

Most men think their expensive triple blade more than does the trick, but until you've treated yourself to a good old-fashioned close shave, you won't know just what you've been missing.

The Shavel Treatment starts with a hot towel over the face to soften hair and get heat into skin. A thorough exfoliator massage is given to bring out dead skin to the surface, followed by a hot flannel to open up pores to leave the face smoother. After being lathered with Italy's finest foam, the cut-throat razor goes to work for a tight shave. All the while, you're given a consultation to help you assess the way you shave, identify your sensitive areas and learn what products you need to keep your chin up and at 'em! • Shave incorporating a deep cleansing mini facial: £39



• Consultation, scalp massage, wash, cut & style £39; Body waxing, from £28

(you don't want it to look like a nest once you take your pagri off), and designed to suit your face shape. And it might be an idea to get a bit of hair removal done elsewhere while you're at it...

STYLING

Once you look and feel the part, dressing up suddenly becomes so much easier. Our groom-to-be Ripon said: 'I tried the odd outfit on before but I always felt wrong in them. It was amazing to see that changing my looks allowed me to experiment with a whole range of smart attire I normally felt uncomfortable even considering. Because of my bohemian dress sense, I was sure I'd opt for a more western tailored outfit, but I shocked myself to see me opt for a traditional sherwani, and one in a pretty pastel shade at that. My girlfriend will think she's marrying a different man!' · Outfit by RCS Designs



