

BRANDMODELS

NIKOLAI

HAIR: BLACK
EYES: BROWN
HEIGHT: 6' 1"
INSEAM: 32
WAIST: 32
SHIRT: M
SUIT: 40L
SHOE: 12







Style / Layers: the Next Level

Shink Deeper?
 It's always tempting to layer up, especially during the winter months. The fabrications of your clothing can help you stay warm.

No More Than Three Layers
 If you're wearing a coat, jacket, sweater, and shirt, that's the best way to keep warm. Layering more than three layers can be uncomfortable and bulky. Instead, look for a coat with a warm lining, like wool or down, and a sweater that's made of a heavy fabric like cashmere or merino wool.

Stick to the Fit
 Layers make you look bulkier, so you want to make sure your clothes are well-tailored. A good rule of thumb is to leave a little room between each layer so you can move and breathe. Also, make sure your clothes are clean and pressed. Dirty or wrinkled clothes can make you look sloppy.

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Cold Weather Fact vs Fiction
 Many misconceptions about your body's response to cold weather exist. **DEATH FLOURING**, a professor of biology at St. Lawrence University, explains some of the cold-weather facts.

"Heat of Your Body"
 Heat escapes from your body through your head.

FALSE: Heat escapes from your body through your head, but not necessarily through your head. Heat escapes from your body through your skin, and your head is just one part of your body's surface area. Wearing a hat can help keep your head warm, but it won't prevent heat from escaping from the rest of your body.

"Women Typically Feel Colder than Men"
 This is because women's bodies are better at regulating their temperature. Research shows that women have a higher percentage of body fat, which helps them retain heat. Additionally, women have a higher surface area to volume ratio, which means they lose heat more quickly than men.

"Searching for Cold Weather"
 Cold is not necessarily worse than hot weather. Humidity is a key factor in how we feel. For example, a hot and humid day can feel much more uncomfortable than a hot and dry day. Similarly, a cold and dry day can feel much more comfortable than a cold and humid day.

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KEEP YOUR FABRICS CLOSE TO YOUR SKIN
 Make your first layer either wool or silk. Wool and silk are natural fibers that are excellent at regulating your body's temperature. They also have a natural moisture-wicking ability, which means they can help keep your skin dry and comfortable. Avoid synthetic fabrics, as they can trap heat and moisture against your skin.

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Style

LAYERS: THE NEXT LEVEL

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