

Not so tough after all: Bear Grylls' secret pampering sessions

BEAR GRYLLS is billed as one of the hardest men on Earth, but what he doesn't tell you is that he secretly enjoys regular pampering sessions.

By **Jack Hardwick** / Published 27th April 2015



NOT SO HARD: Bear has revealed he is a softy at heart [Channel 4]

The [TV](#) (#) star has been heading off to see an expert in Sussex who specialises in Bowen Therapy to relieve him of stress.

The relaxing muscle simulation sessions are a far cry from the hunk's TV persona where he happily drinks his pee and snacks on insects.

Chatting about his ruff and ready lifestyle, Bear, 40, said: "The thing about a comfort zone is that it sounds, well, too comfortable.

"I call it a comfort pit, because a pit is somewhere you want to get out of as fast as possible.

"Survival can be summed up in three words – never give up."



Down wee Bear scrubs in well! [GETTY]

Bear's famous survival techniques are a firm favourite with some of Hollywood's most glamorous (#) women including Kylie Minogue and Elle Macpherson.

Opening up about his feminine side the adventurer revealed he relies on the therapy to battle tiredness and injury.

He said: "It's a vital support in putting right a whole range of new aches and pains, making sure that old injuries don't cause me problems, and helping me fight stress and fatigue.

"Bowen has helped keep my body together despite the continual bashing it takes."

Who new the TV adventure man is really a big softy at heart?

What's next, a cheeky manicure?



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