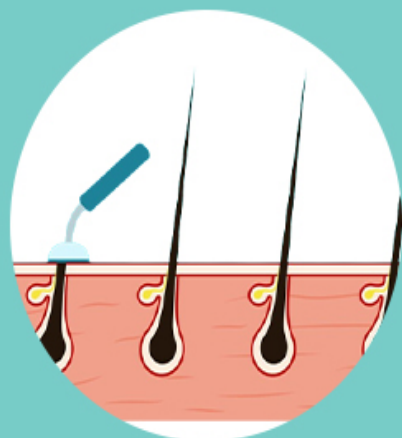


TIPS FOR SHAVING BODY HAIR DURING PREGNANCY



While shaving underarm hair, consider taking a shower or applying a mild cream



Pass the razor in small strokes over your skin and shave opposite to the direction of hair growth

When shaving your legs, be seated with proper support for your back and belly



You may try razors with extended arm support to reach your leg

Use a shaving gel or cream (without chemicals), and seek your partner's help to ease the hair removal process



Clean the shaved area with water or a clean cloth and apply a gentle moisturizer

Reference:

- 1 Laser Hair Removal and Pregnancy; American Pregnancy Association