

metro methods

The A to Z to becoming a modern day metrosexual

Any man, no matter how naturally blessed he might be in the looks department, can always do

with some self-improvement. However, with so many treatments around, it can be a little overwhelming deciphering what's what. Most will be familiar with the term metrosexual by now – for those still stuck in the dark ages, it's a neologism generally applied to heterosexual men with a keen concern for their appearance.

With the new year beckoning, it's time to ditch the Neanderthal look with Oryx's ultimate grooming guide. ▣

A IS FOR AYURVEDA

Meaning the 'science of life', it's an ancient Indian medical system focusing on healing and preventing illnesses and improving longevity of life. The emphasis is on re-establishing a balance within the body by using a variety of techniques, nutrition, herbal medicine, aromatherapy, massage, and meditation.

B IS FOR BEARD

It takes a certain unique man to pull off facial hair. Frankly, if Brad Pitt struggles with the grisly bear look, the average man doesn't stand a chance. For the ultimate clean shave, a trip to the barbers for a professional cut is a must. Commencing with a hot towel to the face, to open pores and soften follicles, foam is then whipped on the visage before a sharp razor wipes away the soap and slices off the hair leaving a smooth, bristle free appearance.

C IS FOR COLONIC

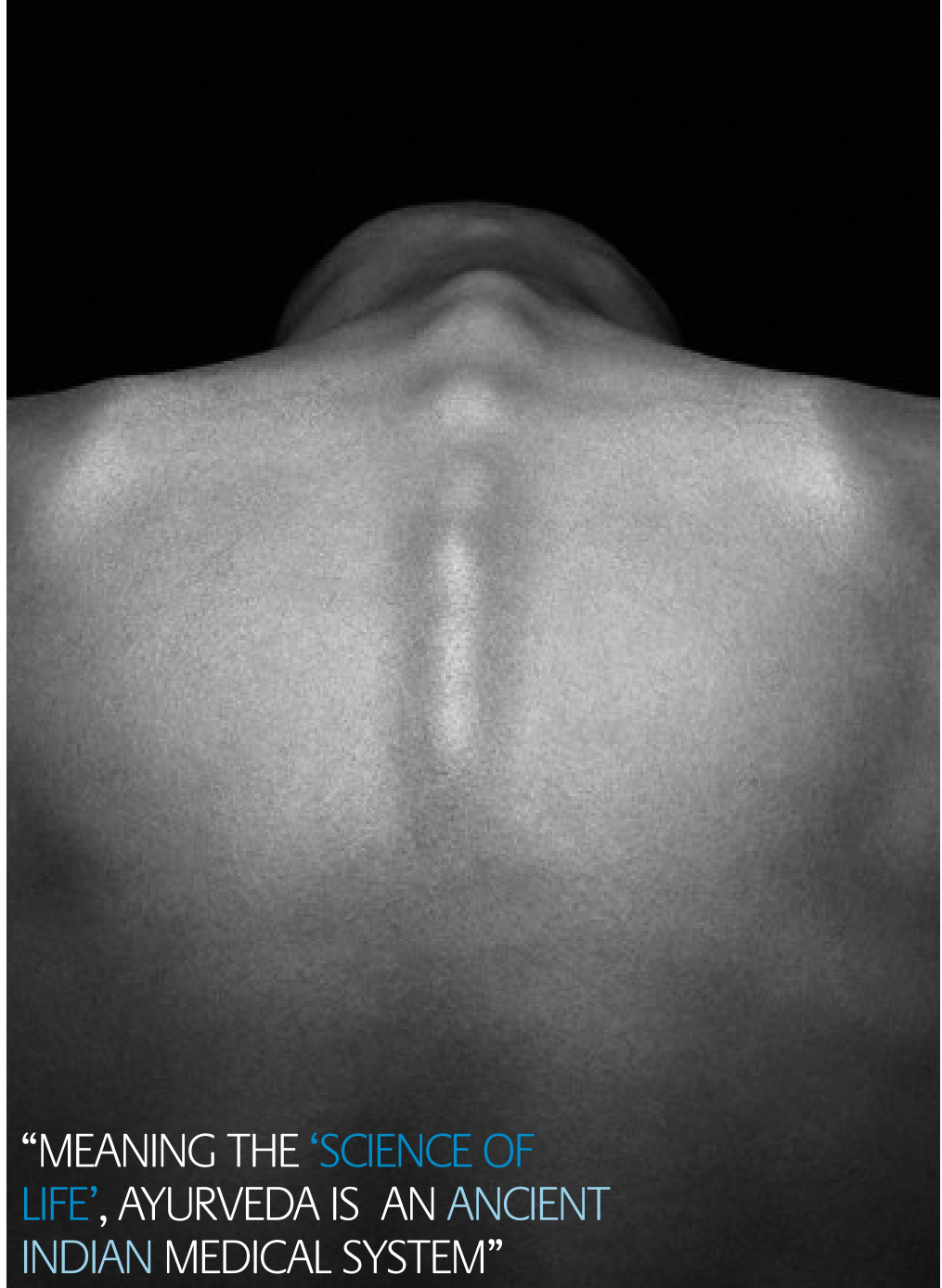
Eradicate all toxins from the body and blood stream with an intense water irrigation treatment. Despite sounding painful, it's merely a few cramps and embarrassing motions. Cleansing out the colon and releasing all trapped particles, a colonic allows you to start afresh with your body and dump bad habits.

D IS FOR DERMABRASION

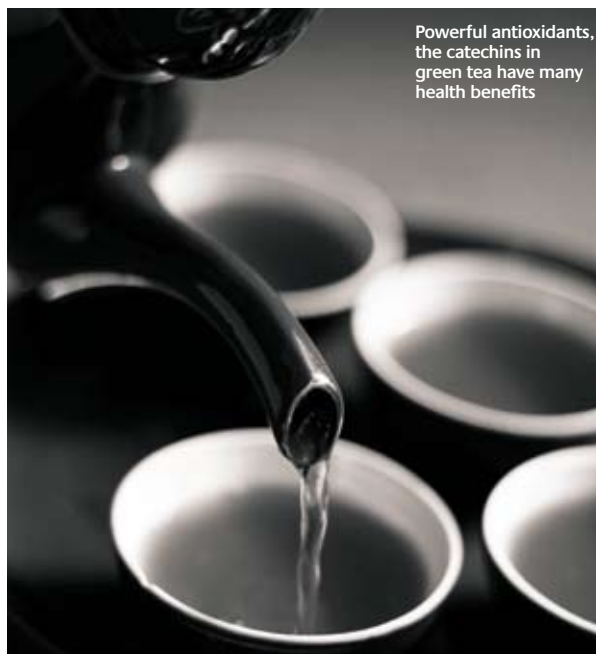
Ever wondered how celebrities appear to have such a polished glow to their skin? It's all down to this treatment in which the top layer of the epidermis is sanded. Although it may feel unpleasant, the cosmetic procedure removes or lessens scars and dark marks on the skin, leaving you with a youthful complexion.

E IS FOR EAU DE TOILETTE

Smelling nice isn't just about being clean and having good hygiene. Cologne is an important process in attracting members of the opposite sex. As science has proven, luring the attention of the ladies involves pheromones. These synthesised chemicals, that trigger attraction, can be found in aftershaves and perfumes.



“MEANING THE ‘SCIENCE OF LIFE’, AYURVEDA IS AN ANCIENT INDIAN MEDICAL SYSTEM”



Powerful antioxidants, the catechins in green tea have many health benefits

F IS FOR FENG SHUI

This Chinese art of placement and arrangement of space is used to achieve peace, and sometimes wealth in your life. Some specialists even claim to bring you success in the workplace. With many Feng Shui experts around the world offering their spiritual services, take the opportunity to bring happiness, a sense of achievement and order to your existence.

G IS FOR GREEN TEA

Drinking herbal tea may not be seen as a masculine activity – especially down your local – however with these tea leaves reputedly helping arthritis, lowering cholesterol, combating cardiovascular disease and reducing the risk of cancer, you can train your body to crave for a cuppa. ☑

H IS FOR HANDS

The hands are the hardest part of your body to hide telltale signs of ageing. Ever noticed the pruney hands of a fresh-faced Madonna? If you want to fool people into thinking you're younger than your years, maintenance to your mitts is essential. A good hand cream and a manicure every two weeks is recommended.

I IS FOR INHALATION THERAPY

Providing a high dose of oxygen at a rate of six litres per minute for 20 minutes, the treatment is said to relieve cluster headaches. The intense vapour streams are extremely beneficial for asthma sufferers and those with bad smoking habits.



J IS FOR JACUZZI

Whirlpool hot tubs are not only fun they're also a great source of hydrotherapy, aiding in the relief of stress and arthritis pain. With the bath temperature warming, the blood and the jets of water massaging muscles and improving blood circulation, bubbling Jacuzzis are absolute bliss for the body.

K IS FOR KERATIN

This high fibre protein and protective agent can be found in most specialist shampoos. The amino acids that combine to form keratin have unique properties that can make hair stronger and healthier looking. It's particularly good for those addicted to using GHDs.

L IS FOR LYMPH DRAINAGE

A gentle form of massage in which, hands and fingers apply rhythmic, flowing movements to stimulate circulation in the lymph system and drain away excess fluids and trapped toxins. It's effective in the treatment for skin disorders, headaches, sinus congestion, sprains, aches, stress and digestive disorders.

M IS FOR MOISTURISER

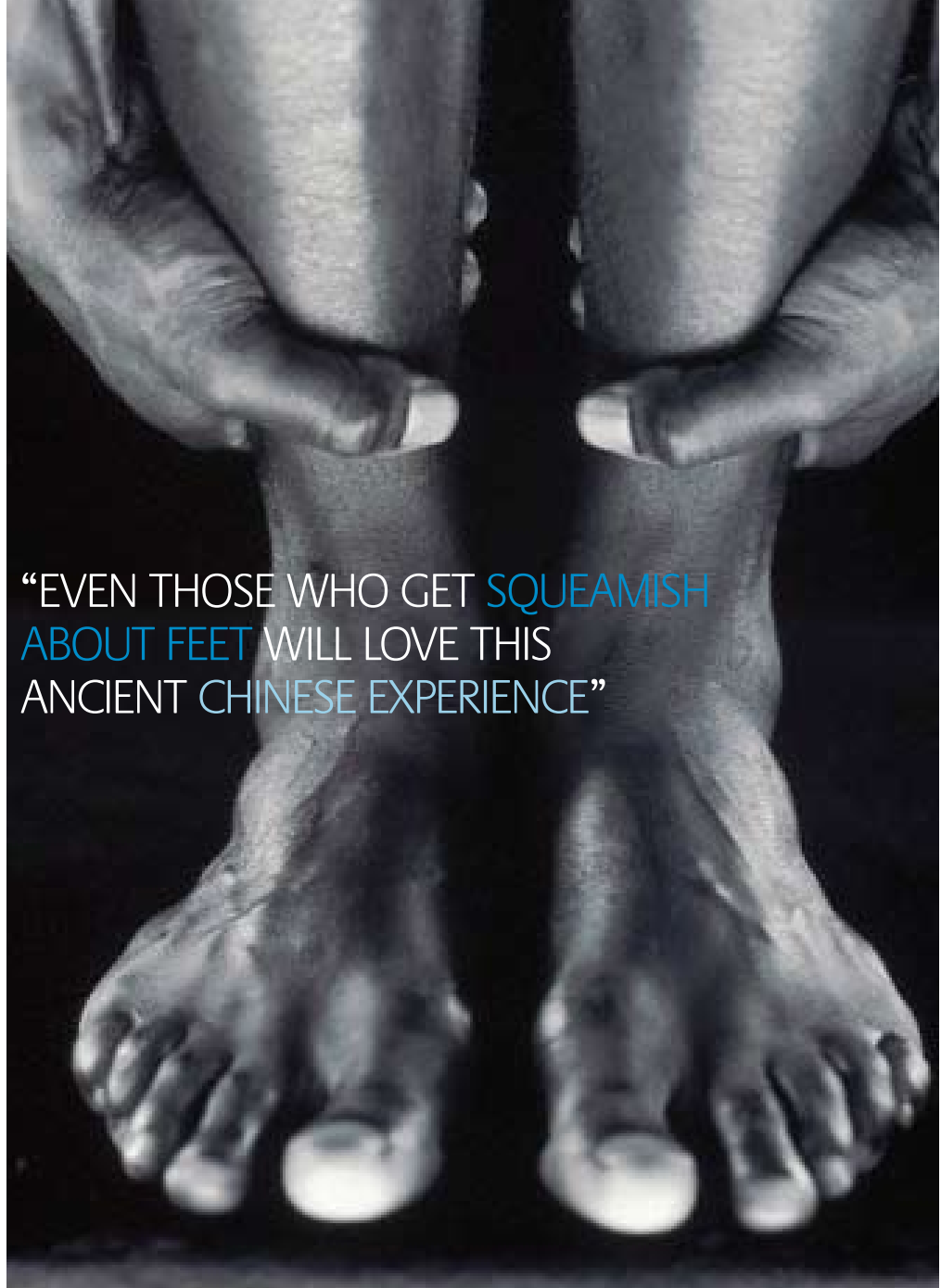
Lost star Matthew Fox says he moisturises because 'he's worth it,' while David Beckham has his own moisturiser range. For younger, more supple skin, it's vital you hydrate your epidermis. A good moisturiser with a high SPF should be the staple of your skin routine as it is the ultimate in anti-ageing care.

N IS FOR NUTRITION

In order to rid spilling tummies, muffin tops and saggy behinds, a balanced diet accompanied with regular exercise is a must. A healthy mixture of protein, calcium, carbohydrates, fat, minerals, vitamins and salt is essential. Combined with three cardio workouts a week you'll be in great shape in no time. [▶](#)

“THE HANDS ARE THE HARDEST PART OF YOUR BODY TO HIDE TELLTALE SIGNS OF AGEING”





“EVEN THOSE WHO GET SQUEAMISH ABOUT FEET WILL LOVE THIS ANCIENT CHINESE EXPERIENCE”

O IS FOR OPEN MIND

Freeing your mind and participating in new experiences and activities will not only be fun and rewarding, it will also teach you new skills. For those with a lack of confidence, hypnotism is a great alternative therapy. Some claim it has even helped them to rid addictions.

P IS FOR PHOTOAGEING

Sunbathing can seriously damage your skin, cause age spots, deep wrinkles and leathery skin. Not convinced? Take George Hamilton as living proof. Prolonged exposure to UV rays can also lead to skin cancer so if you must top up your tan make sure you wear a high factor sun cream. Better still, try a tan in a can, it's quicker and leaves you more time for other activities.

Q IS FOR QI GONG

Sometimes referred to as Chi Kung, it's based on a Chinese belief that the body has energy fields. A sequence of physical postures and special breathing techniques are employed to provide health maintenance. Combining simple movements and mental imagery Qi Gong relaxes and strengthens the body and mind.



■ Happy feet equal a happy body and mind
 ■ The steamiest dance discipline will get your blood pumping

R IS FOR REFLEXOLOGY

Even those who get squeamish about feet will love this ancient Chinese experience. By massaging and manipulating specific areas of the foot, a mild pressure and sensation is generated on the 'reflex zones', restoring a flow of energy to different parts of the body.

S IS FOR SALSA DANCING

In the words of Ricky Martin "Shake your bon, bon." The Latin dance of Salsa involves a sequence of aerobic dance movements to a combination of high tempo rhythm, blues and jazz. The energetic workout, if done vigorously and regularly, can lead to a lower blood pressure, improved cholesterol levels and a reduced heart rate. Just one half hour session can burn 200-400 calories.

T IS FOR THAI MASSAGE

Believed to have been developed by a Buddha's physician, the Thai massage is an energetic and rigorous form of massage. Traditionally it involves yoga-like stretching and a pressure massage along the body's energy channels to relieve tension and increase tranquillity.

U IS FOR ULTRASOUND

As well as being a great way of riding cellulite, ultrasound treatments help rejuvenate your skin. Using low frequency waves, it stimulates the blood flow and can quicken the skins renewal, which is why it's used after microdermabrasion. It's also good for reducing hyperpigmentation and redness from acne. ▶▶

V IS FOR VICHY SHOWER

While lying on a cushioned bed, your body is sprayed by warm jets of water from five to seven showerheads. The experience is usually during a body treatment and is believed to help relieve stress, hydrate the body and improve circulation.

W IS FOR WATSU

A healing treatment performed in a warm bath of water, allowing the body to be manipulated and stretched in ways impossible on dry land. The massages involve rhythmic and pressure motions resulting in deep relaxation.

X IS FOR XTREME BOOT CAMP

As the title suggests, Xtreme boot camps push your body and physical endurance to the limits. It's not funny, it's not enjoyable and it's not pretty, but you'll certainly be amazed and impressed by the results and at how rapidly your fitness increases. Within weeks your body will be toned, honed and you'll be fitter than an Olympic athlete, well almost.

Y IS FOR YOGA

Initially believed to be the domain of middle-aged ladies and hippies, Sting proved how this spiritual practice of breathing and stretching can turn you into a lean, mean, virile machine. Yoga involves performing postures using controlled breathing and medication to stretch and tone the body, improve circulation and provide a sounder body and mind.

Z IS FOR ZEN

A Japanese Buddha teaching, the belief is that the only path to enlightenment is through direct focus on your essential being and nature. A fundamental practice of Zen is zazen – seated meditation. It involves mindfulness and concentration, yet with an element of absolute calm. Some teachers call Zen a “way of life” while Chan master Baizhang said, “A day without work is a day without food.” ■



“A VICHY SHOWER IS AKIN TO LYING UNDER A STIMULATING SUMMER STORM”