

## How to Get the Perfect Shave

*Instructions on how to get that close, painless shave*

Achieving the perfect shave is something those who shave crave. Shaving correctly can be useful in preventing razor burn or rashes that are aesthetically unattractive and painful. The items needed to achieve that perfect shave are:

- A razor – Doing proper research for the best razor will save lots of pain and issues later. There are many types from a single-blade straight razor to multiblade disposable razors.
- Shaving Cream – As with a razor, there are plenty of types of shaving cream options. Some prefer canned shaving creams or gels, and others prefer a brush and soap bar.
- Styptic Pencil/Styptic Powder – With experience, shaving mistakes will be few and far between, but for the rare mistakes, the pencil or powder will stop bleeding. This tool will help tremendously.
- (Optional) Pre-Shave Scrub – These scrubs open the pores of the area that will be shaved in order for the hair to be cut easier without uncomfortably pulling the hair.
- (Optional) Post-Shave Moisturizer – After shaving, the skin will be prone to drying out. Moisturizer will allow the skin to heal after the shave experience.

After acquiring all the shaving tools, it is time to begin shaving. These steps will give a more comfortable shave, but they can be modified to each person.

1. First, dampen the area to be shaved with water as hot as tolerable. This step allows the pores to open up and makes the shaving process easier.
  - a) a pre-shave scrub may be used during this step to cleanse the pores, open them, and prepare the hair for shaving.
2. Lather the area with shaving cream. There are different schools of thought regarding how much to apply, so experimentation is key. A thin amount of shaving cream, diluted with water, will be adequate, but many prefer a thicker amount of cream.
3. Begin shaving by pulling the skin tight in the opposite direction of the hair growth. Follow the grain of the hair with the razor. Try to avoid multiple swipes as this will irritate the skin, particularly in people with sensitive skin.
  - a) This step will come with lots of practice as people have different hair growth directions, though most people are similar. Finding the grain will prevent razor burn.
4. After shaving the area with the grain, lather the area again.
5. (OPTIONAL) Shave across the grain that was shaved with in the previous step. Relather the area for the final time.
  - a) This step can be skipped, especially in risky areas like the neck because of the danger involved in mistakes.
6. Shave against the grain used in step three. Continue pulling the skin tight to finish off any remaining hair. With areas like the neck and jaw, take extra care as these spots are prone to cuts and irritation.
7. Dry the shaven area with a damp, cool towel to remove any hair shavings and to close the pores.
  - a) If you have a moisturizer, liberally apply it.
  - b) If there are any wounds, dampen the styptic pencil or powder and apply it to the wound.

c) Avoid alcohol based aftershave as it will dehydrate the skin and cause irritation.

If practiced correctly, the shaven skin should be smooth with, against, and across the grain. It will take some degree of skill, but with practice, this process will become habitual.