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↳ [Grooming, skincare, hair products discussion and recommendations](#) ITT

Pages (2): 1 [2](#) [Next »](#)

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Grooming, skincare, hair products discussion and recommendations ITT Thread Modes



Admin ●
Administrator



Posts: 153
Threads: 23
Joined: Jun 2015

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07-19-2015, 09:00 PM

#1

Regenepure = best keto shampoo

<http://Looksmaxxer.com>

Use the mention system to @**username** tag other users, they will receive a notification if done.
Please don't PM me asking to get rated. I probably won't respond.
PM super mods or mods to have your posts deleted/edited.

[Reply](#)

Nizoral Babe ●
Colez Biker Gang



Posts: 536
Threads: 14
Joined: Jun 2015

07-19-2015, 09:01 PM (This post was last modified: 07-19-2015, 09:17 PM by Nizoral Babe.)

#2

Victory Wrote: → (07-19-2015, 09:00 PM)

Regenepure = best keto shampoo

I do a couple of things for my skin. I wash daily using St. Ives Green Tea black head wash with luke warm water.

close the pores up. About 10 minutes before bed I use Vaseline Coco butter and apply it across my entire face, before hopping into bed I make sure there's no excess by lightly patting it off.

<http://www.amazon.com/lves-Scrub-Fresh-S...icot+scrub>

<http://www.amazon.com/St-lves-Blackhead-...s=st.+ives>

<http://www.amazon.com/Vaseline-Intensive...coa+butter>

For exfoliating the skin, I use Aztec healing clay with Bragg's ACV twice a week. Leave it on for around 25-35 minutes, it'll stop pulsating and that's how you'll know it's done. Make sure to use hyaluronic acid afterwards (for optimal absorption of moisturizers), followed by a good moisturizer. I use Vaseline Coco Butter (can be bought at Wal-mart).

<http://www.amazon.com/Aztec-Secret-India...aling+clay>

<http://www.amazon.com/Bragg-Organic-Appl...er+vinegar>

<http://www.amazon.com/OZ-Naturals-Hyaur...rma+roller>

If you have any acne scarring, alternate bi-weekly application of salicylic acid peel 20% and a derma roller. Do not overuse these, as the skin needs a lot of time to heal. You're basically forcing the acceleration of skin growth with these, so ALWAYS use hyaluronic acid with a quality moisturizer afterwards.

<http://www.amazon.com/Salicylic-Acid-20%...+acid+peel>

<http://www.amazon.com/Superality-Multipl...rma+roller>



German--Irish--Mexican Aesthetics Crew

"A human being is a part of the whole called by us universe, a part limited in time and space. He experiences himself, his thoughts and feeling as something separated from the rest, a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole of nature in its beauty."

"I believe in me, I believe in you - and I believe that we are not meaningless."

"We are nothing without brotherhood. And brotherhood is nothing without your brothers."

Find

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chadD24
Mega Super Poster



Posts: 2,384
Threads: 317
Joined: Jul 2015

07-19-2015, 09:02 PM (This post was last modified: 07-19-2015, 09:05 PM by chadD24.)

#3

in for later

SEPPUKU

Ultra Super Poster



HQNP

Posts: 5,548
Threads: 681
Joined: Jun 2015

GOAT Foundation

<http://www.makeupforever.com/us/en-us/ma...foundation>



Website Find

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Skirrel

Member



BIRD

Posts: 187
Threads: 12
Joined: Jul 2015

07-19-2015, 09:07 PM

#5

Face wash: pretty optional since u can get away with using cold water once in the morning, and taking a cold shower at night to clean off ur face. But here's what i use for my oily t-zones:

<http://i5.walmartimages.com/dfw/dce07b8c...a64.v2.jpg>

Then i follow up by putting 0.05% tretinoin on my face

Then i slather on aveeno spf15 lotion

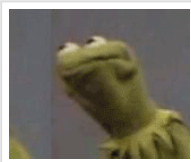
<http://ii.aveeno.com/cgi-bin/iipsrv.fcgi...0&cvt=jpeg>

Always keep in mind that doing too much can be detrimental because of skin irritation

Also, replacing your shampoo with ketoconazole shampoo will also help prevent any seborrheic dermatitis (sp?)

Find

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Reflex

Certified Low-T



BIRD

Posts: 5,871
Threads: 363
Joined: Jul 2015

07-20-2015, 04:52 PM (This post was last modified: 07-20-2015, 04:52 PM by Reflex.)

#6

The least you should do is drink atleast a gallon of water a day m8s

I noticed some great things taking Biotin in my hair, would recommend to anyone. Not really speed of growth but general health.

The image you are requesting does not exist or is no longer available.

imgur.com



Skirrel
Member



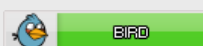
Posts: 187
Threads: 12
Joined: Jul 2015



does anyone know of a solution for nose pores? especially those that have been enlarged due to acne/blackheads?



Skirrel
Member



Posts: 187
Threads: 12
Joined: Jul 2015



07-21-2015, 05:33 AM

#8

Techno Viking Wrote: → (07-21-2015, 04:45 AM)

Skirrel Wrote: → (07-21-2015, 04:37 AM)

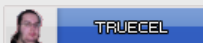
does anyone know of a solution for nose pores? especially those that have been enlarged due to acne/blackheads?

I will send roses and pictures of my cat to whoever can tell me this. My nose pores are legit HIDEOUS. It's like I have craters on my nose.

well many professionals on realself.com speculate that chemical peels and laser resurfacing might work.



lachowski's cat
Senior Member



Posts: 274
Threads: 24
Joined: Jul 2015



07-21-2015, 08:34 PM

#9

Victory Wrote: → (07-19-2015, 09:00 PM)

Regenepure = best keto shampoo

Is it better than Nizoral 2% for MPB?



07-21-2015, 08:58 PM

#10

Victory Wrote: → (07-21-2015, 08:43 PM)

lachowski Wrote: → (07-21-2015, 08:34 PM)

Is it better than Nizoral 2% for MPB?

20 captures

15 Dec 2015 - 18 Apr 2017



TRUECEL

Posts: 274
Threads: 24
Joined: Jul 2015

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Have you used it for long? Noticed any side effects?

Reply



Skirrel
Member



BIRD

Posts: 187
Threads: 12
Joined: Jul 2015

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07-21-2015, 11:35 PM

#11

Victory Wrote: →

(07-21-2015, 09:11 PM)

lachowski Wrote: →

(07-21-2015, 08:58 PM)

Have you used it for long? Noticed any side effects?

For around 10 months, side effects? It's just a shampoo. It did improve my hair quality and balding was halted together with fin and minox.

regenepure made my scalp itch like crazy, nizoral made it feel so much better. plus, those sulfates in ur shampoo arent too bad, depending on which type

i'd worry more about the barley proteins and spirulina or whatever they add that might be an allergen to you.

Reply



frenchy91
Colez Biker Gang



MASCULINITY CREW

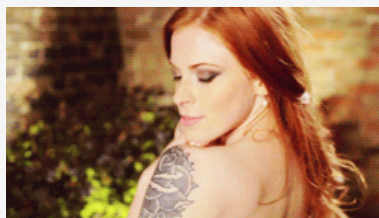
Posts: 722
Threads: 13
Joined: Jul 2015

Find

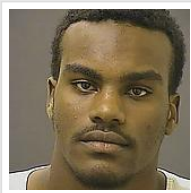
07-24-2015, 07:21 PM

#12

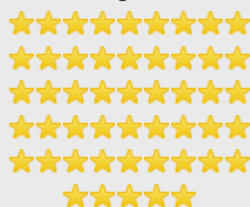
revita = best keto shampoo



Reply



lono
Legend



Posts: 2,259
Threads: 26

07-25-2015, 05:37 PM

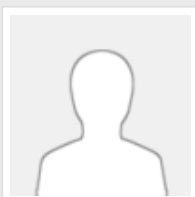
#13

@Victory do you want to use this thread for the product marketing or should we start a new one?



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tiredoftrying
Banned

Posts: 1,790
Threads: 113
Joined: Jul 2015

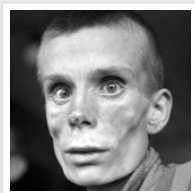
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08-03-2015, 12:10 PM

#14

Okay so I can't fucking find Finasteride anywhere, can I use Saw Palmetto as substitute or it's shit and a waste of money?

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Weaselface
Senior Member



Posts: 487
Threads: 69
Joined: Jun 2015

Find

08-03-2015, 12:18 PM (This post was last modified: 08-03-2015, 12:18 PM by Weaselface.)

#15

tiredoftrying Wrote: →

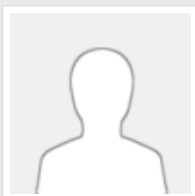
(08-03-2015, 12:10 PM)

Okay so I can't fucking find Finasteride anywhere, can I use Saw Palmetto as substitute or it's shit and a waste of money?

You either get a proper, medicinal 5α-reductase inhibitor, or a noose.

My outer appearance was poor, but in this way my inner world became richer than anyone else's. Was it not natural that a young boy who suffered from an indelible drawback like mine should have come to think that he was a secretly chosen being? I felt as though somewhere in this world a mission awaited me of which I myself still knew nothing.

Reply



tiredoftrying
Banned

Posts: 1,790
Threads: 113
Joined: Jul 2015

08-03-2015, 01:43 PM

#16

Weaselface Wrote: →

(08-03-2015, 12:18 PM)

tiredoftrying Wrote: →

(08-03-2015, 12:10 PM)

Okay so I can't fucking find Finasteride anywhere, can I use Saw Palmetto as substitute or it's shit and a waste of money?

You either get a proper, medicinal 5α-reductase inhibitor, or a noose.

What would you recommend?



Weaselface
Senior Member



Posts: 487
Threads: 69
Joined: Jun 2015

tiredoftrying Wrote: →

(08-03-2015, 01:43 PM)

Weaselface Wrote: →

(08-03-2015, 12:18 PM)

You either get a proper, medicinal 5α-reductase inhibitor, or a noose.

What would you recommend?

I'm talking about Fin or Dut, and I'm currently using Fin. I'm considering changing to Dut, or at least complementing my current regimen with it, but then I'd move one notch up the potency-ladder early on, and if it'd stop working I'd have nowhere to go.

The typical recommendation is to begin with Fin, and see how it goes. You ought to do that.

There's also RU — which I have no experience with — a topical solution which functions like Fin or Dut. I'm currently disinclined to experiment: if you slip up once with something that doesn't work well there's no way to take a step back, because some hair might be lost. It probably works fine, but I'm too high-inhib to dare mixing a working regimen around.

You can find Fin or Dut at inhousepharmacy. I use goldpharma, but I will probably change since I don't feel *quite* as sure about the veracity of the dealers and products.

Look into Nizoral too, and Minox if you can stand the bother and if you're willing to gamble with skin decay — perhaps an unsubstantiated fear.

The bottom line — if you're certain you're losing ground — seems to be to either dedicate yourself to any one 5α-reductase inhibitor, or accept advancing hairloss, because the other remedies by themselves will rarely be enough.

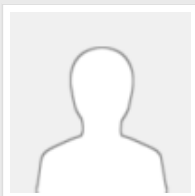
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08-03-2015, 07:04 PM

#18



tiredoftrying
Banned

Posts: 1,790
Threads: 113
Joined: Jul 2015

Weaselface Wrote: →

(08-03-2015, 02:06 PM)

tiredoftrying Wrote: →

(08-03-2015, 01:43 PM)

What would you recommend?

I'm talking about Fin or Dut, and I'm currently using Fin. I'm considering changing to Dut, or at least complementing my current regimen with it, but then I'd move one notch up the potency-ladder early on, and if it'd stop working I'd have nowhere to go.

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My hair loss, if there's any, is very slow, I have receded slightly on sides in the last three or four years so I would like to think that I have chances to regrow back into a NW1 or so if I take Fin+Minox+Regenepure. I ordered Regenepure so far, I can't find Finasteride in Romania and I don't know what else to use.

Find

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Weaselface
Senior Member



Posts: 487
Threads: 69
Joined: Jun 2015

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08-03-2015, 07:20 PM

#19

tiredoftrying Wrote: →

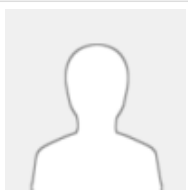
(08-03-2015, 07:04 PM)

My hair loss, if there's any, is very slow, I have receded slightly on sides in the last three or four years so I would like to think that I have chances to regrow back into a NW1 or so if I take Fin+Minox+Regenepure. I ordered Regenepure so far, I can't find Finasteride in Romania and I don't know what else to use.

Why can't you order internationally?

My outer appearance was poor, but in this way my inner world became richer than anyone else's. Was it not natural that a young boy who suffered from an indelible drawback like mine should have come to think that he was a secretly chosen being? I felt as though somewhere in this world a mission awaited me of which I myself still knew nothing.

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tiredoftrying
Banned

Posts: 1,790
Threads: 113
Joined: Jul 2015

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08-03-2015, 07:44 PM

#20

Weaselface Wrote: →

(08-03-2015, 07:20 PM)

tiredoftrying Wrote: →

(08-03-2015, 07:04 PM)

My hair loss, if there's any, is very slow, I have receded slightly on sides in the last three or four years so I would like to think that I have chances to regrow back into a NW1 or so if I take Fin+Minox+Regenepure. I ordered Regenepure so far, I can't find Finasteride in Romania and I don't know what else to use.

Why can't you order internationally?

It costs a lot and if I start the treatment I want to try for at least one year. Shipping Finasteride from US/any other country for one year is going to fuck me over financially.

Reply



Iltvyr
Senior Member



Posts: 769
Threads: 105
Joined: Jul 2015

Find

08-10-2015, 04:43 PM (This post was last modified: 08-10-2015, 04:50 PM by Iltvyr.)

#21

Do all those skincare products, cleansing, peeling and stuff REALLY make a difference, if you don't have acne? I have dry skin, so I sometimes apply carrot oil in hopes that some if it also absorbs and leaves a glow. And this thing, if used in a very correct amount, actually leaves a very nice color to the skin, so it's good to go out with this on.

And dose anybody even notice, if you have black dots on your nose?

Skirrel Wrote: →

(07-19-2015, 09:07 PM)

Face wash: pretty optional since u can get away with using cold water once in the morning, and taking a cold shower at night to clean off ur face. But here's what i use for my oily t-zones:

<http://i5.walmartimages.com/dfw/dce07b8c...a64.v2.jpg>

Then i follow up by putting 0.05% tretinoin on my face

Then i slather on aveeno spf15 lotion

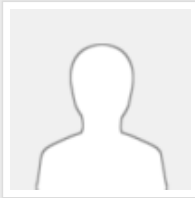
Always keep in mind that doing too much can be detrimental because of skin irritation

Also, replacing your shampoo with ketoconazole shampoo will also help prevent any seborrheic dermatitis (sp?)

Why does the water have to be cold?

Find

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Amud Member



Posts: 191
Threads: 7
Joined: Jun 2015

08-10-2015, 05:36 PM (This post was last modified: 08-10-2015, 05:43 PM by Amud.)

#22

I've changed my daily hair routine to avoid using commercial shampoos. It's not perfect, but so far I've managed to keep my hair quality reasonably good while avoiding exposure to sulfates (which contained in commercial shampoos, and contribute to hair loss)

1. massage a very small dab of coconut oil into scalp before getting in the shower. I found that if I use more than a tiny amount, my hair looks greasy. This prevents hair from drying out, and also prevents dandruff
2. pour a nice pile of baking soda into a cup, add enough water to form a sludge, and a few drops of Dr. Bronner's soap
3. pour over head and work into hair, let sit for a few minutes
4. rinse the sludge off, then pour some 50/50 water and apple cider vinegar on hair
5. rinse that off

I haven't used shampoo in a few days and my hair is holding up pretty well. That's only the first step though. In the near future, I'm going to add some more things. I plan to add a tea made from comfrey leaf and nettles to the baking soda / Dr. Bronners mixture, and a few drops of rosemary essential oil to the vinegar mixture. This should improve hair quality and help avoid hair loss. With these herbal additions, I'm hoping my hair quality will be much better than when I was using commercial shampoos.

For skin care, I've been using the following routine:

1. wash face with Dr. Bronner's soap while in the shower
2. after shower, dab apple cider vinegar all over face with a cotton ball. Wait a few minutes for it to dry
3. moisturize with a small amount of coconut oil
4. shave right after applying coconut oil, makes shaving very easy

Tooth and mouth care:

1. weigh out a gram of coriander powder, put in mouth, take a swig of water, swish it around and swallow. Coriander is very healthy for you, and it's also great for your gums and inside of your mouth. It prevents canker sores.
2. brush with a drop of Dr. Bronner's soap (tastes terrible, but it definitely cleans your teeth, doesn't contain fluoride, and doesn't scratch the enamel like baking soda)
3. floss
4. gargle with hydrogen peroxide (kills germs and whitens teeth)

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08-12-2015, 03:49 PM

#23

For face I only use one of my mom's anti wrinkle vaseline. Is it any good?

20 captures

15 Dec 2015 - 18 Apr 2017



lachowski's cat

Senior Member

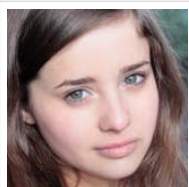


TRUECEL

Posts: 274
Threads: 24
Joined: Jul 2015

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Looksmxxx

Senior Member



Posts: 292
Threads: 4
Joined: Sep 2015

09-30-2015, 04:41 AM (This post was last modified: 09-30-2015, 04:47 AM by Looksmxxx.)

#24

Multivit, Fish Oil, Beta Carotene daily alongside a couple others than do nothing for skin.

Every night Warm towel on face > Vaseline (proper shit, none of that garbage generic) > Leave Overnight > Cold Water towel > result.

Every 3-4 days I'll use a home brew Exofoliate kit w/ Sugar/Olive Oil/Coconut.

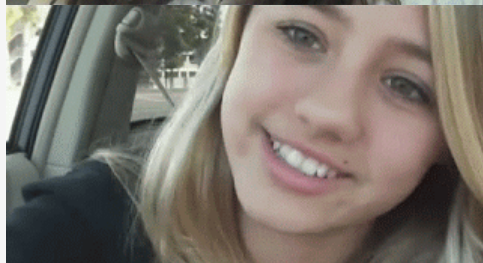
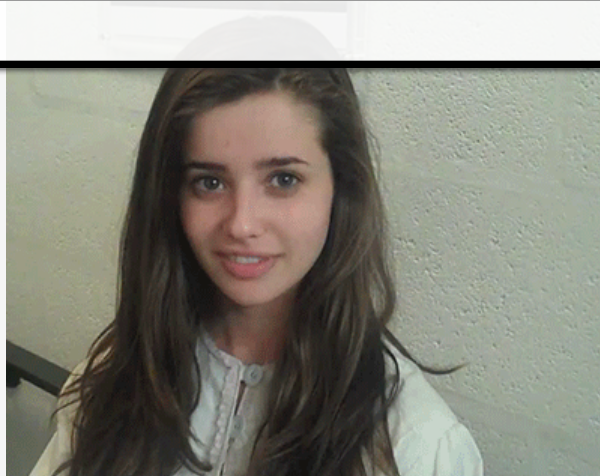
Then



http://www.amazon.co.uk/LOréal-Expert-Tu...160%2C160_

Daily.

However if I'm just chilling and bumming it i'll take a day off and just keep taking supplements.



Find

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Iltvyr
Senior Member
★★

Posts: 769
Threads: 105
Joined: Jul 2015

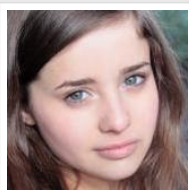
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09-30-2015, 08:57 PM

#25

How much beta-carotene daily?

Reply



Looksmxxx
Senior Member
★★

Posts: 292
Threads: 4
Joined: Sep 2015

09-30-2015, 11:45 PM (This post was last modified: 09-30-2015, 11:47 PM by Looksmxxx.)

#26

Iltvyr Wrote: →

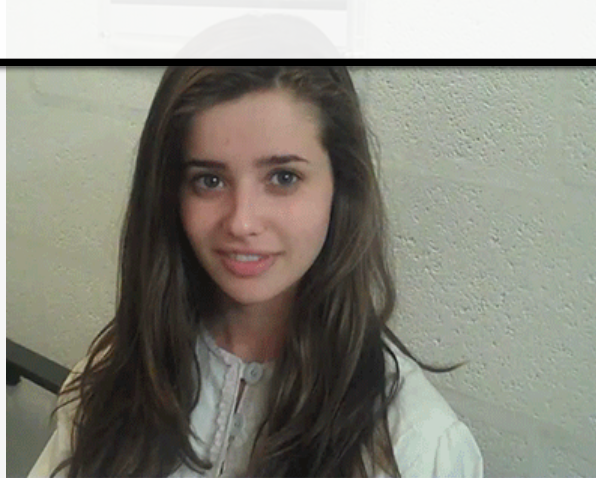
(09-30-2015, 08:57 PM)

How much beta-carotene daily?

I just take 1, which is 10,000 UI.

http://www.amazon.co.uk/gp/product/B001P...ge_o02_s00

Not sure if I need to take more for that skin glow though? Should I be triple dropping or more? No idea, but apart from that aspect it's apparently amazing for your skin anyway.



Find

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Iltvyr
Senior Member
★★

Posts: 769
Threads: 105
Joined: Jul 2015

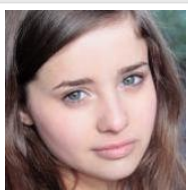
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10-01-2015, 04:32 AM (This post was last modified: 10-01-2015, 04:33 AM by Iltvyr.)

#27

I've been taking 35 mg- beta carotene for 2 weeks -- no change.

Reply



Looksmxxx
Senior Member
★★

Posts: 292
Threads: 4
Joined: Sep 2015

10-01-2015, 04:37 AM (This post was last modified: 10-01-2015, 04:38 AM by Looksmxxx.)

#28

Iltvyr Wrote: →

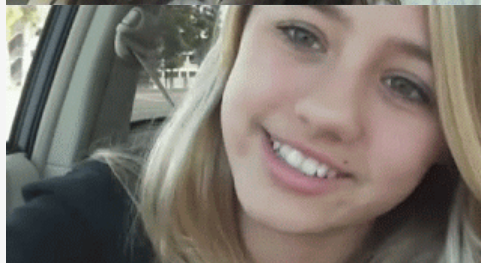
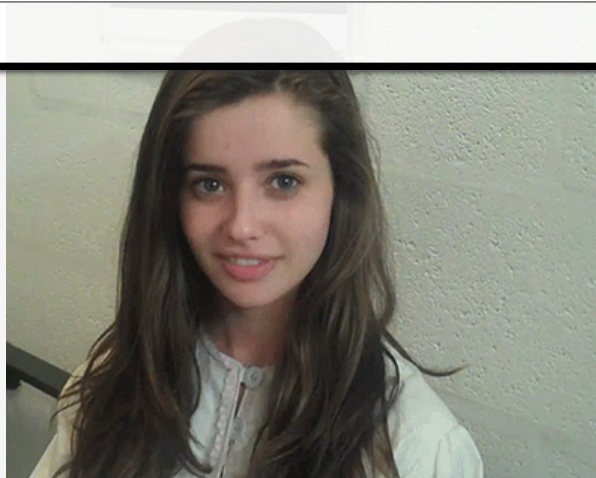
(10-01-2015, 04:32 AM)

I've been taking 35 mg- beta carotene for 2 weeks -- no change.

5mg of beta carotene = 25,000IU of Vitamin A activity. My caps are 10,000IU which is already 200% the RDA.

So holy shit, not doing the math but if I'm taking 10,000-20,000 IU a day, which isn't even 5mg and 35mg is doing nothing then I quit (apart from the obvious benefits, but I wanted dat glow)

Unless we're doing it wrong.



Find

Reply



Iltvyr
Senior Member



Posts: 769
Threads: 105
Joined: Jul 2015

10-01-2015, 06:50 AM (This post was last modified: 10-01-2015, 06:50 AM by Iltvyr.)

#29

Looksmaxxx Wrote: →

(10-01-2015, 04:37 AM)

Iltvyr Wrote: →

(10-01-2015, 04:32 AM)

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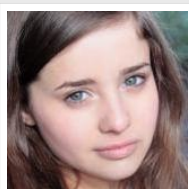
Unless we're doing it wrong.

Have a look at the official beta carotene thread. That's how much you're supposed to take. You won't achieve anything with 5 mg-s -- that's just for health. But we are looksmxing and that's something differen. It's still worth doing. Why quit? Just take more.

Keep in mind that beta-carotene is fatsoluble, so always take it after eating a good fat-rich meal.

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Looksmaxxx
Senior Member



10-01-2015, 06:56 AM (This post was last modified: 10-01-2015, 06:58 AM by Looksmaxxx.)

#30

Iltvyr Wrote: →

(10-01-2015, 06:50 AM)

Looksmaxxx Wrote: →

(10-01-2015, 04:37 AM)

5mg of beta carotene = 25,000IU of Vitamin A activity. My caps are 10,000IU which is already 200% the RDA.

So holy shit, not doing the math but if I'm taking 10,000-20,000 IU a day, which isn't even 5mg and 35mg is doing nothing then I quit (apart from the obvious benefits, but I wanted dat glow)

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Thanks for the tips brah.

If it hasn't worked for you yet, are you expecting it too? What duration are we looking at? I'll be needing to take literally 20 of these caps a day, day in, day out for months? Are you in the UK btw? Just wondering if I can buy these in bulk; it cost me like 5£ just for 50 of these fancy ass ones which are like 2mg per cap or something and I only take one a day which isn't even 5mg! So no wonder why I have no results bar health.

I'll check out the thread. Beats build up tanning moisturizers I guess.



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