

BRANDMODELS

NIKOLAI

HAIR: BLACK

EYES: BROWN

HEIGHT: 6' 1"

INSEAM: 32

WAIST: 32

SHIRT: M

SUIT: 40L

SHOE: 12











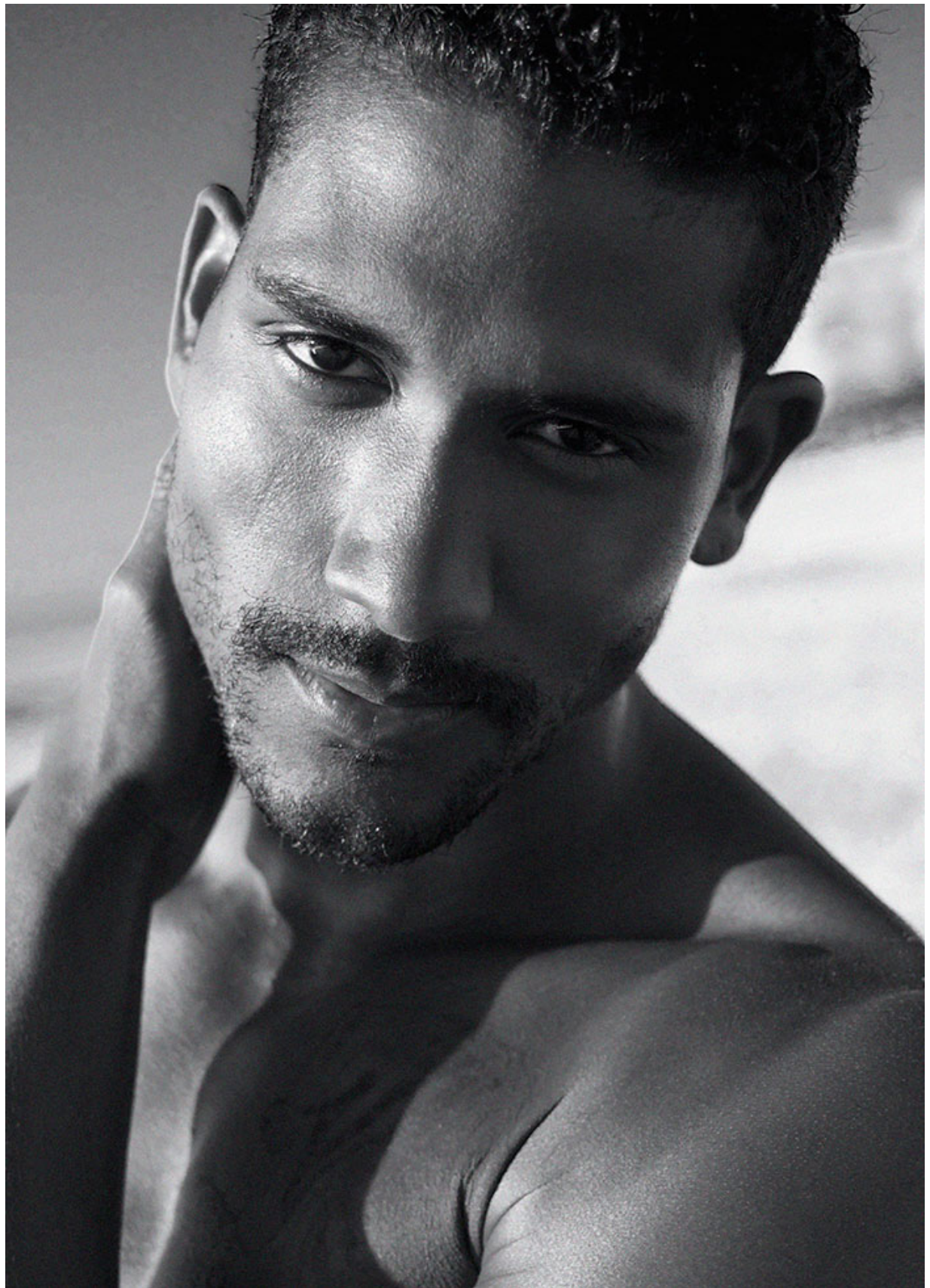




























Stuck Zipper?

Rub scoper the graphite tip of a pencil along the zipper teeth. The lubricating effect should help free the jam.

No More than Three Layers

If you're wearing a hero jacket like this one, keep the other layers to a minimum. Leather over a soft cardigan and a cotton button-down shirt is a sophisticated look for the office. Come 5pm, loosen the tie and you're ready for drinks at the bar.

Stick to Slim-Fit Jeans

Layers make you lose definition in your torso, so you want to gain it back below the belt. A slim cut keeps the eye moving up and down, making you look tall and thin. Patterns and colours are fine down there, but only if they differ from what's on top.

©

LEATHER JACKET RS 118
TED BAKER AT STOUTAFORDS
CARDIGAN R379 ZULIK AT SPREE
SHIRT 1111 WOODWORTH'S
POLKA DOT TIE 1020
(TWINPACK) EDGARS
LEATHER STRAP WATCH RS 558
RUGO BOSS AT S. BACHER & CO
LEATHER BELT 1410 OLD KHAKI
SLIM-FIT JEANS 1010
KINGSLEY HEATH
ANKLE BOOTS 1020 OLD KHAKI

Cold Weather Fact vs Fiction

Many common beliefs about your body's response to cold are just wrong, says David Houring, a professor of biology at St. Lawrence University. Let's take a look at the cold hard facts.

"Most of Your Body Heat Escapes Through Your Head"

FALSE. Heat escapes from many exposed skin. Maybe that's your head, but "if you expose an equal area on your chest or back, you'll lose the same amount of warmth," says Houring. So wear a hat, but cover the rest of your body too.

"Women Typically Feel Colder than Men"

TRUE. Because a woman's body is better at regulating core temperature, less blood flows to her extremities and skin, making her feel colder, says Houring. The good news? You can be a hero and offer her your jacket.

"Exercising in Cold Weather Will Make You Sick"

FALSE. Colds are caused by viruses, not weather, Houring says. So you have no excuse for skipping workouts. "You actually burn more kilojoules in the cold." Just cover your appendages so you don't end up with frostbite.

Keep Lighter Fabrics Close to Your Skin

Make your first layer either a shirt or a henley. (Starting with a jersey will make you look like you're set to take on Everest.) Then add any combo of thin puffer, cardigan or blazer – you'll be able to shrug off heavier items as you warm up.

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TWEED BLAZER \$3 830
BEN SHORMAN
SLEEVELESS PUFFER \$543
ST. GOLLATH AT STUTTGART
PRINTED SHIRT \$5 429
TED BAKER
LEATHER STRAP WATCH
\$3 000 FOSSIL AT S. KAREN
WATCH GROUP
LEATHER BELT \$400 BILD KRAKE
SLIM-FIT CHINOS \$400
J&K EXCHANGE AT EDGARS
SUEDE BOOTS \$1 400
TRENERY

Vary Texture

Try tweed. Why not? A variety of patterns creates a more intriguing look. But don't double up on textures. Two coarse materials worn on top of each other, for instance, will look as awkward as it feels.











