

LIVE IT!

FOOD
FASHION
FITNESS
TRENDS

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Suppress hunger hormone with these tips

If your appetite is standing between you and your summer wardrobe, you can blame the hunger hormone ghrelin. Go to theprovince.com/liveit for easy, natural ways to suppress it and stay on your diet



Banana Republic, \$74



The Gap, \$79.50.



Joe Fresh Style, \$29 at Real Canadian Superstore.

Flippy, flirty, & fun

SKIRTS \$29 TO \$110: Breezy, affordable summer styles

Now is the time to think about giving your jeans a little vacation in favour of a summer skirt. Whether it's bright or white, swishy or straight, nothing says breezy like a pretty skirt with your choice of warm-weather top.

If you opt for a solid shade, pair it with a patterned blouse that picks up on the colour of your skirt. The advantage of a patterned skirt is that you can team it with a variety of solid-coloured tops.

As for silhouette, you can count on an A-line skirt that nips in at the waist to create an hourglass shape. It's the fashion equivalent of concealer for the woman who's self-conscious about her rear or thighs.

In other words, skirt trouble spots by putting the focus on the waist and legs.



Banana Republic, \$74.



Banana Republic, \$85.



Joe Fresh Style, \$29 at Real Canadian Superstore.



Banana Republic, \$110.



Nothing says summer like white eyelet (skirt, \$85 from Banana Republic).

Photos and styling by Rebecca Jones
Styling: Rebecca Jones. Hair: Jeff Good. Makeup: Jeff Good.
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