

Truly great hair

With more than 200 years of grooming experience, Truefitt & Hill certainly knows a thing or two about making men feel their best. The New Grooming Range provides gents with the opportunity to take home its barber's shop experience. Frequent Use Shampoo (£15.36/5ml) is perfect for everyday cleansing, with moisturizing ingredients adding body and shine while helping prevent styling damage. Suitable for normal or oily hair. 71 St James's Street, London, SW1 Tel: 020 7739 8422 www.truefittandhill.co.uk

Hands up

The cold, wet weather does your hands no favours at all, so protect them with multivitamin hand and nail treatment by Dermalogica (£16.60/75ml). This intense, fast-absorbing and non-greasy treatment conditions dry, rough hands, while helping to reduce nail spitting and peeling. Pro-Vitamin B5, Algae extract, Sweet Almond Oil and Grapefruit hydrate, heal and provide an invisible barrier, while Licorice extract and Vitamin C even out skin tone. www.dermalogica.com

Trés bon!

French brand Guinot is well-known for its women's range of quality products, but it also caters for the boys too. Its Trés Homme range includes Gommage Peau Nette (£21.50/75ml); an exfoliating facial scrub that helps eliminate impurities, dead cells and excess sebum that dull the complexion, leaving skin feeling fresh, bright and younger-looking. Ideal as a pre-shave prep. www.guinotuk.com



Ultimate shave for u

The award-winning men-u range provides high performance from a line of ultra-concentrated products. The Ultimate Shave/Facial Kit (£33.95) claims to provide the kind of exfoliation a woman can only dream of! The kit includes a Barbieri natural bristle shaving brush, shave crème packed with lubricants and moisturizers, a healthy facial wash to help cleanse and protect from spots and shaving rash, and non-greasy moisturizer with menthol to leave the skin soft, cool and refreshed. www.men-u.co.uk



Fight back with Clarins

If winter is taking its toll on your skin give it a timely pick-me-up with Fatigue Fighter (£26), a new addition to the Clarins Men range. This light, cream-gel gives an instant energizing boost to tired, stressed-looking skin, making it look fresher, healthier, firmer and rested, as well as protecting it from pollution. The perfect reviver after a late night or heavy week at work. www.clarins.com



Spa like Adonis

If you want to feel like a Greek god and impress your very own Aphrodite then One Spa at the Sheraton Grand Hotel & Spa in Edinburgh has just the thing – its new Adonis ritual. The Adonis package (1hr/50 mins £130) begins with a Muscle Relaxing Wrap to ease tension, improve mobility and remove niggling aches and pains. This is followed by a full Fitness Massage using a rich essential oil blend of Cloves, West Indian Bay, Rosemary and Peppermint to ease joint pain, stiffness and general discomfort. The ritual also includes full access to the spa's 19m Ozore Swimming Pool, Cleopatra Baths, Thermal Suite and Rooftop Hydro-pool. Tel: 0131 2217777 www.one-spa.com



Male grooming kit

A closer shave

In an ideal world we would have the time and money to visit a barber every other day for a traditional wet shave, but the bleary-eyed reality is usually a hastily-dragged razor first thing in the morning.

But you can have a smooth, close shave at home by following a simple routine. We spoke to Graham Barber at traditional London gent's grooming establishment Truefitt & Hill for some cutting-edge tips:

- The best time to shave is either during or directly after a hot shower or bath. It is also a good idea to wash your skin with a cleanser
- Use a good quality oil. Truefitt & Hill's Pre Shave Oil – applied before shaving cream – is great at protecting the skin, softening the beard and reducing irritation
- Use shaving cream. Gels and foams contain chemicals that are not good for the skin and soap is too dry
- Use a badger hair shaving brush to apply the cream as this stimulates the skin, lifts the beard and creates a rich lather that coats every hair, even underneath



- I would recommend a Mach 3 or Fusion for a good shave. Double Edged razors are also used but old fashioned and not so popular. The straight razor takes a lot of getting used to
- Never shave against the grain as this causes irritation. You should shave with or across the grain, with the direction of hair growth
- After shaving the skin needs to be rinsed with cold water. Use an Alum Block to help with cuts, nicks and irritation
- Moisturising is the best way of re-hydrating your post-shave skin. We have a fantastic range of soothing aftershave balms and moisturisers

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www.spaworld.tv

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