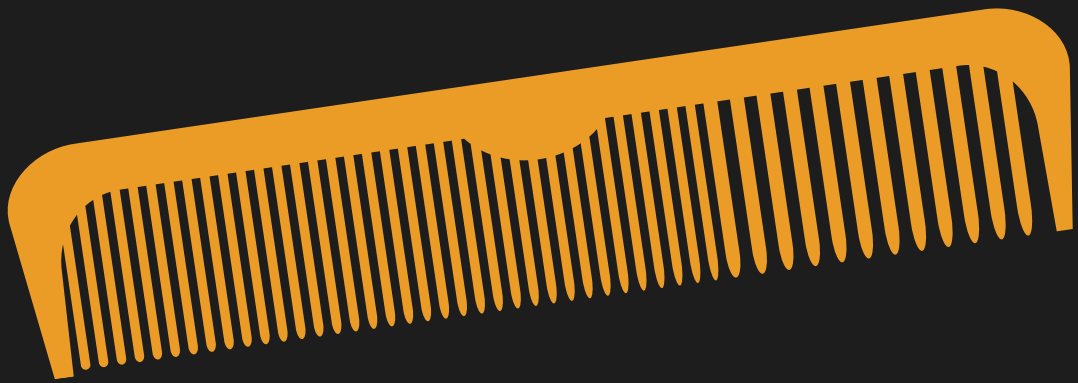


MEN'S GROOMING GUIDE



[2022 EDITION]

**du
uude.**

DUUDE

from the crew.



Grooming Guide [2022]

The fact of the matter is that we all need a good and solid grooming routine. By the time we hit our 30's, we usually know how to take better care of ourselves from better meal prepping, gym routines, styles, and beyond.

We now can add taking care of our skin, beards, hair, and man-berries to the list of things we get better at doing- with age.

If you're looking for the fountain of youth in 2022 and beyond, we've curated top products to add to your routine so you can keep looking fresh on a budget.

With this grooming guide and tips in mind, you'll be sure to stay well-groomed for all life's adventures.

STEVEN,
EDITOR-IN-CHIEF **du**
uude.

FOR YOUR
FACE

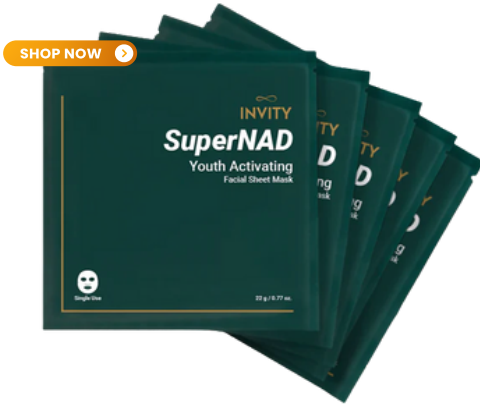


TOP CREW FINDS

duuude.co

FACE

HYDRATE AND KEEP YOUR
FACE FRESH!



▲ Face Mask \$55

INVITY is a fresh brand of men skincare products, which provides you with the best anti-aging face mask available on the market.

▼ Lumin Skincare \$Varies

Lumin crafts products tailored to your skin type and formulate regimens that actually take your skin issues head-on. Lumin brings men a lineup of skin, hair, and body essentials to get you (and keep you) looking your best all year long.



▲ The Daily \$39

Get Mr. is the first dermatologist-led, clean skincare brand, founded to provide men with daily skincare products that help them look good, smell great and feel their best every day.

▼ Daily Cleanser \$Varies

This facial cleanser works double time to both clean and restore faces of all skin types. Packed with natural nutrients, it's designed to gently cleanse the impurities of today and restore for tomorrow—even for those who aren't exactly gentle on their skin.



FOR YOUR
BEARD



TOP CREW FINDS

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BEARD

TAME THE MANE.



◀ Beard Straightener \$120

Beard out of control? Enter in the Aberlite Pro Beard Straightener. The only beard straightener on the market designed for the wildest of beards.

SHOP NOW →

Healthy, full, shining beams of hair light on the world we as duudes tackle each day. One way to add a kick a\$\$ beard oil to your daily routine is to find an equal kick a\$\$ beard oil company you can trust.

▶ Beard Oil \$21



SHOP NOW →



SHOP NOW →

◀ Beard Wash \$17

BEARD CARE AT ITS BEST: Freshen and groom your beard with this gentle, beard cleanser and moisturizer. Removes product residue, dirt, grime, and junk for a soft, beard. Complements all beard types and needs.



Grab discount codes on other grooming essentials: [here](#).

FOR YOUR
HAIR



TOP CREW FINDS

duuude.co

HAIR

CARE FOR YOUR HAIR.

SHOP NOW >



▲ Hair Gel \$Varies

Hair gel, pomade, you name the stuff, American Crew is our go-to for all hair products to keep things in place...where you want them to be.

▼ Shampoo \$Varies

From Shampoo/Conditioners, to Bar Soaps, Face Washes and even products for the ole nether-regions- Grooming Lounge has you covered. The kit has all and everything any guy/duuude would want.



SHOP NOW >

▼ Thickener \$26

Makes hair easier to style - Perfect for use as a pre-styler as it gives a light hold, natural definition, and effortless finish, this volumizing spray + hair thickener is versatile enough to suit all hair types and lengths!

SHOP NOW >



▲ Soap \$Varies

Hardworking Gentleman came out with a line of products to keep your swag going from sunrise to sun down. Their bar soap is some of the best out there.

SHOP NOW >



FOR YOUR
MOUTH



TOP CREW FINDS

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MOUTH

CLEAN THAT DIRTY MOUTH.

SHOP NOW >



▲ Brush \$79

The team at Brūush dropped an electric, multi-mode, sleek AF design and is disrupting the entire brush game.

▼ Teeth Whiten \$129

Grab the **ONLY** teeth whitening kit designed to do the job in as little as one treatment: **Snow®**

SHOP NOW >



SHOP NOW >



▲ Toothpaste \$24

Dr. Squatch Teeth Whitening Toothpaste Kit - Day and Night Flouride Free Natural is perfect for the daily teeth cleaning we all need. 2-pack deal!

▼ Toothpicks \$Varies

These toothpicks are made from bone white American northern white birch and are designed to clean your teeth and freshen your breath. Each toothpick is hand-crafted and polished to a smooth finish. Indulge in a little bit of luxury with DANESON toothpicks.

SHOP NOW >



FOR YOUR
HYGIENE



TOP CREW FINDS

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HYGIENE

KICK STANK OUT FOR GOOD.

SHOP NOW >



▲ Trimmer \$69

Waterproof trimmer that handles coarse and curly hair without tugs and pulls. Features rust-resistant, hygienic, replaceable ceramic blade module featuring extra sensitive technology to prevent nicks and snags. Waterproof (yes you can use it IN the shower).

SHOP NOW >



▲ Bidet \$89

Whisper Bidets are the very thing to help you clean your booty after you drop deucey. Whisper is a sleek and simple to install bidet that fits under your (toilet) seat so you can get shower clean.

▼ Off-Court \$33/pack

OffCourt is the first aluminum-free deodorant that doubles as a cologne. Developed for active lifestyles, the highly-effective formula offers lasting odor protection pre- or post-workout, and everything in between.



▼ Carpe \$14

Carpe came out with the product line that dries up sweat like our bank accounts after tax season.



03 GROOMING GUIDE TIPS

DUUDE

Grooming doesn't have to be so complicated.

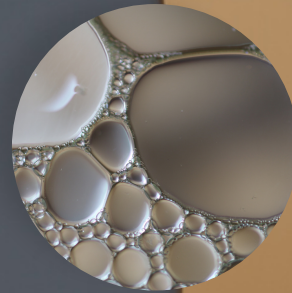
tip

duude

01

Use Premium Ingredients

Look for products that have ingredients you can identify as healthy and natural. Avoid harsh chemicals and ingredient lists that go on for days.

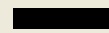


02

ORGANIZE



**Grab some
bathroom
accessories to
keep things
organized and in
the right place.**



***You can find our Must
Grab Shower Accessories
List here.***



03 | BUNDLE



Many grooming brands offer killer bundle deals, and give you all you need in one "kit." This takes the guess work out of what to get, which to skip, and what is needed for a great grooming starter kit.

Explore our [Grooming Page](#) for great brand bundles:

[See Bundles](#)

DUUDE

GROOMING

guide

