



THE **Kit**
BEAUTY & FASHION



3RD ANNUAL HAPPINESS ISSUE

HAPPY HUNTERS

It's freezing out and there's plenty to complain about, but we're not taking this month lying down. Our list of scientifically proven mood boosters is a surefire way to bring some sunshine into your life

page 6

MODEL IRENE KIM WEARING CHANEL GLOVES, A CHANEL BAG AND SEUCOMMA BONNIE SHOES ON FEB. 11, 2014 IN NEW YORK CITY. PHOTOGRAPHY: IMAXTREE.



FITNESS

TECH-SAVVY STYLE

From headbands that help relax your mind to wristbands that track sleep quality, the fitness industry has upped its game—and the best innovations are ones you wear

BY JEN MASSEAU

Motivation, that ever-elusive drive that helps us push through on our personal fitness goals, comes in droves at this time of year. New Year's resolutions depend on it. But when the shiny promise of a fresh start gives way to a reality of hard work, sweat and scheduling conflicts, what next? The forcefully emerging industry of fitness tech—wearable activity trackers, smartphone apps, online services and more—could be a key to keeping yourself committed, accountable and on track.

Enhanced devices and gear are making a type of performance analysis previously

reserved for elite athletes available to everyone—right from your smartphone. From tracking your heart rate and number of daily steps to sharing running routes and workout routines and monitoring sleeping patterns and calorie consumption, we've come a long way since the humble pedometer and Jane Fonda's aerobics videos.

The year 2006 was a big one for the beginnings of wearable fitness tech. Giants Apple and Nike teamed up to launch the Nike+ iPod Sports Kit running pedometer and app, while Adidas partnered with sports technology company Polar to develop the Fusion line of technologically enhanced athletic shoes and apparel.

Activity tracker start-up Jawbone was also founded that year, and competitor Fitbit joined the market the following year, in 2007.

Since then, the industry has exploded: IDTechEx, a global market research company that focuses on emerging technology, states that the wearable technology market was over \$14 billion U.S. for last year and projects growth up to \$70 billion by 2024. (An article from forbes.com predicts the market will be up to \$20 billion in 2017, in just two years.)

The “gamification” of personal fitness aims to make workouts fun, rather than a chore, and apps and online services are making it easy to get on board. And we're buying it: In 2011, *Zombies, Run!*—an app in which the player runs in real life to control a character in a game (on a mission to rebuild civilization after a zombie apocalypse)—earned more than 580 per cent of its Kickstarter launch-campaign goal for a total of \$72,627 in crowd-sourced funding.

Continued on page 7

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“I worry that one day all of my discarded hair bobbles will have grouped together to come back and confront me.”

@alexa_chung, Jan. 6, 2015.

BEAUTY MATH

A slicked-back side part and a rich plum lip add up to a polished look we love

A HUMIDITY-DEFEATING HAIRSPRAY LIKE **JOHN FRIEDA FRIZZ EASE MOISTURE BARRIER INTENSE HOLD HAIRSPRAY**, \$11, JOHNFRIEDA.CA

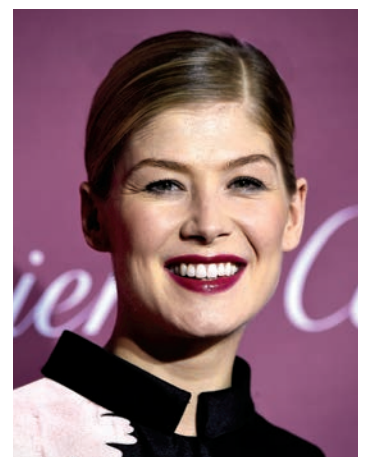


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A RICH PURPLE LIPSTICK LIKE **TOM FORD LIPS & BOYS IN WES**, \$35, HOLT RENFREW

=



Gone Girl star Rosamund Pike kicked off awards season by winning Breakthrough Performance at the Palm Springs International Film Festival Awards. Follow her elegant lead and create a strict side part with a comb, then smooth hair behind the ears. Twist and secure hair into a low bun and use firm-hold hairspray to lock down fly-aways. Then apply creamy plum lipstick with a brush to avoid feathering. —*Natasha Bruno*



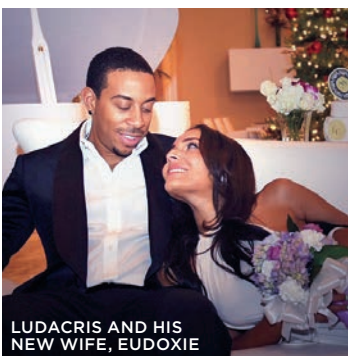
THE MONTH'S BEST

Fine wine

Pantone's annual crowning of the “colour of the year” is now a veritable event, an aesthetic anointing of a particular paint chip that goes on to tint everything from watches to rugs to cellphone covers. Sephora, the official partner since 2012 (remember Tangerine Tango?), releases a cosmetics collection each January. Some hues have been less than flattering (2009's bright yellow Mimosa made anyone look hungover), but this year's winner, Marsala, is an earthy burgundy particularly well-suited to a beauty application. With a decidedly 1970s provenance—it's named for the cooking wine key to retro delicacies veal scaloppine and chicken marsala—it works wonderfully well as a satin-finish brick lip, a soft flush on the cheek or a wash of burgundy on the eyes. For a decidedly modern take, try a flick of marsala-tinted mascara with bare lids and brushed-up brows—a look that will work all year long. —*Rani Sheen. Photography by Geoffrey Ross.*

SEPHORA + PANTONE COLLECTION, \$23 TO \$49, SEPHORA.CA

TALKING POINT



LUDACRIS AND HIS NEW WIFE, EUDOXIE

QUICKIE ENGAGEMENTS

Celebs are literally ringing in the New Year after 2015 arrived amid a spurt of short 'n' sweet engagements. Leading the charge is Ludacris, who proposed to long-time love Eudoxie on Dec. 24 and got married later that same day (his mom picked out the dress in advance). And the paragon of single ladies, Cameron Diaz, tied the knot with musician Benji Madden on Jan. 5, after getting engaged in late December. Meanwhile, Benedict Cumberbatch got down on one knee for Sophie Hunter (who has a Cumber-bun in the oven) in November and is rumoured to be tying the knot as early as spring. If you prefer wedding fever to last a little longer, fear not: *Say Yes to the Dress Canada* is airing now on W Network. —*Michelle Bilodeau*



BRIDAL BEAUTY
GET OUR NEWLYWED WEB EDITOR'S TOP TIPS AT THEKIT.CA/BRIDAL-BEAUTY-DIARIES/



PRABAL GURUNG



HOLLY FULTON

ONE TREND, TWO WAYS

LOW PONIES

Whether worn with a sleek twist for the boardroom or loose as a casual go-to, a no-fuss ponytail gathered near the nape of the neck proves that simplicity can be powerful.

1. Clean and relaxed at Prabal Gurung

Starting with a centre-parted blowout, hairstylist Paul Hanlon applied a Chi Haircare leave-in treatment from mid-lengths to ends for added shine, before flat-ironing and tucking hair back behind the ears. He then secured the length into a loosened pony a few inches below the nape with a hair elastic.

2. Slick and geometric at Holly Fulton

After making an extra-deep side part on straight hair, hairstylist James Pecis swept the front section up and across the forehead, leaving it loose while he gathered the rest of the hair back into a tight, low ponytail. Pecis then sculpted the loose section down over the left ear and wrapped it around the elastic, pinning the ends underneath.

—*Natasha Bruno*



CHI SILK INFUSION, \$16, CHATTERS. **BUMBLE AND BUMBLE GEL**, \$33, SEPHORA.CA

STYLE THERMOSTAT

Julianne Moore

The *Still Alice* actor dazzled in a red Delpozo dress to accept the 2015 Desert Palm Achievement Award in Palm Springs.

Stellasport

Adidas and Stella McCartney's new ath-leisure line, starting at just \$20, will help fitness fans stay chic in 2015.

Gwyneth Paltrow

The 42-year-old came under fire for spending \$20,000 a month on beauty treatments, but her dewy glow says it may be worth it.

Chris Burch

After launching lifestyle brand C. Wonder in 2011, which was likened to ex-wife Tory Burch's brand, the billionaire is closing all its stores.

Revlon

Former chief scientific officer Alan Meyers is suing the company on the grounds of anti-Jewish and anti-American bias.

THE KIT WILL RETURN IN TWO WEEKS

"When my hair started falling out, I was really depressed."

Delving into the taboo subject of thinning hair in women

When 37-year-old Christina Maria Spain's hair began thinning, she was shocked. She had always had beautiful, thick, luscious hair, and to experience severely thinning hair was completely devastating. Christina says, "I was on a mission. I spent hours researching vitamins, minerals, different products."

"First, let me just say I'm MORE than thoroughly impressed with Viviscal®. Everywhere I go I'm informing anyone who looks like they may benefit from my little treasured secret. It's an amazing product that saved me from hating the way I looked and from feeling unbelievably self-conscious."



Christina Maria Spain

Before Viviscal



Actual Viviscal patient courtesy of Glynis Ablon, M.D., The Ablon Skin Institute (ASI) Research Center.

Viviscal Maximum Strength is a drug free dietary supplement that you take twice a day to nourish thinning hair and promote existing hair growth from within. As your hair grows from deep within the dermal layers of your scalp, it's important to nourish it with essential nutrients through the bloodstream. Viviscal Maximum Strength Supplements contain AminoMar C™, a unique blend of powerful marine ingredients backed by over 20 years of research and development. The efficacy of Viviscal is supported by 5 clinical studies. Viviscal recommends taking two tablets per day for a minimum of three to six months.



"I'm always looking for clinical data and science behind the product, and there are treatments that I recommend. So Viviscal is great that way, and I'm very satisfied with the data and with the difference I see in my patients."

Dr. Doris Day,
New York dermatologist

"I love my hair, I love Viviscal."

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Viviscal is also available in the Hair Regrowth Section at:





ONE-MINUTE MIRACLE

Dear Revlon PhotoReady Prime + Anti-Shine Balm:

I have a classic case of combination skin, so I constantly have a glistening schnozz and forehead. You're a great pore-smoothing, mattifying base under my foundation, but what I really love is that I can layer you over makeup throughout the day as a quick shine eliminator, and you never cake up on me.

Love, Natasha Bruno

REVLON PHOTOREADY PRIME + ANTI-SHINE BALM, \$18, DRUGSTORES



CLOCKWISE FROM LEFT: LETHRBAR SIGNATURE VEGETABLE-TANNED LEATHER BRACELETS, \$20; LETHRBAR STINGRAY-LEATHER LAPEL PINS WITH TIGER'S EYE GEMSTONES, \$110; LETHRBAR DESIGNER KAT MARKS.

CANADIAN MADE

Belle leather

Contemporary accessories designer Kat Marks makes pieces as unique as the materials she uses, including stingray and fish leather

BY MARYAM SIDDIQI



HOMEGROWN HITS
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CANADIAN-MADE
PROFILES AT
THEKIT.CA

"I make products and try to sell products," says accessories designer Kat Marks. "I'd never thought of it as an experience." But last year that's exactly what her designs became, thanks to the launch of Lethrbar, Marks's portable design studio, which the Calgarian sets up at events to customize bracelets for guests. "It's a souvenir shop," she says of the design division, which launched in early 2014, and it's the sort of initiative that the Canadian market is especially welcoming of. After graduating from Ryerson with a degree in women's fashion design and living in Toronto, Marks moved to London, England, and completed a master's degree in fashion artefact at London College of Fashion. "Lethrbar wouldn't have come about if I had been in London," she says. "Coming back to Canada has opened up doors in the ways that I can use my craft."

A Canadian Arts & Fashion Awards nominee in the Swarovski Award for Emerging Talent in Accessories category, Marks, who moved back home to Calgary from London in 2013, has worked with plastics and acrylics in the past but now works mostly with leather. "I'm expanding into some more exotic skins like stingray, and different types of fish leather, salmons and perch," says Marks. She's drawn to the malleability of the material, a key for how she finds design inspiration.

"For me, inspiration is really visceral or intuitive. I work with material and start to form the designs in my hands," says Marks. "It's much more following my gut reaction to how a material is manipulated, how it's responding to the way that I'm using it. It's more like



sketching with material rather than sketching on paper."

Marks's pieces are big and bold—more armour than jewellery—and are often featured in fashion magazine editorial shoots, including some for *Vogue Italia*, *W* and *i-D*. Should she win the CAFA prize, she's earmarked some funds to work with a New-York-based public relations agency that specializes in avant-garde designers. "A lot of my time is spent liaising with magazines, and I would like that part of my business to be handled by another source," she explains. Her other priorities are a larger studio and investing in staff, needed for several reasons, but most of all to sustain the growth of Lethrbar. Part of a series of emerging designers nominated for the Canadian Arts & Fashion Awards, the ceremony for which will be held on Jan. 31, 2015. Visit cafawards.ca for information.



DRESSING UP

SKIN DRINKS

One winter-weary writer tries swapping her topical elixirs for ingestible beauty

BY MARYAM SIDDIQI

When it comes to beauty, I'm a summer person. I need only a spot of blush to look my best in the sunshine, but in the winter, there are times I don't want to look in the mirror. My skin is pale and dull from exposure to wind, snow and cold, and it feels dry and flaky from the indoor heat.

Multiple lotions and oils and a constant stream of mist from my humidifier keep my skin from feeling worse but do little to make it feel better, so this winter I was keen to try an emerging trend: ingestibles. The vitamins and antioxidants I apply via serums and creams are increasingly available via juices, powders and intravenous injections.

Kate Moss, who's associated more with champagne than with spirulina, told the *Telegraph* in November that she adds the Super Elixir, Elle Macpherson's powder supplement filled with vitamins, minerals and digestive enzymes, to her juices. "It gives you bright eyes with a bit of a twinkle and it keeps your hair shiny," said Moss. Meanwhile, Constantin Bisanz, founder of U.S. nutraceutical company Aloha (its detoxifying and hydrating greens blend is dubbed the Daily Good), told *Women's Wear Daily*, "Some people who take our product stop using makeup." Noted juicers Blake Lively, Sofia Vergara and Kate Hudson seem to be shining examples of internal nutrition's external benefits.

Could I really drink my way to better skin? To find out, I visited Greenhouse Juice Co. in Toronto, which offers aloe and chia-seed waters (thought to soothe inflammatory skin conditions such as acne and eczema), brazil-nut and almond milks (rich in antioxidant vitamin E) and cold-pressed juices made with leafy greens and colourful vegetables, full of beta carotene, which supports healthy skin growth. I told co-founder Hana James my skin goals, and she suggested three days of green juice, and coconut, aloe and chia-seed waters (a plan that costs \$30 a day). She was quick to point out that juicing is only one component of a beauty regimen, and that I was likely to feel worse before I felt better.

On Day 1 I felt heavy (maybe it was the two extra litres of fluids I was consuming?) and I had to choke back some of the juices. Kale salad? Great! Kale juice? Let's just say I'd rather eat a salad. But as Day 2 came to an end, I looked forward to the aloe and chia-seed waters, and my skin felt less dry. By Day 3, my complexion looked brighter, clearer and full of life. Filling your body

with liquid vitamins and minerals does have its hydrating benefits—but it makes visiting the ladies' a frequent necessity.

I decided to up the ante by mainlining nutrients with vitamin intravenous therapy. During a consultation with Karina Zorn, registered nurse and founder of Yes, Your Enhancement Solution Beyond Aesthetics clinic in midtown Toronto, I repeated my tale of dull-and-dehydrated-skin woe. She advised a glutathione IV—the only antioxidant naturally produced by the body, it works to rid cells of toxins—paired with vitamin C, which stimulates collagen production (these injections start at \$75). "When you take a supplement, the body only absorbs 5 per cent," she said. "With IV, it's 100 per cent."

The process was speedy. Zorn inserted the IV into my arm and the vitamins trickled into my bloodstream. After 15 minutes, I was free to go about my day. Like James, Zorn warned that IV should be considered only one component of a skincare routine, and that a series of injections are needed to produce a noticeable result, though I might see "a little perk." For the following 24 hours, I couldn't resist repeatedly examining my skin. The next morning, I felt my skin was a tiny bit brighter. Maybe it was wishful thinking, but given the ease and speed of the treatment, I would try it again.

I felt inspired by these experiments—relieved, almost, that it really is what's inside that counts toward a healthier, glowier complexion. I've been experimenting with making my own chia-seed water and focusing on boosting my nutrients—and this year I won't be avoiding the mirror until Victoria Day weekend.



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Jane Dayus-Hinch

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3RD ANNUAL HAPPINESS ISSUE

The glee guide

Forget Pharrell. These scientifically proven mood-boosters are guaranteed to lift you out of the January doldrums

BY VERONICA SAROLI

1. STOP AND SMELL THE ROSES

Scents like citrus and florals have been proven to lift spirits: In a 2005 mood mapping study reported by Dr. Stephen Warrenburg in the scientific journal *Chemical Senses*, 45.5 per cent of participants associated the smell of clementines with happiness. An experiment with 59 college students led by Jeannette Haviland-Jones of Rutgers University and published in *Emotion, Space and Society*, found that spending time in a floral-scented room promotes a more positive outlook and increased sociability. With a top note of clementine and a core of lavender, rose and peony, Bottega Veneta's Knot perfume was created to conjure happy moments.

BOTTEGA VENETA KNOT, \$130 FOR 50 ML, AT HOLT RENFREW AND SEPHORA.CA



2. HAVE A SUNNY OUTLOOK

There's more to yellow than being mellow: The hue raises blood pressure and pulse rate, which are indicators of joy, and stimulates retentiveness, according to a review of the influence of colour on memory performance conducted by researchers Mariam Adawiah Dzulkifli and Muhammad Faiz Mustafar in 2013. (Thus, a glance at this bright bag won't hurt when searching for lost keys.) In 2012 researchers in Manchester, U.K., developed the Manchester Colour Wheel, associating colours and moods. The most popular shade linked with good spirits was yellow: Participants chose it because they were "happy" and it was "bright and cheerful."

SOPHIE HULME MILNER NANO CROSS-BODY, \$395, HOLT RENFREW



BLISS OUT
FOR MORE WAYS TO FIND JOY VISIT THEKIT.CA/HAPPY-LIST/



3. TAKE A TECH TIME OUT

Since most spas encourage leaving technology behind, a facial is a quick way to alleviate anxiety and increase life satisfaction. A recent study in *Computers in Human Behaviour* found that our drive for constant connectivity fuels anxiety and prevents us from enjoying necessary solitude. Bonus: The power of touch has been linked to reducing stress.

CAUDALIE VINO PERFECT FACIAL, \$165, MIRAJ HAMMAM SPA BY CAUDALIE PARIS

4. ENDORSE ENDORPHINS

Physical activity stimulates the release of endorphins, which have mood-boosting and de-stressing properties. Experts agree that exercising is associated with good mental health and helps those who are mildly depressed to recover faster. So go for a run or take a yoga class and then up the feel-good factor even further with a scrub scented with uplifting peppermint, rosemary and lemon.

AROMATHERAPY PERSONALS ENERGY BOOST MINERAL-REPLENISH BODY SCRUB, \$16, YOGA TREE STUDIOS



5. LOVE TO GIVE

Even among young children, sharing evokes more joy than keeping something for oneself, according to a 2012 study in the Public Library of Science's *PLOS One*. Double up and give a pal Josie Maran's multi-purpose Argan oil. Ten per cent of the price benefits the Imagine Initiative, a non-profit that encourages female empowerment in developing countries through training programs. Investing just \$1 in someone else makes the giver feel better (and wealthier), according to research conducted at Stanford University.

JOSIE MARAN MODEL CITIZEN 100% PURE ARGAN OIL, \$34, SEPHORA.CA



6. SIGN UP FOR RETAIL THERAPY

Scheduling a date with Dr. Visa or MasterCard, MD, is a viable form of (retail) therapy. Shopping for a pick-me-up leaves the buyer feeling more in control and less sad: In a 2014 study published in the *Journal of Consumer Psychology*, shoppers who took home a purchase were three times happier than those who didn't. Research at Emory University using MRIs to study brain activity found that levels of dopamine, a chemical related to pleasure and happiness, increased when participants simulated bargain hunting and experienced something novel, like shopping for new shoes.

STUART WEITZMAN GUYTHING IN PYRITE NOCTURN, \$425, STUARTWEITZMAN.CA



8. GET SOME BEAUTY SLEEP

In the age of mega-multi-tasking, taking in a few more Zs will improve your job performance and make you happier. According to a study conducted at the University of Michigan, getting one extra hour of sleep a night has a greater impact on daily happiness than making \$60,000 more in annual income. Make the most of it by slathering on an eye cream for nighttime use that counters the effects of daily pollution, for youthful-looking peepers.

ESTÉE LAUDER ADVANCED NIGHT REPAIR EYE GEL CRÈME, \$65, ESTEELAUDER.CA



7. JUST SMILE

Researchers at the University of Clermont-Ferrand found that flashing those pearly whites activates the areas of the brain responsible for joy and happiness.

CREST 3D WHITE WHITESTRIPS LUXE SUPREME FLEXFIT, \$80, AT DRUGSTORES

PHOTOGRAPHY: GETTY IMAGES (MIDDLETON)



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FITNESS

Performance boosters

Continued from cover

Online streaming is making access to exercise videos and fitness information even easier than Jack LaLanne did. For an extra motivational push, services like Uptick (uptickapp.com) team users with a personal wellness coach through in-app text messaging and video chats for a customized workout plan and accountability checks.

Flurry Analytics, a market research biz with a focus on mobile apps, notes that use of health- and fitness-focused apps is growing at a rate 87 per cent faster than the app industry as a whole, and 62 per cent of these users are women. Apple's newest iteration of its iOS smartphone software includes a built-in health app—solid evidence of society's growing interest in conveniently tracking personal health and fitness. Social media is chiming in, too: Search for #fitspiration on Instagram and you'll turn up over 3.8 million posts. *The Kit* put some of the latest offerings to the test.



WRITER JEN MASSEAU PUTS THE FITBIT CHARGE THROUGH ITS PACES



MUSE HEADBAND

This "brain-sensing headband" helps train you to focus and relax your mind, manage stress and improve your mental health. Seven sensors pick up electrical signals between neurons in your brain to detect how active your mind is. Pair it with the app, called Calm, for training sessions that see you take a relaxed position, close your eyes and focus on counting your breaths. Soothing sounds of water lapping on a shore with tweeting songbirds are your reward for success, an idyllic soundscape that is interrupted by stormy, whooshing wind gusts when your mind wanders.

My experience: Getting the device to fit just right was tricky. The sensors need good contact with the skin, and the arms must fit snugly behind the ears with no hair in between. I was intrigued by the idea of using Muse to supplement my yoga practice: I often fidget on my mat in savasana (corpse pose), unable to relax into a meditative state, and the relaxing sound cues are a good reminder to clear your head.

Usability: 4/5. The app's tutorial is simple and easy to follow, but getting the right fit on the headband can be finicky.

Who will love it: Yogis looking for a meditative boost; stress and anxiety sufferers.

MUSE BRAIN-SENSING HEADBAND, \$300, INDIGO.CA



GO FLAUNT IT

Calling itself "the Netflix of Fitness DVDs," this subscription service houses hundreds of workout videos. Stream videos on your iPad or iPhone, or download to your device for offline viewing and create custom lists of your favourite videos.

My experience: *Cowboy Fit: 8 Minutes of Might for 8 Seconds of Flight* was the first title to jump out at me from the app's library. (Many titles seem to have been originally released on VHS.) I found some current options and whipped together a playlist of kettlebell workouts, ballet boot camp and strengthening yoga routines. The variety is endless: workouts for kids, seniors and new moms; to improve your posture, flexibility or golf game; with equipment or without. Much as with Netflix, though, I ended up spending more time scrolling through the list of titles than I did working out. *Pawsilates*, with your dog, anyone?

Usability: 3/5. The interface to navigate the video library and search or filter selections could use some improvement.

Who will love it: Exercise experimenters looking to mix things up; vintage workout video aficionados; chronic channel surfers.

GO FLAUNT IT, \$15/MONTH, THE APPLE APP STORE



ESSENTRICS TV

This website provides access to a collection of workouts from Essentrics and Classical Stretch. Created by Montreal-based Miranda Esmonds-White (former professional ballerina) and her daughter Sahra (trainer to model Lily Cole, actor Sarah Gadon and the Montreal Canadiens, to name a few), the technique draws on tai chi, ballet and physiotherapy for flowing moments that aim to increase joint mobility and flexibility and lengthen and strengthen muscles. Stream the videos online to your computer, tablet or smartphone.

My experience: Some of the movements felt awkward (or even silly) at first—for example, the neutral-C position, which has you standing with knees bent, hips and bum tucked under, with arms stretched out in front or swinging around in big circles—but the trainers give clear directions so it didn't take long to get the hang of it. Much like Pilates or yoga, most movements didn't feel too strenuous while performing them, but I felt it the next day.

Usability: 5/5. Sign up, hit play.

Who will love it: Barre and Pilates devotees looking for something new; sore or injured athletes; and anyone in need of a good stretch in their own space.

ESSENTRICS TV, \$15/MONTH AT ESSENTRICS.COM



FITBIT CHARGE

This updated activity tracker logs everything from daily steps and distances travelled to calories burned and sleep quality. A motion sensor picks up the wearer's movements to track activity throughout the day. It's the first of the FitBit family to feature a screen, so users can check their stats directly from the device, as well as from its smartphone app. The app also lets you meet weight loss goals by measuring food intake against calories burned. Bonus: When you're within 20 feet of your phone, the wristband will vibrate to alert you of incoming calls and display caller ID.

My experience: It was interesting to see how much (or little) I was really moving every day, which motivated me to do more. My competitive side liked the Challenges feature, which ranked my daily steps against those of friends. Entering my daily calories eaten into the app was tedious and involved a fair amount of guessing—and quickly became a feature I skipped.

Usability: 5/5. Set-up was a breeze and your daily commitment is as high or low an intensity as you choose.

Who will love it: Desk workers looking for motivation to move; data analysts.

FITBIT CHARGE, \$140, BEST BUY



WORK OUT IN STYLE
FOR 10 WAYS TO STAY CHIC WHILE YOU EXERCISE, VISIT
THEKIT.CA/WORKOUT-GEAR-2015/

FOUR WAYS TO AMP UP YOUR WORKOUT

FOR THE TECHNICAL YOGI: SMARTMAT

Billing itself as offering "the world's first Intelligent Yoga Mat," this company broke its Indiegogo campaign goal by over 250 per cent. The responsive mat has pressure sensors that gather information on your balance and alignment to provide feedback with adjustments to perfect your pose.

SMARTMAT, \$297 PRE-ORDER, SMARTMAT.COM

FOR THE SERIOUS RUNNER: SENSORIA FITNESS SOCKS

Don't want to strap on extraneous gear for your run? These socks have sensors woven into the fabric to track your step count, speed, calories, altitude and distance.

SENSORIA FITNESS SOCKS, \$180 FOR 2 PAIRS PLUS ANKLET, SENSORIAFITNESS.COM



FOR THE GAMER: 7-MINUTE SUPERHERO

From the creators of the hit running app *Zombies, Run!*, this fitness app puts you in the roll of a superhero tasked with saving the planet from alien invasion. It uses your smartphone's camera to monitor your completion of exercises like squats, push-ups and burpees to power up your spacesuit and fight off enemies.

7-MINUTE SUPERHERO, \$3 ON THE APP STORE OR GOOGLE PLAY



FOR THE SOCIAL SNOWBOARDER: OAKLEY AIRWAVE 1.5 SNOW GOGGLES

Oakley partnered with GPS leader Garmin to create these goggles, which provide real-time analytics on a "heads-up display" inside the goggle. Track speed and distance on slopes, and height and airtime on jumps. You can also view preloaded slope maps, track friends' locations and control music by linking with your smartphone.

OAKLEY AIRWAVE 1.5 SNOW GOGGLES, \$649, OAKLEY.CA



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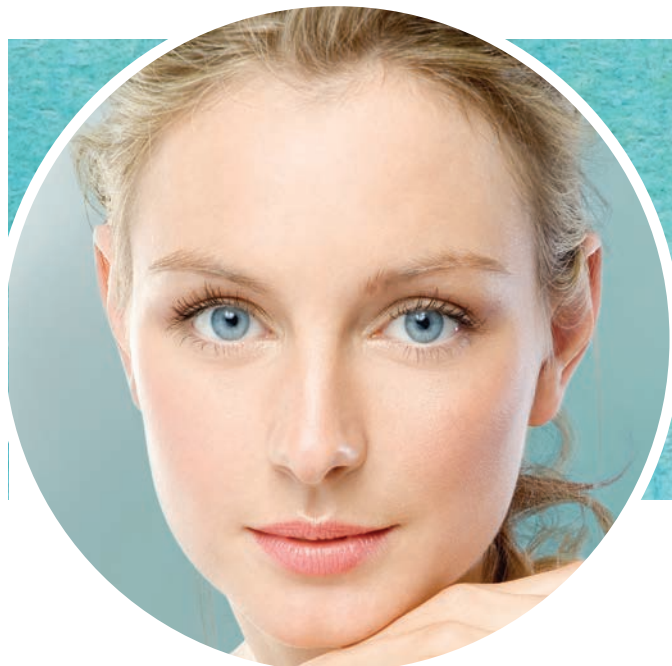


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NATURAL WONDER

Tata Harper's line of all-natural serums, oils and cleansers has garnered rave reviews the world over. See what all the fuss is about with her Nourishing Oil Cleanser that helps to purify while cleansing the skin, using a silky blend of oils and esters that dissolve makeup and daily impurities, while keeping the complexion soft.

Tata Harper Nourishing Oil Cleanser, \$72

*Receive a gift with their purchase of \$100 or more of Tata Harper products, which includes a 15 ml bottle of Refreshing Cleanser, a 15 ml Reparative Moisturizer and a sample sachet of the Eye Cream.



INTO THE GROOVE

The LUNA™ by Foreo cleansing and anti-aging tool is the latest and greatest in beauty tech. Using T-Sonic™ pulsations, the soft silicone brush provides a deep, yet gentle clean, leaving skin clearer, brighter and healthier within three days of first use. **Foreo Luna, \$229**



ICON STATUS

EVE LOM's cult famous cleanser delivers radiant skin, instantly. Made for all skin types and all ages, it removes make-up, while it decongests, tones and exfoliates, improving your complexion with each use. **Eve Lom Cleanser with muslin cloth, 100 ml, \$88**



EYE DO

3LAB's Perfect C Eye Treatment is a winter-time must-have that contains antioxidant and moisture-rich treatment containing vitamin C to brighten and smooth the skin. **3LAB Perfect C Eye Treatment, \$94**

*Receive a travel-perfect sample size of three 3LAB products, a \$100 value, with any 3LAB purchase of \$75 or more.



GOLD FLUSH

Protect skin against cell damage and free radicals with the MONTEIL Acti-Vita Gold ProCGen Creme Day/Night, an intensely smoothing and moisturizing 24 hour anti-aging cream that contains 24K gold. **MONTEIL Acti-Vita Gold ProCGen Creme Day/Night, \$160.**

*Receive a MONTEIL Acti-Vita Gold ProCGen Softening Lotion, 200 ml, a value of \$78, with the purchase of MONTEIL Acti-Vita Gold ProCGen Creme Day/Night.

FACIAL FITNESS

Give your facial muscles a youth-inducing work out with the help of StriVectin LABS Facial Toner Micro-current Device. Rebuilding muscle strength and structure with the help of electrotherapy impulses, this device helps to preserve muscle mass and define the shape of the face. Hello, cheekbones! **StriVectin Facial Toner device, \$199**

*Receive a free Power Pair For Wrinkles 2-piece gift, a \$28 value, with any StriVectin purchase of \$99 or more



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To correct and reduce dark spots and discoloration, these disposable pads, made from environmentally friendly bamboo, are soaked in organic fruit acids, Hyaluronic acid, and more, to leave you with a more even complexion. **Juice Beauty Green Apple Peel Nightly Brightening Pads, \$54**

*Receive complimentary deluxe sizes of the STEM CELLULAR™ Anti-Wrinkle Moisturizer and Anti-Wrinkle Booster Serum, value \$40, with the purchase of any Juice Beauty full-size product at Murale and murale.ca.



SPA DAY

Use this comprehensive Caudalie kit to treat yourself to soft, supple skin every day! Featuring the brand's dual-purpose Make Up Remover Cleansing Water, the exfoliating Gentle Buffing Cream and restorative Moisturizing Cream Mask, this value set is all you could ever want in a cleansing routine. **Caudalie Intense Moisture Trio Set, a \$109 value, for only \$48**



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