**Lesson #5: Skin**

Skin.

Your skin is the most visible part of your physique so obviously it has a huge effect on aesthetics.

The two main things I want to focus on when it comes to skin are tanning and shaving.

Tanning just completely makes your physique look better all right. Increases the definition by increasing the contrast between the highlights from the light and the shadows that your muscles cast.

It basically makes you look bigger, more shredded and more aesthetic. All right, just better. Plus most people are pale here in America. It actually helps you stand out more to the ladies.

Now aesthetics is about being healthy and also looking healthy right. I like to stay away from tanning beds. Tanning beds might be great for now but they're actually going to hurt your aesthetics when you get older because your skin is going to look older and more wrinkly than it should. What I use is sunless tanning spray. All right, you can get it at Walmart for like six to twelve bucks. What it does, it reacts with your skin and turns it a few shades darker after a few hours.

Make sure to exfoliate your skin, you know, to rub off all the dead skin cells beforehand so you get a nice even coat. Then just hold it about six inches away and spray it all over your body all right.

It'll start to fade off in about a week so you will have to reapply it about once a week. I usually just spray it on before you know I need to go to an event or film a YouTube video or something like that. The more coats you put on the tanner you will actually get. Make sure you're waiting at least three to six hours before spraying your second coat to make sure that the first coat has shown up.

Now shaving is pretty important too all right. Shaving your entire body brings out definition and makes you look leaner. I like using an electric raiser all right, it's easy and remember it doesn't have to be that close of a shave. I like to keep my entire torso always shaven.

You can leave your lower arm hair or leg hair if you want because it does look a little more normal and there are not a lot of cuts around there that where you really need to bring out the definition.