

SPECIAL ISSUE! MIND, BODY & MASCULINITY

BRITISH

HERO WORSHIP

Man Up! How to be a man in 2016

(it's not as hard as you think)

+
The
essential
wellness
gadgets

+
Your ideal
beach watch
The best for
under £300

The
Style
Manual

GQ's rebooted
fashion guide

NEW SECTION

GENTLEMEN'S QUARTERLY

JULY
2016
£3.99



WORLD EXCLUSIVE

The ROCK!

How **Dwayne Johnson** became Hollywood's most bankable star

Photographed for British GQ by Gevin Bond | Story by Paul Henderson

PLUS! THE EXTRAORDINARY TRUTH BEHIND THE VIOLA BEACH TRAGEDY

Poolside Credentials... To Dive For!



1
THEO SUNGLASSES IN TORTOISE
£165
ZAC POSEN
WWW.ZACPOSEN.COM



2
NAVY BLUE ARROWS £110
RETROMARINE NEW YORK
WWW.RETROMARINE.NYC
INSTAGRAM: @RETROMARINE



3
AQUAPAC TRAILPROOF™
PHONE CASE £14
WWW.AQUAPAC.NET



4
BOND LIMITED EDITION RAINFOREST £180
BLUEMINT
WWW.BLUEMINT.COM



5
ODIN SWIM TRUNK - \$89 AUD
NÖRDICAL
WWW.NORDICAL.COM.AU



6
CLOUD9 SWIM SHORTS
\$46 USD
WWW.SANDANDSALT.COM
INSTAGRAM: @SAND.AND.SALT



7
GO BANANAS €95
NIKBEN
WWW.NIKBEN.COM
INSTAGRAM: @NIKBEN_SWIMWEAR



8
XARIFA SWIMMING SHORTS
MOD. FATIMA FLAME £125
XARIFA.COM



9
MONC EYEWEAR
WWW.MONCLONDON.COM
INFO@MONCLONDON.COM



10
COMPASS II - ELECTRIC BLUE/
LIME RRP £89
WWW.CHATHAM.CO.UK
01392 822981



11
WINDPOUCH™
\$79.95
WWW.WINDPOUCH.COM

1. Introduced in 2002, **Zac Posen** is a collection of daywear, suiting and red carpet eveningwear. The brand's iconic aesthetic has established a leadership position in glamorous daywear and evening dressing and it is available in the finest luxury department and specialty stores worldwide. Visit www.zacposen.com **2.** The designers at **Retromarine New York** sing you the Geometric Blues. A classy and clean swimwear collection, featuring playful blue, white, and cream geometric patterns, on our water defying fabrics. A must have in the closet of every retro man. Visit them at retromarine.nyc or Fenwick Bond St. **3. Aquapac**® is the world's favourite brand of waterproof bags and cases, with over 5 million of their innovative cases sold and three Queen's Awards to their name. Their new TrailProof Phone Case allows you use your phone in the surf or in the pool. Yes, you can even take photos underwater! To find out more visit www.aquapac.net **4. Bluemint** produces luxury leisurewear for the most discerning of traveller. Inspired by its Mediterranean heritage, Bluemint is an experience that embraces culture and travel to deliver exciting collections for both the everyday and the extraordinary. For more information visit www.bluemint.com **5.** Australian swimwear label **Nordical** has anchored on English shores with its new line of "tailored fit" trunks. With a mix of Scandinavian and Australian design comes a rugged yet sophisticated swim short that will handle the roughest of seas whilst also turning heads on the beach! Forged for the modern day Viking! Visit www.nordical.com.au **6. Sand & Salt.** 'Cloud9', whether floating around the pool or enjoying a cold drink whilst sunbathing, it is what every holiday should feel like. Sand & Salt is catered to the modern man, without being judgmental. The shorts are comfortable fit with a muted sense of style. www.sandandsalt.com **7.** The Swedish brand and **Nikben** changed the boundaries of swimwear design when entering the market with innovative, playful patterns on vintage style swim trunks. Nikben sells dreams of summer, sun and happy moments. The latest collection features prints that make a truly happy-go-lucky statement. Visit www.nikben.com **8. Xarifa** is a brand of premium swimwear born in 2013 and entirely Made in Italy. Every component from the smallest to the greatest has been carefully selected to deliver a top quality product, combining contemporary style, comfort and fast drying fabrics with the elegant sheen of times past. Discover more at www.xarifa.com **9. MONC EYEWEAR.** Designed in London, Handmade in Italy. Follow the creative journey and purchase many more colours of the range from July. WWW.MONCLONDON.COM info@monclondon.com **10. Chatham Marine.** Lightweight men's boat shoes made in super soft standout leathers. Perfect for on deck, by the pool or on the high street. Latex rubber sole unit for enhanced grip, moccasin constructed for optimal fit. Also comes with the Chatham 2 year manufacturers guarantee. Also available in Sky Blue, Navy/Orange and Grey/Red. Visit www.chatham.co.uk **11. WindPouch** is an inflatable hammock that sets up in seconds. No pump required! Made of polyurethane-coated ripstop nylon for supreme durability and comfort. WindPouch floats on the water, perfect for summer trips to the beach or pool! Available in 5 fantastic colours. Atlanta, Georgia, USA. Visit www.WindPouch.com