



## Henshaw shows eyeball control

When you have to evade 130kg rugby players for a living, tired eyes can be a problem.

Leinster and Ireland rugby player Robbie Henshaw's first business venture was inspired by his own difficulties with spending numerous hours every day in front of a computer screen. Henshaw Eyewear provides a collection of sunglasses and specially designed "blue block" glasses to deflect the blue

light given off by computer screens.

Henshaw says he suffered from tired and strained eyes after hours in front of a screen going through video analysis to prepare for matches.

In his final year of an Arts degree in Geography and Economics at UCD, the late night cramming was leading to itchy eyes that he feared would affect his performance and health.

Henshaw Eyewear stocks nine styles

of sunglasses in store or online (henshaweyewear.com) and 13 different styles of blue-block glasses, with or without prescription. The glasses have a very distinctive look – the tortoiseshell is particularly striking.

Henshaw is also an ambassador for NCBI – the national sight loss agency.

His glasses are available at more than 80 opticians.

**Eamon Donoghue**

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The music-loving actor is covering for Guy Garvey on BBC 6 Music

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Back in sound and style, thanks to Kacey Musgraves

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Are you ready for reverse ombré hair dyeing?

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Now with added Ardal O'Hanlon

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good

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Bored of the clichés of mirrors and neon slogans

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We don't need to see what you're up to at all times

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Too much

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Terrifyingly fast and treacherous on footpaths

### Dark TV

Bring us into the light

## Twisted Love

You Have My Heart ring, €95 at [maireaddeblaca.com](http://maireaddeblaca.com)



## Bee's knees

Our latest sustainability success story comes by way of Tipperary's Brookfield farm. Founded and run by Ailbhe Gerrard, it carefully produces wild flower honey and farm-made beeswax candles.

For more than six years, Ailbhe and her team have been growing their business and fine-tuning their products, all of which are worth sampling.

This stuff is the real deal, with Hiveshare Bee Friend Honey from €85 and hand poured beeswax candles from €39 at [brookfield.farm](http://brookfield.farm).