



The Perfectly Groomed Gentleman

Robert O'Byrne

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Do you know your exfoliants from your astringents? Are your nails clean and clipped, or frankly a bit of an embarrassment? And when is it acceptable to discuss the benefits of different types of moisturizer with your friends? In a world where men are trying anything from full body waxes to hair weaves, it is sometimes hard to know what is worthwhile and what to avoid. The Perfectly Groomed Gentleman will guide you through all the elements of presentation, from mastering the art of shaving to deciding which cologne (and how much of it) to wear. Packed with tips on improving your appearance and caring for yourself, it ensures that you will always appear effortlessly well groomed. Writing with authority, but also with humor, Robert O'Byrne offers practical advice on everything from teeth to toes, and from diet to tattoos.

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