

Win your ultimate experience!



Do you have the bottle for the ultimate experience, brought to you by For Men from head&shoulders?

FOR MEN FROM head&shoulders is giving you the chance to win your ultimate experience. This week, we introduce you to Dan who will, over the coming weeks, test out some amazing experiences to give you an idea – starting with a 65m abseil!

“Right at the top, before you have to lean back over the cliff edge, that’s the worst!” shouts For Men from head&shoulders man Dan, above the rush of the waterfall.

We’re putting him through his paces, seeing if he’s got the confidence and ability to survive. Not for the faint-hearted, this time it’s cliff-top abseiling. “It’s just so far down,” gasps Dan. “Your legs shake, your hands grip on the rope for dear life and you wonder if you’re ever gonna taste an ice-cold beer again!”

Dan has just survived the huge 65-metre waterfall abseil into the crystal pools of Kamikaze Canyon: It’s a sheer drop down a jagged face, into a freezing waterfall and then touchdown into the pool at the bottom.

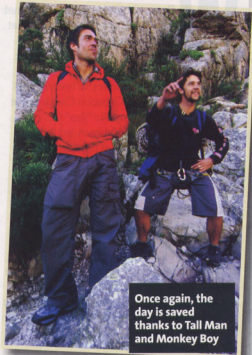
“The first bit frightens the life out of you,” Dan blurts out. “You need the confidence to lower yourself out and over the edge. After that it’s just white-knuckle all the way. Then the waterfall hits you. It’s like someone continually smacking you over the head, and the water is ice cold – must be the best hangover cure!”

“All the time you can see the ground miles away. I kept thinking, if this rope breaks... It’s a rush. Then you have Paul, the instructor, winding you up at the top, you’ve got you lot cheering from the bottom and all the time I’m trying not to smash into the cliff!”

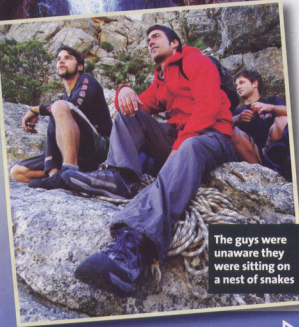
“Everyone should try this – it’s incredible. But cold! What’s next?”

Don’t worry mate, next week the For Men from head&shoulders team have something very special in store for you.

Little House
On The Prairie
always made
Mr. Cliff-face cry



Once again, the day is saved thanks to Tall Man and Monkey Boy



The guys were unaware they were sitting on a nest of snakes

HAVE YOU GOT THE BOTTLE?

Just imagine your ultimate experience, whatever it may be. Tell us about it in no more than 100 words. Now imagine winning the chance to actually do it. That’s what For Men from head&shoulders is offering you.

Check out www.headandshoulders.co.uk for all the details.

The competition closes on 31 October 2004... so get thinking – fast!

Terms and conditions apply. Go to www.headandshoulders.co.uk for details. Tune into Dan’s adventures on 104.9 Xfm in London, at www.xfm.co.uk or on DAB digital radio in most major UK cities.