

# Body & Mind

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## Raising hairs

**Shitika Anand** brings you expert advice on growing the perfect beard this summer

**W**hether you're planning to grow a Leonardo DiCaprio-style bushy beard from his *The Revenant* days, or a simple scruff à la *The Departed*, actually doing so can be tricky in a man's world.

While some might be born to spring facial hair, for others, it can be a real challenge. If you're a first-timer, growing the perfect beard comes with a side of itching, neckline clean-ups, (and even a spot of leftover rice clinging onto the hairs if you're unlucky), and let's not forget the prickly aftermath.

But there is a knack to growing the perfect beard. "Patience and persistence go hand in hand and these are the two key things you need to grow a beard, along with the Y-chromosome, of course," says Chris Browne, co-owner Chaps & Co in JLT and a proudly bearded man.

"Just like growing your hair out, it takes time to grow a beard and you'll go through stages where it looks scruffy or even patchy, but if you want that tombstone, you've got to keep going."

And Browne says the temperatures we're currently experiencing are actually good for it. "Heat makes human hair grow faster, so the climate out here really helps," he says.

That said, he notes that the climate will also dry out the beard, so it's essential to moisten the facial hair with beard oil every morning and night. A regular wash and comb through is also recommended.

Browne believes it should typically take two to six months to grow a beard from scratch.



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the patches will fill out.”

And if yours is patchy on the cheeks, don't give up, says Browne. "It's quite normal. Not all the hair on your face grows at the same rate. Hold out for six to ten weeks and

What, you think Jake Gyllenhaal and, erm, Brian Blessed got all that hair by being impatient?  
*Beard trim starts from Dhs35. Open Sat-Thu 9am-9pm; Fri 9am-7pm. Chaps & Co. Cluster C, JLT (04 551 6192).*

### FOUR TO TRY *Barbershops in Dubai*

#### AKIN BARBER & SHOP

One for the hipsters, this barbershop and store will trim your beard and then bid you farewell with must-have grooming products.

► From Dhs200. Burj Al Salam, Sheikh Zayed Road (052 364 7092).

#### BEATS AND CUTS BARBERSHOP

What do Will Smith, Jay Sean and Shaggy have in common? The barbers at this space in Jumeirah Beach Park, as this is where they've all stopped to groom.

► From Dhs30. Jumeirah 2, Jumeirah Beach Road (04 342 7727).

#### JULIAN HAIRDRESSING FOR MEN

Whether it's a wet shave or a beard trim you're after, or even just some good chat, Julian's is the place to go.

► *Beard Trim Dhs90, haircut Dhs130. Aresco Tower, Dubai Media City (04 447 3188).*

#### THE BARBER SHOP

Located next to Choithrams in The Greens, this traditional barbershop can give your beard a trim, shave, wax, colour and even a scrub.

► From Dhs20. Greens Village Centre, The Greens (04 454 2711).