



MOVEMBER®



**HOW TO
GROW IN
MOVEMBER**

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 Mo this Movember to raise funds and awareness for men's health. Stop men dying too young.

HERE'S HOW:

01 SIGN UP AT MOVEMBER.COM

Choose to Grow this Movember.

02 START GROWING

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

03 MAKE IT COUNT

Ask friends and family to back your Mo by donating. Together, we can stop men dying too young.



Need support? Get in touch at info.uk@movember.com and we'll give you a hand.

TIPS TO HELP YOU GROW

01 BE PREPARED

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

02 BE BRAVE

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

03 IGNORE THE ITCHING

Remind yourself that men have endured worse in the past. You can stand a little face tickle.

04 SHAPE YOUR MOUSTACHE

Get across all the proper grooming techniques. A great Mo comes down to great grooming.

05 NURTURE IT AND KEEP IT CLEAN

Look after your Mo, and your Mo will look after you.

MO STYLE GUIDE



THE WISP



THE BUSINESS MAN



THE ROCK STAR



THE BOX CAR



THE CONNOISSEUR



THE REGENT



THE ABRAKADABRA



THE UNDERCOVER BROTHER



THE AFTER EIGHT



THE TRUCKER