

A close-up photograph of a person's face, focusing on the nose and ears. The skin is light-colored and has a fine texture. A decorative black frame with ornate scrollwork surrounds the central text.

Dr Shave's Book of Shaving  
**Head and Body Shaving**

\_\_\_\_\_ The expert guide to the world of shaving \_\_\_\_\_

# Introduction

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Head shaving has been practised since the time of the ancient Greeks, Romans and Egyptians for hygiene reasons and in the military. To this day recruits in some countries are initiated by having their heads shaved.

Today, many men head shave as a lifestyle choice, others prefer the shaved look to the 'comb over' look if they are balding.

In this chapter Dr Shave will go over the options available for a close head shave including which razors to use and the steps needed to avoid cuts.

In recent years men have taken to shaving their chest and back hair finally acknowledging what women have always known, that the hairy ape look is best left to the apes. Some go further and shave all over, even down below.

So whether you want the total hairless experience or just your chest and back hairless, Dr Shave as ever shows you how and what you need.

# Head and Body Shaving

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It's not just facial hair that Dr. Shave knows everything about. I'm the top dog for everything shaving and in this chapter I'll teach you how to shave your head, armpits and pubic areas safely and comfortably.

You may wish to use a safety razor or a cartridge type razor. Either way be sure to take note of my tips to avoid any unnecessary shaving problems due to poor technique.

For head shaving, consider using a HeadBlade head razor and HeadBlade shaving cream, after shave balm and moisturiser. HeadBlade tools are specifically designed for head shaving, they are easy to use and it's almost impossible to cut your scalp as a HeadBlade razor uses little wheels to ride the contours of your scalp. These little head razors are compatible with other cartridge razor blades including Mach3. For safe, fast head



shaving that delivers a close shave, we highly recommend HeadBlade.

## Head Shaving with a Wet Razor

As with shaving the face, do not apply too much pressure with the razor, use a top quality brush and shaving cream, use a fresh blade, and take your time.

- Thoroughly wet the scalp
- Apply a generous layer of shaving cream with a brush or if you are using

a specific head shaving cream such as HeadBlade Slick, simply put some into the palms of your hands and apply to the scalp

- Wet razor with warm water and shave in short strokes of 30-40mm at a time
- Subsequent strokes are made from this starting point cutting close to the scalp and at the base of the hair. Try to avoid making repeat strokes over the same area so as to minimise the risk of nicks and razor burn
- You can use a mirror if you like until you gain experience – thereafter you may find you can shave by touch alone
- After the shave, run your fingers over the scalp to feel for any bits you have missed. Then carefully go over the area again – always reapply shaving cream, failure to do so may lead to razor nicks or razor burn
- Rinse your head with warm water to remove all traces of shaving cream and hair and dry off

- Apply after shave balm or other soothing agents. [HeadBlade](#) have a range of after head shaving products that soothe and moisturise the shaved area
- If your first head shave is not close - don't worry - you'll get a closer one as you become more experienced.

We know that lots of men buy [travel shaving razors](#) for head shaving, this is because these razors are lightweight and have short handles making them ideal for head shaving, these razors are available in Gillette Mach3 and Fusion and safety razor versions.

### **Body Shaving**

People shave parts of their bodies for all sorts of reasons. I'm not going to judge and I'm not going to tell people what to do either - I'm only here to tell you the best way to shave. Regardless of which part of your body you want to shave the same basic rules apply to achieve a good shave and maintain soft, healthy skin.

For those who want to keep their body hair trimmed rather than clean shaven an electric trimmer is perfect for keeping things neat and tidy. It's an extremely easy way to keep hair short, even, and neat, and the trimmer can be used over the entire area. However for a perfect, hairless look you need to wet shave.

Body shaving is best achieved if these basic rules are followed.

- Remove long hair with a hair trimmer or scissors
- Wash the skin with warm water to soften the hair, open the hair follicle and relax and cleanse the skin
- You may want to do this whilst in the bath – be sure to shower afterwards to remove all traces of soap and hair
- If you're shaving your whole body do a little area at a time and take it slow
- Apply shaving cream to the area to be shaved
- Use a new blade
- Gently pull the skin taut - for the armpits raising the arm may be sufficient for this

- Don't apply too much pressure with the razor!
- A light touch with a new blade will shave closely and be less likely to cut the skin
- Have someone help you shave your back and other inaccessible bits
- Try to avoid repeated razor strokes over the same areas as this will lead to razor burn and maybe razor rash
- Short side to side and up and down strokes may be necessary on the underarm, where hair grows in all directions
- Use short up and down strokes on the pubic area
- Rinse the blade often - a clogged blade is no good for shaving
- Make sure there's still shaving lather wherever you're shaving
- When you've finished the shave, be sure to look after this now very delicate and sensitive skin!

### Post-shave Tips

Itching after shaving the pubic area the first couple of times is quite common and easily remedied. The itching will go away if you keep shaving, particularly if you shave often, as stubble is one major cause of itch. If the itching is persistent here are some remedies to try:

- Cool the itchy area by laying a cold flannel over it, or gently pat the irritated skin
- Rub the area with an ice cube
- Use dry skin lotion regularly on areas you've shaved to help reduce irritation, itching, and to soften the skin and hair follicles – this also will reduce the discomfort caused by 'stubble' in between shaves
- Apply a clear, unscented Vitamin E oil or baby oil
- Apply an over-the-counter cortisone anti-itch cream (this may help with razor burn and little red bumps as well)
- Dust with [Wakodo Dusting Powder](#).

Remember, a comfortable shave that leaves your skin, healthy, soft and refreshed does not come without a degree of effort and due care and attention on your part.



### Always:

- ✓ Allow plenty of time for the shave
- ✓ Good preparation is very important
- ✓ Use quality tools and creams
- ✓ Develop a good technique
- ✓ Treat your skin to the best shaving aftercare lotions





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