



OK..... your Father taught you how to shave, right...!?

Well things have changed - for the better, without any disrespect to Dad!. In fact a great deal of the best shaving methods and tips are from those good old days.

Bodé Spa spent a good part of a year researching out the BEST men's shaving products respecting both price and quality of ingredients and [Moxie for Men](#) won our hearts, not to mention our faces. Beyond all that we wanted to share our shaving tips - our strategy for smooth faces following the Moxie for Men line of fine good old fashion wonderful feeling shaves with all the modern developments that have been made.

## #1 Have the Right Tools

- A shower mirror is our first choice
- A well lit area – it's good to see
- A soft face towel for those without a shower mirror. Oh and hot running water!!
- Time - speed and shaving are NOT a good combination!

## #2 The Steps for Light Growth - not usually subject to ingrown hairs

- a) Get your face warm - in the shower the steam is great and if you step to the sink to shave get a hot towel immediately on your face just before you begin. Even you guys without the ingrown hairs should exfoliate your skin about 2 to 3 times per week. See [Moxie for Men Erazor](#) or [Dr. Renaud's Satinage Scrub](#) for the most sensitive skin types.
- b) Use one pump of the shaving oil (maybe two depending) and work this well into the skin where you are about to shave.
- c) Take your badger brush (remember what Dad taught you!) and run under hot water - shake off excess and dip into the Moxie Spa shaving cream - you only need a very small amount. Then begin to lather into your face over the oil. Remember that the badger brush is stimulating the follicles and it's exfoliating a little as well.
- d) Take your blade of choice and run under hot water to heat the blade and start to shave. You can add more hot water to the end of the badger brush to create even more foaming action at any time with out double dipping into your supply. It goes and goes this stuff!
- e) It's best to shave down and then across at an angle - DO NOT shave from the neck up. THAT causes problems.
- f) Rinse off your face thoroughly in the shower OR with a soft cloth.
- g) Use just one pump of the Moxie shaving balm and apply to shaving area. Finally, apply toner and moisturizer of your choice to the rest of your face.



**#3 Extra Steps for men with thicker hair or who suffer from ingrown hairs we recommend the following in the steps listed above plus these pointers:**

- we said get your face warm in this first step. We cannot stress this enough for you guys. Your skin needs to be soft and warm. The best option is to shave in the shower - a fogless mirror is a super investment. As well see Moxie's Glycolic Facial Fitness wash to begin with before your shaving regime as a good prep to clean the skin.
- BEFORE you use a shaving oil use a good strong exfoliator. Again we recommend [X-Foliator](#) from Moxie. - its super mud based formula gets dead cells away from the base of the hair and softens the skin and causes the follicle to have greater stretch as it sits in the pore. Work this in well and rinse off and then proceed with the oil as recommended in steps b) to f). Some guys shave twice but if your blade is good you should be ok in one go.
- Use the balm as indicated. Sometimes a little redness can't be avoided and its especially annoying just before a date ! Try our super saver mask to reduce and even eliminate this problem, the [Chlorophyll Mask](#) by Dr. Renaud.

If you ever need advice, call Doug or Dan at the spa or [email](#) us. We are here to help.

Wishing all you guys out there a great shave.

Doug Coburn AIIC RAC  
Director of Esthetics  
Bodé Spa

PS - the [SHAV Spa Kits](#) are an amazing buy... throw out that alcohol-based stuff and try something new - you deserve it!