

the garmany guide



Right on the dial

When the Navy SEALs needed a reliable watch for night missions, they turned to Luminox. Since then, the company's self-powered illuminated watches—which use a proprietary technology that enables visibility under any conditions—have been adopted by elite military units, law enforcement, undersea explorers, pilots and race car drivers. And, yes, by regular, sporty guys who appreciate Swiss-made performance and superhero-style durability. Check out GARMANY's selection to find the right model for your next mission.

VIVA VERSACE

Versace's spring ready-to-wear collection is both feminine and strong, evoking mermaids in plissé pastels and goddesses in gold-studded leather. The striking themes, which have led fashionistas to call this season a "Versace moment," are naturally carried through in accessories. Handbags feature sea fauna-inspired prints in iridescent colors, or the aforementioned metal studs and imaginatively designed chains. Towering, strappy, platforms complete the look. Stop by our women's department to get in touch with your inner goddess.



Dude, where'd those duds come from?

It's impossible to imagine the wardrobe of a well-dressed man that doesn't include certain classic pieces: an overcoat, khaki trousers, a sport shirt, a tweed jacket. Of course, each of these indispensable items has a history—a moment of inspired creation, and then mass acceptance. Pinning down those moments is the work of the new book *Icons of Men's Style* (Laurence King Publishing). For example, the leather biker jacket, iconized by Marlon Brando in *The Wild One*, was commissioned in 1928 by a Harley-Davidson distributor who saw the need for a tough, zip-up leather jacket to protect his customers.

And consider the trench coat, all but inseparable from one's image of Humphrey Bogart circa *Casablanca*. That was first created for British army officers who oversaw the trench warfare of World War I. And the loafer, which perhaps reached its style apotheosis when Michael Jackson moon-walked? Its inspiration is credited to the rough-hewn deerskin shoes of Native Americans. As for the modern necktie, it dates to just 1924—but its roots go back as far as Roman legionnaires of the 2nd century, who added color to their uniforms with scarf-like pieces of cloth. Even more interesting than their origins is the way these iconic pieces are reinterpreted and refreshed over the generations, by heroes, Hollywood stars and regular guys alike.



'How I lost the weight'

"As an orthopedic surgeon, I've advised many patients to lose weight to help relieve pain in their back and lower extremities. The problem was that this physician was not following his own advice. I was busy, distracted by life and didn't take my own weight gain seriously.

"Then my knee began to hurt, and I needed injections. I realized that all my clothes were becoming snug. Last July, I got routine blood work back, and all my numbers—cholesterol, blood sugar—were out of whack. You might say I was 'scared straight.' I have more grandchildren coming. I'm going to be 62 years old, and I want to live my life—play golf, go on vacation, take walks on the boardwalk.

"I wasn't going to go to meetings or order special meals—that's not me. Instead, I made common-sense changes: portion control and exercise. Because I tend to overeat at mealtime, I used SENSEA, a product you sprinkle on your food to help you feel full faster. It helped me train myself. I still go out to dine, but I don't eat the whole bread basket—just one piece. Instead of ordering a 24-oz. steak, I'll order a 12- or 14-oz. piece. For a side, I'll have broccoli rabe instead of pasta. Where I used to finish two platefuls, now I don't even finish one.

"I also went back to the gym, which I'd been avoiding for fear of hurting myself. I enjoy a program with some cardio, stretching and Thera-bands. And I'm walking on the boardwalk again, which I love. I've lost 40 pounds, with more to come. I won't go back to eating the way I used to eat, or looking the way I used to look.

"And Garmany has taken in just about every piece of clothing I own!"

—Steven Berkowitz, M.D.



The New Jersey Symphony

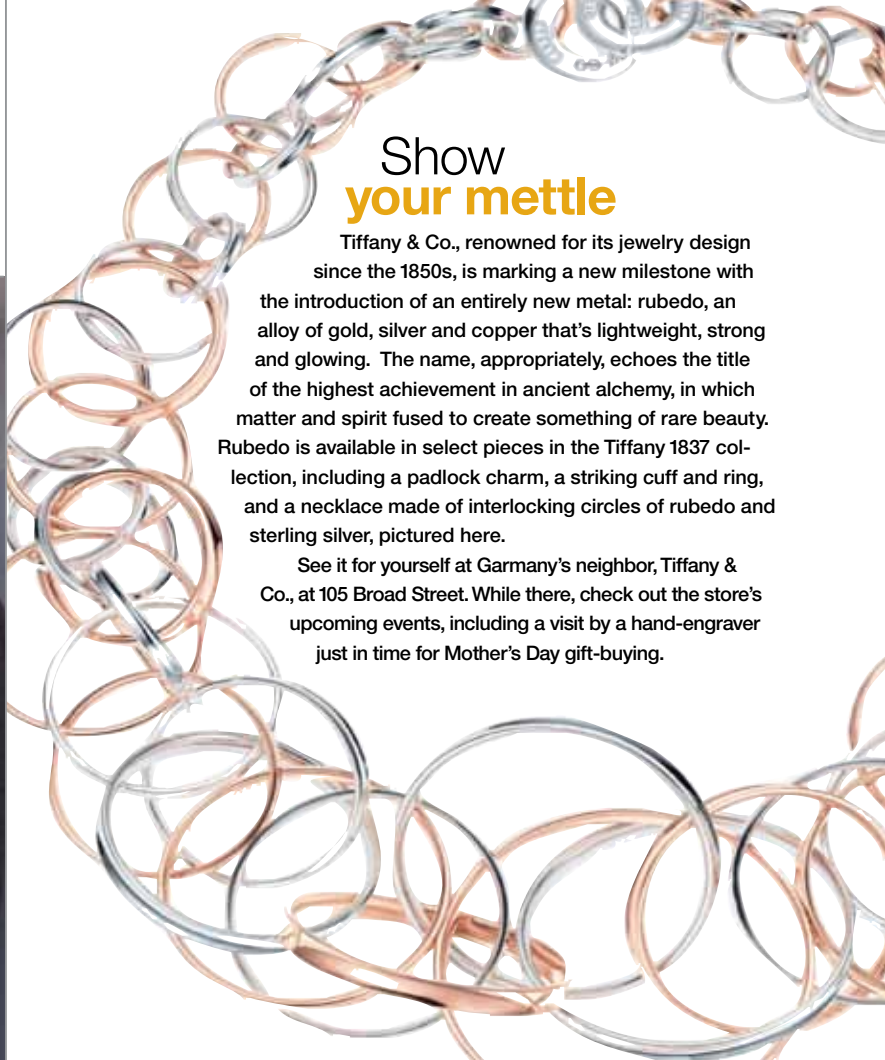
A Little Night Music

As always, the good times are rolling this spring at Red Bank's own award-winning Count Basie Theatre. Laugh with comedian Sinbad on April 13; give your ears a treat with the New Jersey Symphony's Best of the Gypsy Spirit, featuring rustic melodies from Austria, France, Germany, Hungary and Spain, on April 14; or rock out with Get the Led Out: The American Led Zeppelin on May 19, or Pat Guadagno's Bobfest: A Celebration of Bob Dylan's Birthday, on May 24. For more information, visit countbasietheatre.org or call 732.842.9000.

Show your mettle

Tiffany & Co., renowned for its jewelry design since the 1850s, is marking a new milestone with the introduction of an entirely new metal: rubedo, an alloy of gold, silver and copper that's lightweight, strong and glowing. The name, appropriately, echoes the title of the highest achievement in ancient alchemy, in which matter and spirit fused to create something of rare beauty. Rubedo is available in select pieces in the Tiffany 1837 collection, including a padlock charm, a striking cuff and ring, and a necklace made of interlocking circles of rubedo and sterling silver, pictured here.

See it for yourself at Garmany's neighbor, Tiffany & Co., at 105 Broad Street. While there, check out the store's upcoming events, including a visit by a hand-engraver just in time for Mother's Day gift-buying.



Trunk shows at Garmany

Choices, choices! While Garmany selects most of its merchandise from Milan, Naples, New York and other locales, we also bring the designers directly to you via trunk shows held at our store. Here are some of the trunk shows we'll be hosting in the coming weeks. They run from 11 a.m. till 5 p.m. unless otherwise noted. Join us!

SATURDAY, MARCH 31
Canali men's clothing

SATURDAY, APRIL 14
Brunello Cucinelli

HUGO
BOSS

SATURDAY, APRIL 21
Garmany trunk shows will include many great brands, including Isaia and DiBianco handmade shoes for men, and La Petite Robe, M Diego and Sachin + Babi for women—all showing their amazing wares in a great party atmosphere. Join us!

FRIDAY AND SATURDAY, APRIL 27 & 28
Brioni

SATURDAY, MAY 5
Hugo Boss at 5 p.m.

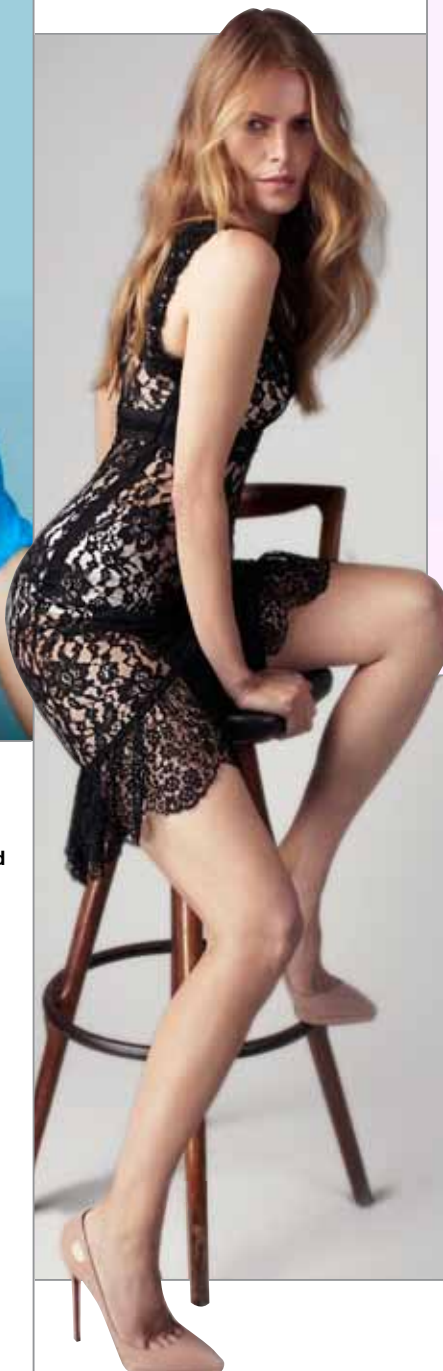


Lunchtime makeovers

As cosmetic surgery and injection techniques get more advanced, they also get faster. Here's what's got the world of cosmetic surgery buzzing this season, according to Anthony Lombardi, M.D., of The Lombardi Plastic Surgery Center in Eatontown (doctorsofcosmeticsurgery.com):

For men: "We are seeing more and more middle-aged men coming in for liposuction and facial fillers," Dr. Lombardi reports. "These are guys who are in great shape, but their faces are becoming thinner, making them look older." Radiesse or Juvederm are the most popular injectables, he says, but using a person's own fat can be even better. "We can extract fat cells out of love handles and then re-inject them under the facial skin," says Dr. Lombardi. "And as you fill up the cheeks or cheekbone area, the skin readjusts to a higher position, and jowls disappear." There's no recovery or down time from the injections, so patients can go back to work with no one the wiser.

For women: Just approved by the F.D.A., Cellulaze is a one-time, minimally invasive laser procedure that's a long-term solution to cellulite—the first to actually target the fat's structure. "Cellulite is caused by pockets of fat held down by bands, which give a pebbled appearance under thin skin," he says. "With this procedure, we disrupt the bands, melt pockets of fat and actually thicken the skin. And it's an in-office procedure that only takes around an hour."



The skinny on ties!



Thin is in when it comes to neckties. Pictured are several from our extensive selection. The striped tie is by Gucci; the prints are by Lanvin.

Traces of lace

For her new collection, Australian designer Collette Dinnigan delved into her personal trove of intricate lace. The designs it inspired, though, are anything but Victorian. The exquisite lace patterns accent elegant draped sleeves, deep V necks, mini-skirts, sheer materials and layers of nude silk. With most designers focusing on brights this season, Dinnigan's restrained palette—mostly pale metallics, black and white—stands out. As will any woman who wears one of her sexy, elegantly cut cocktail dresses. Try them on at Garmany.

APPropos of everything

These key apps are available free for both iPhone/iPad and Android unless otherwise noted.

CardMunch: Take a photo of a business card, upload it to the cloud, where it's magically transcribed, and moments later the contact information appears on your phone. Man, that's cool! iPhone/iPad only.

GasBuddy: Find the cheapest gas, wherever you may roam.

Hipstamatic: Apply artsy effects to photos snapped with your phone.

INRIX Traffic: Tells you the fastest route during morning and evening rushes.

Read It Later Pro: Like the DVR on your TV, this app lets you save online reading material to peruse offline later—even if you have no Internet signal. Price \$2.99.





SAVE YOUR SKIN

Skin is such a benevolent organ. It protects you and makes you look good. Why, then, are there so many ways you can inadvertently harm it, making it wrinkle, break out or sag? Here are four surprising culprits—and how to avoid them:

HAIR PRODUCT

Whether you use gel or mousse, wax or cream, the fact remains: What goes on your hair tends to get into the pores of the face and neck, causing breakouts, blackheads or whiteheads. (There's even a name for it: "pomade acne.")

THE FIX: Switch to a lighter product, or better yet, apply the product an inch above—rather than right at—the scalp or hairline.

HOT SHOWER

Who doesn't love a steamy shower after a workout or long day? Unfortunately, hot water can strip the protective barrier that locks in moisture.

THE FIX: Learn to love lukewarm temps.

POOL CHLORINE

Swimming is great for you, but chlorine can cause irritation and itching.

THE FIX: Rinse off carefully every time you come out of the pool, and dry off thoroughly with a moisture-absorbing towel. Then, suds up well in your post-swim shower.

CELL PHONE

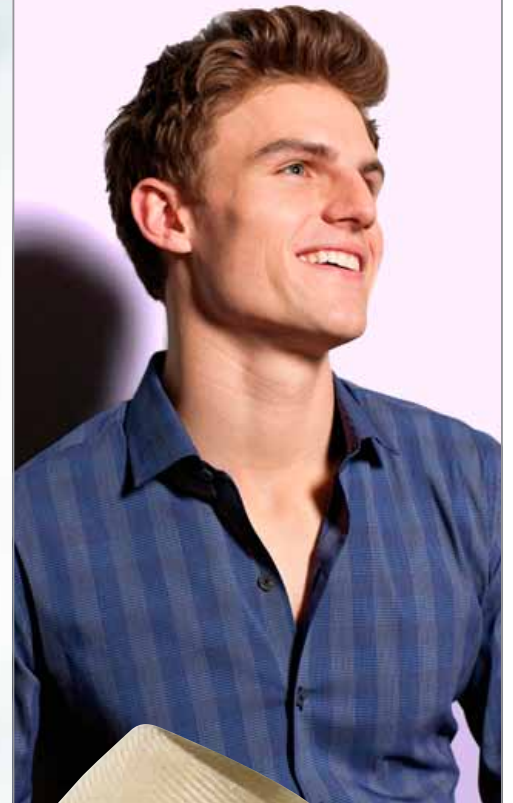
Your mobile phone lives on your desk, on the counter, in your briefcase ... and in lots of other places where bacteria also lives. Then you press it against your cheek and jaw line, and you break out.

THE FIX: Occasionally swab your phone with an antibacterial wipe or use the speakerphone whenever possible.

To be continued next issue ...

Work, play, love

The kind of sport shirts fashioned by Zachary Prell work as well for the office as for after-hours revelry. Prell, a former Wall Street financier, found the fit of available button-fronts distinctly below investment grade—so he launched his own line. He modified the shirt, adjusting the cuffs to accommodate large watches, shortening the tail to allow for an untucked option and slimming the silhouette to better fit athletic bodies. This season, he favors blues and greys in subtle but cool checks, stripes and patterns. Try some on at our store and you'll likely favor them, too.



PUT A LID ON IT

A straw hat is a quick and handsome way to protect your head from the spring and summer sun. Your woman will love you. Your dermatologist will thank you. Straw hats at Garmany by (left to right) Tracy Watts, Etro, Tracy Watts and Gucci.

The A-to-Z List

With more than 100 designers under one roof, you might think we hardly have room to move. Quite the contrary! Our designer shop-within-a-shop concept does offer a boutique feel, but the store is light, airy and spacious—with the convenience of 49 dressing rooms. See if you don't find your favorite brands on the list below. Then stop by for a one-of-a-kind shopping experience you'll love.

Aiko	Ernest Sewn	Nu Bra
Alberto Jeans	Ermenegildo Zegna	Officina Del Tempo
Allegri	Escada Collection	Paule Ka
Artico	Escada Sport	Paul Smith
Autumn Cashmere	Etro	Pedro Garcia Shoes
Avon Celli	Fendi	Peserico Pour La
Bailey Hats	Ferragamo	Victoire
B.D. Baggies	Finishing Touches	Pink Tartan
Bentley	Gardeur	Poggianti Shirts
Bertigo	Garmany	Rag & Bone
Betty Mueller	Georg Roth LA	Robert Graham
Billy Reid	Gimo's	Roberto Cavalli
Blake	Grandoe	Robert Rodriguez
Blugirl	Halston	SAND
Blumarine	Hiltl	Santa Maria Novella
Bogosse	Hugo Boss	Santandrea
Borsalino	Incotex	Sanyo Rainwear
Brioni	Individualized Shirts	Schumacher
Brochu Walker	Isaia	Scott Kay
Brunello Cucinelli	Italo Ferretti	Seven For All Mankind
Bruno Magli	J Brand	Shawsmith London
Canada Goose	Joseph	Silhouette Optical
Canali	Juice Of Cotton	Skip Gambert
Carrot & Gibbs	Kangol Hats	Stuart Weitzman
Cesare Paciotti	Kiton	Sundek
Charvet Ties	Lafayette 148	Swims
Christy Hats	Lanvin Paris	To Boot New York
Citizens Of Humanity	La Perla	Tom Ford Optical
Cole Haan	Laurentino Cologne	Tommy Bahama
Collette Dinnigan	Levi Made & Crafted	Santoni
Coloumbo	Linda Richards	Torras of Spain
Converse	Luchiano Visconti	Torregrossa
Coppley	Luminox	Tory Burch
Craig Taylor	Luxotica	Tracy Watts
Greenstone	Magaschoni	Truth And Pride
Davek	Manolo Blahnik	Tumi Luggage
Desigual	Marbas	Twenty
Diesel Jeans	Marcoliani Socks	Versace
DL 1961	Mezlan Shoes	Victorinox
Donald J. Pliner	Miguel Bellido	Vilebrequin
Dr. Brandt	MiH Jeans	Vince
Ducle	Nat Nast	Wellensteyn

VERSACE

CANALI

Rock 'n ripped

Music enhances a workout, as legions of earbud-wearing runners and stair-step-ers can attest. But what kind is best? The fast kind, for one thing: Researchers found that up-tempo songs motivate people to push themselves harder during exercise, despite the discomfort. The ideal range is between 120 and 140 beats-per-minute, about as fast as dance music, according to studies at Brunel University in England. Frequently mentioned examples: Green Day's "American Idiot," the Killers' "Mr. Brightside," Kanye West's "Gold Digger" and "Gonna Fly Now," the theme from the first *Rocky* movie. Then there's the favorite of Olympic gold medalist Haile Gebrselassie: the techno song "Scatman" by Scatman John. Don't feel like putting together your own play-list? Check out Hella-Sound.com, which sells 30-minute instrumental songs written specifically for running—with "pace-centric rhythms and driving riffs."

Let's Keep It Clean

Answers to your questions about cleaning fine garments

How do I remove ballpoint ink from my shirt or pants? Fittingly for such a common problem, you can use any of several ordinary products: hairspray, rubbing alcohol (test fabric first) or glycerine (a thick, colorless liquid available in drugstores). If you're dealing with a non-washable fabric, blot with a clean cloth to get out as much of the ink as possible. Then, get thee to a dry cleaner posthaste! For washables, put a few drops on the spot and keep dabbing with a cotton ball or clean cloth as the ink comes out. Next, gently rub a mild detergent and a drop or two of water on the spot; form suds and rinse. For particularly stubborn stains, make a paste of water and baking soda, and leave it on the spot for five minutes, then rub and rinse.

I love my linen jacket, but how do I keep it looking sharp? Linen is made from the long stalk fibers of the flax plant. While admirably light and airy, said fibers are also stiff, leading to linen's trademark wrinkles. Depending on how structured your linen jacket is, it may need to be dry-cleaned, or it may do fine with a gentle cycle or hand wash (check the label). Let it dry naturally, and—this is key—iron while it's still damp. Finally, learn to love a certain amount of wrinkles in linen; it's part of the fabric's debonair charm.

What's the best way to care for my tuxedo? Contrary to popular belief, you should *not* have your tux dry-cleaned after every wearing; that will shorten its life. A little air and a professional pressing is usually all that's needed. Always store it on a proper hanger in a breathable garment bag. If you sweat through it, or wake up in the yard in it, then find a reputable dry cleaner.

GARMANY RECOMMENDS WHITE DOVE CLEANERS;
WHITEDOVECLEANERSNJ.COM

Cheese? We Cave

Among the hidden gems of Red Bank is The Cheese Cave on Monmouth Street. This small shop has a deceptively large selection of products for the lactose-tolerant. On a recent visit, owner Stephen Catania let us sample cheeses made with truffles—one each of goat's milk, sheep's milk and cow's milk, in that order.

First came Truffle Tremor, with a bloomy rind and a dense, pasty center. This piquant cheese is made by Cypress Grove Chevre in California. Next up was Pecorino Tartufo, made with white and black truffles by the Pinzani family in Tuscany. A pronounced truffle flavor gives this classic Pecorino an elegant twist. Then we were served Sottocenre, imported from Italy's Veneto. Sottocenre has a grey ash rind with spices— notably cinnamon and clove—rubbed into it. Clove, we say!

Feeling blue? Catania had 11 blue cheeses in stock that day. He will happily let you sample an entire range until you're begging for Lipitor. And he likes nothing more than to cater tastings with inspired flights of artisanal cheeses. Think of him as your cheese consultant.

THE CHEESE CAVE IS LOCATED AT 14 MONMOUTH STREET IN RED BANK;
732-842-0796; CHEESECAVESHOP.COM



Stephen Catania says, "Cheese!"

An urban edge

British transplants Marcus Wainwright and David Neville formed Rag & Bone 10 years ago because they couldn't find what they considered a decent pair of jeans. They got that particular garment right by working with a storied Kentucky manufacturer, making Rag & Bone synonymous with perfectly cut denim. Over the decade, the two have branched out brilliantly into lines of men's and women's sportswear with a downtown edge. Their aesthetic, according to Wainwright, is "our military-school heritage mixed with a utilitarian, made-in-America ethos." Brad and Angelina are said to be big fans, as are David and Victoria Beckham—and so are we at Garmany. See if you don't find your new sportswear staples in the spring/summer collection.



SHINY WHEELS

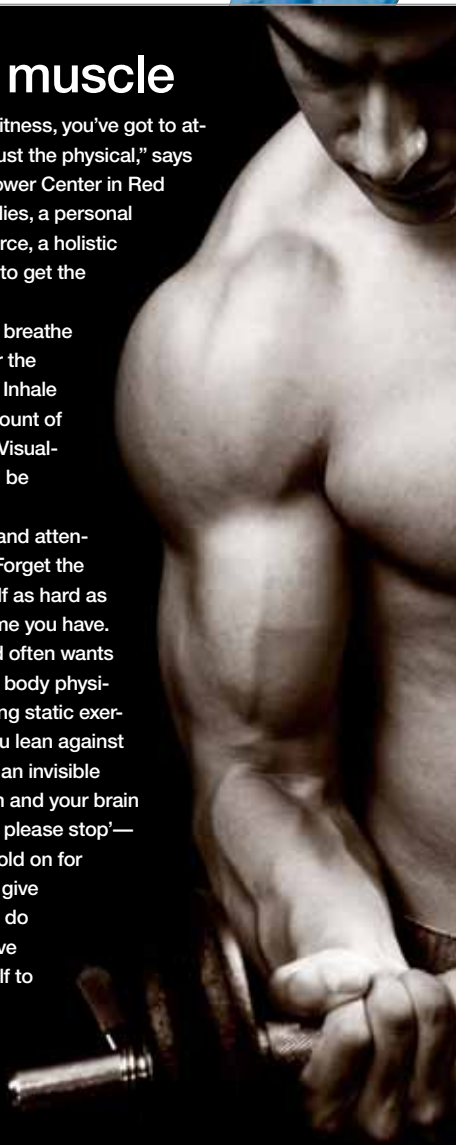
Larry and Johnell Garmany trust their cars to Shawn Gatta, whom they call the top auto detailer in New Jersey. The owner of Detail Doctor in Shrewsbury started practicing his trade as a teen by detailing neighbors' autos, and dropped out of college after two months because he already knew what his career would be. Now he services cars for the likes of Bruce Springsteen, Jon Bon Jovi and car collectors, as well as regular guys who just love to drive an immaculate auto. The Detail Doctor's 6,000-square-foot state-of-the-art facility features everything from a \$39.95 Express Detailing service to custom hand-painted pinstriping to mold spore removal. "My clients are excited when we're done," Gatta says. And that makes Gatta and his staff happy too. "Detailing is not just a profession," he adds, "but a pride of perfection."

THE DETAIL DOCTOR, 479 BROAD STREET, SHREWSBURY; 732.933.1000;
DETAILDOCTORNJ.COM

MIND over muscle

"When you're talking about fitness, you've got to attack it from all angles—not just the physical," says John Nies, founder of The Power Center in Red Bank (njpowercenter.com). Nies, a personal trainer and creator of Chi-Force, a holistic wellness program, tells how to get the most out of a workout:

- 1 "To help yourself focus, breathe deeply before you enter the gym. Try cadence breathing: Inhale to the count of 7, hold for a count of 4 and exhale for an 8 count. Visualize the workout routine you'll be going through.
- 2 "Bring your full focus and attention to your workout. Forget the day's to-do list. Push yourself as hard as you can for the amount of time you have.
- 3 "Realize that your mind often wants you to quit before your body physically has to—especially during static exercises, like wall sits, where you lean against the wall as if you're sitting in an invisible chair. Your legs begin to burn and your brain says, 'This is uncomfortable, please stop'—but if someone told you to hold on for 10 more seconds and they'd give you \$10,000, you'd be able to do it. Tell your brain, 'Go away, I've got work to do.' Push yourself to reach your goals."



Weathering heights

Milan-based Allegri calls its team "the architects of fabrics," and indeed they have much to brag about on that score. There's the durable and rich silky cotton gabardine of the brand's trademark trench, the sleek Neomax of its sporty A Tech line, and the indubitably awesome water-repellent Rain Cashmere. As a luxury house, Allegri is, of course, not only about function. The new season's wet-weather jackets, available at Garmany, offer figure-enhancing cuts, alluring colors and prints so pretty you'll pray for rain.

