

Men's Health

9 771356 743132 06>

100% USEFUL | JUNE 2011 £3.99



CHRIS HEMSWORTH
CHRIS HEMSWORTH
CHRIS HEMSWORTH
CHRIS HEMSWORTH

MORTAL TO GOD
THE WORKOUT THAT CREATED THOR



REVERSIBLE THE CHARGES

Reversible and dual-purpose gear makes your wardrobe work twice as hard for the same outlay. *MH* doubles up to highlight the benefits

Double-sided tie



£110 for a silk tie isn't cheap. But if it means you get two ties in one – as with this versatile **spotted-one-side**, striped-on-the-reverse number from Canali – then you're getting a double return on your outlay. Factor in the cost-per-wear-ratio and it makes this tie less of a noose and more of a neck-saver.

Silk tie £110 Canali

Triple-glazed shades



"The new Ray-Ban Light Ray sunglasses let you change the lenses depending on the weather," says Richard Peck, MD of Sunglasses Hut. The frames come with three sets of lenses: **one polarised for clarity**, one graduated for cloudy days and one full-tint – for maximum movie-star mystique.

Light Rays £249 Ray-Ban

Dress-code cracking jacket



Sometimes it's hard to know whether to dress up or down for an event. Tween have come up with a smart answer to this dilemma. **On one side, this is a casual khaki jacket**; on the other it's a smart grey blazer. So save your blushes with a Superman-speed costume change.

Blazer £369 Tween

Short change



Franklin and Marshall's reversible shorts give you two pairs for the price of one, saving space in the weekend holdall and giving you a versatile smart/casual option. **Wear these navy side out for a tailored fit at a summer party**, then reveal the plaid underside next day.

Reversible shorts £98 Maxwell

The two-faced belt



"A belt with a **safe black or brown side for formal wear** and a brightly coloured reverse to wear with jeans is a smart spring purchase," says Selfridges' buyer, Mithun Ramanandi. "Pick a shirt or socks in the same colour to add co-ordination." This belt comes in navy/sky blue.

Leather reversible belt £115 Paul Smith

Coat of alms



This is a **light grey Crombie-style overcoat that you could dress up with a grey suit or down with black jeans and T-shirt**. On the underside it's a beige trench that will go well with navy suits and jeans and is 100% waterproof – useful if you get caught in a spring shower.

Overcoat £705 One Nine Zero Six

Well plaid



Ideal for dirty stop-outs, Woolrich have a range of reversible gear – our favourite is this shirt that is **plaid on one side and chambray on the other**. So you can stay out all night and come to work in a 'different' outfit. "Double-sided shirts are heavier, so perfect for cool days," says Ramanandi.

Reversible shirt £119 Woolrich

Either way gilet



When it's too warm for a jumper but still a bit chilly, the gilet is your failsafe. "This has a **navy outside, which looks smart over a shirt**. And, on the reverse, the yellow and blue underside looks great worn over a T-shirt," says my wardrobe menswear buyer Lee Douras.

Reversible gilet £100 Henri Lloyd

Three-in-one watch



The Fortis B-42 Official Cosmonaut watch transforms not once but twice if you add the Cosmonaut set. It contains rubber and leather straps and a 'test tube' with strap-changing tools. So, **bracelet for business**; rubber for sport; leather for dress – it covers all bases.

B-42 Official Cosmonaut £1,285 Fortis

REVERSE THE CHARGES

Reverse and dual-purpose gear makes your wardrobe work twice as hard for the same outlay. *MH* doubles up to highlight the benefits



Dress-code cracking jacket

Sometimes it's hard to know whether to dress up or down for an event. Tween have come up with a smart answer to this dilemma. On one side, this is a casual khaki jacket; on the other it's a smart grey blazer. So save your blushes with a Superman-speed costume change. **Blazer £369 Tween**

Triple-glazed shades



"The new Ray-Ban Light Ray sunglasses let you change the lenses depending on the weather," says Richard Peck, MD of Sunglasses Hut. The frames come with three sets of lenses: one polarised for clarity, one graduated for cloudy days and one full-tint – for maximum movie-star mystique. **Light Rays £249 Ray-Ban**

Double-knot tie



£110 for a silk tie isn't cheap. But if it means you get two ties in one – as with this versatile spotted one side, striped on the reverse number from Canali – then you're getting a double return on your outlay. Factor in the cost-per-wear ratio and it makes this tie less of a noose and more of a neck-saver. **Silk tie £110 Canali**

Three-in-one watch



The Fortis B-42 Official Cosmonaut watch transforms not once but twice if you add the Cosmonaut set. It contains rubber and leather straps and a 'test tube' with strap-changing tools. So, bracelet for business; rubber for sport; leather for dress – it covers all bases. **B-42 Official Cosmonaut £1,285 Fortis**

Either way gilet



When it's too warm for a jumper but still a bit chilly, the gilet is your failsafe. "This has a navy outside, which looks smart over a shirt. And, on the reverse, the yellow and blue underside looks great worn over a T-shirt," says my-wardrobe menswear buyer Lee Douros. **Reversible gilet £100 Henri Lloyd**

Well plaid



Ideal for dirty stop-outs, Woolrich have a range of reversible gear – our favourite is this shirt that is plaid on one side and chambray on the other. So you can stay out all night and come to work in a 'different' outfit. "Double-sided shirts are heavier, so perfect for cool days," says Ramanandi. **Reversible shirt £119 Woolrich**

Coat of alms



This is a light grey Crombie-style overcoat that you could dress up with a grey suit or down with black jeans and T-shirt. On the underside it's a beige trench that will go well with navy suits and jeans and is 100% waterproof – useful if you get caught in a spring shower. **Overcoat £705 One Nine Zero Six**

The two-faced belt



"A belt with a safe black or brown side for formal wear and a brightly coloured reverse to wear with jeans is a smart spring purchase," says Selfridges' buyer, Mithun Ramanandi. "Pick a shirt or socks in the same colour to add co-ordination." This belt comes in navy/sky blue. **Leather reversible belt £115 Paul Smith**

Short change



Franklin and Marshall's reversible shorts give you two pairs for the price of one, saving space in the weekend holdall and giving you a versatile smart/casual option. Wear these navy side out for a tailored fit at a summer party, then reveal the plaid underside next day. **Reversible shorts £98 Maxwell MH**