

The Daily Telegraph

If you are going away, grab just one bag, such as the Eyre BioBotanics Frequent Flyer Kit (£26,

Time to brush up for summer, chaps

To survive the sunny season, a gentleman needs a decent grooming regime, says **Damian Barr**

The sun is out and so are many men's bodies. As the temperature rises, hairy armpits all appear. It's grooming time and the news is easy - if you know how.

"More and more men are using a pre-shower MGT" of the Stone Exchange (stonexchange.co.uk). "Newly half our customers are men - and most are straight well groomed now."

Once deodorant-free British you can personal-hygiene products, according to a analysis. Dantoneff, has known a trend has firmly will be put off by the new Formula For Men maintenance products," says Katherine

manager at Nivea for Men. "Men are less driven by factors that appeal to women."

Whether you're hitting the beach or shopping clothes for summer season, you'll need to look good. Here's what works.

You've spent the



Left: Foot Deodorant Gel, £5. Flint Edge, Right: Organic Nourishing Treatment Oil, £26.75, Dr. Adults

special products. Silver has anti-bacterial powers and is the killer ingredient in Nivea's new deodorant, Silver Protect (£2.5, nivea.com). Showers more than once a day won't kill you but it will dry your skin. Top up face, Nourishing Treatment Oil from Dr. Adults. A little goes a long way (it should, at £26.75, shop.abayrbarbers.com).

Make sure whatever you're using contains SPF. "It's the easiest way to avoid ageing," says Matt Lock, L'Oréal Paris Daily Defence Block is a winner (£26.99, l'oreal.com).

If your head is shaved or hairy, stop burning and flaking (£24, shop.abayrbarbers.com).

Finally, your feet. Pedicures usually cost about £30 for a home-pedi by the Ebow, from B Keston, Treatment Kit and maintenance to prevent cracked nails and heels (£20, shop.abayrbarbers.com). Scrub tough yellow splinters with a pumice stone (£2.99, thebodyshop.co.uk).

Yellow splinters are usually caused by an infection by Cutaneous Sporothrix from the Edge Foot Dryer Nourishing Gel (£30.00, l'oreal.com).

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