

# Tips To Speed Up Teenager's Beard And Mustache Growth



## Apply eucalyptus-based products

Use moisturizer or cream with eucalyptus as one of its main ingredients. This will remove any rough patches and keep your beard hydrated.

## Take vitamins and minerals

Include vitamins in your daily diet. Speak to a doctor to learn about supplementation.



## Balance your diet

Make sure that your teen takes a balanced diet regularly. Ensure that he gets all the required nutrition in the right amounts.

## Get a massage

A beard massage with special beard oil may improve blood circulation in the face and promote hair growth.



## Sleep well

At least eight hours of quality sleep may help enhance hair growth.

## Exercise regularly

Exercise improves blood circulation and increases the level of testosterone in the blood. Try to exercise in the morning when the testosterone level is at its peak.

