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The Beau Guide

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**SPRING IS
HERE 4
BEST
FRAGRANCE
TO WEAR**

The
Masterpiece
DAVID



NEW ARTICLES

BY KEV ZULU

THE BEAU GUIDE

THE ONLY MEN'S MAGAZINE THAT MATTERS

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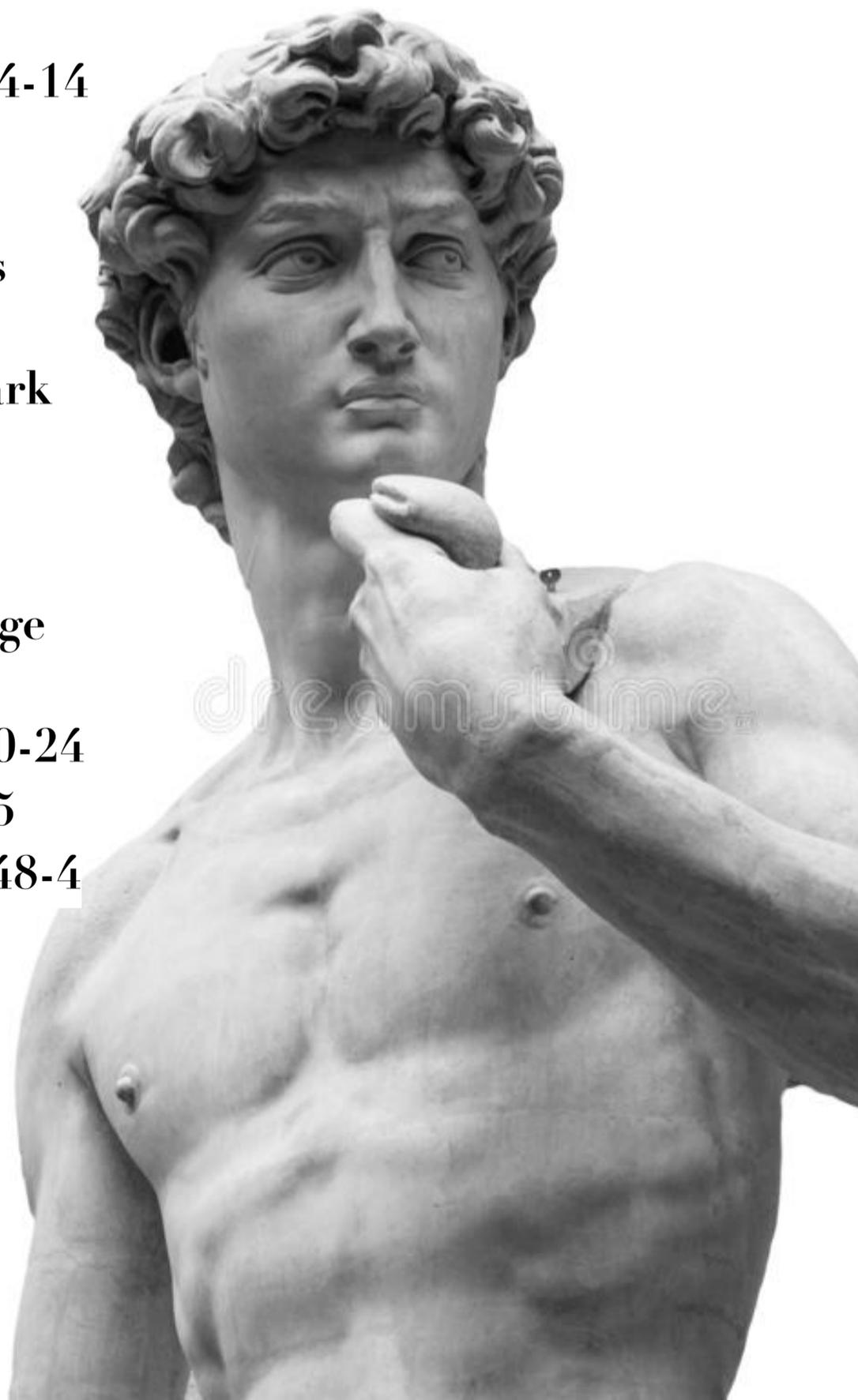
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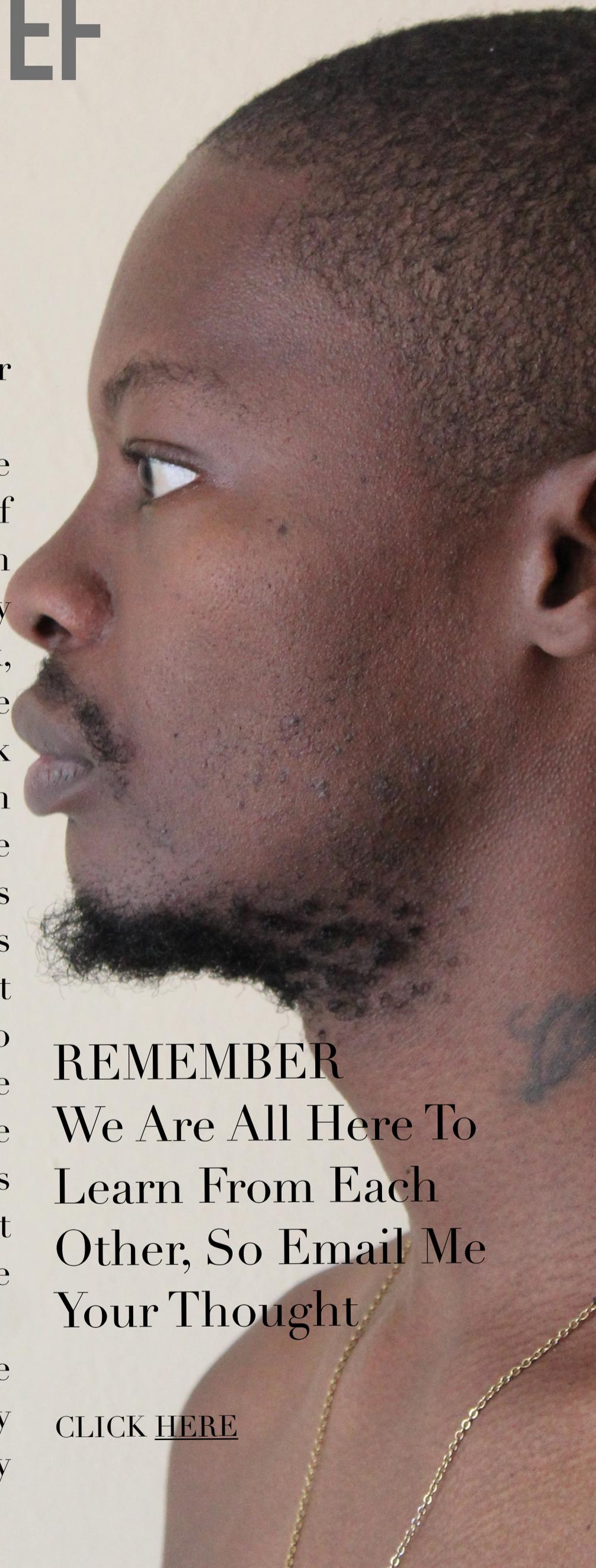
Dear valued Reader

We at The Beau Guide are honored to announce a series of articles specifically aimed at men that are looking for everyday advices from topics like sex, woman and health. Please share with us also your feedback because the views written on these articles do not reflect the company THE BEAU GUIDE its just my way of thinking, And as scary as it is to think out loud it beats male suicide ANYDAY so this is why the information I have collected until now must be known by all men because as much as its going to help you, It helped me

Lets bang the gold drums as we dive on in into modern day masculinity

REMEMBER
We Are All Here To
Learn From Each
Other, So Email Me
Your Thought

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DAVID

by Leonardo



David is a masterpiece of Renaissance sculpture, created in marble between 1501 and 1504 by the Italian artist Michelangelo. *David* is a 5.17-metre 17 ft 0 in marble statue of the Biblical figure David, a favoured subject in the art of Florence.

David was originally commissioned as one of a series of statues of prophets to be positioned along the roofline of the east end of Florence Cathedral, but was instead placed in a public square, outside the Palazzo Vecchio, the seat of civic government in Florence, in the Piazza della Signoria, where it was unveiled on 8 September 1504. The statue was moved to the Galleria dell'Accademia, Florence, in 1873, and later replaced at the original location by a replica.

Because of the nature of the figure it represented, the statue soon came to symbolize the defence of civil liberties embodied in the Republic of Florence, an independent city-state threatened on all sides by more powerful rival states and by the hegemony of the Medici family. The eyes of *David*, with a warning glare, were fixated towards Rome where the Medici family lived.

The history of the statue begins before Michelangelo's work on it from 1501 to 1504. Prior to Michelangelo's involvement, the Overseers of the Office of Works of Florence Cathedral, consisting mostly of members of the influential woolen cloth guild, the Arte della Lana, had plans to commission a series of twelve large Old Testament sculptures for the buttresses of the cathedral. In 1410, Donatello made the first of the statues, a figure of Joshua in terracotta.

A figure of Hercules, also in terracotta, was commissioned from the Florentine sculptor Agostino di Duccio in 1463 and was made perhaps under Donatello's direction. Eager to continue their project, in 1464, the *Operai* contracted Agostino to create a sculpture of David.

A block of marble was provided from a quarry in Carrara, a town in the Apuan Alps in northern Tuscany. Agostino only got as far as beginning to shape the legs, feet, torso, roughing out some drapery, and probably gouging a hole between the legs. His association with the project ceased, for reasons unknown, with the death of Donatello in 1466, and ten years later Antonio Rossellino was commissioned to take up where Agostino had left off. Rossellino's contract was terminated soon thereafter, and the block of marble remained neglected for 26 years, all the while exposed to the elements in the yard of the cathedral workshop. This was of great concern to the *Opera* authorities, as such a large piece of marble was not only costly, but represented a large amount of labour and difficulty in its transportation to Florence.

In 1500, an inventory of the cathedral workshops described the piece as "a certain figure of marble called David, badly blocked out and supine." A year later, documents showed that the *Operai* were determined to find an artist who could take this large piece of marble and turn it into a finished work of art. They ordered the block of stone, which they called 'the Giant', "raised on its feet" so that a master experienced in this kind of work might examine it and express an opinion. Though Leonardo da Vinci and others were consulted, it was Michelangelo, at 26 years of age, who convinced the *Operai* that he deserved the commission. On 16 August 1501, Michelangelo was given the official contract to undertake this challenging new task.



He began carving the statue early in the morning on 13 September, a month after he was awarded the contract. He would work on the massive statue for more than two years.

On 25 January 1504, when the sculpture was nearing completion, Florentine authorities had to acknowledge there would be little possibility of raising the more than six-ton statue to the roof of the cathedral. They convened a committee of 30 Florentine citizens that included many artists, including Leonardo da Vinci and Sandro Botticelli, to decide on an appropriate site for *David*. While nine different locations for the statue were discussed, the majority of members seem to have been closely split between two sites.

One group, led by Giuliano da Sangallo and supported by Leonardo and Piero di Cosimo, among others, believed that, due to the imperfections in the marble, the sculpture should be placed under the roof of the Loggia dei Lanzi on Piazza della Signoria; the other group thought it should stand at the entrance to the Palazzo della Signoria, the city's town hall (now known as Palazzo Vecchio). Another opinion, supported by Botticelli, was that the sculpture should be situated on or near the cathedral.

In June 1504, *David* was installed next to the entrance to the Palazzo Vecchio, replacing Donatello's bronze sculpture of *Judith and Holofernes*, which embodied a comparable theme of heroic resistance. It took four days to move the statue the half mile from Michelangelo's workshop into the Piazza della Signoria. Later that summer, the sling and tree-stump support were gilded, and the figure was given a gilded loin-garland.



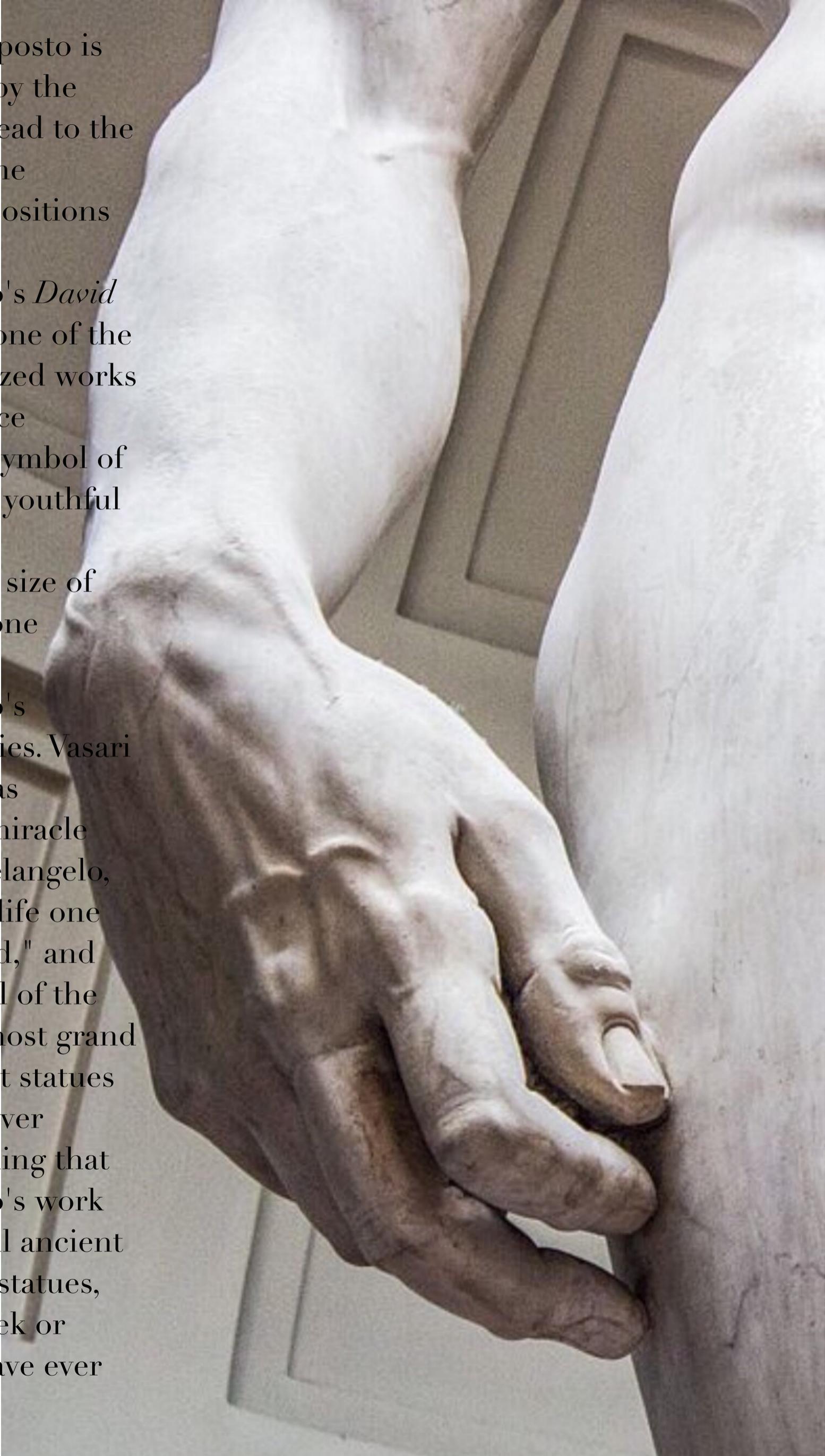
The pose of Michelangelo's *David* is unlike that of earlier Renaissance depictions of David. The bronze statues by Donatello and Verrocchio represented the hero standing victorious over the head of Goliath, and the painter Andrea del Castagno had shown the boy in mid-swing, even as Goliath's head rested between his feet,^[22] but no earlier Florentine artist had omitted the giant altogether. According to most scholars, David is depicted *before* his battle with Goliath. Instead of being shown victorious over a foe much larger than he, David looks tense and ready for battle after he has made the decision to fight Goliath, but, before the battle has actually taken place. His brow is drawn, his neck tense, and the veins bulge out of his lowered right hand. His left hand holds a sling that is draped over his shoulder and down to his right hand, which holds the handle of the sling. The nudity reflects the story of David as stated in the Bible, I Samuel 17:38-39: "And Saul armed David with his armour, and he put an helmet of brass upon his head; also he armed him with a coat of mail. And David girded his sword upon his armour, and he assayed to go; for he had not proved *it*. And David said unto Saul, I cannot go with these; for I have not proved *them*. And David put them off him."

The twist of his body effectively conveys to the viewer the feeling that he is about to move; an impression heightened with *contrapposto*. The statue is a Renaissance interpretation of a common ancient Greek theme of the standing heroic male nude. In the High Renaissance, *contrapposto* poses were thought of as a distinctive feature of antique sculpture, initially materialised in the *Doryphoros* of Polykleitos (c. 440 BC). This is typified in *David*, as the figure stands with one leg holding its full weight and the other leg forward. This classic pose causes both hips and shoulders to rest at opposing angles, giving a slight s-curve to the entire torso.

The contrapposto is emphasized by the turn of the head to the left, and by the contrasting positions of the arms

Michelangelo's *David* has become one of the most recognized works of Renaissance sculpture; a symbol of strength and youthful beauty.

The colossal size of the statue alone impressed Michelangelo's contemporaries. Vasari described it as "certainly a miracle that of Michelangelo, to restore to life one who was dead," and then listed all of the largest and most grand of the ancient statues that he had ever seen, concluding that Michelangelo's work surpassed "all ancient and modern statues, whether Greek or Latin, that have ever existed."



The proportions of the *David* are atypical of Michelangelo's work; the figure has an unusually large head and hands (particularly apparent in the right hand). The small size of the genitals, though, is in line with his other works and with Renaissance conventions in general, perhaps referencing the ancient Greek ideal of pre-pubescent male nudity. These enlargements may be due to the fact that the statue was originally intended to be placed on the cathedral roofline, where the important parts of the sculpture may have been accentuated in order to be visible from below. The statue is unusually slender (front to back) in comparison to its height, which may be a result of the work done on the block before Michelangelo began carving it.

It is possible that the *David* was conceived as a political statue before Michelangelo began to work on it. Certainly, David the giant-killer had long been seen as a political figure in Florence, and images of the Biblical hero already carried political implications there. Donatello's bronze *David*, made for the Medici family, perhaps c. 1440, had been appropriated by the Signoria in 1494, when the Medici were exiled from Florence, and the statue was installed in the courtyard of the Palazzo della Signoria, where it stood for the Republican government of the city. By placing Michelangelo's statue in the same general location, the Florentine authorities ensured that *David* would be seen as a political parallel as well as an artistic response to that earlier work. These political overtones led to the statue being attacked twice in its early days. Protesters pelted it with stones the year it debuted, and, in 1527, an anti-Medici riot resulted in its left arm being broken into three pieces.

Commentators have noted the presence of foreskin on *David's* penis, which is at odds with the Judaic practice of circumcision, but is consistent with the conventions of Renaissance art.



The Best Fragrances And Scents For Men Who Want To Be Noticed

There are few things more appealing to men (and women) than wearing the right scent. In today's fast-paced world, a rigorous hygiene-routine sits at the forefront of professional grooming with American consumers. In fact, with men's grooming taking high precedence in 2021, the data proves evident— that a great resurgence in men's fragrances is now marketed towards the growing market segmentation of Gen Z and younger millennials.



Dolce & Gabbana- As the newest launch from Dolce&Gabbana, the limited-edition Light Blue Forever Pour Homme sees a new interpretation of freshness for men. It blends intensity and light to create a scent that is both generous and addictive. The citrus woody fragrance contrasts refreshing notes of grapefruit and bergamot with an irresistible trail of earthy vetiver and sensual patchouli, instantly transporting the senses to the citrus groves of Capri, and making it a must-have men's scent for fall.is.



Dolce&Gabbana, the limited-edition Light Blue
Forever Pour Homme

Moncler-With its revolutionary LED design, the 'borraccia' flask-shaped bottle, Moncler Pour Homme forges an inextricable link with the House's mountain roots and adventurous spirit. A woody aromatic fragrance, Moncler Pour Homme captures the vibrant natural beauty of an alpine forest. **Moncler Pour Homme 150ml* \$ 210**



Moncler Pour Homme

Issey Miyake -Conveying a fresh and vibrant approach, Issey Miyake L'Eau d'Issey Pour Homme is a must-have for men this fall thanks to its unique and elegant combination of citrus touches of yuzu with sandalwood, resulting in a timeless and classically masculine signature scent. **\$100**



Issey Miyake L'Eau d'Issey Pour Homme

Christian Dior - Sauvage Elixir is an extraordinarily concentrated fragrance steeped in the emblematic freshness of Sauvage with an intoxicating heart of Spices, a "tailor-made" Lavender essence and a blend of rich Woods forming the signature of its powerful, lavish and captivating trail. \$155



Christian Dior Sauvage Elixir

Eau de toilettes have a lower concentration of perfume oils, and are made to have a lighter wear on the skin, not necessarily lasting until the end of the evening. For those of you who prefer a light scent for daytime, this will be your go-to. On the contrary, eau de parfums have a high concentration of perfume oils. These are the most common fragrances and typically how all new fragrances are released to the counter. I'd say most perfumes on the department store counters are eau de parfums. The scent will last from morning to evening.



VERSACE



First Looks // Nike
Air Griffey Max 1
“San Francisco”

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RICH

MINISI

This special edition of our RICH MNISI 'Nwa-Mulamula's Chaise', subtitled 'Vutomi' (Life), continues his explorations of the story of Bumba, the god of Bushongo mythology who is believed to have given birth to the world by vomiting. Known for his vibrant use of pattern and heightened sense of colour, Mnisi designed the kaleidoscopic pattern as a microscopic view of Bumba's purge.





The abstract print originated in our Mafamba Yexe fashion collection.

Rich Mnisi

'Nwa-Mulamula's Chaise – Vutomi' (Life), 2022

Fibreglass body with hand-mapped automotive coating
300 x 150 x 75 cm

Unique



EMPORIO  ARMANI















EMPORIO  ARMANI



Circumcision for Men

– Medical

Circumcision is a simple surgical procedure that removes the foreskin – a sleeve of skin covering the tip of the penis. Although infancy is the ideal time for a circumcision, many adult men and teens seek circumcision for medical, health, sexual, cultural, religious or cosmetic reasons. However, a man does not need to have a medical reason to have a circumcision. Personal preference or social reasons are perfectly valid. In order to make an informed decision, he must carefully consider the benefits and risks. Before you view more information, you must confirm that you are currently 18 years old, or older, and that you understand that the following information is of an explicit nature.

Contact us now to find out more about Mens Clinic prices and circumcisions. Or **click here** to book an appointment with one of our friendly doctors in your area.

To read more about circumcisions, [click here](#).



7 Proven Health Benefits of Dark Chocolate

Dark chocolate is loaded with nutrients that can positively affect your health.

Made from the seed of the cacao tree, it's one of the best sources of antioxidants you can find.

Studies show that dark chocolate can improve your health and lower the risk of heart disease.

Here are 7 health benefits of dark chocolate or cocoa that are supported by science.

Very Nutritious

If you buy quality dark chocolate with a high cocoa content, then it's quite nutritious.

It contains a decent amount of soluble fiber and is loaded with minerals.

A 100-gram bar of dark chocolate with 70–85% cocoa contains (1):

11 grams of fiber

67% of the DV for iron

58% of the DV for magnesium

89% of the DV for copper

98% of the DV for manganese

In addition, it has plenty of potassium, phosphorus, zinc, and selenium.

Of course, 100 grams (3.5 ounces) is a fairly large amount and not something you should be consuming daily. These nutrients also come with 600 calories and moderate amounts of sugar.

For this reason, dark chocolate is best consumed in moderation.

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fatty acid profile of cocoa and dark chocolate is also good. The fats consist mostly of oleic acid (a heart-healthy fat also found in olive oil), stearic acid, and palmitic acid.

The stearic acid has a neutral effect on body cholesterol. Palmitic acid can raise cholesterol levels, but it only makes up one-third of the total fat calories.

Dark chocolate also contains stimulants like caffeine and theobromine, but it's unlikely to keep you awake at night, as the amount of caffeine is very small compared with coffee.

Summary

Quality dark chocolate is rich in fiber, iron, magnesium, copper, manganese, and a few other minerals.

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Powerful Source of Antioxidants

ORAC stands for oxygen radical absorbance capacity. It's a measure of the antioxidant activity of foods.

Basically, researchers set a bunch of free radicals (bad) against a sample of a food and see how well the antioxidants in the food can disarm the free radicals.

The biological relevance of ORAC values is questioned, as it's measured in a test tube and may not have the same effect in the body.

However, it's worth mentioning that raw, unprocessed cocoa beans are among the highest-scoring foods that have been tested.

Dark chocolate is loaded with organic compounds that are biologically active and function as antioxidants. These include polyphenols, flavanols and catechins, among others.

One study showed that cocoa and dark chocolate had more antioxidant activity, polyphenols, and flavanols than any other fruits tested, which included blueberries and acai berries (2).

Summary

Cocoa and dark chocolate have a wide variety of powerful antioxidants. In fact, they have way more than most other foods.

May Improve Blood Flow and Lower Blood Pressure

The flavanols in dark chocolate can stimulate the endothelium, the lining of arteries, to produce nitric oxide (NO) (3Trusted Source).

One of the functions of NO is to send signals to the arteries to relax, which lowers the resistance to blood flow and therefore reduces blood pressure.

Many controlled studies show that cocoa and dark chocolate can improve blood flow and lower blood pressure, though the effects are usually mild (4Trusted Source, 5Trusted Source, 6Trusted Source, 7Trusted Source).

However, one study in people with high blood pressure showed no effect, so take this with a grain of salt (8Trusted Source). Given the great variation between studies on this subject, it's clear that more research is needed (9Trusted Source, 10Trusted Source).

Summary

The bioactive compounds in cocoa may improve blood flow in the arteries and cause a small but statistically significant decrease in blood pressure.

Raises HDL and protects LDL from oxidation

Consuming dark chocolate can improve several important risk factors for heart disease.

In a controlled study, cocoa powder was found to significantly decrease oxidized LDL (bad) cholesterol in men. It also increased HDL and lowered total LDL for those with high cholesterol (11Trusted Source).

Oxidized LDL means that the LDL cholesterol has reacted with free radicals.

This makes the LDL particle itself reactive and capable of damaging other tissues, such as the lining of the arteries in your heart.

It makes perfect sense that cocoa lowers oxidized LDL. It contains an abundance of powerful antioxidants that do make it into the bloodstream and protect lipoproteins against oxidative damage (12Trusted Source, 13Trusted Source, 14Trusted Source).

The flavanols in dark chocolate can also reduce insulin resistance, which is another common risk factor for diseases like heart disease and diabetes (15Trusted Source, 16Trusted Source,

17Trusted Source).

However, dark chocolate also contains sugar, which can have the opposite effect.

Summary

Dark chocolate improves several important risk factors for disease. It lowers the susceptibility of LDL to oxidative damage while increasing HDL and improving insulin sensitivity.⁵ May reduce heart disease risk

The compounds in dark chocolate appear to be highly protective against the oxidation of LDL.

In the long term, this should cause much less cholesterol to lodge in the arteries, resulting in a lower risk of heart disease.

In fact, several long-term observational studies show a fairly drastic improvement.

In a study of 470 older men, cocoa was found to reduce the risk of death from heart disease by 50% over 15 years (18Trusted Source).

Another study revealed that eating chocolate two or more times per week lowered the risk of having calcified plaque in the arteries by 32%. Eating chocolate less frequently had no effect (19Trusted Source).

Yet another study showed that eating dark chocolate more than five times per week lowered the risk of heart disease by 57% (20Trusted Source).

A 2017 clinical trial found that subjects who consumed almonds with or without dark chocolate showed improved LDL cholesterol levels (21Trusted Source).

Of course, these four studies are observational, so it's unclear exactly if it was the chocolate that reduced the risk.

However, since the biological process is known (lower blood pressure and oxidized LDL), it's plausible that regularly eating dark chocolate may reduce the risk of heart disease., since the biological process is known (lower blood pressure and oxidized LDL), it's plausible that regularly eating dark chocolate may reduce the risk of heart disease.

Summary

Observational studies show a drastic reduction in heart disease risk among those who consume the most chocolate.

May protect your skin from the sun

The bioactive compounds in dark chocolate may also be great for your skin.

The flavanols can protect against sun damage, improve blood flow to the skin, and increase skin density and hydration (22Trusted Source).

The minimal erythemal dose (MED) is the minimum amount of UVB rays required to cause redness in the skin 24 hours after exposure.

In one study of 30 people, the MED more than doubled after consuming dark chocolate high in flavanols for 12 weeks (23Trusted Source).

If you're planning a beach vacation, consider enjoying some extra dark chocolate in the prior weeks and months. But check with your doctor or dermatologist before forgoing your normal skin care routine in favor of more dark chocolate.

Summary

Studies show that the flavanols from cocoa can improve blood flow to the skin and protect it from sun damage.

Could improve brain function

The good news isn't over yet. Dark chocolate may also improve the function of your brain.

One study of healthy volunteers showed that eating high flavanol cocoa for 5 days improved blood flow to the brain

Cocoa may also significantly improve cognitive function in older adults with mild cognitive impairment. It may improve verbal fluency and several risk factors for disease, as well.

Additionally, cocoa contains stimulant substances like caffeine and theobromine, which may be a key reason why it can improve brain function in the short term

SUMMARY

Cocoa or dark chocolate may improve brain function by increasing blood flow. It also contains stimulants like caffeine and theobromine.

The bottom line

There is considerable evidence that cocoa can provide powerful health benefits, being especially protective against heart disease.

Of course, this doesn't mean you should go all out and consume lots of chocolate every day. It's still loaded with calories and easy to overeat.

Maybe have a square or two after dinner and try to savor them. If you want the benefits of cocoa without the calories in chocolate, consider making a hot cocoa without any cream or sugar.

Also, note that a lot of the chocolate on the market is not nutritious.

Choose quality stuff: dark chocolate with 70% or higher cocoa content. You might want to check out [this guide](#) on how to find the best dark chocolate.

Dark chocolates typically contain some sugar, but the amounts are usually small and the darker the chocolate, the less sugar it will contain.

Chocolate is one of the few foods that taste awesome while providing significant health benefits.

You can shop for dark chocolate at local grocers or [online](#).



EMPORIO  ARMANI





Dior Winter 2022 Campaign by Rafael Pavarotti

For its fall men's campaign, Dior recreated the set of its runway show, a replica of the Alexandre III bridge, as a painted backdrop in sepia and blue.

It made for a cinematic setting for Rafael Pavarotti's photographs showcasing the designs of Kim Jones, artistic director of menswear at the French fashion house. The idealized version of Paris was part of the designer's tribute to founder Christian Dior on the house's 75th anniversary.



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