

Do Women Like Your Body Hair?

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Here's What She *Really* Thinks Of Your Body Hair



[Amy Schlinger](#)

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Is your wife, girlfriend or significant other a fan of your grooming habits? Surprisingly, your body hair situation may be more important to her than you think. It's safe to say that most women aren't feeling the full Chewbacca look or the extreme bareness of an Abercrombie & Fitch model. But there are a lot of body hair styling options between letting it all go or grow and being overly manscaped, plucked and tweezed. You're certainly attracted, or maybe completely turned off, to her hair styling habits as she is to yours. So it pays to ask, and we did. And as you can imagine, there wasn't woman when asked that didn't have a personal preference.

Put Your Best Face Forward

Let's start with a professional. According to Grooming Lounge Master Barber, Ann Shim "Facial hair is great as long as the person has the ability to grow a decent and dense beard that looks good on his face. That said a lot of women I know prefer a clean-shaven face to avoid the scratchiness. Scruff or the Miami Vice look is a no-go with me, both from a looks and a comfort perspective. Basically, if a guy can pull off a beard of some sort and maintain, I like it."

"Shave", says Jillian Wright. Odds are you're not going to hear a woman complain about cozing up to smooth clean-shaven face. Just make sure to have high quality shaving products on hand so that your skin looks it's best. Trust us, she's not into shaving bumps, raw razor burn, ingrown hairs, nicks or cuts. And don't forget to check for those tiny pieces of toilet paper stuck to your face before leaving the house.

But wait, beards and sexy scruff are still having a moment with the ladies. "I'm not looking to date a Mumford and Sons but I don't mind facial hair or scruff terribly," says Liz Polcha. "Anything too wild and bushy is a no-no though." Remember, the best looking beards and 5 o'clock shadows still need proper maintenance. "I personally like a little body and facial hair—scruff if you will," says Jordan Guskind. "I'll tend to notice facial hair and a beard before a clean-shaven guy. Something about them looking a little more mature and manly is attractive to me."

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Shim adds, "While not my preference, for a guy to maintain the manly scruff, first he should only do it if he can grow something that covers everywhere and isn't spotty. If that's the case, wash it and use some sort of beard lotion to keep it soft and comfortable. There are plenty of trimmers out there to maintain scruff at a certain level."

RELATED: [How To Manscape Your Body Hair](#)

Groom From The Neck Down

Its true, younger women seem to prefer a hairless guy. But be warned, before going full Michael Phelps understand that maintaining total body baldness requires commitment. Good news is, if you're on your gym grind like the "Flying Fish" going bare will show off your gains. "I can't date a man who has body hair," says Jaclyn Sklaver of New York City. "When a man has a great body but has hair on top of it, his body appeal is instantly gone. I can't get past the body hair to see his muscle definition."

When it comes to body hair, ladies of all ages everywhere hate a hairy back. "It's fine to have chest hair as long as it's not chest hair that morphs into shoulder, back, and neck hair," says Polcha. "Back hair is a huge turn off." Wax it off.

Some chest hair is okay. Like facial hair, body hair can be an age indicator, making a guy look a little older and wiser. But you'll need to trim. Most women prefer body hair when it's neatly groomed.

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Hit Below The Belt

What about the fro down below? “Keep that shit under control,” says Jordan Guskind, 27. “We’re expected to keep things clean down there and guys should also.” Some guys go bare downstairs hoping for that optical inch. We get it. Just know, that some women feel a totally hairless guy can look boyish and prepubescent. And it’s the last place you want a nick or cut.

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Get Your Hair Hygiene Up To Par

Want to make sure your hair hygiene is up to par? We chatted with Genevieve Bochanty, Associate Director at [The Art of Shaving](#) for some rules and tips when it comes to body hair grooming. Follow these rules to be sure you’re putting your best look forward.

1. It is important to trim your body hair and keep it at a reasonable length if you are not wanting to shave it all off. Don’t let it become a jungle. If you see it peeking out from under your shirt, it’s time to trim.
2. Trim your hair in the shower when it’s dry for best clean up. (Your partner will thank you!)
3. If you want to shave your body, take the same care when doing it that you would to your face. Clip the area down to no more than 1/4-inch. Use a fresh blade and the right products, like pre-shave oil and a moisturizing shaving cream. This will make shaving easier and your results smoother.
4. If you are not shaving clean, don’t over trim. It should look natural and maintained.
5. Pick a style you can commit to on a regular basis. Manscaping takes regular maintenance. If you decide to fully shave, you will need to continue to shave regularly.
6. You need the right tools to perfect your chosen look. Make sure you have a beard and body trimmer with multiple length settings, as well as a body razor that will help improve your grip in a wet environment.

Body Hair

Manscaping
