

THE FRONT LINE

World Cup winner and Wasps legend Lawrence Dallaglio knows all about handling a punishing game on the pitch, and strong resilient skin is his first line of defence

After 13 years at the top of the toughest sport, the big man has become a master at fine-tuning his body for chasing honours and excellence. Here, one of the faces of new Vaseline Men spills the beans on sweat, skin and staying in the game.

How do you keep your body up to the demands you're still making on it?

"There's no hiding place on the pitch - if your whole body's not in peak condition you get found out instantly," says Dallaglio. "I need to work harder now to keep my body firing, so come rain or shine I'm on the pitch by 9am training with the boys."

So you still push yourself to the limits?

"Absolutely, that's not about to change. There's always another challenge and meeting it is all about self-discipline whether it's sport or your professional life."

Okay, so that's hours pummeling the tackle machine, but where does your skin come in?

"You have to be in tune with all your body's needs, and my skin's the first line of defence from the elements, the mud and the sweat!" says Dallaglio. "I end up showering a few times every day which drains the moisture right out. Replacing it is key to keeping my skin strong and healthy to cope with whatever I'll put it through next."

But isn't moisturising only for the ladies?

"It's as much a part of looking after your body as slogging on the treadmill. I used to 'borrow' my wife's stuff, but that didn't always go down too well! It's great that there's more out there for guys now. I'm proud to be the face of Vaseline Men, particularly as it's formulated specially for men."

Drawing on 130 years' heritage in the science of skin health, the new Vaseline MEN range includes six products tailored for men's skin needs - from mud, sweat and post-match beers, to the daily assault of the office air con. The three Body & Face Washes, two Body Lotions and the Hand Lotion are packed with moisturisers, vitamins and minerals, scientifically proven to keep your skin strong enough to handle whatever life throws your way. Available from supermarkets and chemists.



WIN a day with Dallaglio

Win a private coaching session with the all-time rugby great, Lawrence Dallaglio.

You and a friend will be able to experience firsthand fitness tips and rugby skills from Lawrence. Afterwards, you'll join him as a VIP guest at Adams Park, where you'll enjoy some great hospitality while you watch Wasps play at home.

Five lucky winners (and their five friends) will scoop first prize, and another twenty runners-up win a signed copy of *It's in the Blood - My Life* by Lawrence Dallaglio.

Simply visit vaseline.co.uk/competition to enter. See vaseline.co.uk for T&Cs.