

ACCENT SHOP SMART

HOW TO LOOK GOOD FOR LESS

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SHOP SMART PRODUCT PANEL

Wen Essential Oils



But is it approved?
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ACCENT FEATURES INSIDE

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Fashion Calendar

Trunk shows making the rounds this week from Boca Raton to Palm Beach Gardens. PAGE 3E

Alex and Ani's Peace Expandable Wire Bangle Set, \$108



WHAT'S IN STORE *New brands, new products, new places to shop*

Stores make opening statements

The new year, and not coincidentally the height of snowbird season, brings a slew of new shopping options to the area. Just to name a few:

■ **Indigo Seas**, which stocks linens, cookware and home accessories with a tropical flair, is the latest addition to the burgeoning design district of Northwood Village in West Palm Beach.

■ Outdoor apparel brand **Native Outfitters** has opened its first retail location, dropping anchor near E.R. Bradley's in downtown West Palm Beach.

■ **Alex and Ani**, purveyor of customizable bangles and other eco-friendly jewelry, has joined the 150 Worth family in Palm Beach. Worth Avenue also has welcomed a **Roberta Roller Rabbit** store — the lifestyle brand is perhaps best-known for its colorful tunics.

■ **Posh of Palm Beach** is selling shoes, handbags, jewelry and gifts in the Paramount Building. The boutique is the brainchild of Mary and Victoria Bruce, a mother-daughter team.

See STORES, 3E ▶

Attention, New Year's Resolution Makers!

Did you resolve to get back into shape AND save money?

SIR, YES, SIR? Then a pricey personal trainer won't do.

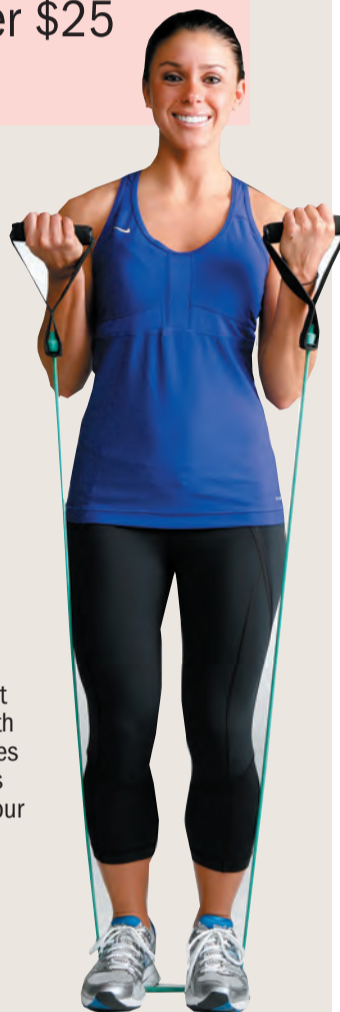
WELCOME TO SHOP SMART'S BODY AND WALLET BOOT CAMP!

Snap to it with exercise products under \$25 to start slimming and saving!

By J. GWENDOLYNNE BERRY ■ Palm Beach Post Staff Writer

THE INSTRUCTOR: Olivia Flit, co-owner and head trainer at Palm Beach County Boot Camp

THE PROTOCOL: Flit says those interested in an exercise program after a long period of inactivity should begin slowly and build up a routine week by week. "Start by intervals of active walking and jogging for 15-20 minutes," she said. "Begin alternating one minute of walking and 30 seconds of jogging. Increase your jogging time while decreasing your walking time and build five minutes on each week." Flit (right) demonstrates exercises for some of her favorite home workouts. She suggests doing these routines three to four times per week.



THE PRODUCT: Light weight resistance band

OUR PICK: Power Systems Versa-Tube light resistance band

PRICE: \$6.25 online www.power-systems.com

THE EXERCISE: Bicep curl with a light resistance band

WHAT THIS WORKS: Biceps and core muscles

STEP 1: Stand with feet shoulder-width apart with the band under the arches of your feet. Keep elbows locked into the side of your body with palms facing front.

STEP 2: Curl arms 75 percent up and hold for one second, then release slowly.

STEP 3: Slowly let arms down to the start position. Do three sets of 15-30 repetitions for weight loss and toning.

5 more slimming tools, 3E

THE FRUGALISTA

SHE'S FRUGAL & FASHIONABLE
AIME DUNSTAN



The Frugalista and Friends



The Frugalista isn't the only gal in town who loves a bargain. Meet her fellow Fru-gals!

Catena **Fru-gal:** Stacy Catena, events director at It! Weddings & Events

On the job: "What you wear says everything about you. If I can put myself together, style myself appropriately and appear polished, I can meet with brides and CEOs."

Her style: Classic. "I love pearls. I love a pair of black, wide-leg trousers. It doesn't get any more perfect than that."

Where she shops: Banana Republic, The Gap, Ann Taylor LOFT and The Limited. "I always have a seasonal color I'm obsessed with, and I totally overdo it. Last year it was yellow, right now it's orange."

Bargain tip: Shop often. "I always find great deals at Ann Taylor LOFT, and right in the middle of their season."

Her latest snag: A strapless LBD from Target for \$10.97. "It's a classic black dress, how can you go wrong?"

Are you a Fru-gal? E-mail The Frugalista at frugalista@pbpost.com

RAY GRAHAM Staff Photographer



COCKTAIL LOOK

Target top, \$22.99; Yvelines peacock-feather belt, \$28; Dots skirt, \$12

FASHION EDITOR STACI STURROCK'S FASHION CHALLENGE



Only now do I see I failed to issue much of a challenge to Yvette Baker, a West Palm Beach criminal defense attorney who moonlights as an accessories designer.

You see, the 29-year-old makes a strong case for building an outfit around a belt — not simply accessorizing after the fact. She calls it "a paradigm shift."

To me, that's crazy talk — I own a single belt that I never wear. I might as well try to assemble an ensemble around a Hula Hoop.

But jumping in belt first is second nature to Baker, who grew up in Nogales, Ariz. "I got that from my mom. She'll buy a piece of statement jewelry, and then buy an outfit to go with it."

We asked Baker to show us how it's done, using her belts as Exhibit A.

For a cocktail look, she partnered one of her peacock feather belts with a Target top (\$22.99), a faux leather pencil skirt from Dots (\$12) and a pair of killer heels.

She also created a casual look around a pheasant feather belt, using a Marshalls shirt, jeans from Ross and broken-in boots.

"The right accessories can make a frumpy outfit look cool," says Baker.

Case closed.

HER MONEY-SAVING SOURCES: A self-described "fast shopper," Baker favors off-price retailers. She looks to Loehmann's for work attire, Marshalls for weekend wear and Ross for shoes. "It's hit or miss," she says. "But when you can find something good, you'll always get a great price."

HER TOP TIP: Learn to sew. It's helped her expand her wardrobe on the cheap, says Baker — "not just making my own clothes but adjusting things that I find." That \$12 Dots skirt, for example, was two sizes too big until Baker altered it herself.

HER FAVORITE ACCESSORY: She custom-makes belts, but "I'm more of a shoe girl," she says. "But I don't know how to make my own shoes."

To buy one of Baker's belts, which cost from \$20 to \$30, go to Etsy.com and search for Yvelines in the "sellers" category.

THOMAS CORDY Staff Photographer



CASUAL LOOK

Marshalls top; Yvelines pheasant-feather belt, \$25; Ross jeans