



# fashion

ADJUST WITH EASE TO YOUR SECOND SKIN; FASHION- WITH RACHEL GOLD FOUNDER OF WARDROBE JUNKIES, ONE OF THE UK'S LEADING MEN'S STYLING AND GROOMING AGENCIES. RACHEL IS A TALENTED STYLIST WITH OVER 20 YEARS OF EXPERIENCE. HERE RACHEL OFFERS INSIGHT INTO MEN'S STYLING FOR THE MALE PA, BOSS, HUSBAND, BOYFRIEND OR FRIEND.



## 21 Easy Ways TO COMBINE YOUR SHIRTS AND TIES WITH EASE

**Problem:** It's Monday morning again, open the closet and the same shirts are limply looking out at you and the ties are umm... where are the ties? Some are on the floor at the back, one is on the chair and the rest are in the other cupboard on a wire hanger. Conclusion, wear the same one you wore last week! No.

**Solution:** This requires a little forward planning. Firstly go online and purchase a wooden tie hanger for \$8.99 from [www.organizeit.com](http://www.organizeit.com). Then buy some good quality solid-colour shirts in various colours from [www.thomaspink.co.uk](http://www.thomaspink.co.uk): 4 pale blue, 3 lilac, 4 pink, 4 white.

Now for your beginners' lesson in simple but smart-looking shirt/tie coordination. As the shirts are solid (without patterns) you can go for solid or patterned ties, but keep it simple, i.e. polka dot or diagonal stripe. We are building a capsule tie/shirt combo wardrobe. This really is easy, I promise, go to the Raffaello solid section at [www.raffaello-network.com](http://www.raffaello-network.com) for ideas.

Ties	Shirts
Ruby red	White, pale blue, lilac
Dark red/Maroon	White, pale blue, lilac
Navy blue	White, pale blue, lilac, pink
Sky blue	White, pale blue, lilac, pink
Yellow	White, pale blue, lilac
Grey	White, pale blue, lilac, pink

Note: If you are choosing polka dot or stripe for this exercise, keep them to two colours where one is the colour of the shirt, i.e. maroon and white polka dot tie with white shirt or yellow stripe with blue stripe tie with pale blue shirt.

That is your problem solved, you will now always look well put together.

### How to look 'cool' in your work clothes

Going straight out on a date after work? It can be a real problem as you are probably suited and booted. Picture this: You're at work all day with your shirt tie, suit, smart polished shoes. You looked sharp at 9am, however now

as you stand like a sardine in a hot sweaty crammed bar at 7pm trying to order a glass of Champagne, suddenly you are not feeling quite as sharp as you were in the morning.

### Tips

- Always have a bottle of Tom Ford in the office to splash on before heading out.
- Take a waistcoat to work, take the tie off, open up the shirt collar and add a scarf or piece of neck jewellery.
- Wear a marino wool tank over your shirt, take off the tie, open the top few buttons.
- Wear a thin long sleeved T shirt under your shirt to work or always leave one in the office, add your waistcoat or tank.
- Replace your tie on a white shirt with a skinny black one, with a black suit, it looks 'cool'.

Follow some of these rules and you will have a smooth, easy and relaxed transition from smart and sharp office day guy to cool on-trend smart/casual evening gentleman.

### How much cologne should a man wear?

There is nothing worse than a man walking past in a waft of scent. Although you may like the smell, others may not! Generally, one tip is to apply cologne directly to the skin, if it is a spray format which tends to be more manageable, apply two sprays over the glandular points of the neck, or over the chest area where it can warm up.

A bottle of cologne needs a little more caution, place one finger over the opening and apply evenly behind the ear, your inner wrist or on the glandular points on your neck. No more than two or three finger applications. Never spray directly onto clothes as the scent just clings and does not develop properly, it is also not good for the fabric as it has alcohol in it.

Cologne is mainly used to attract and give off an air of thorough careful grooming, a scent can also evoke memories and become your signature scent. It is best for the cologne, to keep it stored in the box it came in at room temperature.

You would normally apply cologne whilst grooming in the morning, you may wish to re apply during the day, a little dab in the afternoon or before going out directly after work, but remember to stick to the original tips, it will help you feel refreshed and can act as a little pick me up.

Change and develop your look, energy and drive with Rachel Gold. Visit [www.wardrobejunkies.com](http://www.wardrobejunkies.com) or call 020 7266 1817