



# A FEW OF OUR favorite things

Photos by Chris Whonsetler | Styling and text by Mackenzie McGilvrey,  
Ashlie Hartgraves, Chandler Nehrt and Beth Divine

Everybody has one. That favorite "go to" item in their closet that carries them through a season. That piece that gets them from the 9-to-5 work day to dinner with friends, or better yet — poolside. Here, four Kit team members share their favorite pieces and how they like to wear them.





# tank t-shirt dress

<b>STYLED BY</b> Mackenzie McGilvrey	<b>PERFECT FOR</b> layering and transitioning into fall weather
<b>WHERE SHE GOT IT</b> Target	

**WHY MACKENZIE LOVES IT:** "When I know I'm going to be running around to multiple appointments and occasions in one day, this is my dress. It's easy, flowy and a great summer staple, even serving double duty as a tunic! I wear it by itself or with a few layers, and the warm, orangey-red shade is flattering on tan, summer skin."

## Days of our lives

Pull together this daytime look for lunch with the girls, a volunteer meeting or a casual work day. Plus, the denim vest, booties and silk bandana are easy transitional pieces. Add them to your everyday fall attire.



(A)

(B)

(D)

(E)

(C)

(F)

(A) Denim vest, \$25 at Old Navy, [oldnavy.com](http://oldnavy.com)

(B) Merona tank dress, \$22 at Target, [target.com](http://target.com)

(C) Panama hat from American Eagle, [ae.com](http://ae.com)

(D) Coin purse from Anthropologie, [anthropologie.com](http://anthropologie.com)

(E) Vintage handkerchief scarf from Anthropologie, [anthropologie.com](http://anthropologie.com)

(F) Booties by Jeffrey Campbell, \$200 at Anthropologie, [anthropologie.com](http://anthropologie.com)

## Knot your typical dress

Great for an evening out, the white denim against the bold red adds that clean, crisp look that summer demands. "Add a platform sandal and statement necklace, and you're golden," Mackenzie says.



(A)

(C)

(D)

(E)

(B)

ADD MORE TEXTURE AND CHARACTER WITH A GEOMETRIC CLUTCH!

(A) Merona tank dress, \$22 at Target, [target.com](http://target.com)

(B) Mossimo white jeans, \$30 at Target, [target.com](http://target.com)

(C) Bhutan bib necklace, \$39.95 at Anthropologie, [anthropologie.com](http://anthropologie.com)

(D) Merona multi-straw clutch, \$19.99 at Target, [target.com](http://target.com)

(E) Mossimo platform sandals, \$25 at Target, [target.com](http://target.com)



## Tee time at the office

With the workplace leaning more and more casual, this "go to" tee works perfectly paired with classic pieces like a dark jean, demure jewelry and flats. Prepare to be put together and comfortable, even during those marathon meetings.



- (A) Boyfriend pocket tee, \$12.94 at Old Navy, [oldnavy.com](http://oldnavy.com)
- (B) One-button knit blazer, \$44.94 at Old Navy, [oldnavy.com](http://oldnavy.com)
- (C) Mid-rise "Rockstar" super skinny jeans, \$49.94 at Old Navy, [oldnavy.com](http://oldnavy.com)
- (D) Mix No. 6 "Vantage" flat in pink, \$29.95 at DSW, [dsw.com](http://dsw.com)
- (E) "Georgia Smoke" leather watch, \$105 at [fossil.com](http://fossil.com). Pomina leaf earrings, \$15, and arrow necklace, \$18; both at AH Collection, [ahcollection.com](http://ahcollection.com)

## Summertime to go

"I keep my necessities in a clutch inside a diaper bag — a stylish one, of course — and when I run out solo, it's easy to grab and go," Ashlie says. This busy mother of two little ones extends her easy-breezy style with a summer outfit that's great for a barbecue, errands, shopping with the girls or even an impromptu game of volleyball (sans wedges). Toss on a straw fedora when humidity isn't your friend and some low-key accessories.



- (A) White clutch, \$29 at AH Collection, [ahcollection.com](http://ahcollection.com)
- (B) Boyfriend pocket tee, \$12.94 at Old Navy, [oldnavy.com](http://oldnavy.com)
- (C) Denim jacket, \$37.94 at Old Navy, [oldnavy.com](http://oldnavy.com)
- (D) Everyday twill shorts (5" inseam), \$22.94 at Old Navy, [oldnavy.com](http://oldnavy.com)
- (E) Aerosoles "Coco" wedge sandal, \$39.95 at DSW, [dsw.com](http://dsw.com)
- (F) Milani fedora, \$24 at AH Collection, [ahcollection.com](http://ahcollection.com)
- (G) Necklace, \$29, and wrap bracelet, \$3; both at AH Collection, [ahcollection.com](http://ahcollection.com)



## boyfriend pocket tee

**STYLED BY** Ashlie Hartgraves

**WHERE SHE GOT IT** Old Navy

**PERFECT FOR** bouncing from one event to the next in stress-free comfort

**WHY ASHLIE LOVES IT:** "I love boyfriend-style T-shirts because the fit is perfect for me — more relaxed and comfortable. Plus, if you aren't the biggest fan of your arms, I find the sleeve length to be quite nice. I love the thin stripes on this particular one. They add that little nautical touch that never goes out of style."





# wide brim boater hat

**STYLED BY** Chandler Nehrt

**WHERE SHE GOT IT** Forever 21

**PERFECT FOR** adding some fun and skimping on the hair product!

**WHY CHANDLER LOVES IT:** "A straw hat is the perfect outfit-finishing accessory for the warmer months. It instantly gives any look a beachy-cool vibe, even if there is no ocean in sight. Plus, perfect hair? Don't care. Add a hat and head out the door."

## Shrug it off

Reach for this go-to ensemble for a day out with the girls. Off-the-shoulder tops show off sun-kissed skin, and the staple straw hat finishes off the look perfectly.



"I WEAR THIS WATCH WITH JUST ABOUT ANYTHING!"

- (A) Striped off-the-shoulder top, \$19.99 at Charlotte Russe, [charlotterusse.com](http://charlotterusse.com)
- (B) Refuge "Hi-Waist Super Skinny" black jeans, \$32.99 at Charlotte Russe, [charlotterusse.com](http://charlotterusse.com)
- (C) Buckled peep-toe mules, \$29.90 at Forever 21, [forever21.com](http://forever21.com)
- (D) Watch by Marc Jacobs, [marcjacobs.com](http://marcjacobs.com)
- (E) Faux suede choker necklace, \$4.90 at Forever 21, [forever21.com](http://forever21.com)
- (F) Straw Boater Hat, \$14.90 at Forever 21, [forever21.com](http://forever21.com)

## The rad hatter

"When I think of the perfect match to a good summer hat, the first thing that comes to mind is a good summer dress," Chandler says. Topped with the hat, this easy-to-wear dress has that beach vibe we crave this time of year.



- (A) "Freedom Island" dress by Billabong, \$55.90 at Maude, [shopmaude.com](http://shopmaude.com)
- (B) Sandals, \$14.99 at H&M, [hm.com](http://hm.com)
- (C) "Street Level Reversible Tote," \$49.95 at American Eagle, [ae.com](http://ae.com)
- (D) Straw Boater Hat, \$14.90 at Forever 21, [forever21.com](http://forever21.com)

# WHEN Normal ISN'T HEALTHY

**There is an enormous difference between *normal* and *healthy*.  
There is a vast chasm between *normal* and *optimal*.**

This recognition, that normal and optimal are not the same, is one of the fundamental distinctions separating Functional Medicine from Conventional Medicine. Conventional Medicine defines health merely as the absence of disease. Functional Medicine sees it as optimal well-being.

The goal is to feel vital, vibrant, strong, energetic, fit, resilient, emotionally hardy, and so on. Health is defined not as the absence of negative well-being, but instead as something positive.



JOIN US AT A FREE SEMINAR:

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*presented by Stephen P. Elliott, MD, Medical Director*

**Wednesday, August 3rd**

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# chic chambray

**STYLED BY** Beth Divine

**WHERE SHE GOT IT** Everlane

**PERFECT FOR** pairing with vibrant prints, and layering

**WHY BETH LOVES IT:** "This neutral shirt is a workhorse in your closet. There are so many options for this piece, and many women already own one — either sleeveless or long sleeved. Keep it in your closet through fall and layer it with cardigans, fall prints and other denim. Purchase a chambray shirt in different shades for more versatility."

## Work the flare

Dress up your chambray: Button it all the way and set off the neckline with a crystal statement necklace. A bright pleated skirt and pop-of-color orange clutch keep the outfit dynamic. "The linen trilby hat adds another texture that complements the colors and prevents the outfit from looking too sweet," Beth says.



- (A) Chambray sleeveless blouse at Everlane, [everlane.com](http://everlane.com)
- (B) Floral midi skirt at Talbots, [talbots.com](http://talbots.com)
- (C) "DCP 1921 Trilby" hat at Dorfman Pacific, [dorfman-pacific.com](http://dorfman-pacific.com)
- (D) Statement necklace at Talbots, [talbots.com](http://talbots.com)
- (E) Vaneli sandals at [vaneli.com](http://vaneli.com)
- (F) Leather clutch by Pelletteria Veneta, [pelletteriaveneta.com](http://pelletteriaveneta.com)

## Tusks in the sun

These bright shorts sizzle against the chambray shirt, bright white denim jacket and pale pink purse. The crystals on the sandals and gold necklace provide a little metal mix to keep the outfit unpredictable. A denim jacket is a light summery addition to many wardrobe looks — a must-have for warmer months and beyond.



- (A) "Tusks in the Sun" shorts by Lilly Pulitzer, [lillypulitzer.com](http://lillypulitzer.com)
- (B) Pixie jacket by Jessica Simpson, \$54.99 at Macy's, [macys.com](http://macys.com)
- (C) Gold fringe necklace by Bay to Baubles, at [rockabox.com](http://rockabox.com)
- (D) "Broseley" crystal flip flop sandal by Italian Shoemakers, \$59 at VonMaur, [vonmaur.com](http://vonmaur.com)
- (E) Donna nude shoulder bag, ~\$70 at Smaak Amsterdam, [smaakamsterdam.com](http://smaakamsterdam.com)
- (F) Chambray sleeveless blouse at Everlane, [everlane.com](http://everlane.com)

**E**ven if a healthy diet and lots of exercise, most of us have stubborn pockets of fat that just can't be lost. In fact, 89 percent of American women are bothered by excess fat on their bodies. CoolSculpture is a non-surgical treatment that uses state-of-the-art controlled temperature technology for a more tender sculpted figure. But men and women can use the treatment to reduce fat in areas such as the abdomen, thighs, and love handles.

Developed by Zeltia Inc., CoolSculpture targets and destroys fat cells in just 25 minutes without anesthesia. Over time, the treated fat cells are naturally absorbed and removed from the body. Results are seen as quickly as six weeks and for most patients, optimal results are seen at 12 weeks. There is no downtime with CoolSculpture. In clinical studies, CoolSculpture destroyed up to 24 percent of fat cells in the treated area without any recovery time.

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CoolSculpture works on all kinds of fat. Ideal candidates for CoolSculpture should be at or near a healthy weight. If you have pockets of stubborn fat and would like to see if CoolSculpture is right for you, call today to schedule a consultation.



*Dr. Ann Turkle*  
T A



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