



JUST FOR HIM

ISSUE 1 / 2011



✓ **WEDDING TIPS
JUST FOR HIM**

✓ **THE ART OF
TYING A TIE**

✓ **TO HIRE OR NOT
TO HIRE ?**

✓ **SUITS STYLES**

✓ **GIFTS FOR HIM**

**A handy
information booklet
for every guy
that wants to
look his best.**



XX
EQUUMEN

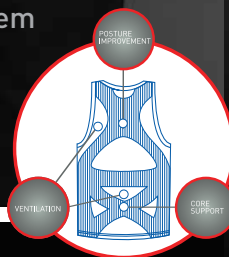


**ON YOUR
WEDDING DAY
YOU AT YOUR BEST**

ATTENTION GROOMS,
GROOMSMEN AND FATHER OF
THE BRIDE: IMPROVE HOW YOU
LOOK AND FEEL EVERYDAY.

- Improve posture
- Help reduce back pain
- Visibly streamline
- Stabilise core muscles
- Control temperature & moisture

NEW:
CORE PRECISION™ UNDERSHIRT
with Helix-Mapping™
System



Designed with physiotherapy expertise, Equmen's underwear optimises and energises the body.
for more information visit www.equmen.com.au or visit the staff at Just for Him.

10% discount to all customers who bring in or reference this ad in purchasing their
Core Precision™ Undershirts for their wedding party.

Just For Him Shop 1/97 Beecroft Rd - Beecroft NSW 2119
www.justforhim.com.au Phone 02 9484 2534 Mobile 0403 575 444

GETTING MARRIED?



Have no idea where to start?

Just For Him can help you. Located in Beecroft, Just For Him is a unique shop that is as its name suggests - just for him.

We are here specifically to help you. From the under to the outer wear and everything in between! We know how stressful it is when you are getting married, and let's face it, your bride usually is the one that has the vision on what she wants her wedding to be like. You need to show up on the day looking like the man of her dreams. The question is..... how do you do that? It's easy just follow these 3 steps:

STEP 1

Phone and make an appointment for you and your bride to meet with one of the stylists at Just For Him. You will need approximately 1 hour and during this time, your stylist will 'interrogate' your bride to

discover her 'wedding vision'. From this information you will be shown suggestions on styles & colours. Your measurements and details will be noted.

STEP 2

A detailed proposal will be emailed to you. Once approved, it is time to get the rest of the grooms measurements. This may be done online, over the phone or they can come into the shop to be fitted.

STEP 3

Your stylist will now be responsible for everything. You will not have to chase up your mates for payments etc - that is our job. We are here to be your personal assistant. It is our job to ensure that you get what you want with the least amount of hassle.

For further information on our styling service or to make an appointment, ph 02 9484 2534



JUST FOR HIM



Michael Klim & owner Lisa Tarei at Just For Him



Lisa with ARA Independent Retailer of the Year NSW trophy.

NSW
ARA Australian
Retailer of the
Year 2010
#1

Shop 1/97 Beecroft Road
Beecroft NSW 2119
Ph: 02 9484 2534

Email: sales@justforhim.com.au

Can't get into Just For Him Beecroft?

Shop online at: www.justforhim.com.au

LOOKING FORWARD TO THE NEXT STEP

Put your foot down when it comes to footwear

A man should have at least three pairs of shoes. A pair for work, a pair for casual, and a 'special' pair to be worn with a suit or when you attend 'special occasions'.

Most guys have the first two covered, but unfortunately most forget the third pair.

Every guy will experience important moments during his lifetime: Graduation, Job Interviews, Weddings, various Formal Parties and even

Funerals. At these "special occasions", it's important to look your best, and the first two pairs are just not going to be good enough.

This is where Pipal shoes fit – they are stylish, unique, limited and comfortable and will make you stand out.

Pipal is an independent designer footwear that is filling the gap in the local market for weddings and formal events. The Sydney-based local

brand is filled with Australian features such as the wide foot shape combined with the best of European style. 'A wedding is one of the most important events in one's life and a pair of specially designed shoes can help men feel more confident and relaxed on their happy day'.

Pipal looks forward to taking every new step in life with you.



Pipal size range is UK size 6 - 12

Description - Leather upper, \$130 - \$190

Check PIPAL & their stockists out at www.pipal.com.au

UNDERWEAR DO'S AND DON'T'S

It's time to mention the unmentionables



We've heard the statistic tossed around that eight years is the average length of time it takes men to replace their underwear. Whether or not that's accurate (and we hope it's not, frankly), no matter how long it takes you to replenish supplies, once a pair has seen better days – a small hole, a tiny rip, a little fray – toss it in the bin. Is this a heavy price to pay for a relatively negligible imperfection? Maybe. But wear and tear with underwear is a dangerously slippery slope. Once one pair becomes holy, if you're not careful, before you know it you will soon have a congregation in your draw. A holy mass should only be seen publicly in a church – not your underwear drawer!

Do have a collection

Men should have at least ten

pairs of underwear on hand at all times. That's one for every day of the week plus two additional for weekend nights and another thrown in for good measure or some sort of, um, emergency. Active guys – the workout buffs, outdoor types and all-around heavy sweaters – will need a few more to meet their need. Please note... the opposite is not true for couch potatoes; sitting around all day doesn't mean you can get away with fewer.

Don't go commando

Freeballin', Letting loose, Living large. Call it what you want, but opting out of undergarments is never acceptable. Sure, a cool breeze down there would be more than welcome on a sizzling hot summer day, but the risk of raising the flagpole in public is just too

high – not to mention the gnarly nether-region germs you would be rubbing directly on to your clothing!

Don't wear boxers under trousers

Boxer shorts have their rightful place in your underclothing collection. They're great for sleeping in, and if you're partial to putting a little more swing in your step, boxers are fine with jeans. However, stuffing a bulky, baggy boxer short into finely tailored trousers is far from flattering. Suiting up calls for more refined undergarments, ones that don't require an extra tuck or tug and won't give you a VPL (ask her what this is).

The next time you're pressed to get dressed, remember one thing: the better your underwear looks on, the greater your chance someone will want to take it off.

UNDRESS & IMPRESS

Your wedding day is approaching and you have put a lot of effort in finding the right outfit; smart, elegant, classy or simple, you will look great. It goes without saying, your brides is going to look amazing.... but not just on the outside - she has also put great effort in ensuring that what is under her wedding dress is just as fabulous!

Every little details counts and she will make sure you will be impressed when her wedding dress comes off. The question is, will she be impressed with what she sees when your suit comes off?

Although she probably already knows what's hiding in there... a nice wrapping is sure to bring a big smile to her face whereas your old grungy undies won't!

Don't under estimate a females attention to detail, the fact that you have put in some effort will definitely impress and spice thing up.

Whether your style is conservative, fun, simple, or extreme **PULL- IN** underwear caters for every style. From an amazing



range of high quality underwear, perfection of cut and simple to punchy prints for the more adventurous - there is a style for your personality. **REMEMBER - Undress & Impress !!!**

PULL-IN retailers can be found at www.pull-in-store.com.au . In NSW, PULL-IN is stocked at JUST FOR HIM Beecroft. - Mention this article to receive a 10% discount.

SUIT UP!



How to care for suits so that they last a long time

A good suit should last you a long time if you take care of it properly. And let's be honest, it is one of the most expensive things in your wardrobe, so you should do what you can to preserve its longevity. So, with that said . . .

Stuffing your pockets with keys, change and other assorted items will put strain on the seams, so just don't do it. When you buy your suit, resist the temptation of unpicking the stitching on the outside pockets. This will encourage you to use the inside pockets instead. Only unpick the breast pocket if you intend on wearing a pocket hankie. Having the pockets stitched up will keep they suit looking sleek and fresh for longer.

You should unbutton your suit

jacket before you sit down otherwise you will be pulling on it. Also, as you are sitting down, pull your pants up at the thigh just a little so you don't stretch the fabric too much. Both of these things will also make you more comfortable.

A clothes brush is a great thing - brush your suit with one when you take it off to keep it clean and looking good.

Hang your suit on a good wooden hanger that is made for suits and store it in a breathable garment bag for protection. When storing the bag, avoid cramming it in between lots of other clothes, which will cause it to wrinkle.

Dry clean your suit only when necessary but at least once a season.



POCI TAILORING

HIGH CLASS CONTINENTAL TAILORING



HAND FINISHED ALTERATIONS & REPAIRS
Remodelling Expert
Suits, Shirts, Trousers and more

Telephone: 9484 8217
Room 7/560 Pennant Hills Road,
West Pennant Hills 2125
#1 - Recommended by



IT'S TIME TO LOOK YOUR BEST

Do you hire or buy your wedding outfit?



That is the dilemma! Your wedding day is supposed to be one of the most special days in your life. It is also a time when you need to look your best. When it comes to your outfit you have two choices to make - do you Hire or Buy?

Hiring

Hiring a wedding outfit can range in cost - there is set a cost for hiring a Suit, Shirt and Tie. It can start from around \$120, the average cost for a stylish good quality being \$189 but the cost can go a lot higher depending on the hire company and the outfit that is selected. Hiring is a good option if you really cannot afford to buy, but remember - every guy should have a least one suit in their wardrobe and what better time to invest in one than your wedding day?

Buying

It doesn't matter if you never wear a suit - every guy should own at least one. There is no better time to buy one than your wedding. You can get a quality brand name suit from as low as \$300. You will then have a suit to wear to the next wedding, job interview or even funeral that you have to attend. A brides dress is worn only once but a groom can get years of use out of his wedding outfit.

Suggestion

If you shop around, you can purchase a 'good quality' suit for not much more than it costs to hire. Just For Him in Beecroft has a range of New England, Studio Italia & Shoreditch suits that start at \$300.

Ask if they offer 'Groom Packages' This is where an additional discount is offered if there are going to be multiple purchases. Alternatively, they may offer a tie etc Free of Charge.

Look out for the option to Lay-by. This is a great way of paying off a suit over a period of time. With Lay-by, you will need to pay a deposit up front and then make monthly payments. If you organise your outfit months in advance, you will own your outfit without feeling the pinch!

If you feel you will never wear the suit again - after the wedding - SELL IT! It may work out that it will have cost you nothing to have worn the suit of your choice.



THE BENEFITS TO BUYING

Price - Every guy should own at least one suit. A good quality suit does NOT have to cost a lot. Brands such as New England & Shoreditch start from as low as \$300. These are the latest style suits which can be worn for both formal and business.

Choice - You are able to select a style that suits & compliments your body shape.

Sizing and Fit - Buying a suit and having slight alterations made will ensure a perfect fit and still cost less than a made to measure. If you are not a standard fit ie. very broad shoulders & narrow hips, it can be difficult finding a suit to fit. Shops such as Just For Him will ensure that they fit you in a brand such as Shoreditch where they can order in individual jacket and trouser sizes specifically for you.

You are obviously at the 'Marriage Age' which means your friends are also around that age too! After your wedding you now own a suit to wear to other functions such as their weddings !



Conclusion: Whether you are the Groom or a Groomsman, it makes financial sense to buy your outfit.



Brides of Beecroft is a stylish and elegant bridal boutique nestled in the leafy village of Beecroft, in Sydney's North West.

This delightful Bridal boutique is a pleasure to experience as expressed by many a past bride and her family.

Wendy McGregor the owner, and her staff make you feel most welcome on your arrival, with their delightful manner and their wealth of knowledge

allowing them to help you find the right gown for your special day.

They have a full range of styles and designers to choose from, ranging in sizes from size 8 -20, to try on. Prices are affordable starting from \$360.

Their designers include SAN PATRICK, PRONOVIAS, LA SPOSA, BRIDES DESIRE, AIRE, CALECHE, DEMETRIOS, ELIZABETH DE VARGA, PETER TRENDS, ALMA NOVIA and HENRY ROTH.

This is a "one stop shop" for Bridal, making it perfect for the "Busy Bride".

There is a large range of accessories to choose from including veils and jewellery which can be custom made for you, as well as hoops and shoes.

Wendy McGregor and her wonderful staff are confident that they'll be able to help you find your perfect gown, for your special day.

Please call us for an appointment

P. 9980 6889

Brides Of Beecroft

Shop 8B, 16-24 Hannah Street, Beecroft

www.bridesofbeecroft.com.au





1



2



3



4



5



6



7



8



9



10



11



12

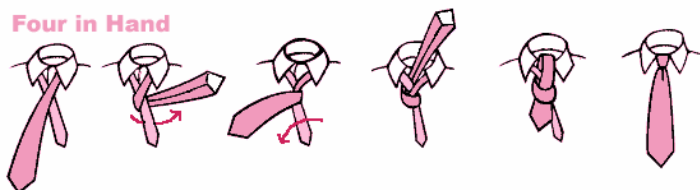
HOW TO TIE A TIE

Maybe it's time to ditch those clip ons

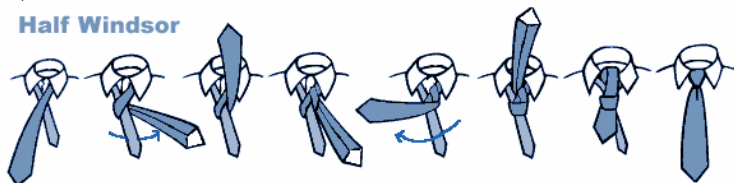


There are 3 basic tie knots - the Full Windsor Knot has the largest knot, followed by the Half Windsor and then the Four In Hand. Whenever you have a spread or wide collar with your dress shirt, it's best to use a larger knot to fill the space in between, such as a Full Windsor or Half Windsor Knot.

Four in Hand



Half Windsor



Windsor



The Grooms decision of what tie he is going to wear is as important as the bride's choice of dress

Choose the distinctive luxury of a
'Limited Edition'
AYAKAWA Tie

AYAKAWA

The #1 choice for special occasion ties

Available online at
www.ayakawa.com
& at selected stockists

Special Offer

*Insert the code 'JFH' when you buy your tie online
and receive a 10% discount*

AYA KAWA

River of colourful woven silk



Uniquely designed ties inspired by traditional
Japanese silk textiles

GIFTS FOR YOUR GROOMSMEN



Not just because they kept quiet about your bucks night

Traditionally, the bride and groom purchase attendant gifts for the bridesmaids and groomsmen who participate in their wedding. Finding the perfect gift may be a challenge, but it doesn't have to be. With a little thought, you can choose one gift that is right for all of your groomsmen or unique gifts for each of your groomsmen.

Step 1- Decide your budget

amount. How much you spend on groomsmen gifts is up to you and your budget. Make a decision on the highest amount you are willing to spend. You may choose to give a slightly more expensive gift to your 'Best Man' and give the rest of the groomsmen a less expensive gift. Alternatively, get them all the same.

Step 2 - Decide the style of gift.

Gifts can range from the formal and traditional, to fun novelty gifts. Traditional gifts include money clips, cuff links and hip-flasks, however you can also be creative.

Choose an item or items that truly represent your personality and the personality of your groomsmen.

For example, if the groom and groomsmen meet once a week for a friendly game of poker, a nice poker set in a storage box with their initials engraved on the front may be a nice touch.

Step 3- One for all or unique gifts?

Your next decision is to decide if you are going to buy the same gift for all of the groomsmen or if you want to buy unique gifts for each of the groomsmen. Even if you are buying different gifts for each groomsmen, you may want to keep

the style of the gifts uniform. For example, if you are going to buy a traditional gift for one groomsmen, then you should buy traditional gifts for all of them. It would not be nice to buy a gag gift for one groomsmen and traditional gifts for the other groomsmen.

Step 4 - Practical gifts. If you know that your groomsmen are a bit strapped for cash, why not buy them their tie, shirt or both as their gift? After all, if you want them to wear a certain item of clothing for your wedding, it may be really appreciated if they don't have to pay for it all.



**WIN
A STUDIO ITALIA SUIT**

**Studio Italia, in conjunction with
Just For Him
are giving you the chance to win...**

FRIST PRIZE:
A Studio Italia suit of your choice

SECOND PRIZE:
A Studio Italia suit for 1/2 price

**The essence of Studio Italia's style is comfort,
luxury & performance.
Quality is at the core of the brand.**

How to enter
**Be styled for a suit at Just For Him & receive
an entry into the draw to win**

HOW TO GIVE A GOOD GROOMS SPEECH

Or how to sound legendary on your wedding day



The onus is often on the best man to deliver a brilliant speech; however, a great groom's speech also sticks in the memory. Find out how to write an effective speech.

There are many differences between the groom's speech and that of the best man or the father of the bride. Whilst the best man's speech is traditionally more humorous, the groom's speech has to cover a variety of topics, such as general housekeeping, thanks to various parties, and expressions of love towards his bride.

The key to a good groom's speech lies in his ability to combine these items with enough humour to retain the interest of the audience. Here are some useful tips for grooms to write their speeches.

MAKE A LIST OF PEOPLE TO

THANK - the majority of a groom's speech consists of words of thanks to those involved in the wedding, as well as family and friends;

Delivering the Groom's Speech Before the groom starts his speech, he should also remember the following tips:

REFRAIN FROM ALCOHOL - on the day, the groom should keep alcohol to a minimum, to ensure a clear head upon delivering his speech.

KEEP IT SHORT - it is a common misconception that wedding speeches should last a long time; in fact, five to seven minutes is an ideal length for a groom's speech.

CONSIDER THE BRIDE - there will be a portion of the speech dedicated solely to the bride. The groom should think of ways to display his love for his new wife - without prompting nausea within the audience!

TAKE YOUR TIME - a good speech requires plenty of preparation, and so start writing it at least a few weeks before the wedding day.

WRITE FROM THE HEART - whether the groom writes in prose or has a few notes, as long as what is written is sincere and heartfelt, the audience will be endeared and entertained.

PRACTICE - frequent rehearsal of the speech before the occasion will instill confidence and commit parts of the speech to memory.

RELAX - bear in mind that all guests are having fun, and are looking forward to the speech. Nobody wants to see the groom fail, and will laugh at all jokes and support the groom throughout the speech.

TALK CLEARLY - nervousness has a tendency to cause the groom to speak very quickly, which will confuse the guests.

The Main Components of a Groom's Speech

What should be in the wedding speech? Here are some ideas.

Gifts can be given throughout the speech upon mentions of thanks.

The speech should start with a few words of thanks to the father of the bride for his speech, his kind words and for giving his daughter's hand in marriage.

Next, the speech should thank the guests for sharing the special day with him and his bride and for all the gifts. It may be prudent to give special mention to those who have travelled a particularly far distance to attend.

The groom should thank his parents for their support throughout his life, and also thank his new in-laws for providing him with such a wonderful bride.

The next portion of the speech should be focussed on the bride. The groom should complement and praise her. Whilst doing this, the groom should look at his bride.

Thank the best man for his help and his enduring friendship. Prepare the audience by telling them that any anecdotes told during his speech are probably fabricated!

The bridesmaids should be thanked for their help in the preparation of the wedding day.

Finally, extend an invitation to stand and join the groom in a toast to the bridesmaids.

Following these simple tips should help your speech be a success.



TIES, BOWS, CUMMERBANDS, CRAVATS,
VESTS, POCKET SQUARES.

Fully manufactured in Australia from European Jacquard fabrics.
For your local supplier please contact free call 1800 339 570

5 REASONS TO GET MARRIED

When it comes to marriage, everyone is an expert with opinions aplenty on who to marry, when to do it and how to keep it going once the last of the confetti has fallen. Getting married is often the biggest event of a person's life, with the entire process being a whirlwind for many - from meeting their future spouse through to the honeymoon, with countless dramas and surprises occurring along the way.

Getting married has become even more complicated in the 21st century with many couples opting NOT to marry for reasons ranging from the expense, fear of commitment or losing oneself in the tradition. These are all reasons to not get married, but there are many reasons FOR marriage...even if it is just to make sure someone always tells you when you have toilet paper stuck to your shoe!

1. Someone to blame when things go missing - Always cursing yourself when you have misplaced your keys or the remote? Well, one of the beauties of marriage is that you now have an in-built blaming system for which you can blame your spouse for whatever idiotic behavior that has led to the missing items, even if the accusations

are unjustified it is a well known fact that yelling about a missing object immediately makes it appear. This is a popular reason for many married couples.

2. Always have a +1 - Being married can have many significant advantages, if not only for the wingman at family or friends events who can fill in awkward silences, save you from strained conversations and provide a reason to leave early..."Oh we would love to stay but unfortunately spouse is just not feeling well."

3. Someone contractually obligated to care when you get the sniffles - Often the forgotten vow in many marriages, being there in sickness and in health can sometimes be the clinchers for many

successful marriages as who can you possibly love more than the loving hand that provides aspirin or soup when you're sick?

4. Improved chances of getting lucky without need for alcohol - While certainly not a guarantee, getting married may certainly improve some people's chances of a higher strike rate than in their dating years.

5. Sounding board for life - Of course, one of the greatest points of marriage can sometimes be the fact that you have found someone who loves you no matter what, even when you are irrational, unpredictable and completely insane, they can provide either an excellent sounding board or a sparring partner.



EQUUMEN WILL HELP YOU LOOK & FEEL GREAT

These days there's more pressure on men than ever to put in as much effort as their fiancés when it comes to looking their best on their wedding day. So if your big day is fast approaching then read-on for Equumen's tips for a fast and easy make-over.

The lead up to your wedding - If you need to lose weight, book into the gym and start your diet at least six months before your big day. To enhance your work-out and avoid any injuries that may hamper your walk up the aisle, wear an Equumen undergarment for targeted compression to support your core while you strengthen your muscles.

On the big day - Weddings can be nerve-wracking so wearing an Equumen undergarment will help with temperature control and moisture wicking to make sure you stay dry and comfortable throughout the day.

Trim and terrific - Equumen's targeted compression can help you lose a few inches off your waist instantly, giving you a tailored look for your wedding day.

Your posture - As this is the biggest day of your life, you want to have an air of confidence about you on your wedding day. An Equumen V-Neck Core Precision Undershirt will help you maintain your posture without having to consciously think about it.

The technology behind the Equumen garments is immediately apparent as soon as you put them on. You can feel your shoulders being straightened up and your back gently moved into the correct position.

Walk tall on your big day - good posture will not only ensure you look your best but it is also the key to helping you feel happier and more confident. Equumen's built-in physio taping technique gently pulls the shoulders back to support an upright posture. Good posture also supports oxygen flow to maximize your energy for your wedding and more importantly, your honeymoon.

See advertisement on page 2

TOP TIPS TO GROOM THE GROOM'S LOCKS

- A special day requires a special hair cut, treat yourself! (You will thank us when you see the everlasting photos.)
- Research styles you like to help find the look that best suits you.
- Visit your hairdresser two months before your wedding to try any new styles.
- Your hair cut for the big day should be one week prior the wedding. This will give your hair time to fall naturally into its style and it won't have that stiff look.
- If you have excess neck hair, have it trimmed the day before.
- Play with product. Ask your stylist which product suits your style.
- Warm the product between your fingertips. A twenty cent piece of product is the right amount. Apply from back to front evenly distributing the product. Piece into place, and remember... Less is more.
- SMILE your hair looks great!



**Book in for the
"Grooms Package"
and receive
Style Consultation
Shampoo & Cut**



**FREE L'OREAL styling
product to re-create your
personalized style with
ease on the big day
All for only \$35**



IN ASSOCIATION WITH
L'OREAL
PARIS

Barrard Hair

Ph: 9484 1841

10 Hannah St Beecroft NSW 2119



David was awesome and captured our day perfectly - Katie, March 2010



AUSTRALIAN INSTITUTE OF
PROFESSIONAL PHOTOGRAPHY

aipp

Red Lion Photography

David Beever

0403 754575

www.redlion.net.au

Packages from \$450