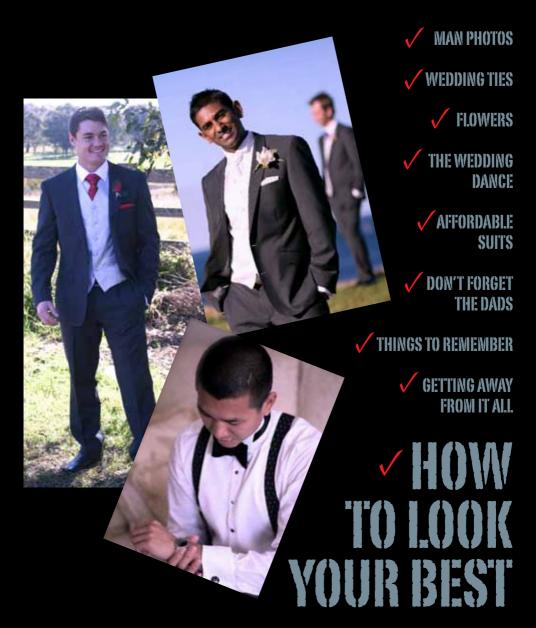
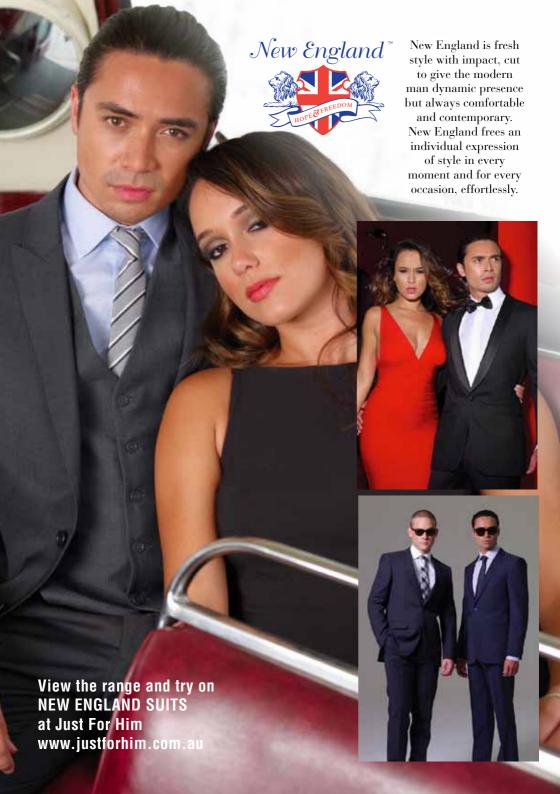


JUST FOR HIV

A handy information booklet for every guy who's getting married





GROOM STYLING SERVICE

The original and the best!

Getting married? Have no idea where to start?

Boys - we are here to make it simple for all involved - come in for a free styling service where we listen to what you want and put it all together for you. If you don't know what you want - we will help you come up with a style that will please both you and your bride. We have everything you need, and if we don't have it - we will get it for you!

LET US DO THE RUNNING AROUND FOR YOU - it will make your life easier.



ITS AS EASY AS 1-2-3

STFP 1

Phone 94842534 and book an appointment, or email us at sales@ justforhim.com.au Styling sessions are available 7 days a week 10am-8pm by appointment.

STEP 2

Bring your Fiance, receive a complimentary drink and we will help you come up with a wedding outfit that will suit your bride, body and budget

STEP 3

A detailed proposal will be emailed to you. If you are happy with it, let us know and we will get the ball rolling - you don't have to do anything else.

Do you live too far away to come into Just For Him for a styling session? No problem. Book us for a Skype session - we can show you the clothes and even do a styling for you face to face over the internet. 7 days a week - 10am - 8pm. JFH offers a 2 - 12 month Lay-by payment option to ease the financial burden.



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9.30 - 4pm Sat



Sydney's #1 Grooms Styling Specialists

ESSENTIAL THINGS TO REMEMBER

- If you have new shoes, wear them in before the big day to avoid blisters.
- Don't get your hair cut too close to the wedding day. Do it at least 2 weeks before the big day.
- Collect your suit and have everything at home at least 3 weeks before your wedding. You need to then TRY EVERYTHING ON. If you are missing something or something is not quite right, you have time to get it sorted out.
- Make sure that you have a clothes brush with you where you are getting ready and give each others suit a brush down before you leave.
- Make sure that you pull your shirt cuffs down so that approx 1cm of the cuff protrudes from the jacket sleeve.

- Keep hydrated take some small bottles of water in an esky with you.
- Also include headache tablets (just in case), 'Wet wipes', deodorant & aftershave - so you can freshen up prior to the reception in your esky.
- Ensure your tie is the correct length. If you are wearing a vest, the bottom of the tie should not be peeking out the bottom. If you are NOT wearing a vest, the bottom of the tie should just touch the top of your trousers.
- When you and your groomsmen are standing waiting for the Bride and bridesmaids to make their grand entrance, be aware of how you are standing, smiling etc. Remember that people are probably taking photos of you.



Ensure you get photos of all the boys getting ready. Your professional photographer will be able to take some candid shots and capture the emotions leading up to the ceremony. Professional photos of the guys will be kept forever and will outdo any lucky snaps.

■ Every now and again - check your tie. The knot can come loose, so before photos, speeches etc, just check that it is sitting tight against the collar.



THE RIGHT MOVES

THE GUYS GUIDE TO WEDDING DANCES

The vote is in! After the proposal and the "I do", it seems the scariest part of any wedding for a groom is the dreaded wedding dance.

Just when you thought it was all over and you could relax with a glass of something cold...you are expected to perform in front of an audience. We know what you're thinking..... "I've got two left feet, get me outa here". Let's take some the stress out the situation with the Guys Guide to Wedding Dances.

Who's great idea was the Bridal Dance?

Wedding dances have been around since the 17th century when the highest ranking people in the ballroom opened the dance with a Quadrille. In modern times the first dance you have as a couple is symbolic of a life in partnership

What about my two left feet? I'll never learn to dance

Okay, if you can walk you can dance! We always recommend you go for private rather than group lessons so the instructor can concentrate on you and you are not trying to dance in front of strangers. The trick is to leave plenty of time for lessons and then time to practice so you can be confident and relaxed on the big day. Most importantly you'll be taught how to lead your bride. Yep, this is the one part of the wedding where you are in charge.

When should we book our lessons and how many?

Don't leave it to the last minute, we recommend starting 3-4 months before the wedding with a regular weekly or fortnightly lesson.



Wedding dances have been around since the 17th century when the highest ranking people in the ball-room opened the dance with a Quadrille. In modern times the first dance you have as a couple is symbolic of a life in partnership. It's become a common part of wedding celebrations and the good news is you no longer need

What kind of music should we dance to?

Choose music you both love.
These days most people choose
to dance to a rumba or slow
dance but you might want to mix
it up with swing which is like a



rock'n'roll dance or a few cool moves.

How long should the dance be?

No more than 2.5 minutes

Does the wedding dance have to be a routine like Dancing with the Stars?

NO! Your dance is supposed to make your guests go "Aaaahhhh" rather than score you out of ten. If you are both happy to show off on the dance floor you can perform a fully choreographed routine but many couples choose a simple sequence of steps with some highlighted "moments" that can be performed with confidence. This approach will also give you enough dance skills to be able to confidently dance at the reception, on your honeymoon and beyond.

When should the dance be scheduled?

It's your wedding - You get to decide when you want to dance! If you find it too stressful waiting, you can actually start the reception with the wedding dance so you can then kick back and enjoy the rest of the reception.





Suits to fit the

small, short, large or tall man

Why hire when you can own it for the same price?

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- **Shirt**
- FREE Vest, Tie & Hank Hire
- ▼ Total Value \$425!



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* Diamond Package relates to standard 2 piece suit sizes. Tailoring not included. Free Vest Hire for 7 days. Shirt up to the value of \$70. Suit = Jacket & Trousers

YOU'VE PROPOSED - NOW WHAT?

You asked her to marry you and she said YES!

The time between the proposal and the ceremony can be tough. There is a lot to do and she will need to feel that you are on board as she tries to make her dreams come true. Remember, girls are not like us! Many of them have lived for this moment all their lives. Getting it right is the most important thing you can do for her. If you can pull this one off, the rewards will be enormous and on-going.

Your role is to be sympathetic and supportive. Be part of the process. You probably don't want to make any of the major decisions but you should be attentive and show some interest.

Its not time to decide who to have as your 'Best-man' and Groomsmen. Your Best-man should be closest confidant. This could be your brother, your best mate or anyone that is very important to you.

When it comes to your wedding vows you don't have to get nervous. You can do a 'repeat after the celebrant' or you can prepare Vows on palm cards. Just don't calm the nerves by having alcohol. A celebrant cannot conduct the wedding ceremony if they feel you are a intoxicated as it's against the law!

You've decided to get married of your own free will so try to look like you mean it. Get rid of the gum, put the sunglasses away and take your hands out of your pockets! How you handle the wedding day can make or break you. It can determine the rest of your married life.

Remember one thing - It's not just her wedding day, it's your big day too. You can either get dragged along, or you can be the co-pilot and share the excitement and enjoy what will be one of the biggest days and events in your life.

Good Luck!

Words of wisdom by Marriage Celebrant - Russell Hansen



POCKET HANKIES - TO WEAR OR NOT TO WEAR?









Pocket hanks are for decoration - they are not for blowing your nose on.

However, they do have a use...Nothing finishes off a look to a men's suit like adding a pocket square or mens handkerchief to your ensemble. It's an easy and inexpensive accessory to add class to your appearance and a dash of color to your suit.

While a simple white men's handkerchief with satin stripes is all that is necessary to complete

the look, there are several different ways to fold a handkerchief depending on the look you want to achieve. Once the handkerchief is folded, it should be shown in the pocket approximately an inch to an inch and half above the edge.

So there you go - the pocket hankie is optional, but its an inexpensive way for you to look special!

HINT - If a bridesmaid has leftover material - use some to make matching hankies for the boys!

TYING A FULL WINDSOR - THE WEDDING KNOT





















Made a noose instead of a full windsor?
Scan this ΩR code with your mobile
device to watch our easy step by step
guide or go to: www.youtube.com/watch
?v=TnvoGnX1byE&feature=youtu.be



THE WEDDING TIE

It's your wedding day The focus is right on you and your bride and the camera is pointing straight at your face and vour tie.

The tie is often the centre piece of a suit. It is a detail that says everything about the man. When selecting a tie for a special occasion, you should choose something that says luxury and quality.

Your wedding tie and cufflinks are probably the only items that you buy now that will still fit you when you are 80! Therefore you should not scrimp on them.

If you are not a 'tie wearer,'

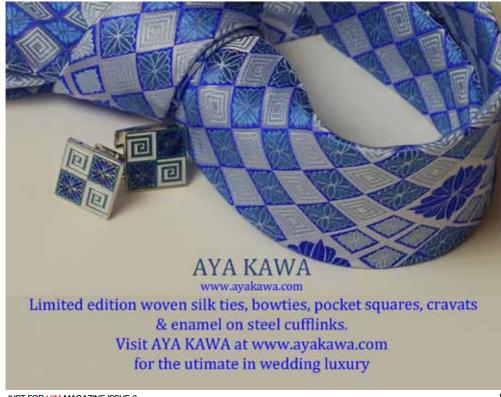
choose a classic design that looks fabulous with both a dark or light suit. A quality tie will also stand the test of time. If you are not a 'tie wearer' it probably means that you will only own a few ties. For this reason alone, the few ties that vou do own should be high quality ties.

There are millions of ties and brands around, however, most are mass produced. There are very few that are unique limited editions. One such quality brand is the Australian designed AYA KAWA. Each tie is a unique artist design rather than a combination



of this years fashion forecast colours, so even if you put it on for every formal occasion for the next 20 years it will still be unique and look fabulous

Your wedding day is one of the most important days of your life. Invest in a beautiful tie for this special day - afterwards you can wear it with pride on other milestone occasions such as at your child's christening and when your child gets married!!!





DONT FORGET THE DADS

When it comes to what to wear to the wedding, everyone is usually focused on the Bride, Bridesmaids, Groom & Groomsmen, making sure that they will look good. Next come the mums. They usually are very capable sorting themselves out but everyone seems to forget the FOB and the FOG- (Father of the Bride and Father of the Groom)

So what should they wear?

THE FOB

Has a very important role. If he is walking his daughter down the aisle all eyes will be on him. First and foremost he should be well groomed. He needs to wear the equivalent of what the Groom and Groomsmen are wearing. If they are wearing a suit, so should he. In fact, he can, as the FOB go one step further and wear a Tuxedo.

If they are wearing a tie, so should he. To tie in with everyone, it is a nice touch to ensure that the FOB's tie (and hanky) match / compliment his partners outfit.

THE FOG

His son is taking the big step of getting married and the best way to show his pride to him is to attend the wedding looking good. The FOG should not be outdone by the FOB. Its a good idea to find out what the FOB is wearing and wear the equivalent. Its ok for you both to wear the same colour suit, but try be a little individual. If the FOB is wearing a two piece suit - the FOG could look a little different by wearing a vest with his suit. Again, its a nice touch if the FOG's tie compliments his partners outfit.

How Old?

If the FOB / FOG are not 'regular' suit wearers and "don't need" a new one as they already have one, it is a good idea to ask them to show it to you. Their idea of a perfectly good suit may be a little different to yours! If everyone else in the wedding party is wearing a well fitting suit, it is important that the FOB / FOG are not wearing an ill fitting one.

Alternate looks

If the FOB / FOG insist that they don't want to buy a new suit as they will never get the wear out of it, an alternative solution would be for them to wear a Dark Navy or Black Blazer with contrasting trousers. The advantage to the blazer is that it can be worn on less formal occasions

How Much?

Suit prices depend on brand and fabric that is selected. However, it should be all about how the outfit is put together and most importantly the fit. Whether you are small, short, tall or large, JFH will be able to show you a range of suits that will fit both your body shape and your budget. Suit packages at Just For Him start at \$299 (see advert on page 4) Brands carried at JFH include Studio Italia, Cambridge, Gibson, New England, Shoreditch, Milano. They also have access to most other brands on the market.

The right fit

Too many men wear suits and shirts that don't fit correctly. Today's suits should have only two buttons, slightly narrower lapels and flat front trousers. Sleeves should NOT extend past the wrist. It doesn't matter what shape you are, today's suits should not be baggy! Out of date suits should be retired. If there is one occasion when its important to look your best, its at your child's wedding.

Some men think its perfectly ok and choose to wear shirts that are way too big as they feel more comfortable. If the shoulders of the shirt extend past the actual shoulders and if you can fit more than 1 finger into the collar of the shirt when its done up - the shirt is too big! At the other end of the scale, if the top button of the shirt cannot be done up, the shirt is too small. He cannot just leave the top button undone and push the tie up to cover it as it never sits properly. A shirt that is the correct size should be comfortable all over.

Help on hand

The easiest way to get the FOB and the FOG sorted for the wedding is to make an appointment and take them into Just For Him. If the mothers have selected their outfit for the wedding, take it along to the styling. The experienced staff at JFH will ask questions such as:

- · How often do you wear a suit
- Do you have a budget you would like to stick to
- What colour is your wife / partner wearing
- How formal is the wedding, what are the boys wearing

They will then select an outfit that will compliment the wedding party and his partner but most importantly, it will fit his body and budget.

Don't forget Grandpa!

Whatever you call him, your grandfather should not be forgotten! If you are fortunate to have a grandfather, take the time to ask him what he plans on wearing to the wedding. If he says he is all set and doesn't want a new suit that is fine. However, it would make him feel special if you went out and bought him a new shirt, tie and matching hanky for the big day. If Grandpa will be partnering someone, his tie should compliment their outfit. However, if Grandpa is attending alone, it is nice if his tie compliments the wedding party.

How to measure for a shirt

There are two factors that determine what size shirt a man should wear - 1. What size his neck is and 2. What body shape he has. The first step is to measure around his neck making sure the tape measure sits where a collar would. To ensure he has room to breath, either put your finger against his neck when measuring or add 1cm. If a mans neck is 40cm, that is what size his shirt should be. Next is the fit - you need to determine what fit / cut will be best.

Classic Cut - Is the most generous. Suitable for men with a girth that is larger than the chest

City Slim - Not as generous as a Classic. This style is a comfortable fit for most men of average proportions.

Slim Fit - This is suitable for fit / slim bodies

Body Fit - This is a body hugging shirt suitable for a slight build or very fit body.

Once you have the neck size and know the body shape, it is now easy to select a shirt that will look good and be comfortable.



Mention this article and receive 1 free shirt

When you purchase a suit for dad at **Just For Him** - 9484 2534.

*Cannot be used in conjunction with other offers. Shirt up to the value of \$75

MANAGING YOUR MAN FLOWER

Do the boys have to wear a flower (Boutonniere)?

The simple answer is No. HOW-EVER, a wedding is probably the only time you will ever be asked to wear one, so why not? The Boutonniere distinguishes who the main 'cast members' are, in other words it makes you look more special than all the other guys at the wedding.

Who should wear one?

The Groom, his Groomsmen, the Fathers of the Bride and Groom. It is also a nice gesture to include the Grand-fathers.

Where should it be pinned?

It is important for the Boutonniere to be positioned correctly or it will not look right.

- The flower should always go on the Left lapel.
- It should be positioned half way between the top of the pocket and the Peak / Notch of the lapel.

- The flower should be pinned ON the lapel, Not on the breast of the jacket.
- The angle of the flower should be parallel to the outside edge of the lapel.
- It should NOT be in line with the pocket
- It should NOT be put in the button hole that is on many jacket lapels

A few fresh facts

Real flowers are lovely to smell and look at, but unfortunately, when pinned against a warm body, the flower can start to droop or turn brown before it should! This is especially the case on a warm day. Flowers also don't like to be hugged!

To avoid this problem, a good alternative would be to have an unreal boutonniere. There are some fantastic options available - so realistic that no one will ever quess they are not the real thing!

The Big Benefits

There are several benefits in getting Boutonnieres that are not real:

- You can get them ahead of time and get your fiance / mum to pin them onto your jacket so you don't have to!
- They will stay looking perfect - no chance of them dying
- They cannot mark your suit (some flowers can leave a mark on your suit if they get squashed)
- The cost is comparative to real flowers
- You will have something to keep long after the wedding day is over.





Before the wedding

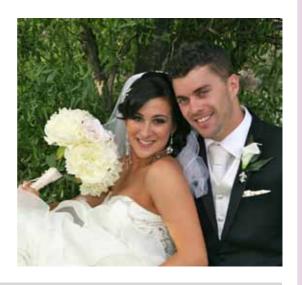
During the wedding

Not so nice

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Don't let a flower spoil your Day or Your Photos!

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Specially designed in France, Waxx Underwear is made of the highest quality, is super comfy and offers amazing designs for any style or taste.

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www.waxxindustries.com.au



9 GREAT TIPS **FOR THE** GROOM



Most think that the wedding day it's all about The Bride. Well... with all due respect, would she still be a bride if there was no groom? The Groom is the other half in the wedding and in all of the portraits therefore must look the part!

Obviously, The Bride is going to take the most of the attention. what with the beautiful crystal beaded long white dress and the hair and make-up ripped out a fashion magazine! So the pressure is even higher on The Groom.

Here are a few tips from Adriana & Matthew Harrison, experienced photographers from Harwood Photography on how to have the auvs looking their best too!

- 1. Relax! So it's the big day! Today you are most likely a nervous wreck. That's normal! The morning is your time with the boys and your family. Take it easy. If you have a beer it's ok. Have breakfast first though! It's not cool to rock up in front of your bride smelling like a brewery!
- 2. Get sorted! A few days before the wedding, try EVERYTHING on: shirt, pants, socks, belt, undies & shoes. As you take off your clothes, put them all together. We

have seen so many guys having to rush to the shops in the morning of the wedding because the shirt didn't fit or the undies where nowhere to be found! Do the same for your groomsmen!

- 3. Be vourself act like vourself! If you love your footy, fishing, racing, snakes, poker... make sure you have already told your photographers about it. They will surely incorporate your hobby in the portraits with the boys.
- 4. Practice! Ensure there is a Pre-Wedding photo shoot with your photographer. This is your opportunity to get rid of any nerves and have a bit of fun being photographed before the wedding! You'll also get to see vour best side and choose the best smile!
- 5. Forget about the camera! You are all dressed up and looking the best vou've ever have. Don't think that you don't look "good" in the photos. You do! If the camera still

makes you uncomfortable, then imagine that the camera is your bride. As silly as it sounds, try and see what happens!

- 6. Pay Attention! If you are the type of guy that wants the photos to be over and done with, pay attention. After all, YOU are the one forking out the money for the photographers - let them do their job! So, if you and your boys cooperate, the shots can be done quickly and you'll be off the hook sooner rather than later!
- 7. Clean Up! Don't run around the house picking up your dirty clothes on your wedding day. Have everything nice and tidy so it looks good in photos. If you have a small studio apartment, consider hiring a hotel room for the day if you have 6 groomsmen!
- 8. Chill! You've taken the time to sort out everything...Now RELAX and eniov the day!
- 9. Happy Wedding Day!

15 JUST FOR HIM MAGAZINE ISSUE 3



The **First Dance** that lasts a lifetime ... Step out onto the floor with confidence!

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SUITS THAT FIT THE BODY, THE BUDGET & THE IMAGE



Not so long ago, fatherly types used to impart this bit of sartorial advice to young men: Invest in one well-made suit. The thing is, a wellmade suit used to cost a lot. Not anymore.

With the new 'IT" brand New England, you don't have to shell out a fortune to look like a million bucks. you are now able to afford to own several suits or, if you are not a 'suit wearer', you can now afford to buy your wedding suit instead of hiring something that has been worn umpteen times before!

New England suits are sharply tailored with fitted silhouettes. stylish lapels, available in a large range of colours and retail for as little as \$300. How is it you can be suitably attired for so little? New England are focusing on suits that are not 100% wool which greatly reduces the price. Of course, these off-the-rack suits cannot compare to bespoke tailoring, those prohibitively expensive, custom-made suits that are tailored to measurements and require hand sewing and intricate construction. But for a young man shopping for his wedding outfit, New England has suits that are light on the wallet but heavy on style.

It's not just Grooms looking for suitings, however. Younger men are abandoning hoodies and baggy jeans for suits. The biggest change about the suit is you don't have to always wear it with a shirt and tie. The Jacket looks fantastic teamed with jeans. Nowadays its not about the brand - its about how the suit fits. New England suits have the ability to flatter almost any body shape.



JUST FOR HIM MAGAZINE ISSUE 3 17



Every girl likes a nice surprise, so why not take the initiative and begin planning your honeymoon. Don't be daunted by the idea of researching destinations and planning your itinerary. Here's a few tips to make it easy - and show her how much you care.

But the world's a big place...

A honeymoon is your chance to take her somewhere special. And where is that you ask? Traditionally, many take the island hideaway route with a trip to places like Fiji, Vanuatu, Tahiti or even closer to home in the Whitsundays. But if your bride isn't the type to laze by the pool, you could suggest a honeymoon with a little more excitement like luxury safari in Africa, the bright lights of Las Vegas or even a tour through Europe.

Ask an expert for help...

Not sure what to do next? Do it the easy way by talking to an experienced travel agent who can to tailor make a dream holiday to fit your budget and time frames. This is one holiday you don't want to book yourself over the internet. There's a great chance your travel agent may have been there - so rest easy knowing what they tell you is what you're going to get.

Do you really need four toasters?

Instead of asking guests to give you presents, why not book your honeymoon and then give your guests the option to contributing to the cost as there gift to you. Any good travel agency can provide you with Bridal Registry Cards to include with your wedding invitations. Easy.

Go ahead and impress your bride with a honeymoon experience she'll never forget.

For more information see advertisement opposite this page.

ID YOU KNOW?

The length of your suit's pants can make you look longer, shorter, trendier or old fashioned.

The length of the pants of your suit depends on your personal preference. That is rule number one; follow your personal style rather than what a salesperson is telling you. However, there is certain etiquette you might want to know about. In most cultures, the pants of the suit should be 1 centimeter above the sole of your shoe or if you are not wearing shoes, above the floor when standing up straight (measured from the back of the pants). Just remember - Trousers that are any shorter will show more of your sock / calf when you sit down.



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