

14 Ways to Improve Your Appearance in Spite of Your Hair Loss

This is an extra resource to go along with the original article:
[Do Women Like Bald Men or Do They Prefer Guys with Hair?](#)

You can still be attractive without your hair! Follow this advice to improve your overall appearance.

1. **Keep your hair trimmed.** Buzz it low or shave it off. Just because you only have a little doesn't mean you can leave it unkempt.
2. **Wear clothes that fit.** Clothes that are too tight or too loose look silly and distort your body's natural proportions.
3. **Grow stubble or a beard.** Facial hair gives your face some framing that your hair usually takes care of. A few days stubble and a trim haircut look very distinguished.
4. **Improve your posture.** Practice sitting and standing up straight. This will make you appear taller and more dominant. It will also make you more defined.
5. **Develop a workout routine.** You don't need to become a bodybuilder to improve your physical appearance. Settle into a basic routine of regular cardio and light strength training (weights at home are fine). Regular exercise will smooth out your love handles and add some bulk to your arms and chest.
6. **Start a skincare regimen.** Most men neglect their skin, but healthy features can add youth to your appearance. Make sure to moisturize every day.
7. **Opt for collared shirts.** Rounded and v-neck shirts contract the curvature of your head. Professional-looking collars help frame your head.
8. **Wear sunscreen.** If you spend any time outside during the day without a hat, wear sunscreen to protect yourself from sunburn.
9. **Iron your clothes.** Before dressing for work, give your shirt and pants a quick iron. Alternatively you can use a steamer to smooth your clothes.
10. **Whiten your teeth.** Pick up some whitening strips to the apply for a few minutes each day. For seriously stained teeth, talk to your dentist about whitening treatments.

11. **Pluck those pesky hairs.** Hunt down and remove unwanted hairs from your ears, nose, and around your eyebrows. Give them a sharp tug with tweezers.
12. **Get some new clothes.** Wearing modern clothing that's reasonably fashionable is important. If you struggle to dress yourself well, consult a fashion specialist.
13. **Eat and drink properly.** What you eat affects your appearance. Eat a proper diet and drink plenty of water (7-8 glasses per day).
14. **Stop adjusting your appearance.** You may have a confident-looking appearance, but you'll break the spell if you constantly fuss with your clothes and hair. Learn to keep your hands away from your head and face.