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**MEN'S HEALTH ADVERTISING FEATURE**

# essentials»

Our guide to what's happening and what's new



**FEET FIRST**

You won't put a foot wrong in these polished-leather lace-ups from Aldo. They feature a simple stitch detail and sleek round toe. Aldo Cauley lace-ups, available in cognac and black, \$149.95. To find your nearest stockist, call 1800 048 377.



**FAST STYLE**

Inspired by the spirit of car racing, the Seiko PF3919X boasts a bold bezel, outstanding dial details and uses a combination of sporty colours and a streamlined case to portray its masculinity. Its alarm chronograph – capable of measuring up to 60 minutes in 1/2 second increments – along with its split time measurement, 100M water resistance, date and hard-coated stainless-steel case and bracelet make this watch ideal for those who crave real value alongside real performance. For stockists call 1300 300 776 or visit [pulsarwatches.com.au](http://pulsarwatches.com.au).

**CREATE A RUKUS**

It's time to punch above your weight. Enter the Rukus by Toyota. It has unflinching looks, corner-crunching handling and power to boot – 123kW of it to be exact. All this is delivered from an uncompromising 2.4-litre VVT-i engine. So get ready to break from the pack and put a bit of thrill in your life. Visit [rukus.com.au](http://rukus.com.au).

**NO COMPROMISE**

Create a "second skin" with COMPEED Blister Patches. The hydrocolloid technology offers a highly effective way to heal and even prevent blisters by absorbing moisture from your skin. The patches form a thick, soft gel that ensures cushioning from rubbing and pressure, so you can work out, train and perform at your absolute maximum – without compromise.

**EASY SOLUTION**

Two additions to the L'Oréal Professionnel Homme range, Mat and Clay are the best in men's matte styling. Both products are non-greasy, non-sticky and are easy to wash out. Creating a messed up look, staying in control or reworking it all day long, whatever your styling needs, these products have the answer.

**DEFINING MOMENT**

New Shine Form Defining Wax gives you mild control to create a low-maintenance, reworkable style for all hair types. Recommended for men who want flexible hold, high-impact shine and style with minimal effort.

**GET A BOOST**

Swisse Ultiboost Sports contains i-carnitine, tribulus and Siberian ginseng to help support energy production and physical vitality during and after intense work outs.

Always read the label. Use only as directed. Please contact your health care professional if symptoms persist. OYCS1308-08/10