Men are facing a health crisis that isn’t being talked about. They’re dying too young. Much before their time.

A problem this size calls for big minds, and big solutions. But there’s a smaller, hairier solution to the men’s health crisis. A solution you can Grow yourself. A solution that’s sitting right under your nose.

Grow a Moustache this Movember to raise funds and awareness for men’s health. Stop men dying too young.

HERE’S HOW:

1. SIGN UP AT MOVEMBER.COM
Choose to Grow this Movember.

2. START GROWING
Start clean-shaven, then let your Mo take the spotlight and start conversations.

3. MAKE IT COUNT
Ask friends and family to back your Mo by donating. Together, we can stop men dying too young.
TIPS TO HELP YOU GROW

1. BE PREPARED
Choose the moustache that will grace your face. Trucker, regent, connoisseur or wisp? Check out the options at movember.com

2. BE BRAVE
The first few days, even weeks, can be uncomfortable as your Mo takes shape. Ride it out to encourage donations.

3. IGNORE THE ITCHING
Remind yourself that men have endured worse in the past. You can stand a little face ticke.

4. SHAPE YOUR MOUSTACHE
Get across all the proper grooming techniques. A great Mo comes down to great grooming.

5. NURTURE IT AND KEEP IT CLEAN
Look after your Mo, and your Mo will look after you.

MOUSTACHE STYLE GUIDE

THE AFTER EIGHT

THE TRUCKER

THE UNDERCOVER BROTHER

THE CONNOISSEUR

THE BUSINESS MAN

THE WISP

THE REGENT

THE ABRAKADABRA

THE ROCK STAR

THE BOX CAR

CONTACT US
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