

BE

Attractive

Man

(part 2)

This comprehensive e-book is designed specifically for guys who are ready to embark on a journey of personal growth and selfimprovement. Dive into a wealth of advices, tips, and techniques that will empower you to glow up both inside and out. From grooming routines and fashion essentials to fitness regimens and confidence-building strategies, this guide has got you covered.



I probably do have an obsessive personality,
but striving for perfection has served me
well.

TOM FORD

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INTRODUCTION

In this e-book, we will fully delve into the concept of glow up. Gone are the days when personal grooming and style were considered solely the domain of women. Men, too, deserve to feel confident, empowered, and proud of their appearance.



A glow up, often defined as a personal transformation encompassing physical, mental, and emotional growth, has become a significant aspect of self-improvement for men.

Why is a glow up important for men?

First and foremost, a glow up allows men to unlock their full potential. By care routines, wardrobe choices, and fitness goals, men can project an image that reflects their inner confidence and individuality.



When you look good, you feel good, and this positive mindset can permeate all aspects of your life, from personal relationships to professional endeavors.

In the following chapters, we will delve into the practical steps, expert advice, and comprehensive guides that will empower you to embark on your own glow up journey. So, are you ready to transform your look, boost your self-confidence, and become the best version of yourself?

YOUR JOURNEY TO PERSONAL GROWTH AND STYLE BEGINS HERE.

CHAPTER

I

SKINCARE

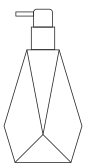


When it comes to glowing up, skincare often takes center stage. So get ready to unlock the secrets of a perfect routine for rich radiant skin.

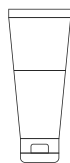


In fact, everything is very simple. You basically must:

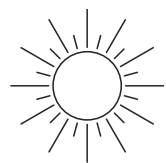
WASH



MOISTURE



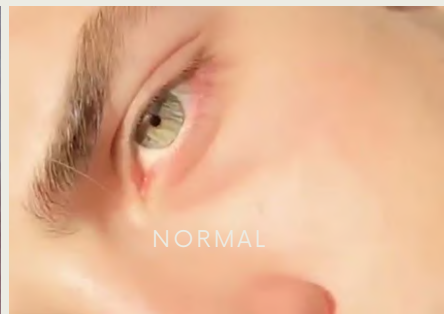
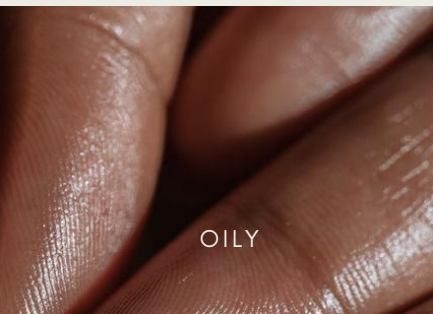
PROTECT





Important

But before we get to the steps, first I want to point out that you need to determine your skin type.



If you have acne, wrinkles, and so on, your routine can be drastically different.



Also remember one fact: proper nutrition is gold. Many skin problems can be caused by junk food, so if you want to always glow up, then minimize fried and processed food in your diet.



Drinking too much alcohol can dehydrate your skin, making it look dull and tired.

WITH THESE THINGS IN MIND, WE MOVE ON TO THE STEPS



Normal Skin

Step 1: Cleansing

- Wash: twice a day
- Choose: neutral cleanser
- Texture: gel or foam
- Goal Ingredients: collagen, coconut oil, green tea

EXAMPLES



Step 2: Toning

- You should not overload your skin with serums and oily butters, use any water-based toner
- It can help balance the pH and prep it for better absorption of other products
- Goal Ingredients: aloe vera or chamomile, which can help soothe and hydrate your skin



Normal Skin

Step 3: Moisturizing / Protecting

- Use moisturizing lotion, not a cream. Texturally they are lighter, and better suited for your daily routine
- SPF in composition will protect your skin

EXAMPLES



EXAMPLES (WITH SPF)





Oily Skin

Step 1: Cleansing

- Wash: twice a day
- Choose: oil-free and non-comedogenic
- Texture: skip creamy products, choose clay or foam
- Goal Ingredients: niacinamide, glycolic acid, zinc

EXAMPLES



Step 2: Serum / Toning

- Use a toner or serum which can help remove any remaining oil from your skin and help minimize the appearance of pores
- Goal Ingredients: witch hazel or salicylic acid, which can help regulate oil production and control shine



Oily Skin

Step 3: Moisturizing / Protecting

- Even if you have oily skin, use an oil-free water-based moisturizer to keep your skin hydrated and healthy
- SPF in composition will protect your skin
- Goal Ingredients: hyaluronic acid or glycerin

EXAMPLES



EXAMPLES (WITH SPF)





Dry Skin

Step 1: Cleansing

- Wash: twice a day
- Choose: natural-based hydrating
- Texture: cream or gel
- Goal Ingredients: various oils, ceramides and hyaluronic acid

EXAMPLES



Step 2: Serum

- Use a hydrating serum to add moisture and nourishment to your dry skin. Choose a serum which is designed to provide instant hydration and long-lasting moisture.
- Goal Ingredients: aloe vera, caffeine, and hyaluronic acid to help soothe and hydrate the skin



Dry Skin

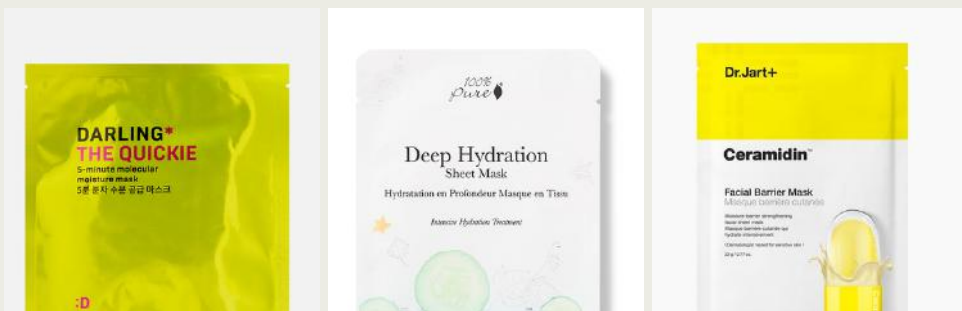
Step 3: Moisturizing / Protecting

- Find a good cream. I think you don't need to explain how and why to use creams. Choose more natural-based products.
- Drink enough water daily
- Use a hydrating sheet mask weekly

EXAMPLES (CREAMS)



EXAMPLES (MASKS)



CHAPTER

II

GROOMING



The next big step for a glow up is your hairstyle. You have to find the perfect haircut for you that shapes your face and is perfect for your hair type and color.



I will give you some quick basic tips:

- GROW OUT YOUR HAIR
- CHOOSE A GOOD HAIRSTYLE
- FIND A BARBER WHO REALLY UNDERSTANDS YOU
- TAKE CARE OF YOUR HAIR
- STYLE WITH PRODUCTS



5 Best



5 Worst





Hair Guide

Step 1: Grow Out

When you growing out your hair (sides), it opens for you hundreds of perfect style variations. Also it corrects your face shape.

KEEP



SKIP



Step 2: Take Care

Find a good natural-based shampoo and conditioner, and wash out your hair at least twice a week.





Hair Guide

Step 3: Style Daily

Style your hair daily by using different pomades, gels, creams and so on. If your hair is dry, use pure argan or coconut oil before styling.

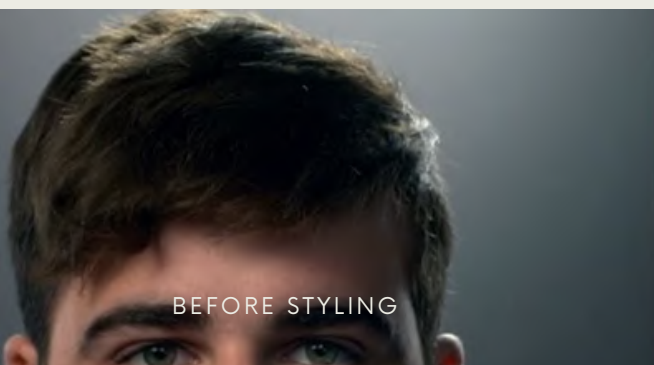


All products is easy to use:

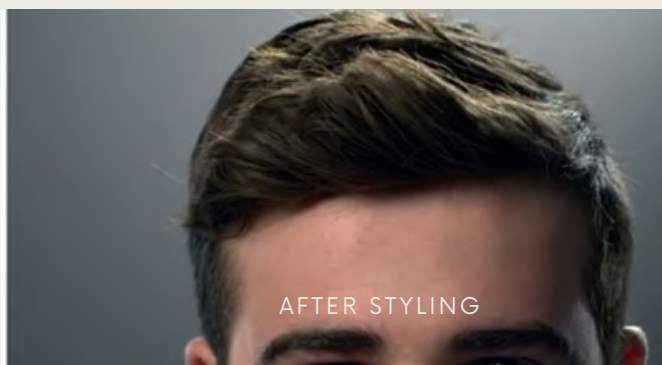
SCOOP OUT

RUB

APPLY



BEFORE STYLING



AFTER STYLING



Hair Guide

Step 4: Keep Clean

And the last step is keeping your hair always in order and to be tidy. Visit your barber as needed, at least once every half a month, and then everything will be just perfect.



GOOD BARBER IS YOUR SAVIOR

CHAPTER

III

FRAGRANCE



Smell is the strongest weapon, it can play both against you, or for. You have to smell amazing. Without further ado, let's move on to the steps.



Remember this quick basic tips:

- SHOWER MORE OFTEN
- MAINTAIN ORAL HYGIENE
- KEEP YOUR CLOTHES FRESH
- AVOID BAD HABITS
- FINALLY, ADD COLOGNE



Smell Guide

Step 1: Shower Often

Get in the habit of taking a quick shower every day. And then use a natural aluminum-free deodorant.



Step 2: Oral Hygiene

Brush your teeth + floss twice a day. Also scrub your tongue every other day.

For extra care and fresh breath, you can use miswak and mint gums after meals.





Smell Guide

Step 3: Keep Clothes Fresh

Wash your clothes often, because fabrics are very absorbent of bad smells and dirt.



Wash frequency guide:



WASH T-SHIRTS EVERY:
2-3 WEARS



SWEATSHIRTS & SWEATERS:
4 WEARS



HOODIES & JACKETS:
6 WEARS



Smell Guide

Step 4: Avoid Bad Habits

Cigarettes and alcohol completely kill not only your health, but also your smell. Try to minimize or completely abandon these habits.



Step 5: Add Cologne

Find the most suitable perfume for you. Here I can not advise you anything, this question is completely individual. The only thing I can emphasize: do not take cheap ones (such as Antonio Banderas, Adidas), and those that every second has (Dior Sauvage, 1 Million). Add some flair and uniqueness.



PERSONALLY, I USE TOM FORD BLACK ORCHID & BYREDO TOBACCO MANDARIN

CHAPTER

IV

WARDROBE



As for clothes, I want to dispel the myth right away that you need to have a lot of money to look great, and build a chic wardrobe. It is not true.

Focus on quality and materials, not brands. And always look for good discounts. And as part of Veyrone+ I will often give you the best sales, so stay tuned.



- QUALITY OVER QUANTITY
- AVOID BIG LOGOS & PRINTS
- WATCH FOR DISCOUNTS
- DO NOT FOLLOW TRENDS
- FINALLY, FIND YOUR STYLE



Keep it Simple

Minimalism and simplicity will never go out of trend. My number one advice to you: build a basic wardrobe that can be combined as you like.



It's not boring. By adding more textures, colors and layers – you will always have new outfits to wear.

Logos, prints and rainbow colors will simply destroy your entire style, making you a walking billboard.





10 Musthave Essentials



WHITE T-SHIRT



DRESS PANTS



RETRO SNEAKERS



SILVER BRACELET



SHORT-SLEEVED SHIRT



SUEDE SNEAKERS



BASIC HOODIE



BLACK JEANS



TEXTURED SHORTS

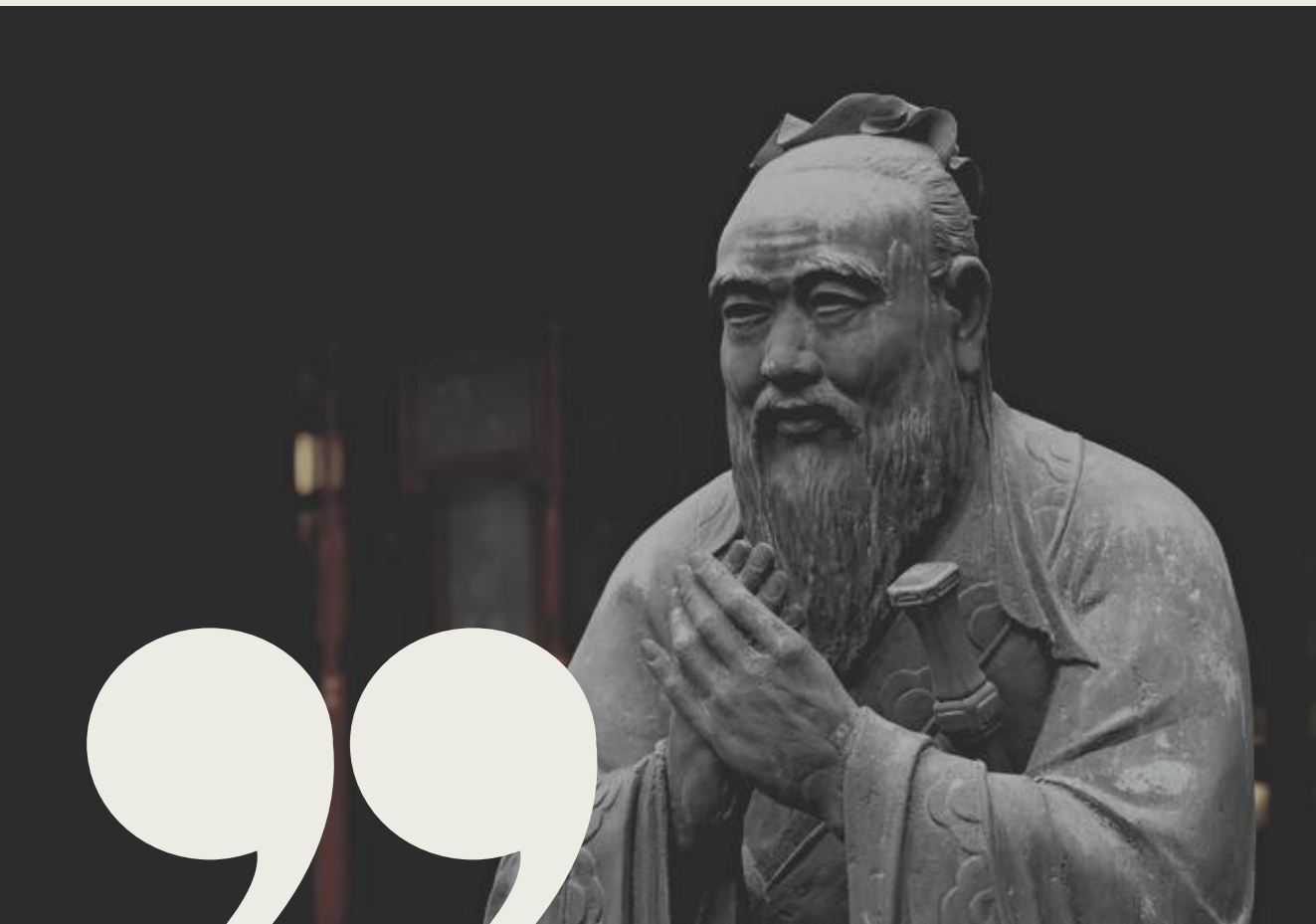


SWEATSHIRT

CHAPTER

V

BODY



He who conquers himself is the mightiest warrior.

CONFUCIUS



Listen, as a man, you must protect your health, strengthen your body and eat clean.

Do sports. Find an activity that is close to you, and make a habit of training at least twice a week for an hour.



I personally recommend you:

- GYM
- BOXING
- TENNIS
- SWIMMING
- EQUESTRIAN



Body Guide

Step 1: Train Properly

Train smart, not hard. An hour a day of activity is enough for health. Usually, the more exercise you do, the harder it is for the body to recover naturally.



Step 2: Eat Clean

To recover, you need quality food. Watch your diet and the amount of nutrients you eat.

Calculators and your own well-being will help you figure it out. Minimize junk food, sugar and salt.





Body Guide

Step 3: Recover

Sleep for 7-9 hours, rest.



Step 4: Study

Read scientific articles regarding the body. Also, take tests at least once a year to monitor your hormones yourself.

If some nutrients are missing, then you can add dietary supplements and vitamin tablets.





Coming Soon

Already on June 5th I will publish a first exclusive training program by me for all Veyrone+ patrons.



Program is

- BASED ON SCIENTIFIC RESEARCHES
- FOR ALL MUSCLE GROUPS
- ONLY FOR NATURAL ATHLETES
- WITH MAXIMUM EFFICIENCY
- PERFECT FOR BEGINNERS

THANK YOU

This book has been a journey of ideas, experiences, and lessons that I felt inspired to share with you. If even a single page has given you motivation, clarity, or confidence, then my purpose as a writer has been fulfilled.

Remember: true attractiveness is not just about appearance — it is about mindset, values, and the way you impact the world around you. I encourage you to keep applying what you've learned here, to grow daily, and to become the best version of yourself.

Your support means everything. Without readers like you, these words would have no meaning. I am deeply grateful for your time, trust, and energy.

This is not the end, but only another step in the journey. I look forward to sharing more insights, stories, and discoveries with you in the future. Until then, stay inspired, stay authentic, and never stop growing.

With gratitude,

Azizbek Abdujalilov