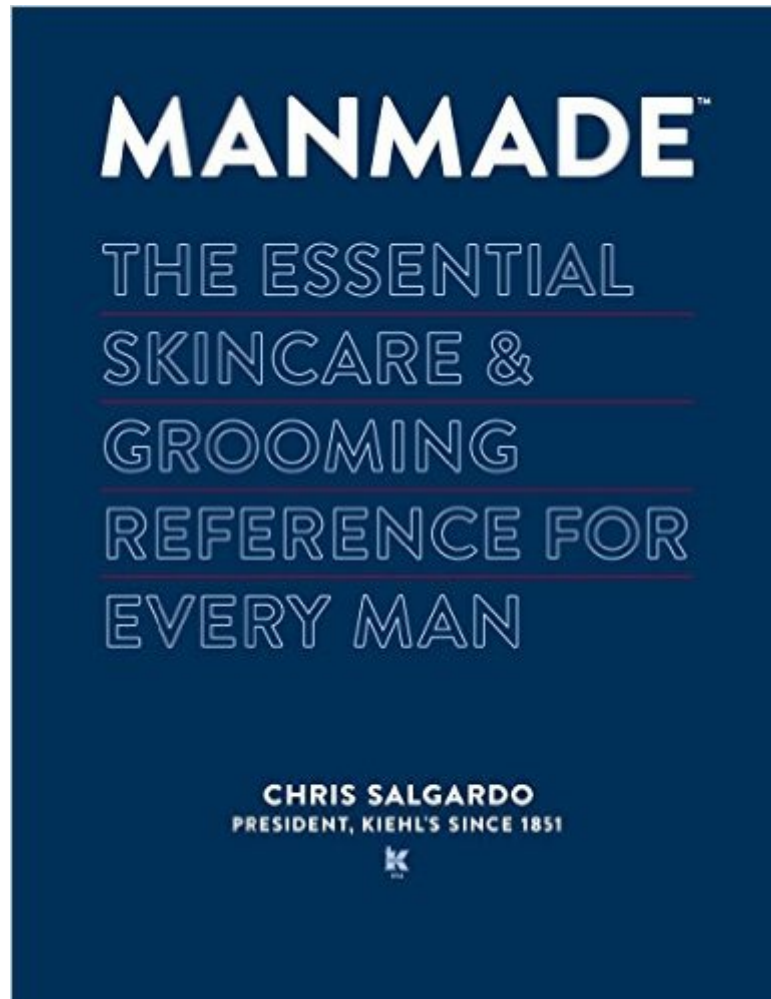


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# MANMADE: The Essential Skincare & Grooming Reference For Every Man



## Synopsis

Chris Salgado, the charismatic president of cult-favorite skin-care line Kiehl's, delivers the definitive guide to grooming every man needs—and was afraid to ask for. *Manmade* is the first grooming and skin-care guide created with a 21st-century man in mind. Rather than dispense one-size-fits-all advice, style icon and Kiehl's prez Chris Salgado tailors his guidance to a man's lifestyle and interest level, devoting chapters to the specific grooming needs of the polished gentleman; the extreme sports enthusiast; the bad boy/rebel; the artistic renaissance man; and the DIY hipster. From battling the effects of aging to hair concerns—whether too much or not enough—Chris offers insiders' secrets for looking impeccably (but not obviously) groomed.

## Book Information

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## Customer Reviews

Here is what you will find in this book: basic, vague, feel-good advice, magazine-like single-sentence tips & tricks. Here is what you will not find in this book: \* how to determine your skin type or \* what haircuts look good on you \* how to shave or choose razors/trimmers \* specific product recommendations, not even what chemicals to look for in the products or what to avoid \* any arguments, proof or scientific research why you need to moisturize or apply sunscreen \* no photos of protected/unprotected skin over a span of several years or any other examples, only stock photos of male models His advice on how to determine your skin type: go to a dermatologist. His advice for choosing a haircut: go to a stylist. His advice what to do if you are bald or are getting bald: go to a stylist and ask what's best. There are no examples of haircuts on different shapes of heads, there

are no photos that compare what haircuts look good and bad on balding men. His advice for grooming your hair is to use shampoo, conditioner and go to a barber every three weeks. He covers shaving by advising you to shave with the grain, always use a sharp razor and use beard oils, go to a barber and... that's it. What's worse, the book is repetitive. He addresses specific grooming needs for several types of lifestyles... except the advice you'll read is the same. I read about moisturizing and "eye cream with an SPF of no less than 50" eight times. This book looks like a magazine, not a book. This book was given me as a gift for Christmas. I really wanted to like this book so as to not hurt the feelings of the person who gave it to me. There's "reference" in the title, but the book is practically useless. I'd ask for a refund if I could.

I was expecting more useful advice for grooming. This book isn't very valuable as a tool for skincare or grooming. There was no instruction about how different ingredients work for or against your skincare, or any specific information about the art of shaving. Most of the suggestions involve paying someone else to decide all these things for you. I was hoping this "guide" would be helpful for the regular man trying to up their grooming game, but often it only teaches you how to spend money for the best advice. Disappointing.

What's cool about this book is that it makes you think about how the way you take care of yourself is a reflection of the way you care for the people in your life or the various roles you have. It makes you more conscious of how you take care of yourself as a whole, from how you adjust to jet lag to proper grooming being another investment you make in yourself. The other cool thing is that there are life hacks in each chapter that cover everything from a DIY-version of polishing your shoes to keeping unruly eyebrows in place. I think this is an excellent book for any guy looking for improvement not only in grooming but in becoming a more positive and confident person to both himself and to others. I highly recommend.

This book has something for all men. I love how it taught me as an adult how to really take care of my skin and facial hair. The book is divided into five archetypes of guys. I started reading with the Extreme guy because that's who I thought I would be the most like, but I found myself going back to other sections, like the Modern guy when I needed tips for how to prep for a formal event. I like that you can kind of choose your own adventure with this book, picking it up, putting it down, coming back, pulling out the parts you need.

I selected this book with my boyfriend in mind. He's loved it and plans on getting a copy for his father. There's tips for many of the everyday and special occasion needs. The book itself has a classy look, no extra fuss. Very straightforward.\*I received this book from the publisher.

What do men know about grooming and skin care? The "tough" ones, the "real men" don't know anything about it (to be read with heavy sarcasm). *Manmade: The Essential Skincare & Grooming Reference for Every Man* is written to change that. This is a grooming book written for the "real man", the tough guy. This book is written to read, but created to be put on display. The cover is made of a soft, smooth material with text that pops-out and begs for you to pick this volume up. The interior design continues in the artistic manner that you would have judged it to have from the cover. Each page is full color, heavy, glossy stock. Sections of text are broken up and complimented by beautiful graphics and full page art. In this work of art disguised as a book, Chris Salgado, style guru and President of Kiehl's, "shares the skincare wisdom and grooming expertise he's earned through years of helping guys become their best selves." The book is written in 3 sections: 1. Back to Basics 2. Real Men in Their Real Words 3. For Your Quick Reference Section I provides a grooming primer, essential tools every man must have, and key answers and tips for common questions and problems. Section II addresses the practical matters of how to be a gentleman, instilling confidence, tattoo care and maintenance, travel grooming essentials, and grooming of the mind and soul. Section III ties the book together and serves as a quick reference guide for any skin and grooming needs encountered. *Manmade* is the essential tough guide to grooming for "real" men.

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