Twitter Thread by Alpha Club



Alpha Club
@AlphaBuilder_

Men, these elite self-care tips will make you 97% attractive.

1. Use Vaseline and Cologne

Apply Vaseline to your pulse points after a shower

Wear unique cologne or perfume

Vaseline helps your fragrance last you hours

2. Put personality into your clothing

What's common is boring

Stand out from the masses and make an impact

3. Get a manicure

Men, a manicure is self-care

Remove cuticle and shorten your nails

4. Get a clean hairstyle

Your hairstyle needs personality too

You'll improve your overall appearance

5. Read daily

Befriend books

This expands your thinking and learn how to communicate

Be a man who can maintain a conversation

6. Have a skin routine

Take care of your face

You'll look sexy and attractive

Find the best products for your face to avoid skin irritation

7. Hit the gym

Spend 1 hour in the gym working out

Men were not created to live in comfort.

They were made to challenge themselves to achieve greatness

It may be hard at the beginning but it will be worth it

Trust the process nothing is easy

8. Work on your diet

A poor diet affects your health

Eat more protein, vegetables, and fruits

You will build more energy and boost your mood

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