

MH PROMOTION

PACKS A PUNCH

Tired? Hungover? Skin not looking its best? Don't worry, give your face a fighting chance with ClarinsMen Fatigue Fighter

It's not just our work, memory and physical performance that suffer when we're tired or stressed, our skin does too – especially men's skin, which tends to burn energy faster and also shows fatigue quicker than women's. The solution? Tackle the visible signs of tiredness with the help of ClarinsMen Fatigue Fighter. The hero of the ClarinsMen range, it's designed to give skin an instant boost of energy, leaving it fresher, firmer and healthier-looking in a matter of minutes. So if you want to give fatigue the KO, make sure you're packing ClarinsMen Fatigue Fighter.

Buy online at www.clarins.co.uk

THREE MORE WAYS TO FIGHT FATIGUE

SKIP THE SUGAR That instant high soon turns to an energy-sapping low. Stick to slow-release carbs like those found in apples, wholemeal grains and porridge instead

SNIFF A LEMON! The smell of citrus fruits has been shown to stimulate nerves in the body connected with alertness

TAKE A DEEP BREATH Breathing deeply from the belly ensures your body has plenty of energy-providing oxygen

WIN! For your chance to bag one of five ClarinsMen grooming kits worth over £100 each go to menshealth.co.uk/clarinsmen



FOR STOCKISTS CALL 0800 036 3558