

KEEP YOURSELF NICE

GROOMING

CROP OF THE CREAMS

Moisturisers have come a long way since your mother's cold cream. Allow your manly GP to test six of the best for you...

**Skin
Fatigue Rescue**
£42

This cream is designed by dermatologists and packed with anti-oxidants. It helps to restore, heal and moisturise skin that has been subjected to a whole host of stresses – just imagine physiotherapy for your face. Available from Harvey Nichols.



**Lab Series
Daily Moisture Defense
Lotion SPF15**
£35

Breakthrough technology from the original men's brand. It delivers solar-activated protection from harmful rays, smoke and pollution in a light lotion: a genuine all-rounder. Available from Bodyzone at Harrods.



**Zirh
CORRECT vitamin-
enriched serum**
£20

This serum is absorbed deep into the epidermis, providing all day protection from the inside against harsh weather conditions. Great post-shaving when pores are exposed – serious stuff for serious players. Available from Harrods.



**Refinery
Moisturiser**
£28

Superb cream with high quality active ingredients, such as frankincense, macadamia, sandalwood, white tea and ylang ylang. Great nature and nurture combination. Available from Harvey Nichols.



**Shiseido Men
Moisturising Emulsion**
£24

The Japanese love Shiseido almost as much as they love golf. This cream counteracts razorburns and protects against moisture loss. It may be lightweight in consistency, but is a true heavyweight in its class. Available from all Shiseido counters.



**Vitru
Skin Salvage**
£18

Leading a quiet revolution in skincare, the Vitru brand borders on too-cool. This cream gel combats irritation from shaving, stress and tiredness. Live large and still look 100% – a truly modern philosophy. Available from Harrods and Selfridges.

