

**The Treatment****Inner Strength at The Spa at Mandarin Oriental**

The new spa at the Mandarin Oriental in London's Knightsbridge will be available for reservations when the hotel reopens this month. Although there will be around 70 treatments to choose from, the standout option is likely to be the one-hour 50-minute "Inner Strength" (take a long lunch). Combining aromatherapy treatments with a sports massage, the treatment is designed to reduce stress. Which it absolutely will. £265. mandarinoriental.com

**The Fragrance****Les Infusions De Prada Mandarine by Prada**

The latest addition to Prada's Les Infusions collection is perfect for late summer. Combining fizzy notes of bitter orange and mandarin with a base of opoponax (sweet myrrh), it's bright and fresh but also surprisingly masculine. What's more, it'll look as good on your bathroom shelf as it will smell on your neck. Which is never a bad thing. £103 for 100ml. [At Harrods. harrods.com](http://Harrods.harrods.com)

Daily Routine**About face (and the rest)**

Switch it up for the man in the mirror with these five quick fixes

Men spend more time on their grooming regimes than they did three years ago.* Stands to reason, then, that just as we refresh our wardrobes seasonally, we should probably reboot our morning routines too. Here's the skinny on the best new trends out there

Edited by **Teo van den Broeke** Illustration by **Gavin Reece**

**The Haircut****The loose crop**

"A loosely cropped haircut, which also has some texture and length on the side and back, is perfect for the new season," says Carmelo Guastella, men's grooming director at Gielly Green. "Ask for the hair on top to be cut to around 2-3cm. The sides should be a touch shorter, while the hairline around the ears and neck should be finished imperfectly. Oh, and ask for the fringe to be irregular and choppy. This style best suits slim and long or oval-shaped faces. It's not recommended for round faces." giellygreen.co.uk

**The Product****Super Energizer SPF 40 by Clinique**

All-in-one wonder products have become a bit of a thing over the past few years, but few have lived up to their promises. Enter Clinique's new Super Energizer. Improbably light, ultra-hydrating and caffeine-laced to boost skin vitality, this uber-cream is also excellent at defending against pollution, UVA and UVB rays. It also protects from the harmful blue light omitted by our devices and if that's not an innovation, we don't know what is. £40. clinique.co.uk

+ The Touch-Up Nonsurgical jaw reshaping by New York Dermatology Group

The nonsurgical jaw reshaping treatment (aka the "Tie Tuck") was developed by dermatologist Dr David Colbert. Noninvasive skin tightening and cosmetic dermatology are combined to redefine the jawline and reduce the appearance of loose skin beneath the chin. The two-hour treatment (currently available at Harrods' Wellness Clinic) includes - among other things - an ultrasound treatment, which lifts, tones and tightens loose skin, and hyaluronic gel structuring, which adds volume and definition. This treatment comes highly recommended by one GQ contributor with a particularly razor-sharp jawline who we couldn't possibly name. **From £800. At Harrods. harrods.com**