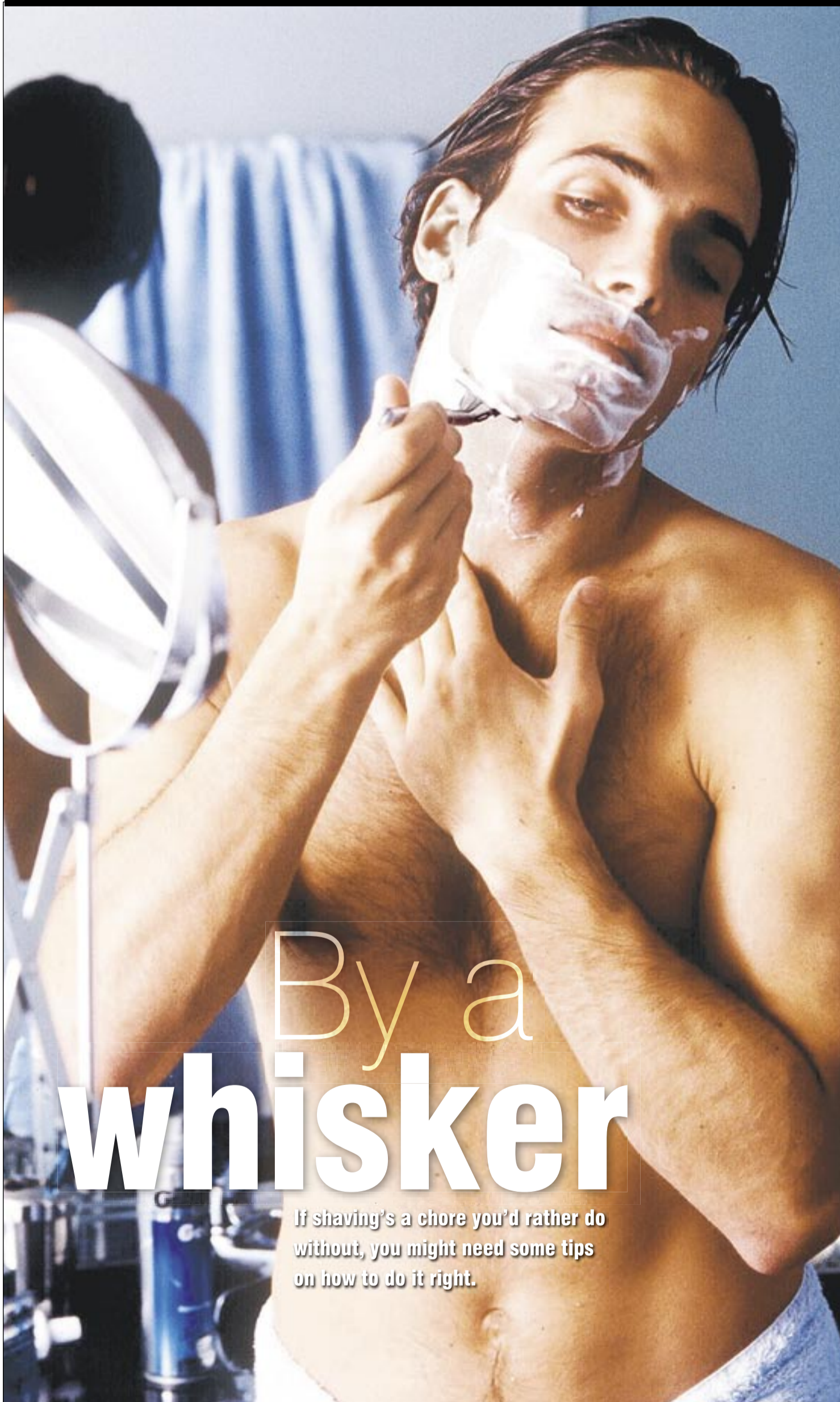


mX Blokes



● It's a delicate, everyday business for most men. The morning shave can often set the day's trend, with shaving cuts and rashes an uncomfortable, unsightly experience most men have suffered. Sick of sticking tissue paper to bleeding facial tears, *mX* decided to ask men's grooming expert Kate Allen from *Man, What a Fuss* how to secure a close but safe shave.

Allen's five razor rules on shaving are:

- 1 **Don't rush your shave. Many guys do, and they are more prone to getting a rash or cutting themselves.**
- 2 **Avoid using soap, gels and creams that foam.**
- 3 **Never use a blunt razor.**
- 4 **Always use a mirror.**
- 5 **Keep your wife/girlfriend away from your razor.**

STEER CLEAR OF SOAP

Allen is adamant on this point. She said soaps, including those claiming to be made from natural products, should never be used because the preservatives that keep them together put too much stress on the skin. "They actually dry the skin right out, so you want to steer clear of it at all costs," she said. "Soaps are not even a good thing to be using on the body." Instead, she recommends using a body wash. "It will still cleanse the skin without stripping away the natural oils," she said. "It won't feel like that really dry, tight feeling you get after using soap in the shower."

NO-GO ON SHAVING FOAM AND GEL

If a close, clean shave is what you want, Allen advises avoiding gels and creams that foam.

There are two reasons for this. Firstly, the products can be quite drying and detrimental to the health of your skin. Secondly, the shave is not as close because the razor is competing with the foam to get to the hair.

THE GOOD OIL

Shaving oils are the way to go when considering both a close shave and the health of your skin, Allen said. "To get the closest shave you are better off using a shaving oil, especially if you experience heavy growth," she said. "Shaving oils are preferred because the razor does not have to compete with anything to get to the hair." She said using an oil would also lessen the chances of shaving cuts or rash. She said a close shave was better for most guys, especially those susceptible to a 3 o'clock shadow.

BLADES

Gillette's Mach 3 or the Schick 4 are the preferred options.

"The Mach 3 is fantastic. Obviously, the three blades means the guy has to take less strokes, and less is best when it comes to shaving," Allen said.

"If you can have one action, you are not going to be tearing at the skin."

BRUSHES

"I definitely recommend men use brushes when shaving," Allen said.

"They help to lift the hair out of the skin."

AFTER-SHAVES

After-shaves are fine if they are used in combination with a moisturiser.

"Because most colognes or after-shaves have alcohol, which is a drying agent, in them, it is important to protect your skin," Allen said.

If you are suffering from shaving rash, you need to either dispose of the razor head or disinfect it to kill the bacteria causing the rash.

By continuing to use an infected razor, you are simply transferring the bacteria across the neck.

By a
whisker

If shaving's a chore you'd rather do without, you might need some tips on how to do it right.