

SHAVING & DERMAPLANING

SHAVING WITH ACNE: HOW TO PREVENT IRRITATION AND BREAKOUTS

Shaving with acne can be tricky, but the right approach helps prevent irritation and breakouts.

HOW SHAVING CAN WORSEN ACNE

- **Spreads Bacteria** – Razors can transfer bacteria from active breakouts, leading to new pimples.
- **Causes Friction and Irritation** – Multi-blade razors and aggressive shaving can create micro-tears, making skin more inflamed.
- **Exposes Deeper Skin Layers** – Shaving over pimples can open them up, increasing infection risk and slowing healing.
- **Triggers Ingrown Hairs** – Shaving too closely can cause hairs to curl back into the skin, leading to more bumps and irritation.

HOW TO SHAVE WITHOUT IRRITATING ACNE

1. Plan Your Routine

- Shave when breakouts are minimal, avoiding inflamed days.
- Shave less frequently to give your skin time to heal.

2. Prep Your Skin

- Wash your face with warm water to soften hair and open pores.
- Use a gentle cleanser or shaving cream to reduce friction.

3. Choose the Right Razor

- Use a sharp, clean blade to prevent tugging and irritation.
- Opt for a single or double-blade razor instead of multi-blade options, which create more friction.
- Consider a foil electric razor—it moves in one direction, reducing irritation compared to rotary razors.

4. Shave Gently

- Shave with the grain (in the direction of hair growth) to avoid ingrown hairs.
- Use light, gentle strokes and avoid pressing too hard.
- Shave around breakouts rather than over them to prevent irritation and bacteria spread.
- Rinse the razor after each stroke to keep it clean.

5. Aftercare: Soothe and Protect

- Rinse with warm water to remove shaving residue.
- Apply a soothing, non-irritating moisturizer that hydrates without stinging.
- Avoid aftershaves with alcohol, as they can dry out and irritate the skin.

By following these steps, you can shave more comfortably while keeping your skin calm, clear, and healthy.



**If Aftershave hurts or
its burning, ditch it!**

THE DANGERS OF DERMAPLANING: WHY IT'S NOT THE BEST OPTION

Dermaplaning is a cosmetic procedure that removes the top layer of skin using a scalpel. While it's marketed as a way to achieve smoother skin and remove fine hairs, it comes with risks—especially for sensitive or acne-prone skin.

WHY DERMAPLANING ISN'T IDEAL

- **Weakens the Skin Barrier**

The outermost layer of skin (stratum corneum) acts as a protective shield, locking in moisture and keeping out bacteria and pollutants. Removing it can leave skin vulnerable to dryness, irritation, and increased sensitivity. While the skin may feel smoother temporarily, it often results in dehydration or breakouts.

- **Can Trigger Acne and Sensitivity**

If you have acne, rosacea, or sensitive skin, dermaplaning may cause redness, inflammation, or flare-ups. Exposing deeper layers of skin can lead to irritation, and bacteria from acne lesions can spread, causing new breakouts or worsening existing ones.

- **Not a Long-Term Hair Removal Solution**

Many people use dermaplaning to remove peach fuzz, but it only cuts the hair at the surface, just like shaving. This means hair will grow back at the same rate and thickness, making it a temporary fix rather than a lasting solution.

- **Risk of Cuts, Scarring, and Infection**

If performed incorrectly, the blade can cause tiny cuts, increasing the risk of infection and scarring. Even at-home dermaplaning tools, though less sharp than professional scalpels, can still disrupt the skin barrier and lead to irritation or uneven skin texture over time.

BETTER ALTERNATIVES FOR SMOOTH, HEALTHY SKIN

Instead of stripping away the skin's protective barrier, consider these gentler and more effective options:

- **Gentle Exfoliation**

- Chemical exfoliants like lactic acid or mandelic acid help dissolve dead skin cells without damaging the skin.
- Enzyme-based exfoliants use fruit enzymes to gently break down dead skin, making them ideal for sensitive and acne-prone skin.

- **Safer Hair Removal Methods**

- Electric facial trimmers remove fine hair without affecting the skin's barrier.
- Threading is a precise hair removal method that doesn't involve blades or chemicals.
- Laser hair removal offers a longer-term solution, targeting hair growth at the root (best if your acne is under control).

FINAL THOUGHTS

Dermaplaning may seem like a quick fix for smooth skin, but it comes with potential downsides, particularly for those with acne or sensitive skin. Instead of removing the skin's natural defense, focus on long-term skin health with gentler, barrier-supporting alternatives. Healthy skin isn't about instant results—it's about protecting and strengthening your skin for lasting radiance and resilience.



Note: Blading (removing hair with usually a surgical blade) is NOT recommended ever.