

MEN'S EXERCISE

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THE FITNESS GUIDE FOR TODAY'S MAN

ON THE GO

NEW TRENDS
IN PERSONAL
PRODUCTS

BY DONALD CHARLES RICHARDSON



CLASSIC SHAVE

From Winston Churchill to Fred Astaire, great men have used Truefitt & Hill. Their products were salvaged from the Titanic and even turn up in Charles Dickens novels. The distinguished barber-shop began in London, where it still stands on St. James Street (with a Royal Warrant from H.R.H., The Duke of Edinburgh). Now their grooming products – including fragrances, shave cream, aftershave, brushes and all the rest – are available at specialty stores, boutiques and spas across the U.S. To find a retailer near you, log onto www.truefittandhill.com.