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## THIS SUMMER, GET BACK ON THE CHAIN GANG- Learn how from fashionista Dr. Ngozi Etufugh

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It seems like body chains have made a comeback [this summer](#) and are hotter than ever. Celebrities like Rihanna, Vanessa Hudgens and Beyoncé have been seen rocking this fun and flirty look day and night. Whether you are at the beach, a festival, cocktail party or just a night out on the town, this accessory can spice up any outfit. **Fashion blogger Dr. Ngozi Etufugh** is a fan of this look herself and shares some tips on how you can wear these fun accessories too.

### How to wear them:

Body chains come in different styles, shapes and sizes and can be used for nearly every occasion. Some are to be worn across your torso, underneath or over clothing, while others are made for your hands, feet and head. They can be simple and delicate or extravagant and flashy.

### • **Thick and Thin Chains:**

o **Thick:** Thicker body chains work well when worn over clothing such as t-shirts and dresses. Be sure to wear solid colors so that the chain doesn't get lost in the pattern.

o **Thin:** Thinner chains work best worn underneath clothing such as crop tops and bikinis.

• **Bikinis:** Body chains can help accessorize your bikini and allow you to stand out among others. They can accentuate your curves while giving your swimsuit that extra bling. However, "I recommend a thin chain so that it does not take away from your bikini," says [Dr. Etufugh](#). "An ankle chain around your bare feet will also add a nice finish to complete your beach look," she adds.

• **Crop Tops:** Thin body chains work best for this look. They look b loose crops as styled by many

celebrities such as Kate Hudson. If you are wearing a fitted crop top, then it would be best to wear it over the top.

- **Backless & Side Splits Tops:** Back embellished chains work best for backless tops. The back pendant will accentuate the outfit and allow your bare back be the focal point, which is what you're aiming for.

- **Dresses:** Body chains make perfect accents to cocktail and formal dresses. You don't need to buy a new dress for every occasion; body chains can do the trick. This accessory can update an old dress and make it look new or it can also make a simple dress look more edgy.

### **Don't want to show too much skin?**

You don't need to show skin to rock a body chain. These accessories look just as sexy worn over clothes. And don't miss out on other options like head and arm pieces that can accent a great outfit. "Ladies, get creative styling your body chains and get ready to rock the hottest trend this summer," says Dr. Etufugh.