The men with the mops

Everyone knows that women hate cleaning and that it should really be left to men. Acton-based company Absolutely Spotless prides itself on its manly prowess and will despatch a team of burly blokes with muscle power to ensure a really thorough clean. Founded seven years ago, the firm is now a leader in the industry, specialising in one-off cleans all over London as well as carpet and upholstery scrubbing. Partner Jack Pead says: "People who see cleaning as a dull chore rarely do a good job, so we put a lot of effort into putting together good, fit teams who take their work seriously and work well together." They also happen to sport Chippendale-style physiques (illustrated). If you'd like to invite these boys into your home, call Absolutely Spotless on 0208 932 7360