

# SHAVING TIPS AND TECHNIQUES

- Before you start, remember this: Many of the skills and techniques involved in shaving do not require vision.
- Determine the areas that require shaving (such as the face, legs, or underarms) or the location of a nick or scratch by using the sense of touch.
- Use a magnifying mirror with an adjustable arm to enlarge the image of your face and head.
- Assemble all of your shaving supplies before you begin. You can gather them on a tray, a washcloth, or a hand towel.
- Take time to feel and explore the contours of your face or the area to be shaved.
- Practice first with an empty razor or with the electric razor turned off.
- Use your hand that is not holding the razor as a “guide hand” to explore the area you are about to shave.

Page 1 of 2

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## SHAVING TIPS AND TECHNIQUES *(cont.)*

- For the best coverage, use overlapping strokes and shave the area a second time at a 90-degree angle to the original strokes.
- To protect moles and skin blemishes, place your fingertip over the area and shave around it.
- When you're done, use your fingertips to check one more time for unshaved areas.
- It's best to be seated when shaving your legs. A chair also provides orientation and support.

Page 2 of 2

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