



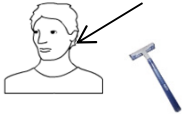






## Shaving Checklist for Men











- |    |   |   |   |
|----|---|---|---|
| 1. |    | <b>Go to bathroom sink and stand in front of the mirror.</b>  | <input style="width: 40px; height: 30px;" type="checkbox"/> |
| 2. |    | <b>Splash warm water on your face.</b>  | <input style="width: 40px; height: 30px;" type="checkbox"/> |
| 3. |    | <b>Put shaving cream or shaving gel on your face.</b>   | <input style="width: 40px; height: 30px;" type="checkbox"/> |
| 4. |   | <b>Take your time. Shave slowly and gently. Don't apply too much pressure.</b>  | <input style="width: 40px; height: 30px;" type="checkbox"/> |
| 5. |  | <b>Put the razor (handle facing down) next to your left ear at the start of your side burn. Shave in a downward stroke to your chin bone.</b>   | <input style="width: 40px; height: 30px;" type="checkbox"/> |
| 6. |  | <b>Pick up the razor (off your face) before making another stroke.</b>  | <input style="width: 40px; height: 30px;" type="checkbox"/> |
| 7. |  | <b>Place the razor at the same height as the first stroke but move it to the right about an inch. Make downward strokes to your chin bone. Repeat 3 to 4 times until you reach your nose and lip.</b> | <input style="width: 40px; height: 30px;" type="checkbox"/> |
| 8. |  | <b>Rinse razor blade with water after every 3 to 4 strokes.</b>   | <input style="width: 40px; height: 30px;" type="checkbox"/> |
| 9. |  | <b>Repeat instructions #4-8 on right side of face.</b>  | <input style="width: 40px; height: 30px;" type="checkbox"/> |

Visuals provided by VizZle™ ([www.govizzle.com](http://www.govizzle.com))

## Shaving Checklist for Men



- |     |   |   |   |
|-----|---|---|---|
| 10. |    | <b>Shave chin using downward motions about 4 times.</b>   | <input style="width: 40px; height: 30px;" type="checkbox"/> |
| 11. |    | <b>Shave under chin and neck: tilt head back, point chin up, pull skin taut at neck with free hand, place razor on chin and shave using an upward stroke. Go slowly and be careful (especially Adam's apple).</b> | <input style="width: 40px; height: 30px;" type="checkbox"/> |
| 12. |   | <b>Shave upper lip last by curling top lip over teeth to stretch skin. Make 3 downward strokes on upper lip.</b>  | <input style="width: 40px; height: 30px;" type="checkbox"/> |
| 13. |  | <b>Wash face with soap and water.</b>   | <input style="width: 40px; height: 30px;" type="checkbox"/> |
| 14. |  | <b>Dry face with towel.</b>   | <input style="width: 40px; height: 30px;" type="checkbox"/> |
| 15. |  | <b>Use an after shave lotion to moisturize skin (optional).</b>   | <input style="width: 40px; height: 30px;" type="checkbox"/> |
| 16. |  | <b>Rinse razor with water.</b>  | <input style="width: 40px; height: 30px;" type="checkbox"/> |
| 17. |  | <b>Clean up supplies. All done!</b>   | <input style="width: 40px; height: 30px;" type="checkbox"/> |

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