

**WISH LIST  
ON YOUR  
MARKS**  
*Athletic-inspired  
accessories score  
major points*  
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**SPOTTED  
SCARLET FEVER**  
*Summer's red lips are deeper and  
more matte than ever*  
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**EXCLUSIVE  
INTERVIEW  
GET  
GLOWING**  
*Pat McGrath's  
guide to flawless  
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THE  
**Kit**  
BEAUTY &  
FASHION

**INTERVIEW**  
**ZAC'S  
KNACK  
FOR  
GLAMOUR**

BY JEANNE BEKER

When it comes to the red carpet, few do it better than American designer Zac Posen, who has dressed a galaxy of stars, from Gwyneth Paltrow and Natalie Portman to Beyoncé and Glenn Close.

In addition to helming his own successful label, Posen was named creative director of womenswear and accessories at Brooks Brothers in June.

Posen, who was raised in New York and moved to London at 18 to study at Central Saint Martins College of Arts and Design, is one of America's best-loved designers and with good reason. His love of the craft, attention to detail and personal panache have put him in a league of his own. I'll never forget the atmosphere at Posen's Spring 2002 New York Fashion Week debut, presented in a former synagogue on the Lower East Side. Awe was in the air as Posen sent out a brilliant collection of twirly dresses, and front row guests—Anna Wintour and her kids, artist Julian Schnabel, and Posen's pal Sophie Dahl—were swept away. The next day *The New York Times* proclaimed, "A star is born!"

This past spring, fashionable philanthropist Suzanne Rogers brought the 33 year old designer to Toronto for his first full-scale Canadian presentation. His inspiration for the season was the late, great American couturier Charles James, who's currently being honoured with a retrospective at New York's Metropolitan Museum of Art. At the opening gala in May, Posen's sumptuous gowns stole the show. I sat down with the talented designer to talk about glamour, and what being raised by an artist father taught him.

**JB:** You personify modern American glamour. But how would you describe it?

**ZP:** I think modern American glamour is something slightly nostalgic with a wow factor, but for me, it's really about strong, powerful women who are forces, who have great appreciation for the craft and empowerment of fashion, and what it can make you dream of. That's what it's about today, when you wear it, when you see it on the runway, you want to be transported. You want to dream. You want to say, "I can wear that and get everything I've always wanted." True glamour goes beyond the sparkle and the façade...it's about elegance and graciousness. Suzanne Rogers represents that to me.

*Continued on page 3*



DESIGNER ZAC POSEN  
AND MODEL COCO ROCHA.  
PHOTOGRAPHY: GETTY IMAGES.



BLOGGER NICOLE WARNE  
OF GARYPEPPERGIRL.COM  
WEARING ALICE MCCALL  
CROP TOP AND SKIRT AT  
MERCEDES-BENZ FASHION  
WEEK AUSTRALIA 2014.  
PHOTOGRAPHY: GETTY IMAGES.

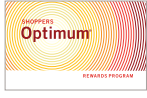
**BEST  
SUMMER  
BODY**

*Short shorts, crop tops...there are so many  
skimpy trends this summer. Read our  
roundup of the best treatments that  
will help you rock them with confidence*

page 5



GET  
**1500**  
SHOPPERS OPTIMUM  
BONUS POINTS®\*  
when you purchase any 2  
participating specialty hair care  
or colour products†



Saturday, July 12  
to Friday, August 8

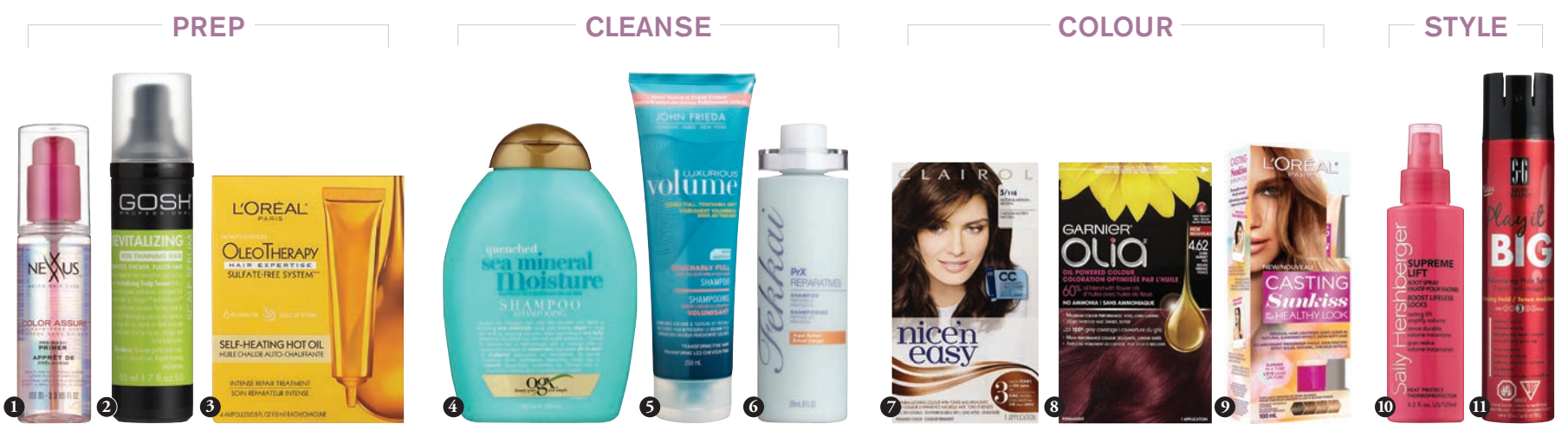


# SALON- WORTHY STRANDS

## 11 SALON-QUALITY HAIR UPDATES TO TRY NOW!

While we often dream of looking like we just stepped up from our hair stylist's chair, we sometimes battle with strands that won't do what we want—especially in the summer heat! And this can make a good hair day a seemingly impossible goal to achieve. As the destination for salon-inspired products,

we compiled a list of 11 hair upgrades that will instantly lift your look, giving you stylist-approved locks every day. It's like you just got a fresh blowout or style except you didn't have to step outside of your house! After all, isn't gorgeous, fuss-free hair what we're all after?



### PREP

**1. OPTIMAL PRIME**  
A rich pre-cleanse treatment from NEXXUS, the Color Assure Pre-Wash Primer is made with white orchid extract to help create a protective shield over your strands to maintain longer lasting colour, whether you're a redhead, blonde or brunette.  
**NEXXUS Color Assure™ Pre-Wash Primer**

**2. INSTANT PICK-ME-UP!**  
Fight the follicle aging process with GOSH's unisex Revitalizing Scalp Serum, which stimulates the growth of new strands, leaving hair denser, stronger and fuller.  
**GOSH Revitalizing Scalp Serum**

**3. THE HEAT** Let your glorious locks garner rave reviews thanks to L'Oréal's Ever OleoTherapy Self-Heating Hot Oil treatment. Made with a blend of 6 flower oils, the 100 per cent vegan, self-heating formula nourishes and smoothes hair, without weighing it down!  
**L'Oréal Paris Ever OleoTherapy Self-Heating Hot Oil**

### CLEANSE

**4. SOFT SPOT** Show dried-out and stressed-out hair some major love with the moisturizing powers of deep-sea minerals like sea kelp and nutrient-rich green algae, all in a sulfate-free formula, meaning no damage will come to your colour!

**OGX Quenched Sea Mineral Moisture Shampoo**  
**5. POWER LIFT** Pump up the volume and protect your colour. Set the foundation with the latest John Frieda shampoo, formulated with colour protection technology and a specialized volume polymer that adds space between strands, helping maintain salon-caliber, natural-looking volume.  
**John Frieda® Luxurious Volume Touchably Full Shampoo for Colour-Treated Hair**

**6. GOING STRONG** Looking for a stronger, sexier head of hair? Cleanse, detangle and protect weak strands with Fekkai's argan-oil infused shampoo, stopping damage before

it actually happens and leaving you with healthier hair from root to tip.  
**Fekkai PrX Reparatives Shampoo**

### COLOUR

**7. DIY 'DO** For at-home hair colour that looks like you spent hours with your colourist, try Nice 'n Easy's 4/120 Natural Dark Brown. With Colour Blend Technology to layer in highlights and lowlights, this one-step colour adds natural dimension to hair, while covering grey, for up to eight weeks.  
**Clairel Nice 'n Easy 4/120 Natural Dark Brown**

**8. OH, SO RED** Olia oil-powered, permanent home haircolour propels colour deep

inside the hair for maximum colour performance. Vivid, long-lasting reds that resist fading and offer up to 100 per cent grey coverage.  
**Garnier Olia Dark Garnet Red 4.62**

**9. LIGHTENING REBOOT** Hands up if as a teen you used lemon to lighten your locks! Consider this soft, translucent, leave-in jelly, that gradually lightens strands in 3-5 uses, your grown-up, luxe alternative. Creating a naturally sun-kissed look with a long-lasting radiant gloss, Healthy Look helps you achieve just that—gorgeously lightened hair just in time for summer!  
**L'Oréal Paris Casting Sunkiss by Healthy Look**

### STYLE

**10. PLUMP IT UP!** Give thin hair a much-needed boost with Supreme Lift Root Spray from Sally Hershberger. A stylist to the stars, Hershberger's industry know-how helped create this blend of styling polymers that offers dramatically thicker hair with flexible volume, while also protecting hair from heat styling damage.  
**Sally Hershberger Supreme Lift Root Spray**

**11. BIG IT UP!** Get professional volumizing results with the new Salon Grafix Play It Big Firmer Hold Volumizing Hair Spray, enriched with the Keratin Protein Complex for a stronger, fuller finish.  
**Salon Grafix Play It Big® Firmer Hold Volumizing Hair Spray**

†Excludes travel and trial sizes.\*Points are issued on the purchase of eligible products using a valid Shoppers Optimum Card\*. All products must be purchased within the same transaction. Cannot be used with any other offer or promotion. Offer valid from July 12 - August 8, 2014, while quantities last. We reserve the right to limit quantities. No rainchecks. Offer may be changed or terminated at any time without notice. See in-store for details.





# radar

The people, places and things in the world of style that got us talking



**COVET: KANYE X A.P.C.** A.P.C. founder Jean Touitou and Kanye West have delved into military archives to produce a luxuriously cool line for their second and final collaboration. West's previous collection sold out in hours, so act fast. Out July 17, [usonline.apc.fr](http://usonline.apc.fr)



**TRY: CHER'S CLOSET** British technology company Metal developed a, like, totally cool digital shopping experience, reminiscent of Cher Horowitz's closet in *Clueless*. Users enter their details to create a 3D MeModel to try on ensembles and share with friends. Visit [metal.com](http://metal.com)



**SHOP: SPORTY LOOKS** Online retailer Net-A-Porter is getting sportier with the addition of an 's.' On July 9 the site launched Net-A-Sporter, devoted to active-wear. The e-site carries 37 brands across 11 categories, including tennis, golf, running, yoga, dance, swim and surf, as well as exclusive capsule collections. [net-a-sporter.com](http://net-a-sporter.com)



**WATCH: #CANDIDLYNICOLE** Starting July 17, E! will be broadcasting *#CandidlyNicole*, a reality show inspired by Nicole Richie's tongue-in-cheek tweets. The show will explore the daily adventures, relationships and fashion choices of the pastel-haired trendsetter. Premiering July 17 at 10 p.m. E.T. on E!

**ONLINE** GET THE STYLE SCOOP BY READING RADAR EVERY MORNING AT [THEKIT.CA](http://THEKIT.CA)

## GAME ON

Stay ahead of the curve (ball) with sport-inspired accessories that will make you a style MVP

**1. NEW HEIGHTS** The perfect balance of delicate and edgy, versatile satin-and-mesh heels exude modern glamour. Christian Dior heels, \$995, at Holt Renfrew **2. HOME-RUN HEELS** With calfskin leather, soft Lycra inserts and studded rubber detail, this sturdy colour-blocked sandal knocks it out of the park. Fendi sandals, \$850, at Holt Renfrew **3. STYLE SLAM DUNK** A clean and unique silhouette, plus protective metal feet, make this double top-handle handbag a standout for 9-to-5. Alexander Wang Emile satchel, \$1,165, at Holt Renfrew **4. FIELD KICKER** Chunky athletic straps add a sports-centric element to statement heels. Balenciaga leather and Velcro pumps, \$300, at Marshalls **5. BEST ALL-ROUNDER** Long detachable straps let you rock this perforated leather bag as a cross-body or a backpack, while the removable green neoprene top handle converts it into a tote for some high-fashion action. Marni perforated convertible bag, \$1,725, at Holt Renfrew  
EDITOR: NATASHA BRUNO. PHOTOGRAPHY: ADRIAN ARMSTRONG.



## jeanne asks Zac Posen

*Continued from cover*

**JB:** There are so many real women nowadays aspiring to look like celebs. What is the difference

when you're dressing a star as opposed to a real-life woman?

**ZP:** I see the real-life women I dress as stars. Whether you're getting an Oscar or being a real woman, I have the same respect and my attention level is the same. You want to put the most care and nurturing into the relationships, to embrace and empower those women. I've always been drawn to people who have inner star quality, that pizzazz. And I hope I can bring that to other people.

**JB:** What about the vulnerabilities of some of these stars?

**ZP:** You have to be a bit vulnerable to be a great actor and to be a great star. It's like being a super nova... But that

supernova can sparkle and burn out too. It's a very fine balance. It can be nervous-making, but fashion can also make you strong.

We've lived through good collections, bad collections, good reviews, bad reviews, good collections that get bad reviews, great sales seasons and not so good sales seasons. It's part of the flow. You just have to remain big picture about it and know that you want to be a long distance runner—that you want to bring wonderful collaborations with women into your life and you push for that. And you have to appreciate the small moments in life too, not just the big ones. If you do that, you can be a good businessperson and you can be a great creator.

**JB:** Your dad is an artist so you were exposed to so much growing up. How does that figure in the way you see the world today?

**ZP:** As I get older, it becomes more

apparent how important and influential that's been for me. Looking at form, looking abstractly at life, being able to question ideals of beauty and process are really essential to me. I'm reactive, because my family really believes in art and the testament of art.

Fashion has a whole commercial aspect to it too. And that's a little bit different. At an early age I knew I'd have to use everything I got every day to be able to create. The good and the bad of being an artist, being hard on yourself, never being satisfied, watching my dad know when to take the brush off the canvas and leave something in its moment. The emotional, creative aspect behind a piece I learned from my father.

Jeanne Beker is a contributing editor to the *Toronto Star* and host of Fashion Television Channel. Send questions to [askjeanne@thekit.ca](mailto:askjeanne@thekit.ca). Follow on Twitter @Jeanne\_Beker

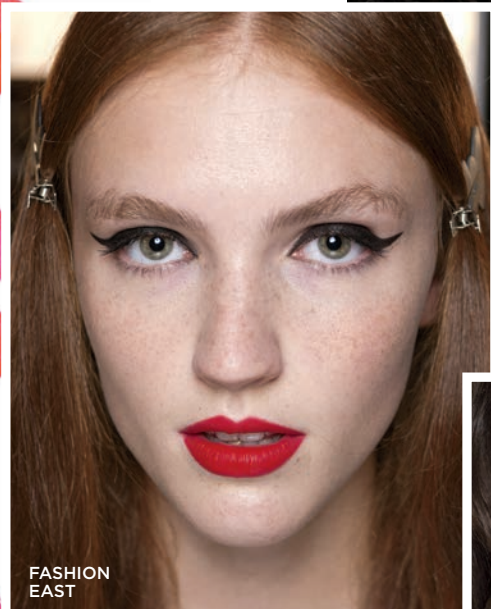


# spotted RED VELVET

Thought crimsons, corals and scarlets were just for winter? Think again. Vibrant matte lips contrast with dewy summer skin for a look that's both vampy and fresh

—NATASHA BRUNO

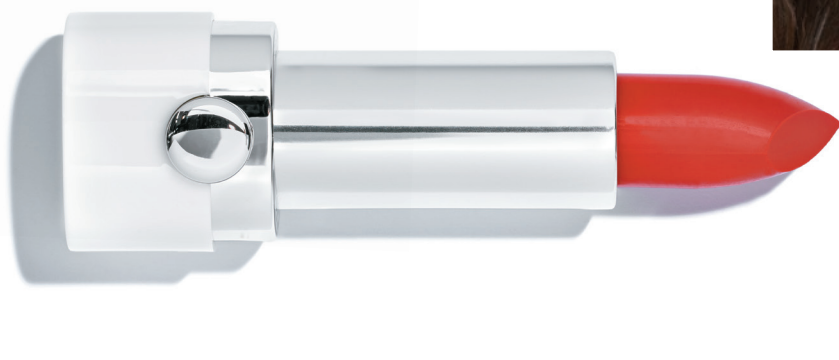
**HOT CHILI**  
This siren-red stain delivers low-maintenance, budge-proof colour. NYC New York Color Smooth Proof 16HR Lip Stain, \$6, at drugstores



FASHION EAST

**JUICY LIPS**

Infused with vitamin-packed kokum and murumuru butters, this silky tomato-red lipstick moisturizes and adds an opaque splash of colour. Marc Jacobs LoveMarc Matte Lip Gel in Scandal, \$36, sephora.ca



MARIA GRACHVOGEL



CREATURES OF THE WIND

**FIERY CORAL**  
The long-wear formula of this high-impact coral-red stays lip-locked for up to eight hours. Rimmel London Kate Moss Lasting Finish Matte Lipstick in No. 110, \$8, at drugstores



**BORDEAUX VIXEN**

Lacquer up with a velvety, pigment-packed burgundy that dries matte and won't feather or fade. Bourjois Rouge Edition Velvet in Grand Cru, \$23, at Shoppers Drug Mart



psst.. the secret is out!

*no bleeding lips*<sup>TM</sup>

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Murale, murale.ca, Rexall Pharma Plus

nobleedinglips.ca



*outfit envy*

## ROSAMUND PIKE

Sequins are the ultimate statement for any soirée, but how do you ensure they read polished and not prom? Pike shows us how in this stylish varsity jacket and frock combo —VANESSA TAYLOR

**KEEP IT CLOSE**

With this intricate pendant-style necklace that sits above the neckline. Anything longer would get lost in the print.

**OPEN SEASON**

This mesh varsity-inspired jacket is the perfect spring upgrade of your staple leather bomber.

**SIZE IT**

With a high-shine dress, opt for simple (and small scale) accessories like this black box clutch.

**SUN & SHINE**

While the sequin dress is a perennial favourite, for warmer weather look to lighter, airy fabrics with movement. The sheer black at the neckline and along the hem subtly reveal more skin.

**TIP**

Pick classic silhouettes that flatter your figure when it comes to sequined dresses (and skirts), instead of anything too complicated or girly.

**ON POINT**

With intricate patterns and fabrics up top, a busy strappy sandal would have cluttered the outfit. These black pointy-toe stilettos perfectly anchor the look.





# SUMMER BODY TUNE-UP

From skimpy sundresses to swimsuits, there's plenty to feel self-conscious about when it comes to summer. But help is at hand: We quizzed dermatologists and cosmetic surgeons about the next generation of pro body treatments to help you to rock four of the season's less-forgiving key pieces

BY JILL DUNN

From #thighgap to #bikinibridge to @youdidnoteatthat, it's fair to say the beach-body obsession has gone the way of *Extreme Makeover*, at least as far as our Instagram feed is concerned. For the uninitiated (lucky you), the first two hashtags glorify skinny legs and protruding hipbones, while the third is a tongue-in-cheek stream of celebs, bloggers and models posing in selfies with pizza and cronuts—but only thing biting are the comments. While operation #thighgap needs a serious reality

check, there's no doubt that warm weather attire has a way of making us more closely examine what lies beneath. We've weighed the options and sleuthed out the latest non-invasive ways to look fresher, smoother or more taut in a flash—no matter what you fancy wearing. (Beauty PSA: Since sun exposure can undo all the good work of facial peels and lasers, summer is the perfect time to lay off them and focus your attention on body treatments.)



JESSICA ALBA



MINDY KALING

## To rock: The Crop Top

**You want: A FLAT TUMMY**  
If you cringe at the thought of putting your midriff on display because of jelly belly, you may want to zap it.



**Procedure time**  
*Pollogen is billed as a lunch-hour treatment.*



**\$350**

**Cost per treatment**  
*A series of six treatments spaced over several weeks is recommended for best results.*



**At-home alternative**  
*To improve skin tone and texture, try a firming tummy cream. Bliss Fat Girl Sixpack, \$42, at sephora.ca*

**The doctor's office fix:** Pollogen radio-frequency treatments that target tummy fat deep below the surface. **How it works:** It doesn't get easier (or more painless) than this: you lie down while the device is guided over the tummy area. "This radio-frequency electricity causes non-destructive deep-tissue heating," says Dr. Diane Wong, a GP specializing in non-surgical cosmetic treatments, who offers Pollogen at her Toronto clinic. "It stimulates and even regenerates the deep collagen, which contributes to tissue tightening." **Who it's best for:** Those with a muffin top, not a spare tire. "It is ideal for someone who follows a healthy diet and has a good existing exercise regimen," says Dr. Wong. It's common to see a 2.5 centimetre reduction in circumference after one treatment; our tester found her tummy was trimmed by 3 centimetres. **Who should skip it:** Pregnant women, people who are obese and those with significant illnesses like lymphoma, liver cirrhosis or hepatitis. **Downtime/drawbacks:** No downtime or pain, but it's not a substitute for sit-ups.

## To rock: The Grey Tee

**You want: DRY PITS**  
If sweat stains on your favourite lightweight T-shirt are cramping your cool-girl style, you may want to laser your underarms.

**The doctor's office fix:** You've probably heard of Botox injections for perspiration-control (it temporarily blocks the brain's signals from the nerve to the sweat glands), but now there's a new laser treatment, Precision Tx, to ward off telltale wet patches for three years or more.



CAMERON DIAZ



**Procedure time**  
*20 minutes per side.*



**\$3,500**

**Cost per treatment**  
*This is a one-time deal*



**At-home alternative**  
*Minimize skin irritation with an antiperspirant that also moisturizes the delicate underarm area. Dove Go Sleeveless Soothing Chamomile Scent Anti-Perspirant, \$5, at drug-stores*

**How it works:** "We use thermally controlled laser energy to ablate the sweat glands," says Dr. Sean Rice, a cosmetic surgeon who is one of the first to introduce the laser in his Toronto practice. A local anaesthetic is applied, a 2 millimetre incision is made under each armpit to insert a tiny plastic tube that channels the laser energy and 20 minutes later you're on your way to an 80 per cent reduction in perspiration. **Who it's best for:** Anyone self-conscious about excessive sweating or

more serious hyperhidrosis. **Who should skip it:** If you're worried about perspiration in other areas like hands or feet, this isn't for you—right now it's only for underarms. **Downtime/drawbacks:** A little bruising or discomfort is common at the incision site. "A small number of patients have to wait several months to see full results and an even smaller number experience a temporary over-activity in the remaining sweat glands," says Dr. Rice. "But this always subsides."

## To rock: The Short Onesie

**You want: PERFECT PINS**  
If brief hemlines have you craning to examine the backs of your legs in the mirror, you might want some help to ditch the dimples.

**The doctor's office fix:** Velashape, which combines radio frequency, infrared light and manual massage to treat cellulite. **How it works:** It breaks apart the tightly wound bands of fibrous tissue that hold the fat together. "It's not about fat melting; it's about disrupting the fat cells and redistributing them," says Dr. Tina Alster, a Washington, D.C.-based dermatologist and a pioneer in laser skin treatments. "The heat from the radio frequency and infrared light energies help to remould the fat and build up the collagen layer to smooth skin." **Who it's best for:** Those fixated on avoiding the orange-peel effect. "Velashape has been on the market for a while but it's still one of the most effective treatments I use in my practice to target cellulite," says Dr. Alster. **Who should skip it:** Pregnant women, diabetics, people with blood-clotting conditions and anyone who suffers from photosensitivity or takes photosensitizing drugs. **Downtime/drawbacks:** The manual stimulation can cause discomfort in some patients. And there's no permanent magic bullet for cellulite, so even though you'll see results initially, you'll have to keep up periodic treatments in order to maintain them.



**Procedure time**  
*Depending on the size of the area you want to treat.*



**\$350-\$500**

**Cost per treatment**  
*A series of five is recommended.*



**At-home alternative**  
*A caffeine-based slimming cream, applied twice per day, will help rev up a sluggish lymphatic system to reduce the appearance of cellulite. Biotherm Body Sculpter, \$58, thebay.com*



TAYLOR SWIFT

continued on page 6



continued from page 5

To rock:

## The Scoop-Back Dress

You want: **A SMOOTH BACK**

Breakouts are bad enough from the neck up, but if bacne surfaces when you're summer-wedding bound, it's a beauty 911 situation.

**The doctor's office fix:** A tailored combination of a chemical peel to improve skin tone and clear pores and laser or photodynamic light therapy to kill acne-causing bacteria.

**How it works:** "AHA or BHA chemical peels are the preferred approach to treating body acne," says Vancouver dermatologist Dr. Jason Rivers, explaining that peels open up pores to reduce pus, blackheads and whiteheads, but don't kill bacteria. "Although lasers can be used for acne, there is no strong data to show that they have a long-term effect. Photodynamic therapy using red/blue light in combination with a topical activating medicine can provide temporary improvement as well."

**Who it's best for:** Those with active acne flare-ups or residual scarring on the chest or back.

**Who should skip it:** "Tanned skin or people of colour need to be treated cautiously with lasers because a change in pigment—either darker or lighter—may ensue," says Dr. Rivers.

**Downtime/drawbacks:** Your skin may be pink or red for several hours. "Post treatment, skin is more sun sensitive. Wear a sunscreen of SPF 30 or more," says Dr. Rivers.



DIANE KRUGER

**Procedure time**

Block off an hour. A series of four to six treatments at two-week intervals is recommended.

**\$200-\$500****Cost per treatment**

From \$200 to \$500, depending on the clinic and the tailoring of the treatment.

**At-home alternative**

Regularly use a salicylic-acid body wash or body lotion to help keep pores clear. Neutrogena Body Clear Pink Grapefruit Body Wash, \$11, at drugstores

exclusive

## FOUNDATION MASTERCLASS

Makeup guru Pat McGrath teaches us what to do—and what not to do—to get the porcelain complexions of the Victoria Beckham and Valentino fall runways

BY RANI SHEEN

Foundation has long inspired a love-hate relationship—the risk of a muddy, two-tone-jawline and pancake face is all too real—so it's no wonder we all jumped on the BB cream train when it came along. While tinted moisturizers and BBs excel in some areas (luminosity and sheer-ness), they fall short in others (coverage that lasts past lunchtime). But what if it wasn't the foundation that was the problem all along, but the application? Read on for P&G global creative design director McGrath's dos and don'ts to getting a fresh flawless finish every time.



VICTORIA BECKHAM FALL/WINTER 2014

**1. DON'T skip the skin-prep step.**

"Skin-care products are crucial before makeup, as they help form the canvas on which to build the look. When your skin glows, makeup wears longer and better. Recently I've been using the Olay Regenerist Luminous line. Most people wash and moisturize their face (I hope, at least), but I don't think enough people are using serums and eye creams—these are equally, if not more important."

**2. DON'T try to fill in your wrinkles.**

"Laughter lines and wrinkles are celebrated now more than ever—to age

gracefully is a sign of being comfortable in your own skin. For women who have lines and wrinkles, it can be very hard finding a foundation, as most foundations can enhance the look of dry skin and wrinkles. Don't try to use makeup to fill in your wrinkles, instead, choose a product that is designed to move with your skin."

**3. DO combine tools.**

"You can use either a foundation brush, which creates a sheer effect resulting in superb coverage, but make sure you're light-handed with your strokes. Or use a sponge, which creates a more transparent coverage. You can also use your fingertips to blend the foundation to help it settle into the skin in a natural way. The heat from your fingertips polishes the foundation and gives a translucent finish that is impossible to create using sponges or puffs. If you want the best of all applications, combine all three tools."

**4. DON'T apply concealer before foundation.**

"After the foundation step, you should assess your face to see where concealer is really needed. Use the concealer as a highlighter as well, to brighten areas of your face and add depth and dimension."

**5. DO set with pressed powder.**

"I like to set the foundation and concealer with a light pressed powder. A supersized blending brush is a key tool for achieving a perfect complexion—swirl the brush lightly over the entire face and neck to remove excess powder and soften any contour shadows."

—This interview has been edited and condensed.



PAT MCGRATH

**PAT'S PICKS:****BB UPGRADE**

"BB creams are great, but the coverage and level of moisturization is generally lighter. What's amazing about this foundation is that it has the powerful hydrating effects of a night cream and it won't cake or build up. It plumps and lifts, which is an upgrade from a BB cream."



CoverGirl + Olay Facelift Foundation Effect, \$19, at drugstores



Olay Regenerist Luminous Tone Perfecting Treatment, \$39, at drugstores

**SPOT PATROL**

"Makeup will only cover dark spots temporarily. To actually treat them, this penetrates 10 surface layers deep to accelerate skin cell turnover for bright and even-toned skin."

**SKIN FOOD**

"Because I don't have a lot of time, I'm very conscious of what I put in my body. I drink a lot of pressed juices, which are good for your skin."

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# NO (PLASTIC) SCRUBS

Disturbing newsflash: You may be washing your face at the expense of the fish. The plastic microbeads used in exfoliators are killing water-dwelling wildlife, but fear not, there are all sorts of natural alternatives

BY NATASHA BRUNO

We love a good skin-renewing exfoliator, but did you know that your favourite facial scrub could contain environment-harming microbeads? These smooth plastic particles are made from polyethylene or polypropylene, the same synthetic ingredients used to make shopping bags.

Once embraced by the beauty industry for their ability to polish away dead skin, these tiny spheres are rapidly showing up on environmentalists' Most Wanted lists

due to recent discoveries that the non-biodegradable plastic pellets are polluting our lakes and oceans. Because of their minuscule size—less than one millimetre—and ability to absorb toxic chemicals in water like a sponge, microbeads are slipping through sewage filtration systems, and posing extreme health risks to marine life such as fish and seabirds that easily swallow them. A report recently published by the U.N. Environment Programme says plastic

waste causes \$13 billion in damage to marine life every year.)

In June Illinois state government was the first worldwide to take action, banning the sale of personal care products containing microbeads, with New York, California and Ohio to follow suit.

We've rounded up our top five scrubs that use natural and biodegradable skin-smoothing alternatives, so you can have a clear conscience as well as clear skin.

## Corn Bred

**EXFOLIANT:**  
WALNUT SHELL AND CORNMEAL EXTRACT



Deep clean skin with buffing walnut shell powder and corn meal extract for a smooth and glowing complexion.



St. Ives Exfoliating Apricot Scrub, \$5, at drug stores nationwide

## Ancient Ritual

**EXFOLIANT:**  
RICE BRAN AND ADZUKI BEAN POWDER



Used in Japanese skin care for centuries rice bran and adzuki bean powders coated in moisturizing tsubaki oil gently lift away dead skin cells and absorb dirt.



Boscia Tsubaki Oil-Infused Exfoliating Powder, \$44, sephora.ca

## Creamy Rich

**EXFOLIANT:**  
JOJOBA MICROBEADS



Non-scratchy jojoba beads wrapped in a cushy grape oil and honey-infused cream whisk away dead cells and excess oil.



Caudalie Gentle Buffing Cream, \$35, at Murale and sephora.ca

## Zit Zapping

**EXFOLIANT:**  
MANGO SEEDS AND BAMBOO EXTRACTS



Ground mango seeds and bamboo polish skin smooth, while salicylic acid and antioxidant-rich tomatoes combat acne.



Yes to Tomatoes Daily Pore Scrub, \$10, at Shoppers Drug Mart

## Deep Blue

**EXFOLIANT:**  
COARSE AND FINE SEA SALT



Ideal for combination and oily skin, mineral-rich sea salt mixed with antibacterial lime juice extracted in vodka help treat blackheads and blemishes by removing dead skin.



Lush Cosmetics Ocean Salt, \$36, lush.ca

## A CLICK AWAY FROM YOUR CLOSET

OUR FAVOURITE ITEMS FROM E-TAILERS WE LOVE

*Buy Now, Wear Now. Fresh for fall, hot for summer: the Michael Kors Avra is one accessory you'll want to buy now, wear now, and keep wearing as the seasons change. Silver metal accents at the toe and heel add a touch of shine to the natural ivory snakeskin. This luxe pointy-toe pump was made for summer's airy whites and fall's richer shades.*



Michael Kors Avra Snake Skin Pointy Toe Pump, \$395

thekit.ca/theseptember

In collaboration with *The* **SEPTEMBER**

*Want to look younger, more relaxed, and visibly youthful in just 20 minutes? The GM Collin Instant Radiance Anti-Aging Eye Patch uses a unique mixture of active ingredients that immediately reduces puffiness and fatigue under the eye area. The hydrogel texture provides an instant feeling of comfort with up to a 76% reduction in fine lines and wrinkles. Look and feel refreshed at any age!*



GM Collin Instant Radiance Anti-Aging Eye Patch, \$50

thekit.ca/spaboutique

In collaboration with **SpaBoutique**



## one-minute miracle BEACH BODY BOOST

*This is a body lotion with a difference. As well as built-in SPF 50 and calming licorice extract, it contains fatty oleosome microspheres, which are little hydrating balls that continue to moisturize the skin for hours after you put it on. It's non-sticky so it feels great when you apply it and it doesn't get slimy when you perspire. I wore it for a game of frisbee at the beach and returned without a single pink patch. (I win!)*

—ALEX LAWS

Dermalogica Protection Sport SPF 50, \$42, dermalogica.com

## THE KIT ON INSTAGRAM

Go behind the scenes with our team at photo shoots, events and more. Follow us at [instagram.com/thekitca](https://www.instagram.com/thekitca)



**PEACHY KEEN**  
Senior editor Alex Laws jumped on the pastel hair trend in the name of research.



**SISTER ACT**  
Teen models Taylor and Ally dropped by to show us their cosmetic line, Nudestix.



**LUSH LIFE**  
We squirted and spritzed to find our favourite Lush products.



**WALL OF SAME**  
These simple flats shout "ready for the weekend!"



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*Krysos + Chand's cool colour-blocked Nima Fringe Bracelet is equally perfect for a day at the beach as it is for a casual BBQ (you know, those hazy evenings filled with good food and great company that end up lasting long into the night).*



Krysos and Chand's Green Nima Fringe Bracelet, \$48

thekit.ca/brika

In collaboration with **BRIKA**



COVERGIRL | PANTENE PROV | Olay

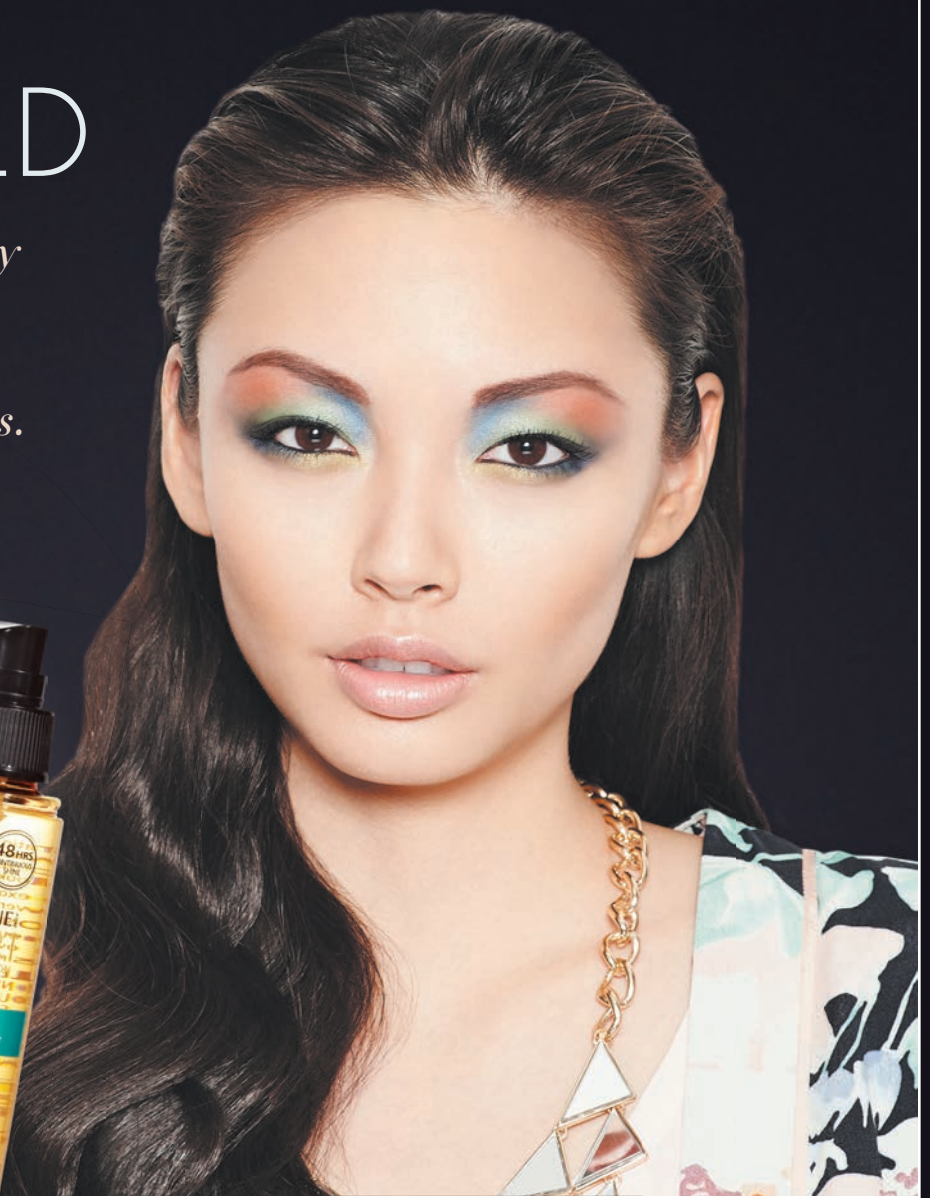
PRESENT

# BEAUTY BUZZ

*More beauty. Less secrets.*

## COLOUR FIELD

*Hit all the high notes this season by creating soft eyes with a colourful palette that's easy to wear when paired with polished, flowing waves.*



## WAVE RAVE

*Bring sun and sand to city streets with luminous skin paired with beachy waves in this surfer chic look.*

