

Summer Trend: Body Chains And Headpieces

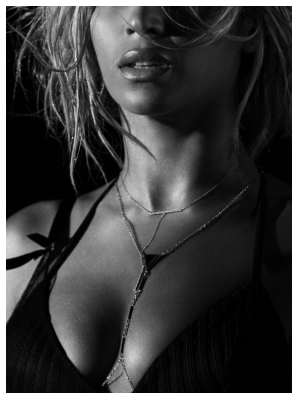
Anokhimedia.com



Body chains and headdresses are making a comeback with both Bollywood and Hollywood starlets.

Influenced by India and the MiddleEast, body chains have been worn by classical Indian and Arabic belly dancers for ages, but this year fashionistas all over are sporting the trend.

The chicest way to wear the latest body chains is over summer dresses and backless gowns and on top sleeveless tanks and crop tops. Beyoncé wore a body chain under her bikini in her music video 'Drunk In Love', see below the Dark Lady Rose Gold body chain by Bliss Lau, inspired by Shakespeare's *The Dark Lady Sonnets*.



Beyoncé's "Drunk In Love" body chain/ blaqvixenbeauty



Dark Lady Rose Gold body chain, \$299 CDN/ blisslau

Deepika Padukone on the other hand made a statement in a pearl drop headpiece paired with a Naeem Khan gown at the Zee Cine Awards 2014. Fans went wild over the look and flocked to Pernia's Pop Up Shop to pick up similar styles.



Deepika Padukone's headpiece at the Zee Cine Awards 2014/ keeppcalmanddrinkchai



Ritika Sachdeva headpiece, \$50 CDN/ perniaspopupshop

Keep it simple in this summer's statement piece; less is more when you're layering pieces full of drama. **Fashion blogger Dr. Ngozi Etufugh** recommends wearing thicker chains over solid-colour dresses and t-shirts, so that the chain isn't lost or overwhelmed by prints.

For a more punk rock look take a style note from Priyanka Chopra who paired an Only Child cropped t-shirt with a thin gold body chain and crochet skirt by Alexander Wang to release her single 'I Can't Make You Love Me'.



Priyanka Chopra at her “I Can’t Make You Love Me” single release in Mumbai/afashionistasdiary

If you're looking to add to your beach ensemble but not sure if these statement pieces are a tad too much, **Etufugh's** advice is this: “A thin chain doesn’t take away from your bikini, and an ankle chain around your bare foot will also add a nice finish.”

Body chains can also work with bodysuits, take a cue from Freida Pinto who looked fierce in a body chain by Lune over an Amit Aggarwal bodysuit for *Elle India's* March 2014 issue.



Freida Pinto in *Elle India*/ afashionistasdiary

Looking to update your summer dresses? A body chain can do the trick. As **Etufugh** says, “You don’t need to buy a new dress for every occasion. This accessory can

update an old dress and make it look new or make a simple dress more edgy.”

Dannii Minogue, the judge of the Australian TV show, *The X Factor* wore a statement body necklace over a timeless black satin gown at the Emeralds & Ivy Ball in Sydney, giving it an on-trend appeal.



Dannii Minogue at the Emeralds & Ivy Ball/ dailymail

Don't forget if you're wearing a backless blouse, the back pendant will no doubt accentuate the design. Have fun trying out this and don't forget to tweet us your hot summer style notes.