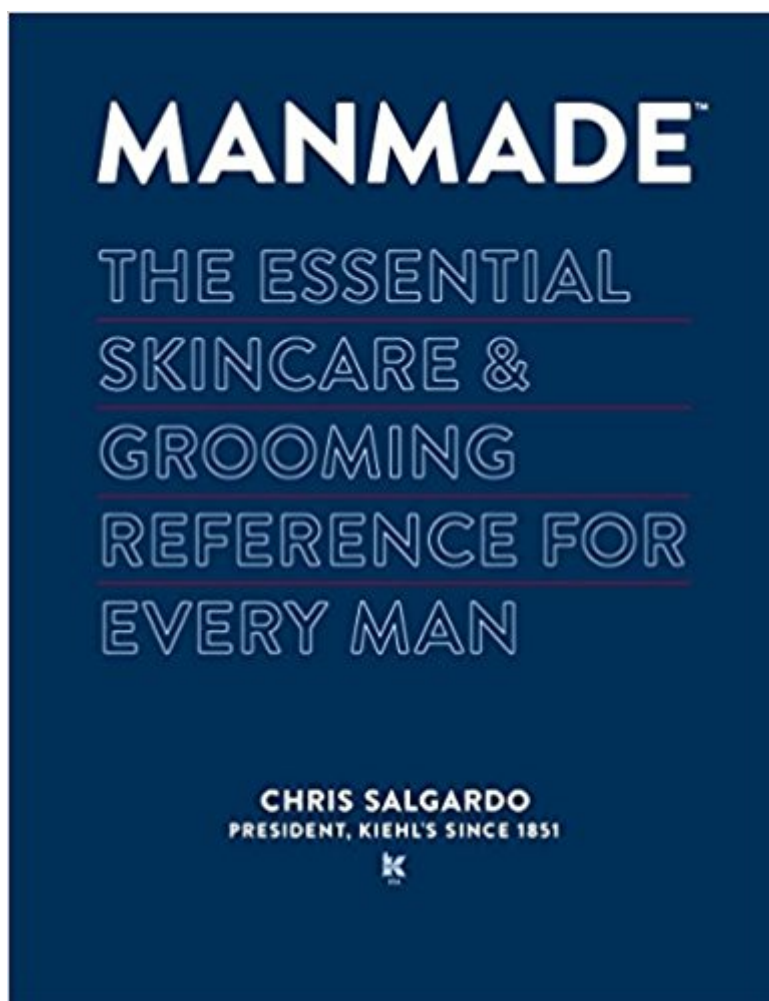


The book was found

MANMADE: The Essential Skincare & Grooming Reference For Every Man



Synopsis

Chris Salgado, the charismatic president of cult-favorite skin-care line Kiehl's, delivers the definitive guide to grooming every man needs—•and was afraid to ask for. • Manmade is the first grooming and skin-care guide created with a 21st-century man in mind. Rather than dispense one-size-fits-all advice, style icon and Kiehl's prez Chris Salgado tailors his guidance to a man's lifestyle and interest level, devoting chapters to the specific grooming needs of the polished gentleman; the extreme sports enthusiast; the bad boy/rebel; the artistic renaissance man; and the DIY hipster. From battling the effects of aging to hair concerns--whether too much or not enough--Chris offers insiders' secrets for looking impeccably (but not obviously) groomed.

Book Information

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Customer Reviews

CHRIS SALGARDO is a long-time beauty and skincare executive who has worked for Chanel Inc., Estée Lauder Companies and L'Oréal USA. Salgado has a never-ending curiosity about grooming, skincare and how to put your best face forward. He is a powerful example of business success achieved through genuine passion. A board member of RxArt and a donor to amfAR for more than two decades, Salgado is an avid philanthropist. He is currently president of the iconic Kiehl's Since 1851 brand in the United States.

The book has a lot more information on taking care of your face and body than I expected. It is

essentially a how-to guide on everything relating to facial and body care and it's made me more conscious of taking care of myself as whole. There is a section for every type of man which is good because you may want to look super polished one day but more casual another day. Beyond the regular grooming, the book also gives some tips on how to stay energized and motivated with some cool motivational interviews mixed in. I especially liked the "life hacks" which give you some useful tricks when you're traveling or just need to look your best in a hurry.

Great book, lots of useful information.

The strength of MANMADE is how easy and accessible the book is in approach to its grooming content and presentation design. It's a beautiful volume. But more important is how it frames grooming as an essential component of modern living for men. Not simply a guide book of tips, MANMADE considers a number of lifestyles men lead or roles men take on and matches simple grooming regimens that make the individual feeling and looking their best. This is supplemented by interviews of men who embody such roles and lifestyles, providing personal insight into the author's thesis: that grooming is the nexus of personal health, style, and identity. And Chris Salgado's MANMADE is a compelling argument for such a worldview.

Christmas present for my hubby. He really likes this book. Says tons of informative things

Here is what you will find in this book: basic, vague, feel-good advice, magazine-like single-sentence tips & tricks. Here is what you will not find in this book: * how to determine your skin type or * what haircuts look good on you * how to shave or choose razors/trimmers * specific product recommendations, not even what chemicals to look for in the products or what to avoid * any arguments, proof or scientific research why you need to moisturize or apply sunscreen * no photos of protected/unprotected skin over a span of several years or any other examples, only stock photos of male models His advice on how to determine your skin type: go to a dermatologist. His advice for choosing a haircut: go to a stylist. His advice what to do if you are bald or are getting bald: go to a stylist and ask what's best. There are no examples of haircuts on different shapes of heads, there are no photos that compare what haircuts look good and bad on balding men. His advice for grooming your hair is to use shampoo, conditioner and go to a barber every three weeks. He covers

shaving by advising you to shave with the grain, always use a sharp razor and use beard oils, go to a barber and... that's it. What's worse, the book is repetitive. He addresses specific grooming needs for several types of lifestyles... except the advice you'll read is the same. I read about moisturizing and "eye cream with an SPF of no less than 50" eight times. This book looks like a magazine, not a book. This book was given me as a gift for Christmas. I really wanted to like this book so as to not hurt the feelings of the person who gave it to me. There's "reference" in the title, but the book is practically useless. I'd ask for a refund if I could.

I was expecting more useful advice for grooming. This book isn't very valuable as a tool for skincare or grooming. There was no instruction about how different ingredients work for or against your skincare, or any specific information about the art of shaving. Most of the suggestions involve paying someone else to decide all these things for you. I was hoping this "guide" would be helpful for the regular man trying to up their grooming game, but often it only teaches you how to spend money for the best advice. Disappointing.

What's cool about this book is that it makes you think about how the way you take care of yourself is a reflection of the way you care for the people in your life or the various roles you have. It makes you more conscious of how you take care of yourself as a whole, from how you adjust to jet lag to proper grooming being another investment you make in yourself. The other cool thing is that there are life hacks in each chapter that cover everything from a DIY-version of polishing your shoes to keeping unruly eyebrows in place. I think this is an excellent book for any guy looking for improvement not only in grooming but in becoming a more positive and confident person to both himself and to others. I highly recommend.

This book has something for all men. I love how it taught me as an adult how to really take care of my skin and facial hair. The book is divided into five "types" of guys. I started reading with the Extreme guy because that's who I thought I would be the most like, but I found myself going back to other sections, like the Modern guy when I needed tips for how to prep for a formal event. I like that you can kind of choose your own adventure with this book, picking it up, putting it down, coming back, pulling out the parts you need.

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