

Body & Mind

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Shaving your face encourages anti-ageing

that dermatologists use to remove dead cells, exfoliate the skin and remove almost invisible, fine hairs from the face. This process should be practised prior to applying make-up and carried out using a non-traditional razor. However Lydia Espin, award-winning facialist and owner of Essa Beauty, recommends analysing your skin type before picking up the razor. “If you have rosacea or are prone to acne, I wouldn’t advise shaving the face. I’d stick with your topical exfoliators. I’d also suggest that if you are prone to ingrowing hairs, you should be careful when shaving your face. But you can reduce ingrowing hairs if you prep your skin properly, take your time with the treatment and carry out a good skin care routine.”

When it comes to choosing the right blade, don’t just pick any disposable you find in the back of your bathroom cabinet. Espin suggests looking for a single-blade razor that has a slope, as opposed to reaching for a blade you’d use on the body. “If the razor is shaped straight up and down with no curve to the razor head, you risk cutting yourself, so look for a facial or eyebrow razor that is curved. You cannot use the same type of razor you’d use on your legs, so put the Venus down and buy a facial or eyebrow one, which is made purposely for this treatment,” Espin recommends.

While it is part of an everyday routine for some men, when women pick up a blade, there are certain steps to follow. Espin suggests simply wetting the face before running the razor over it. “Make sure your skin is hydrated and not dry. Cleanse and moisturise 15-minutes before shaving your face and do not use shaving foam,” she says.

As for the direction, Espin suggests “using the razor in downward strokes over the forehead, cheeks, upper lip, chin and neck, using small shuffling strokes. Once you’ve finished, apply a moisturiser to avoid the skin getting sensitive”.

Men might do it daily, but face shaving is only recommended once or twice a week for women. Why should boys have all the fun? *Essa Beauty, Cluster G, Jumeirah Lake Towers (04 374 4288).*

Against the grain

Forget a good scrub – more and more women are turning to face shaving for exfoliation. **Shitika Anand** fills you in...

At the risk of sparking controversial beauty debates, we’re going to go out and just say it. It’s okay for women to shave their faces.

We’re not talking about the battle against unwanted facial hair. Marilyn Monroe, Audrey Hepburn and Cleopatra had been doing it behind closed bathroom doors, and they were arguably some of the most iconic and beautiful women in the world. While no beauty expert will advocate face-shaving among women for the purpose of eliminating facial hair, it is in the limelight for its anti-ageing and exfoliating benefits. It seems our old-school icons were on to something.

Face-shaving is a slightly less intense form of dermaplaning, a cosmetic procedure