

# Uh...Should You Be Shaving Your Face?

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Face shaving. The thing dudes have been doing forever. Except: The practice has apparently been used behind closed bathroom doors by the likes of Elizabeth Taylor and Marilyn Monroe to create a smoother, more glowing complexion. And with notable makeup artists now revealing their shaving habits, we have to ask: Um, what? Is this something we should...actually consider?

We talked with Dr. Debbie Palmer, board-certified dermatologist and co-founder and Medical Director of Dermatology Associates of New York, to get the scoop on everything you ever needed to know about putting a razor to your face.

## What's this all about?

"Women performing a-thome face-shaving has been getting some recent attention, but it's something that has been done for years," says Dr. Palmer. "Marilyn Monroe and Audrey Hepburn are even rumored to have done it. It's a less intense form of dermaplanning, a

cosmetic procedure performed by an aesthetician, dermatologist, or cosmetic surgeon, in which an instrument similar to a scalpel is used to shave the face. The procedure exfoliates the skin, removing dead skin cells, and in the process also removes fine vellus hair. My patients feel it gives them a smoother finish for makeup."

### **Will it make hair grow back like stubble?**

"There is a myth that shaving facial hair will cause it to grow back coarser or darker. This myth is not correct. Your hair will grow back the same way."

### **What are the pros?**

Aside from less facial hair, Dr. Palmer says you'll see:

Smoother, exfoliated facial skin

Increased skin cell turnover

Easier makeup application

Increased skin penetration and effectiveness of facial rejuvenation skin care products

### **And the cons?**

not addressing a larger facial hair issue with your dermatologist, which could indicate a hormonal imbalance, according to Dr Palmer. (I.e. if you feel you have a change in facial hair, make sure to discuss it with your doctor.)

folliculitis (where your hair follicles become inflamed)

ingrown hairs

### **If you're gonna go for it, here's to get the most effective shave :**

Wet your entire face first to soften the hairs, then apply a shaving cream or gel to minimize irritation. Use your razor in the direction of hair growth. Finish with a rinse and antioxidant moisturizer on your skin. "The shaving will allow for better penetration of your antioxidant and the antioxidant will help to minimize inflammation and irritation," Dr. Palmer says. She recommends Replere Protect & Rejuvenate Day Lotion to her patients. To avoid folliculitis, sanitize the razor in rubbing alcohol after each use.

And hey: Power to ya.

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