

# THE KIT

## BODD Model of the memory

Model of the moment Soo Joo Park on how to achieve her star-making style page 4





## DAISY

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EAU SO FRESH

MARCJACOBSFRAGRANCES.COM

#### **RED CARPET REPORT** LADIES WHO LUNCH You saw the show-stopping gowns

on the carpets at the Academy Awards, but the fashion-forward outfits the stars wore to the annual nominees' luncheon were arguably even more gorgeous-and definitely more applicable to daily life. From Saoirse Ronan's smart shorts suit to Brie Larson's chic ankle-grazing skirt, there was enough high-wattage fashion inspo for every smart high tea and boozy brunch.

PEACH

POP

Rachel

McAdams

(Spotlight)

in Prada

SHORTS STORY Saoirse Ronan (Brooklyn) in Laura Basci FLOWER POWER Rooney Mara (Carol) in Giambattista Valli

> RED ALERT

Alicia Vikander

(The Danish

Girl) in Louis

Vuitton

## **MOST WANTED** Water works

These concentrated splash masks-a new skincare category from Koreasmell like Kool-Aid and deliver the glow of a 20-minute mask routine in under a minute. How to use them: Dilute a capful of the antioxidant-andlactic-acid-packed liquid in a bowl of clean water, stir, then pat the mixture onto cleansed skin. Even quicker: Fill half a cap while in the shower, pat onto face for 10 seconds, then copy that with water. That's it. You're done. —Natasha Bruno. Photography by Adrian Armstrong.

BLITHE PATTING WATER PACK SPLASH MASKS IN SOOTHING & HEALING GREEN TEA, ENERGY YELLOW CITRUS & HONEY AND REJUVENATING PURPLE BERRY, \$69 EACH, GLOWRECIPE.COM

No fish were harmed in the creation of this photo. (But the fish totally looked five years younger after. 🌝)

#### **BEAUTY TREND TEA SERVICE**

Tea has been long been recognized for its health benefits: antioxidants galore, anti-inflammatory properties, energy-boosting caffeine. Now, the leaf has set the beauty scene abuzz, popping up as a power ingredient in everything from shine-inducing shampoos to wrinkle-reducing potions. Take Fresh's newest serum, which is packed with black tea farmed and harvested in Hangzhou, China. Lev



Q & A GOOD **JEANS** Original supermodel Christie Brinkley's secret to timeless style BY JILLIAN VIEIRA

for—no matter what you're going through-then you'll be happy. It's something you have to choose for yourself and make happen."

LONG VIEW Brie Larson (Room) in Emilia Wickstead

What's your favourite way to wear denim? "I've always been a jeans girl. They're just so flexible: Add a scarf and a heel and

Glazman, the brand's co-founder, dubs the star ingredient an "immortal elixir" for its firming and soothing properties. Here, five new launches infused with the superhero staple. —Michelle Bilodeau and Natasha Bruno

#### SKIN FIRMER

Loaded with Chinese black tea and firming honeysuckle-leaf extract, this serum helps reduce fine lines and hydrate skin. FRESH BLACK TEA AGE-DELAY FIRMING SERUM, \$100, SEPHORA.CA



#### HAIR STRENGTHENER

Quench thirsty, dull hair with a shine-sealing blend of Chinese green tea and green apples.

GARNIER WHOLE BLENDS GREEN APPLE & GREEN TEA REFRESHING SHAMPOO, \$6, DRUGSTORES

#### BEAUTY BOOSTER

Stack your medicine closet in your skin's favour. This supplement contains antioxidant-packed green tea extract to fight against free radicals (a cause of accelerated aging).

AGE QUENCHER AGELESS BEAUTY VITAMIN, \$200 (30-DAY SYSTEM), AGEQUENCHER.COM

#### GREASE FIXER

Help control oily hair by swapping out heavy conditioner for this water-based rinse made with black tea, champagne vinegar and nettle. **BARBER & FRITZ** HAIRDRESSING RINSE, \$26, URBANOUTFITTERS.COM

#### GLOW BUILDER

This beloved gradual-tanning moisturizer gives you a sun-kissed look and nourishes skin with the addition of free-radical-battling black tea.

JERGENS NATURAL GLOW + NOURISH DAILY MOISTURIZER, \$13, DRUGSTORES



At 62, iconic model Christie Brinkley is still racking up accomplishments. As the new face of denim brand NYDJ, Brinkley radiates the warm California vibes that have defined her 40year career. We sat down with the effervescent supermodel (yes, she has a flawless complexion and sugar-white smile) at the campaign launch in New York City to chat about how she finds joy and why denim is her daily staple.

Most women have a moment of low confidence each day. How do you bounce back? "Put your lips into a smiling position. It's proven to elevate your mood. You don't even have to have a positive thought; you just smile and the happiness will follow. There's nothing like it to quickly lift you out of a slump."

NYDJ's "Fit to Be" campaign celebrates women at every stage of life. Which emotion best describes you now? "I would say happy. I think gratitude is really the key to happiness. If you can find something to be grateful

suddenly you're city chic. I live in the country, so it's important to me that when I get out of the car, my outfit looks as good as it did when I left. My outfit needs to run from early morning to meeting friends for dinner or running to a play. I'm all about ease and trying to be practical."

It sounds like your style fits into your life, instead of the other way around. Has that always been the **case?** "I'm really in a streamlining phase of my life. And while I'll get rid of a lot of trousers right now, I'll be very slow to get rid of my jeans. Because why should I? They're timeless."

NYDJ JEANS, \$178, TOP, \$138, HUDSON'S BAY



#### **SUPER FOREVER**

Here's what these decade-defining models have been up to since taking catwalks by storm

BY VERONICA SAROLI

#### 1980s CINDY CRAWFORD

Then: From valedictorian to Vogue, Crawford made waves by speaking candidly in interviews (and scoring a Pepsi Super Bowl commercial). Now: Crawford, 50, released a book of essays on ageing, ruminations on the industry and famous photographs called Becoming.

#### 1990s NAOMI CAMPBELL

Then: Campbell (with Christy Turlington and Linda Evangelista) was part of the '90s supermodel "trinity." Now: The 45-year-old is still in the spotlight with a role on TV's Empire and regular appearances in high-profile shows like Kanye West's Yeezy extravaganza last month.

#### 2000s GEMMA WARD

Then: Labels like Prada and Chanel sought out the Australian model with doll-like features. Forbes named her the 10th-highest-earning model in 2007. Now: Last year Ward, 28, returned to modelling to walk in Prada's Spring 2016 show and star in Givenchy's campaign.

: GETTY IMAGES (SUPER FOREVER AND LADIES WHO LUNCH). COURTSEY NYDJ (BRINKLEY)



CHINA MACHADO Then: A muse to Richard Avedon, Machado is most recognized for being the first non-Caucasian model to appear in a leading fashion magazine. Now: Though "retired," Machado graced Vogue China and Italia and Alexis Mabille's couture lookbook last year.

#### 1970s

CHRISTIE BRINKLEY Then: Brinkley oozed all-American charm, landing her campaigns and a spot in Billy Joel's Uptown Girl" video. Now: The 62-year-old provides a road map to aging gracefully in her first book in 30 years, Timeless Beauty, a mix of essays and tips.

with CoverGirl and Chanel

## **TREND ALERT Growth spurt**

Extra-long hair has been flowing down runways and red carpets. We break down what it takes to go to great lengths

#### BY JULIA SEIDL

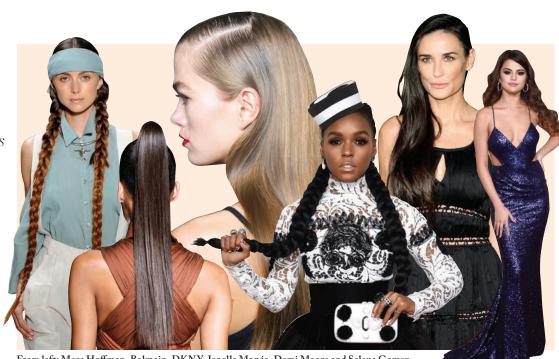
It wasn't long ago that super-long hair was reserved for sister wives and fairy-tale characters (nobody gives Rapunzel a pixie). But times have changed: The sleek ponytails trailing down Joan Smalls's and Kendall Jenner's backs on Balmain's Spring 2016 runway are long locks for the modern age.

Rebelling against the ubiquity of the bob (and lob and wob), trendsetters are putting down their scissors and going for lengths not seen since the '70s. It began last fall with the undulating low side ponies at Dior and Cher's flowinglocked turn in Marc Jacobs's campaign. Then, at the spring shows, there were silky manes at DKNY and navel-tickling braids at Mara Hoffman. On red carpets, Zendaya, Ciara, Demi Moore and Selena Gomez all embraced extralong hair—or extensions. Janelle Monáe has even switched up her signature pompadour (which has its own Instagram account), opting for hip-reaching plaits on numerous occasions.

"Long hair has always been deemed super-feminine," says Guido Palau, star runway stylist and Redken global creative director, who created the extralong ponies at Dior. Though he used extensions at the show, he

added small details to mimic real hair. "Natural long hair has so many little nuances that add richness and luxury. There's movement, fly-aways, texture." For most of us, though, the virgin hair that seemed to grow in abundance during our childhood has been replaced by chemically altered and heattortured strands that break easily, making long styles a challenge.

That's why with great lengths comes great responsibility. The best way to minimize growing pains is to have monthly trims and in-salon strengthening treatments, says Ciara's stylist Cesar Ramirez, and to avoid heat styling as much as possible. If you decide to go faux, treat your extensions with the utmost TLC and brush them daily. Ramirez recommends virgin human-hair extensions by celebrity favourite Indique (Lady Gaga, Chanel Iman and Khloe Kardashian are fans). "Use the same quality care products for your extensions as for your natural hair to keep them healthy and moisturized," he says. Most important: Tangles are the enemy. At bedtime, tuck lengths into loose braids or twist them into a soft bun to prevent snags from forming overnight. When you wake up, you just might have turned into Rapunzel—or a Balmain glamazon.



From left: Mara Hoffman, Balmain, DKNY, Janelle Monáe, Demi Moore and Selena Gomez.

#### LONG GAME

When every inch counts, losing strands to breakage can be, well, heartbreaking. Here's how to protect them

#### Mend the broken spots

It's not all about split ends. "People experience breakage in different places, which we call breakage hot spots," says Jessaline Orlansky, director of product development for Bumble and bumble. "A healthy piece of hair should be the same circumference from root to tip.' Breakage-reduction products aim to act like a bandage on fraying areas.

#### Add moisture

Dry hair equals brittle hair, so never underestimate the value of a weekly deep-conditioning treatment to help restore moisture. In the battle against

breakage, restorative masks and conditioners provide a speedy (but temporary) line of defence.

#### Protect against heat

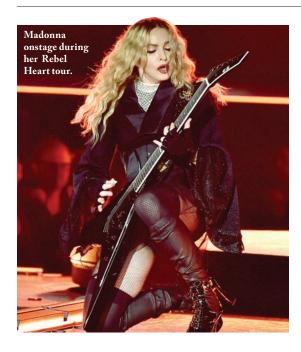
Put down the hot tools! But when using a hair dryer is essential, Ramirez advises treating lengths to a heat primer first: Much the way wax on a wood floor acts as a sealant, a primer will prevent moisture loss and breakage.

#### Extend the growth cycle

Growth-stimulating products aim to help each strand survive a full life cycle by protecting the hair bulb and boosting production of keratin, which is hair's key structural protein.



BUMBLE AND BUMBLE FUL DRA. RENE FURTERER PARIS TRIPHASIC VHT ATP INTENSIF REGENERATING TREATMENT \$130 SALONS NEXXUS EMERGENCEE RECON NEXXUS EMERGENCEE RECON-STRUCTING TREATMENT, \$20, DRUGSTORES. PANTENE PRO-V REPAIR & PROTECT 3 MINUTE MIRACLE DEEP CONDITIONER, \$6, DRUG-STORES. DOVE REGENERATIVE NOURISHMENT CONDITIONER, \$10, DRUGSTORES.



#### **CELEB SPOTLIGHT REBEL HAIR**

Madonna is embracing a new kind of wave on her Rebel Heart tour—and it's so easy you can do it in your sleep

#### BY RANI SHEEN

Proof that you can put down the hot tools without sacrificing style: Madonna's Rebel Heart tour is an iron-and-wandfree zone, for the sake of her hair's health. But her styles are as ferocious as ever, thanks to the strategic efforts of Andy Lecompte, her long-time hair guy and Wella Professionals' celebrity stylist.

We recently met up with Lecompte in New York in the tour's early stages. Though he was going on only three hours of sleep (rehearsals went until 4 a.m.), Lecompte explained that the pop queen's tour look-a lo-fi yet controlled zigzag wave-is created with basic plaits.

'She likes a bit of a crimp, less of a curl," says Lecompte, acknowledging that Madonna put crimped hair on the map in the first place. "She always likes to go back to [her signature] looks. She does make all these changes to her look and image, but she's very true to her own personal style.

Madonna is surprisingly lowmaintenance on her own time ("She's used to waking up and not doing anything to her hair-she's got a nice wave," he says). But the look that Lecompte devised is so simple that she can even do it herself on the rare occasion that she's out on the road and he isn't close by. As backup, Lecompte sent Madonna inspo images of braids and twists along with step-by- step instructions (see right). And so far so good. She sprays and braids before bed, waking up ready to go, no hot tools required. What could be more rebellious?

The instructions: Dampen dry hair with sugar spray. Create two plaits, pin them up like Heidi braids, and either sleep on them overnight or blast with a hair dryer (Lecompte uses a hairnet to cut down on frizz). Undo and rake fingers through.

The product: Sugar spray is a new ally in the quest for texture, and it's less drying than salt spray. "Sugar spray is used for setting," says Lecompte. "I actually made sugar water for years and years to give hair more texture—it's a little bit like spray gel, but usually it's a little more sticky.'

WELLA EIMI SUGAR LIFT, \$20, SALONS

#### VANITIES **BLEACHED BLONDES HAVE MORE FUN**

Soo Joo Park is stealing the shows with a look and a haircare routine all her own

BY CARLY OSTROFF

If Soo Joo Park got a late start in modelling, she's quickly making up for lost time. When she was scouted at the ripe old age of 21 at a vintage store in San Francisco, Park was just about to graduate from UC Berkeley and was working as a graphic designer. "I thought about it and said, 'Why not?'—just like I did with my hair!" she recalls.

That hair, peroxide blonde and sometimes tinted blue, has helped launch the 28-year-old from unknown cool girl to top model-most recently she walked on the Alexander Wang, DKNY, Zac Posen and Jeremy Scott Fall 2016 runways. And it's become her job to maintain it: As a global ambassador for Redken, the Seoulborn New York resident tries to stick to regular colour appointments every three to four weeks. "Changing my hair colour has really opened my eyes to the need to care for it and the proper maintenance required," she says.

After making her runway debut at Chanel Haute Couture in 2013, Park became a protégée of Carine Roitfeld and a favourite of Karl Lagerfeld. "I was really nervous when I first met him, but he was so sweet," says Park of the Kaiser. Since then, while walking the runways for Louis Vuitton and Tom Ford and shooting with every glossy worth mentioning, Park has been honing her style. Her slicked modeloff-duty hair look is an original creation, which involves a few customized steps: Park starts with damp hair and applies a

conditioning treatment mixed with oilrather than gel-which gives hair a glossy texture. Then, she makes a deep side part and combs her hair over to one side.

While the finished style might look effortless, keeping her icy-coloured hair healthy takes time and energy. "My hair is high-maintenance, but over the years I've simplified. At night I do a hair mask to strengthen my hair, especially after a long day of working," she says. "I love drawing a bath and soaking my hair in the tub before I wash it."

No matter her colour, length or style, Park sports her look like a statement of individuality and stands by it. "Always be yourself and be proud of who you are," she says. And that's why she's such a head-turner.



#### Soo Joo Park's faves

#### HAIR

"It's about using the right shampoo and conditioner to protect your colour. Redken Blonde Idol conditioner works great to keep my hair platinum between appointments-the purple tint keeps my hair from looking yellow or brassy. And I use Redken Extreme Sealer, which is in a squeeze brush. It fits in a handbag. I even bring it on my flights and apply it while I'm watching in-flight entertainment!"

**REDKEN** BLONDE IDOL CONDITIONER, \$25, EXTREME SEALER, \$21, SALONS

#### SKIN

"I wash my face twice a day with a foaming moisturizer and Clinique's cleansing brush."

CLINIQUE SONIC SYSTEM PURIFYING CLEANSING BRUSH, \$99, CLINIQUE.CA



"Throughout the day, I spray on Lavett & Chin coconut facial mist, which has ingredients to hydrate and soften the skin and it smells delicious.'

LAVETT & CHIN COCONUT MOISTURIZING FACIAL MIST, \$44, NET-A-PORTER.COM

"My favourite masks are from Dr. Jart+. Vidivici is a great luxury Korean beauty brand that I really like too.'

**DR. JART+** PORE MINIMALIST MASK, \$44, SEPHORA.CA

#### MAKEUP

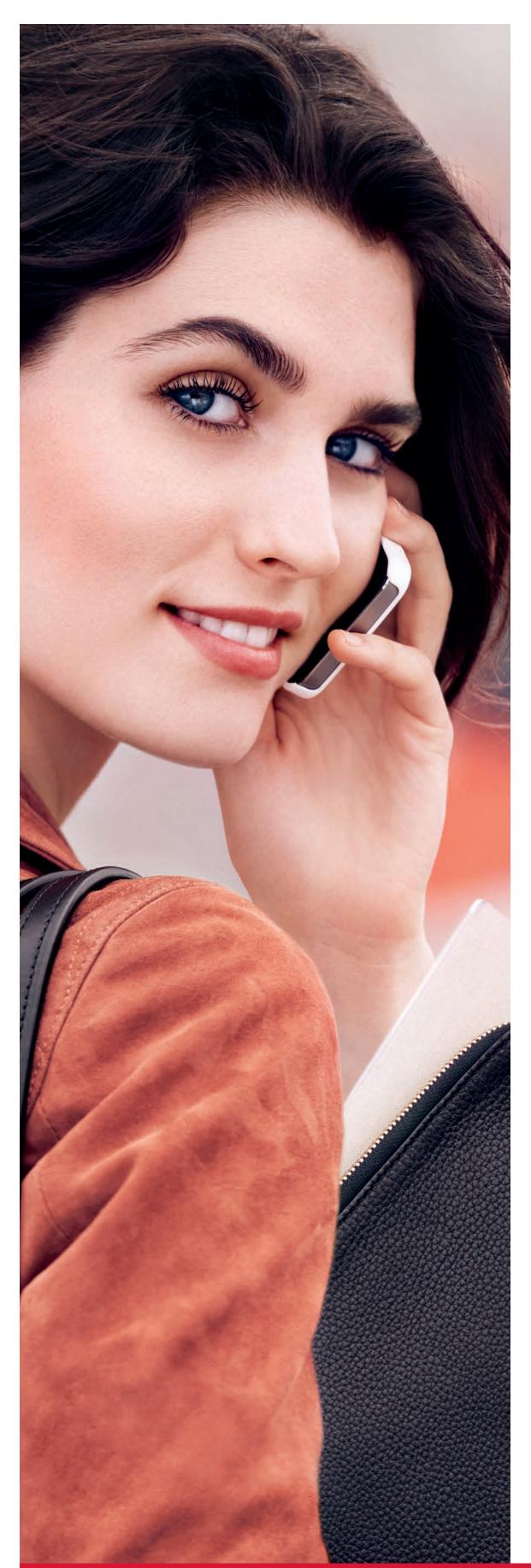


"I love using Smith's Rosebud Salve, not only on my lips but also as a highlighter on the cheekbones. It makes my skin look dewy.'

SMITH'S ROSEBUD SALVE, \$8, SEPHORA

"If it's a casual night out, I rarely use more than five products to get ready, but I will use liquid eyeliner. If it is a red carpet event, I try to create a nice look that complements what I am wearing. I like a little pop of eye colour or a nice red lip, like L'Oréal Paris lipstick in True Red. It's the perfect red."

L'ORÉAL PARIS COLOUR RICHE LIPSTICK IN TRUE RED, \$11, DRUGSTORES



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## It's all about you.

## CLARINS







Far right: The Roost Cabin sits among the trees.

#### TRAVEL AWINTER'S TALE

Now that spring is in the air, this is your last chance for a dreamy snowy getaway. Here are four we highly recommend

#### BY JESSICA HOTSON

Fact: Needing your passport for a weekend getaway makes the experience feel like that much more of an escape. Our creative director, Jessica Hotson, checked into the Lodge at Glendorn, a cozy chic retreat in northwest Pennsylvania, only a three-anda-half-hour drive from Toronto.

VINTAGE ROMANCE I realized that I was about to have a truly luxe experience as soon as our car reached the 1,500acre property. The cast-iron gate opened to receive us in a manner reminiscent of Downton Abbey, while fresh snow blanketed the frozen brooks and stone cabins along the main road. As we pulled up to the main lodge, staff members greeted us with chilled champagne, while the smell of wood smoke from the seven fireplaces scented the air. That memorable first impression was only enhanced by my accommodation, Roost Cabin. Accessible

#### via a quaint stone footbridge, it features original touches, like a copy of Anne of Green Gables with a personal inscription from 1932.

Over the weekend, I devoured stories of the Dorn family, Glendorn's original owners, who set up the property as a family retreat back in 1929. I fell in love with how the property's history and original design is preserved through its cuisine, on-site activities and even its spa.

**GOURMET TOUCH** Executive chef Joseph Schafer prepares all the meals (he's also the lodge's co-general manager, along with his wife, Stephanie). Menus change weekly, even daily, based on local and fresh ingredients. The property houses a garden where Schafer and staff grow more than 60 varieties of organic vegetables, for true farm-to-table dining. Every culinary detail feels thoughtful, from the homemade muffins and sausages at breakfast to the honey, which is farmed and processed on the property. Throughout the day, guests



discover plates of fresh baked cookies scattered around the lodge and enjoy daily cheese selections during pre-dinner cocktails in the lounge.

SPA DREAMS Nothing rounds out a perfect winter getaway quite like a spa experience. When I saw the Wine Lovers Body Treatment on the list of services, I couldn't pass it up-after a long day of cross-country skiing and snowmobiling, a full-body massage that exfoliates as well as hydrates sounded perfect.

The forest spa is located in a small cabin steps from the main lodge. As with all the buildings on the property, Glendorn staff Left: Guests are free to help themselves to cross-country skis anytime during the day. Right: A beautiful course prepared by Chef Schafer, Below: All the boots necessary to enjoy the season.

have preserved the original feel, while also updating the facilities so they are modern and bright. My treatment started with dry brushing followed by an exfoliation using crushed grape seeds, blackberry fibres and red wine. The scent that filled the air was sweet, refreshing and blissfully soothing. Jennifer Herzog, the spa director, who performed my treatment, was extremely attentive-halfway through, when she noticed that I had sinus congestion, she quickly whipped up an aromatherapy treatment of eucalyptus and other essential oils that worked beautifully to clear my sinuses. After a stimulating massage, Herzog used a blend of olive oil and red-grape-seed extract to lock in moisture and infuse my skin with antioxidants. I was then covered in a wine and honey mask and wrapped in Mylar, which helped my skin to absorb the moisturizing olive oil. The treatment ended in a steam shower where I washed away my mask-Herzog infused the steam with eucalyptus to further help clear my congested sinuses. The experience from beginning to end was luxurious with an underlying quality of rustic charm-the perfect embodiment of Glendorn. glendorn.com

#### VANCOUVER

Rockwater Secret Cove Resort rockwatersecretcoveresort.com Distance from Vancouver: 2h, 30m Nestled in the Rockies, this secluded resort on Halfmoon Bay caters to adventure seekers and relaxation dwellers alike. Fill your days with yoga classes, hiking and facials in the heated winter spa tent, but leave evenings open for dining and cozying up by the fire.

#### CALGARY

The Post Hotel & Spa Lake Louise

posthoteĺ.com Distance from Calgary: 2h

Just five minutes from the ski hill, this red-roofed cabin is every epicurean's dream. Owners and brothers George and André Schwarz keep more than 2,300 bottles on their wine list, so hit the slopes before returning to the creekside Post restaurant for a glass of Merlot and some Alberta beef.

#### MONTREAL

Fairmont Le Château Montebello fairmont.com/montebello Distance from Montreal: 1h, 30m

This rustic escape overlooking the Rivière des Outaouais is the largest log cabin in the world-and boasts a threestorey stone fireplace. At its renowned spa, guests choose from treatments like couples' rose-petal baths or oh-so-Canadian maple-sugar body scrubs. -Sidney O'Reilly





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Above and right: Lim's Stop and Smell the

Flowers capsule collection (\$467-\$935), exclusive

to Saks Fifth Avenue. Top right: Lim sketched his favourite look from the collection for us.



Phillip Lim celebrates the 10th anniversary of his namesake label with a special capsule collection

BY CARLY OSTROFF

"Peonies bloom once a year—in Japanese culture, it's the flower for the gambler," says designer Phillip Lim, an avid gardener who has tattoos of his favourite flowers scattered across his back. "It reminds me that every single day, you just take a chance." So when it came time for Lim to design a 10th-anniversary capsule





collection—now available in Canada at Saks Fifth Avenue stores—the designer chose to riff on the notion that we should all "stop and smell the flowers."

It's been a decade since Lim rolled the dice and moved from California to New York to launch his contemporary sportswear label with his business partner, Wen Zhou. Today, he's feeling nostalgic: "We were both 31 and entering the second phase of our lives," says Lim. "We looked around and were like, 'We love these types of designer clothes, but then we can't afford them." Within that dilemma, Lim saw an opportunity to build something big. "It was time to make a new proposal for clothes that were designed with intent and that you could afford—clothes for young creative people like ourselves trying to go somewhere in life." With that, 3.1 Phillip Lim was born.

Fast-forward a decade, and Lim's brand DNA remains intact. "I've always said 'cool, easy, chic' would be three words to wrap it all around," he says. The at-once elegant and edgy capsule collection—which Lim describes as "essential masculine-feminine bling"—includes drapey print tops, structured dresses and carryalls covered in delicate florals and unexpected detailing. "It's a new take on classic staples, and I think that it addresses the modern-day citizen."

Though only days have passed since Lim's latest runway show, the designer is already thinking about his next challenge. But even during his busiest periods, he tries to remember to reflect. "No matter what age you are, where you come from, what position you're in," he says, "we all need to take time to appreciate the moments."

## THE KIT

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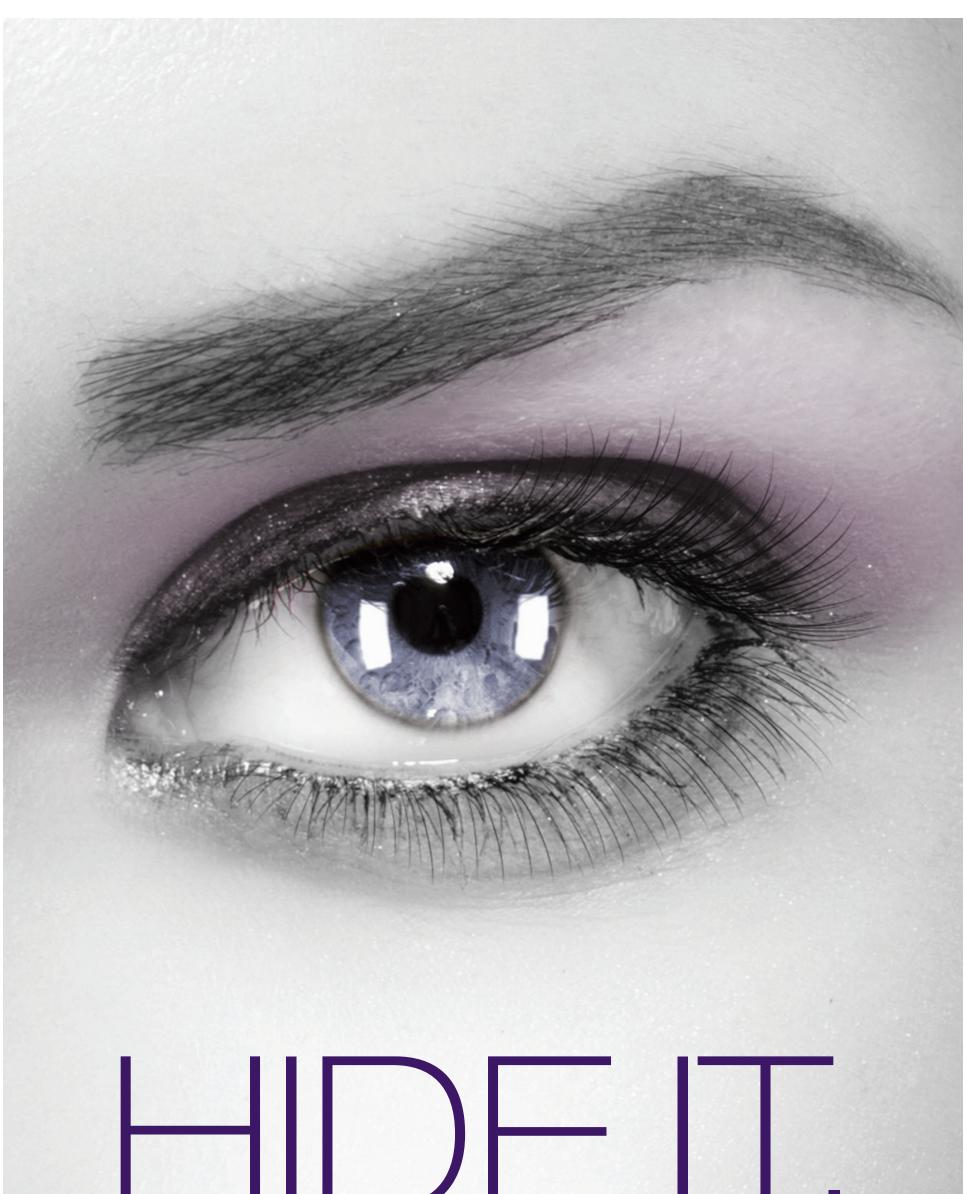
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