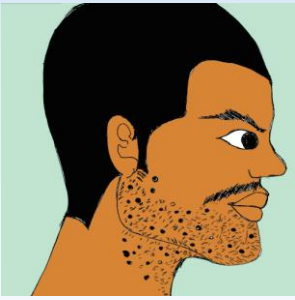


GOOD IN MY SKIN

3- How to limit my razor bumps?



Razor bumps can look like acne spots, but they are easily avoidable. However when they aren't well treated, like acne, they can leave dark spots and unsightly scars on the body and the face.

Who?

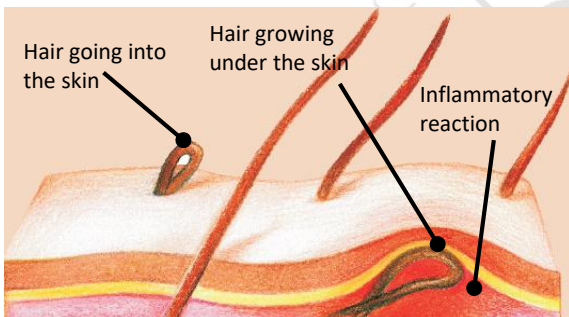
Between 45% and 83% of the dark skin men have razor bumps, whereas it is 4 times less likely for white skin. These spots can be numerous. Their hereditary factor play a major role in their appearance.



Razor bumps

Razor bumps (shaving spots) can easily be confused with acne spots, but their causes and treatment are completely different.

Why?



Razor bumps are due to hair growing into the skin (as opposed to out of the skin):

- ❑ When the hair is curly, it tends to curl up and move back inside the skin while growing.
- ❑ when the hair doesn't grow outward, shaving too close to your skin can be responsible for this

What should I do ?

The best way to limit razors bumps is to use an electrical razor, preferably a hair clipper if possible. Razors blades can be responsible for the appearance of razor bumps.



To avoid razor bumps, it is essential to use a shaving cream. Apply on the beard or hairs directly and avoid the use of blade or electrical razors.

Shaving cream questions.

- **Are they only for women?** Men and women can use it, either on the face or any other body part. Some creams are adapted to man and to beard shaving.
- **How to choose them ?** Apply the cream uniformly, wait a few minutes following the instructions on the box, remove the cream with the spatula and rinse it off with water.
- **Are there harmful side effects ?** If you feel any irritation after the first use, change to your shaving cream immediately. Don't ever buy shaving cream from unknown origins, outside the supermarket, pharmacies or cosmetic stores. Ask a dermatologist or pharmacist for advice

Three pieces of advice



Dark spots are not a fatality

The healing process of razor bumps can leave black spots (scars) on the skin.

- I DO NOT use or treat my skin with skincare products sold outside the pharmacies, especially the miracle products sold on the market.
- I PROTECT my spots from the sun by using a sunscreen. Sun favors the evolution of the razor bumps into black spots.
- If the razor bumps are very persistent, I seek advice from a dermatologist.



Street markers



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