

IRISH TATLERMAN

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SPRING 2014

BRENDAN GLEESON

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COLIN FARRELL MANS UP

Hollywood's favourite bad boy talks about love, life and his short-lived career as a kleptomaniac

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Why the Irish can't take a compliment

SPRING STYLE

Your new season's wardrobe—sorted

GRAPE ESCAPE

The bluffer's guide to wine

Dealing in the Years

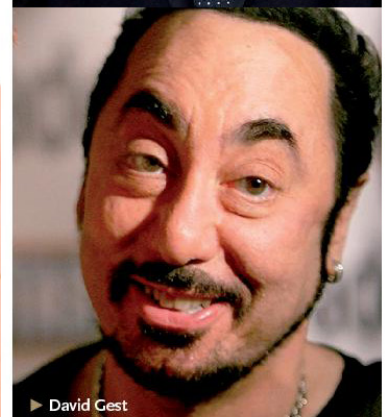
The best cars for men, whatever their age

GROOM to improve
The ultimate grooming guide



GROOMING TRIED & TESTED

If your face currently resembles David Gest rather than David Beckham, maybe one of the following treatments, carefully selected by the *Irish Tatler Man* team, might get you back on track



1 FACELIFT (RHYTIDECTOMY)

@ The Centre, 89 Hammersmith
Grove, London, W6 ONQ, UK.
Tel: +44 208 748 2860,
londonfacialplasticsurgery.co.uk

♦ **WHAT IS IT?** A facelift that rejuvenates your facial appearance and reverses the signs of ageing by addressing the sagging of soft tissues and skin, correcting the loss of a sharply defined neck and lifting deep lines that may have occurred as a consequence of facial droop.

♦ **WHO IS IT SUITABLE FOR?** More drastic – and expensive – than a ‘lunchtime’ treatment such as Botox, a facelift will prove a Godsend for many. As we age, a combination of factors including gravity, sun-exposure, genetics, smoking, pollution, life stresses, trauma and excess weight all combine to loosen and sag our facial tissues.

♦ **WHAT DOES IT ENTAIL?**

The renowned surgeon, Dr Julian De Silva, tailors facelift and neck lift surgery to each individual patient. His previous experience in microsurgery is utilised in all his techniques to hide facial scars around the ears and hairline, while his meticulous closure of the skin ensures smooth and natural curvatures of the tissues, avoiding unnatural and irregular lines, and displacement of hair.

To achieve this, a three-dimensional, high-definition telescope system is used. Dr De Silva also relies on fibrin tissue adhesives to perform suture-less surgery. What’s more, his use of tissue glues mean that bruising, swelling and scarring are reduced as a result.

♦ **PRICE:** Based on consultation. Expect to pay from £8,000.

♦ **VERDICT:** If this is a treatment you’re considering, Dr De Silva is the best man for the job. With excellent results and a speedy recover time, you have nothing to lose – apart from 10 years off your face.



▲ Before

▲ After

2 BEE VENOM FACIAL

@ Hyde Grooming, 11
Johnson’s Court, Dublin 2.
Tel: 085 787 8339 /
085 130 7591, hydegrooming.com

♦ **WHAT IS IT?** Using bee venom, manuka honey and other active ingredients, this wonderfully effective facial makes the skin feel like it’s under attack thus producing collagen and elastin, leaving the skin plump, firm and glowing.

♦ **WHO IS IT SUITABLE FOR?** This treatment is suitable for anyone looking for radiant and age-recharged skin.

♦ **WHAT DOES IT ENTAIL?** Approximately 45 minutes of pleasant pampering.

The facial starts with a deep cleanse of the eyes, face and neck, followed by a polish exfoliator, which attacks dead and unwanted skin as well as congested pores. Orange flower toner is then used, before some of the bee venom mask is gently applied onto the eye area.

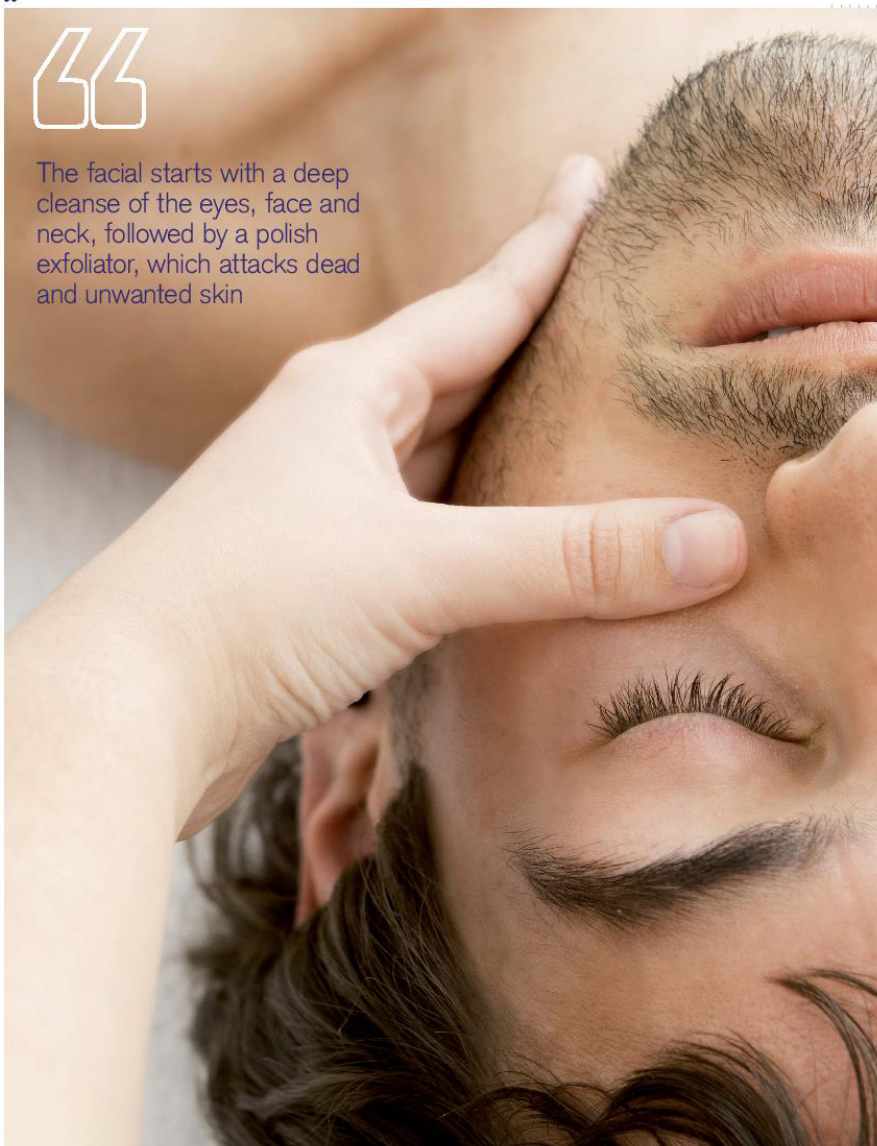
A massage follows to the chest and neck, allowing this bee venom to take effect. After a deep facial massage, the remainder of the bee venom mask is administered to the rest of the face, sitting there for 15 minutes.

♦ **PRICE:** €70. Course of 5, €270.

♦ **VERDICT:** The Bee Venom Facial leaves you with beautiful, youthful skin and at an affordable price; your wallet won’t even feel the sting.



The facial starts with a deep cleanse of the eyes, face and neck, followed by a polish exfoliator, which attacks dead and unwanted skin



3 AVEDA BOTANICAL THERAPY HAIR & SCALP TREATMENT

@ Moyo Hairdressing,
Charlotte Way, Dublin 2.
Tel: 01 476 3808, moyo.ie

♦ **WHAT IS IT?** Partnered with Aveda, the naturally derived beauty and grooming product specialist, the award-winning Moyo hairdressing and beauty salon offers a wide range of treatments and products for

both men and women. Their Botanical Therapy Hair & Scalp Treatment is, in particular, a little gift from the gods.

♦ **WHO IS IT SUITABLE FOR?**

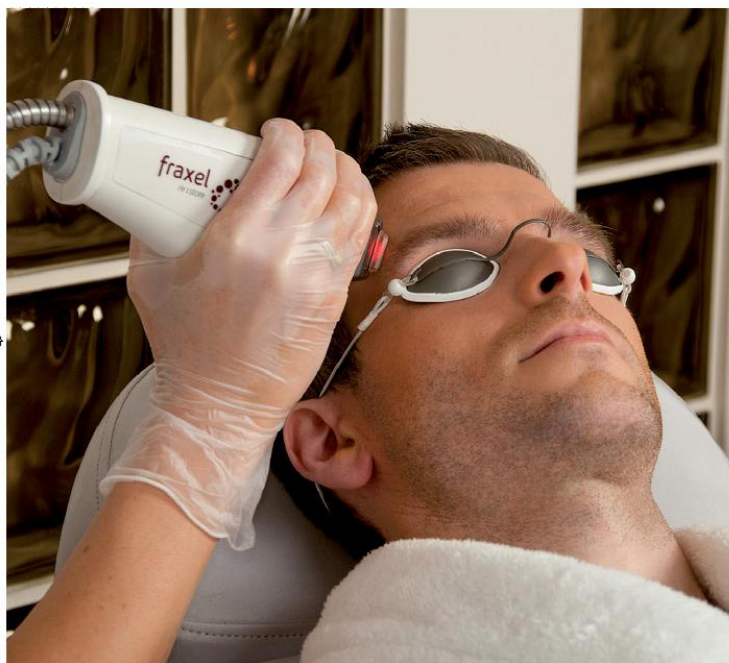
Men often fail to give their hair the love and attention it deserves - and needs. While words like 'shiny' and 'silky' might have more resonance with our female counterparts, this treatment will also leave your barnet looking and feeling healthier and stronger, something of particular value to men who might be experiencing the onset of hair loss.

♦ **WHAT DOES IT ENTAIL?**

Moyo offers a holistic approach to hairdressing and beauty. The Botanical Therapy Hair & Scalp Treatment is, therefore, like a spa for your head. It begins with a restorative scalp treatment and ends with a customised moisture or repair treatment.

♦ **PRICE:** €80.

♦ **VERDICT:** Gents, as Samson would attest, our hair is our crowning glory so a Botanical Therapy Hair & Scalp Treatment will ensure that your mane (and general well being) is returned to all its former glory.



5 CRÈME DE LA MER EXPRESS FACIAL

@ 95, Grafton St,
Dublin 2 Tel: (01) 605
6666, brownthomas.com

♦ **WHAT IS IT?** A short and customised facial, using the world-renowned Crème de la Mer products.

♦ **WHO IS IT SUITABLE FOR?**

Perfect for any busy gent whose skin is in need of a little boost. You'd be in and out during your lunch break with plenty of time left to grab a sandwich.

♦ **WHAT DOES IT ENTAIL?**

The facial begins with some cleansing and exfoliating followed by the application of a selection of Crème de la Mer's popular products such



Despite being brief, the treatment is extremely effective

as The Tonic, The Treatment Lotion, The Concentrate, The Eye Concentrate and the Moisturising Soft Cream. A relaxing arm, neck and shoulder massage rounds it all off nicely.

♦ **PRICE:** €60, redeemable against all Crème de la Mer products.

♦ **VERDICT:** Despite it being brief, the treatment is extremely effective, leaving you feeling and looking like you've had one heck of a good night's sleep.

4 FRAXEL LASER

@ River Medical, 114
Lower Baggot Street,
Dublin 2. Tel: 1850 88
5050, rivermedical.ie

♦ **WHAT IS IT?** Fraxel Laser removes years from your appearance, helping your face regain a more youthful look.

♦ **WHO IS IT SUITABLE FOR?**

It is ideal for those held to ransom by early signs of sun damage or ageing, acne breakouts or scarring.

♦ **WHAT DOES IT ENTAIL?**

Fraxel Laser is a safe, precise and non-invasive laser

procedure that dramatically improves your skin's texture and appearance. The length of each treatment varies but usually lasts between 30 to 60 minutes.

♦ **PRICE:** From €250, depending on the size and area treated.

♦ **VERDICT:** Fraxel Laser unarguably reduces the appearance of acne scars, wrinkles and sun damage, while also restoring and rebuilding the skin around your eyes. After, you may experience some swelling and/or redness, but, thankfully, it is only temporary. Unlike the results, which last for years.

