Shaving Study Summary
By Nathalie Chevreau, PhD, RD
Sr. Vice President Research and Development

Shaving can be viewed as a mechanically abrasive procedure during which a metal blade damages the top layers of the skin, thus causing irritation to the skin surface. We conducted a study using 3 novel targeted products to help protect the skin during and after shaving as seen by a decrease in skin irritation and an improvement in skin hydration despite the shaving activity.

Twenty-seven men between ages 31 to 66 participated in this study that lasted 7 days. Forty-eight percent were African American.

Day 1: All participants came to the clinic unshaven, with their own shaving products and razor. Prior to shaving, a trained technician evaluated each participant’s skin irritation/redness and measured their skin level of moisture. The subjects then shaved using their own shaving cream and applied their usual after-shave and moisturizer. Thirty minutes later the technician repeated the evaluation of subjects’ skin for redness and moisturization.

Day 2 to 6: The subjects used the 3 TrueScience products as their shaving regimen with their own razor at home every time they shaved. The minimum required number of shaving events was two during the study week. TrueScience Ultra Gentle cleanser replaced their shaving cream, TrueScience Perfecting Lotion their after-shave and TrueScience Anti-aging cream their moisturizing cream.

Day 7: Subjects returned unshaven to the Testing Facility. The technician proceeded to rate irritation and skin moisture level. The subjects were then allowed to shave with the 3 TrueScience products and 30 minutes later, their skin was rated for irritation and moisture level.

Results: The results were compelling. At day 1, using their own shaving products, every subject has a worsening of skin irritation and a significant loss in skin moisture following shaving which confirms that shaving irritates the skin. The very act of shaving increased the irritation score by almost 50% and the loss of skin moisture was 61%. (Figure 1 and Figure 2)

Using the 3 TrueScience products as a shaving regimen for one week significantly improved the quality of each subject’s skin as measured in the clinic on Day 7. Twenty-six out of 27 (96%) volunteers had visible decreased skin irritation with an average improvement of 34%. (Figure 1) One gentleman had mild irritation to start at day 1 and rated at the same level at Day 7. All subjects (100%) had a significant improvement in skin moisture content by the end of week 1 with an average 21% improvement. (Figure 2) Most strikingly, TrueScience products did not cause any irritation or loss of moisture after shaving in any of the study participants. African American subjects reported significant less razor bumps after shaving with the TrueScience regimen.

Thus this study demonstrated that the TrueScience skin care regimen is of great benefit for men especially those with black skin and who shave regularly.


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