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ERICA M. BLUMENTHAL

Look as if You're Going To Fashion Week

Pity the devoted showgoers of New York Fashion Week. They face winter's challenge just like you, only with street-style cameras trained on their every move. Luckily, they know (and now you do, too) that the secret to elevating a winter look without sacrificing sturdy boots — crazy heels are out of the question — is to focus on accessories and inject a dose of color. Here, some bright ideas that are fun even if no one takes your picture.



Circle Bags, In for Spring

Circle bags, it seems, are about to have a moment. For spring, they showed up on the runways at Chanel and Rachel Comey, and at the popular accessories label Mansur Gavriel, where the new shape appeared in fresh Pop colors. Take the opportunity to push the season with a playful design. A bag that evokes a beach tote, like this one from the quirky Welcome Companions label, will offset all the heavy layers.

Above, from top: Mansur Gavriel leather top-handle circle bag, \$1,095 at [Kirna Zabete](http://kirnazabete.com), kirnazabete.com; Welcome Companions leather beach-ball cross-body bag, \$510 at welcomecompanions.com. Below, Rachel Comey cross-body leather bag with hand-felted collage artwork, \$495 at [Rachel Comey](http://rachelcomey.com),



MELODIE JENG/GETTY IMAGES

Scarf Chic: Can't Miss It

To add personality to your utilitarian get-up without sacrificing warmth, wrap up in an eye-catching scarf. For bonus style points, wear one long and belt it over a wool coat.

A Peace Treaty baby alpaca knit blanket scarf, \$398 at apeacetreaty.com.



Shades Of Cool

Shades Of Cool

► For those times when a puffer and snow boots are the only options, a cool pair of sunglasses goes a long way. Any of these sunnies will give you your pop of color, and may even transport you to a warmer, happier place.

From top: Fendi cat-eye sunglasses embellished with bead "jewels," \$495 at select Sunglass Hut stores, sunglasshut.com; Le Specs squared aviators with mirrored lenses, \$79 at lespecs.com; Le Specs cat-eyes with mirrored lenses, \$69 at lespecs.com.



PLAN TO CATCH
EYES AND
RETAIN HEAT.

the New Juice

ia, Real Food Works, a meal device, added a soup cleanse to its te 2013.

meal of souping, in part, is that it an easier detox than a juice

you do juice cleanses, your blood spike really high," said Despina registered dietitian at NYU Lancel Center. "Soup cleanses are in- lower in sugar over all because ng more vegetables and complex ates versus fruit. They also tend er in fiber, which has so many fits."

hrman, who founded Soupelina eles in 2013, chimed in similarly: cleansing trend started from a e and evolved into something o healthy, because there's a lot of ot enough nutrients that the s."

a offers soup cleanses of differ- ons as well as single-serving business has doubled in the last , Ms. Fuhrman said. The soups ed mostly with produce from two ners' markets; the colorfully fferings include Kale-lifornia Lentil Me Entertain You!, and eet Goes On, a borschtlike crim- tion.

most part, the soups that make up nses tend to be quite flavorful, art to a liberal use of spices like nd cumin. They are often made nally grown ingredients. Pack- ut preservatives and delivered y lack the higher sodium content n of chicken noodle from a super- me are drinkable cold, although m warmed up, ideally out of a spoon, arguably underlines the they're a meal.

includes hydrating, fruit-fla-



DANNY GHITIS FOR THE NEW YORK TIMES

vored alkaline waters as part of its cleanses, and a couple of drinks that are challenging to describe as soup, like a thick, sweet blend of strawberries and cashews that tastes somewhat like a dairy-free milkshake.

"I would say that some of our cold prod-

Vivienne Zhao of Manhattan said the soup cleanses she favors are more satisfying than juices.

ucts are cold soup smoothies," said Angela Blatteis, a Soupure founder. "We try to use the word 'soup' for 'juice' to just get across the point that it's thicker, it's more nourishing and it's more nutrient dense."

Soup cleanses also tend to be quite low in calories, often hovering around the 1,200 mark for a day's worth of soup.

"That's right at the borderline," said Ms. Hyde, the dietitian. "A lot of people I work with need between 1,400 and 1,600 calories a day. You're going to lose weight on low-calorie diets, of course, but it can lead to muscle breakdown." For that reason, she doesn't advise souping for more than one full day at a time.

For those who prefer to make their soups from scratch, several books on soup cleansing have recently been published, including "The Soup Cleanse" by Ms. Blatteis and Vivienne Vella of Soupure, and "Soupelina's Soup Cleanse" by Ms. Fuhrman. The founder of Splendid Spoon plans one, too.

Especially for busy people, soup cleanses offer, as juice-focused ones do, an undeniable benefit: convenience.

"My food pyramid was things you could get off a coffee cart," Jacqueline Harrison of Manhattan said. Now she frequently replaces a meal or snack with one of Splendid Spoon's soups during 14-hour workdays as an owner of a landscape design and garden installation business. "Bottled soups were really appealing because I could just grab them and go. It doesn't feel like you're on a diet — it feels like a meal."