

Advanced Beard Care Practices: Pro Tips for a Healthier, Fuller Beard

An unkempt beard not only looks rough but can also trap dirt and bacteria, causing irritation. This leads to itchiness, dandruff, dryness, and even patchy growth. And that's why advanced beard care is essential—not just for appearance but for overall beard health.

In this article, we curated expert-backed pro tips to help you achieve a fuller, softer, and healthier beard below.

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9 Pro Tips for a Healthier, Fuller Beard

Here's how you can get a healthier, fuller beard:

1. Deeply Hydrate

You can hydrate your beard by using good beard butter like [That Urban Edge beard butter](#) or good beard oil like [That Urban Edge beard oil](#). These beard grooming products are known for locking in moisture and leaving the beard hydrated.



Also, drink a suitable amount of water daily (6 - 8 glasses per day) to keep your skin hydrated. This reduces ingrown hairs, ensures your beard is easy to style, and prevents dryness which can cause breakage or split ends.

2. Do Microneedling (Derma Rolling)

Derma rolling, which is a popular at-home microneedling option, works by creating tiny punctures on the skin to stimulate collagen and keratin production and improve blood circulation.

This triggers the body's natural healing response, improves blood flow to the hair follicles, exfoliates ingrown hair, and enhances nutrient transportation.

For maximum benefits, you can combine microneedling with a good beard oil or butter to quicken the latter's absorption and effectiveness.

3. Precision Trimming



[Photo by RDNE Stock project](#)

In precision trimming, all you have to do is trim away the split ends and stray, rough, and dry hair. This gives your beard a defined look without having to deal with messy, unruly flyovers.

It also prevents itchiness and discomfort usually caused by shallow beard management in excessively long and thick beards while ensuring your beard is easy to style.

4. Embrace Beard-Friendly Diet



[Photo by Cats Coming](#)

Eating nutrient-rich foods strengthens your hair strands, nourishes hair follicles, and encourages a fuller beard.

While almost all foods are nutritious, you should prioritize eating foods like eggs, lean meats, fish, beans, nuts, Greek yogurt, almonds, sweet potatoes, avocados, carrots, spinach, oranges, bell peppers, salmon, flaxseeds, walnuts, chia seeds, oysters, beef, pumpkin seeds, chickpeas, red meat, lentils, quinoa, whole-grain toast, broccoli, sweet potatoes, and fresh fruits.

They supply key nutrients like Protein, biotin (Vitamin B7), Vitamin A, Vitamin C, Omega-3 fatty acids, zinc, and iron.

Create a healthy food timetable containing the foods we've listed above. It can look like this:

- **Breakfast:** Scrambled eggs with spinach & whole-grain toast.
- **Lunch:** Grilled salmon with quinoa and steamed broccoli.
- **Dinner:** Lean beef with roasted sweet potatoes and avocado salad.
- **Snacks:** Almonds, walnuts, Greek yogurt, fresh fruits.

Feel free to shake up your timetable. And don't forget water too for hydration.

5. Use a Beard Shampoo and Conditioner

A good beard shampoo like [That Urban Edge beard shampoo](#) is fortified with ingredients that will remove any dirt, oil, and product buildup hindering your beard from flourishing.



To prevent breakage and split ends, you can combine a beard shampoo and conditioner. This combo also fights against itchiness and beardedruff while leaving your beard soft and manageable in the long run.

- First, wash your beard using the beard shampoo. Massage the shampoo into your beards with your fingers for about 5 minutes. Rinse it off with lukewarm water. Then, apply the beard conditioner. Wait for 2 - 3 minutes before rinsing it off.
- Pat your beard until it is damp using a towel or cloth. Or you can let it air dry until it's not dripping wet.

As for how many times you should wash your beard, 2 - 3 times a week will suffice.

6. Moisturize with Beard Oil



Beard oils leave your beard feeling soft, luscious, moisturized, and smooth to the touch. They are also perfect for reducing frizz, fighting itchiness, and hydrating against dryness. A good example is [That Urban Edge Beard Oil](#).

To apply, drop about 3 - 5 drops of the oil in your palms and massage it into your beard. Make sure you reach the skin underneath your beard for full nourishment.

If you need to maintain your flyovers, take a pea-sized amount of beard butter or balm and smash it between your palms until it is creamy. Rub and massage it into your beard.

7. Brush or Comb Daily

Use the beard comb to evenly distribute your beard grooming products from the root to the tip of your beard. [That Urban Edge beard comb](#) is a good example of a beard comb with dual teeth, great for any kind of beard.



Aside from evenly distributing beard grooming products, a beard comb or brush detangles the hair and prevents knots. It also stimulates blood circulation and prevents ingrown hair.

8. Avoid Harsh Products and Overwashing



[Photo by Tima Miroshnichenko](#)

Washing your beard daily can seem like the right thing to do, except that it strips away the natural oils in your beard if overdone. This leads to dryness and irritation. So, avoid it.

Also stay away from harsh products, especially those with unnatural mixes and Sulfate. Two to three times weekly using gentle products, like those from [That Urban Edge's](#) collection, will suffice.

9. Give Growth Time and Stay Consistent



Lastly, you have to stay on your beard routine and give it time. Stick to the routines, measure growth weekly, and pay attention to your beard's quality.

Look out for signs such as hair breakage, coarseness, excessive dryness, loss of shine, and messy flyovers. If present after a couple of months of following your routine, it could signal a need to change your products and routine, or it could mean you're doing the wrong thing.

Final Thoughts

Your beard contributes to your overall signature look. It looks messy, you look messy. To avoid that, hydrate healthily—about six to eight cups daily. Do microneedling to exfoliate and enable penetration of your beard grooming products.

Use precision trimming to produce a polished look. Meanwhile, don't forget that what you eat also contributes to the health of your beard. Draw out a good food timetable to guide you on eating nourishing foods.

Beard shampoos and conditioners will help add a shine. But don't be overzealous with washing as it can strip your beard of natural oils and leave it dry. Be patient and stay consistent—change your routine after a few months if it's not working.

Lastly, avoid using harsh grooming products. They'll do your skin and beard more harm than good. Instead, you should use natural products, such as those from [That Urban Edge's collections](#).