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SEBUM

Banish my oily locks

Q My hair is affecting my self-confidence. It just seems to be getting greasier and greasier. For example, if I wash my hair on a Monday night it will be greasy again by Tuesday. I have tried various shampoos but, if anything, they just seem to make it worse. I have not eaten or drunk anything out of the ordinary. Where am I going wrong?
SP, Middlesex

A You don't mention how old you are or if you have started going to the gym or changed your working environment. All can have a profound effect upon your skin, scalp and hair. For example, as we develop from adolescence to adulthood, usually between the ages of 18 to 26 for men, production of hormones such as testosterone increase significantly. This can affect the amount of oil (sebum) produced by the glands

in your scalp, the result of which is a relatively oilier scalp and hair. Working in air-conditioned buildings, doing a lot of flying or even travelling in a crowded underground train can also affect how oily your scalp gets.

Although you mention you have not eaten or drunk anything different, a slight increase in milk consumption can make a significant difference to the oiliness of the scalp. I would suggest cutting out drinking milk for at least two weeks to see if this helps. If you still having a problem, try shampooing daily with a normal shampoo using just one application. Wet the hair thoroughly with water, as warm as you can stand, then apply the shampoo, about the size of a 50p piece (more if you have long hair). Rinse the hair thoroughly and don't use any conditioner. If you use styling products regularly, you may need two applications of shampoo. (HR)

EXPOSURE

Beat the rays

Suntan lotion for thickos

There's only a minority of men who truly understand the "SPF" babble on the back of a bottle of suntan lotion. It means Sun Protection Factor, and the higher the SPF, the longer you can stay in the sun without burning. For example, if you burn after five minutes, an SPF of four means you



can expose your pasty white limbs for up to 20 minutes. But now there is a product that makes turning golden even easier. Dial-a-tan by Variosun contains two re-fillable cartridges with SPF 2 and SPF 30. You simply adjust the dial to choose your required SPF, and the lotion is mixed inside the bottle before being released through a dispenser. Surely even gingers could reap the benefits? ■ £11.99 from Harrods or mail order on 0800 0260220.