

# Trending accessories for men in 2022

Clothes are no longer the only important aspect of an outfit of the day for any fashion conscious individual, and men are not short of choices. Accessories can help men change up their look quite frequently, to match the day and mood, of course. A near-perfect outfit can reach perfection with the correct accessory, like a watch, sunglasses, leather strap bracelets, a chain etc.

Under the Bangladeshi sun, the most commonly used accessory, as well as the most practical perhaps, are sunglasses. The only reason you could refrain from wearing one is if it were the wrong shape for your face. Retro styles are now back in action, and anything your father wore in his prime is a great option for you to stay right on trend now too.

Look for sunglasses with a bit of flair and colour in them. Frames with intriguing shapes and patterns, along with fluorescent or pastel coloured lenses are especially popular this year. To capture the spirit of the '70s, look for a pair with a tortoise frame and colours like greens, golds, or browns. And please do not wear it indoors! Please?

Once that department is sorted, extend your interest around the neck area. With each passing year, men's chains are becoming more in demand. Despite its simplicity, a chain necklace comes in many shapes and sizes. If you are going for a subtle look, then a shorter and thinner one is for your style. But when it comes to flashy bling volume, the thicker and longer is the one for you!

As a personal favourite, I highly recommend the timeless stainless steel chains. Not only is it durable, but stainless steel also doesn't corrode or fade in colour over the years. If that is not enough, no maintenance is required, compared to its gold and silver counterparts. Whether you are just getting into chains or you have been wearing them for years, stainless steel, in my opinion, is the best possible option you can choose that lasts for years.

When it comes to "carrying" your look, fanny packs have evolved into an object of functionality and fashion. Fanny packs have been the answer for men, especially fathers in airports when it comes to functionality during travel. However, there have been more than one occasion where fanny packs have been victimised as the butt of many jokes. Then, millennials entered the scene, and changed the entire perception of fanny packs. From colours to sizes, fanny packs have become "THE" accessory to get throughout the season. You can make multiple uses out of it during travelling, commuting or just wear it

for the sake of wearing it!

Now we can move on to the most prominent and versatile region for accessorising—the wrist. The mantra, "less is more" is paramount when it comes to bracelets. Tiger eyes beads, tanned leather thin strap with gold or silver contrast or just plain old volcanic stone beads can step up your casual look. This inexpensive accessory is the perfect way to create your fashion statement.

Besides the bracelets, one of the most important accessories a man can



have is a good wristwatch. Throughout history, it has been the sole accessory men have worn with pride. Do not limit yourself from investing in a good and reliable timepiece that can become an extension of your persona. From a digital face to analogue, or even a hybrid can step up your game! For example, the budget-friendly Timex Weekender is a subtle watch that can exude character no matter the occasion.

Moreover, recent freedom to express personal statements means now you do not need to be afraid of experimenting with various looks and accessories.

**By K Tanzeel Zaman**  
**Photo: Shahrear Kabir Heemel**  
**Model: Azim Uddula**  
**Wardrobe: Twelve**



## #PRESS RELEASES

# Zarif Rashid: From professional Muay Thai fighter in Thailand to a trainer in Bangladesh

Zarif Rashid, a Bangladeshi at a loss of fluency during the primary phases of the COVID-19 pandemic, decided to completely change his life for the better with Muay Thai, one of the most authentic forms of combat in the world. While Bangladesh had other forms of combat sporting clubs of MMA, boxing, and kickboxing, a full-fledged and reliable Muay Thai gym was nowhere to be found.

This was not something that could stop Zarif. He traveled all the way to Thailand, the home of Muay Thai, and rented a house on the hill tracks to learn this art. Thankfully, he got to meet Ekalak Jhomthong a.k.a Noom, a famous professional Muay Thai fighter by chance and trained with him for a period of time.

The intricate and strict training provided by Noom taught Zarif the basics of Muay Thai. He later saw this as a massive opportunity for combat sports in Bangladesh and brought Noom along with him to Bangladesh as the head trainer for his new Muay Thai club named XARX club.

Muay Thai is not just a sport, it is a discipline and it can even be a complete lifestyle. It can build one's character and help incorporate

discipline into one's life, helping to intensify the level of self-control one has on one's own self.

Another aspect of Muay Thai is its ability to teach a person all about self-defense. In contrast to other forms of combat sport, Muay Thai provides an all-around and realistic approach to fighting and this can help a person be more confident and feel safe.

Especially for women in Bangladesh, Muay Thai can be a great tool to have in your arsenal when walking around the streets. One of the core ambitions behind the establishment of XARX club is to help women feel more safe and confident during their day-to-day activities.

**By Tahmeed Ferdous Khan**  
**Photo: XARX Club**

### Essentials:

*Sessions: 3 classes per week, 2 hours per session, 12 classes per month*

*Expenses: Hourly fee (Personal training) – BDT 2,500*

*Monthly fee – BDT 10,000*

*Quarterly fee – BDT 25,000 (BDT 50,000 for 6 classes per week)*

*Yearly fee – BDT 90,000*

*Location: Apt 4/D, House – 22 (Ivy's Legacy), Road 108, Gulshan 2, Dhaka 1213.*