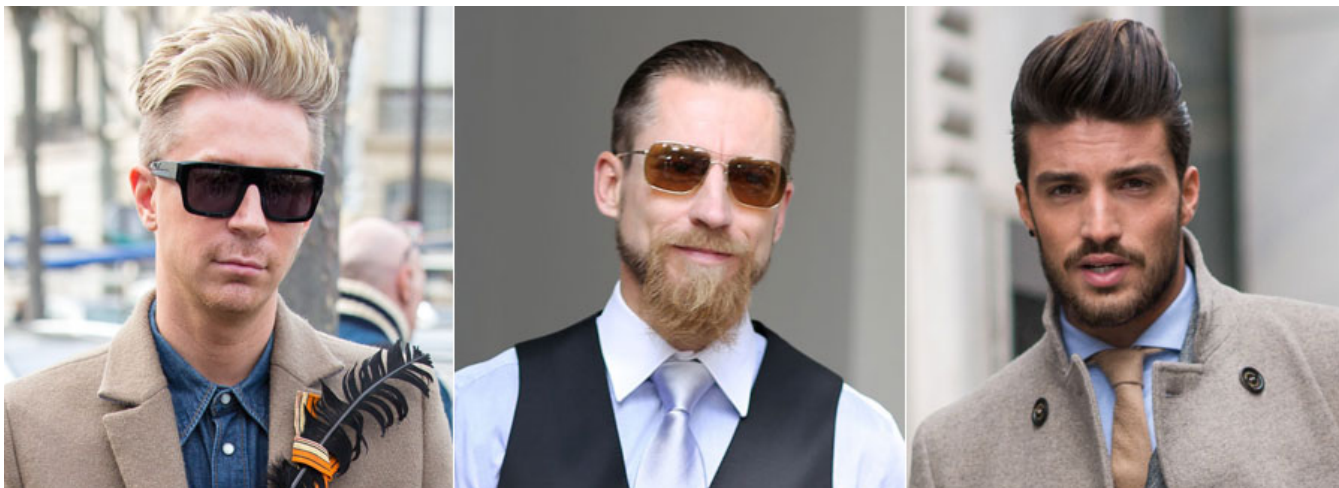
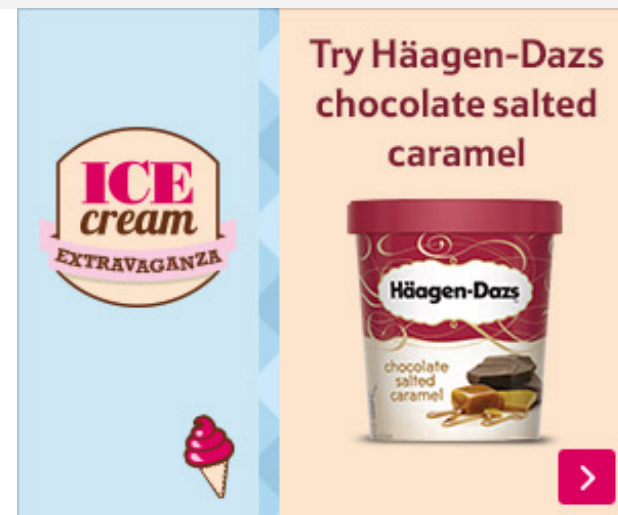


blog

11 March 2015

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A gentleman's guide to shaving and shaping

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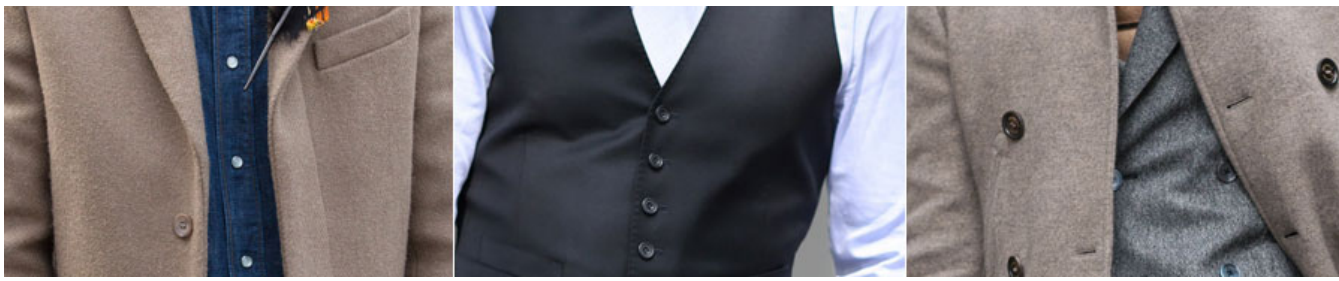
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A gentleman's guide to shaving and shaping

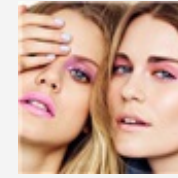


Whether you're clean-shaven, sporting designer stubble or tempted by a full-blown beard, Ross Clarke is on hand with his guide to brushing up those bristles.

Every man has his own shaving routine: the guesswork shaver who braves it in the shower without a mirror; the cheek-by-cheek, stroke-by-stroke meticulous shaver; or the super-speedy electric-trim-on-the-run shaver. Most of us know how to wave our whiskers goodbye one way or another, but how should we be doing it, and what happens if we want to be a bit more adventurous in the facial follicle stakes? With a little help from Erin Wentworth, expert barber at **Pall Mall Barbers**, I've gathered a few top tips for the perfect shave.

The clean shaver

As the trend for plentiful facial hair reaches an all-time high, some style gurus (including myself) say it's time to embrace the sleek, whisker-free world of the clean shave again. While every man has, at one point or another, taken a razor to his face (even if reluctantly at the request of his mother) what are the best ways to make sure you get it all and minimise the risk of skin irritation, spots or soreness? Erin's tip: "First, shave with the growth of the stubble, then do a second shave of



Your Spring beauty fix

the face using diagonal sweeps across the bristle. This ensures removal of all the hair and a closer smoother shave.”



Ross recommends: Having a razor that follows the contours of the face makes a close shave a lot easier. Applying a moisturising after-shave balm also cuts down the likelihood of skin flare-ups and irritation. Try the **Gillette Fusion ProGlide Flexball Razor**, £8, along with **Nivea For Men Replenishing Shave Balm**, £5.

The stubble stalwart

Designer stubble is an ever-popular look that seems pretty low maintenance, and to some extent that’s right. The trick of this style, however, is maintaining the perfect length. Some areas, such as the moustache, grow quicker and thicker than say the jaw line, so knowing where to trim and when is key. Simply allowing it to grow of its own free will might suit the camping-in-a-muddy-field-at-a-festival vibe but it won’t win you a place on the red carpet.



Ross recommends: Take the hard work out of your stubble upkeep by using a trimmer with length settings. You’ll be able to run it over all areas and it’ll keep everything to a standard length. Try the **BaByliss For Men Super Stubble trimmer**, £90.

The goatee devotee

This distinctive look doesn’t suit everyone. If you want to make it work for you, it’s crucial to put in a little time and effort to make sure you end up more Robert Downey Jr. and less Disney *Aladdin’s* Jafar. Erin says: “To get a great goatee, put the shape in with a clipper, keeping the sides straight (rather than rounded, as this

leads to your face also looking round). Then shave the shape in with your razor, keeping the length nice and trim to avoid any scraggly goatee tails.”



Ross recommends: **Philips NT9145/11 GoStyler Wet and Dry Facial Styler**, £22.01 – the small head is perfect for precision.

The moustache mogul

The prospect of being able to sit and twirl the ends of a perfect handlebar moustache, as if on the brink of some great discovery, is tempting for any man. In reality, however, not many of us are brave enough to go for this rather natty style. But if you are one of those fine few, skincare must come before any tweaking and twirling. For tips on growing and grooming a moustache, check out our **Mastering Movember post**.



Ross recommends: To stop the itchy feeling, give the skin underneath your 'tache a good scrub every day with **Dove For Men Deep Clean Cleansing Wash**, £4.50.

The beard believer

If you are one of those fortunate fellas with the ability to insulate your face with a lavish covering of whiskers, then us clean-shaven chaps applaud you. But regular upkeep is vital if you want a look that's acceptable from the boardroom to the bedroom. Erin says: “A full beard should be kept as natural looking as possible, so

the cheek lines need to be rounded from the sideburn into the bottom of your moustache area. The neckline should be no more than an inch lower than your jaw. Keeping the lines tight helps the beard look thicker and fuller. The higher neckline also prevents any unsightly neck scruff.”



Ross recommends: This **Remington MB320C Barba Beard Trimmer** will keep your overall beard length tidy even if you want to finish up with a traditional wet shave.

Send us snaps of your facial hair handiwork [@BeautyatTesco](#). Get more great tips and advice from Ross [@gr8whiteshirt](#) and Erin & co [@PalMallBarbers](#).

Beard – The Exhibition

And for some seriously beardy inspiration, visit **Beard**, at Somerset House. With a series of portraits by photographer Brock Elbank, the exhibition features 80 images that explore the art of grooming and celebrates the enduring beard trend. See actor John Hurt, models Ricki Hall and Billy Huxley, and artist Gavin Turk, along with the British bearded woman Harnaam Kaur. The exhibition runs until 29 March 2015, daily between 10am and 6pm in the Terrace Rooms, South Wing, Somerset House. Admission is free.

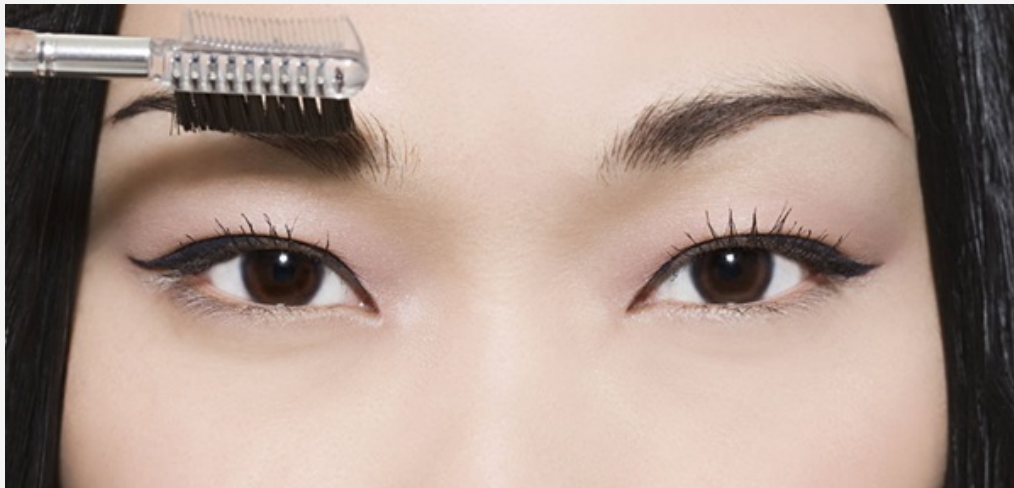




Ross Clarke, men's grooming expert



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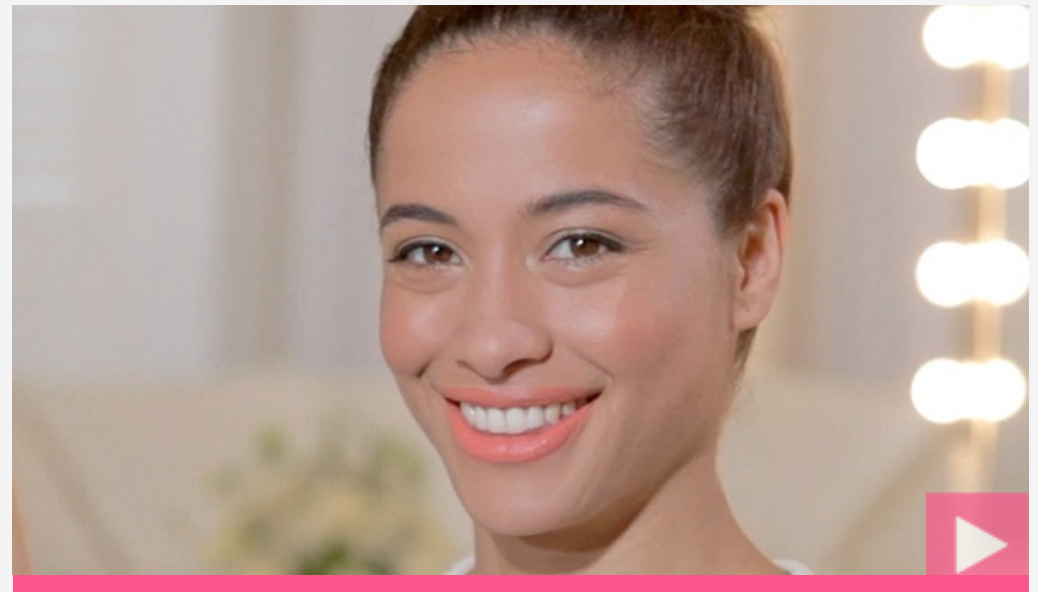
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In case you'd forgotten, 15 March is Mother's Day – and it's fast approaching. To help you prepare, we've gathered some words of wisdom from the Beauty at Tesco team's own mums, as well as sharing the treats that they'll be splurging on (or hoping to get!)

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