

looking good, feeling good



READY for action... Sam Badriya prepares for a climb

How the highs beat the lows

OUTDOOR sports can be beneficial in many ways — and Werneth's Sam Badriya has found the climbing club a great help in relieving depression.

He attended the Phoenix Centre after suffering depression and anxiety and was encouraged to get out more, when he found out about the club.

Sam (31) has been a member for the last four months and has really taken to climbing. He said: "It's definitely helped. With climbing you are too busy concentrating and it's a challenge. You have to focus and it takes your mind off things. Confidence wise it helps and it's definitely helped in fitness terms.

"Initially you think I can't do heights but that's what everyone thinks. The other people are in the same position. You are in it together and you know they are scared as well."

Climbing also builds trust in others as you are dependent on your climbing partner as you dangle from the ropes.

Sam says the group is a great place to start as you can use their harnesses and helmets while you discover if climbing is for you.

He has formed new friendships with other members who he has met up with for walks and swimming and other healthy activities.

WHERE TO DO IT

THE climbing club uses an indoor climbing wall at Oldham Sports Centre once a week on Wednesdays (6-7pm) to teach the basics and ensure people are safe to climb. After being assessed as safe, members are given a swipe card that enables them to access the wall at other times.

Being on the edge of the Peak District, there are plenty of outdoor spots around Oldham for climbing — including Chew Valley and Hobson Moor Quarry in Mottram. Members can get together socially to tackle such climbing hotspots and residential weekends are held.

Call Oldham Community Leisure on 0161-785 3770.

BEAUTY SPOT

GET the ultra-glossy Angelina Jolie pout you've always dreamed of with Estee Lauder's new Pure Color Glosses, £14. These new formulas will give you more shine and even colour without being sticky or gloopy, while moisturising lips to make them kissably soft. Choose from two long-wearing finishes and 24 sexy shades.

BEAUTY SPOT

DEPUFF your muffin top with Bliss Love Handler. This 'ab'-solutely flab-u-less liquid workout for lazy abdominals contains caffeine and mint oil to wage war on not-so-hard core areas, whittling away wiggly waists and toning podgy tummies. It costs £28 from Bliss — call 0800 100 4151 or see www.blisslondon.co.uk

Beauty is more of a man thing

by **SHEREEN LOW**

THERE'S no doubt about it — men are spending more on their personal beauty regime. Facials, manicures and serums are no longer limited to women, as their other halves realise the importance of paying more attention to their skins.

Celebrities like George Clooney (who admitted to having an eyelift), Chelsea football manager Jose Mourinho, David Beckham and even Noel Gallagher (who was spotted buying wrinkle cream from Superdrug) are proof that looking after your looks doesn't mean sacrificing your masculinity.

"In the last few years, it has become accepted in our society for men to care about and take care of their appearances," says Essie Weingarten, of Essie nailcare.

"Men now realise that they can be judged by how they look and therefore they need to groom themselves.

"Manicures and pedicures are now commonplace."

FATHERLY FRAGRANCES

Men appreciate scents. And with Father's Day approaching on Sunday June 17, why not forget the ties and socks and get him a fashionable new smell?

Bring out the music god in him with sensual scents such as Sean John Multi-Platinum, £40 at Selfridges (0870 034 2566), and Kenneth Cole RSVP with lavender and grapefruit, inspired by Jon Bon Jovi, £29.50 at The Perfume Shop (0845 601-195 www.theperfumeshop.com).

Sporty dads may prefer fresh perfumes like Chanel Allure Homme Sport Cologne, £50, and Bvlgari AQA Pour Homme, £49.

Musky fragrances are ideal for refined gentlemen and grandads. Chopard Pour Homme, £36 exclusively at Harrods (020 7730 1234 www.harrods.com), Dunhill Pursuit, £30, and the limited edition Terre D'Hermes, £48, look and smell impressive.

GREAT GIFTS

A kit full of holiday essentials is perfect for travel-mad dads.

Menscience Travel Kit, £78 at Space NK, Liz Earle Naturally Active Men's Essentials, £33.50 (01983 813 913/www.naturallyactive.co.uk), and Origins For Men gift set, £25 (0800 731 4039 www.origins.co.uk), contain everything so they can just get up and go.

Make shaving a chore to adore with Braun's new cruZer3 shaver, £59.99 at Boots and Argos, Remington R720 Diamond Series Rotary shaver, £119.99 (0800 212 438 www.remington.co.uk), and Phytomer Men Close Shave gift set, £33.35 from Lookfantastic.com

Stressed out fathers will thank you for Aromatherapy Associates De-Stress Muscle Gel, £16.50 (020 8569 7030 www.aromatherapyassociates.com), or Spa NK Energising Shower Gel, £18 at Space NK.

MANLY MAKE-UP

"After years of opting for the weather-beaten look, it seems more men want to stay looking fitter and younger, and they're using make-up to do it," Kerry says.

"While there's still a stigma among the older generation about men using skincare and cosmetics, many of our male customers have been brought up in more liberal times."

Make-up for men isn't about looking like a drag queen, with red lips and Kohl-lined eyes, or following the season's colour trends.

It's more about making the most of their existing features, and includes simple tasks like applying hand cream and lip balm, the clever use of concealer to disguise under-eye bags and puffiness, and grooming the eyebrows.

Essie's aptly titled Man-e-cure, £15 from Hqhair.com, is a clear nail varnish that leaves a matte finish, to give the impression of well-groomed nails.

Men can go undercover with Men Pen, £9.99 (www.menpen.co.uk). This concealer stick comes in 17 shades and can disguise blemishes, under-eye circles and age spots.

Ask Angela

Angela Shea, style director and colour expert at Premier Hair and Beauty



Too young to turn grey?

Q I'm only 28 years young and I've started to notice grey hair, surely this is too young to go grey? What can I do? Should I go for colour?

Adele

A Research shows roughly 70 per cent of women and 12 per cent of men will colour their hair, the number of men who colour will continue to grow, as there's no longer any stigma attached to the decision.

Hair may start to grey at any age, and there is no gender distinction.

Most women will spot their first grey hairs by age 30. By age 50, up to half of their hair may whiten.

Hair turns grey when our bodies stop depositing melanin and pheomelanin into the hair follicle. Women tempted to pull out their first grey hairs should resist the temptation, as this may damage the follicle and cause coarse regrowth.

My advice if you want to colour grey hair is get it treated by a qualified colourist, whose experience will help prevent the most common problem amateurs face, unwanted yellowing or bluish tones.

Q I'm a new mum so don't have much time to do my hair, for the past year it's been in a ponytail. I would like something new and quick. I have naturally wavy-curly hair and a rounded heart shaped face. What style can you recommend for me?

Jan

A Naturally curly/wavy hair tends to look best with the external hair cut blunt and the internal part softly layered or razored to add texture and remove weight. You may also want to add a rounded fringe to soften and make your style less severe. This style can be blown out smooth or when you are in a hurry simply sprayed and scrunched to play up the natural curl/wave.

Bad hair day? Not any more! Just ask Angela. Write to: Ask Angela, 99a High Street, Lees, OL4 4LY; call 0161-652 7940; or send your query to: editorial@oldham-chronicle.co.uk

PREMIER
see you in the salon