

10 Tips for a Great Shave & Facial

1. Ideally shower first or rinse your face well with warm water to soften the beard. Never shave cold or apply shave products to dry skin.
2. Use a quality shaving brush (as top barbers do!) like the **men-u Barbieri** or **Premier**. Bristle resistance raises the beard (making a closer cut easier) and softness helps create a creamy, less aerated lather.
3. Use **men-u shave crème** with a high concentration of lubricants (eg silicones) and moisturisers to provide optimum slip without drying the skin. The less aeration in the shave crème the better as it is what is in contact with the skin and beard that matters – all else is wasted. Less resistance, less irritation and less nicks also mean a longer lasting blade!
4. Apply the shave crème using the brush in a circular motion ending in an upward stroke to stand your beard up and away from the face or spread shave crème between wet palms and apply like a face pack, stimulating and spreading with fingers.
5. Always use a good quality, sharp blade and rinse it under hot water often. A clean blade leads to a better result. It is vital that the blades do not clog up with shaving product and stubble. Some shaving products do not break down when the blade is rinsed and are prone to block multi-blade razors.
6. Ideally shave in the direction of the beard growth starting with the sides, then the moustache area and last the chin. The chin hairs are the toughest, so this allows them the most time to soften via the warm water and shave crème.
7. If you wish to achieve an even closer shave (as most barbers do) apply some more lather to the areas you wish to shave again. Never shave an area without shave crème!
8. After shaving, when the skin is most vulnerable, rinse the face with warm water and use **men-u healthy facial wash** that has a high concentration of tea tree oil. Tea tree oil is a natural antiseptic and anti-bacterial which is ideal to help cleanse and protect from spots and shaving rash. Also included is witch hazel for its' soothing, healing and astringent properties – great for controlling greasy skin.
9. Rinse with the coolest water that is comfortable and pat dry with a clean towel.
10. Finish off with **men-u facial moisturiser lift** which is an after shave balm and moisturiser combined. Also has mint and menthol to cool and refresh. Lost moisture is restored, conditioning the skin leaving it smooth and firm with a protective layer and no greasiness. After a few seconds your skin will feel “talcum powder” soft.