

HYGIENE THERAPY

Clean up your act and fix the things that gross out girls

Now that even footy players have gone all metrosexual on us, the Neanderthal look just doesn't cut it any more when it comes to impressing the ladies. Modern females expect a bloke to put on a show like a peacock if they're to stand a chance. We've quizzed all the women in our lives: wives, girlfriends, friends, the cute barmaid from the pub on the corner, to find out where we've been going wrong.



PROBLEM
Ingrown Hairs

"It grosses me out when a boy has ingrown hairs after waxing his chest. Boy, meet loofah." – *Becs*

SOLUTION

Garnier Body Tonic Sugar Scrub, 150ml, **\$11.99.**



PROBLEM
Long Fingernails

"Guys with long fingernails disgust me, because I wonder about all the filthy things they use them for." – *Jane*

SOLUTION

Cutex Manicure Nailcare Tools, **\$4.95.**



PROBLEM
Smelly Feet

"Smelly feet are foul – guys think putting their shoes outside solves the problem, but it's their feet that stink." – *Katie*

SOLUTION

Stella and Marco "Bare Feet" Foot Spray, 50ml, **\$16.95.**

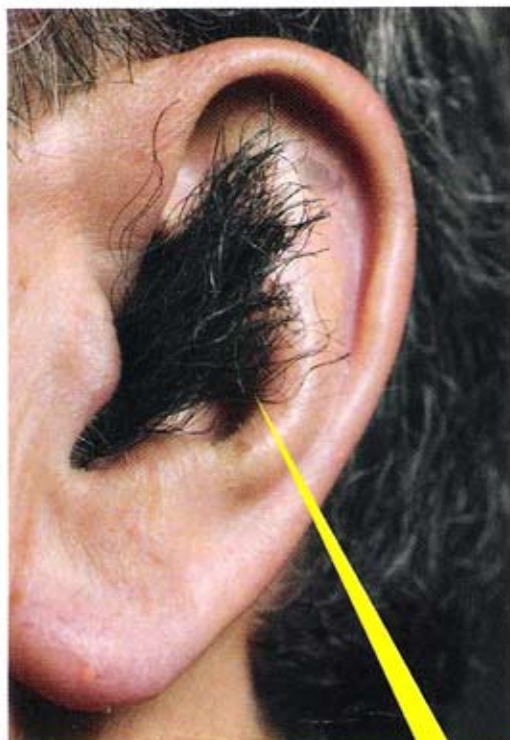


PROBLEM
Hair Gel Overdose

"So many guys load up on gel these days. It's so gross when you touch their hair." – *Naomi*

SOLUTION

Kevin Murphy Maxi.Wash,



PROBLEM
Nose And Ear Hair

"Every man should trim their nose and ear hair. There's nothing worse than sprouts popping out at you every time you move in for a canoodle." – *Jess*

SOLUTION

DaVinci Personal Trimmer, **\$9.95.**



PROBLEM
Pimples

"Past their teenage years, guys shouldn't have really bad skin with lots of pimples. If they do, they're probably not very healthy or hygienic. Yuk!" – *Amy*

SOLUTION 1

Lancôme Men Exfoliating Microdermabrasion, 100ml, **\$56.**

SOLUTION 2