

TICKET TO WIDE

When Hedi Slimane paraded skinny jeans for his Dior Spring/Summer 2000 millennium look, the trouser vista immediately shifted – and stayed that way for almost two decades. But now? Clinging flat-fronted pants look bang-wrong. Too clean. Juvenile. So time to hand over the ‘miggings’ and invest in some volume...

By Tom Stubbs



Get a (bit of) room

For pleats' sake
Ungenerous suit trousers make you look like those young lads ferried in to distribute canapés at a party. But tailored trousers – and those wearing them – can finally breathe as pleats are allowed to do what they are made for: inject elegance and some sculpted form into trews.
In a similar vein, straighter-cut easy jeans are becoming almost edgy, with dad jeans or normcore denim styles now looking surprisingly cool. Wear with retro runners, such as Nike '70s Marathons, or neutral luxe sneakers. Chinos that puff out a bit and then taper back in work just swell, too – think Dustin Hoffman in *The Graduate* (above). Pair with penny loafers in classic '60s preppy style.
Actual flares, both jeans and smart slacks, are also encouraged when walking with purpose in imposing boots – see *Another Man* editor Ben Cobb's '70s tribute looks. Or, if you fancy the 1990s Jarvis Cocker version, try a straight-cut 20in-bottom trouser, which looks like a wide flare, balanced with a fitted shirt. And kick-flare jeans offer volume for larger-set men – check out Patrick Swayze in *Road House* for a macho ref.



The slim of things

Fake it to make it
A big issue many men face is that skinny often equates to young. Never mind midlife crises – bulky brothers in their forties and fifties are having midriff meltdowns while chasing a more youthful look and finding that middle-age spread is accentuated by too-snug trousers. As for miggings (middle-age leggings), they make the wearer look desperate and clueless.
For neat chinos and suit trews, granted, a hoard of men just love them close to the skin. It's fine – it's body-con. Gym buffs and stocky men, though, take note: all you need to fake the volume vibe is a token pleat. It's a nod to volume, but it remains dynamic – consider easier slim jeans, maybe with stretch, and slim chinos with a higher waistband. Think Steve McQueen in *Bullitt* (above) or Dermot O'Leary in real life.
So, stay tapered. Go slim to fit, but say no to spray-on. If in doubt, do the muscle check – the rule is that your vastus medialis thigh muscle should at no point define the cut of your jib (see *Love Island* for proof).



Pump up the volume

And em-brace the high waist
Ahead of the curve? Put your trouser money where your mouth is and raise the volume below the waist. For this look, think very wide workwear – twill canvas, worker jeans or massive sawmill operative pants – pulled in like sacks by big webbing belts. Wide painter pants with square pockets and sailor pants with flares are equally cool.
Whichever you go for, contrast the volume by pairing with tiny tops and vests. Even better, add sash-waist straps to gather in the trews and sit higher; braces (or side-adjusters) can do the same job. The sophisticated high waist stands out an urban mile as the way to go here, with multi-deep-pleated numbers inspired by New Romantics, Soulboys or David Bowie on the Serious Moonlight tour (above).
Alternatively, straight high Oxford bags for a *Brideshead Revisited* mood are also killer (tuck your knits in for full '80s flex). For shorter or stockier fellas than the sylph-like Dave, consider the low-slung Japanese square-cut style, worn with boxy worker overshirts.

Blue velvet

The days of the full-on hipster beard may be receding as fast as Jude Law's hairline, but facial growth is most certainly still a thing. For most of us, it's an immaculately groomed, styled and considered thing. And such care and attention requires grooming products that are up to the challenge. Step forward, Chanel's new Bleu de Chanel shaving essentials. With a transparent hue and texture, the Shaving Cream allows for more precise *rasage* and the crafting of defined lines and contours for a range of hirsute looks. And as well as gliding on and off, it smells rather good – think exotic woody notes – thereby complementing the equally expressive 2-in-1 Moisturizer, which is designed to work as well on bare skin as it does on light beards.

Bleu de Chanel Shaving Cream 100ml, £43, and 2-in-1 Moisturizer for Face and Beard 50ml, £39. The Beauty Hall, Ground Floor; and harrods.com



Mind over matter

Lose weight, gain confidence, sleep more, stress less... all easier said than done, right? Not if you've got an expert in clinical hypnotherapy and neurolinguistic programming on your side. Meet The Wellness Clinic's mindfulness guru, Terrence the Teacher

I hate the gym – it's full of posers. What else can I do to get in shape?

The secret to exercise is enjoying it. If you hate the gym, don't go. You just need to move your body: scale a climbing wall, cycle to work, walk in the park. Get your heart rate up and your muscle fibres firing. Remember, if you don't use it, you'll lose it.

Confession time: I'm a serial dieter. How can I actually keep the weight off?

Forget diets. Connect with food in a natural way and just make healthy choices. We all have a general sense of what's good for us. Start by adding two nutritious options a day – perhaps one vegetable and one fruit. Let your mind learn to accept these healthy choices over time. Only then should you consider incorporating a new addition.

Any tips for sleeping better? And yes, I know phones before bed are bad...

Create a night-time routine. Sleep is so important, but while most people have a morning routine, few have one to help them get ready for sleep. Make it simple; there are some things you can even do when travelling. Slowly fold your clothes, close the drawers or cupboards, and imagine you have packed your stresses away. Put your phone aside and keep your space dark. Your brain will soon recognise that this pattern signifies it is time to sleep.

Exercise, diet, making sure I get enough sleep... I'm stressing out here!

Controlling stress is very simple: do things that calm you down, do them often and do them repetitively – even if it's just for 45 seconds. For example, check in with your breathing two or three times a day. Is it fast or slow? Deep or shallow? Do you feel it in your stomach or your chest? Just stay with your breath for a few moments and you'll find that it allows your mind a moment to reset. And if you're ever in a state of high anxiety or panic, do the 7/11 exercise – breathe in for seven counts, then out for 11. This helps you to relax by calming the parasympathetic nervous system.

Ah, is this part of that 'mindfulness' I keep hearing about? I'm sceptical about this one. What is it, and why is everyone telling me to do it?

Science dictates that the mind wanders. This is what can cause ruminations, getting stuck in thoughts of the past or fears about the future. You need to learn 'stable attention' – to focus on one thing in the present moment, purposefully. This can be done through breath meditation, mindfully eating or even focused walking. Harvard-affiliated research shows that around half an hour of mindful meditation a day over eight weeks creates powerful physical changes in the brain. People report feeling more relaxed, focused and in control. That is the power of mindfulness – it won't change your life, but it will change the way you perceive your life.

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