# Top tips for shaving if you’re visually impaired video transcript

## Breandan:

Today we are going to shave together.

The classic ingredients for shaving are – surprise, surprise – some warm water, which I have here in a basin. Often I shave after a shower but because that's already done I’ve already moistened/softened my skin with some warm water.

Step number two. I like shaving gel as opposed to shaving foam. I find that it's smoother and easier going. I'm putting it on my right cheek, under my ear, down along my jawbone, across the top of my lip and some on my neck as well. Just make sure to get over every place you're going to shave.

The third and final ingredient is a razor. The blade when it's a bit warmer I find makes shaving easier and smoother. So you can run it under a hot tub or you can dip it, as I'm doing, into the warm water.

Now, a note about the type of razor. I'm using a safety razor, which is one of those multi-use razors. I find those much better than the disposable razors.

There's two things that I feel help a lot when you're shaving with

sight loss. First is time. Because rushing is what causes us to get frustrated, to get annoyed and to cut ourselves in the process. So give yourself some time. I promise the more you practice, the faster you will get. The other thing is touch. As we start to shave, you'll see how I use that sense of touch to compensate for not being able to see in the mirror.

With time and with touch, you can absolutely shave safely and well with any level of sight: with no sight, with some sight. It is all possible.

I’m going to start by shaving my right and left cheek. I'm going to do downward strokes on those from top to bottom. I'm doing the left cheek. I'm doing the part above my mouth and I'm doing the right cheek with downward strokes.

All right, now I want to go from my cheek down over the jawbone, down to my neck on each side. So again, downstrokes. What I'm going to do is start from my cheek and go the whole way down over the jawbone and just go nice and slow so you don't cut yourself on your jawbone. This is where you can start to use your left hand, in my case, the other hand that you're not shaving with, and you can use it to tense the skin, so that way it smooths the path for your razor.

One thing you'll notice I do here, is I avoid under my mouth, so my chin, and I avoid my Adam's apple. I’m going slow over the chin because that's where you can cut yourself on your jawbone, so use nice and smooth downward strokes.

Now I'm going to cover my Adam's apple to get it out of the way and shave around it. This is where I'll show you the trick – you can actually take one hand and use it to pull out the skin from your Adam's apple. You can shave that skin, so it's not running the razor over the Adam's apple itself, because that is a prime cutting spot.

We’ve only done downstroke so far. You can also do some side strokes. The benefit of side strokes is you'll be cutting against the grain and that will give you a closer shave. You can go from right to left on your cheek. You can also do along your jawbone again, right to left and down... and under my mouth as well. You can go sideways, right to left under your mouth, just over your chin. The equivalent move for your neck is to go upward instead of downward. So you're going back to your left neck and you can go from down to up.

Any time it gets a bit dry, you can dip for some water to make it moist again.

Now it leaves us with these things called sidelocks or sideburns. I still have a soft spot for John Travolta, so I'm still with these smallish sideburns on the side. I'll show you what I do and then you can vary it

based on what you want. I'm measuring two fingers width from the ear. That creates a nice straight line. If you feel just at the bottom of your ear, just up above, there’s a little triangle of cartilage, so that's the bottom of my marker. I find that with my razor and feel a straight line from there across my cheek.

Use your ears to guide where it joins your face, it could be the middle

where that skin bit sticks out or it could be the very bottom of your ear, depending what your preference is.

The last step is to take some warm water and wipe your face. You’ll feel all of the little bits of hair coming off. One important thing to do is make sure you’re wiping behind your ears, because sometimes a bit of shaving foam or shaving gel can be lurking there.

I remember going to work one day and my boss tapped me on the shoulder and said, you've a little bit of shaving cream on your ear. I’d been going around all day with shaving foam on my ear. So I've always tried to make sure I don't do that again.

We’re done! Take a towel and wipe your face. Your sense of touch

will help you a great deal because you actually don't need it any mirror,

you can do it without a mirror. You can do it even in the dark. I hope that was helpful and happy shaving!

Document ends.