

THE
• ART •
武術 刮鬚
OF
SHAVING

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for the

Undistinguished Lecture Series

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Agenda

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- Modern Methods of Shaving
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Motivation

- Razor burn SUCKS!
- Ingrown hairs SUCK!
- Nicks and cuts SUCK!

- Wouldn't it be great if you didn't have to worry about those things **ever again?**

- Wouldn't it be awesome if every morning shave felt like **a trip to the barber?**

- Wouldn't it be outstanding if shaving could become a treasured **ritual**, rather than a dreaded **task??**



A Brief History of Shaving

- People have hated facial hair so *much* throughout history, they have used:
 - Stone!
 - Flint!
 - Clam shells!!to pluck out unwanted hair.
- Around 500 B.C., Egyptians and Greeks began shaving their entire heads as a defensive measure in wars
- Origin of the word BARBARIAN!



Exhibit A. A clean-shaven Alexander the Great pictured in the Alexander Mosaic, 2xx BC

A Brief History of Shaving (20th Century)



Modern Methods of Shaving



Wet Shaving

- Performed with a manual razor, a lubricant and hot water
- Generally considered to give a “closer” shave than dry shavers

Dry Shaving

- Performed with an electric razor
- Generally not as close as a wet shave
- Convenient for “on-the-go” shavers
- Some guys prefer this and can get a close shave
- Can cause razor burn



Can we do better?

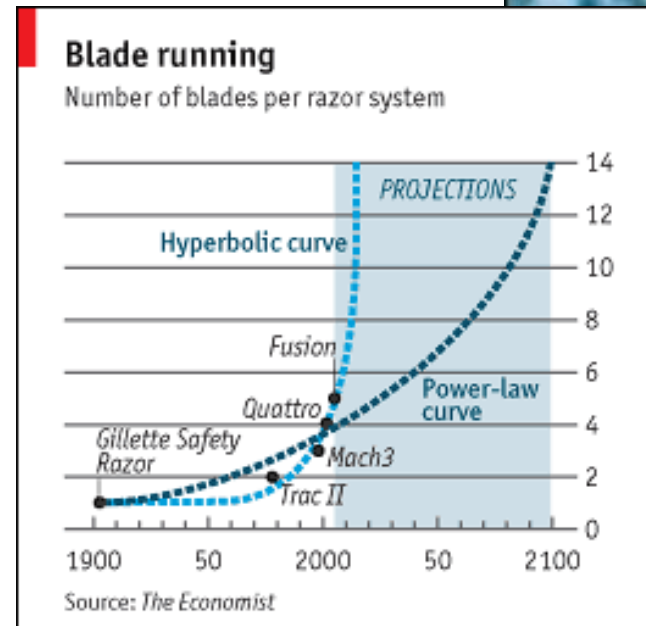
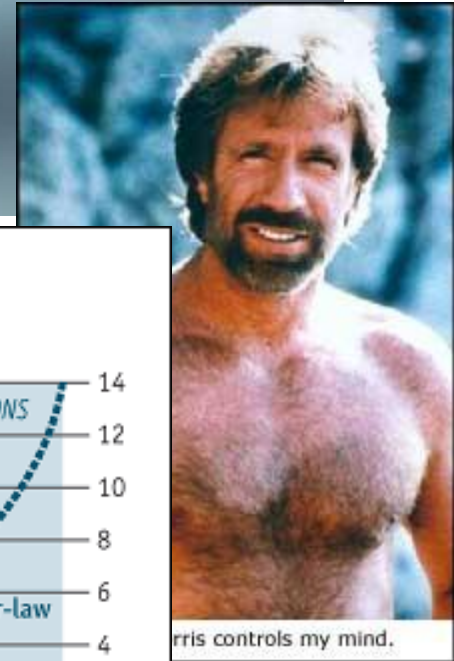
Introducing...

The **ART**
of

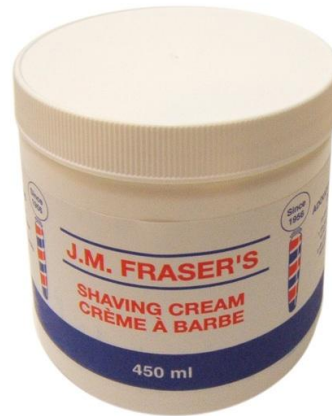
WET SHAVING !!

Common Myths

1. More blades = Better shave!
2. More pressure = Closer shave!
3. Shaving more often will cause hair to grow back faster and thicker!
4. If it's newer, it must be better!
5. Shaving with/against the grain is good/bad!



The Shaver's Toolkit



Pre-Shave

- Prepare the “shaving mix” with an appropriate ratio of water:cream
- We want **free-standing peaks** in our mix!!
- This can take a few minutes – be patient
- Thoroughly wet your face with the hottest water you can stand – towel optional
- Shaving after a shower ensures pores are open



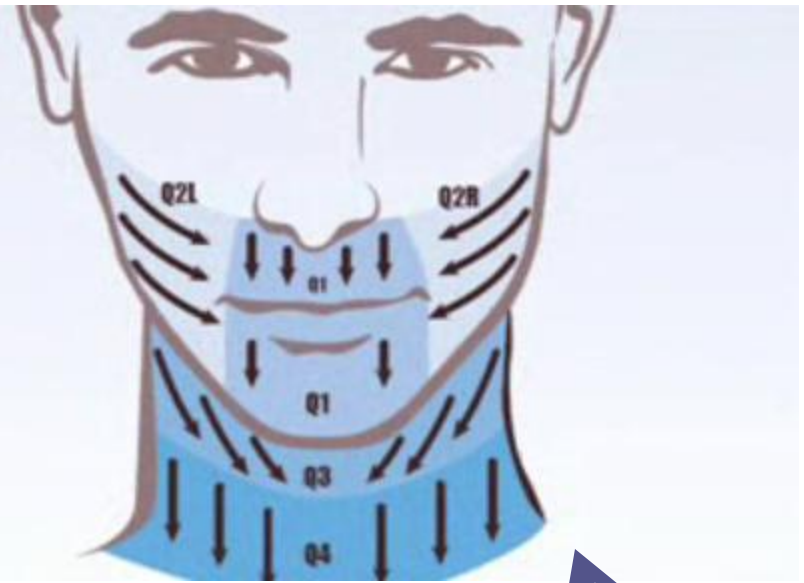
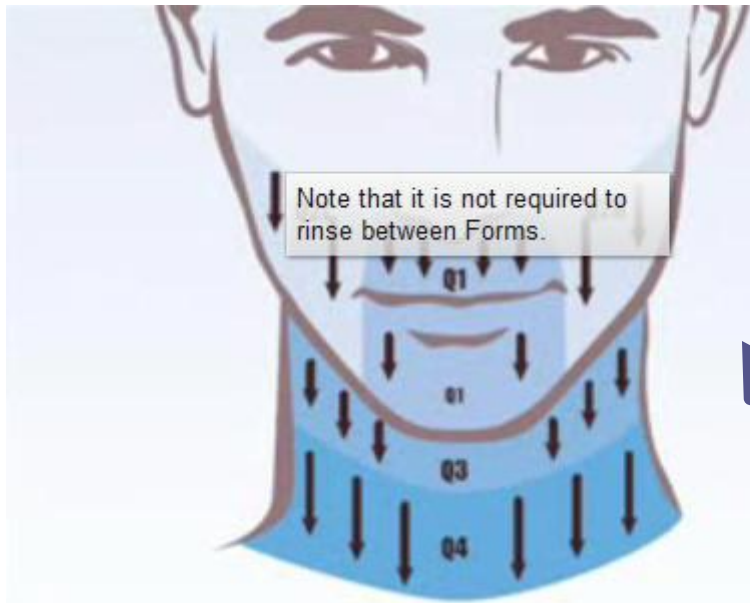
Pre-Shave

- Pinch the base of the bristles with your fingers and apply the cream to your face in a swirling motion
- After full coverage, hold the brush by the handle and “paint” the cream evenly around your face



The Shave: Proper Technique

- Shaving with a single-bladed razor requires **multiple passes**
- The purpose of each pass is to gradually reduce the beard, **not eliminate it**
- A quick rinse with hot water and re-lathering is required between each pass
- The direction of the beard grain **does not matter** if the mix is properly generated, and shaving strokes are not too aggressive



Form 1: Straight down

Form 2: Towards centre line

Form 3: Towards centre line, 90°
angle from Form 2

Form 4: Freeform; catch rough
spots

Post-Shave

- Apply a styptic pencil to any nicks or cuts; rinse residue in about 10 minutes
- Apply a mild balm to your face; alcohol-based aftershaves can dry the skin and inflame irritation



Advanced Shaving Techniques

- **WARNING !!**
 - These techniques are **FRIGGING** serious!
 - Get some practice with the basic form before attempting these
 - **SERIOUS** cuts can occur if you do these improperly
- Patience, young grasshopper...shaving requires the discipline of martial arts.
- All advanced techniques borrowed from “Advanced Shaving Techniques” YouTube video:
<http://www.youtube.com/watch?v=TQco5PWc2JU>

The J-Hook

- Start with the head of the razor parallel to the floor
- Slide the razor in an arc on your face, **very lightly**, so that the head of the razor ends up perpendicular to the floor
- Great for removing the “little bits”



The Gillette Slide

- Simultaneously move the blade **down** and **forward**
- If you move the blade more forward than down, you will get a paper-cut like lesion on your face – ouch!



Blade Buffing

- The most ***controversial*** advanced technique!
- *Cartridge razors*: Keep the blade on the face, and lightly rub back and forth
- *Single-blade razors*: Lift the blade off the face between each pass



Recommended Reading

- <http://www.badgerandblade.com/>
 - These guys need another hobby... but you can get about as much information about shaving as you can handle here. VERY detailed instructions and tips.
- <http://www.youtube.com/user/mantic59>
 - This guy has released a series of instructional shaving videos with very detailed information and demonstrations. Entertaining, and worth a watch if you're just starting.

Questions? Comments?