

Get rid of the Neck Stubble – A step-by-step Guide

Has your Human Resources Department suddenly decided that your lack of shaving is a problem? Have they told you that your stubble looks unprofessional?

If you think that the rules have suddenly changed, or the hawks are singling you out and not Brian from Finance, who wears a similar stubble, then you are wrong.

Does Brian have a neck stubble? Are you wondering if I am making up words?

Yes, there is such a thing as Neck Stubble. Do you see that innocent-looking fuzz on your neck that you like to scratch when you are doing some deep diving? That, my friend, is neck stubble, also lovingly called a neck beard.

I am sure you are thinking about why we are talking about something so inconsequential as a little hair on the neck. It's hair, it's on the neck, and nobody cares.

WRONG.

That fur on your neck got you in trouble with the Human Resources.

It's not your face stubble that is bothering Jenny from HR. It is your neck stubble that gives you an appearance of a slacker. You could wash your face with parabens free facewash, wear expensive perfume but that neck fur gives off vibes that you probably haven't showered in 3 days.

IS IT IMPERATIVE TO BE CLEAN-SHAVEN TO LOOK WELL-GROOMED?

No. We are not asking you to shave off your stubble every morning like your father did in the 1970s and 1980s. You could have a stubble or a short beard and still look sharp and well-groomed. It's the hair on your neck that needs to go. Yes, even when you are wearing a week-old stubble, the neck stubble is not okay. There is a fine line between wearing a casual stubble and looking effortlessly cool and looking like you haven't changed your PJs in 3 days – that line is somewhere between your chin and neck hair.

The neck hair is the new nose hair, and yes, I just made that up.

I WORK FROM HOME. WHY DO I STILL HAVE TO CONFORM TO SOME SILLY GROOMING STANDARD?

You may not be supervised and watched on a daily basis as other officegoers but man, don't you have a personal life? Isn't it important to look well-groomed or at least look like you follow some basic level of hygiene? Wouldn't a prospective boyfriend or a girlfriend be turned off by your unkempt appearance? Shouldn't your cute boyfriend or girlfriend be able to kiss you without coarse hair getting in the way?

With a well-groomed stubble, you look effortlessly cool, but add the neck stubble and you look like one of those guys who bathe only on Mondays.

So, don't conform to corporate whims, just think of how this affects your dating chances.

ARE YOU STILL NOT CONVINCED? DOES YOUR NECK NOT ITCH?

You know how in movies they show the male protagonist trying to hack into some sophisticated data security system, and while he does so, he casually scratches his neck. That may look sexy on screen, but in real life, it's just an annoying itch, and you don't look sexy when you scratch it, you look like a right old slob. Not to mention, that itch gets bad when you sweat. The itchiness will go away when you lose that beard. Also, you have to remove the neck beard in a way that doesn't leave your skin sensitive and irritated. As you will read along, I will dish out all the tips on how to get a squeaky clean neck that looks and smells good and does not itch.

SHOULD YOU SHAVE IT OR TRIM IT?

If you haven't shaved your neck beard in more than 8 weeks, then you need to trim it first and then shave it.

But what if you have had the neck stubble for a week?

I am sorry, but it would just have to go.

So, the ideal thing would be to shave it off every day or on alternate days. I know that people who grow beards are consciously trying to stay away from the whole daily Trimmer-Razor routine, and to them this whole neck stubble business must seem like such a bummer. Once you get into a routine of shaving your neck, you will like it so much then it will not feel like such a task. Strictly speaking, if you are doing it every day, then you need less than 5 minutes every morning. You will have to minus your phone time by 5 minutes every morning. That's the small sacrifice that you are making.

TRIM N' SHAVE PREP - DO YOU HAVE A FACE CARE REGIME?

I know you are thinking that I am taking this too far by suggesting a new skin regimen, but hear me out. I am not asking you to buy a fancy new facewash or get facials or buy that 100\$ tub of moisturizer with a very unpronounceable French name that your girlfriend calls an 'investment'.

I am talking about Exfoliation. Now, you are probably thinking that I am writing for the ladies, but I am not. If you gently scrub your neck clean every week with an exfoliator, you will have a much easier time shaving the neck. Most people break out in rashes or worse get itchy after shaving their neck clean. However, if you exfoliate your neck every 4-7 days, your skin would be much calmer when you finally shave it.

Another advantage of exfoliation is how much cleaner your neck looks. Most people, men or even women, pay very little attention to their neck while washing, and cleaning. So many people walk around with dirt rings around their necks which are a shade or too darker than the face. So, it's also a hygiene exercise.

There are several exfoliators available on the market. I recommend these five in particular:

- [Pharmagel Enzyme Ex-Cell - Gentle Papaya Face Exfoliator Scrub for All Skin Types](#) - As the name says, it's for all skin types. It works well on your pores without stripping them of oil completely, and it makes a close shave more comfortable and less itchy.
- [Dermalogica Daily Superfoliant](#) - It acts like both a cleanser and an exfoliant. Your skin will super soft and supple after using it.
- [THRIVE All Natural Face Scrub For Men & Women](#) - This is made from plant-based ingredients and is very gentle on the skin. Also, every time you buy a tube, you support a Costa Rican farmer. Now, that's a skin care regime that gets full marks from me.
- [Caudalie Deep Cleansing Exfoliator](#) - This is a great product but one that you should use weekly and not daily. It has corn beads which exfoliate your neck completely.
- [Barrelli Barber Faccia Macchia Face and Beard Scrub](#) - This scrub ticks all boxes. It is for men, made in the USA, and paraben, gluten, and cruelty-free.

When you exfoliate, your skin will feel dry and it probably feels like someone is stretching it. You will feel tempted to slap on some heavy duty moisturizer but I have a better solution. Buy some Aloe Vera Gel and slather it on your neck. Your raw scrubbed neck will be thankful for the cooling effect.

Aloe vera gels are easily available on Amazon. I generally use one of the following -

[OxygenCeuticals Soothing Aloe Vera Gel](#)

[Aloe Vera Gel with Mint 125 ml by Ligne St. Barth](#)

[Epicuren Discovery Aloe Vera Calming Gel](#)

Or, if you like plants, you can just get a potted Aloe Vera at home and use the freshly squeezed gel on your neck.

TRIMMING AND SHAVING THE NECK STUBBLE – A STEP-BY-STEP GUIDE

I have put together every bit of information that you need to know to have a good clean neck especially if you wear a beard or stubble. I have also done some research on post-shave care. If you think that I am sounding fussed about cleaning a patch of hair on my neck, then this guide is specially for you.

Things to Buy :

- Mirror – Get a small mirror that you can hold in your hand. It's easier to use a handheld mirror when you want to look at your face at close quarters to see that you have trimmed your beard uniformly. I raided my girlfriend's vanity box for a small compact one.
- Electric Trimmer – Electric trimmers are commonplace these days, and the cordless ones are heaven-sent.

If you don't have one and have been using scissors all along, then I can recommend a few trimmers across different budgets –

1. [Philips Norelco MG7750/49 Multigroom Series 7000](#) – This one has great precision and self-sharpening blades. It has a 5-hour battery which makes it travel- friendly, just charge it fully and forget about charging it till you are back from your business trip. As a bonus, it also has a nose and hair trimmer.
2. [Wahl Professional Peanut Clipper/Trimmer #8655-200](#) – It is not cordless but works great for a close neck trim. Plus it's compact and easy to take it in your carry-on.
3. [Braun Beard Trimmer and Hair Trimmer BT7040](#) – Possibly my favourite among all five. Close your eyes and buy this one.
4. [Panasonic Beard Trimmer for Men Cordless Precision Power, ER-SB40-K](#) – This is a GQ Magazine award winner, easy to use and washable.

5. [Remington PG6170 Crafter trim & Detail Kit](#) – Powerful Titanium coated blades, up to 180 minutes of cordless runtime with every full charge and turbo mode for a thick beard. This one is a dream purchase.

A Razor or an Electric Shaver – While I insisted on an electric trimmer but when you are shaving your neck beard then a manual razor will work just fine. All you need is a close shave.

I will recommend electric shavers based on my friends' and my personal experiences –

1. [Panasonic Electric Razor for Men, Electric Shaver, ARC5](#) – This is somewhat expensive, but has a powerful motor for a quick and smooth shave.
2. [Braun Electric Razor for Men, Series 7 790cc Electric Shaver with Precision Trimmer](#)
3. [Philips Norelco Shaver 5550 with Turbo+ Mode](#) - This may seem expensive, but it is a shaver and a beard trimmer combined. It works well on your neck and jaw line.
4. [Remington XF8550 Wet & Dry Foil Shaver, Men's Electric Razor](#) – This captures the shortest stubble and is less noisy than most shavers
5. [Wahl Model 7061-100 Lifeproof Lithium Ion Foil Shaver](#) – This is a budget buy, travel compact and has a 5-minute quick charge option. Basically, it's a great buy if you are always on the move with very little for a grooming morning routine.

STEP 1. Defining the Beard Border – Trimming Your Beard

To clean your neck stubble, you need to first trim and groom your beard. How else would you know where to start shaving your neck from? You must have heard of a jawline, but do you know what a neckline is? Simply put, a neckline is the border where your beard/stubble ends and neck skin begins.

A well-defined neckline gives your face an overall tidy and well-groomed look.

Now, fading the beard is also a form of art. Actually, no, it's not art. You will have to buy a trimmer with adjustable length and set it 1 mm shorter than the one you used on the rest of your beard (or stubble). That's pretty much what you need to do.

Step 2. Exfoliate

Exfoliate your face and neck before you trim and shave your beard so that this is little or no itchiness, which is generally felt after a close shave. If you are still not convinced to buy an exfoliant, you could make something at home. If you have moisturizer, squeeze it into a small plate. Add sugar cubes. Now, massage this mixture gently against your skin, and voila, your skin is exfoliated. Please do not use a pumice stone on your face unless you want your skin to get bruised, painful, and itchy.

Do not rub any moisturizer on your face and neck after exfoliation. You might experience irritation.

Step 3. Trim the Neck stubble

Find your Adam's apple. Trim all the neck beard below the Adam's apple. Go crazy with the trimmer.

Step 4. Shave the neck

Take an electric shaver or a Razor and shave everything below the neckline.

If you are using an Electric Shaver, then you don't need a shaving gel. However, if it's a Razor that you are using, then first lubricate your skin with a nice shaving gel. Use hot water, it opens the pores. I almost always buy [Harry's Shave gel](#). This gel lathers well, so the razor moves smoothly on my face, ensuring a smooth and comfortable shave. The gel has natural ingredients like cucumber and aloe vera, which hydrate and refresh the skin. There are plenty of Razor options out there but I prefer [Gillette Mach 3](#). Shave in the direction of your hair growth for best results. Don't be razor-happy. Shave over an area once. If you repeatedly shave over a patch of skin, it will soon become irritated.

Be sure to do a clean and complete job of it. This is one reason why I love handheld mirrors because you can tilt them at any angle to see if there is a beard patch that you have left unshaved. Truth be told, I go one step ahead and steal my girlfriend's compact mirror for a last-close check.

Step 4. Moisturize, Moisturize, Moisturize.

Most men skip this step which is a huge mistake. Even the toughest of skins need TLC (Tender loving care for the uninitiated) after a close shave. Slap on some moisturizer, dude. Also, it will close the pores against all the dirt.

I bet some of you have never bought a moisturizer in your life, so here are five that I recommend which work really well after a shave plus they smell nice.

- [Eminence Organics Apricot Whip Moisturizer](#) – This works like a charm on recently grazed skin specially for those who have oily skin.
- [Neutrogena Hydro Boost Hyaluronic Acid Hydrating Water Face Gel Moisturizer](#) - This is for those fellows who have dry skin. I could call you a dry skin beauty but I know you will stop reading this article.
- [Wilder's Men's Face Cream Moisturizer](#) – This one has anti-ageing properties, and is fragrance-free.
- [Malin + Goetz Vitamin E Face Moisturizer](#) – It works well for sensitive skin and has a light chamomile fragrance. I am pretty sure that most of you don't know what chamomile smells like. Let me just say it upfront – the ladies like it.

MORE TIPS FOR GROOMING

If you don't have a very dry skin then you can skip the Face Moisturizer and instead splash on some Aftershave. I can already smell my old man's Old Spice.

Aftershaves work like a combination of cream and perfume. After you have shaved, wash your face with cold water and pat it dry gently with a soft cloth. Be sure to use a soft cloth because your face is very sensitive right now, so you don't want to rub the cloth against your skin and irritate it further.

Squeeze some aftershave on to your palm and gently massage it to your shaved skin – face or/and neck. Don't wash it off.

I change my aftershaves every month, and I could not resist recommending ten of them and they are ranked in no particular order:

- [Frederic Malle Vetiver Extraordinaire After Shave Balm](#)
- [Uomo Aftershave Lotion](#)
- [Iron after shave lotion](#)
- [Panama 1924 Daytona After Shave](#)
- [Photo By Lagerfeld For Men After Shave Splash](#)
- [Monsieur De Givenchy By Parfums Givenchy, After Shave Lotion Splash\(Vintage Version\)](#)

- [Aramis After Shave for Men](#)
- [Yves Saint Laurent L'Homme Libre After Shave Lotion](#)
- [Polo Black by Ralph Lauren for Men, After Shave Gel](#)
- [Old Spice Classic After Shave](#)

This aftershave portion is my favourite bit from neck beard grooming. You smell good and the ladies like it and I am sure the men too. Earlier, these aftershaves used to burn the skin but now you have all these organic versions with moisturizers in them and they smell fantastic. I wish trimming and shaving were this easy.

SHOULD WE PUMP CHEMICALS INTO OUR SKIN AFTER SHAVING?

All of us are very careful about the chemicals we are putting in our bodies using food, clothes, and cosmetics. People are eating vegan and even wearing vegan. We are looking for herbal solutions to every cosmetic and grooming problem. So, how does one justify putting moisturizer and aftershave on a skin that has recently been shaved and has all the pores open? A quick solution would be to skip the post-shaving care and let your skin itch and become dry. It's a quick but painful solution. The next best thing to do is look for paraben-free products and alcohol free products. If you can get a product that is alcohol free, paraben-free and fragrance-free, then you have hit a jackpot, and you must tell us about it in the comments below.

If your skin gets dry after putting aftershave then you probably need to get an aftershave that doesn't have water. However, if you have a bad reaction after applying a moisturizer or an aftershave, we suggest you seek a dermatologist. In all probability, the dermatologist will give you a medical moisturizer that will not harm your skin.

If you gets cuts on your skin, while shaving then put band-aid on it and moisturize the rest of the neck. Do remember to clean the cut with Dettol and an anti-septic cream.

Also, please always check your razor for rust before you use it on your skin. You should change your blades frequently and clean them with sanitiser after every use.

CLOSING THOUGHTS

The neck stubble is taking you from shabby chic to just looking shabby. Exfoliate weekly, shave daily, and slap on some nice-smelling Aftershave, that's all it takes to not come on your HR department's radar.

Before I go, I'd like to do a quick poll. Do you clean your neck stubble regularly?

Poll Options –

- Yes
- No
- I had not paid attention to neck stubble till I read this article, and now I can't stop scratching it

We would also like to know if you have any more advise on shaving the neck beard, tell us in the comments below.

