



Dr Shave's Book of Shaving

# How to Shave

— The expert guide to the world of shaving —

# Introduction

---

In bygone years dads would show their sons how to shave, sadly this rite of passage has mostly disappeared. Most men under age 50 simply picked up a razor and hacked away. Some men have moved on from these early days and learned the Art of Shaving; others frankly are still painfully hacking away. Don't worry; Dr Shave in this important chapter takes you through the steps needed for a comfortable, close wet shave.

# How to Shave

---

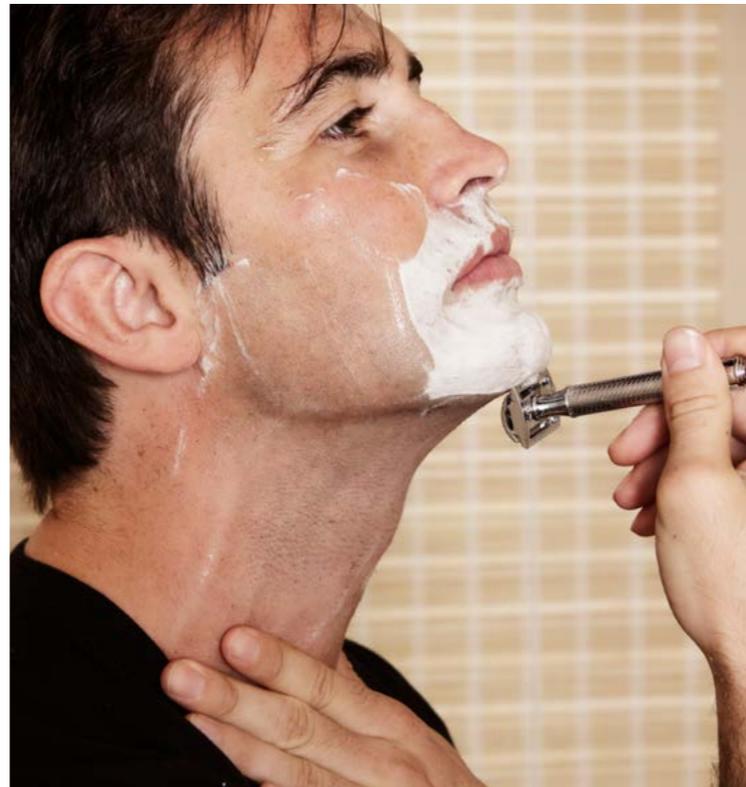
Think that all you have to do to get a decent shave is to wet your face, add lather and scrape away? Well, my friend, nothing could be further from the truth. Let Dr. Shave show you the way.

To look your best and to experience the perfect shave, time and time again, you must prepare thoroughly and allow yourself enough time to do the job right.

Let's look at the process of shaving from start to finish.

The four main stages of shaving to perfection are:

- Preparation
- Lathering up
- Shaving
- Post-shave care.



## Preparation

When hair absorbs warm water it becomes softer and easier to shave and with warmth the skin and facial muscles become relaxed, making shaving so much easier.

That's right, it's important the water is **warm**:

- Soften the beard by washing your face thoroughly in warm water before shaving; or soak a face cloth in warm water and hold it to your beard for 30 seconds to help soften the hair and skin
- You may want to exfoliate using an exfoliating cream to better prepare your skin and beard for shaving
- Apply a pre shave soap or oil before shaving to soften the bristles. A pre shave oil will soften the bristles and if you follow Dr. Shave's tip, leave a residue of lubricating oil on the face to provide additional razor glide. [The Executive Shaving Company Pre Shave Oil](#) does this very effectively
- Rinse off some, but not all of the oil, leave a residue on the face, apply your shaving cream or soap on top of this residue. This helps the razor to glide

smoothly across the face, making for a comfortable, closer, trouble-free shave

- Take your time. Rushing leads to nicks and cuts and taking the time for good preparation is essential to a quality shave.

### Lathering Up

If you haven't yet purchased a badger or synthetic hair shaving brush and cream or shaving soap, you clearly haven't been listening to Dr. Shave. If you have, well done! Now it's a question now of getting the most from them.

The cream can be applied directly to the brush or put in a shaving bowl to make a lather by rubbing vigorously with a shaving brush.

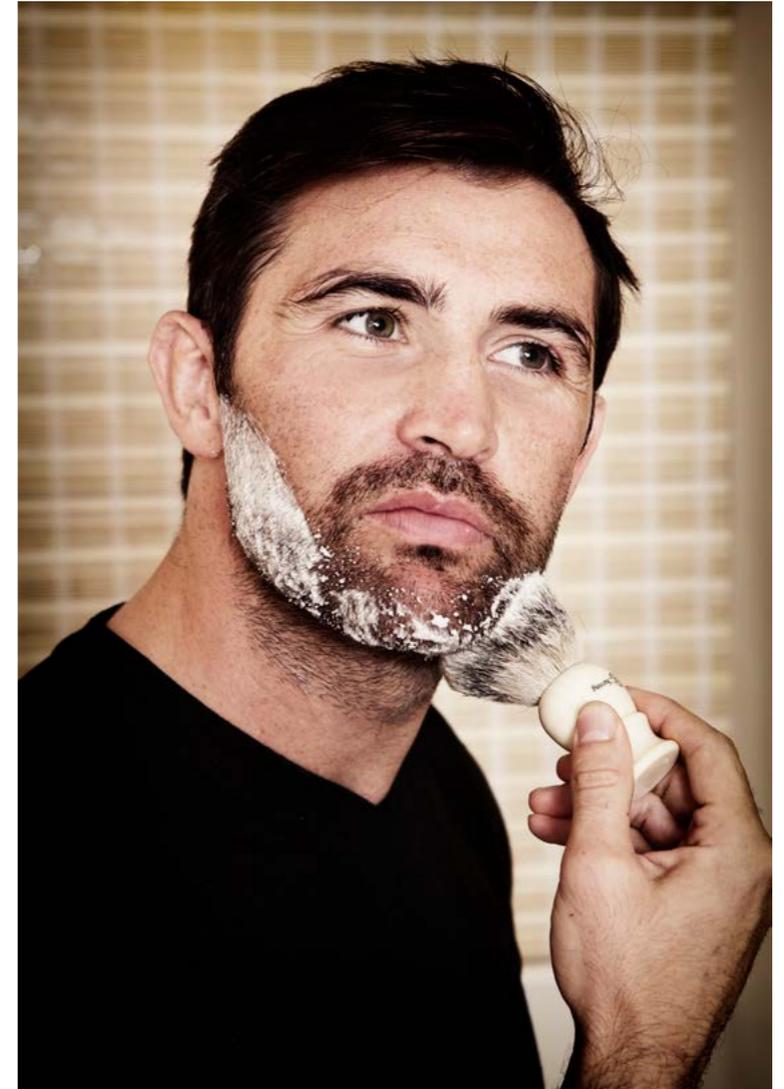
If you are using soap, then you will have to rub the brush fairly vigorously for at least a minute over the soap to ensure you obtain a good lather.

Cream and soap will help to keep the skin and beard warm and wet during the

shave and will create a smooth lather leading to a closer shave. They also help to keep your skin soft and healthy.

#### Tips:

- Soak the brush in warm (not hot) water for 20-30 seconds to soften the bristles and let the brush absorb water and heat
- Apply shaving cream to the brush or lather up by brushing vigorously over the soap
- Paint the lather onto face and beard ensuring all areas are well covered. Don't splay the hair, this will damage the knot

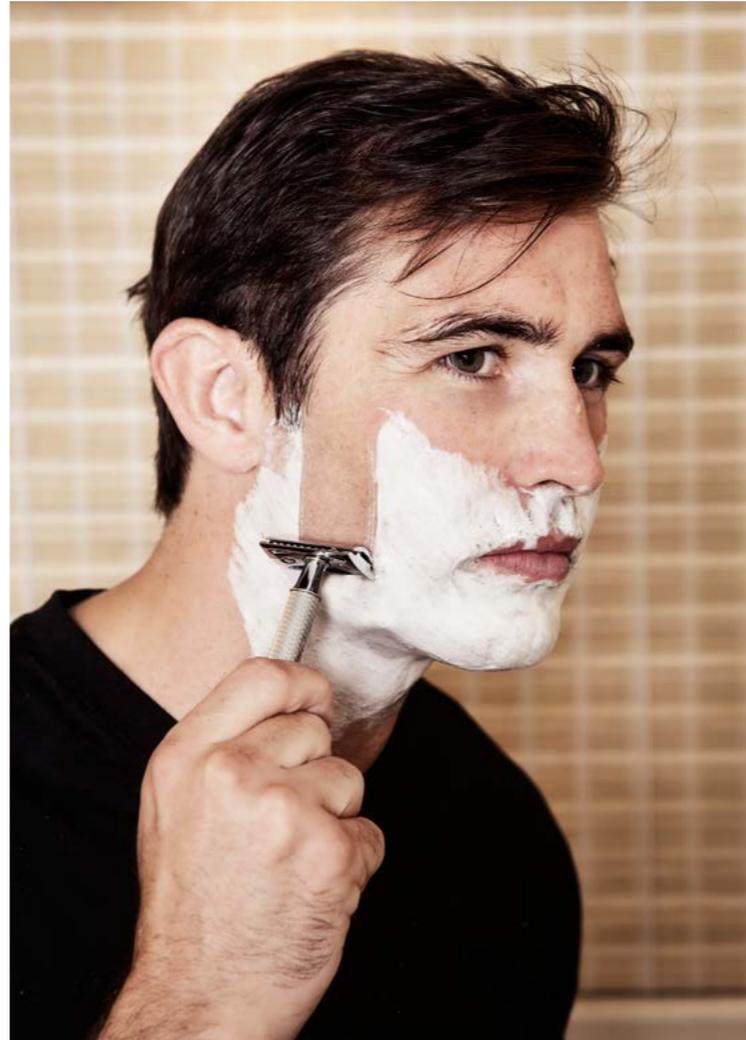


## Shaving Techniques

### *Shaving with Mach 3, Fusion and Other Cartridge Razors*

Make sure you use an unused or relatively new razor blade for the closest and least painful shave.

- Start shaving from the top of the beard, going with the direction of hair growth or 'grain' to the edge of your jaw-line in long, even strokes. This is possible with this type of razor as the head swivels with the contours of your face (unlike a fixed head safety razor)
- Shave under your chin and your neck from the bottom of your neck upwards, with the grain, to prevent razor burn and ingrown hairs. You may find that when shaving your chin you have to shave across the grain
- You may wish to pull your skin gently with your free hand for a closer shave
- To shave your upper lip, stretch it over your front teeth to tighten the skin, and shave downwards



- Feel with your fingers to find any remaining stubble
- Re-lather your face
- This time using long gentle strokes and keeping the skin semi-taut, carefully

shave against the grain. Do not apply too much pressure with the razor

- Again, use your fingers to feel for remaining stubble – repeat the process if you have to, but always keep your face lathered and your blade clean
- Rinse your face with warm water to remove all traces of shaving cream and bristles.
- Rinse and dry your razor
- Rinse your shaving brush and flick it dry before hanging upside down in its holder.

### *Safety Razor Shaving*

- Always use a sharp blade
- Follow the steps above but shave in short, light strokes of 25-35mm at a time and shave at an angle of around 30° to the face. A safety razor doesn't have a head that swivels so you have to adjust the shaving angle as you shave to maintain the 30° angle
- Frequently swish your razor in warm water to stop the blade from clogging up
- Best results are achieved with a safety razor if you shave with the grain twice

or once with the grain then once across the grain before shaving against the grain. This is known as a 'three pass shave'.

Safety Razors vary greatly in their aggressiveness. For example the Muhle R41 offers an extremely close shave, while the Muhle R89 is a very mild yet effective shaver.

### *Cut Throat / Straight Razor Shaving*

Shaving with a cut throat razor demands a different approach.

- Apply a rich creamy lather (as described previously)
- When shaving with a straight razor you must use your free hand to keep the skin fairly taught
- Hold the open straight razor with a thumb and three fingers so that the opened holder points away from your face
- Then starting with the flat, smooth areas of the face move the razor holding it at an angle of about 30°

firstly in the direction of growth of the beard and then against the direction of growth. Be careful to maintain the angle; if held too flat, the razor rips the stubble; if held too upright, it cuts the skin

- Always move it at 90° to the cutting edge and never along the cutting edge; always draw it through evenly and hold it a little more upright at corners, dimples and at the upper lip
- If the razors edge gets damaged by being dropped or pranged on the sink please examine it carefully for any nicks before using it again. If the razors edge has been damaged you should have the edge honed. Stropping does not help here; the razor must be re-sharpened using a sharpening stone

### **Post-shave Care**

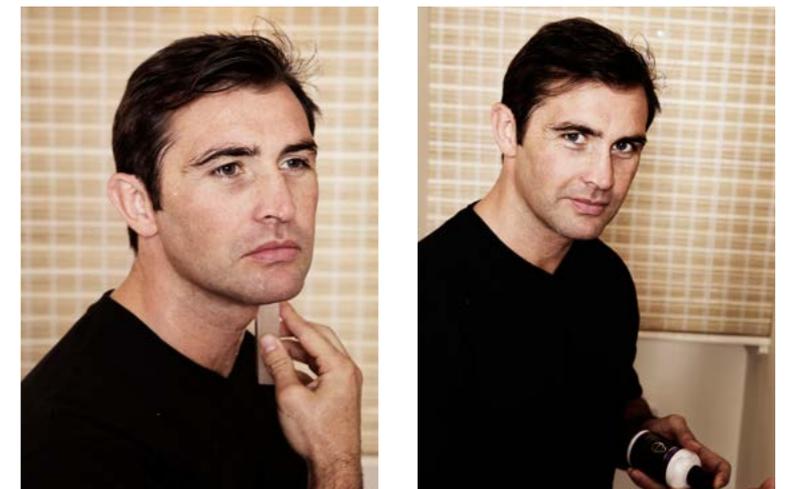
A great wet shave exfoliates, removes dead skin and cleanses the face and leaves you feeling beautiful.

Now that your face is smooth and clean it's time to look after your skin.

After your shave, apply some type of balm or skin food. Do not use an eau de toilet or cologne as these are alcohol based fragrances that will dry your skin rather than giving it the moisturisation it needs after shaving.

If you need to apply cologne, apply it to the back of the neck, the hair and the chest, anywhere but the area you have just shaved.

A good tip is to apply cologne on the upper chest, your body heat will activate the scent which will then be absorbed by your shirt so you smell nice - Dr. Shave is always fighting off the ladies with this tip.





**EXECUTIVE SHAVING**  
**[www.executive-shaving.co.uk](http://www.executive-shaving.co.uk)**