



# YOUR ULTIMATE MOVEMBER FOR MENS HEALTH

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Movember, that's the month before December that used to begin with a different letter, but we've almost forgotten about that... It's now the month of the moustache!

The idea of Movember was born in Australia in 1999. In 2003, three friends managed to get a group of 30 people to grow their moustaches for a month. By 2014 more than half a million moustaches were grown in 21 countries, raising over R1 billion worldwide! The aim of the cause is to raise funds and awareness for men's health. The focus is on some of the biggest health problems in men, which are Prostate cancer, testicular cancer, poor mental health and physical inactivity.

To make sure that you are completely prepared, I have compiled some need-to-know information for a successful Movember.

## THE RULES

1. Each year all Mo bros must re-register on [www.movember.com](http://www.movember.com)
2. On the night of Halloween (31st of October) you should shave the entire mo-region, to start Movember with a fresh face.
3. You are required to grow and groom a moustache for the entire month of Movember.
4. Your mo may not join your sideburns as it is then considered a BEARD
5. Your mo may not join your chin as that is considered a GOATEE
6. Mo bros are required to conduct themselves as true gentlemen at all times.
7. (Adapted from the official rules on [www.cansa.org.za](http://www.cansa.org.za))

## THE GROOMING GUIDE

All Mo's start out with the potential to be great, but if you don't take proper care of them you could be left behind by your fellow Mo bro's. Follow these guidelines for your ultimate Movember.



Make sure you have the right “tools”:

- A fine-toothed comb
- A clean, well-lit mirror (don’t ever think you know your Mo well enough to go without a mirror)
- A razor
- Trimming scissors
- A clear vision of what you hope to achieve
- Optional: moustache wax for more extravagant styles

With regards to getting your vision clear, don’t just stick to the ordinary, there are many styles you may want to consider and they even have even been given catchy names. For the ins and outs of choosing the best style for you visit <http://beardstyle.net/mustache-styles/>.

Once you have your plan it’s time to start growing that Mo! Remember to keep it clean at all times and condition it regularly to soften that coarse hair.

Now it’s time to get trimming and styling. Follow these steps for a perfectly shaped Mo.

1. As mentioned previously, set yourself up at a well-lit mirror. If the lighting in your bathroom is not the best, consider moving to a lighter area in your home.
2. Wash your Mo to soften it, tap with a towel so that it’s damp but not soaking wet.
3. Comb the hair downward using a fine-toothed comb to ensure an even trim.
4. Using a steady hand and your scissors, trim the bottom of your moustache following the shape of your mouth so that the hair just touches your upper lip. When dried it will become slightly shorter.
5. If your mo is thick and shaggy use either a moustache trimmer or your comb and scissors to thin out the top layer of hair.
6. Shave the areas above and to the sides of the moustache with a razor to add definition, do not shave the actual mo.
7. Re-comb the mo and check that all trimming has been done evenly, make any corrections that may be required.
8. Style with wax if required.

## FOODS TO USE WITH CARE AND CAUTION

As the daughter of a father with an ever-present mo, I have seen all sorts of things trapped within his facial hair... and it isn’t pretty! If you aren’t able to be aware and cautious when eating, you may be better off avoiding this list of foods for the month. (These are merely examples of the types of foods with a great affiliation for the mo, be aware that other culprits do exist).



- Milk and cappuccino foam
- Alcoholic beverages served with a foam on top
- Egg yolk
- Toffee apples and candy floss
- Saucy pastas
- Soups
- Sticky ribs and chicken wings
- Flaky pies
- Sugary pastries and doughnuts
- Saucy wraps and tacos
- Milkshakes
- Melted cheese
- Yoghurt

I hope you are now fully prepared for the task at hand. Have a prosperous Movember and don't forget to donate and create awareness for the cause. Try mixing your FUTURELIFE® a little thicker if you don't like the idea of "keeping a bit for later".