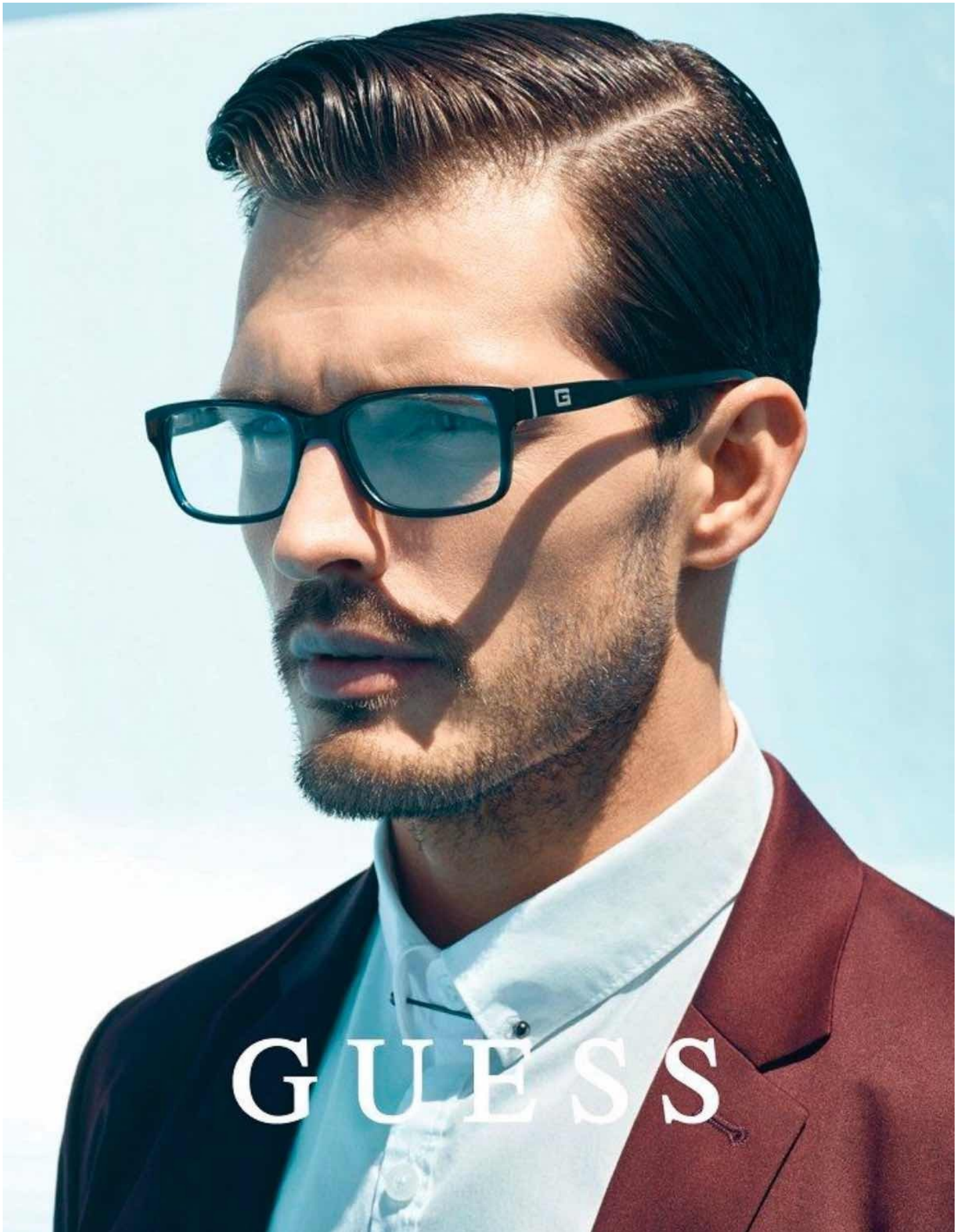


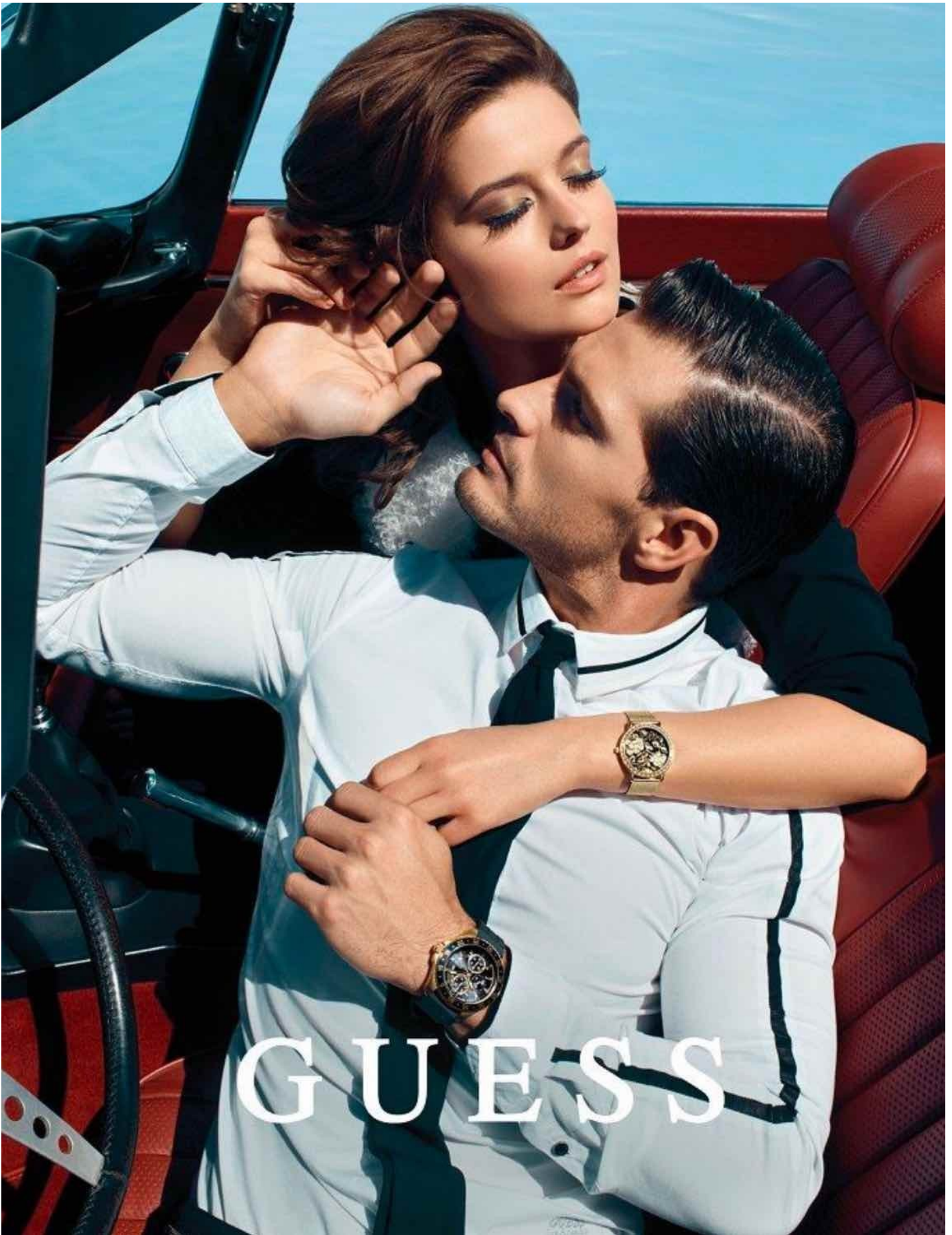
DAMAN



DIEGO MIGUEL

HEIGHT: 184 CHEST: 99 WAIST: 79 HAIR: BROWN EYES: BROWN SUIT: 48 SHOES: 43

DAMAN



GUESS

DIEGO MIGUEL

HEIGHT: 184 CHEST: 99 WAIST: 79 HAIR: BROWN EYES: BROWN SUIT: 48 SHOES: 43

DAMAN



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LA REVISTA
PARA LOS HOMBRES

Men's Health

DICIEMBRE 2015

ABS

ANTES DE REYES
DESTAPA TU SIX-PACK EN UN
MES, SIN PASAR HAMBRE

TECNO FITNESS

30 GADGETS FUTURISTAS
PARA RENDIR MÁS HOY

PIERDE TRES KILOS

6 FORMAS DE VENCER LAS
TENTACIONES NAVIDENAS
P61

#25 TIPS CALIENTES

GUÍA DE SUPERVIVENCIA
SEXUAL PARA ESTAS FIESTAS

SUDA CON ESTILO

LAS 8 CLAVES DEL
TOP DIEGO MIGUEL
P115

148 TRUCOS INFALIBLES ¡VIVE TU INVIERNO MÁS FIT!

¡SIN EXCUSAS! GYM EN CASA

CAMBIA TU CUERPO
EN 4 SEMANAS SOLO
CON UN FITBALL

Número Especial

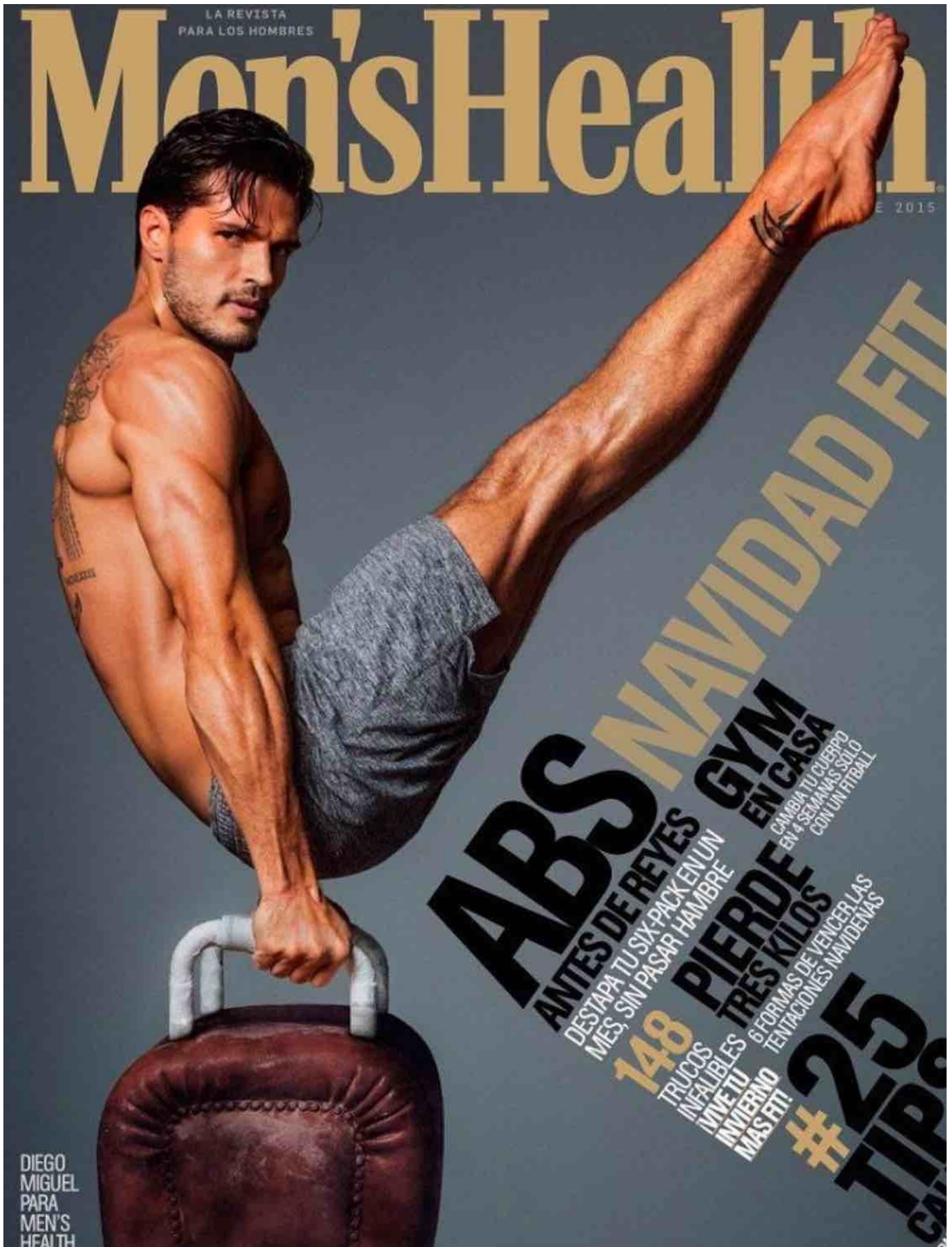
NAVIDAD EN FORMA

3.80€ - EDICIÓN
00195
8 41452 0055018

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DAMAN



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DAMAN



Camisa Adriana
Barra para
Choix, chapéu
Mormail, óculos
Evoko, corrente e
escapulário Talento
Joias, lenço
ao fundo Zara.

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DAMAN

Estilo

FOTOGRAFIA DE
EDU GARCIA
POR GERARD SOLÉ

*FELIZ
moda NUEVA*

DIEGO MIGUEL

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DAMAN



Diego Miguel es uno de los modelos masculinos del momento. Este brasileño, amante del fútbol, la capoeira y cualquier actividad que huela a deporte, ha sido imagen de Dsquared2, Dirk Bikkembergs, Calibre o Saks, y ha paseado su cuerpo de atleta por pasarelas y portadas de medio mundo

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DAMAN

SUBLIME

THE RESTLESS ROUTINE SURROUNDS US
MAKES US INDIFFERENT IN SEARCH OF
REFERENCES IN OUR TRUE ESSENCE.

*PHOTOGRAPHER: STEFANO RAPHAEL
ART DIRECTOR: DAY MOLINA
MODEL: DIEGO MIGUEL
AGENCY: WILHELMINA*



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DAMAN



Peace and balance are vital,
they rescue our identity.

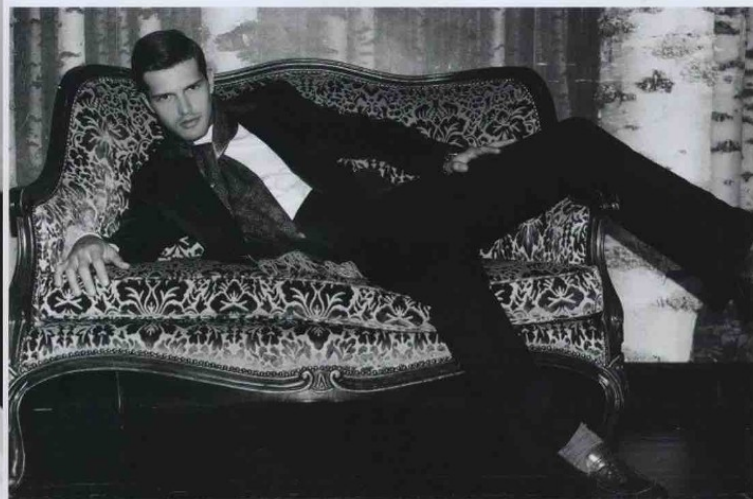
DIEGO MIGUEL

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DAMAN



ROBE BY SIMI IM / SWIMWEAR BY GUCCI / GLASSES BY TOM FORD / WATCH BY ROLEX / SOCKS BY CALVIN KLEIN / SHOES BY DOLCE & GABBANA / CHAIN MODEL'S OWN



BLAZER, SHIRT & TROUSERS ALL BY DOLCE & GABBANA / CUMMERBUND, SCARF & SHOES ALL BY BRIONI / WATCH BY ROLEX

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DAMAN



Cotton-and-linen
beret, \$39.90, by
COMMODE. Revamp
yellow gold pendant
with silk cord, \$3,020,
by BVLGARI.

Opposite: Silk tulle
and wool jumper, price
unavailable, by DOLCE
& GABBANA. Cotton
shirt, price unavailable,
by CK CALVIN KLEIN.
Cotton trousers, price
unavailable, by JIL
SANDER from Club 21
Men. Cotton-and-linen
beret, \$39.90, by
COMMODE. Calf-
leather braided belt,
\$69, by BRITISH INDIA.
Espadrilles, \$28, by
RIVER ISLAND.

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DAMAN



Jaqueta **B.Luxo**,
sunga **Doux**,
óculos **T-Charge**,
corrente e
escapulário
Talento Jolas,
relógio **Omega**,
meias **American
Apparel**, sapatos
Democrata.

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DAMAN

GROOMING

SPARRING *Partners*

With sweat dripping and pulses racing, an explosive bout in the BOXING ring sends adrenaline *LEVELS UP* to dizzying heights.

photography CHUANDO & FREY *styling* BRENDA THAM

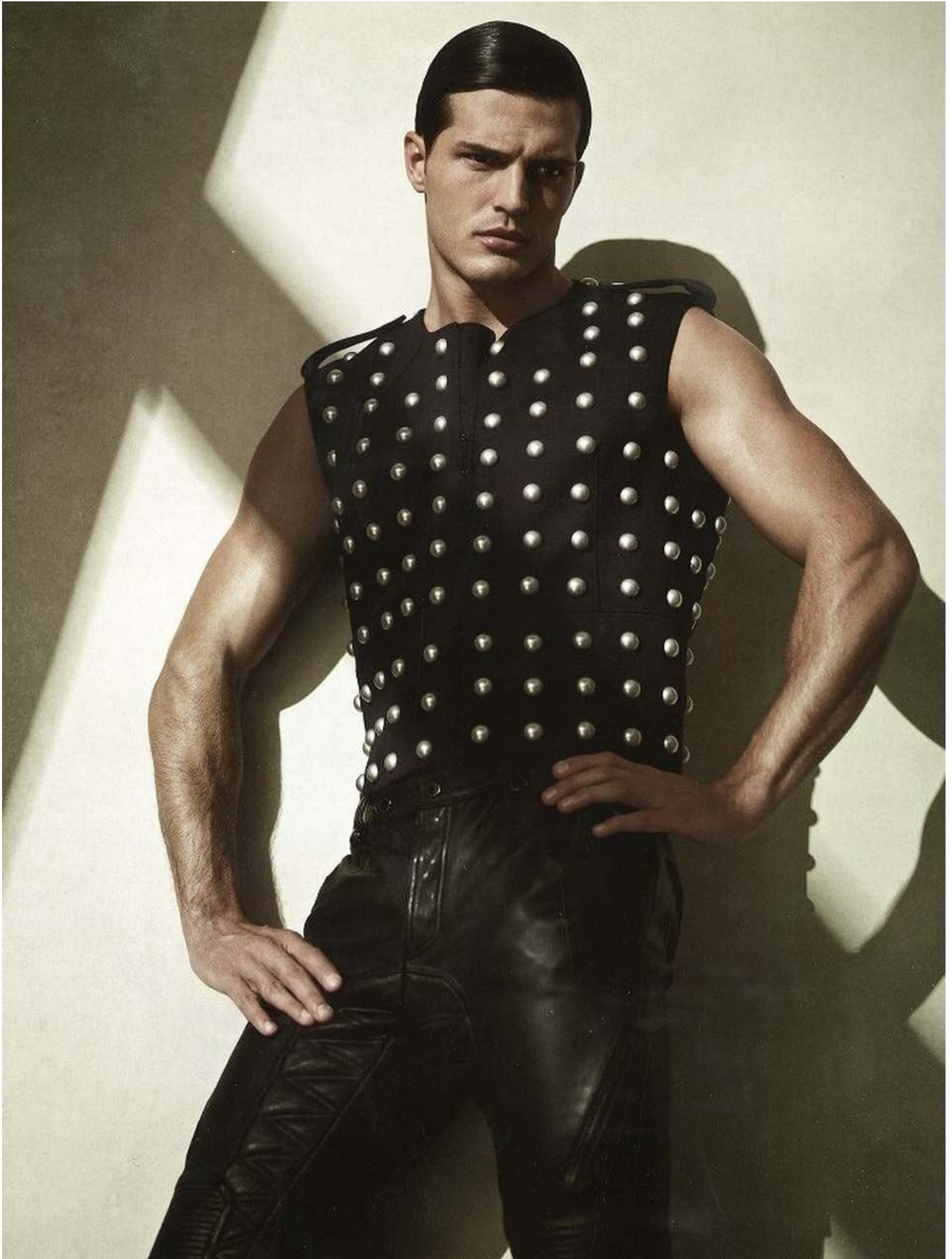
ON THE DOUBLE

Formulated for hyper-sensitive skin, TLC Hair and Body Wash, \$34 for 500ml, by ECOKIDS from Sephora, cleanses without causing skin irritation. The dual-purpose wash contains ingredients that match the oils and amino acids found naturally in the skin layers.

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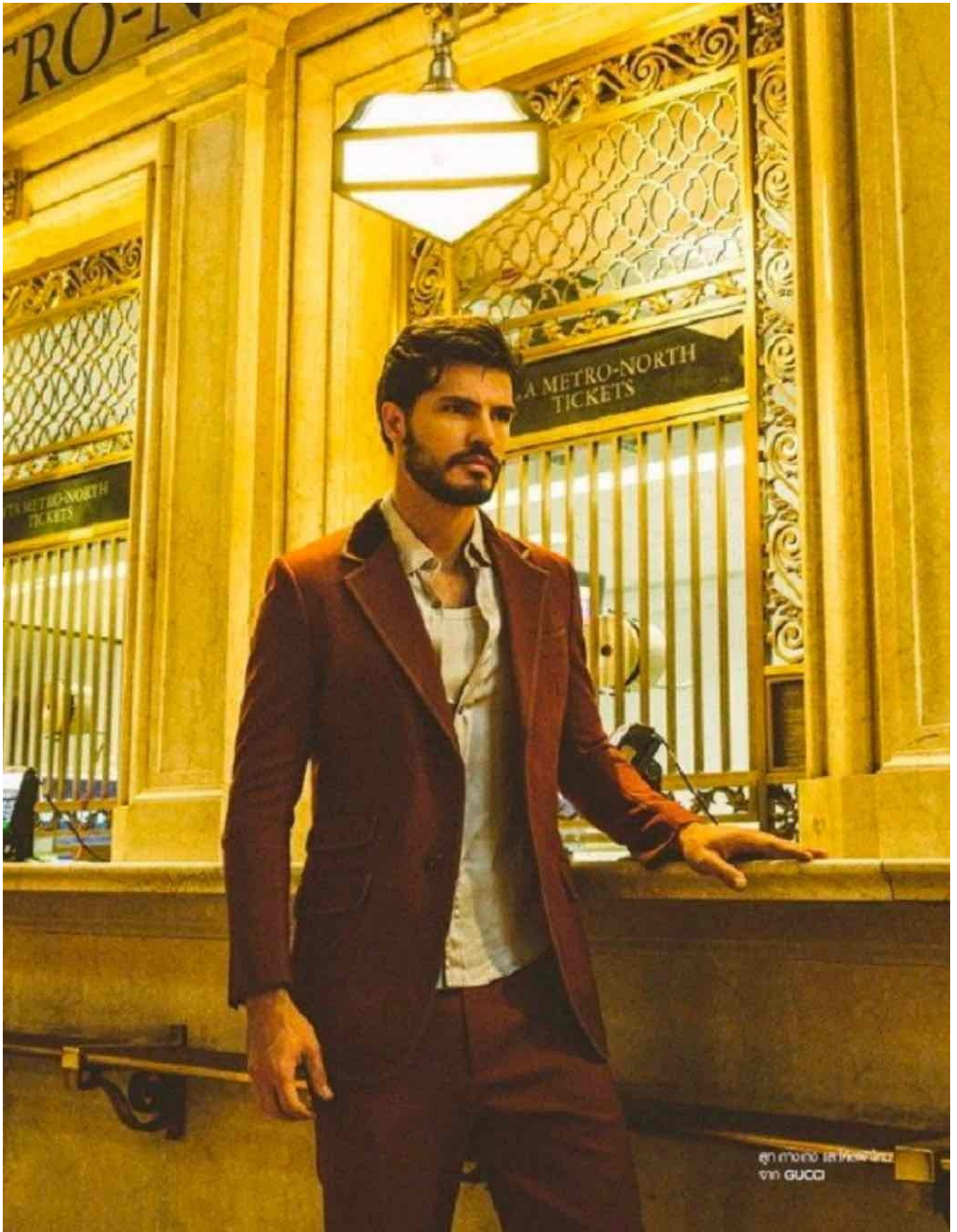
DAMAN



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DAMAN



en mano la tienda
en GUCCI

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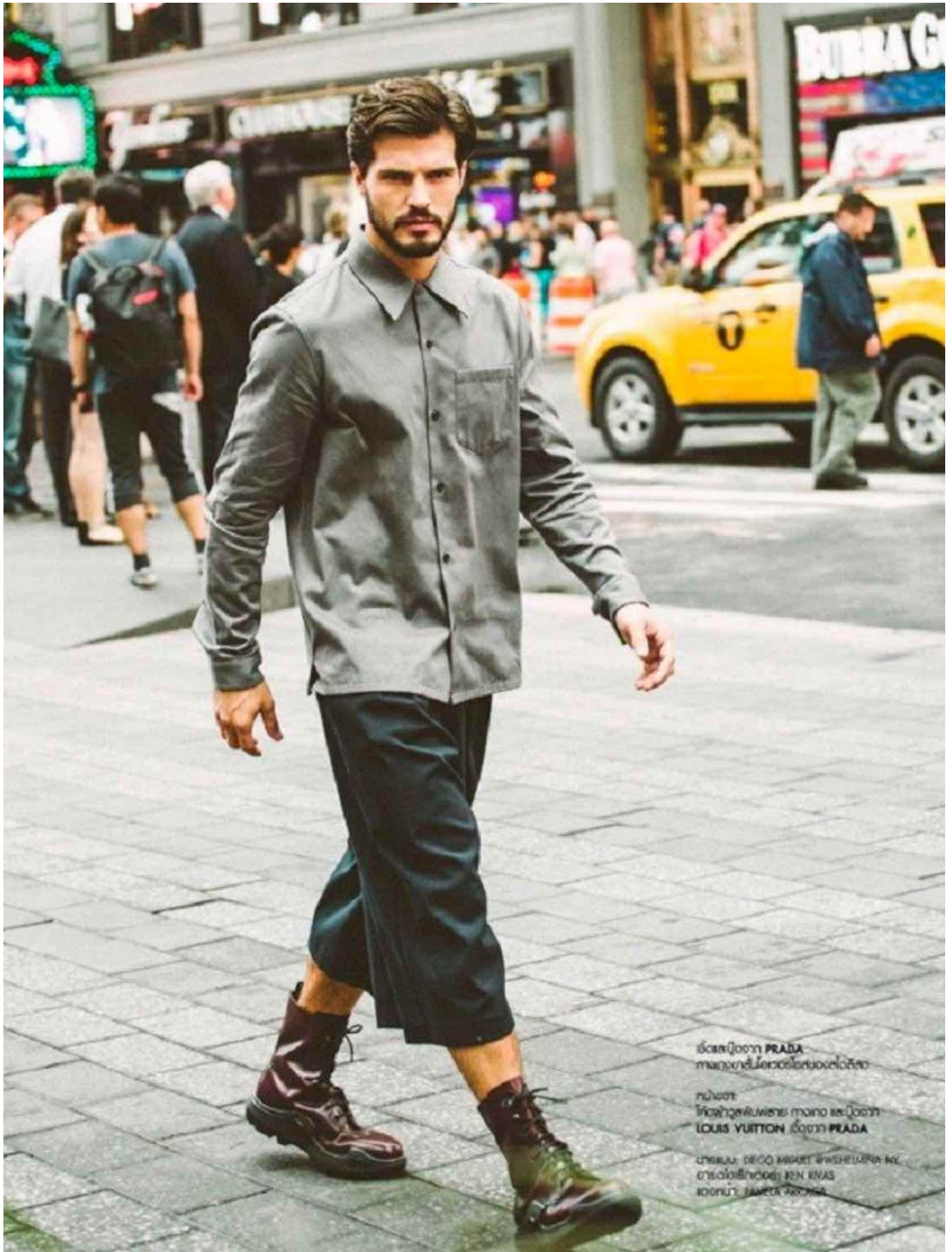
DAMAN



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เสื้อแขนยาว PRADA
กางเกงขายาวสีน้ำเงิน PRADA

รองเท้า:
Louis Vuitton และ Prada

ถ่ายภาพ: DIEGO MIGUEL WISHEWANA NY
สไตลิ่ง: BEN KHAS
คอนสตู: JAMES A. JAMES

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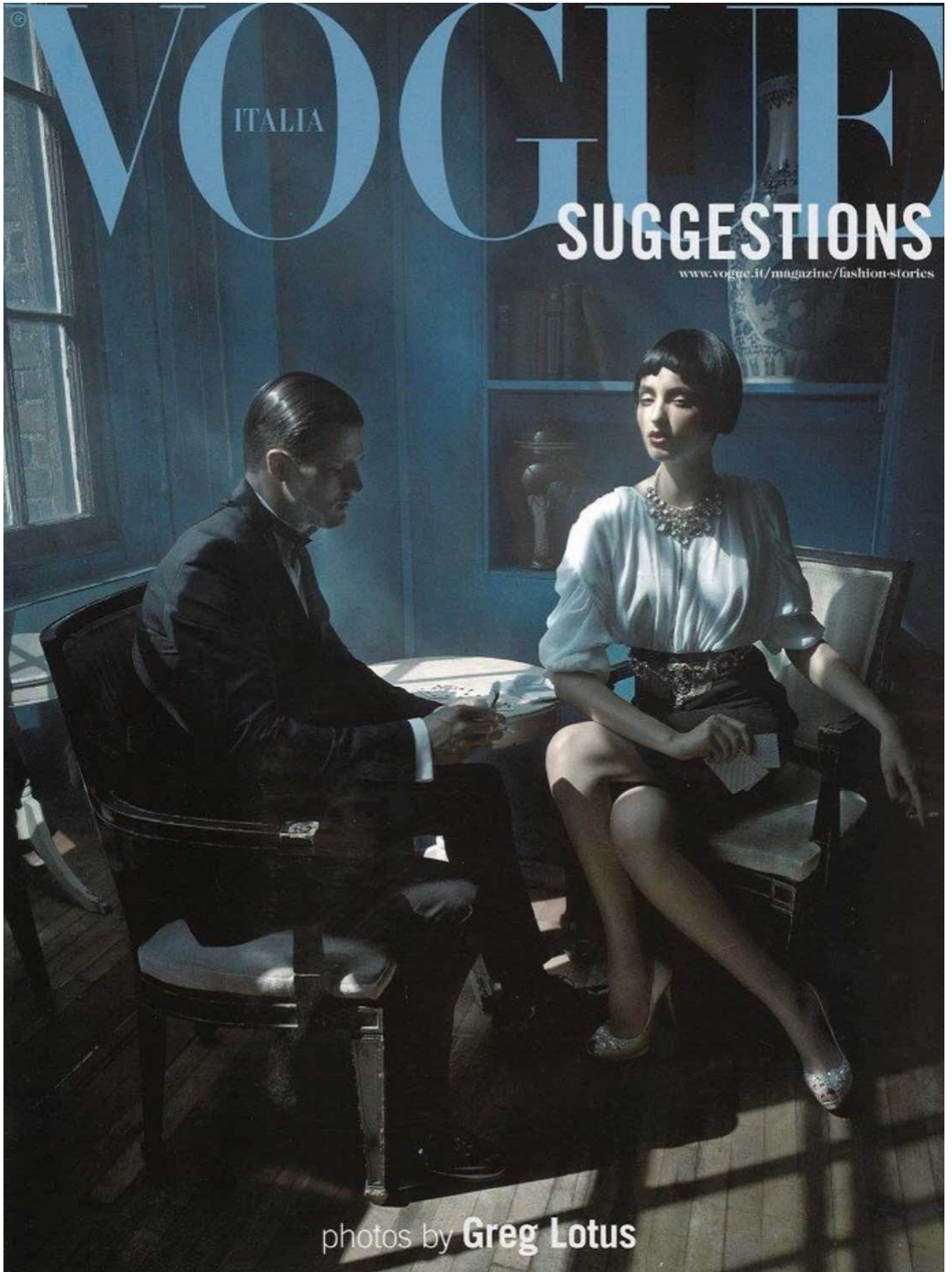
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DAMAN



In any part of the world,
the challenge is to be
who you really are.

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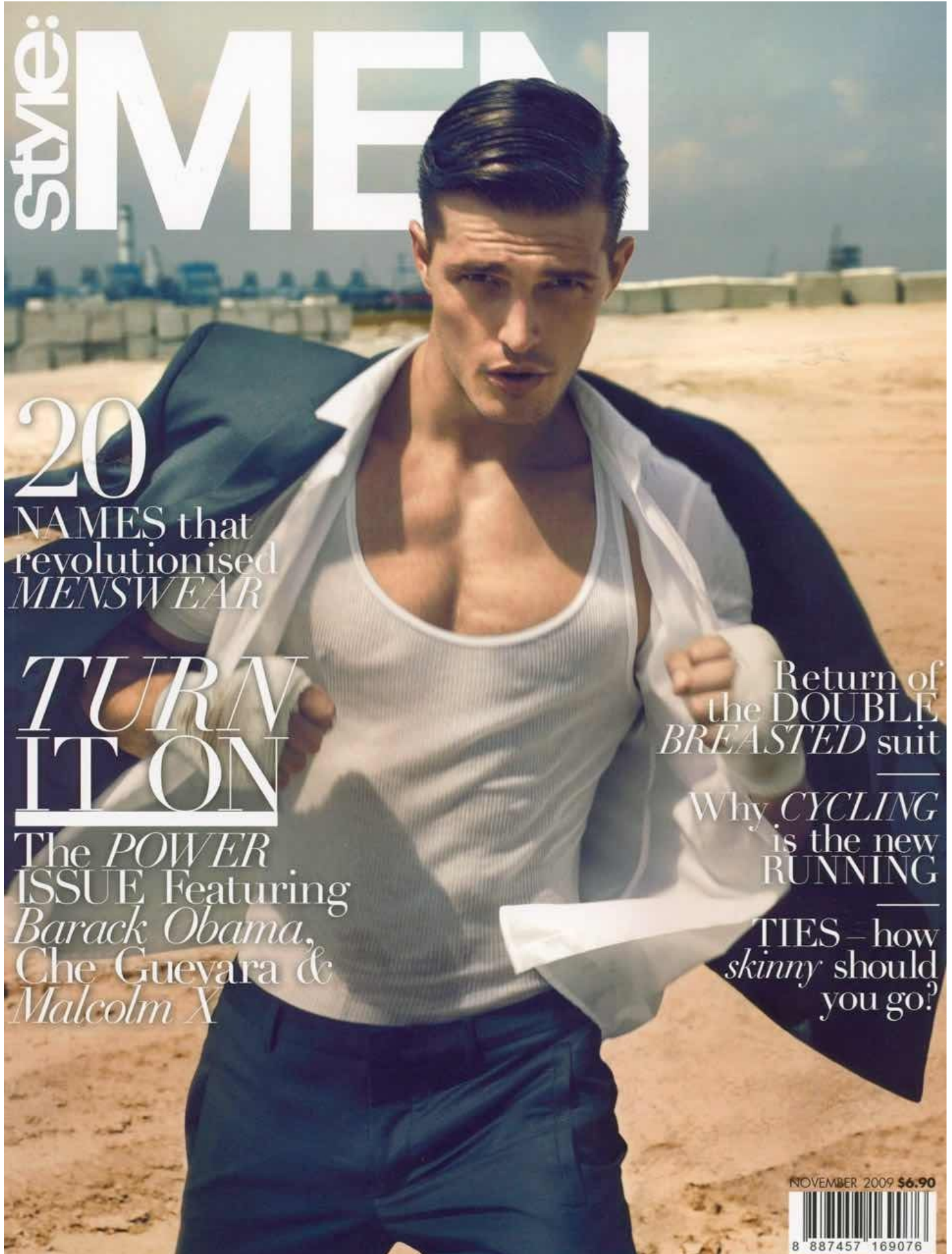
DAMAN



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DAMAN



style: **MEN**

20
NAMES that
revolutionised
MENSWEAR

**TURN
IT ON**

The *POWER*
ISSUE Featuring
*Barack Obama,
Che Guevara &
Malcolm X*

Return of
the **DOUBLE
BREASTED** suit

Why *CYCLING*
is the new
RUNNING

TIES – how
skinny should
you go?

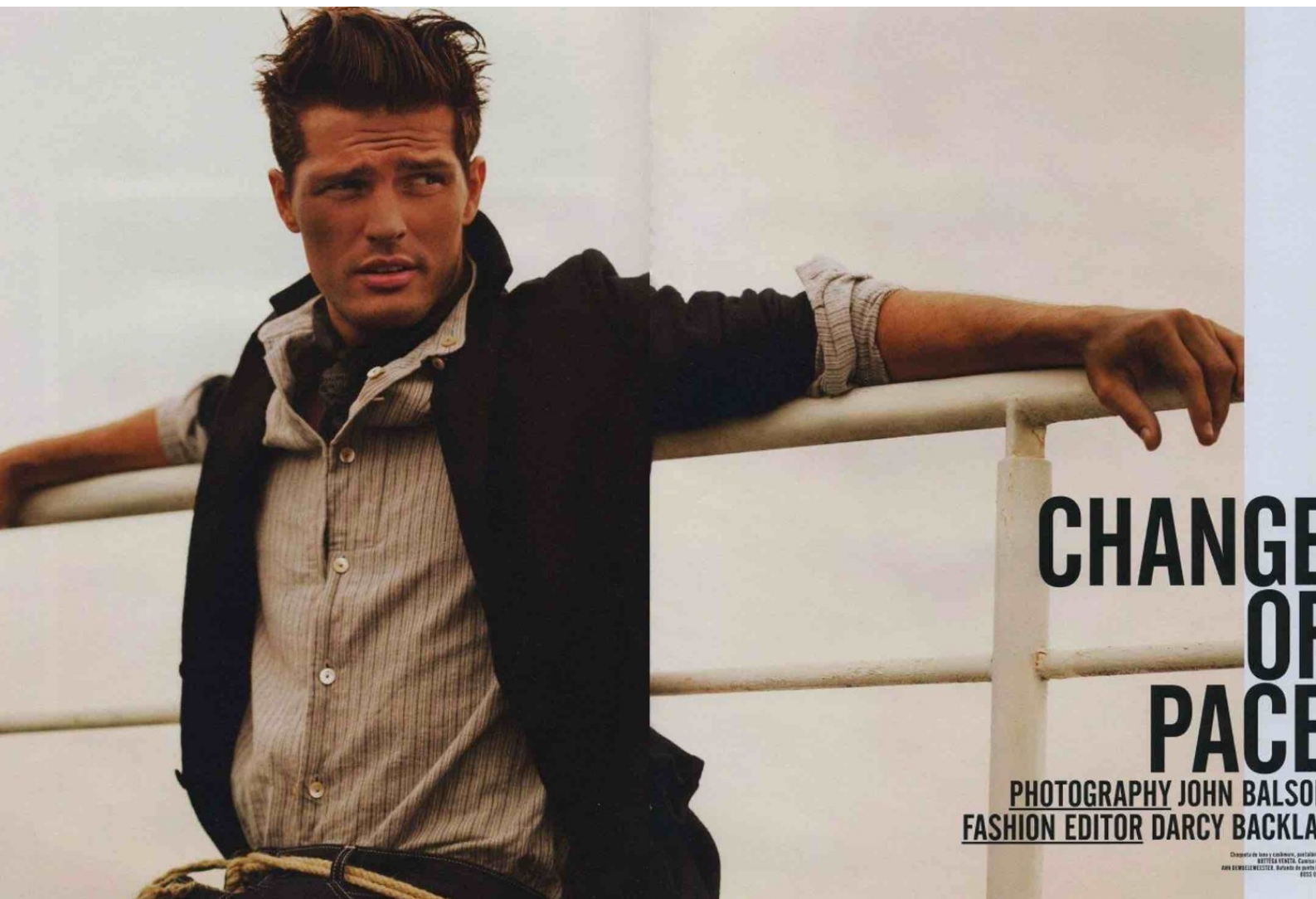
NOVEMBER 2009 \$6.90

8 887457 169076

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DAMAN

GROOMING

TRIM AND FIT

Most men tend to ignore their nails. Big mistake. A nice set of nails say a lot more about you as do nice white teeth. A regular trim with a pair of nail scissors, \$53.10, by (MALIN+GOETZ) from Mask, will keep them in a condition that won't put you to shame.

Carmine red cotton knitted cardigan, \$116, by TOPMAN.

Hands ON

Like *hair*, a man's HANDS are always on *public display*. And they reveal his *PERSONALITY* as much as his three-piece suit or watch does.

photography STEFAN KHOO styling BRENDA THAM

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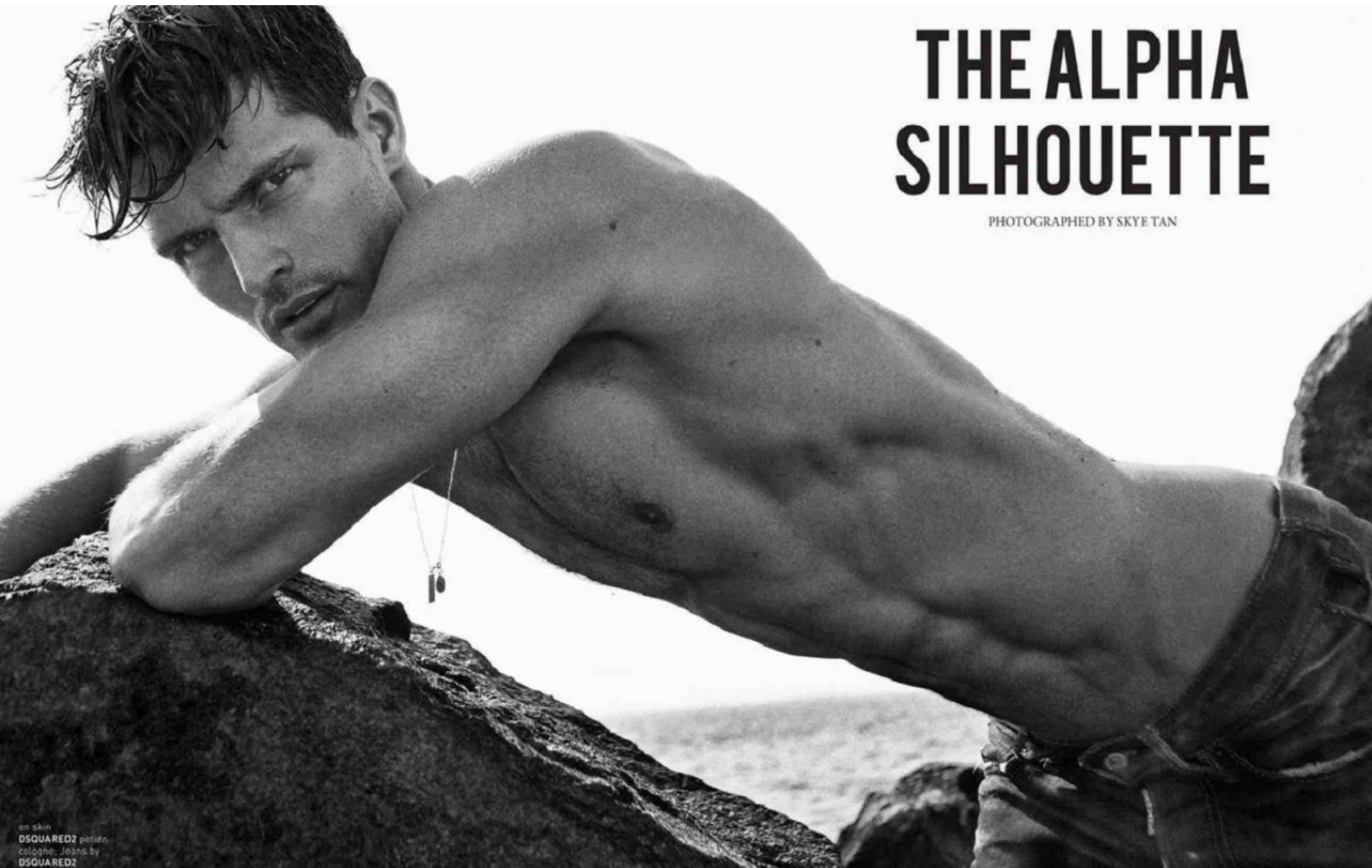
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DAMAN

THE ALPHA SILHOUETTE

PHOTOGRAPHED BY SKYE TAN



on skin
DSQUARED2 petén
cologne. Jeans by
DSQUARED2

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