

BONUS GROOMING SPECIAL! LOOK BETTER, INSTANTLY!

The magazine
men live by

JULY 2007

R32.95

Men's Health



Lights! Camera! Satisfaction!

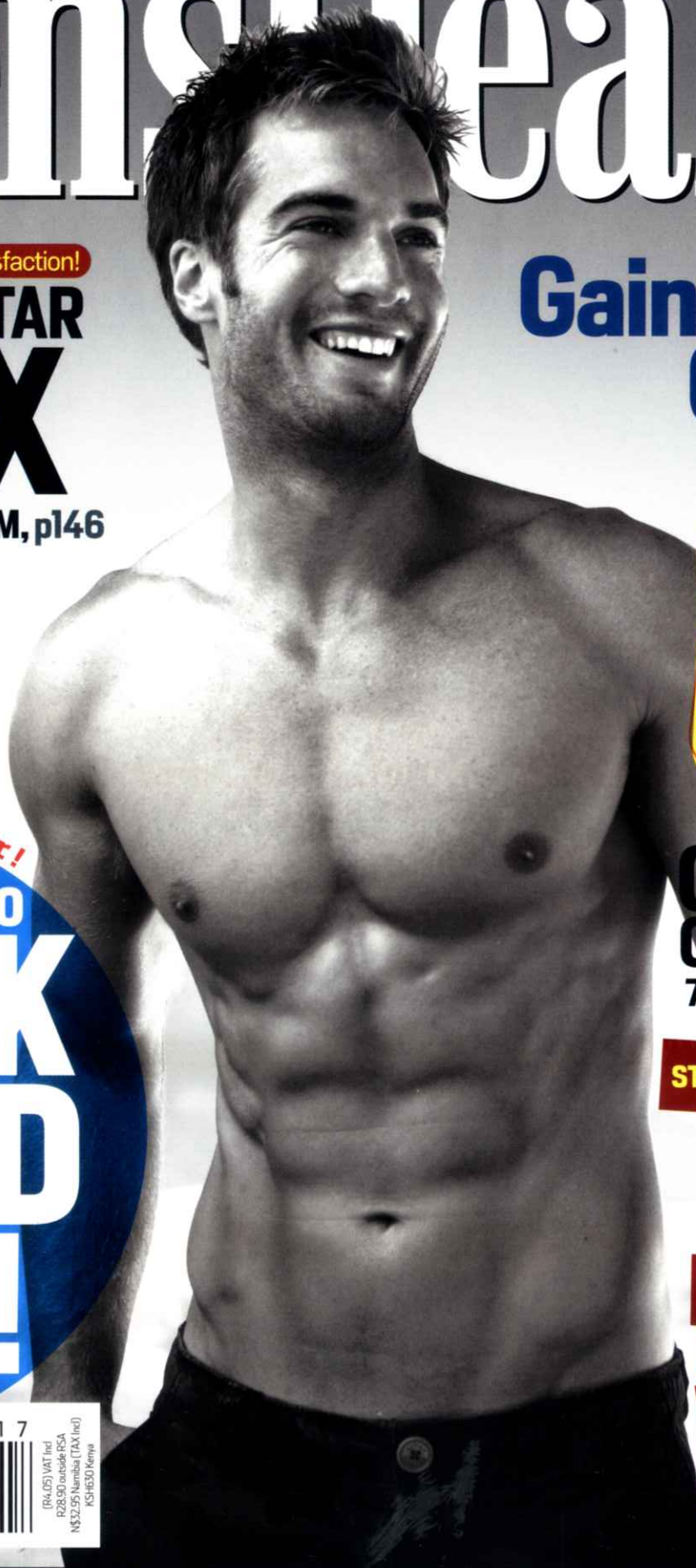
PORN-STAR SEX

IN YOUR OWN BEDROOM, p146

**Eat This,
Think
Smarter** p115

Free Workout Poster!

THE EASY WAY TO
**ROCK
HARD
ABS!**



**Gain Muscle
Cut Fat!**
IN ONE SIMPLE MOVE

**PROTECT
YOUR
PACKAGE!**
THE TROUBLESHOOTER'S GUIDE
TO SEXUAL HEALTH, p95

**CLOCK IN,
CHEQUE OUT**
7 KEY CAREER MOVES

STRESS SURVIVAL SPECIAL:
**FACE
YOUR
FEARS!**
✓ Buried Alive
✓ Stand-up Comedy
✓ Dog Attack!
✓ Public Nudity
... Dead Sober



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HOW TO Keep Your Hair | Move Like Mayweather | Fire Up a Wicked Potjie

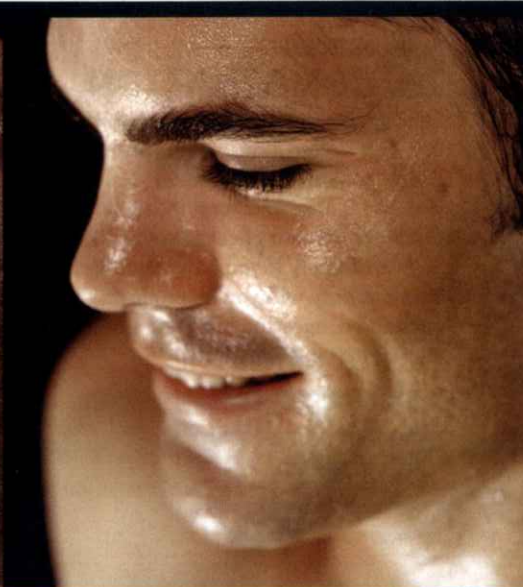
NO MATTER WHAT
YOUR SKIN TYPE
OR HAIR PROBLEM,
WE HAVE A SOLUTION
FOR YOU. START HERE

Winter Grooming Guide



188

FACE VALUE



191

WHAT SKIN
TYPE ARE YOU?



192

WINTER
FRAGRANCES

194

HAIR-RAISING

196

GROOMING TOOLS

We took three different guys with three different skin types and put them in the hands of our four skin and hair experts. Six hours later, we had a definitive guide on what's best for you – whether your skin's oily, dry or sensitive, or your hair is coarse, dry or receding. Plus, we've tested the season's latest fragrances to provide the finishing touch to your regime. Now there's no reason to look and feel anything but your best – all the time.

The Dermatologist

Dr Dagmar Whitaker is president of the Melanoma Advisory Board of South Africa and is an expert in skin cancer treatments.

The Skin Specialist

Carol Erikson has 13 years of experience in the skincare industry and specialises in male grooming at Glasshouse Rejuvenation for Men.

The Hair Stylist

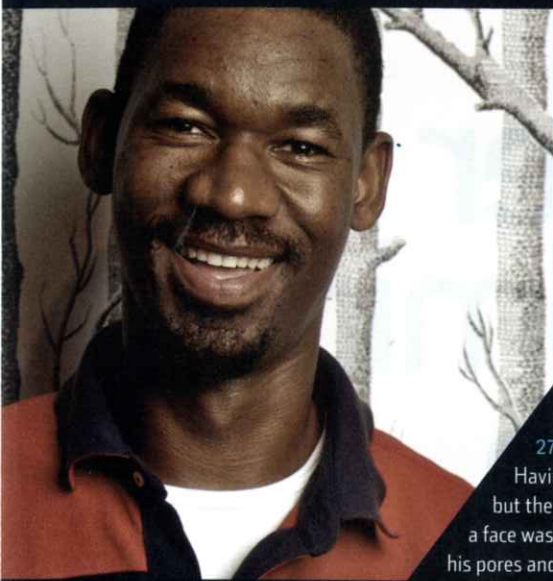
Capetonian Andrew Guilfoyle of Scar Hair has been styling hair for 18 years and heads up a crew of 13 world-class stylists.

The Hair Specialist

Medical doctor Larry Gershowitz, previously at Groote Schuur Hospital, has been working in the hair transplant industry since 1998.

Face Value

WHICH GUY ARE YOU?



SKIN TYPE:
OILY

Oily, congested skin is prone to breakouts or acne due to the excess levels of sebum on the skin. "It tends to have a dull look to it as well as uneven skin texture. The pores are often enlarged, especially on the forehead and around the nose area," says male skin expert Carol Erikson of Glasshouse Rejuvenation for Men. Blackheads are a problem, as is shiny skin.

Khaya Hatile

27 YEARS OLD, GRAPHIC DESIGNER

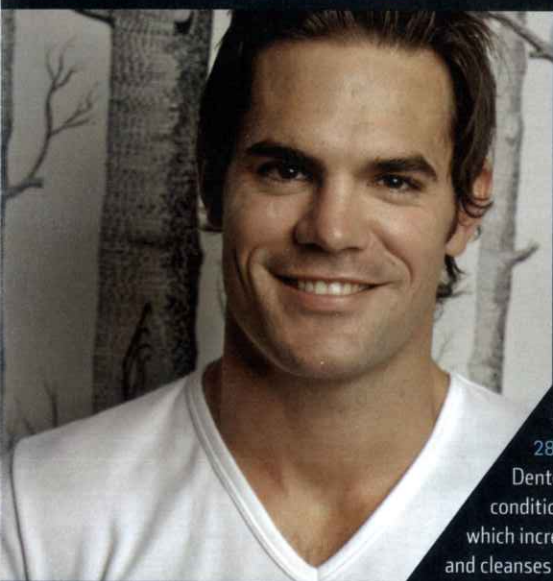
Having an office-based job Khaya is rarely exposed to the sun, but the air conditioning at work is damaging to his skin. He uses a face wash and moisturiser but his products are wrong, clogging his pores and causing further damage.

DIY SOLUTION

Use a gel cleanser morning and evening. A granular exfoliator twice a week will lift dead skin cells from your face. Apply a mattifying (prevents skin shining by giving it a matt look) moisturiser if your skin is very oily, or a light moisturiser can be used in the morning and at night for extra skin protection. It is good to introduce extra treatment products into your homecare regime to suit your specific skin needs. Buy a mattifying sunscreen that is non-comedogenic (in other words, it won't cause breakouts).

SPECIALISED TREATMENTS

Going for regular facials once a month will give your skin a deep cleanse. Giving



SKIN TYPE:
COMBINATION

Denton has a mix of oily, congested and dry, dehydrated skin. "With this condition there will be oiliness on your T-zone (forehead, nose and sometimes chin) and dry areas on your cheeks," says Erikson. "Unfortunately if you have combination skin not only will you be prone to breakouts and congestion but your skin can also be dry and dehydrated."

Denton Blomquist

28 YEARS OLD, ENTREPRENEUR

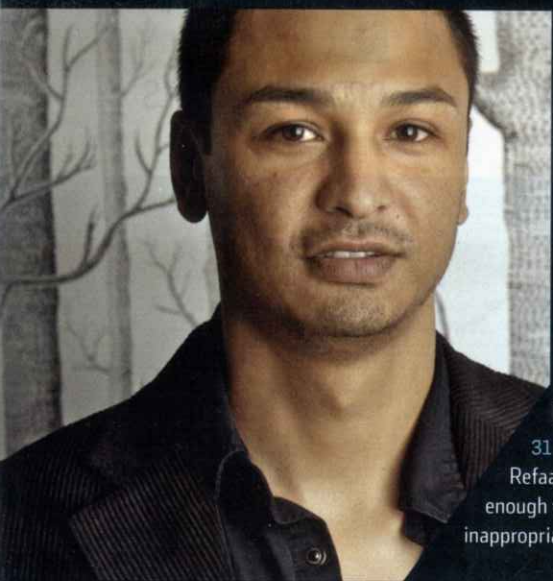
Denton travels extensively, so is exposed to different weather conditions. Most of his work is outdoors and he also plays sport, which increases his exposure to the sun. He regularly exfoliates and cleanses his skin.

DIY SOLUTION

If you are in this category, use a gel cleanser in the morning and evening to prevent congestion (blocked pores). Apply a moisturiser that is not too oily or mattifying. It should have a medium texture (not too light and not too rich) to re-balance the hydration and oil of your skin. An exfoliator will help lift dead skin cells and make it easier for products to penetrate the skin.

SPECIALISED TREATMENTS

With this skin type it's advisable that you go for a facial at least once a month. Depending on how dry your skin is, you can go for a hydrating facial, especially if it is done as a course of treatments.



SKIN TYPE:
DRY & SENSITIVE

Sensitive skin is often misunderstood. Most people have sensitive skin at one time or another. "Broken capillaries are often found on the cheeks and around the nose. The skin is very fine and thin, and often prone to blushing," says Erikson. "But what most people are prone to is sensitised skin, which is most often caused by environmental factors. Also

Refaat January

31 YEARS OLD, SALES REP

Refaat is a sales manager and office-based. He doesn't drink enough water, which is important for cleansing your skin. Using inappropriate products also causes problems for his skin.

excessively dehydrated, dry or overstimulated skin may become sensitised. Left untreated it can lead to premature ageing."

DIY SOLUTION

Apply a calming cleanser that can be used every morning and evening. With this type of skin you should generally be careful with exfoliating. If you need to exfoliate, use a very gentle exfoliator. If your skin gets red or itchy, discontinue the scrub immediately. Introduce treatment products to your skincare routine to build up the skin's natural barrier. Use a soothing or a barrier-repair moisturiser morning and night. Recommended products include a good cream mask, eye treatments and serums for extra protection.

■ OILY SKIN ■ COMBINATION SKIN ■ DRY & SENSITIVE SKIN

your skin a deep exfoliation or glycolic peel (painless exfoliation process that removes a micro-thin top layer of skin) helps to improve your skin if you suffer from acne, acne scars, dry or oily skin.

SKIN ROUND-UP

“Khaya’s got a problem with pigmentation and some ‘pomade-acne’ – pimples on his face caused by hair products,” says dermatologist and president of the Melanoma Advisory Board of South Africa Dr Dagmar Whitaker. “To reduce his pigmentation he must use a sunscreen with an SPF of 30 or 40, and use it on a daily basis. He might want to apply a medical skin lightener to improve the pigmentation of his complexion.”



Lab Series Maximum Comfort Shave Gel R175 Lab Series counters



Clinique Skin Supplies For Men Face Scrub R190 Clinique counters



Nivea For Men Purifying Face Wash R52 Clicks

SKIN ROUND-UP

“Denton’s biggest problem is his exposure to the sun and this puts him at risk of developing skin cancer. If he only does one thing for his skin, using a high factor sunscreen (SPF30) is crucial,” says Whitaker. “You should have a range of sunscreens because water-resistant sunblocks are quite oily and are not great for daily use. Like Denton, if you have dilated pores around the nose use a retinoid, vitamin A cream, which usually requires a prescription.”



Lab Series Smooth Oil R165 Lab Series counters



Boss Skin Smoothing Face Scrub R190 Edgars

SPECIALISED TREATMENTS

Have a soothing facial every month to build up the skin’s natural barrier. Make sure the treatment is not hardcore – no major exfoliating or peels.

SKIN ROUND-UP

“Refaat’s biggest problem is that he may develop allergies against a variety of products. For him, external moisturisation might not be enough and he should take omega-3 and 6 supplements,” says Whitaker. He should avoid overexposure to water containing chlorine (bath with bicarbonate rather than shower). Dry skin ages quicker than well-moisturised skin and the sooner you try to restore the moisture level the better.



Gillette Hydra Soothe Aftershave Balm R52 Clicks



Clarins Men Skin Difference R330 Clarins counters

Roc Mencode Two-minute Clean R120 Edgars



Clarins Men Active Face Wash R215 Clarins counters



L'Oréal Men Expert Pure & Matte Moisturising Gel R110 Clicks



Nickel For Men Moisturiser for darker skin R250 Truworths



Clearasil Vanishing Cream R32 Clicks



Adidas Cleansing Gel R69 Edgars



Lancôme Men Exfoliant Microdermabrasion R215 Edgars



Neutrogena Deep Clean Foaming Scrub R70 Clicks



Nivea For Men Rehydrating Moisturising Lotion R67 Clicks



Simply Aloe Regenerating Gel R39 Delfini Solutions



Young Solution Deep-clean Charcoal Mask R10 Dis-Chem



Dermalogica Essential Cleansing Solution R303 Dermalogica



Decléor Contre-Temps Eye Contour R265 Woolworths



Elizabeth Arden Pause & Effect Moisture Cream SPF15 R395 Elizabeth Arden counters





Thalgo Bio-Protective Sunscreen-Cream R370 Thalgo

Academie Men Eye Gel Contour R284 Virgin Spa



Boss Skin Reviving Eye Gel R265 Edgars

Clinique Lip Balm SPF15 R180 Clinique counters



Dermalogica Intensive Moisture Balance R478 Dermalogica

Prevage Anti-ageing treatment R150 Elizabeth Arden Counters

Nimue Anti-ageing Skin Activator R251 Nimue

8 ANTI-AGEING TIPS

Anti-ageing tips from male skin expert Carol Erikson

- 1 Use a pH-balanced cleansing gel instead of a soap to reduce skin sensitivity, dryness or tightness.
- 2 Exfoliate or scrub your skin twice a week to polish off dead skin cells and increase the absorption of your moisturiser. Apply the paste to damp skin and rub lightly, using circular movements. Moisturise afterwards.
- 3 Exfoliating regularly will help your ingrown hairs on the beard area, as it will lift the hairs from under your skin.
- 4 Always use a separate non-greasy sunscreen (at least SPF30) on top of your moisturiser to ensure optimum protection against UV sun damage. The sun is the biggest cause of ageing, so protect your skin now.
- 5 No matter what products you use, always try to stick to the same cosmetic house for all of them. All the products within a range complement each other and are made up of similar pHs to ensure the best results.
- 6 Use a purifying, hydrating or nourishing mask (after exfoliating) as a booster treatment once or twice a week to keep your skin in optimum condition.
- 7 Always eat loads of fruit and veggies to ensure your skin looks radiant.
- 8 Regular monthly facials will help to keep your skin healthy and supple.

WHAT SKIN TYPE ARE YOU?

1. What is your age group?

- a. 20 to 25
- b. 25 to 30
- c. 30+

2. How does your skin feel when you wake up in the morning?

- a. Oily all over.
- b. It feels oily in some areas and dry in others.
- c. Dry with no shine.

3. How does your skin feel by midday?

- a. Greasy.
- b. Greasy on the forehead and nose (T-zone).
- c. Dry and tight.

4. Do you suffer from breakouts or pimples?

- a. Yes.
- b. Sometimes.
- c. No.

5. Do you have lines or wrinkles?

- a. Not many.
- b. Expression lines only.
- c. Very deep wrinkles.

6. When exposed to the sun without protection, your skin...

- a. Hardly ever burns.
- b. Occasionally burns.
- c. Sunburns easily.

7. How does your skin feel after applying moisturiser?

- a. Slightly greasy.
- b. Soft and supple.
- c. Still quite dry and dehydrated.

8. Does your skin react to certain cleansers or soaps?

- a. Never.
- b. Sometimes.
- c. Often/always.

RESULTS

Mainly a = **OILY**
 Mainly b = **COMBINATION**
 Mainly c = **DRY**