

# THE KIT



ALL-STAR  
FITNESS  
*Workout and wellness tips,  
beauty-insider secrets and the  
best Insta inspiration*  
page 4

Tommy Hilfiger Fall 2015.  
Photo: Peter Stigter

TREATMENT SPECIAL  
SUMMER SKIN PROCEDURES

*It's a Catch-22: Just when you're exposing the most skin, smoothing or tone-correcting treatments can leave you sun-sensitive. Here's the scoop on which ones are safe to try while the sun's shining and recovery tips to get you back on the patio, pronto*

BY ANDREA JANUS

I'll admit it: I was nervous about the prospect of having a microscopic needle prick my face dozens of times a minute and insert platelets from my own blood into the holes. But I was curious about this treatment that athletes like Rafael Nadal have been using to heal faster from injuries, and that is now being enlisted to smooth skin. Platelets heal injuries by sending platelet-derived growth factors to the wounded area, and when applied to the skin via tiny punctures with a microscopic needle, these same growth factors can reduce lines and wrinkles and

even out tone and texture. I wasn't looking for help with wrinkles, but I do have very oily skin, enlarged pores and redness, and my skin was a little flaky and dull. I spent a sunny morning at Verso Surgery Centre in Oakville, Ont., to see what all the fuss is about. After drawing a vial of my blood, my aesthetician, Veronica, returned 10 minutes later with what looked like a ghoulish vial of Neapolitan ice cream: my red blood, my yellow platelets and a white gel that acts to separate the two, all lined up. *Continued on page 6*



WEEKEND UPDATE  
STATEMENT  
COLLAR  
*Add pretty polish  
to any outfit*  
page 8



ONE TREND, TWO WAYS  
SCULPTED  
LOW PONIES  
*These cool-girl dos put  
the action at the back*  
page 3



WINNER

Tara Jeles  
BRANTFORD,  
ONTARIO

# Hello, Beautiful!

Here's why **Tara** chooses to feel beautiful every day

After entering the national Choose Beautiful search in May, Tara Jeles was one of three entrants chosen out of many inspiring Canadian women, because she says that being herself makes her feel beautiful each and every day. The **Dove** team and **Shoppers Drug Mart** think she's right and want to celebrate her adventurous spirit.

The Kit spent a day with her in Brantford, Ontario to give her the street style star treatment, where she walked away with a range of Dove essentials, as well as a \$1,000 Shoppers Drug Mart shopping spree.

"I have never followed the trends and always wore what made me feel good," Tara says. "I love vintage styles that I think have a more feminine side to them. I'm more comfortable in a dress than in jeans."

Along with embracing clothing that works for her, Tara's other main focus is her hair. A fan of Dove conditioners (they leave her hair soft and smelling great!), she believes that "Your hair is such a big part of what you are and if you're having a good hair day, your whole day can go better."

**I try to think like my daughter who treats everyday like an adventure. She wakes up happy about life and sees the beauty in everything. Life is beautiful."**

—Tara Jeles, Brantford, Ontario

# Dove



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WEEK'S BEST

# Golden girl

Chances are, the last time you saw Tessa Virtue she was wearing something shiny. The champion ice dancer has spent most of her career decked out in megawatt sequined, jewel-encrusted dresses and awards hardware, including Olympic silver (2014) and gold (2010). But when Virtue created her first jewellery line (with Canadian brand Hillberg & Berk) launching mid-September, she wanted the collection to reflect her personal style—not her on-ice persona. “I avoided costume-looking jewellery,” Virtue says. “I wanted pieces you can wake up and put on every day—or just leave on. They’re simple and go with everything, but if you layer

them like crazy, they make a big impact.” The most cherished items in Virtue’s own jewellery wardrobe tie into to pivotal moments in her career, like a pair of earrings she bought to commemorate winning the 2012 World Championships in France. “I always think about that moment when I put them on,” says Virtue. “Hopefully everyone will create their own meaning with these pieces.”—*Vanessa Taylor. Photography by Adrian Armstrong.*

TESSA VIRTUE BY HILLBERG & BERK RING, \$110, EARRINGS, \$105, NECKLACE (TRIANGLE), \$125, NECKLACE (V SHAPE), \$135, HILLBERGANDBERK.COM



INSTA OF THE WEEK

For a roundup of the best beauty and style Instagrams, head to thekit.ca every Friday



cindycrawford trying to figure out why my sister just sent me a picture of a cup....

BEAUTY MATH

A braided wrapped ponytail and matte nude lips add up to a look we love

A FIRM-HOLD SHAPING GEL LIKE **CRÈME OF NATURE** WITH ARGAN OIL PERFECT EDGES, \$5, SALLYBEAUTY.COM



A VELVET ROSE-BROWN LIPSTICK LIKE **RIMMEL LONDON** LASTING FINISH BY KATE MOSS LIPSTICK IN NO. 45, \$8, SHOPPERS DRUG MART



Zendaya Coleman made a 1990s-inspired beauty statement with a long polished braid and nude lip at the 2015 Teen Choice Awards. To get the actor/singer’s look, comb gel from roots to mid-length, then pull hair back into a high ponytail. Use the tail end of the comb to brush any baby hairs back. Separate a one-inch section of hair from underneath the pony and wrap it around the hair band, securing with a hairpin. Braid full length of ponytail tightly. For a clean makeup look, swipe concealer onto lips with fingers as a neutralizing base before applying two layers of buff-coloured lipstick.—*Natasha Bruno*

TALKING POINT



## BADASS BRIT

At the recent Teen Choice Awards, Queen Britney won the well-deserved Candie’s Style Icon Award. During her speech, she reminded teens “to be fearless in your choices and don’t be afraid to be yourself.” This is why we all still have a soft spot for Ms. Spears. Britney has fearlessly thrown herself into everything from matching denim ensembles (with Justin Timberlake—never forget) to massive professional comebacks following her mid-2000s turbulence. In fact, Britney was this generation’s first female pop artist to be publicly vulnerable, flawed and completely herself—thus inspiring women like Miley Cyrus to also live loudly, boldly and without apology. So here’s to even more well-deserved icon awards for Brit Brit. Not just because she changed the high school uniform game forever, but because 15 years after her debut single, we will always read “oh baby, baby” in her voice.—*Anne T. Donohue*



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ERIN FETHERSTON FALL 2015



HERVÉ LÉGER FALL 2015

ONE TREND, TWO WAYS

## SCULPTED LOW PONIES

This fall’s creative take on the ponytail upgrades the look from gym staple to sleek evening option, guaranteed to make a head-turning exit

1. Twisted with gold accents at Erin Fetherston

After applying heat-protecting spray and flat-ironing hair, stylist Jeanie Syfu divided it into three sections. She parted down the centre and ear to ear, then she tied each section into a small pony with gilded ribbon. She tied the side tails into a knot around the centre pony and joined underneath with a hair tie.

2. Nouveau rocker chic at Hervé Léger

Hairstylist Orlando Pita worked in a firm-hold gel from mid-lengths to tips and made a side part at the front leading to a centre part at the back. On each side, Pita combed the hair back, spun it tightly into a French twist and fastened with bobby pins. He then used hairpins to join both twists together at the back of the head, and secured with a hair elastic.—*Natasha Bruno*



**KERATHERAPY** KERATIN INFUSED RAPID RESCUE, \$28, DONATO SALON + SPA  
**TRESEMME** ULTRA FIRM CONTROL TEXTURE GEL, \$6, DRUGSTORES



**The Metropolitan Museum**  
“China: Through the Looking Glass” is the Costume Institute’s most attended exhibit, breaking Alexander McQueen’s recent record.

**Stella McCartney**

The brand quickly severed ties with its wool supplier, Ovis 21, after PETA discovered that it mistreated animals.

**Dolce & Gabbana**

Domenico Dolce apologized for his remarks opposing gay adoption and IVF six months after first making them.

**Victoria’s Secret**

The lingerie giant charges \$2 to \$4 more for larger bra sizes, even though the average American bra size is 34DD.

**Patrick Couderc**

Hervé Léger’s UK boss said “voluptuous women, lesbians and those over 50” shouldn’t wear its bandage dresses, and was fired.





WELLNESS & FITNESS SPECIAL

# Press refresh

They're the people behind some of our favourite eyeshadow palettes, natural skincare and beauty shopping destinations, but their influence doesn't end at our bathroom cabinets. We asked four entrepreneurs who kick ass in both careers and self-care for their best wellness strategies

BY JILL DUNN



Wende Zomnir and her two sons paddleboarding in Fiji. Below: Testing the stamina of her Urban Decay makeup while mountain biking.



URBAN DECAY BROW BEATER MICRO-FINE BROW PENCIL AND BRUSH, \$24, SEPHORA.CA.



THE KIT PICK: FABLETICS SPORTS BRA, \$46, FABLETICS.COM

## Wende Zomnir

CO-FOUNDER OF URBAN DECAY  
Newport Beach, California

**Beauty cred:** Naked eyeshadow palette cemented Urban Decay's cult status—every five seconds, one is snatched up around the world.

**Summer indulgence:** "Ice cream that I make with raw cream, raw milk, raw cocoa powder and Madagascar vanilla beans. I definitely cheat; if I'm out for a fun dinner, I'm going to drink wine and eat dessert!"

**Wellness program:** "My whole life, I've been active. I always played sports, and in my late 20s, I added in tennis, snowboarding, surfing and yoga. There are so many outdoor activities that we love to do as a family, and we're just steps away from the beach. My workouts also double as product-testing sessions. If we have a new mascara or eyeshadow we're developing, I'll wear it for a swim or a run to see how it stands up."

"If we have a new mascara or eyeshadow we're developing, I'll wear it for a swim or a run to see how it stands up."

**Latest discovery:** "I cut out distance runs and barre classes a few years ago and started doing CrossFit four days a week. It made a huge difference and changed the way my clothes fit."

**Fall beauty staple:** "Brow pencils. Cara Delevingne reminded us all that full brows are in style, and as a nation we've over-plucked. Our new Brow Beater creates the perfect set."



Momprenneur Jodie Patterson fits in workouts in her living room. Below: Going for a run take the through beautiful surroundings.



THE KIT PICK: OVELLE BACKPACK, \$440, OVELLECREATIVE.COM

"I have five kids, run two businesses and live in N.Y.C.—I need downtime, but I rarely get it."

**Fall beauty staple:** "I'm always all about skin, but after summer, it needs special care. I deep clean with Nuhanciam Cleansing Micellar Water. It grabs all the grime and gunk, sea salt and suntan lotion, and wipes it away in seconds with the most gentle process. Next I use Caudalie VinoPerfect Radiance Serum. It keeps my glow glowing."

CAUDALIE VINOPERFECT RADIANCE SERUM, \$79, DOOBOP.COM.



"A bath to me is essential to slow everything down."



Cheryl Hickey with daughter Nyla. Right: Enjoying a pilates class.

THE KIT PICK: ACNE CARDIGAN, \$550, NET-A-PORTER.COM

## Cheryl Hickey

HOST OF ENTERTAINMENT TONIGHT CANADA  
AND FOUNDER OF OURS BY CHERYL HICKEY  
Toronto

**Beauty cred:** Hickey's family are fans of her natural skincare line, which contains coconut and olive oil. "I use it on my kids and myself, and my 98-year-old grandmother loves the soap—it's really gentle."

**Summer indulgence:** "There's definitely a lot more ice cream consumed in my house in the summer."

**Wellness program:** "I'm kind of old school. I like a good bath with Epsom salts and my calming 3-in-1

Cleansing Oil. A bath to me is essential to slow everything down. I also use Natural Calm plus Calcium—this stuff is awesome. I'll mix a teaspoon of that in water about 30 minutes before bed and it calms the central nervous system. I got back into it about a month ago because things were getting really hectic and I was having a hard time shutting down at night."

**Latest discovery:** "I just started doing Pilates at Studio Lagree a few times a week. I do it because I notice changes in my body quicker than anything else I've done."

**Fall beauty staple:** "My Anything Balm. I use it to soothe everything from diaper rash to dry cuticles."



OURS BY CHERYL HICKEY ANYTHING BALM, \$12, REXALL

Q & A

## POWER PLAY

Tennis star Ana Ivanovic puts her opponents—and her sunscreen—through their paces on the court

BY VERONICA SAROLI



Serbian tennis phenom Ana Ivanovic touched down in Toronto this month to compete in the Rogers Cup, where she made it to the quarter-finals. Earlier this year, the radiant 27-year-old scored major points with Shiseido when she landed a gig fronting the Japanese brand's WetForce Sunscreen. We spoke with Ivanovic about career goals and how she stays cool under pressure.

**How do you start your day?**  
"I usually go for a run, followed by some activation exercises on my stomach and back. Then I go on court and play for two hours."

**How do you protect your skin on the court?**  
"I always apply sunscreen about 20 minutes before I start warming up. It's important to apply it over your whole body, but also areas like the neck, which is often forgotten but so exposed. It's especially important for me as I wear my hair up a lot on court."

**How do you get ready for matches?**  
"I like to listen to music, but generally I stay away from anything like that. You can get obsessive about those kinds of things, thinking, 'Did I play well just because of that?' I try and keep my routine and my focus, although sometimes I have to remind myself to relax and not overthink things."

**Do you ever wear makeup when playing?**  
"Day to day, I don't wear much—I like to focus on having clean and healthy skin rather than wearing lots of makeup. I apply my sun protection just before the match, then do my hair in a quick ponytail or braid."

**What are your staple skincare items?**  
"Shiseido Ultimune Power Infusing Concentrate is incredible—I love its lightness and texture. I don't usually like wearing foundation, as it always feels so heavy on my skin. Hairspray is a must when I compete, especially in windy conditions. Lip balm, because I often play in hot, desert-like temperatures and I hate when my lips are dry. Finally, sun protection because it's so important to look after your skin. Simple but practical!"

**Who is your tennis icon?**  
"Monica Seles. Growing up I really admired her, and I've been lucky enough to meet her a few times throughout my career. She is such a lovely person and so humble."

**What is your ultimate career milestone?**  
"It's the titles and the competitions, the big ones like the French and U.S. Opens. I still feel I have it in me to win those kinds of tournaments. That's what I strive for."



From top: Ana Ivanovic competing at Wimbledon, 2015. On the red carpet at the WTA Pre-Wimbledon Party in London.



SHISEIDO WETFORCE ULTRA SUN PROTECTION LOTION SPF 50, \$49, AND ULTIMUNE POWER INFUSING CONCENTRATE, \$78, THEBAY.COM

SPOTLIGHT

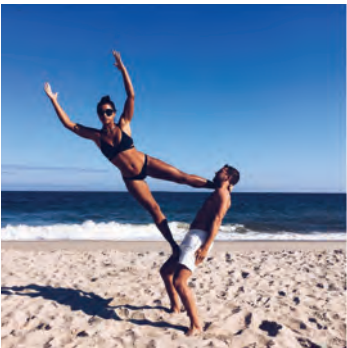
## WITNESS THE FITNESS

When your personal trainer fits in the palm of your hand, the workout possibilities are endless. These Insta accounts offer inspo for all fitness levels, from chill paddle-board yoga to feel-the-burn moves

BY VERONICA SAROLI

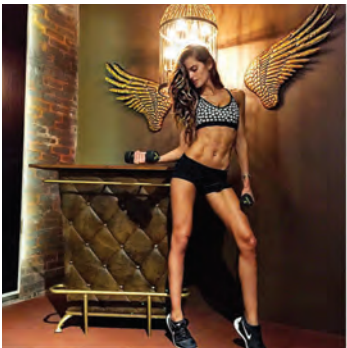
**URBAN WARRIOR**  
@hannahbrnfrman,  
187k followers

Whether showing off her rock-hard abs while deejaying for Stella McCartney or doing a headstand on a Muskoka dock, Brnfrman is the definition of urban fitness chic. The snaps will have you walking—no, running—to the nearest kickboxing class.



**GOOD TO THE CORE**  
@lza\_goulart,  
21M followers

A former Victoria's Secret Angel, Brazilian model Izabel Goulart shows off her rocking bod, achieved with core-tightening gymnastics-inspired moves. No pain, no gain indeed.



**STRIKE A POSE**  
@yoga\_girl,  
1.6M followers

Rachel Brathen swapped her chilly homeland, Sweden, for Aruba's sunny temps. Her feed is a sun-drenched celebration of meditation, paddleboard yoga and fitness fun in the sun. (Wanderlust completely guaranteed.)



**FASHION FAVOURITE**  
@ThatGirlLondon,  
4.4K followers

Charli Cohen and Christina Howells combine their respective backgrounds in fashion and fitness to create high-intensity workouts with creative twists (think treadmill plank walks). Actor Emily Mortimer and stylist Katie Grand are fans.



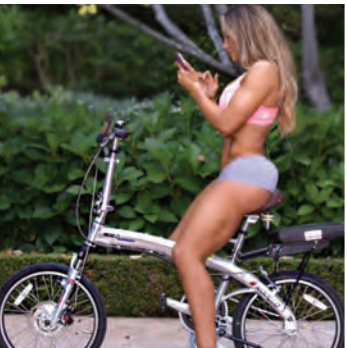
**AUSSIE POWERHOUSE**  
@kayla\_itsines,  
3.5M followers

Kayla Itsines's feed is filled with you-gotta-see-it-to-believe-it transformations of women who completed her 12-week bikini body guide, plus a few selfies of the toned Aussie herself, along with protests against body shaming. (Hurrah!)



**TOUGH STUFF**  
@lyzabethlopez,  
1.9M followers

This Canadian-based trainer works hard for a booty to rival Kim Kardashian's. (That's not easy.) Lyzabeth Lopez regularly posts workout clips and encourages gym goers to challenge themselves and try new moves.





TREATMENT SPECIAL

# Summer skin procedures

Continued from cover

After cleansing my face and warning me that I would feel some pinching, she got to work. She inserted the platelets into what looked like a glue gun, and proceeded to run it over the entire surface of my face, a tiny needle making minuscule puncture marks to send the healing goo into my skin.

The procedure isn't painless, but it isn't excruciating, either, and it was over in about 10 minutes. The strangest part was feeling a bit of spray from the gun, i.e., my platelets—Veronica stopped once in a while to massage them into my skin. Because the platelets applied topically also work to heal the skin, I was told not to wash my face until the next morning. I went home looking like I had put a cream mask on and had forgotten to wash it off.

The only side effect was a tiny bruise on my left jawbone, which Veronica warned me would develop after she hit a sensitive spot. In the weeks since the treatment, the dry patches are gone, my pores do look smaller, the redness is dramatically diminished and my skin is smoother than it's ever been. Rafael Nadal is onto something.

## TREATMENTS TO TRY NOW

With only so many months of precious warmth and sunshine, you don't want to spend them cooped up recuperating from a cosmetic procedure. Skin resurfacing lasers and strong peels should be avoided in the summer because they make the skin more sensitive to sunlight, says dermatologist Dr. Frances Jang, a principal dermatologist at Skinworks in Vancouver. This could lead to more hyperpigmentation and sun damage, which kind of defeats the purpose. Laser hair removal is also a no-no except on areas that don't get hit with sunlight, such as the underarm. Your skin texture and tone changes when you've spent time in the sun, raising the risk that a laser treatment will burn the skin's surface. Fear not, though: The following treatments are safe for summer.

1

**Concern:** Wobbly bits

**Solution:** Cryolipolysis body contouring

Body contouring treatments like CoolSculpting and Venus Freeze use cryolipolysis (i.e., nothing more than cold) to freeze fat cells in specific areas. They're safe to use any time of year, says Jang, but the results take a while to appear so it's not a last-minute fix. Over about six months, the body processes and eliminates those dead fat cells, and once the dead cells are gone, they won't rematerialize.

COOLSCULPTING/VENUS FREEZE, FROM \$800 PER CYCLE

2

**Concern:** Sagging skin

**Solution:** Radio-frequency tightening

Non-surgical body tightening like Thermage is top of mind in summer, since it targets loose, crepey skin on the stomach, legs, arms and even hands at a time when we're wearing minimal clothing. Thermage uses radio-frequency waves to smooth and tighten skin by heating its deep layers to stimulate its main building block, collagen. It can be used on any skin tone or type and there's no reason why you can't try it while the sun is shining. Potential side effects, such as mild redness, are minimal.

THERMAGE, FROM \$2,795

3

**Concern:** Uneven texture

**Solution:** Platelet-rich plasma therapy (PRP)

PRP enlists the body's own healing mechanism—platelets—extracted from a vial of your own blood to treat fine lines, dark circles, rough texture and scarring on the face, neck and chest. (Crazy, right? But see above for my test drive.) It can be done at any time of year, and it's also used to help skin heal after a laser treatment or chemical peel, so you can get back to your routine faster.

PLATELET-RICH PLASMA THERAPY, FROM \$1,500 FOR TWO TREATMENTS

4

**Concern:** Dark spots

**Solution:** Ultra-high-frequency picosecond lasers

Treating skin discoloration is difficult in summer because lasers and peels do not play well with sun exposure. But precise Picosecond lasers such as PicoSure may be better because they deliver a short blast of heat to target hyper-pigmentation (typically showing up to a 90 per cent reduction after multiple treatments), rough spots and enlarged pores without damaging the normal skin around them. Check with your dermatologist to see if it's safe for you to do now. Bonus: Unlike most lasers, which can damage darker skin tones, these treatments work on all skin tones and types.

PICOSURE, FROM \$195 PER TREATMENT



### QUICK RECOVERY

3 tools to get you on your way faster

**SkinMedica** TNS Ceramide Treatment Cream repairs skin's natural moisture barrier and includes a blend of "growth factors" or proteins that help speed up healing.

\$72. SKINMEDICA.COM

**SkinCeuticals** Phyto Corrective Gel heals and calms skin after a procedure, reduces redness and inflammation and has anti-septic properties.

\$72. SKINCEUTICALS.COM

**Glisodin** Skin Nutrients: Pre and Post Formula is a nutraceutical supplement containing an antioxidant that reduces inflammation before and after procedures for fewer side effects and shorter recovery times.

\$110. GLISODINSKIN.COM

## FEED YOUR FACE

The new skin superfoods can be swallowed or slathered on—either way, they'll make you feel extra virtuous

BY JEN MASSEAU

People can get a little kooky when it comes to beauty. Things that are, by all reasonable accounts, gross—say, slathering your face with snail slime or pork lard, or bathing in a vat of bone broth—suddenly sound appealing if someone tells you they will cure your wrinkle, spot and sagging woes. (And yes, those are all real examples.)

Thankfully, one need not go to such distasteful lengths to profit from nature's latest little miracles, shown to have skin benefits whether smoothed on or gulped down. Here, five fountain-of-youth (we hope) ingredients to try.



3. Chia seeds

This application of the oil from these seeds increases hydration, improves barrier function and reduces itching. Chia is known to fight free radicals—believed to be key in skin aging. The seeds are loaded with omega fatty acids, dietary fibre and polyphenols.

**Apply it:** This essence takes advantage of chia's high capacity for water absorption: Its popping "moisture jelly capsules" of condensed organic chia seed extract work to hydrate skin.

**THEFACESHOP** CHIA SEED MOISTURE-HOLDING SEED ESSENCE, \$31, THEFACE-SHOP-AMERICA.COM

**Eat it:** This treat mixes chia seeds with coconut milk and mango. (It's a pudding cup for grownups.)

**THE CHIA CO.** CHIA PODS, \$4, LOBLAWS



1. Activated charcoal

This processed carbon's micro-sized pores attract and trap toxins through a process called adsorption. Ingested medically to treat some kinds of poisoning, it has gained favour (although perhaps misguidedly) as a hangover cure. While it's been shown to speed wound healing, findings on its benefits for skin are still in the research stages.

**Apply it:** These strips make use of charcoal's reputation for drawing out impurities to clean out pores and prevent blackheads.

**BIORÉ** DEEP CLEANSING CHARCOAL PORE STRIPS, \$10, DRUGSTORES

**Sip it:** This mix of lemon juice, maple syrup and activated charcoal is said to be a hangover remedy.

**ELXR JUICE LAB** AFTER PARTY, \$7, ELXRJUICELAB.COM



2. Turmeric

Turmeric's many health benefits are attributed to curcumin, the component that gives the ginger-like root its distinctive yellow pigment: this substance has proven anti-inflammatory effects. Evidence supports it as an effective treatment for psoriasis, and it has even shown promise in the treatment of skin cancer.

**Apply it:** This cream aims to prevent wrinkles, lock in moisture, and restore lustre with nourishing turmeric, geranium, rosewood extract and carrot oil.

**SAJE** RESTORA CREAM FOR MATURE SKIN, \$40, SAJE.CA

**Sip it:** This cold-pressed carrot, sweet potato and turmeric root blend delivers beta carotene and biotin, said to strengthen nails.

**THE VILLAGE JUICERY** BE RADIANT, \$11, THE VILLAGE JUICERY IN TORONTO



4. Matcha

The powdered leaves of green tea, matcha has a higher concentration of the tea's antioxidant, EGCG. Its flavonoids help preserve collagen and elastin bonds, influence cell rejuvenation and soothe inflammation, through either oral or topical use. More research is needed to keep it stable and active in cosmetics.

**Apply it:** This mask combines matcha, acai and goji berry with mineral-packed seaweed, green and white clay, and nourishing oils to both hydrate and exfoliate.

**PANGEA ORGANICS** JAPANESE MATCHA TEA WITH ACAI & GOJI BERRY MASK, \$42, WELL.CA

**Sip it:** This matcha is imported from Nishio, Japan. Whisk into 165°F water for the best results.

**DAVIDSTEA** CEREMONIAL MATCHA, \$25, DAVIDSTEA.COM



5. Manuka honey

This dark honey is produced by Australian and New Zealand bees from flowers of the manuka tree. Its high levels of methylglyoxal are thought to be the source of its anti-bacterial properties. Used to heal wounds and scars, it's sometimes recommended for acne, but these benefits haven't been proven.

**Apply it:** This mask cleanses, moisturizes and treats blemishes and includes an extract from another New Zealand plant: the pohutukawa tree.

**ANTIPODES** AURA MANUKA HONEY-MASK, \$47, HIPAPOTHECA.CA

**Eat it:** This unpasteurized honey is from New Zealand's South Island. The brand guarantees potency and purity—fraudulent labelling of non-manuka honey has occurred.

**WEDDERSPOON** GOLD ORGANIC RAW MANUKA HONEY KFACTOR 16, \$36, WEDDERSPOON.CA

## SUGAR RUSH

A cookie fiend confronts the realization that her beloved sweet stuff could be one of her skin's worst enemies

BY VERONICA SAROLI



When the N.Y.C.-based bakery Maman opened in Toronto last month, I found out that the owners had held off making their famous chocolate chip cookies in Canada until they could find the perfect brown sugar. As an avid at-home baker, I searched out the sweet stuff myself—and was struck with sugar fever even though I'd recently been alarmed by *Sugar Coated*, the must-see flick at this year's Hot Docs festival. "When consumed in its natural form, such as in fruits and dairy, sugar comes with other nutrients and fibre, which slow down its absorption," explains Michèle Hozer, director of the film. When it's refined and turned into a box of macarons, however, we tend to overconsume it, which can lead to obesity, diabetes, non-alcoholic fatty liver and heart disease—and impact our skin, too. "If you eat more sugar than your insulin can handle, some of the sugars will be transported to your skin and react with proteins, and that causes visible effects," says Dr. Frauke Neuser, a principal skin scientist with Olay. These can include yellowing, sagging and wrinkles caused by weakened collagen and elastin, which are responsible for keeping skin plump and elastic. Here's how to minimize skin damage caused by sugar.

**Arm yourself with antioxidants**

Scientists are beginning to zero in on ways to prevent damage caused by glycation, a chemical reaction that occurs when your system is flooded with more sugar than it can take. Antioxidants like resveratrol and vitamins C and E may be protective, says Neuser. Topical niacinamide, a.k.a. vitamin B<sub>3</sub>, has also been shown to reduce some of the yellowing and textural effects.

**Cut out stress eating**

If your levels of the stress hormone cortisol are surging, the effects of glycation can increase by 20 per cent. But the presence of melatonin (which leads to sleep) can cut the damage almost in half. "If you have to binge on a cupcake or some really sweet stuff, don't do it when you're stressed," says Neuser. "Do it when you're calm or relaxed, happy, maybe when you're sleepy."





ALEXANDER MCQUEEN



DRIES VAN NOTEN



CHRISTIAN DIOR



CHLOÉ LACE-UP BOOT, \$1,380, HOLT RENFREW. FIORENTINI & BAKER ETERNITY BOOT, \$670, HOLT RENFREW. COACH SHEARLING MOTO BOOT, \$595, COACH.COM. LUCKY BRAND EMBERLEIGH SUEDE MID-CALF BOOTS, \$225, THEBAY.COM

DRESSING UP

# Middle ground

The mid-calf boot is this season's freshest—and trickiest—footwear trend. Gabrielle Johnson signs up for boot camp

The email arrives on a bright, sunshiny midsummer day, the kind of day that inspires most people to dream of beaches and barbecues and fashion editors to contemplate next season's crop of gleaming designer boots.

"I know you're a shoe person," my editor writes understatedly, "so I figured you would have a strong opinion either for or against the look." She's talking about the mid-calf boot, a divisive footwear trend that stomped along the Fall 2015 runways at Christian Dior, Dries Van Noten and Alexander McQueen.

Unlike the thigh-high boots that dominated last autumn or the ankle boots that have remained ubiquitous ever since the Pistol, the Dicker and the Newbury—by Acne, Isabel Marant and Rag & Bone, respectively—hit the scene years ago, the mid-calf boot can prove dangerously unflattering to the average woman, hitting the widest part of the lower leg and creating a weirdly choppy silhouette.

Of course, models don't face the same problems as we civilians: The lithe young things at Dries looked resplendent in their midi skirts and sumptuous velvet and brocade high-heeled boots, while Dior's coterie was decked out in kicky minidresses and colourful, graphic

mid-calf numbers, not a choppy-leg care in the world.

When my editor tasks me with test-driving the trend in the real world, I turn to fashion expert Afiya Francisco for advice. "The easiest way to pull off a mid-calf boot is to stick to the same colour scheme with pant and boot so that the leg isn't visually broken up," explains Francisco. "Or try it with a nice mid-length skirt that just covers the top of the boot."

I peruse the fall lookbooks and settle on two distinctive options: a high-heeled snakeskin-printed leather pair from Aldo and a chunky flat moto boot from Hunter.

The Hunter boots arrive first. I lift the tissue paper and unveil gorgeous, supple calfskin with a plush shearling lining. They're as comfy as a pair of well-worn slippers, but when I glance in the mirror, two words immediately spring to mind: Santa. Claus. The luxe yet practical lining and the sturdy block heel are definitely North-Pole-worthy, but mostly it's the height of the boots, which hits the middle of my calf in a rather jolly way.

Avoiding the colour red at all costs, I team the boots with slimming black jeans (every bit helps), a simple grey tee and a leopard-print coat for a casual brunch with friends. I'm so hot in this fall gear that my sunglasses are soon dotted with droplets of sweat, but the boots look cute—Francisco's tone-on-tone tip is solid.

Next up are the Aldo boots, which I'm digging thanks to the



Writer Gabrielle Johnson rocks the Aldo snakeskin-print mid-calf boot and flat Hunter moto boot.

faux snakeskin and faint '70s vibe. For an afternoon tea date, I pair them with a printed midi skirt and a sleek black top; the outfit feels both sexy and demure, and totally on point for fall (never mind that it's 30 degrees outside).

Would either ensemble be more flattering with a knee-high or ankle boot? Maybe. They would certainly be safer, but fashion isn't about sticking with the same old thing. Will I give up my Pistols for a fresh, trend-driven boot? Hell no — I'm a shoe person. I'll just add a few new mid-calf pairs to the rotation.



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WEEKEND UPDATE  
**STATEMENT COLLARS**  
*The polished collar has hit the big time. A face-framing neckline bridges the gap between a bold necklace and classic design detail*

BY NATASHA BRUNO

**1. Snake charmer**  
Amal Clooney's edgy oversized python collar kicks this streamlined silhouette into style sophisticate territory.

**2. Flower power**  
Coco Rocha's diamond-patterned button-up and tailored jacket strike feminine-meets-masculine sartorial gold.

**3. Get hooked**  
Kate Mara's contrasting vintage-inspired Peter Pan bow collar adds a sweet preppy touch to her aubergine and yellow frock.

**4. Frill of it all**  
The ladylike lace on Jena Malone's wide-spread collar accents her vivid print dress with a pretty, playful vibe.

**It item:**  
Silver stud embellishments on the coral and pink collar make this burgundy dress an easy-to-wear statement piece that takes you effortlessly from desk to dinner.

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**Publisher, The Kit**  
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**Associate Publisher**  
Tami Coughlan

**Project Director, Digital Media**  
Kelly Matthews

Direct advertising inquiries to:  
**Marketing Manager**  
Evie Begy  
eb@thekit.ca

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**ASK A CHEF**  
**PRESERVING**  
From Chef In Your Ear star Craig Harding  
page 2

**KITCHEN HACKS**  
**MEAL PLAN**  
Timesaving tips for delicious weekday dinners  
page 5

**HARVEST BOWL**  
Celebrate the farmers' bounty with five sensational salads.  
Recipes, page 4

PHOTOGRAPHY: RONALD TRUONG

SEPTEMBER 2015

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# Toss like a boss

As summer runs its course, farmers' markets are at their absolute peak with warm weather favourites and robust vegetables for fall. Here's how to raise the salad bar with our complete guide for the season.



**SEPTEMBER 4**  
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# FACE FORWARD

We all start with skin care when we put on our makeup, and the face is the perfect place to start when we want to shake things up. Whether you're looking for a luminescent glow, cheekbone-defining contour, or the perfect sun-kissed bronze, you've come to the right page.

## luminescent

This is one of the most sought-after looks, no matter the season. There's just something about glowing skin that makes us all want to ask, "What is your secret?" A big part of that secret comes down to two words: treat and protect. To get skin its most glowing, use a cosmetic water as a first step in your moisturizing regime, help protect all day, every day with a UV cream or lotion and use a highlighter to illuminate the skin and give it a healthy glow.



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## contour

Contouring has fast become one of the biggest trends in beauty, and it's not going anywhere. It's an easy-to-achieve look that can enhance the structure of your face while still looking natural.

The trick is to begin with a primer to smooth the skin, then apply a light foundation to even your skin tone. Using a contour duo, accentuate shadows where your face naturally dips, like the hollows of the cheeks and sides of the nose, then highlight high parts of the face like cheekbones, brow bones and the bridge of nose. And remember: blend well.

## bronzed

It may be the last days of summer, but you can keep your goddess glow a little longer with the right bronzing products.

Liquid highlighters work wonders for both illuminating all over and enhancing key features. A powder bronzer will get you that golden look, with the added benefit of all-over mattification. And nothing finishes a beautiful, bronze face like simple, perfectly plump lashes.

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