The Ultimate Guide To

MEN'S WATCHES

Presented by **Real Men Real Style**



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So have fun and learn to dress sharp!

THE ULTIMATE GUIDE TO MEN'S WATCHES

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Introduction

Watches serve a much greater purpose then just checking the time.

This book is not only going to explain WHY every man should wear a watch, but also how to find the perfect watch for you.

This means relative to your lifestyle, budget, personal style, and occupation.

Before we start, I want to let you know that all of the images in this e-book are clickable, so if you would like to find out more about any particular watch, just click on the image.

That being said, let's get started!

Sincerely

Antonio Centeno

Founder, Real Men Real Style

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Chapter 1: Five Reasons To Wear A Watch

1. Watches make you look Classier

A quick glance towards your wrist is a much classier way to keep tabs on time during a date or a meeting. Not to mention how rude it would seem to your companions if you pulled out your phone during a conversation.

2. Watches Are Functional

Any item inspired by the military has a functional use. Wrist watches included.

Wrist watches were first used in the 19th century by the military to synchronize maneuvers during war.

Since then, specialized watches have been used in the depths of the ocean by divers and high up in the sky by aviators.

One of the big advantages of a watch - especially over a smartphone - is how long it can operate in the field.





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3. Watches Signal Style

Compliments. The range of acceptable jewelry for a man is limited.

Many men are only going to be seen with three main accessories decorating their hands - a nice watch, a stylish pair of cufflinks, and a simple wedding band if they're married.

You can display your sense of style by having a good quality watch. Call it what you will, a quality luxury watch is a man's equivalent to the engagement ring.

4. Watches Embody Craftsmanship

A wrist watch is more than a timekeeper.

It is a symbol of tradition and history encased in a showpiece with extreme craftsmanship.

Not many men realize that they are wearing pieces of art on their wrist. Some watch houses have four craftsmen working on one watch for several months - designing complex pieces of technology by hand.

Craftsmanship is one of the reasons why some watches cost \$50 and another ones cost \$500 or even more \$10,000.



Click Here to discover the difference between a \$50 And a \$500 Watch.

5. Watches Make Great Heirlooms

Not only is a timepiece the quintessential gift - it is the quintessential heirloom. No matter what your philosophy is on the end of life, we can all agree that people can live on through the memories of those that knew them.

Owning timepieces from a different era is a remembrance of people who lived before you.

Having their watches makes you think of them, in a real way. They wore these same watches which show signs of use, care and love.

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A watch collection is also a legacy. It doesn't necessarily have to be worth a mini treasure - but leaving your watch(es) to someone you care about is in essence passing on values that were important to you, to someone else.

One of the best watches you can pass on are Rolexes. Some believe the perfect watch is the Rolex Explorer.



Chapter 2: Watch Movements

The **movement** or **caliber** is what makes a watch tick.

Described as the heart of a watch, movement refers to the mechanism that drives the hands on a watch face and powers its complications such as calendar, chronograph or a dual time zone.

A watchmaker spends a majority of his time meticulously designing the interior of a watch.

The Three Types of Movement

Quartz - the movement causes the second hand to move in individual ticks. Powered by a battery.

Mechanical - the movement will cause the second hand to move in a smooth sweeping motion. The watch requires manual winding to operate.

Automatic - kinetic energy from the wearer's wrist is transferred automatically to drive the mechanism inside the watch.



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Chapter 3: Watch Bands

The band types convey signals about who you are, and what purpose you're serving.

For example, a rubber strap may signal you are a diver. A leather strap shows the man dressing up for a classy night out. A nylon strap may speak of sandy beaches and drinks with umbrellas in them. Metal gives a heavy accessory feel where leather gives a minimalistic classy mood.

Let's look at each one in detail:

Leather

Leather bands are going to give your watch a slimmer look. They have a sleek tone which makes them the primary choice for formal attire. The minimalistic feel from leather band watches give a classic feeling. You also can dress them down, making them the primary choice when starting your watch collection because of the versatility.

Leather bands come in a variety of choices. When picking your leather band look at several factors:

- They type of leather
- The padding inside the strap
- Quality & color of stitching

Watch Band Type

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Fabric



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These matter for several reasons. If the leather is synthetic, the bending of the watch strap to buckle it will begin to crack over time, reducing the number wears and longevity.

Watches with no padding can begin to feel uncomfortable when worn throughout the day. If you're wearing it for 12 hours a day you want it to be comfortable on your wrist.

The stitching is important because the slightest difference in the color of stitching in a watch strap can drop the formality from dressy to casual. You ideally want the stitching to match the color of your leather.

Types of leather range from common leather types to exotic.

Tip: Stay away from faux leather straps!

Examples:

- Cowhide
- Calfskin
- Bison
- Lizard
- Top Grain
- Snake
- Alligator
- Full Grain
- Genuine (Suede)



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Metal

A metal watch band, even one the same size as a leather band, will always appear larger & heavier because of the nature of metal. This is an important consideration if you have smaller wrists. Metal bands will present the appearance of a larger watch, making it a primary choice for men with larger wrists.

Metal is lower on the formality scale than leather. It goes well with sports coats and a pair of odd trousers or denim. On occasion it's okay to wear metal bands with suits if it's not a formal suit.

Common types of metals used in watches have a wide range. Examples are:

- Stainless Steel
- Titanium
- Aluminum
- Rhodium
- Gold
- Silver
- Platinum

Each one can come in a polished or natural state.

If you want a watch as an heirloom the best options are something with longevity. Titanium and stainless steel in their natural state are great options for that.

Solid gold and platinum will also stand the test of time as well, although a more expensive option.



Fabric

Fabric is usually found in functional and casual watches.

Material like nylon is an excellent choice for an informal watch. A great place to wear these are anywhere you may be going around water; to the lake, or the beach. The fabric won't get easily ruined if water happens to splash on it. A great summer accessory!

Common types of fabric watches include:

- Rubber
- Nylon
- Tweed
- Plastic blends

When looking for quality it's best to stay away from plastics. They're pretty cheap and will easily break over time. Rubber is great for divers or runners that sweat heavily as it won't absorb water. Tweed is a little dressier and can be matched with business casual outfits.



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Chapter 4: Formality & Function

There are watches designed for several types of occasions. For simplicity sake we will divide them into three different categories:

- 1. Dress Watches
- 2. Functional Watches
- 3. Casual Watches

1. Dress Watches

Dress watches are arguably the first watch every man should own.

Usually found with a leather strap, a dress watch is the go to choice to wear with a suit. They can be dressed down as well with different business casual outfits.

A watch with a plain white face and no complications and a black leather band is as formal as it gets.

The most formal dress watch are the ones that only show hours, minutes, seconds and maybe the date. Complications in dress watches are simpler and not related to sport.



Dress Watch Overview

- Band of a Dress Watch: Leather
- Color of Dress Watch Straps: Black, Dark Brown, Tan, Cream
- Color of Dress Watch Casing: Silver, Rose Gold, Gold
- Color of a Dress Watch Face: White, Black, Metallic
- **Numbers & Dial of a Dress Watch:** Roman numerals, Minimalistic dashes, Hour Indexes, May or may not have a second hand, Always has hour and minute hands.

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2. Casual Watches

You can tell a watch is casual from the material and color.

Made from different fabrics like nylon or canvas, these work great with vacation outfits or casual clothing. Wear them to the beach, or to a family BBO where dress attire would be too much.

Casual Watch Overview

- Band of a Casual Watch: Nylon, Metal, Tweed
- Color of Casual Watch Straps: Various colors (Red, White, Blue, Purple, Black, etc.) and patterns (like Checks, Stripes, etc.).
- Color of Casual Watch Casing: Silver, Black, Gold, Brown, Blue.
- Color of a Casual Watch Face: White, Black, Blue, Tan.
- Numbers and Dial of a Casual Watch: Digits, Digit/Dashes Combination, Chrono Face.

3. Functional Watches

These are the racing watches, dive watches, aviation watches, and field watches.

Each watch serves a purpose and should be worn for specific tasks. The formalities of these watches correlates directly with the purpose they serve. The fabric is usually rubber, canvas, or leather depending on the job.

Functional Watch Overview

- Band of a Functional Watch: Rubber, Canvas, Leather, Metal, Depends on the function.
- Color of Functional Watch Straps: Brown, Black, Tan, Silver.
- Color of Functional Watch Casing: Silver, Black, Gold.
- Color of Functional Watch Face: Black, Blue, Brown, White, Tan, Combination of colors.
- Numbers & Dial of a Casual Watch: Digital, Numerical digits, Dive Bezels, Chronograph, Depends on the function.

Functional watch

You will be able to find more about these in the following chapters.

Functional watch: Diver's watches

Also referred to as a diving watch, these were originally worn as work/tool watches. Designed for underwater diving, these watches feature a minimum water resistance up to 100 meters.

Don't be inspired by James Bond movies and wear a divers watch with a suit. That's the equivalent of wearing a suit with work boots.

Functional watch: Chrono / Sports Watches

Not a true dress watch, but can be quite dressy especially in the higher brands. Sports watches are durable, sleek and made from high-quality plastic composites.



Expect compasses, odometers, altimeters, GPS technology, pulse monitors, and a range of other functions for the guy leading an active lifestyle.



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Functional watch: Pilot, Aviation or flyer watches

Featuring a simple dial design and a rather large (over 50mm) diameter, these watches were made to be accurate and easy to read.

Originally worn over the pilot's jacket – they were made with a large crown that could be operated while wearing gloves.

Functional watch: Field Watches

During World War I, the hacking character of a field watch allowed infantrymen to stop the seconds hand on their timepieces in order to synchronize their watches.

Field watches are versatile timepieces that are tough enough for active duty.

The simple design improves legibility of the numerals. Typically, these watches are moderately sized, with a white or green numerals against a black dial and work on a hand winding mechanism.



<u>Click here</u> to discover more about watch styles.





Chapter 4a: Dress Watches

What about a watch whose only function is form?

The dress watch.

Dress Watch Features

The sole function of the dress watch is to compliment a business suit or formal wear.

Dress watches aren't even that concerned with accurate timekeeping, as many don't even have second hands.

So what are the important features to look for then? Put simply, simplicity.

Practically speaking, a dress watch should be properly proportioned to the wearer's wrist. Otherwise, it will draw attention to itself; the one thing a dress watch should never do.

Since it is worn with a suit, a dress watch must be thin enough to slip in and out of a dress shirt cuff easily. The standard rules of <u>matching metals and leathers</u> with shoes and belts apply as well.

After taking these considerations into account, the next most important detail for a dress watch is simplicity. Most dress watches have no complications, or have at most a second hand and a date window.

The presentation must be simple as well. Metal sabre style hour indexes are common, as are roman numerals. Arabic numerals may be used but should be small.

The dial and bezel should be unornamented, or patterned subtly at most. White, black or metallic faces are preferred.



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A dress watch is the only watch that will serve at formal and business events.

For this reason, the dress watch is the only watch in your collection that is absolutely indispensable.

What to look for in a Dress Watch

- Simple & elegant timeless style
- Can be made of precious metal
- Thin case
- Leather band

<u>Click here</u> to read my full article on dress watches.



Chapter 4b: Field Watches

In the mid-nineteenth century, only women wore wristwatches. Then some enterprising German officers adapted this ladies' jewelry into a practical, rugged, tool of warfare.

While officers had been coordinating operations with pocket watches for some time, the wristwatch was considerably more practical: smaller, lighter and faster to use.

Traditionally, a good field watch would have a stainless steel case though modern versions may feature PVD coatings or titanium construction.

A field watch must be readable, even under low-light or night conditions. As such, it will have a high-contrast black dial with white numbering.

The polished gold hour markers that are common on more formal watches can be slow to read in the field and can create undesirable glare under sunlight.

The bands on field watches were traditionally canvas or leather, since they could easily be swapped out if damaged. While metal link bracelets would seem to be the most durable, they are easily scratched and costlier to replace.



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What to look for in a Field Watch





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Chapter 4c: Aviator Watches

There isn't any one style that defines an aviator watch. In keeping with the forward thinking nature of the aviation industry, the type has grown and developed as new technology and new requirements have emerged.

The toughest Aviator Watch you can own

As far as digital watches go, there is only one name worth mentioning: Casio G-Shock. The GW-500 is probably the most common watch in the US Air Force, worn by the majority of the pilots I've met.

It is extremely tough, solar powered, features dual time zone functionality and receives a radio time signal for the most accurate timekeeping available. I bought mine in pilot training eight years ago, it's been to Iraq and Afghanistan and is still going strong.

It is one of the most rugged looking watches around though, and is only suited for use in the field.

When to wear an Aviator Watch?

The watches, much like the pilots who inspired them, can be a bit ostentatious and inappropriate in more formal settings.

Make sure you have the confidence to bend the rules if you choose to wear one with a suit.

Whether you prefer the simple utility of the Flieger, the cutting edge features of the Skyhawk or the history behind the Speedmaster Pro, there is an aviation watch to suit every man's style.



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What to look for in an Aviator Watch







Chapter 4d: Dive Watches

Along with the <u>field watch</u> and the <u>aviation watch</u>, the dive watch is one of the most prolific men's watch styles. It should be obvious that accurate timekeeping is crucial when hundreds of feet underwater while carrying a finite supply of air.

As a result, divers have always demanded superior timepieces.

What makes a good Dive Watch?

In addition to accuracy, a dive watch must also possess superior water resistance. A true diver will conform to the ISO 6425 standard, a series of tests designed to ensure resistance to at least 100 meters, though many will offer even greater resistance.

Case and band material must be corrosion resistant, so stainless steel, titanium, silicone and rubber are often used. Bands are typically longer than usual in order to fit over bulky dive equipment.

While sapphire is often the desired watch crystal material, divers may prefer hardened mineral glass.

Even though it scratches more easily than sapphire, it is more resistant to breakage, which can be catastrophic when deep underwater.

The defining characteristic of the dive watch is the unidirectional bezel. A good dive bezel will only rotate counter-clockwise. This enables to the diver to set the index to the minute hand at the beginning of the dive and easily see how long he has been under.

If the uni-directional bezel is inadvertently rotated, it will show greater time underwater rather than less. By erring on the side of caution the diver can avoid exceeding his available air or providing insufficient decompression time.

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The iconic original Rolex Submariner Dive Watch

You can't talk about dive watches without talking about the Rolex Submariner.

It's the quintessential dive watch.

An authentic one will set you back almost \$7,000 and you'll have to get used to being asked "Is it a real Rolex?" The Submariner is probably the most copied watch in existence.

Strangely enough, even a knock-off Rolex can still be a pretty high quality watch.

But if you want the real thing, make sure you buy from an official dealer.







Chapter 4e: Racing Watches

When one thinks of racing watches, one name immediately comes to mind: Steve McQueen

His association with auto racing, motorcycles, leather jackets and pretty much everything "cool" made him a serious trendsetter. Being a box-office star didn't hurt either.

When he set out to make Le Mans, a fictionalized account of the real 24 Hours of Le Mans endurance race, he was presented with several watch choices by the head of Swiss Heuer.

He selected the Heuer Monaco and immortalized it.

Racing Watch style

So far we've looked at field, aviation and dive watches. With their military heritage, those styles tend to look very utilitarian.

You'll have far more exotic color and style options when selecting a racing watch than say, a field watch. Just remember that the flashier the watch, the more casual it becomes and dress accordingly.

What to look for in a Racing Watch



Racing Watch essentials

There are two features which define a good race watch: a **chronograph** and a **tachymeter**.

A tachymeter is a type of bezel used to make time and distance calculations.

By measuring the number of seconds to travel a known distance, the outer markings will show speed in the unit measured per hour.

Sound complicated? Try this example: If you started timing at zero seconds and went a mile in 30 seconds, you would look down and see 120 at the 6 o'clock (or 30 second) position on the bezel. The watch is telling you that your speed is 120 miles per hour.

It doesn't matter what unit of measure you use; the tachymeter still reads units per hour. Obviously that can be useful to a racer calculating laps per hour at a track.



A chronograph is a watch with a separate stopwatch function, usually featuring an extra sub-dial (or three) and pushers at the 2 and 4 o'clock positions to start/stop and reset the second hand.



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What to look for in a Chronograph Watch



<u>Click here to watch my video about Chronograph Watches</u> and discover how to use them.



The Rolex Daytona is Rolex's racing chronograph.

They start at \$12,000 but there are variants that are among the most sought after watches on Earth and they are also associated with a movie star turned racer.

Paul Newman favored Rolex Daytonas with contrasting dials and subdials.

The so-called panda Daytona for their black and white faces are the most desired of these.

No longer in production, they routinely sell at auction for several hundred thousand dollars. Naturally, there are more fakes in existence than real ones.

Some racing watches could work with business casual attire, while others are sport watches and might not even be appropriate for casual wear.

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The important thing to remember is that racing watches are designed to complement race cars and their drivers.

Making a statement, being loud, is kind of the point.

Don't be afraid to go bold.



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Chapter 5: Proportions

Finding the right size watch for your wrist can be difficult. As human beings we are drawn towards natural balance. Leaning towards correct proportions is instinct, whether we're balancing a checkbook or building a house.

Generally speaking, if you have a smaller wrist, you will want a smaller watch.

If you have a larger wrist you will want a larger watch. Let's break that down a little bit more into 3 key elements.

- 1. Watch Case Diameter
- 2. Watch Case Thickness
- 3. Watch Band Width



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Watch Case Diameter

Case Diameter is the most obvious and noticeable element of proportion. Men's watches usually range from 38mm to 45mm.



Anything above 46mm starts to become too large, and is usually reserved for flashy outfits.

Anything below 38mm leans towards jewelry and eases into women's size watches.

So how do you know what size works for you? Measure your wrist.

You can use a dollar bill as a hack to measure. Modern US Paper Currencies are 6 inches in length. Wrap it around your wrist to find the circumference.

If your wrist is 6 to 7 inches you will be a small to medium wrist size. The small to medium diameter cases are 38mm, 40mm, and 42mm.

If your wrist is 7.5 to 8 inches in circumference, that will be more proportional with large cases which are 44-46mm.

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Watch Case Thickness

Case thickness is oftentimes directly correlated to case diameter.

Back when mechanical watches were dominating the market it was perceived that a thinner case was higher quality.

This is no longer the case now with electronic watches entering the market, as well as quartz designs.

A general rule is, as the diameter of the case increases or decreases, the thickness does as well.

Watch Case Thickness

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Usually for 38mm to 42mm diameter you will see around 7 mm in thickness.

Once you get up to 44mm and beyond the thickness increases to around 9mm.

The thickness of the case will usually be best proportioned to your body if you choose the right case diameter

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Watch Band Width

A well-proportioned watch usually has a band width of about half its case diameter.

If you wear a 40mm watch, the width should be approximately 20mm in width. Depending on your style preference you may want to wear a watch with a wider band width.

Watch Band Width

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My preference is for smaller band widths, however, I do have smaller wrists. If you have larger wrists, you may lean towards wider bands.

If you are only shopping for cases and want to pick out a band later, you can determine what the width of the band will be based on the lug width.



<u>Click here</u> to discover the 5 Rules you must know to get The Right Watch Size for your wrist.

Chapter 6: Matching a Watch To Your Outfit

Rules to match your watch with your outfit? Sounds a little too much?

Imagine a man in a tuxedo at a black-tie event. He has poise, style and a posture that grabs everyone's attention.

He casually turns his wrist to check the time... a Casio calculator wrist watch with a rubber strap...

FAIL!

This is the power of a wristwatch, gentlemen – it can either break or build an outfit! Since men wear limited jewelry, a watch is an expression of their personality. The best wristwatches are simple, versatile, sophisticated and classic.

Most men prefer to own more than one watch so they can wear the appropriate timepiece to complement their outfit. The style of watch you choose to wear needs to match the formality of your outfit.

What are the 5 watch-matching rules that are timeless and relevant in any situation?

Digital or analog watches? Dress or casual? What's the difference?

Analog watches have a face with hour and minute hands and either markers or numbers that display a 12-hour day. These watches are considered classic and more formal, making them suitable for business, formal events or a date. Digital watches have a LCD display or LED face that shows time in numeric form. These watches are considered casual.

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Levels of Formality

Watches are made for a specific purpose. Avoid common fashion blunders by matching your watch style with the formality of the occasion.

Black tie / White Tie

For formal events, simplicity is key. Historically – it would be considered rude if you were to refer to your watch at such an event. A simple dress watch in a classic style and black leather band will mute any objections from conservative observers.

Business dress

For business – go with a simple and classic styled gold or silver watch with a thin dial with limited or no complications. A dark conservative suit is best paired with a classic dress watch or a diver watch with a leather strap.

Business Casual

A light colored suit without a necktie is best complimented with a high-end chrono, a pilot or even a smart field watch.

Casual

If a watch has a metal band, it is considered less formal. A metal band is generally suitable for casual wear while a leather band is suitable for any purpose.

Any of the watch categories can be worn with jeans, a chambray shirt and dress boots combination. Digital watches should only be worn with casual clothes or workout attire.

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Sports

For activities that involve unpredictable physical movements, such as sports, a dress watch would be inappropriate.

The strap, case and watch dial are protected with materials that allow you to focus on the activity – no need to worry about your watch snapping off your wrist or the glass shattering mid-game.

Matching your watch by Dress Code



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Leather Complements Leather

The material and color of your shoes is a suitable reference for the choice of watchband.

You should start by matching your belts and shoes. A black watch band should be worn with black shoes and belt; a brown band with brown belt and shoes. A silver or gold band suits either color.

Interchangeable bands are an excellent option for men who own shoes in different colors. The watchbands don't have to be the exact same color as your shoes, but a similar tone (light vs medium vs dark).

- Don't wear a black band watch with a brown tone shoe. Or a brown band with black shoes.
- A watch with a rubber band is strictly for casual or sporting occasions.

A chronometer is made for sport and styled for sport. It should generally be worn for sport.

Plastic bands are used for more casual digital watches. In analog timepieces, the watchband is either made of leather or the same kind of metal used on the case.

Rough, worn-in leather straps work better with jeans. Such a watch would not be appropriate at a fine-dining event.

Gold or silver bands are appropriate when they complement the rest of your outfit.

Metal Complements Metal

The metal case of the watch (the frame around the face) should complement the metal accents of your other accessories. The case can be square, rectangular, round, and polygonal. The finish on the case can be matte, shiny, matte, patterned, or inlaid with crystals or other jewels.

The metals used to make the case include steel, gold, silver, platinum and titanium.

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A rose gold watch can be worn with a gold belt buckle – it's close enough.

What if the metal casing on the watch is blacked out? Then you can go with either gold or silver

You want to coordinate the metal color with your watch and ring, so that all your accessories, for example, are gold.

The other accessories you will need to pay attention to include cufflinks, shoe buckles, buckles on the side adjusters of trousers or on the back of your waistcoats and any other piece of jewelry on your outfit.

A gold-plated watch is best-suited to clothes and shoes in earthy tones, while silver goes with grey, blue and black.



Heirloom Watches Bend the Rules

Heirloom pieces represent a legacy.

They are usually worn as a good-luck charm or as a memory of original owner. An heirloom watch is an item that cannot be subjected to the rules of matching watches with clothes.

For a simple reason - they are great conversation pieces and they make you memorable.

Heirlooms allow you to bend and even violate the rules mentioned here.

An heirloom watch is not worn based on the latest trends or fashions, it is a reminder of family history and culture.

Men who fought in World War I passed on their wrist watches to their sons and grandsons as a memory of the sacrifices made by that generation.

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Though the function of these watches is not as a timekeeper these heirlooms are meant to be cherished and passed on through the generations.

When in Doubt Match Your Watch to Your Shoes

Black is generally dressier, but that doesn't make it the default right choice. Sometimes brown shoes are just a better choice.

Interchangeable leather bands are useful here – one in brown and one in black for each watch. Or another color for more variety.

Black leather is more formal than brown. A black watch band is more suited for formal events.

Slip-on tassel loafers are considered business casual.

Not able to decide between a brown or black leather band? Equate the dressiness to the brown shoe versus black shoe category.

Silver watches match best with shoes in black, gray, silver, and blue shades.

Gold watches go with browns, beiges, tans, and other earth tones. Wearing Oxford balmoral black shoes with a dark suit? Go with a formal watch.

For the best effect, pick a watch according to your size as well. Watches should be proportionate to your body. Thin men can work slim watches, while bigger guys can carry watches that have boxier and robust watch faces.

Use these tips to ensure a harmony between your clothes and your watch.

<u>Here's a video</u> on matching your outfit with you watch.

BONUS VIDEO: How to buy a quality watch? <u>Click here to watch it</u>.

THE ULTIMATE GUIDE TO MEN'S WATCHES

Summary

So, still want to check your phone for the time? Or would you rather adorn your wrist with a classic timepiece and make your statement to the world.

No matter your budget, lifestyle, or occupation there is a perfect watch out there for you.

This is just the tip of the iceberg. We want to invite you to become a watch enthusiast and learn what many men around the world already understand. That watches are a journey to making time become a bigger part of your life. It is after all the most precious commodity.

Don't waste it on your phone...;)

- The End -

...or is it just the beginning of your style journey?

Click here to check out my other free eBooks.











See you on the other side!