

Take a front selfie



💡 Make sure your face is well lit

Upload from library

Take a selfie



Take a front selfie



Are you happy with the photo?

Close



Keep

Try again



Scan



Trainings



Results

## Take a side selfie

### Get ready

Sit or stand sideways to the camera

Keep your face fully in view (don't crop your chin or head)

Choose a spot with good, soft lighting

Make sure your face is well lit

Loading...

Loading...



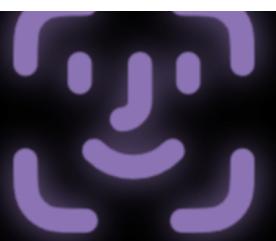
Scan



Trainings



Results



## Validating your face...

This should only take a minute



Scan



Trainings



Results

Close



forehead: Balanced forehead height with smooth texture

⭐ 7

	eyes: Symmetrical, alert eyes with good vitality	★ 8
	nose: Refined nasal bridge and proportion	★ 7
	lips: Fullness and balance with natural symmetry	★ 7
	cheeks: Prominent cheekbones with balanced midface	★ 8
	jawline: Strong, well-defined mandibular line	★ 9
	chin: Proportional chin with subtle projection	★ 7
	skin: Even tone, smooth and clear skin	★ 7
	hair: Dense, healthy hair with a clean hairline	★ 8

**Average Score: 7.6**

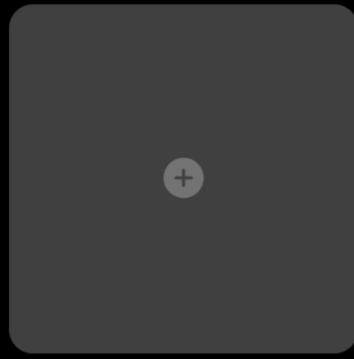
**Training Type: stylemaxxing**

[Try again](#)

Scan

Trainings

Results



- By New
- By Old
  - By Rating
  - Last Day
  - Last 2 Days
  - Last 3 Days
  - Last Week
  - Last Month

Scan

Trainings

Results

gymmaxxing

skincaremaxx

stylemaxxing

mewing

Gymmaxxing

Close

Gymmaxxing

**Gymmaxxing is the practice of maximizing physical fitness through gym workouts, aimed at building muscle mass and reducing body fat to achieve an aesthetically appealing physique. Originating in looksmaxxing communities, this approach combines strength training, hypertrophy, and cardio, supported by proper nutrition and recovery.**

**Key points:** train 3–4 times per week, use progressive overload (increasing weight or repetitions), and follow a balanced diet with a focus on protein (1.6–2.2 g/kg of body weight). Beginners are advised to consult a trainer to avoid injuries and master technique.

**Gymmaxxing requires discipline and a long-term commitment, but the results enhance not only appearance but also overall health.**

Scan

Trainings

Results