

Sweet Smell Of Success

The MH Scent Harmoniser

Mixing and matching your toiletries can lend you the aroma of a Duty Free boudoir. Use common scents with our complementary guide

01

Outdoor Sophistication

Hermès Terre d'Hermès

"Wood family fragrances work well with other products containing sandalwood or cedarwood," says Jaye. But it's easily overdone: temper their heft with fresher citrus notes, like this Hermès classic.

a) Crabtree & Evelyn Shampoo

C&E's Indian sandalwood shampoo is manly and outdoorsy, but still discreet.

b) Conscious Skincare Body Wash

Left unchecked, cedarwood can be astringent. This wash adds grapefruit and lemon to redress the balance.

c) Geo F Trumper Deodorant

Alcohol helps deodorant dry quicker, but can dry out skin. This sandalwood stick is alcohol-free, but with lasting effects.

02

Heavy Duty

Boss Bottled Oud

"Oud – also known as agarwood – is the name given to a heavy, masculine family of scents," says Jaye. It's expensive, so pairing can be tricky. If in doubt, match with something neutral or unscented.

a) The White Company Shower Gel

This aspen-scented gel is a woody, assertive product that echoes the clove notes in your Boss fragrance.

b) Alberto Balsam Shampoo

Apple and cinnamon is a winning combination in the kitchen, and no less so about your person. The apple in this great-value shampoo emphasises the spicy cinnamon in your cologne.

c) Clinique For Men Antiperspirant

Fragrance-free yet highly effective, neither sweat nor overpowering deodorant will undermine your scent.



03

Fresh Heaven

**Ermenegildo Zegna
Acqua di Bergamotto**

"Fragrances such as this one in the citrus family combine best with similarly zesty products," says Jaye. "Look for sweeter citric notes like bergamot or mandarin."

a) Abahna Shower Gel

With mandarin and Sicilian bergamot, this gives your skin a citrus foundation from which to build your scent combo.

b) Guerlain Shampoo

Acqua di Bergamotto contains hints of the Indian grass vetiver. Combine with Guerlain's vetiver shampoo to accentuate those spicy tobacco notes.

c) Jack Black Natural Deodorant

The fresh grapefruit aroma of this Cool CTRL deodorant adds sharp top notes to your smooth, citrus blend.



a

b

c

04

Herbal Remedies

Acqua di Parma Colonia Club

"This sophisticated scent is in the *foug re* family, which basically means lavender-based," says Jaye. "It also contains mint, so combine with similar scents to avoid unseemly aroma-clash."

a) Aveda Hand and Body Wash

A zingy peppermint wash like this will echo your fragrance perfectly, while the rosemary blends well with the lavender

b) Paul Mitchell Shampoo

The Colonia Club's mint aroma can take a while to materialise, but layered over this peppy lavender and mint shampoo it will kickstart into action.

c) Neal's Yard Deodorant

This lavender and aloe vera deodorant is aluminium-free, so it'll keep you fresh and dry without blocking your pores, while adding more floral notes so that the mint doesn't dominate.



a

b

c

2016 FIT LIST

THE BEST GEAR OF THE YEAR

DECEMBER 2015 £3.99

9 771356 743132 12>

Men's Health

RIPPED RIGHT NOW!

BUILD LEAN HARD MUSCLE LIKE LIAM HEMSWORTH

The 28 Day Shredding Plan To Keep You Trim For Life

48

EXPERT TESTED AGE-ERASERS!

PULP FICTION

JUICING'S DIRTY SECRET

GYM FREE ABS!

1 Exercise, 6 Benefits

The Genius Issue

7 SMART FOODS FOR THOUGHT

HOW TO CREATE A PRODIGY

LESSONS FROM REAL #FITFAMS



PROTEIN
A MANUAL FOR MEN

- 23 Ways To Turn Quarter Pounders Into Bare Gains
- The Meat Pie That Reduces Your Cholesterol
- Protect Your Heart With Cheese!

LIAM HEMSWORTH, 25, ACTOR & HOLLYWOOD'S BRAND NEW HEAVYWEIG