

Shaving basics



Women and shaving — some love it, some hate it and some refuse it altogether. But whatever “smooth” you choose, these quick tips can help ease your shaving routine.

Stats and facts



58% Women who use shaving for hair removal

1 to 2 Average times women shave their legs per week

11% Women who shave every day

Battle of the sexes

Aside from the price, is there really a difference between women's and men's razors? While the blades are almost always the same, the razors themselves often have these differences:



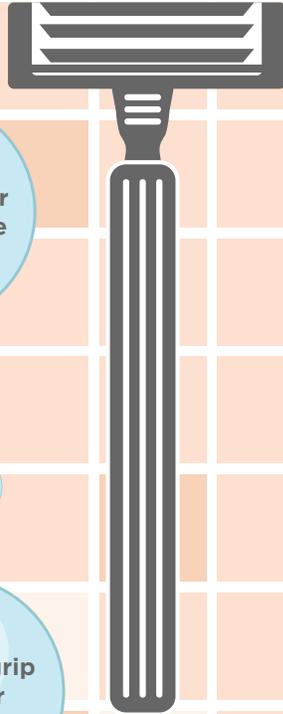
Women's razors

Spaced blades to avoid nicks

Larger surface area to shave more at once

Bigger grip to reach angles

Men's razors



Smaller top for a more precise shave

Tightly spaced blades to dig deeper

Straighter grip for better mirror visibility

Razor woes

Ingrown hairs:

caused by close shaving or shaving “against the grain.” Gentle exfoliation can help the hair push through the skin. Never pick at an ingrown hair — and if it’s a consistent problem, consult your doctor.



Razor burn:

caused by too much friction. It can be prevented by using soaps, gels or creams — and treated with oil-rich moisturizers.



Nicks and cuts:

caused by brand-new blades or clogged old ones. Be gentle and careful, and save shaving for the end of your shower (when your skin is softest).



Myth buster

Q: Does shaving make your hair grow back thicker and darker?

A: No. Shaving removes the dead portion of the hair — not the living section under the skin’s surface. When using a razor, the blade cuts a sharp edge, which is often at the hair’s thickest point. So not only does this create a “thick” feeling, but also it feels rougher.



From the expert

“The best shaving method is different from person to person. It depends on skin type, hair type and personal preference. Use creams to prevent razor burn, and a lotion with SPF to keep your skin moisturized and protected.”

— Dr. Mona Mofid, board-certified dermatologist affiliated with Sharp Community Medical Group

