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healing

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icket have just opened a  
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elms: the classic Nicket book



**1 Recipe for Men**  
Have you ever seen a Swedish man with bad skin? Well sit up and pay attention to Recipe for Men skincare. This new line was developed and tested in the north of Sweden and offers pure hydration and energy for the skin. Choose from the facial cleanser, shaving gel, scrub or moisturisers and feel the difference. Available from the G-Room, 46 Carnaby St, London W1, visit [www.theg-room.com](http://www.theg-room.com)

**3 Beautiful Hair**  
from L'Oreal Professionnel  
Ensure your hair and scalp is kept exfoliated and moisturised with this top range of products from L'Oreal Professionnel Serie Expert. You can either treat yourself to something from the at home range or enjoy the in-salon deluxe treatments on offer. For 'at home' try the Sensi-balance soothing shampoo or Sebo Control, a purifying shampoo for oily hair. For stockist information call +44 (0) 800 072 6699

toner that removes the last traces of dirt) or the Balancing Cucumber Face Tonic (a toner that tightens pores, cleanses and balances). Available from [www.strawberryandcream.com](http://www.strawberryandcream.com) and Harvey Nichols (nationwide), Fenwick (London), Nue Blue Eriu (Dublin)

**2 Sanex for Men**  
Cleanse, shave and care with the new Face range from Sanex for Men. The products help to attain the correct PH for a

**4 Ole Henriksen Skincare Collection**  
There is a whole range of

**5 Holistic Dental Care** from WalaVita  
Lemon & Salt, Mint & Neem and Sage are just some of the base products used in three new dental care products created by Dr. Hauschka Skin Care. The tooth-pastes contain salt, china clay and silica that ensure the teeth are thoroughly

**6 The Men-U Shave/Facial Set**  
Designed for the guy who seeks simplicity, performance and results, this shave/facial set gives a great introduction

shave cream healthy facial wash rinsing foam

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