

HOW TO SHAVE YOUR ARMPITS



1. You will need a razor, soap/shaving foam, water and a towel.



2. Position your arm straight up and over your head. Rest forearm on head if more comfortable or let hand rest on your shoulder blade. Face a mirror for a better view. Ensure that you have as flat a surface as possible.



3. Apply shaving foam to area for shaving. Alternatively, rub soap between wet hands to create lather and apply to area for shaving.



4. Rinse razor under running warm water. Ensure it is clean, rust-free and safe for use prior to use.



5. Using a downward motion, applying constant firm but gentle pressure, shave area.



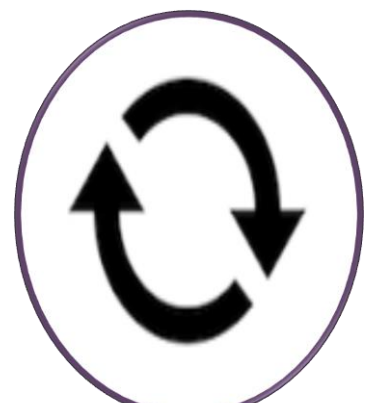
6. Rinse razor under water to remove hair and repeat until area has been shaved.



7. Rinse area with warm water to remove shaving foam/soap.



8. Dry area with towel.



9. Repeat for other armpit.