**Fashion**

A way to express one-self in a manner that is understood by others.

“a gentleman is someone that always does whatever they can to make sure the people around them are as comfortable as possible.”

* Basics of dressing up:

1. Always wear clothes which fit, shape doesn’t matter as a cloth might have a shape that is designed to look not fitting.
2. 3-color-scheme. Only 3 colors should be present in the clothing, usually 2 neutral and 1 bold.

* Color: Less is more. Lesser colors convey more meaning.

Neutral colors:



And some other shades of brown. All other are bold colors.

While the usual style is to go with 2 neutral 1 bold, other combinations and varieties can be experimented with.

* Texture: Brings out the details of a color. No texture or rather everything being plain is also a part of fashion as it gives the modern look.
* Silhouette/Shape: A bit more advanced this refers to the overall shape of the style on a person. Like slim fit would create more streamlined look and a gentlemanly wear might create a broader look.
* Accessories: Accessories make up an outfit, while they may not have much functional use, they still add weight to the style, a style without an accessory may always look missing. Classic watches that are too large and useless against smartphones now appear just as striking as a shirt.
* Function: A good style is always made around the use of it. Dressing in smart casuals at workplace isn’t good nor is dressing up in smart business wear in birthday parties.

Some yt channels for female fashion: Dearly Bethany, Gemary, Jenny Mustard and AlexandrasGirlTalk.

Some yt channels for men: Tim Dessaint, Gentleman’s Gazette.

• Sprezzatura: To show what is done is done in an effortless and almost without a thought manner. It is the idea of imperfection.

To always look perfect and to show too much effort and thought was spent on the dress makes you look flamboyant which is bad in itself for most occasions.

To practice sprezzatura, one must understand the classic style first. They must be original with their style. Start small with minor changes. Don’t practice it at occasions like wedding or formal meetings and don’t overload accessories. Simple ways to practice it are, leaving cuffs unbuttoned, playing with neckties and combinations of using formal jacket with jeans and so on. For combinations, formal relaxed styles are in trend.

• “Learn the rules like a pro, so you can break them like an artist.” – Picasso

Style in general is supposed to be about the person and not about the clothes, dress in whatever defines you. Although try to understand the fashion first so that you understand what you are doing is right.

• Some office wear: It is better to dress in respect to what the people are wearing rather than what the manual says.

Navy blue blazor as it gives the formal look to even casuals,

Quality cotton chinos go with browing, or bluish/greyish colors,

For shirts, you can go with button cuffs or French cuffs to go along with cufflinks, if neckwear (tie) isn’t required then go with checked/checkered shirts with buttoned down collars.

**Bodycare**

While body care and skincare are unisex topics, there’s still a bit of difference between what helps men and what helps women. There are some big physiological differences between the 2 sexes, one of them being that men have 25% thicker skin with more collagen density and more oil production in the skin.

* Diet: Skincare needs proper diet, eat healthy and stay hydrated. Drink about 3L/day or more.
* Skin type varies from person to person, some people have oily skin, some have drier skin, some have mixed skin, i.e., oily at some places and dry at others and some have normal skin: To check your skin type wash your face with water and then wait an hour without drying it manually, if the skin is shiny then it’s oily, if it is dry and scaly then it is drier and if it has mixed properties then it’s mixed and if it’s hydrated but not oily then it’s normal.
* 3-step-routine: Twice a day, once in morning and then in night. The goal of the morning creams is to help protect against the pollution and sunlight while the goal of the night time creams is to help regenerate and let the skin rest.

Cleanse: Facewash to clean the face.

Moisturize: Use moisturizer to moisturize the cleansed face. Use an eye cream for the eyes as it removes the dark circles and helps with other ailments, to use eye cream or in general when touching the eye, it is better to go from outside to inside than otherwise, i.e., to go from the outer edge of the eye to the nose bridge. Use the ring finger for eyes.

Protect: Use a sunscreen to protect the face from harmful UV radiation. UVA radiation triggers ageing and UVB radiation triggers tanning in humans.

* Exfoliate: Exfoliate once a week, properly. Improper/no exfoliation leaves the skin harming from daily pollutants and can cause acnes. Use scrub to exfoliate skin.
* Wear clean clothes, use clean towels, use clean pillow cases, blankets and bedsheets.
* Chill Out: Chill out and try to remove as much stress as possible, stress hormones harm the skin and health as well.

**Hygiene, Manners and Etiquettes**

Rather than being stiff, rigid rules, proper etiquette is meant to help people get along with each other and avoid conflict. Rules of etiquette are the guiding codes that enable us to practice manners.

"Manners are made up of trivialities of deportment which can be easily learned if one does not happen to know them; manner is personality—the outward manifestation of one's innate character and attitude toward life."

• Toilet:

* To pee, raise the seat and the lid. (For man)
* For shit, lower the seat and raise the lid.
* After use, lower the seat and lid and then flush it.
* Incase the toilet has flush issues, check the bowl by opening lid after flushing and then close it again.

• Dining manners:

* To walk away from the table for some important business, say ‘excuse me’ and then go wherever. That includes going to washroom.
* It is not impolite to use the washroom while having dinner etc. but don’t let the others know, if at all possible