



The first step of your future starts today!.



JFM INTERNATIONAL BARBER ACADEMY

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BARBER ACADEMY

**HEALTH & WELLNESS
MALE GROOMING**

Schools Programme



JFM

We recognise that the overall wellbeing of youths can be enhanced when they look better and feel better, it boosts their self-esteem.

JFM are specialists in the Male Grooming Area, from experience we recognise that many of our younger customers, teens and young men may not have been offered professional information or advice to address specifically the steps they can take to get the best results, and, address concerns covering the following areas: Diet, Haircare, Nailcare, Skincare, Brows and Shaving.

For that reason we have created a schools information programme specifically for young men

Young Men's Grooming Tips

Diet

- Why is good nutrition so important for teenage boys?
- What about weight gain?
- What is the key to a healthy diet?
- What about exercise?

Skincare

The Ultimate Guide to Facial Skincare for Teenage Boys

Going through puberty can be a tough time for teenage boys. Hormones tend to go wild and all sorts of changes occur. Unfortunately, not all these changes are pleasant.

Enter teen acne. One of the biggest challenges to get through, it's likely that you or your mom/dad have checked out huge ranges of products promising to restore the confidence robbed by acne.

Hair Care

The ultimate guide to ensure you have healthy hair, and a great style! How to style your hair? What products can help achieve the best result?

Shaving

- How to give yourself a great shave. What tools should you use and how? Advice on patterns of hair growth, how to prepare skin for shaving, and shaving techniques.

Nailcare

- There is nothing worse than seeing dirty, cracked or broken nails, or damaged cuticles and nailbeds from biting.
- Any guy can improve the appearance and feel of their hands by following a few key expert tips.
- A guy's hands don't have to be perfectly smooth, but they should be clean and well kept, it shows he cares about all aspects of his hygiene.

Footcare

- Taking care of your feet! They have to last you a lifetime!

Styling Tips

- Brows – brow styling techniques
- Beard/moustache styling
- Hair styling