Have a nice day! My name is Cong, I’m 19 years old and I’m come from Ha Noi. Today I’m going to tell you about how I care for my appearance. Currently I feel quite satisfied with my appearance. I think appearance is an important part of myself, but not absolutely. The beauty inside each person is the decision of their value. I often take care of myself carefully, I brush my teeth 2 times a day, use cleanser and lotion to care for facial skin, use conditioner and hair care for hair care for hair care. I am not a beauty expert, so I only use popular products with reasonable prices and uses to take care of myself. I never go to salon or spa. For a man, going to salon or spa is an unnecessary choice. I also don't like cosmetic surgery, I think I don't need it. Cosmetic surgery can help you improve your appearance but can also bring many harmful effects, the rate of accidents when cosmetic surgery is often very high. Besides, if you have a appearance that is not too difficult to see, you can completely confidently live with it without plastic surgery, because the new beauty is the most important. Thanks you for listening.