

- Your Mutton style will need a bit of planning as you can shape a number of ways.
- A common mutton chop style extends down your chin line
- Maintain the style using a trimmer, shaver and trim any rogue hairs with scissors.
- Make sure that both sides are symmetrical.



Friendly Mutton Chops

sideburns connect to the mustache.

A version of the original mutton chop style complete with a mustache. Helpful if you're looking to avoid all those comparisons to Wolverine.

How to grow a Friendly Mutton Chops

Just grow as you would the Mutton Chop style but let that mustache run wild as well. Try to let the sideburns grow down to the corners of your mouth and also let your mustache grow whilst keeping it relatively trimmed. Let your sideburns grow too. Let the

Styling & Maintenance of a Friendly Mutton Chops

- Style and shape to your taste and face shape while keeping the mutton chop look.
- Keep both sides of your face symmetrical and shave vertically down below your bottom lip.
- Deft use of a trimmer will keep the length you like.
- Trim rogue hairs with a pair of scissors



Balbo Bembo

Another style that has its origins with leaders of the Italian military, Italo Balbo, for whom the Balbo Bembo beard is named, was a leading Italian 'blackshirt' and heir apparent to dictator Benito Mussolini.

Fortunately though, this style of facial hair has not gone the way of 'The Hitler' and has a reputation on its own merits, now it is more commonly associated with actor Robert Downey Jr.

Hollywood saves the day.

How to grow a Balbo Bembo

The balbo is a beard and mustache that do not touch each other, but other than that has a few different variations. A soul patch is grown just below the bottom lip and each side shaved to give that classic look.

Styling & Maintenance of a Balbo Bembo

- A Balbo requires a fair amount of sculpting and trimming each day. Use a beard trimmer to keep the length short and use on a low setting to define the lines.
- To get that disconnected Balbo distinguishing look, shave a small gap between the mustache down to the beard on each side of your face.
- Deft use of a trimmer to keep the hair short and a razor to shave the remaining facial areas.
- You can choose to use or lose your sideburns according to taste.



Circle Beard

Considered a good solid style that allows some freedom but little flamboyance, the circle beard is exactly as the name suggests, designed primarily to border around the mouth area and little beyond that.

Combining a simple mustache and goatee to create the effect, the circle beard can be styled thin or thick, just provided the same basic shape is retained.

How to grow a Circle Beard

Growing a circle beard is similar to the goatee and mustache. It is quite a short length of around 5mm, so grow out your beard and start shaving the sideburns and cheek area to get that circular vibe going.

Styling & Maintenance of a Circle Beard

- For the beard and tache use a beard trimmer to trim to your chosen length of around 3-5mm.
- Shave your cheeks, chin and neck area using a razor or shaver.
- Keep your beards round shape and keep the hair short for the perfect low maintenance look.



Brett

In simple terms, just a combination of the soul patch and a chin strap, ideally kept short but as a unique style has plenty of flexibility when it comes to length.

Whoever Brett actually is, they'll surely just be proud that their style is being imitated.

How to grow a Brett

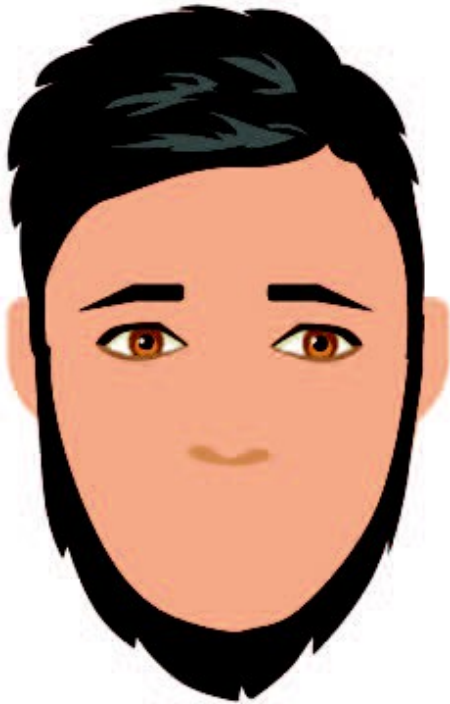
Grow your beard for a few days then shave off that tache and shave the cheeks if they are hairy beasts. The Brett is similar to a chin curtain but can also have a soul patch on the chin as well.

Styling & Maintenance of a Brett

- Keep the cheeks clean.
- Make sure the Brett doesn't join up to the sideburn.
- Keep it in trim with a weekly trim to keep the length in check.



CHIN CURTAIN



Chin Curtain

Basically a Brett with sideburns. Or is a Brett just a Chin Curtain without sideburns? These are the important questions.

Flexible in terms of length, and alternatively known as a Shenandoah, for Amish people and anyone who uses 'chin curtain' as a term for beards in general.

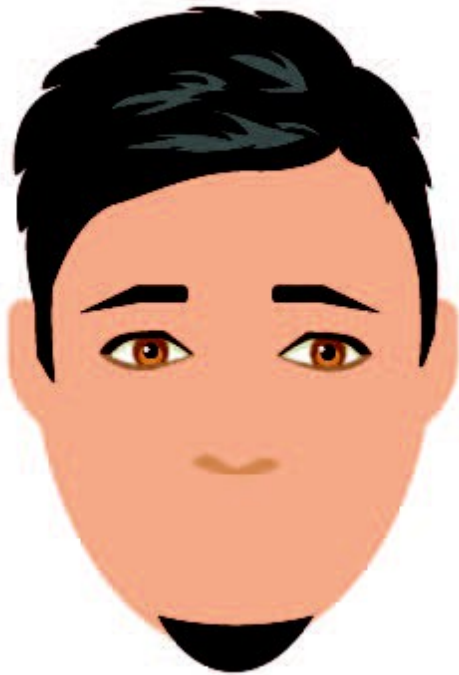
The style was most famously sported by American president Abraham Lincoln, so combine this look with a top hat and start walking around like you run a country...

How to grow a Chin Curtain

Growing a Chin Curtain involves deft use of a razor to get that awesome look. Start by growing out your beard and shave the mustache, cheeks and chin down to the bottom leaving that curtain of hair hanging down.

Styling & Maintenance of a Chin Curtain

- Trim your beards using a trimmer and guard to your chosen length and stop it growing out of control.
- Use a razor to keep the edges defined.
- Shave your cheeks, neck and mustache regularly.



Egyptian Goatee

facial hair in place. Beeswax is also an ingredient of our mustache wax... ancient royal seal of approval?

As the name would suggest, this style takes its name from Egypt.

Ancient Egyptian pharaohs would use fake metallic beards as a status symbol showing their eternal connection to the gods, and would be passed down to be worn by the next to hold the throne... even the females. Today's Egyptian Goatees are designed to mimic that look a little more naturally.

As a side note, it was recently discovered by museum researchers in Egypt that King Tutankhamun may have used beeswax to keep his false

How to grow an Egyptian Goatee

An Egyptian Goatee is grown just like a standard Goatee except it is allowed to grow to a longer length with a tuft hanging down. You also remove the soul patch so the beard starts lower down the chin.

Styling & Maintenance of an Egyptian Goatee

- Define the outer edges as straight lines, or curve them in slightly. Concentrate on making any lines smooth.
- Keep that beard nice and symmetrical.
- Trim the beard regularly and shave the cheeks, mustache and soul patch.



VERDI BEARD



Verdi Beard

The Verdi Beard is another one which takes its name from an Italian of modern history, this time the less militant Giuseppe Verdi, an operatic composer.

The style of this beard is that of a regular short rounded beard, but making sure the mustache is accentuated from the beard. The amount of flair and upturned edges put into the mustache part is down to the boldness of the owner.

How to grow a Verdi Beard

Grow out your beard to around a 2 inch length while keeping the edges of the beard trimmed. Keep the mustache distinct and/or separate from the beard.

Styling & Maintenance of a Verdi Beard

- Once your beard has grown use a balm to shape it
- For a distinctive mustache apply some mustache wax and define those edges.
- Keep the mustache accentuated from the beard.



Spade

Bearing some similarities to a spade, the Spade is a beard style that really goes for it in terms of density, essentially taking the Chin Curtain to another level and letting them grow out.

This beard style has no mustache and requires shaping as it grows.

How to grow a Spade Beard

Grow your beard and shave the mustache. This long beard style that tapers slightly on either side and is then is trimmed straight at the bottom.

Styling & Maintenance of a Spade Beard

- Because of its length you do not have to worry about neck shaving.
- Trim the sides, tapering as you head toward the bottom of the beard
- Keep the bottom of the beard straight
- You may need to partly shave the cheeks depending on your height of hair growth.
- Trim any long strands using a pair of scissors
- As with all long beards keep well brushed/combed and moisturize with oil/style with balm.



FRENCH FORK



French Fork

Essentially an inverse Ducktail, the French Fork takes the style of a Full Classic Beard with the removal of a small triangular patch at the central point of the chin, resulting in two off-central points that take on the form of a fork, if you were judging forks by middle-age French standards.

Nowadays, the style has been given popularity by cinema's favourite fictional pirate, Captain Jack Sparrow.

How to grow a French Fork

Grow your beard as standard for a few weeks. To get the distinctive 'fork' effect you will need to separate the bottom of the beard into two points. You can either wax it into two points, or trim it.

Styling & Maintenance of a French Fork

- Either wax your beard into the two points or very carefully cut the middle out making sure you cut in the center to keep things symmetrical.
- Trim using scissors or a long cut on the trimmer
- Use balm and wax to keep the fork shape



OLD DUTCH



Old Dutch

Also known simply as The Dutch, the Old Dutch may take its name from the Netherlands, but the style seems more to do with the 'Old' part of the name, with the beard seen as a classic old-school, lumberjack-style symbol of masculinity.

How to grow an Old Dutch

An Old Dutch takes some time to grow and is grown long on the sides and the chin. This beard style is fuller and longer on the chin. Some people choose to have a moustache with this style.

Styling & Maintenance of an Old

Dutch

- If you want to go for the classic Old Dutch look then keep that tache shaved off.
- Get your neckline shaved and trim the cheeks.
- Grow the beard for the length you want but many just let it keep growing.
- Trim loose hairs with scissors.
- Keep in check with Beard Balm and in condition with beard oil.



HIPSTER



Hipster

The key to this beard is that you combine it with a cool hairstyle on top of your head. You need a dapper well groomed hairstyle in a man-bun, side swept or similar pomade style.

Able to take a variety of forms but most prominently a longer version of the Garibaldi, the Hipster is designed to be deliberately scruffy and 'natural', in order to appear simultaneously as anti-establishment and well-maintained.

Traditionalists will mock all they want, but the Hipster is believed to be responsible for making beard-growing in general more acceptable amongst younger men.

How to grow a Hipster

Stop shaving for a few weeks and let that bad boy grow. So long as you can grow a full beard without patchiness then this style is for you. Until your beard covers your neck, keep the neck shaved clean from the bend of the neck down.

Styling & Maintenance of a Hipster

- Grow to around 1.5cm (1/2 inch) and maintain the length using scissors.
- If you keep your beard on the short side, then use a beard trimmer.
- You can customize your beard using different lengths and shaggy styles. Just make sure that the hair on the top stays cool looking.



HEY! DON'T LEAVE US YET GUYS!

We hope you have found this ebook helpful and entertaining and it would be great if you can **share it** on Facebook or other social media. We would really appreciate a **like** or a **tweet** as well as we have worked hard getting all this beard stuff compiled in one place.

Also be sure to visit [The Beard and The Wonderful](http://TheBeardandTheWonderful) website.



Warning: Prolonged exposure to The Beard and The Wonderful will enhance your beardliness, fun and enhance your enjoyment of life. Possible side effects may include: enhanced beard growth, exhilarating styles, big bushiness, continuous facial hair excitement, increased popularity, new friends and a beard to remember!