

**10 SINFUL SEX TRICKS!** Unleash Them Tonight, p192



The magazine  
men live by

DECEMBER 2007

# Men's Health

R32.95

## YOUR PERFECT SUMMER 6-PACK!

- > CUT FAT
- > BUILD MUSCLE
- > LOOK SHARP

## 50 WAYS TO FEEL BETTER FOR UNDER R100

## Melt Stress This Holiday

## "CARBS ARE EVIL"

+ 11 Other Weight-loss  
Myths Busted, p145

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MH ORGANIC  
FOOD REPORT  
EAT LIKE A PIG,  
LOOK LIKE  
A GOD!

## Get a Body Like This Guy

IN JUST 1 HOUR A DAY! p153

MH INVESTIGATES  
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**KING OF THE BEACH** Slam a Volleyball | Dunk Your Camera | Score an African Paella

**S**UMMER HAS ITS FAIR share of prophets of doom. If it's not scientists with clipboards spewing "the end is nigh"-type statistics on skin cancer, it's your mum demanding that you smear yourself with greasy breakout-in-a-bottle sunscreen. But with our grooming guide in your hands, this summer will be different.

Human complexions are classified into six skin types. It is a myth that darker skin complexions don't burn. No matter what complexion you may have, and though you might not notice the immediate visible effects of the sun on your skin, everyone needs to protect their skin from the harmful effects of UV exposure.

## SKIN DEEP

First step: know your skin type



**TYPE 1** Light skinned, burns easily, never tans, redhead/freckles



**TYPE 2** Light skinned, burns easily, tans sometimes, blue/green/grey eyes



**TYPE 3** Light skinned, burns occasionally, tans well.



**TYPE 4** Light skinned, tans well, rarely burns, olive skin



**TYPE 5** Brown skinned (Asian, Indo-Asian, Chinese, Japanese), tans well, burns rarely, can burn after prolonged exposure to UV rays.



**TYPE 6** Black skinned (Afro-Caribbean), deeply pigmented, can burn after prolonged exposure to UV rays.

## OUR EXPERTS

We consulted dermatologist Dr Jeanne Louw and skincare specialist Carol Erikson to bring you all the information you need. Dr Louw has a Master of Medicine in the field of dermatology and is a Fellow of the College of Dermatologists. He was a consultant dermatologist in the UK before returning to South Africa to found the Border Skin Laser Centre, in East London. Carol Erikson is a male grooming specialist at Glasshouse Rejuvenation for Men. She has had 13 years experience in the skincare industry and spends her days ensuring men look their best.

# SUMMER GROOMING GUIDE

BY NEIL DOVETON & JONO LE FEUVRE

Don't get chased indoors by scary facts and figures. Read what the country's leading skin specialists have to say about protecting your hide, so you can enjoy being outside this summer



# SKIN DEEP

We've heard it before: the sun's harmful rays penetrate our skin and destroy fibro-things resulting in loss of elasto-what-you-ma-call-its, ultimately leading to excruciating death. But what does it all mean? We cut the jargon but keep the facts so you know exactly what sort of dangers and benefits your skin will face this summer.



This symbol indicates an organic product

## OILINESS AND BREAKOUTS

"Everyone needs to apply sunscreen on a daily basis," says skin specialist Carol Erikson. Whether you're a really dark type six skin, or the fairest of the fair, the sun still wreaks havoc with your skin. But if you have an oily skin prone to outbreaks, then your biggest problem is probably not the sun at all, but rather that blasted oily sunscreen that causes those nasty breakouts. Your skin's oiliness is created by a natural lubricant called sebum, which protects your skin. When too much sebum is produced, however, it can trap dead skin cells and clog your pores. Oil and bacteria then spread rapidly in the blocked pores.

The good news for the more naturally lubricated of us is that the sun can be on our side. "It will tend to make your skin less oily and can even help to improve some conditions like psoriasis and vitiligo," adds Louw.

But this doesn't excuse us from wearing sunscreen. There are some great non-oil-based sunscreens on the market and people with oily skins should use oil-free, matt sunscreens that'll protect you without leaving you looking like a grease monkey.



## TREATMENTS FOR OILY SKINS

Protect your skin and go shine-free



Oil control lotion **R384** Dermalogica



Active moisturising and mattifying balm **R388** Academie Men at Virgin Spa



Oil control daily hydrator **R195** Lab Series Skincare For Men



Cleansing clay **R270** Nui



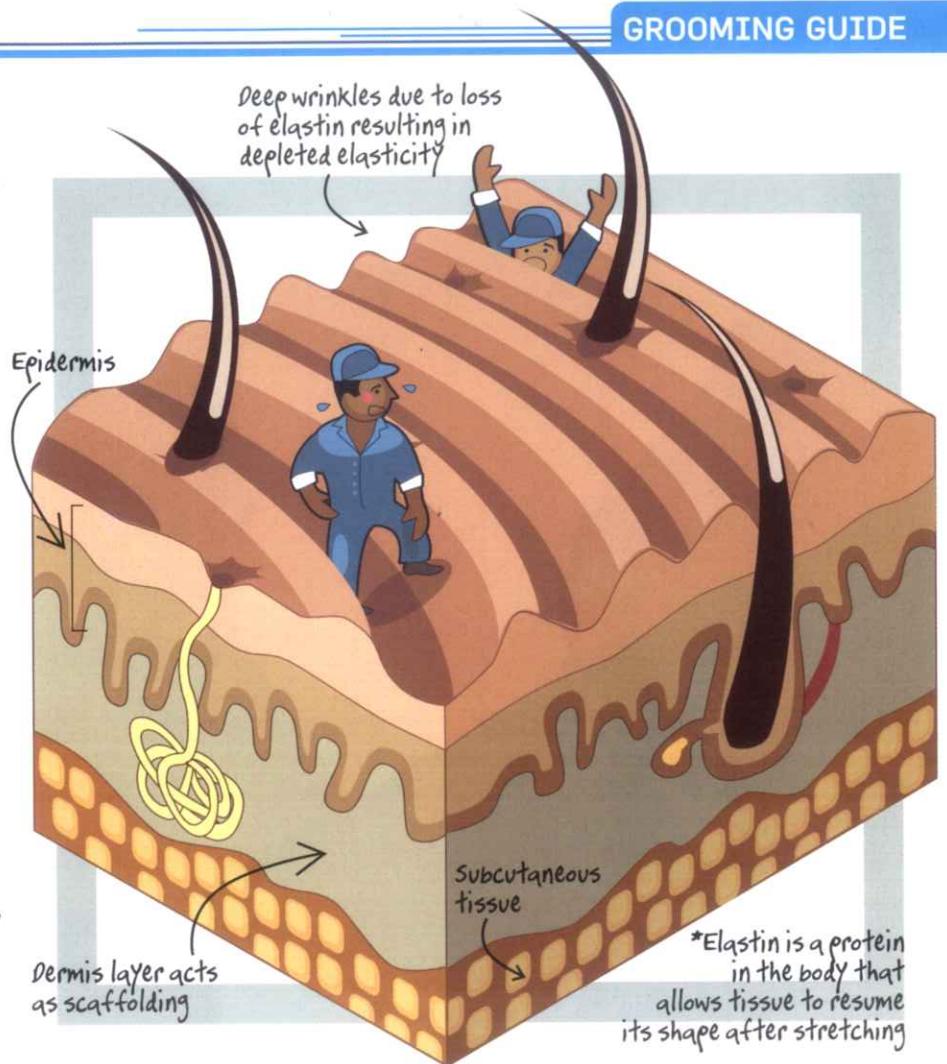
Oil absorbing lotion **R1400** La Mer at Edgars

## PREMATURE AGEING

Ageing is a natural process that changes everyone from young and firm to old, soft and wrinkly over about 60 years. But if you're the impatient type, you can achieve all that by the time you're 40. And it's pretty easy to spot the impatient ones by their faces, which look like well-ridden saddles – tobacco-brown, with plenty of deep creases and wrinkles, and a drooping around the jowls. And how do they get that leathery cowboy look? Well, late nights, regular smoke breaks and many cold nights on the open plains is a good start. But the real kicker comes simply by spending lunch breaks in the sun.

"Your face is like a building that is constantly under construction," says dermatologist Dr Jeanne Louw. "The outer, protective layer is supported by the middle layer, which acts like scaffolding. UVA rays go straight through the outside layer and destroy the scaffolding that holds everything in place. With nothing to hold it up anymore, the outer layer sags and wrinkles." Your elastin and collagen fibres get damaged, too. This means your face becomes like a pair of old boxers that's lost its elastic waistband and never stays up. It's that bad – but on your face.

But, unlike with your boxers, there are ways to prevent and even reverse the sun's effects. "The process is a long one, but retinoid creams (derived from vitamin A) can go some way to rebuilding your skin's "scaffolding" and improve your skin's texture," says Louw. In the meantime, start applying SPF15 or stronger suncream at least three times a day, whether you're in the office or on the beach.



## YOUR ELASTIN AND COLLAGEN FIBRES GET DAMAGED.

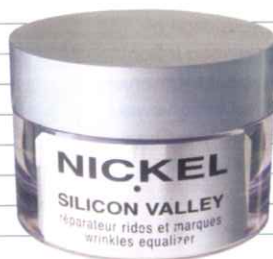
THIS MEANS YOUR FACE BECOMES LIKE A PAIR OF OLD BOXERS THAT'S LOST ITS ELASTIC WAISTBAND AND NEVER STAYS UP. IT'S THAT BAD – BUT ON YOUR FACE

## REJUVENATING AND REVITALISING

Moisturisers for ageing skin



Vita Lift complete anti-ageing moisturising cream **R130** L'Oréal Paris Men Expert



Silicon valley **R470** Nickel For Men



Stop wrinkles-fluid **R370** Decleor



Organic anti-ageing serum **R350** Rosa For Men



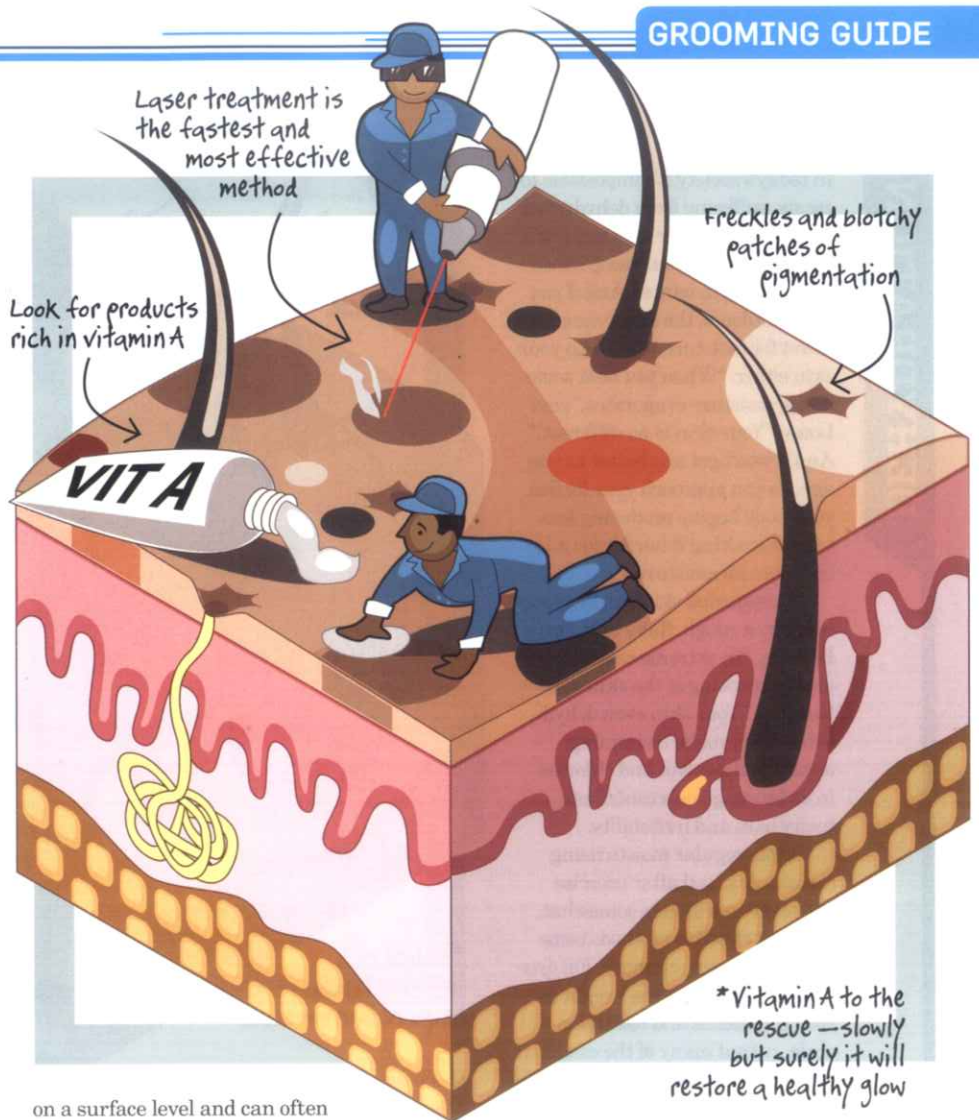
Eye anti-ageing moisturising treatment **R695** PreVage

## PIGMENTATION

The common misconception is that pigmentation only affects the lighter skin types, but freckles and other signs of skin damage can appear on even the darkest of skins. In fact, dark skin absorbs more UVA rays than light skin. "Just like a black car gets hotter in the sun than a white car, so our skins work the same way," says Erikson. "When you see signs of blotchiness or freckles, these are signs of sun damage."

The symptoms of pigmentation may seem mild enough, but the cause of it all is more serious. "UVA and UVB rays penetrate deep into the skin cells and actually damage your cellular DNA," says Louw. "It distorts your cells' control centre so that the messages sent from this centre, telling the cell how to operate, get corrupted." The result of this broken-telephone situation is that cells look radically different to how they're supposed to. And when you zoom out to view your skin with the naked eye, the sight is seldom pretty.

But, like premature ageing, vitamin-A creams come to the rescue. They can slowly but surely restore your skin to its usual healthy glow. "Treatments with natural ingredients are always better than their chemical counterparts. Glycolic peels use fruit acids taken from sugar cane and penetrate deep into the bottom layers of your skin to restore damaged cells," says Erikson. "The cheaper chemical solutions act



on a surface level and can often do more harm than good by upsetting your skin's balance." And for those of you who can't wait to see the results, there's laser treatment. "It'll cost you between R1 000 and R3 000 to treat your entire face, but the results are far faster than with vitamin A-based creams," says Louw.

**"WHEN YOU SEE SIGNS OF BLOTCHINESS OR FRECKLES, THESE ARE SIGNS OF SUN DAMAGE"**

## BLEMISH BUSTERS

Oils and moisturisers rich in vitamins



Perfecting skin serum **R310** Boss Skin at Edgars



Derma repair **R478** Nimue



Magiclear fast action clarifying cream **R95** BioSphere



Bio-Oil **R63** Pick 'n Pay



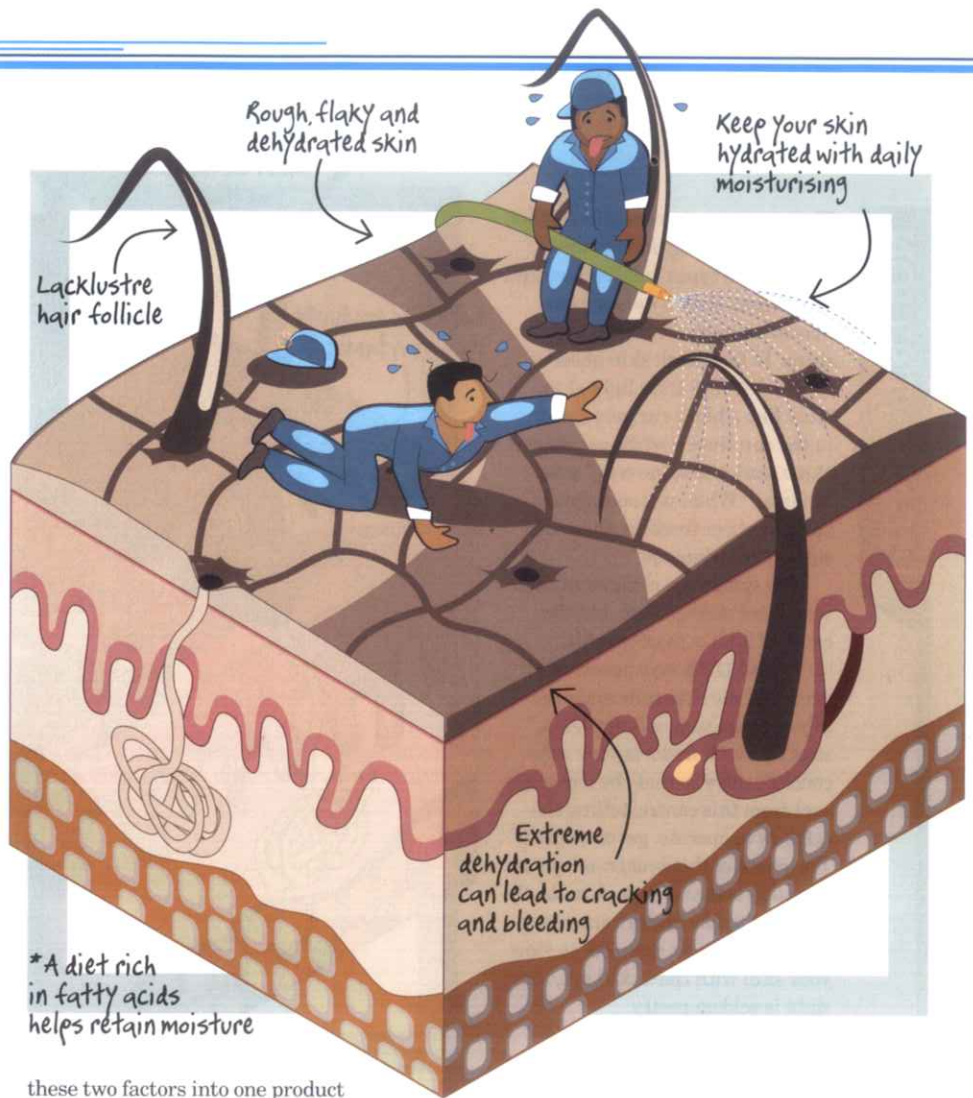
Anti-blemish gel **R195** Lab Series Skincare For Men

DEHYDRATION

In today's society it's impossible to escape suffering from dehydrated skin at one point or another. If it's not the air con in summer, it's central heating in winter. And if you work outdoors, the sun's vampirish thirst for moisture won't help your skin either. "When you heat something, moisture evaporates," says Louw. "Your skin is no different." And it won't get any better as you age. As you approach your forties, your body begins producing less sebum, making it harder for it to hold onto its moisture.

"Dehydrated skin can be recognised by a rough, flaky look," says Erikson. "In extreme cases it can lead to cracking of the skin and bleeding." Your skin even dehydrates when you're swimming, as salt in the ocean and chlorine in swimming pools contribute to dry skin and irritability.

While regular moisturising (twice a day, and after exercise or a shower) will help somewhat, the most effective methods come through lifestyle changes. Fat-free diets, while easing the weight on your conscience and bathroom scale, cut out many of the essential fatty acids needed to help your skin trap moisture. By including foods like avocado, salmon, nuts and olives, you'll be ensuring your skin has the fatty acids needed to produce that healthy glow. Add some zinc and vitamin A to aid your skin's healing process, and you're already better off. "But don't cut corners by using a two-in-one moisturiser and SPF protector," adds Erikson. "Attempts to combine



these two factors into one product often result in losing the benefit of both treatments." Find a brand that works for you and stick to that brand for all your lotions. A product range is created so that the individual products complement each other and are also usually of a similar pH. This means that if one cream works for you, chances are the others in that range will do the same."

**YOUR SKIN DEHYDRATES WHEN YOU'RE SWIMMING, AS SALT IN THE OCEAN AND CHLORINE IN SWIMMING POOLS CONTRIBUTE TO DRY SKIN AND IRRITABILITY**

SKIN QUENCHERS

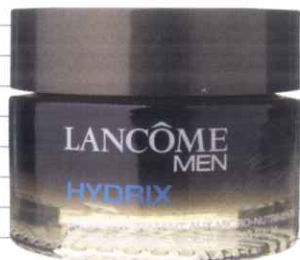
Moisturisers with active ingredients that penetrate faster than a regular cream



Daily moisture boost **R450** Elemis



Intensive hydrating gel **R380** Thalgo Men



Hydrix moisturising balm **R375** Lancôme Men



Hydratant super speed moisture **R250** Nickel For Men



Organic men's facial moisturiser **R229** Trevarno

## EVIL UNDER THE SUN

Last year, more men than ever died from skin cancer. But you're still safe, right? Take this test to find out

### 1 ARE YOU A MAN?

YES  NO

More men than women die from skin cancer, specifically malignant melanoma, because, as Cancer Research UK discovered, almost 70 percent of us aren't worried about it. But untreated, skin cancer is deadlier than a peckish Hannibal Lecter. It cruises into your blood and can attack organs in weeks. **Save your skin** Check moles for any change – in shape, colour, size or elevation – or let a dermatologist do it. Many deaths could be avoided by early detection.

### 2 DO YOU HAVE A HEALTHY TAN?

YES  NO

Skin cancer killed off Bob Marley. Whether you're dark or pale, that "healthy tan" is a killer oxymoron. Strictly speaking it is not the tan that increase cancer risk, but exposure to UV radiation. One result of UV exposure is a tan and another increased cancer risk. The tan is actually protective and is your body's attempt to shield the skin from harmful UV radiation that it is exposed to.

**Save your skin** Forget the "medicinal" Clifton flash-fry. Just a few

Make sure you use an SPF no less than 15

Excessive sweating leads to clogged pores and dehydration

minutes in the sun is plenty for healthy vitamin D production. Top up your levels during winter by eating oily fish like mackerel, tuna and salmon, says Louw.

### 3 DO YOU USE SPF15 WHEN YOU'RE OUT IN THE SUN?

YES  NO

Anything under SPF15 is a waste of time. Assume the SPF is half what it says. It's tested by laying it on thicker than anyone wears it. Sunscreen should state that both UVA (expressed with a one to five star rating) and UVB (expressed as SPF) is blocked. The UVA blocking ability of a sunscreen is just as important as the UVB blocking ability.

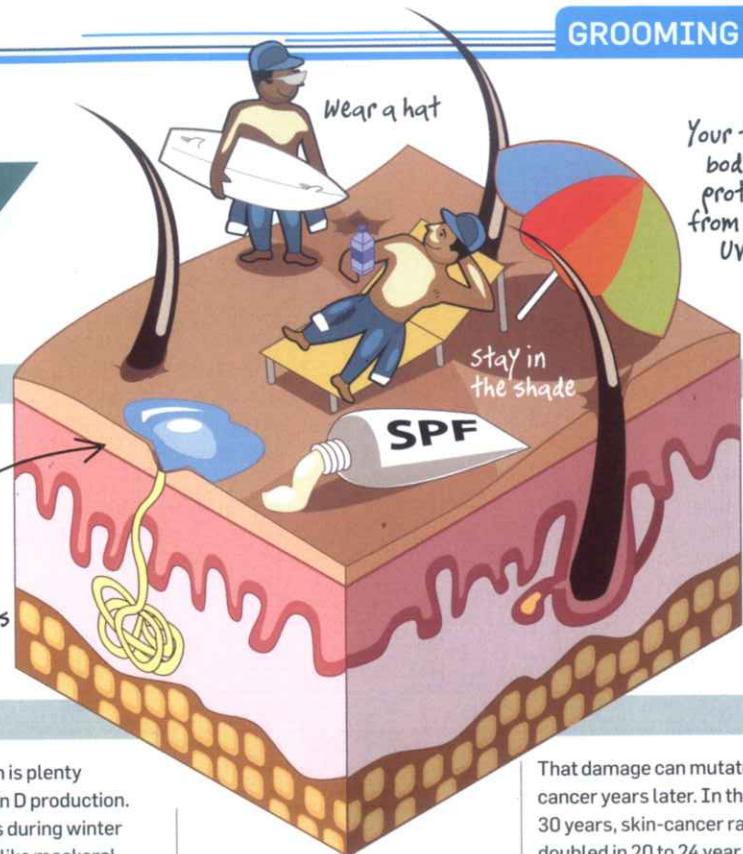
**Save your skin** Minimise sunbathing from 11am to 3pm, when UV light is strongest. Apply a SPF20+ sunscreen before going outdoors. Go for cream over oils, they give more protection. Apply sunscreen every two to three hours and after swimming.

### 4 DID YOU GET USED TO THE SUN AS A CHILD?

YES  NO

Remember frolicking on the beach as a kid? You do? Most damage to the skin occurs before the age of 15.

Your tan is your body's way of protecting you from dangerous UV radiation



That damage can mutate into cancer years later. In the last 30 years, skin-cancer rates have doubled in 20 to 24 year olds.

**Save your skin** "Antioxidants will help," says dermatologist Jeanne Louw. Eat berries – they assist skin repair. And give your parents grief. You never wanted to go to Plett anyway, right?

**SCORE** Score one for each "yes"

- 0 Being a woman has its advantages.
- 1 You can't change your Y chromosome, but you can slather on SPF30.
- 2+ You have an elevated risk. See your GP or visit a dermatologist at least once a year.



Riemann P20 R115 Cileks



MProtect SPF21 R290 Clinique Skin Suppliers For Men



Light feeling sun lotion SPF30 R70 Nivea



Sun control stick SPF30 R220 Clarins



Minesol Lotion SPF40 R155 Roc

**THE BREAKDOWN**  
How men's skin changes through the decades

**20** This is a fairly maintenance-free decade. Your skin still has plenty of elastin (the protein that helps skin spring back after stretching) and collagen (the fibrous structural protein that keeps tissue plump). The bulk of future wrinkles and sun spots are earned before and during this decade, so protect yourself with an oil-free sunscreen with an SPF of 20 or higher. Look for broad-spectrum protection against UVA/UVB rays; products with titanium and zinc oxide block both.



**30** This is a transitional decade. Oil production drops about 10 percent, and the skin thins about the same amount. Prior sun damage crops up in the form of crow's feet and skin sags, thanks to collagen loss. A late night out leads to dark circles, bags and puffiness. Your regime: soothe your skin. Graduate to a light, oil-free moisturiser and a milder face wash. Keep your crow's feet at bay with an eye treatment, which is enriched with antioxidants and vitamins A, C and E. And instead of a harsh, alcohol-based after-shave, use a soothing lotion or cream.



**40** Crow's feet become established and more difficult to ignore. The loss of tissue under the eyes may produce a hollow look. Moisture production drops another 10 percent, and collagen continues to plummet, causing additional wrinkles. Your regime: sleep on it. Soothe parched skin with extra emollients over night. Look for a night cream that lists one of these active ingredients: retinol (vitamin A), antioxidants, vitamin C or peptides.



**ACT YOUR AGE**

Beat skin problems with the right products



Revitalising cream Q10  
R100 Nivea For Men



Super sensitive faceblock  
SPF30 R413 Dermatologica



Hydrix Moisturising gel R375  
Lancôme Men



Under eye serum R280  
Clarins Men



Post shave recovery mask R410  
Elemis



Reviving eye gel R265 Boss Skin  
at Edgars



Night cream R340 Skin Nutrition



Aloe night cream R169 Natraloe



Night recovery lotion R220  
Lab Series Skincare For Men

# HEAVY METALS CAN KILL YOU. DETOX CAN SAVE YOU.



Heavy metals such as lead and mercury exist all around us and are exceptionally harmful to our bodies. We can not avoid them. They are in the air that we breathe, the food that we eat, the water that we drink and the amalgam fillings in our teeth. Detox contains a unique potentiated volcanic mineral which has been scientifically proven to adsorb heavy metals, toxins and nitrates from your body. Detox will make you feel healthier, it may even save your life. Available at your nearest pharmacy. [info@absorbatox.com](mailto:info@absorbatox.com)

