

THE KIT

SOUTH ASIAN EDITION



SPOTLIGHT

TAKING THE LEAD

How India's stunning star Priyanka Chopra is taking over Hollywood one red carpet at a time

page 6

PHOTO: GETTY IMAGES

BEAUTY DESK
EDITOR-APPROVED MAKEUP
page 3

INSTA INSPIRATIONS
NAMES TO KNOW
page 3

POWER PACKAGE
"My alter ego worked like a reverse Superman; with my glasses on, I wasn't a meek journalist—I was unstoppable."
page 4

SHOPPING COAT REPORT
The jackets you need this season
page 7

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NEW

CLARISONIC AND LANCÔME

Mia 2 & Lancôme Set

This three-piece set includes a Clarisonic brush that aids the absorption of Lancôme's hydrating skin care formulas. Mia 2 colour may vary per store.

\$199

VALUE \$246



PRADA

L'Homme Prada
Layers of amber and iris deliver a modern, sensual scent. 100 mL eau de toilette, \$118. 150 mL, \$142.

La Femme Prada
A sweet fragrance that boasts frangipani flowers, ylang-ylang and vanilla notes. 50 mL eau de parfum, \$115. 100 mL, \$165.

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Get an effortless blowout with this hair dryer's light, fast and powerful motor. \$499.99.



NEW

BURBERRY

Festive Gold Collection
Get an all-over glow this holiday with a limited edition collection of glitter, gloss and more. \$23 to \$64.



SIMPLEHUMAN

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Provides dual magnification and colour-correct lighting for the most accurate reflection. \$300.

The perfect gifts are all in one place.
Stay in your slippers and shop beauty at **THEBAY.COM**

BEAUTY DESK

Garden state

Brighten up cooler days with beauty editor Rani Sheen's pick of fall's top crop

PHOTOGRAPHY BY HAMIN LEE

1. BUBBLE BAE

Get on my top shelf now, divinely vintagey bottle of peppery floral-scented bath foam!

MIU MIU BUBBLE BATH, \$52, SEPHORA.CA

2. GILD THE LILY

Supremely portable high-lighting sticks in champagne for pink-toned skin or bronze for warm complexions—try them on lids too.

COVER FX CLICK STICK ENHANCE CLICK-IN BLOSSOM AND GILDED, \$24 EACH, COVERFX.CA

3. PASS THE BAR

Once you get past the adorable cats on the wrapper, you find a non-drying cleansing bar of French pink clay, rose petals and lavender oil.

MEOW MEOW TWEET PINK ROSE CLAY BAR SOAP, \$14, MEOWMEOWTWEET.COM

4. IT'S A WASH

This shampoo is 99 per cent biodegradable and 70 per cent natural, with 0 per cent sulphates. The bottle and juicy scent 100 per cent remind me of a smoothie.

MATRIX BIOLOGIE R.A.W. RECOVER SHAMPOO IN YUCCA + GOJI BERRY, \$25, MATRIXPROFESSIONAL.CA

5. PEARL GANG

Play mad facialist with this serum-mask hybrid. Scoop some apricot oil and hyaluronic acid pearls into the cotton pouch and massage against your face for silky-soft skin.

PHILOSOPHY ULTIMATE MIRACLE WORKER SERUM-IN-PEARL MASK, \$89, HUDSON'S BAY

6. WINK-WINK

Whether you're feeling full glam or no-makeup makeup, adjust your lash look by turning the dial to deliver more or less mascara.

CLINIQUE LASH POWER FLUTTER-TO-FULL MASCARA, \$28, CLINIQUE.CA

7. NEW FILTER

Like Valencia or Crema, this "filter" is meant to go on top of any perfume and blur it, soften it, boost its cottony and musky aspects. By itself it smells like fresh laundry.

MAISON MARGIELA REPLICA FILTER BLUR, \$80 (50 ML), SEPHORA

8. LIP LOCK

I love this wee cardboard pot of tinted gloss that smells minty and moisturizes with coconut, avocado and olive oils.

ROCKY MOUNTAIN SOAP CO LIP QUENCH IN HIBISCUS PINK, \$14, ROCKYMOUNTAINSOAP.COM

9. MIST OPPORTUNITY

A mist a day keeps the dermatologist away, when it's packed with repairing vitamin C and collagen amino acids and slips through makeup via micellar technology.

DR DENNIS GROSS PERFECT SKIN SET AND REFRESH MIST, \$38, SEPHORA.CA

10. BRUSH-OFF

This flat-topped synthetic brush buffs in cream or powder blushes and bronzers and lets you be precise about where your glow goes.

WET N WILD SMALL STIPPLE BRUSH, \$3, WETNWLDBEAUTY.COM



ONE-MINUTE MIRACLE

Dear Kate Somerville DermalQuench Liquid Lift: I'm not typically perky before coffee, but you've got me bubbling over. Every morning and night, before I apply my moisturizer, I swipe your foamy formula in two stripes across my cheekbones and forehead, and massage it into my skin. Thanks to the plumping effects of oxygen and the major moisturizing benefits of hyaluronic acid, you give my complexion a fresh-from-a-facial glow that's left me looking flushed. What can I say? You make my skin tingle. *Yours bright and early, Carly Ostroff*

KATE SOMERVILLE DERMALQUENCH LIQUID LIFT, \$114, SEPHORA

THREE TRENDS, THREE WAYS

THE BOOTS TO BUY THIS FALL

Round out your footwear collection with the season's must-have styles, whether your budget is limited or luxe



INSTA INSPIRATIONS

FASHION FEED

Global style highlights



@ammarakhanatelier
Actor, model and DJ Maya Ali modelled for Ammara Khan



@jjvalaya
Models struck a pose backstage at the FDCI-AIFW grand finale



@cosmoindia
Actor Nargis Mohammed in Péro Fall/Winter 2016 in Cosmo India

NEWS

GET FIT

This fitness tracker is here to supercharge your step count—and your style

Ever wonder how New Yorkers keep up with the city's hustle? For Public School designers Maxwell Osborne and Montreal-born Dao-Yi Chow, it's all about keeping pace. That's why the duo—also the

creative directors at DKNY—was tapped by Fitbit to create two custom wristbands for the company's Alta fitness tracker. The bands, which debuted at the pair's Fall 2016 show, are intended to look chic at the office, the gym or during a night out. To drive home the notion of versatility, Chow and Osborne designed two styles: a high-end bracelet, as well as more casual streetwear option. "The watch provides the perfect amount of style to elevate

your look," says Osborne. "You can stack it with existing jewellery and watches." As for the sportier unisex tracker, Chow suggests it for structured tailored outfits or oversized sweaters and layers. Working on a global partnership is a huge win for the up-and-coming brand, but Osborne and Chow are taking it all in stride. —Carly Ostroff

FITBIT X PUBLIC SCHOOL FITNESS TRACKERS, \$225 TO \$380, FITBIT.COM

POWER PACKAGE

How to be brave

Life is beautiful, but it can also be tough. The best way to summon your courage? Get inspired by the strength of others. We asked women to share their stories of power, pain and the politics of nail polish

MY SECRET IDENTITY

Now a super-successful TV host, **Jessi Cruickshank** reveals she was the office crier—and how she managed to shatter the glass ceiling with a crappy pair of fake glasses

I have an alter ego. Like Beyoncé had Sasha Fierce, Eminem had Slim Shady and Superman had Clark Kent, I, Jessi Cruickshank, have Shoshanna. And I owe most of my success to her. Allow me to make a formal introduction.

At 23, fresh out of university, I was hired as an MTV host. My previous professional experience was playing a Pirate Wench at Canada's Wonderland. While that prestigious job taught me how to fend off horny preteen boys, I never quite learned how to navigate a work environment that didn't smell like funnel cake.

MTV was different. I had a desk! I had a boss! I had a television show that, occasionally, people would watch! There was so much to learn, and I was eager to devour it all. By the end of my first year, I was co-hosting two shows and producing my own segments. I was booking camera crews and pulling music cues, writing jokes and supervising edits. I was no longer just a host, I was a bona fide producer—and one day I worked up the courage to discuss the disconnect with my boss.

I'll never forget the long elevator ride from my basement cubicle to the executive floor where my boss sat in his big, windowed office. As the elevator ascended, my heart pounded through my purple LC by Lauren Conrad dress. I rehearsed exactly what I'd planned to say over and over again. It was a long, heartfelt speech that addressed how hard I worked, how passionate I felt, how deeply committed I was to our show, and it ended with "and that's why I feel that I deserve a producer credit."

Ding! Executive floor. I took a deep breath and walked into his office. I was ready to prove that I was more than just an on-camera

host. I was ready to *lean in*. I was strong and capable... and within three minutes, I was crying. My impassioned speech was inexplicably interrupted by the mortifying sting of tears and, suddenly, the only thing I was leaning into was a box of Kleenex.

I walked back to the elevator without a producer credit or a shred of professional dignity. I couldn't understand why, in that moment—and in almost every challenging workplace situation that followed—my eyes suddenly filled with tears. Was I allergic to standing up for myself?

Then, one afternoon on a work trip to Laguna Beach, I found myself perusing boardwalk kiosks of cheap sunglasses. I threw on a pair of plastic horn-rimmed reading glasses and wiped off the little display case mirror. I was mesmerized by the woman staring back at me. She looked strong, fearless, confident—and for five American dollars, she changed my life forever. Behind the safety of those cheap glasses, I became Shoshanna.

My alter ego worked like a reverse Superman; with my glasses on, I wasn't a meek journalist—I was unstoppable. I placed them on my nose and Shoshanna marched back up to that executive floor. Without a glint of a tear in her eyes, she asked my boss for a producer credit—and got it. In fact, I got almost everything I wanted when I was Shoshanna. I got raises, I got promotions; I got all the things that are often difficult for women to ask for, even when we've earned them.

For the first time, I had a protective barrier between my real, vulnerable self and every challenge that felt tough to face head-on. Instead of being the sweet, likeable Jessi I was raised to be, I could be Shoshanna—a strong businesswoman who knows what she wants and isn't afraid to ask for the recognition she deserves. My cheapest accessory gave me my most valuable asset: power.

They also gave me a headache. They had loose hinges and scratched lenses, yet, for years, they helped me see clearly. And eventually, channelling Shoshanna taught me how to be her, with frames or without.

Jessi Cruickshank's new *CBC* show, *The Goods*, premiered in October.



IN THE BUFF

Did you know a nude polish should match your nail bed, not your skin? More on how to nail your perfect nude, with tips from Melissa Forrest, manicurist and Shoppers Drug Mart spokesperson

Take it outside

"Always evaluate the colour in natural light. I will quite often walk over to the window with my client to compare nudes before deciding which one to pair with their skin."

Pick the right shade

"If you have pink undertones, a pinkier nude polish is best. If your skin has a warmer yellow undertone, go for a warm shade."

Flatten it out

"If you want to edge up nude polish, apply a matte topcoat."

Go long or go home

"If you're a nail biter, painting your nails with a nude shade will give the illusion of length. Trust me, this works!"

NAKED AMBITION

Kate Carraway on why nude nails are the ultimate power play

Lately, I've been drawn to the low-key, high-power nude nail—the manicure equivalent of a private Instagram account. It's not that I'm against precision nail art, hothouse neon or the baroque looks typically preferred on Snapchat. It's that the self-assurance of restraint is a more effective power move, demonstrating Coco Chanelegance in its rejection of trends.

A power-nude nail—most often mid-length and semi-sheer—is worn by bosses who can't be observed showing off, like Hillary Clinton, or who just don't need to, like Amal Clooney. But there is a double-edged sword filed just so in the reality of power beauty: The work that goes into maintaining a well-executed power look is routinely ignored. The high-octane babes of *The Good Wife* and *Scandal* are shown to be "handling it" (personal and professional disast-ers, international political intrigue), but the audience is never privy to Alicia or Olivia sitting in the salon waiting for their tips to dry.

Many of the style signifiers of female power come at an enormous secret cost of time, money and emotional labour: shopping, tailoring, grooming, and booking endless appointments. (Compare this with the grooming labour professional men are expected to do.) While nice nails have a great ROI—a manicure is probably the cheapest and most effective pro-beauty undertaking—they are also a tacit requirement to being a real boss bitch in a competitive, corporate environment.

Even if the nude manicure also provides pleasure and connotes a sense of mastery, its primary function is to make a woman seem appropriate to other people, by correcting and perfecting her natural nail, rendering it inhumanly Barbie-smooth. (The same goes for a nude lip.) And of course, "nude" makeup and fashion has long been a conduit for many other wrongs: "nude" bras and stilettos and nail polishes are generally manufactured in beige-

peachy pales that refer mostly to Caucasian skin tones. But let's assume here that the term refers to the skin tone of the person wearing it, because nude shades are designed to be there and yet not.

If nude polish is supposed to mute the nail, colour is there to enliven it. Historically, my nail style was red—in bloods and cherries—or black, to match my forever thing for dressing tidily punk. I came to the

power nude in a succession of 45-degree turns: First, in the midst of graduate school, my weekly manicure became a seasonal event. Then, during a period of social isolation when Lana Del Rey was on loop, I needed her throwback '80s-lady nails (way long, almond-shaped, opaque pinky brown), which involved many hours and stupid money. Later, I got married to an actual grown-up (when one of my besties first saw his pic, she said, "That is a man") and went back to work after getting my master's degree. The coalescence of so much seriousness at once revealed to me, finally, that life and work are high-stakes and deserve total attention. I rethought my sartorial cues as a teenage dirtbag, who mostly wore whatever because who cares, and turned to Dior Incognito polish, my platonic-ideal nude, which I read about in a socialite's beauty diary and which now lives in my bag.

These days, manicures are a tight, results-oriented operation where I pay first (and tip well), keep my coat on and listen to podcasts with my eyes closed while my nails are painted in silence. Not participating in extraneous niceties is a power move, too.

POWER DRESSING

Create your own alter ego with a perfect pairing of specs and high-impact suits



COS JACKET, \$175, PANTS, \$135, COSSTORES.COM. CUTLER AND GROSS GLASSES, \$612, CUTLER AND GROSS



BANANA REPUBLIC VEST, \$124, PANTS, \$124, BANANA-REPUBLIC.CA. RAY-BAN GLASSES, \$210, LENEXCRAFTERS



PINK TARTAN JACKET, \$595, PANTS, \$325, PINKTARTAN.CA. KAM DHILLON GLASSES, \$95, CLEARLY.CA

FENDI GLASSES, \$550, INDEPENDENT RETAILERS



Taking care

How supporting her mother through cancer taught writer **Andrea Janus** the importance of self-care

My mother had cancer three times during the last 20 years of her life. The third time, at age 64, her cancer spread, and suddenly, at age 30, I became the mom—with the added roles of nurse and cancer-care coordinator on top of my full-time job.

This new role came with a new level of intimacy that only caregivers can appreciate. I moved back in and had to learn nursing skills that I felt intimidated by. Seemingly simple things, like dressing an adult, are actually quite difficult—at least the unreasonable amount of time it took me to get my mom's socks on made her laugh. I learned that pillow positioning is key to helping a bedridden person get a few hours of uninterrupted sleep; that a spoonful of sugar (or juice, or ice cream) does indeed help the medicine go down; that you're never too old to find comfort in a stuffed animal tucked into your hospital bed. These lessons are familiar to millions of people: In 2012, about three in 10 Canadians were caring for a friend or relative with a chronic health problem, and they were more likely to be women.

As any caregiver knows, being completely focused on someone else's needs takes you away from yourself. (Paging new parents!) It's not long before mere fumes fuel you through doctors' visits, treatment appointments and late-night pharmacy runs, on top of all the usual work and household tasks. So I learned to carve out time for myself via late-night treadmill runs at the gym in the basement of my mother's condo, cellphone in hand in case of a call for help from upstairs. Signing out the key to the fitness room at midnight elicited funny looks from the security guard at first (he got used to it), but those workouts gave me the physical and mental stamina I needed to get through those two harrowing years, when we were hunkered down through the cancer storm.

After my mother died, I was back to

looking out for just me, but I had an entirely new perspective on my own capabilities. I was heartbroken but empowered, and I decided to make some changes. I quit my full-time job and struck out as a freelance writer, and I turned those late-night gym visits into a part-time job as a fitness instructor.

I also realized the importance of self-care, of thinking about my own needs and well-being as much as I'd thought about hers. Every three weeks, relishing the instant elegance, I treat myself to a shellac manicure. (I wonder what my mother, who sat at the kitchen table and gave herself a manicure every Sunday as far back as my memory goes, would think of nail art.) I've never really enjoyed cooking—especially when I was the primary chef for someone who no longer found joy in food—but I came to realize the value of it when trying to eat healthfully. After five years of effort, I'm still not a confident chef, but I do pride myself on making my mother's (and her mother's, and her mother's) meat sauce nearly as well as she did. In fact, I've found that the true joy is making it for others. And on a doctor's advice, I signed up for genetic counselling and regular screenings. While I anxiously await the results each time, I'm not really afraid of what may come. If this terrible disease has taught me anything, it's that you may be forced to look out for someone else, but you always have to take care of yourself.

Since breast cancer runs in the family, I'm considered high-risk along with 1 to 2 per cent of Canadian women, according to the Canadian Breast Cancer Foundation. That group includes women like me who have about a 25 per cent risk of developing breast cancer, and women with the BRCA 1 and/or 2 mutations, whose risk level can be as high as 85 per cent. I now go for annual MRIs and mammograms as part of Ontario's high-risk screening program. As unpleasant as both may be, I know they are a key part of my newfound focus on my health.

SUPPORT LINE

When dealing with the symptoms of cancer treatment, a little care can go a long way

SLEEP TIGHT Fashion executive Lara Little couldn't find clothing to help her sister cope with the night sweats and hot flashes that were side effects of breast cancer treatment. There's the case she invented it. Lusomé is a line of sleepwear made with Xirotex, a super-soft fabric with moisture- and odour-control properties.



LUSOMÉ TOP, \$88, BOTTOMS, \$68, LUSOME.COM

FEEL USEFUL Rethink Breast Cancer, the Canadian organization devoted to help younger women with breast cancer, has launched Give-a-Care. Its first product line for patients undergoing treatment. There's the balm and lipstick, hand cream, headache relief and more, all with seemingly cutesy names that actually offer information about what patients are going through.



GIVE-A-CARE LIPSTICK BY AVEEDA IN CANA, \$24, GIVEACARE.CA

SKIN SAVER Canadian skincare brand Thentix's moisturizer promises to nourish dry, itchy, irritated skin caused by a range of conditions including cancer treatment. Honey is the magic ingredient, and the skin conditioner is paraben- and fragrance-free.



THENTIX A TOUCH OF HONEY SKIN CONDITIONER, \$36, THENTIXSKINCARE.COM

HEAD FIRST A mother-daughter duo started Headcovers Unlimited after Carol Galland endured breast cancer treatment with "one itchy wig and one basic surgical cap." The site, now in her daughter Danielle Galland Yates's care after Carol's death, has grown from wigs and head coverings to include makeup and skincare.



HEADCOVERS SLINKY HEAD-WRAP, \$20, HEADCOVERS.COM

FRESH MAKER The Canadian Breast Cancer Support Fund aims to help women who are going through breast cancer with practical, everyday challenges, such as paying the rent and getting to appointments. Its personal-care line, Causemetics, includes simple, fragrance-free, non-irritating items, such as this all-natural, effective deodorant made with shea butter and coconut oil.



CAUSEMETICS TODAY 100% NATURAL DEODORANT BY LOVEFRESH, \$15, CAUSEMETICS.CA

POWER HEELS

A pair of pumps helped **Danielle Groen** move from heartbreak to happiness

The shoes cost upwards of \$800, an inconceivable expense that became altogether conceivable by my second lap of the Holt Renfrew store. I took an absurd pleasure in wearing them. They were something I didn't need but was surprised and delighted to find I wanted, which was roughly how I felt about the institution of marriage. Besides, I was a prudent bride.

Hadn't I pushed for the City Hall wedding, on a Thursday, after lunch, attended by three parents and two witnesses and wrapped up with wine by 5 o'clock? And these shoes—these gorgeous, cobalt Christian Louboutin stilettos—were a clever combination of something new and something blue. Hell, I was even borrowing height for the very old tradition of marching down the aisle. One pair of shoes to cover four wedding dictates: The Louboutins were nothing if not economical. The breakup, less than a week before our City Hall appointment, was economical too: six and a half years undone by a five-minute exchange. I didn't say much; I wasn't being asked to weigh in. A month later, after the books and cookware had been divided, rings returned, furniture reshuffled to fill the apartment's sudden space, I took the shoes from their box in the closet. They radiated failure. But they were still outrageously pretty. Since they'd been stripped of their original domestic purpose, maybe I could give them an ornamental one instead—so I carried the shoes over to a bench in my office and placed them on top like a sculpture.

Like all good inventions, heels sprang from necessity, devised by the 16th-century Persian cavalry to provide better grip in the stirrups when they rode. The stiletto is a more recent creation, coming out of the 1950s and Christian Dior. Its name was taken from a long, slender dagger, and it swiftly became the footwear of choice for fast-talking femmes fatales. Decades later, the shoe morphed into a staple of the workplace, worn by women who triumphed in boardroom battles—a spiky symbol of power.

I wanted that power. Three months after the breakup, there was an industry gala for several hundred people—

journalism's cash-bar equivalent of the Oscars—and the magazine I worked at was up for some awards. I contemplated the Louboutins from the doorway of my office, then plucked them off their decorative perch. It was a night that demanded ceremony. I was going to put those stilettos to work.

For the next two years, they were exclusively devoted to my career. They carried me to interviews and office functions, to swanky corporate parties and the divey karaoke bars that followed. (I will sing "No Diggity" and nothing else.) My professional life took off—I wrote more, made more, assumed new responsibilities—and the shoes became both talisman and armour. I liked the clack they made to announce my arrival; I liked that they lifted me a smidge past six feet tall. Mostly, I liked having engineered the Louboutins' transformation into a kick-ass pair of *Lean In* heels.

And then I woke up and my cousin was getting married and it seemed ludicrous not to take these hot shoes out. I'd been so fixated on a single storyline: Either the shoes belonged to my personal life, where they spoke of disappointment, or they lived in my professional world, where they telegraphed worth.

FIND YOUR FOOTING

These mega-embellished shoes unapologetically say, "Look at me." Best part? You can wear flats and still make a major statement.



MIMOSA BOOTS, \$498, BROWNSSHOOES.COM

After stumbling home, boozy and dance-sore, from my cousin's wedding, I yanked off the Louboutins the moment I made it inside. They skidded across the hallway and flipped over, and I howled: The perfect red lacquer was chipped and scuffed, exposing the cork-coloured sole beneath. That night, I swore viciously at the scratches. The next morning, I accepted their fate. Then I caught myself admiring the damage: Now, the bottom of the shoe actually suggested a journey. The top remained pristine.



CHRISTIAN LOUBOUTIN, \$2,325, CHRISTIANLOUBOUTIN.COM. GEOX, \$200, SIMILAR STYLES AT GEOX STORES. PRADA, \$1,235, NET-A-PORTER.COM. GIANVITO ROSSI, \$1,310, MATCHESFASHION.COM. MANOLO BLAHNIK, \$1,310, MANOLO-BLAHNIK.COM. JIMMY CHOO, \$1,050, SELECT JIMMY CHOO STORES

SUNDAY NIGHT ME TIME

Fortify your mind with these inspiring reads while you supercharge your skin with a mask

BY VERONICA SAROLI



First rule of *Feminist Fight Club*: You must talk about FFC. Jessica Bennett dispenses proactive, take-no-B.S. advice on sexism in the workplace, alongside quirky cartoons illustrating the issue. Think of it as *The Art of War* for creative girls.

THEFACESHOP CHARACTER MASK, \$4, THEFACESHOP.CA



Hitting theatres next year as a buzzy movie, Margot Lee Shetterly's *Hidden Figures* profiles a group of brilliant black, female NASA mathematicians who helped get man to the moon during the Civil Rights era. The math wasn't the hard part.

FLAWLESS BY FRIDAY 5 DAY FACIAL MASK SYSTEM, \$45, THEBAY.COM



Cleve Jones moved to San Francisco in the 1970s, where he worked under his mentor, Harvey Milk, and went on to become a pivotal and outspoken AIDS and LGBTQ activist. In *When We Rise*, he chronicles his personal struggle and triumphs, which became intertwined with his causes.

NANETTE DE GASPÉ YOUTH REVEALED EYES MASQUE, \$110, HOLT RENFREW

PHOTOGRAPHY: HANNA LEE (SECRET IDENTITY, NAKED AMBITION, POWER HEELS); INSTAGRAM.COM/ @MICHELLE ROSEN (COPING WITH STYLE)



Actor Tina Desai shows off her super-glowy skin.

SKINCARE

TAILOR-MADE

Why the customized skincare trend could be just what your complexion needs

BY RANI SHEEN

When Starbucks flooded the international café scene, the promise that you could have your coffee exactly how you wanted it (extra-hot, no-foam, half-sweet) struck a chord with picky—ahem, discerning—consumers everywhere. Now, that same concept is making its way into the beauty world, where new technologies are sparking a surge in made-to-measure skincare. The services exist in varying forms, but usually a consultant, doctor or aesthetician asks you several questions about your skin, assesses it visually or online, and then uses the info to create a formula blended to address your concerns. “I think it’s going to be useful for people,” says dermatologist Dr. Julia Carroll, who offers a made-to-measure skincare service called Blend & Boost at her Toronto clinic, Compass Dermatology. “It’s good for people who are like, ‘I’ve tried everything.’”

But buyer beware: Some extreme and unnecessary services are popping up, too, aiming to prey on our desire for perfect skin. “I had a company come into my office trying to get me to sell a genomic skincare product that was personalized through DNA swabs from the mouth,” says Dr. Adam Geyer, a New-York-based dermatologist, who consulted with Kiehl’s on its new custom serum service. “They would come up with your specific mutations that would be corrected with certain ampoules for the small cost of \$1,200 a month. In truth, they’re taking a small array of ingredients and saying they’re going to combine them. I think that you can target what bothers people about their skin without needing a DNA swab.”

Read on for three realistic ways to go custom with your skincare.



Counter mix

Kiehl’s has just rolled out Apothecary Preparations bars in seven of its Canadian stores, where you can sit at a counter with a skincare consultant and tell them everything there is to know about your skin. With the help of an analytical computer program, they’ll select two tubes of active boosters—for instance, a wrinkle-reducing complex with retinol, or a calming blend with vitamin E—and send you home with them and a bottle of moisturizing serum base made with squalane, a derivative of olives that can keep unpredictable active ingredients stable. Then you get to play mad skincare scientist and mix them yourself at home. “Part of the concept was the fact that we used things like retinols that are quite difficult to stabilize in conventional formulations,” says Dr. Geoff Genesky, head of Kiehl’s laboratories. “You have the benefit of everything being freshly mixed together.” Once concocted, you should use it within six months. “It’s very potent and we want to maintain that potency level through the time that you would be using it.”

KIEHL’S APOTHECARY PREPARATIONS, \$110, TORONTO: EATON CENTRE, YORKDALE SHOPPING CENTRE; VANCOUVER: RICHMOND CENTRE, METROPOLIS AT METROTOWN, ROBSON STREET; MONTREAL: STE-CATHERINE STREET; CALGARY: CHINOOK CENTRE



Doctor’s orders

When you order a bottle of custom-made Blend & Boost cream, you get an expert level of attention because your dermatologist is the one who customizes the formula for you. “The final say is with the doctor,” says Dr. Julia Carroll, who offers the service. She chooses from five different bases (hydrating, oil-free, etc.), to which she adds two boosters, such as wrinkle-smoothing peptides or tone-evening niacinamide. There are even two dosage options for brightening vitamin C, so she can adjust the formula based on your needs. She sends the recipe via a web app to the compounding pharmacy in Montreal, and a week or so later, the cream arrives on your doorstep.

BLEND & BOOST FACE CREAM, \$150, COMPASSDERMATOLOGY.CA



Natural selection

Toronto holistic facialist Julie Clark of Province Apothecary turned her love of creating personalized oil blends for her clients into a custom serum service that anyone can access. Go online to find an extensive questionnaire that covers everything from your job responsibilities and stress levels to allergies and medications, as well as your current skincare routine. Then Clark’s team will hand-blend a serum to address your biggest concerns. “I have over 40 oils and essential oils to choose from,” says Clark, who claims she has been able to clear up severely dry skin, eczema, cystic acne and pigmentation. “I get to target issues and feed the skin what it needs right now.” Bonus: First timers can order a 7-mL sample size to make sure the formula is a perfect fit.

PROVINCE APOTHECARY CUSTOM FACE SERUM, \$40 FOR ASSESSMENT AND SERUM SAMPLE, PROVINCEAPOTHECARY.CA



THE AMATEUR NOSE

A fruit farmer sniff-tests a wild-berry fragrance

THE NOSE

Laura Sabourin, owner of Feast of Fields Organic Vineyard, Niagara, Ont.

THE SCENT

Luna by Nina Ricci, \$72 (50 mL), thebay.com

THE NOTES

Wild berries, orange blossom, white everlasting flower, caramel, vanilla

THE VERDICT

“Wild berries have a really strong smell; they’re more concentrated than a cultivated berry. A wild black raspberry is tiny, and the taste you get is a hit in the mouth compared to a commercially grown raspberry. This perfume has more of a floral tone than a fruit tone, and it’s very overripe. When fruit is overripe it releases ethanol—that’s alcohol, which is in all perfume.”

—Veronica Saroli

SPOTLIGHT

Style star

India’s Priyanka Chopra has caught the attention of Hollywood. We took a moment to look back at the actor’s best red carpet moments

Priyanka Chopra may have won Miss India and Miss World titles, but she’s not a quiet pageant star. The 34-year-old Bollywood actor, who has caught North American attention as a bright FBI recruit in ABC’s *Quantico* looks just as bold onscreen as on the red carpet, sporting an impressive array of bright dresses. In fact, there doesn’t seem to be a shade on the colour palette she can’t pull off. She turned heads at the 2016 Emmys in a red, one-shoulder gown by Jason Wu and stunned in a white embellished number by Zuhair Murad at the Oscars. Chopra has earned a spot as one of *Time Magazine’s* 100 most influential people—and a spot on international best-dressed lists isn’t far behind. —Robyn Fiorida



1. Priyanka Chopra In Zuhair Murad at the White House Correspondents’ Dinner in April. 2. In Michael Kors at a charity event in October. 3. In Olcay Gulsen at the Time 100 Gala in April. 4. In Zuhair Murad at the 2016 Oscars in February. 5. In Jason Wu at the 2016 Accessories Council’s ACE Awards in August. 6. In Altuzarra at New York Fashion Week in September. 7. In Jason Wu at the Emmys in September. 8. In Dion Lee at an ABC event in May.



CAT LADY COOL

SHOPPING THE WILD BUNCH

The season's most in-demand toppers—the leopard print coat and mean moto jacket—came served with a serious side of attitude



MOTO CHICK CHIC

LEFT TO RIGHT: GIVENCHY, BLUMARINE, BOTTEGA VENETA, VERONIQUE BRANQUINHO

LEFT TO RIGHT: KENZO, COURRÈGES, COACH 1941, RAG & BONE



HOW TO WEAR IT



HOW TO WEAR IT



LEFT TO RIGHT FROM TOP: ELIZABETH AND JAMES COAT, \$2,795, SIMONS. SCOTCH & SODA COAT, \$399, GOTSTYLE.CA. REBECCA MINKOFF COAT, \$575, SAKS. HELDER DIEGO COAT, \$495, HELDER-DIEGO.COM. LONGCHAMP COAT, \$3,235, LONGCHAMP.COM. J.CREW COAT, \$2,160, JCREW.COM. ANDY WOLF GLASSES, \$645, ANDY-WOLF.COM. AMÉLIE PICHARD SHOES, \$775, AMELIEPICHARD.COM. CLYDE HAT, \$560, CLYDE.WORLD. 3X1 JUMPSUIT, \$660, 3X1.US. COMMUNITY TOP, \$98, ARITZIA.COM

LEFT TO RIGHT FROM TOP: REBECCA MINKOFF JACKET, \$698, SAKS. MACKAGE JACKET, \$850, MACKAGE.CA. COACH 1941 JACKET, \$1,720, COACH.COM. WHITE HOUSE BLACK MARKET JACKET, \$450, WHBM.CA. GUESS JACKET, \$158, SHOP.GUESS.CA. REITMANS JACKET, \$100, REITMANS.COM. ALDO BAG, \$65, ALDO SHOES.COM. ANDY WOLF SUNGLASSES, \$599, G IS FOR GLASSES. EXPRESS SHOES, \$70, EXPRESS.COM. MAISON KITSUNE DRESS, \$690, SHOP.KITSUNE.FR. REITMANS PANTS, \$50, REITMANS.COM

WELLNESS

GET THE PERFECT NIGHT'S SLEEP

Mattress shopping is a nightmare. There is almost nothing worse than walking through a huge store like a lost soul, lying down on innumerable mattresses—shoes hanging politely off the edge—trying to decide if your lumbar feels supported. And what in merciful hell is a sleep number? This universal *cauchemar* is the driving force behind Casper, a chic start-up that makes (minimalist drum roll, please) only one mattress. “We came at it from the angle that, while staying at a hotel, most people are very

comfortable on that mattress,” says Nicole Tapscott, general manager of Casper Canada. “So we wondered if we could we take that hypothesis and expand on it.” After trying hundreds of different foams, filming sleep patterns and essentially crowdsourcing prototypes among thousands of different people with different body types, Casper unveiled the so-called one-size-fits-all mattress. We tapped Casper’s sleep research to get some tips on how to catch the ultimate Zs. —Kathryn Hudson



TOP 3 WAYS TO GET THE BEST SLEEP EVER

- 1. Focus on temperature** “The number one thing that wakes people up during the night is temperature change,” says Tapscott. Look for a mattress that allows for heat to circulate and consider layering blankets. Does your partner like a thick duvet, while you wake up in a sweat? Investing in two blankets may be a simple solution.
- 2. Ignore thread count** “Breathability is what’s most important,” says Tapscott, explaining that thread count figures can be misrepresented and misleading. “You can buy 10,000 thread count sheets that actually create a really constricting environment.” Instead, focus on finding high quality cotton sheets that feel soft and let your body breathe. “It’s all about having long threads and a balanced weave.”
- 3. Sleep on it** “The only way to know if you like a mattress is to sleep on it,” says Tapscott, which is why Casper allows customers to sleep on one of its mattresses for 100 nights before deciding if they’d like to keep it.

THE KIT

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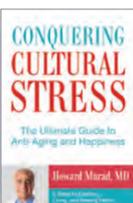
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“If you don’t sleep one night, your skin will look dry and sallow—it’s immediate. You’ll see it overnight. And if the stress continues, then your skin gets drier, drier, drier, and replenishing it is going to take a little bit more effort. To me, skincare is health care.”

—Dr. Howard Murad, dermatologist and author of *Conquering Cultural Stress: The Ultimate Guide to Anti-Aging and Happiness*



UPGRADE YOUR SNOOZE

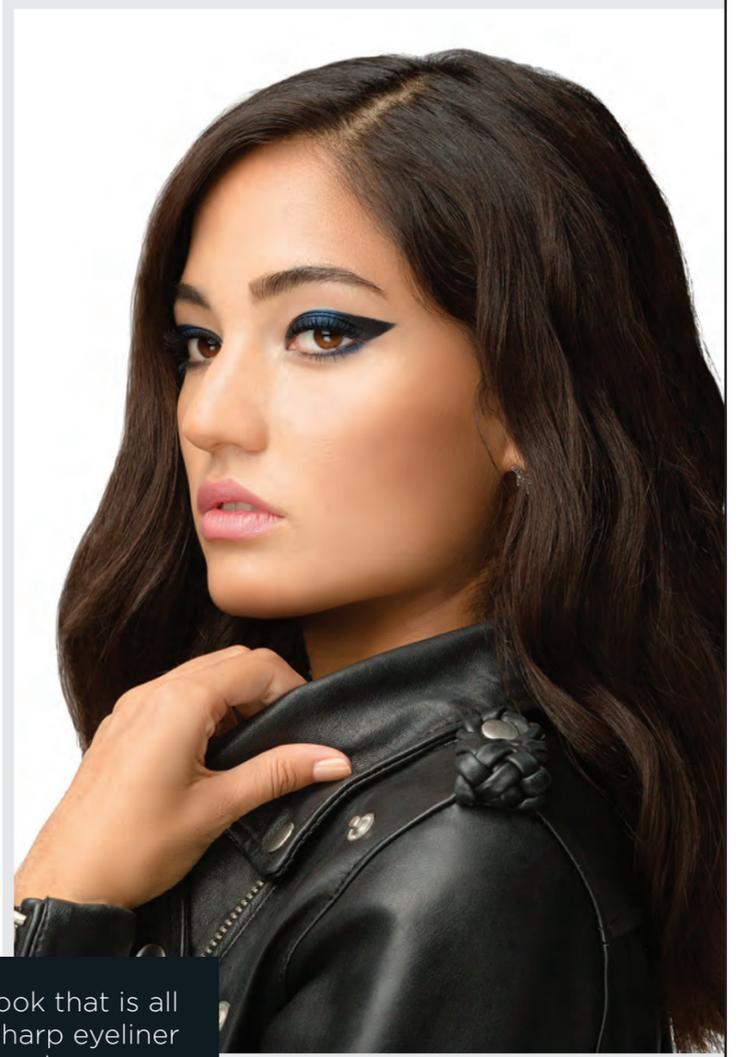
NIVEA Q10PLUS ANTI-WRINKLE NIGHT CARE, \$29, DRUGSTORES. AMORE PACIFIC TIME RESPONSE SKIN RENEWAL SLEEPING MASQUE, \$250, NORDSTROM. MURAD ESSENTIAL C NIGHT MOISTURE, \$76, SEPHORA.CA. CASPER PILLOWCASES, \$85 (STANDARD), CASPER.COM. LA VIE EN ROSE TOP AND BOTTOMS, \$35 (SET), LAVIEENROSE.COM. ADORE ME TOP AND SHORTS, \$67 (SET), ADOREME.COM. FLEUR OF ENGLAND NIGHTIE, \$283, FLEUROFENGLAND.COM. SLEEPY JONES TOP, \$184, SHORTS, \$64, SLEEPYJONES.COM

THE ART OF THE LOOK

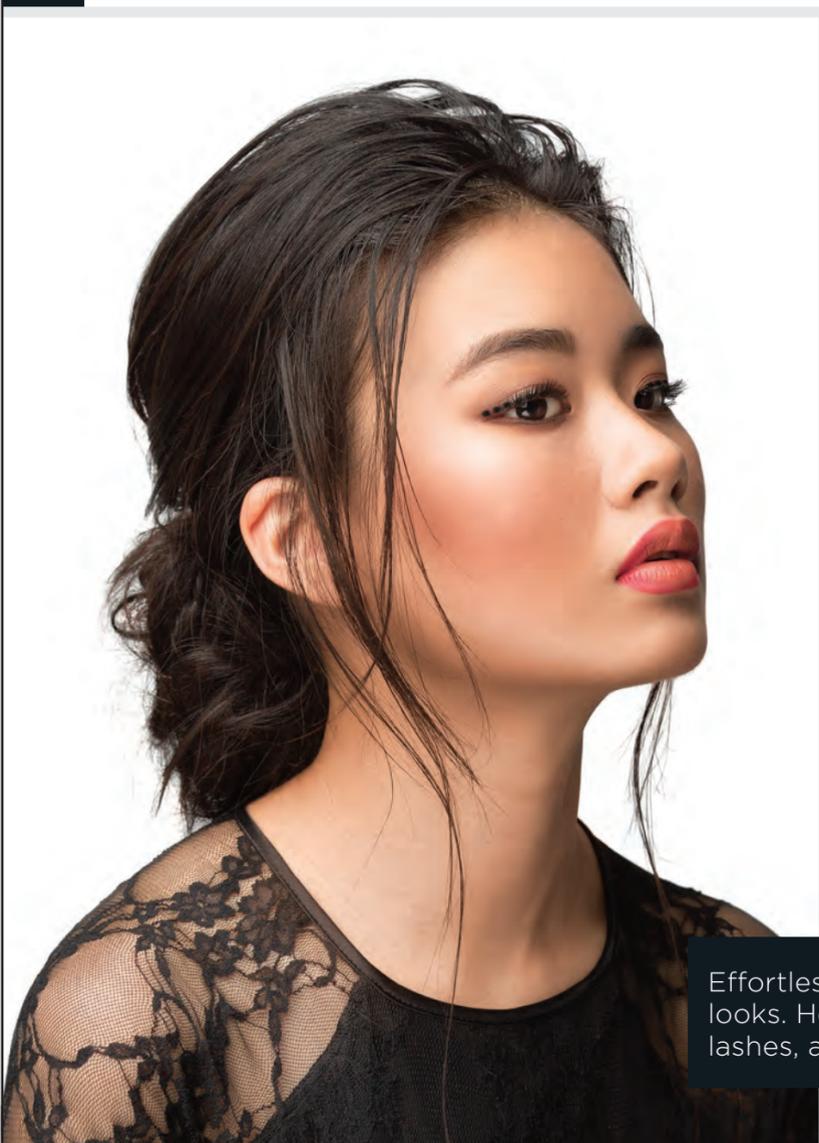
Holiday makeup designer looks
made easy



Féline



She captivates with a look that is all about her eyes—ultra-sharp eyeliner with ferocious, full-lash volume.



SCULPTED

Effortlessly chic, she favours natural yet sophisticated looks. Her trademark look centres on well-defined lashes, a perfect contour and a touch of dotted eyeliner.

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