

LEAKED

READ FIRST: Ultimate looksmaxxing/softmaxxing guide+info forged from old forums before mainstream attention. Hardmaxxing content was removed and is not encouraged if under 18. FEEL FREE TO SHARE TO FRIENDS, BLACKPILL DOESN'T HAVE TO BE COMPETITION, RISE UP TOGETHER Enjoy.

Prioritization

THE ULTIMATE LOOKSMAXXING CHEAT SHEET



LOOKSMAXXING

Full List of Softmaxxing Products

General Improvement:

Gua Sha

Debloats face, removes eyebags, removes fine lines, encourages facial growth, encourages hollow cheeks



Ice Roller

Debloats, reduces puffiness, reduces inflammation, clears skin, shrinks pores, encourages hollow cheeks, reduces eyebags



Grooming Kit

Self explanatory MUST HAVE, how are you into lookism and don't even have your shit together



Eye Area Improvement:

CeraVe Eye Cream

Reduces eye circles and eyebags



Voluflin

Use 1 drop w/ eye cream, use when you have low under eye area support(eye lines, not eye bags), reduces UEE if applied



Castor Oil

Increases eyelash and eyebrow growth/length/thickness, apply at night, (alt.1)



Rosemary Oil

Increases eyebrow growth/length/thickness, apply at night, (alt.2)



Derma Roller

Increase eyebrow thickness, encourages new follicle growth, use with oils, do 1-3 weekly



Eyelash Curler

Curls straight eyelashes, must have if straight eyelashes, curly eyelashes ARE more attractive



Eyelash Dye

Must have if light/nonvisible eyelashes, cheat code if blue or green eyes, this color only



Eyebrow Dye

Must have if light/non visible eyebrows, get one shade darker than hair color, only go black if you dye your hair black, don't have recommendation, do your research

Eyelid Pulling

Gets rid of UEE, get fat above and pull down for 5 sec 25 times 4 times a day, do both sides, over time will achieve hooded eyes

Eye Pulling

Not to be confused with above, you may have seen this where people will stretch or pull eyes up, this is cope, it will give you dark spots and wrinkles

Jaw Improvement:

Falim

To have a good jaw you need a stronger masseter muscle, falim is cheapest hard chewing gum to achieve this

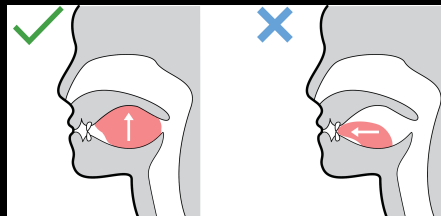


Mastic Gum

This is the BEST option if you can afford it, will increase jaw gains for sure



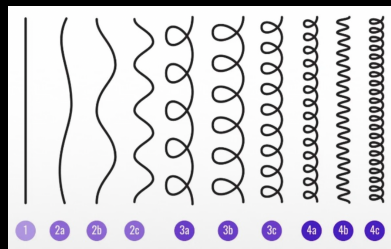
Mew+Nose Breath(best is going through puberty or still growing, 14-25)
Just as important, have a good posture and suction tongue to top of mouth while nose breathing, having trouble? Say a “nnnn” sound like your about to say “neighbor” but just stress the n, your tip of your tongue should be at the top front part of mouth behind teeth but not touching them, then simply say a sort of “ing” sound to try to suction/lift back part of tongue up, for beginners you may not be able to breath just get as close as possible to breathing and then over time you will get better as palette expands



Hair Improvement

1) Determine Hair Type

Pull out a couple strands of hair and determine where it belongs+use common sense



Tips:

- Before all of this need to reset your hair, don't shampoo or anything for a month minimum, hair should get oily or dry, stink, all normal but after a while will neutralize, then you can start routine
 - Co Wash=JUST conditioner
 - Scrub roots of hair on head when using shampoo
 - Only coat hair with conditioner, don't scrub
 - Leave conditioner in hair for 2 min before rinsing
- Never rough your hair with towel, pat and air dry, refrain from hair blow drier or use on low and cool

2) Thin/Fine Hair:

- 3) Monday: Shampoo+Conditioner
 - 4) Tuesday:Water
 - 5) Wednesday:Shampoo+Conditioner
 - 6) Thursday:Shampoo+Conditioner
 - 7) Friday:Shampoo+Conditioner
 - 8) Saturday:Water
 - 9) Sunday:Shampoo+Conditioner
- 10) Tip: Shampoo more if hair still oily, range is (4-7x week)

Shampoo



Conditioner



11) Straight/Wavy Hair:

- a) Monday: Shampoo+Conditioner
- b) Tuesday:Water
- c) Wednesday:Water or Cowash
- d) Thursday:Shampoo+Conditioner
- e) Friday:Water
- f) Saturday:Cowash
- g) Sunday:Water
- h) Tip: Shampoo less if hair gets dry

Shampoo and Conditioner



12) Coarse/Curly/Coily:

- a) Monday: Shampoo+Conditioner
- b) Tuesday:Water
- c) Wednesday:Water or Cowash
- d) Thursday:Cowash
- e) Friday:Water or Cowash
- f) Saturday:Cowash

h) Optional: Leave in conditioner 2-5 a week if still frizzy

Shampoo, Conditioner, Leave In Conditioner(curl smoothie)



Pick a hairstyle based on head shape. Good picks are low/mid tapers with bulk on top and back, wavy middle part/surfer curtains, buzz cut(if square head, defined wide jaw)



Have straight hair? Want Wavy/Fluffy Hair? Do this.

Sea Salt Spray

Use this after every shower, massage into roots of hair, scrunch hair



Hair Texture Powder

Use it any morning you need to add volume to hair, scrunch hair, stick in your fingers, create layers and style



Hairdryer with Diffuser Attachment

This WILL make your hair fluffy with volume if used after sea salt spray and before powder. Have it on cool and low and scrunch hair with hands and attachment. Hold it for a while then move on, sort of creating curls and drying it in that position.



Hold Spray

And for the wind to not fuck up all your progress during the day, use this. And boom you got the hair you've dreamed of. Mixed with a taper and you have a deadly combo.



Safe Health Improvement(Supplements)

Creatine

Be consistent in gym for 1 month, then 3g-5g/day, safe under 18



Protein Powder

Must have if bulking, use in shakes, food, etc.



Pure Shilajit

natural testosterone booster



Pure Lions Mane

natural memory booster



Raw Pure Manuka Honey

natural energy booster



Black Seed Oil

Natural Anti inflammatory substance(no bloating)



L-Theanine

Natural height booster



Collagen Peptides

Causes good skin fat growth and muscle+bone growth



Ashwagandha

Safe, go ghost limit your emotions and grind(makes you not depressed)



Fragrances

Native Deodorant

Best brand, dr squatch is good but leaves stains, everything else is to toxic and is bad for health, smells good, lasts, doesn't stain, and is NATURAL



Aqua Di Gio
Summer fragrance



Jean Paul Gaultier 'Le Male
Autumn fragrance



Paco Rabanne 1 Million
Winter fragrance



Terre D'Hermes
Spring fragrance



Dior Sauvage
Everyday fragrance



Showermaxxing

Method Men Body Wash

Best smelling and ingredient gel body wash



Dr. Squatch Soap Bar Body

Best smelling and ingredient bar soap wash



Body Scrubber

Never use a loofah, you need to exfoliate your skin when showering, this is your only option



Scalp Scrubber

Same with your head, hair, scalp, hands aren't enough, need to deep clean



Skincare*don't just buy one, need whole skincare routine or else imbalance

Morning:

CeraVe Cleanser

If you have sensitive skin do not use in morning, just use cold water



Vitamin C Serum

Gets rid of dark spots, tans skin, gives it a glow



Moisturizer

Self explanatory



SPF

Must need, the sun damages your skin



Night:

CeraVe Cleanser

Must use



Retinol

Insane benefits, no lines, smoother skin, prevents acne, kills dead skin cells, everything, will cause purge of breakouts for first few days but after will do wonders



Moisturizer

Self explanatory



Fixes:

Blackheads?

Use this.(replace other cleanser)

Redness and Bumps?

Use this.

Facial Hair Shaving Improvement

Short stubble or clean shave, nothing else. Always wash face before shaving.

Electric Trimmer

Debulk



One Blade Razor

Specific clean shave



Best Shaving Cream

Best there is, you will never get cut



Post Shave Balm

MUST have or else you will get red irritated skin



Info

Foods For Attractive Face:

- Water with lemon or lime
 - Cucumber
 - Celery
 - Melon
 - Greens
 - Beetroot
 - Pear
 - Artichoke
 - Bananas
 - Pecans
 - Carrots
 - Parsely
- Sunflower Seeds
 - Coconut Water

Measure Your Facial Harmony

More of these you have, more harmonious face, take a picture with front camera fully relaxed in level with eye, use photoshop or a photo editing app to measure face, if you are missing important one, that's a failo

Face Width to Height Ratio(FWHR)

Ideal: 1.8+

Full Face Ratio

Ideal: 0.62+

Midface Ratio

Ideal: 1.0

Mouth to Nose Ratio

Ideal: 1.5-1.62

Lower to Upper Lip Ratio

Ideal: 1.62

Chin to Philtrum Ratio

Ideal - 2.0-2.25

Bizygomatic to Bigonial Width

Ideal: 1.35

ESR

Ideal: 0.47

EME

Ideal: 47°-50°

Canthal Tilt

Ideal: 4°-6°

palpebral fissure length to height ratio

Ideal: 3.0-3.5

Facial thirds

Ideal - 32.5% top 32.5% middle 34% bottom

Facial fifths

Ideal - 20% 20% 20% 20% 20%

Neck width in relation to jaw

Ideal - 90%+

Bi temporal width in relation to jaw width

Ideal - equal width

SIDE PROFILE

Remus length

Ideal - 0.62 times mandible length

Cervicomental angle

ideal - 105° - 120°

Gonial angle -the angle formed upon setting the vertex at the gonion with the arms set along the mandible and the ramus.

ideal - 115°-130°

Nasal frontal angle

Ideal - 127°-142°

Nasolabial angle

Ideal - 95-100°

Facial convexity (profile roundness)

Ideal - 173°

Nose projection

Ideal - 0.6

**LOTS OF IT IS MISSING, WILL CONTINUE TO ADD WHEN FIND MORE VALUABLE INFO,
ENJOY FOR NOW AND HELP YOUR FRIENDS OUT**