

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




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...





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



gymmaxxing

skincaremaxxi

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.

