



Gillette.
Venus
BRAUN

Female Grooming 101: A Tips & Tricks Guide

HOW TO PREVENT INGROWN HAIRS, RAZOR BURN, AND SHAVING RASHES

With the Venus 5-Step Guide to Shaving with Sensitive Skin



- 1. Start by preparing your skin** – Before you shave, apply a shaving gel or cleanser, like Gillette Satin Care Ultra Sensitive, to the desired area to reduce friction and help minimize irritation when shaving. For best results, exfoliate the skin prior to shaving to remove dead skin cells and create a smoother surface for the razor to glide across.
- 2. Choose the right tools for the job** – Venus Smooth Sensitive razors are made with a SkinElixir lubrication strip and low-cutting force blades to reduce razor burn and protect the skin from shaving irritation.
- 3. Use good technique** – Always shave in the direction of hair growth, using gentle yet precise strokes. Shaving quickly or against the grain of hair growth can result in nicks, cuts, and redness.
- 4. Rinse your blades regularly** – Rinse and clean your razor blades after every couple strokes. You will need to rinse your razor blades more when shaving larger areas of the body (like the legs), and less for smaller areas (like the underarms).
- 5. Moisturize for best results** – After shaving, apply a liberal coat of moisturizer to protect and nourish your skin throughout the day.

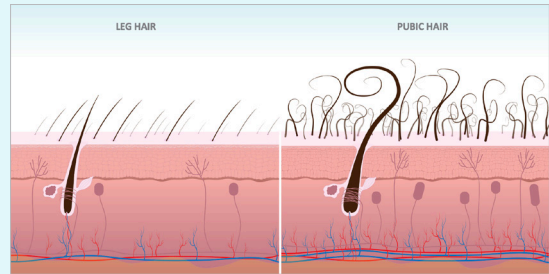
Visit www.gillettevenus.com to learn more about Venus shaving and grooming products

DID YOU KNOW?

Pubic hair and skin are different from other body areas

Unlike your legs, the pubic area has...

- more permeable skin
- higher blood flow and more nerve endings
- thicker, curlier hair
- hair that grows in all directions



Get a comfortable, smooth shave with Venus for Pubic Hair & Skin

The three-step guide to grooming your pubic area



Prepare



Protect



Maintain

- 1. Prepare** – Smooth your skin and help prevent ingrown hairs by using Venus Skin Smoothing Exfoliant on and in-between shave days.
- 2. Protect** – Hydrate and protect your skin during shaving with Venus 2-in-1 Cleanser + Shave Gel. This product is made with a shear-thinning formula that allows for clear visibility when shaving with the Venus Pubic Hair & Skin razor.
- 3. Maintain** – After shaving, replenish moisture and reduce post-shaving itch by applying Venus Daily Soothing Serum to the pubic area after each shave.

Why choose the Venus Pubic Hair & Skin razor? It is specifically designed to help protect the delicate pubic skin from shaving irritation.

- **Smaller head & precision trimmer** to help shave & fit into tricky areas
- **Irritation Defense Bar** allows blades to remove the hair while barely touching the skin to help protect against shave irritation
- **Optimally spaced low cutting force blade** to help reduce tug and pull and help protect against ingrown hairs
- **Lubrication** before and after the blades to help protect skin from shaving irritation



Dermatologist and
Gynecologist Tested



BREAK THE CYCLE OF VISIBLE HAIR GROWTH WITH INTENSE PULSED LIGHT (IPL) SYSTEMS

How does IPL work?

IPL technology works by targeting the pigment (melanin) in your hair follicle to help break the cycle of hair regrowth. The light's stimulation selectively "damages" the root and after a few treatments, will stop new hair from growing.



Start-up phase

Treat once per week for the first 4-12 weeks.



In between

Hair falls out naturally and regrowth is delayed.



Maintenance

Continue IPL to your needs (e.g. every 1-2 months).

IPL technology works best on areas of the body with high contrast between hair colour and skin tone. Skin tone naturally varies across the body and adapting to these different areas helps ensure better results.

Braun is the only IPL device with SensoAdapt skin tone sensor, automatically adapting the flash intensity to your skin tone and body areas for the safest, most effective hair removal.

How to use Braun Silk-Expert Pro for easy & effective IPL hair removal:

1. Remove visible hair from the desired area (legs, armpits, or pubic areas) with your favorite Venus razor, such as the Smooth Sensitive or Pubic Hair & Skin razor. Pat your skin dry.
2. Select a device head and treatment mode based on your comfort level:
 - Standard Cap: for lower legs, armpits, and arms
 - Precision Cap: for face (chin, upper lip) and pubic area
 - Wide Cap: for upper legs, chest, and back
3. Select your Mode for Sensitivity: Standard, Gentle or Extra Gentle. For sensitive areas or first time, use Gentle or Extra Gentle
4. Place the device in full contact with your skin
 - For larger areas: use the gliding mode and glide device along skin
 - For smaller areas: press and release the treatment button
5. Repeat the treatment once a week for four to twelve weeks for visible results! Once you start to see desired results, adjust to your needs (i.e., every 1-2 months)



Visit www.braun.com to learn more about Braun hair removal products.