

REST & RELAX

Your Grooming Sanctuaries

Treat yourself to a spa day at these gentlemen-only barbershops and salons without jeopardising your masculinity



Get a good shave at Truefitt & Hill

When you pop into Truefitt & Hill for a professional shave, their signature traditional hot towel wrap with T&H pre-shave oil comes as standard. You also get to select from a wide range of shaving creams with scents such as sandalwood and lavender. While you're at it, pick up a few tips from the trained barber on how to achieve a smooth shave in the comfort of your own home. If a clean shave is not your thing, fret not; have your beard trimmed and shaped instead. And, yes, it's okay to admit that you enjoy a good facial masque from T&H. truefittandhill.com.my



Fight ageing skin at Men's Skin Centres

Men's Skin Centres, a younger sibling to the popular Bella Skin, specialises in a variety of treatments, with particular attention paid to ageing skin, and spot prevention and removal, such as the signature deep-cleansing Porcelain Skin Treatment that promises to restore your youthful looks. If you're tired of shaving, opt for Permanent Beard and Jawline Hair Removal. Body toning and slimming solutions are available too. Don't worry; you won't leave the salon looking like a Ken doll. menskincentre.com.my



Enjoy a relaxing facial at Sothys Homme

Sothys Homme is your go-to facial spa when your home grooming products just aren't cutting it anymore. Treatments address most issues, from general concerns such as acne and pimple reduction, and skin firming to specific problem areas such as your eyes, neck and back. Facial services aside, Sothys Homme provides body sculpting and firming too. The salon uses its own in-house products, which you can buy off the shelf as well. Highly recommended: Energising Face Cleanser. sothys.com.my



Pamper yourself like the Brits do at Gentlemen's Tonic

This newcomer to KL is originally from the UK. With a focus on overall men's grooming, the barbershop offers services such as traditional shaving, haircuts, massages, and manicures and pedicures. It has a VIP room that you are allowed to use for the duration of your appointment. You could probably hold a meeting in there while you get a haircut (or a massage, if you feel so inclined). Gentlemen's Tonic uses its own in-house products with a non-chemical formulation. These are available for purchase too. facebook.com/gentlemenstonicmy



HOW I REST & RELAX

By Joe Flizzow

HEAD TO THE BEACH

I'm part Bugis, so the pirate in me needs to be near the sea every so often.

READ A BOOK

It's amazing where words can take you. There have been instances where I've finished a 400-plus-page book in two days!

PLAY VIDEO GAMES

I'm the current Kartel Records *Fifa16* and *NBA2K16* champ. Come and challenge me!

DRIVE

I don't mind hitting the road alone. I like taking leisurely drives back to JB. Long-distance driving requires focus. I find it therapeutic.

RECORD AND WRITE TRACKS

I built an industry-standard home studio, so when an idea comes, or fellow musician friends are in town, we can make music. The entire *Havoc* album and most of SonaOne's tracks from his solo album *Growing Up Sucks* were recorded at my home studio.

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