

Get Out of Stubble

Dry winter air can irritate your skin. Give your face a break with a closer, smoother shave.



MAKE RAZORS LAST (ALMOST) FOREVER

Abused blades last for only three shaves or so, says Joshua Zeichner, M.D., director of cosmetic and clinical research in dermatology at Mount Sinai Hospital in NYC. Treat your razor right and you can double that—plus minimize nicks and hair tugging.

DON'T bang the blades against the sink. You may knock them out of alignment and disrupt their smooth-glide coating, Dr. Zeichner says. Just rinse out the hair with warm water.

DO pat your razor dry and apply a few drops of protective oil to prevent corrosion. Try HYD for Men Razor Shield \$18, hydformen.com.

DON'T toss your razor in a drawer. To keep it free of rust and dullness, store it upright in a mug or holstered on a razor stand so it's exposed to open air and dries quickly.



1 Prepare for Takeoff

ALWAYS WIELD ENOUGH STEEL

Increasing the number of blades in your razor can actually *reduce* friction, for less pain and fewer abrasions, says Dr. Zeichner. Look for a pivoting head, which adjusts to the topography of your face.

USE Gillette Fusion ProGlide SilverTouch \$14, drugstore.com

MAKE STUBBLE LESS STUBBORN

Preshave oil softens your whiskers so they can be cut with less force, says Allan Peterkin, M.D., author of *One Thousand Beards*. Hot water helps too, so try to shave in the shower or just afterward.

USE Dermalogica Close Shave Oil \$23, dermalogica.com



2 Shave, the Points

GET A GRIP ON YOUR TECHNIQUE

Clutching the razor tightly makes you press the blades into your skin, says Danielle Malka, founder and CEO of eShave. That's harsh on your skin.

USE a loose grip with just three fingers: your thumb, index, and middle. Let the weight of the blade do the work.

APPLY THE RIGHT OIL TO FOIL IRRITATION

Sunflower seed is the king of natural oils. A study from the U.K.'s University of Sheffield Medical School found it to be more moisturizing than olive oil—also popular for shaving—and less likely to irritate skin.

USE Dove Men+Care Shave Gel \$5, drugstore.com



3 Serve and Protect

TREAT YOUR EPIDERMIS TO EUCALYPTUS

Standard aftershave is basically an antiseptic. But a lotion with eucalyptus soothes dry skin by boosting ceramide, a water-retaining component of lipids, say researchers in Japan.

USE Caswell-Massey Eucalyptus After Shave Balm \$20, caswellmassey.com

AVOID BETWEEN-SHAVE DRY SPELLS

Want calm skin after a shave? Then moisturize even when you're sporting stubble, says Dr. Peterkin. Try a lotion with aloe vera: It can help heal wounds and boost skin's collagen, a Serbian review found.

USE Anthony Oil Free Facial Lotion SPF 15 \$32, anthony.com