

LIVE YOUR DREAM | Life-Changing Advice from Our Olympic Stars p 131

BEAUTIFUL
SUMMER
HOME
p 62

Chatelaine

46 summer recipes

Grilled Fajitas, Asian Chicken,
No-Bake Cheesecake
AND MORE!

Snack Yourself Slim

Our Eat-All-Day Strategy
p 109

Get the Hair You Want...with the Hair You Have

p 43

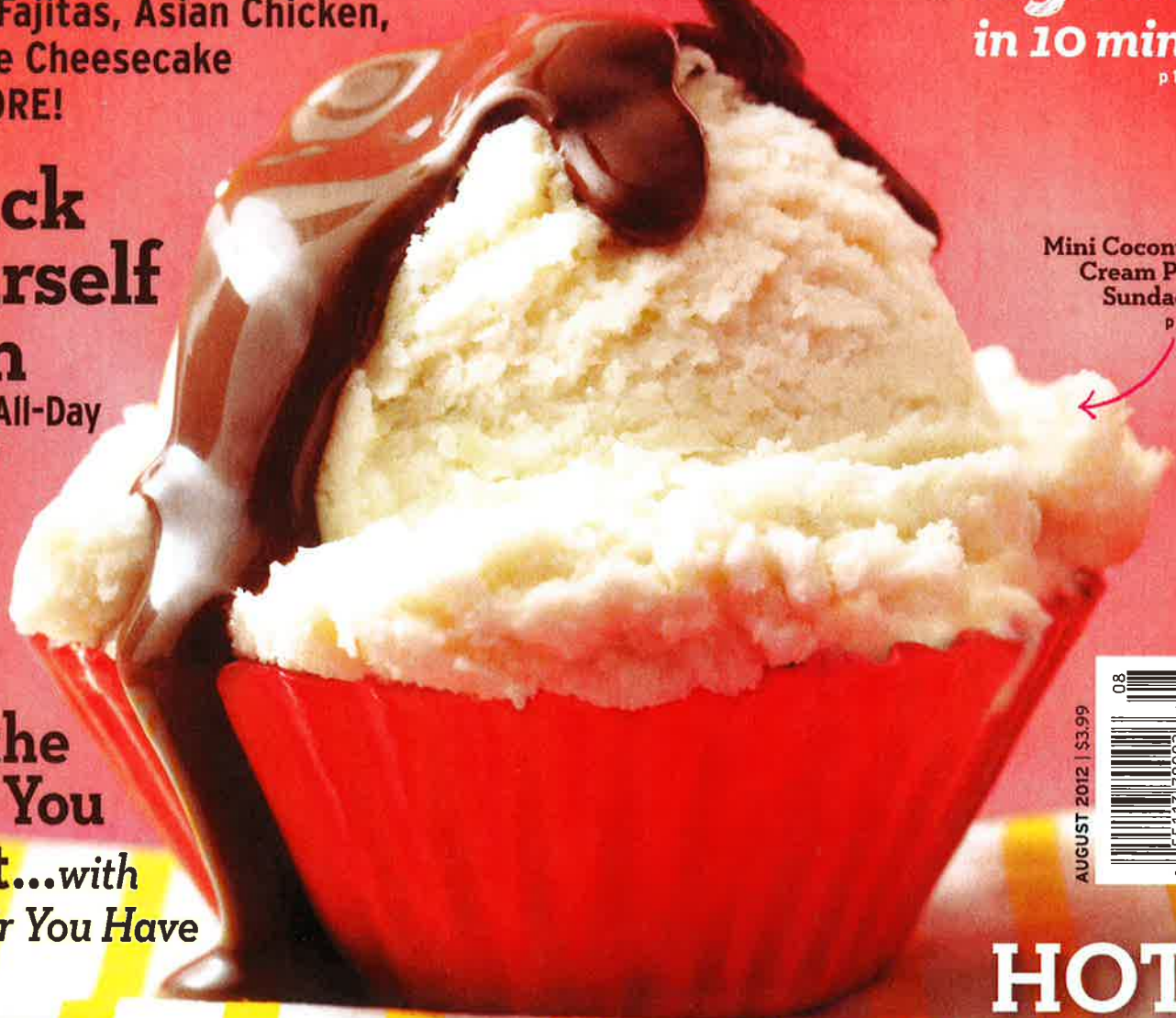
HOW TO TALK SO HE REALLY LISTENS

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Frozen Yogurt

in 10 min!
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Mini Coconut Cream Pie Sundaes
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AUGUST 2012 | \$3.99
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HOT STYLE FINDS

Under \$100
p 38

LOVE YOUR PLACE

MODERNIZE YOUR BATHROOM 2

Add a little sophistication to your bathroom for less than the cost of a blowout with luxurious new towels from Mukula. Their high-style prints are inspired by nature, modern art and architecture. TOWELS, FROM \$16, MUKULA.CA.



3 ADD A SPLASH OF COLOUR

Orange is oh-so-hot this year, and accessories are ideal for adding a hit of it without overdosing on citrus. These hand-blown glass bowls by Canadian Tsunami Glassworks do the trick – and give you a handy place to stash keys, change or candy. STRAWBERRY AND SAFFRON CELL BOWL, \$210, TSUNAMIGLASSWORKS.COM.



4 DRESS UP YOUR FURNITURE

You can't overstate the importance of details. No surprise, then, that we fell hard for these colourful feet specially made for Ikea furniture. Choose from 12 finishes, including sunny yellow and sophisticated teak and brass.

ESTELLE LEGS IN ORANGE, \$181/4, PRETTYPEGS.SE.



5 LAY DOWN SOME GEOMETRIC SHAPES

Patterned tiles are all the rage. These painted ones by architectural firm Claesson Koivisto Rune strike a perfect balance between simple modernism and colourful Moroccan. Get the look for less: Try a geometric flat-weave carpet instead. STONE PATTERN TILE, \$146/SQUARE METRE, MARRAKECHDESIGN.SE.



6 PACK A CHIC PICNIC

Inspire envy at the park – or in your backyard – with this carry-all bike, trendy Thermos and oversized blanket.



SCHWINN TRICYCLE, \$400, CANADIANTIRE.CA.



HBC THERMOS, \$35, THEBAY.COM.



BLANKET, \$595, JONATHANADLER.COM.