



GRAFTON & KOCH

Grafton & Koch is as much of a men's grooming sanctuary as it is a gentlemen's club – here you can have a luxurious shave or a new hair style, all topped off with a nice Cuban cigar from its humidor all the while enjoying a taste of whisky in its dark wooden and rich leather interior. It offers a laid-back alternative to the arduous task of monthly maintenance, giving clients a wealth of authentic old-world and new-world styling – so whether you want something more traditional or trust the stylists to give you a more 'out-there' do, Grafton & Koch caters for both.

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You'll leave Grafton & Koch feeling refreshed, recharged and ready to face the outside world. Customers will be happy to learn that in September, its beauty and massage room will open and play host to treatments such as pedicures, facials and hot stone massages to help you to look and feel your best. *94 New King's Road, SW6 4LU, 020 7736 9759, graftonandkoch.co.uk*



DRAKES OF LONDON

Drakes of London doesn't only offer haircuts but also grooming services with highly-trained staff who listen to what its customers want. The gents' hairdressers offers traditional wet shaves, hair colouring, waxing, laser hair removal, massages, bespoke men's skincare, eyebrow tidying and hand and foot treatments – is there anything it doesn't do? The modern man's barbershop wants customers to be relaxed and so they have created a peaceful atmosphere and have described the shop as "an oasis for men".

Customers can use the treatment rooms, and the barbershop provides a full range of services as well as grooming products to take home. Your skin is imperative to you looking your best, so regular facials are recommended to help diminish the appearance of lines and wrinkles. The *Journal* suggests the Dermalogica Chroma White Facial for the summertime, as it aims to correct and control uneven pigmentation to the skin, giving a more even skin tone if it's had a lot of exposure to the sun.

19 Jerdan Place, SW6 1BE, 020 7386 3900, drakesoflondon.com



Customers can also opt for body treatments such as a full body Swedish massage or a mini facial



NAZ ZENELDEEN

Naz Zeneldeen started in the beauty industry when he was just 15 years old, and has since left an imprint on the salon scene in Fulham. He opened his first salon in 2009 and his latest venture, next door to his salon on Wandsworth Bridge Road, is the Gentleman's Grooming Club.

From precision hair-cuts and no-nonsense grooming, customers can also opt for body treatments such as a full body Swedish massage or a mini facial. However, Naz's signature offering is the Luxury Hot Towel Shave. Using some D.R. Harris products, it includes a scrub, deep cleanse, a traditional shave, hydration massage, hot towel and a cooling refreshing tonic – what could be better? Well, the addition of free-flowing drinks, possibly.

133 Wandsworth Bridge Road, SW6 2TT, 020 7384 2791, nazzeneldeen.com

[MEN'S GROOMING]

GROOM GROOM

Men, treat yourself with our round-up of the best male grooming offerings in the local area

DOROTHY MUSARIRI

ERIK MEIJER

Erik Meijer, A-list personal trainer and one of only a handful of Dorian Yates (Mr Olympia) High Intensity Master Trainers worldwide, offers so much more than simply helping you establish your dream body. For those preparing to tie the knot (or who simply want to look great), Erik can create a bespoke programme to help you look and feel your best on your big day. Working together with celebrity barber Carmelo Guastella, whose clients include Robert Downey Jr. and Sacha Baron Cohen, Erik offers a combined package where he takes care of the body, and his associate looks after the groom's hair and beard. In addition to this, Erik also works alongside two tailors, so the groom's perfect body can be paired with the perfect suit. The ultimate wedding package for the physique consists of a 6-12 month training programme and during this time, the client will train with Erik five times a week in his private studio in Chelsea, as well as receiving a personalised diet plan.

To contact Erik Meijer, call 07538 438 282 or visit erikmeijer.com

