



Dr Shave's Book of Shaving  
**Shaving Creams**

— The expert guide to the world of shaving —

# Introduction

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Dr Shave suspects most men choose their shaving cream on the basis of its scent rather than really important matters such as the ingredients and its lathering capabilities. This chapter will explain the benefits of using a shaving cream and how to use one properly.

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# Shaving Creams

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Shaving cream is a lubricating cream that is applied to the face and helps the razor to glide smoothly over the skin and is important in avoiding nicks, razor burn and irritation.

There is a huge range of creams available to the consumer making selecting the right cream a tough decision.

However, you're in safe hands with Dr. Shave. I'll describe the products and state the advantages and disadvantages of each type. This way, you can make an informed decision as to which product is best for you. Trust me, I'm a Dr.

## Foam and Gel

- Usually alcohol based
- Cheap, chemical based substitute for natural products
- Often dries the skin excessively
- Not a 'true' wet shave
- They are full of air which means you cannot possibly get the lubrication needed for a comfortable, close wet shave
- They use synthetic perfumes for the scent and not essential oils.

## Tubs and Tubes

- Almost always alcohol free
- Easier on the skin
- Softens the beard hair
- A true wet shave as the water used to soften the beard remains on the face
- Often contains essential oils which are kind to the skin
- Very easy to lather up into a rich, creamy consistency.
- Shaving Creams

### Shaving Creams

If you can't get your hands on shaving cream, you could use regular facial soap in an emergency but only in an emergency.

Aerosol foams and gels are best left on the shelf - read the ingredients on these products!

The ultimate shave and correct skin care can only be achieved if moisturising shaving creams are used. Moisturising shaving cream is an ideal shaving lubrication that provides both moisturising properties and good lubrication.

Moisturising shaving creams can be used for all skin types. Normal to drier skins will reap the most benefits. These exceptionally rich and nourishing shaving creams deliver the ultimate shave.



### Benefits of Shaving Cream

- It softens the beard for a close and comfortable shave
- It protects the skin from irritation and razor burn
- It leaves the skin feeling smooth and conditioned
- Shaving cream is a perfect moisturising solution for those with dry skin.

### How to Use Shaving Cream

- Prior to your shave, lather up with a shaving brush dampened with warm (not hot) water and apply to the beard.
- If you don't have a shaving brush, apply the cream sparingly with your fingertips to the area to be shaved but frankly a shaving brush is far sexier for lathering up.
- Shave as normal. Modern day shaving creams rinse away almost instantly, without a trace of residue.
- Good quality moisturising shaving creams are carefully formulated, economical to use and give an excellent lather for a comfortable shave that leaves the skin exceptionally soft.

As you may have gathered, Dr. Shave believes a good shave means using a shaving brush and moisturising shaving cream or soap.



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