

GETTING YOUR FIRST SUIT

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Admit it – a suit brings with itself a level of sophistication like no other apparel. If your wardrobe still lacks this particularly suave element, here are some basic guidelines to help you get your first suit.

COLOUR

A first suit should sport a conservative colour like grey, blue or black. Although many would think it safe to go for a black suit, I recommend opting for a charcoal grey one. This is a one-size-fits-all colour and goes equally well for interviews or presentations and wedding receptions. Besides, it looks classier and is much less mainstream than a black suit. The versatility of charcoal grey just makes it that much easier to recommend.

FABRIC

The fabric for your suit should be determined by the weather it is going to be worn in. For a hot and humid climate like Bangladesh's, linen comes highly recommended. Although it creases easily and requires regular maintenance, it is lighter and cooler than even cotton. Its porous nature and high breathability helps keep the body temperature low. Another advisable fabric is viscose, which is a variant of rayon. Although less breathable than linen, it is similar to linen in other aspects and is a good option in the synthetic section of fabrics.

THE FIT

The fit of a suit is so crucial that it can make or break it. How well the suit sits on the shoulders and around the body can be the difference between looking smart and sloppy. Proper attention should be given to the length of the sleeves, jacket, trousers, and the fitting of the collar. There is no point in wearing a suit that doesn't fit right. So it is recommended that you get it tailor-made. But shops these days offer suits in a plethora of combinations of different fits and fabrics. So taking a shot at buying a readymade suit is worth it. If you have the knack of wanting things to be exactly the way you want it, I suggest you skip

straight to getting it made from scratch according to your personalised specifications.

WHERE TO SHOP

While fabrics can be purchased from well known brand stores like Raymond, another good option is Top Ten Fabrics on Elephant Road. Their large assortment of fabrics in a wide price range should suffice for all but the most niches of needs. All your efforts will be in vain should you fail to choose the right tailor. If, unfortunately, you do not already know an expert tailor, the top tier suit shops are your best chance at getting a well-crafted suit. I personally have suits made by Raymond and Fit Elegance, and both of them get my vote of confidence. Although I should note that it is Raymond's Bashundhara City branch and Fit Elegance's Gulshan-Tejgaon Link Road branch that excel most in tailoring.

PRO TIP

- *If you can't hug yourself without the risk of ripping the suit, it is too small.*
- *Don't treat suit trousers like jeans – too long just doesn't look right.*
- *Appropriate accessories are very important in making a suit shine in all its glory. The shirt, pocket square, tie, belt, cuff links, wallet, shoes and other accessories must complement the suit.*

SUIT UP! TIPS FROM BARNEY

be LEGEN - wait for it - DARY!!!



1

Your shoulder pads should not be sticking out. Stand against a wall to test.

2

Expose the cuffs under your suit jacket - at least half an inch.

3

Make sure your jacket covers your pant zippers and butt.

4

Go for straight cut pants - pleated look has long gone out of fashion.

5

Your pant hem should hit the top of your shoes. Make sure they do not bunch up around your shoes.

6

Your suit jacket fit should conform to your body type. Use tie knot styles that favor your face type.

7

Opt for a double-button suit jacket. It is business appropriate and ok for casual situations too.

8

Add class with a pocket square - be sure the pattern does not match your tie.



AVOIDING THE CAKE FACE



Whether it's at a wedding or a casual get-together, having a face caked with makeup is always embarrassing. Especially if your natural skin tone is an entirely different shade from whatever makeup you use. Choosing the suitable shade is imperative to not looking like a clown, unless you apply makeup all over your body...which is just wrong.

This summer, chuck the facepaint and go au naturel with fresh, dewy skin. BB cream (which is basically tinted moisturizer) is the best option for this. It hides blemishes without changing you into a different race. BB cream is available at all cosmetic shops, from Almas to the small stores at shopping malls.

IS YOUR BODY READY?

High Intensity Interval Training

HIIT is when you alternate between short bursts of high intensity exercises followed by differing lengths of low intensity recovery periods. The higher intensity period creates an oxygen demand in muscles that aerobic respiration cannot fulfill fast enough, so the body opts for anaerobic respiration instead. During recovery periods the body switches back to aerobic burning of calories but is forced to switch back again to anaerobic breakdown during the following high intensity phase. This creates a large enough energy and oxygen deficit that the body spends about 24 to 38 hours recovering from, after the workout has been completed. This ensures a prolonged afterburn effect, causing the body to burn fat long after the workout is over.