



# THE KIT

**MOST WANTED  
PERFECT SKIN**  
*Radiance starts here*  
page 3



## GORGEOUS GETAWAY STYLE

*Sometimes we all need to escape—find your  
ultimate summer look and pack  
your bags for the hottest destinations  
from Asia to the Amazon*

TOMMY HILFIGER. PHOTO: PETER STIGTER

TRAVEL DIARY

### TRUE FANTASY

*Super-stylish, somewhat surreal—  
inside a must-visit Bahamas resort*

BY EDEN BOILEAU

Oh, right, the beach. After a couple days at the Atlantis resort in Nassau, Bahamas, I realized I should probably set foot on what is the reason most of us travel to a Caribbean island. But there are so many distractions at the famed Paradise Island resort that the four beaches are almost an afterthought. After all, how can white sand compete with reservations at Nobu or a waterslide with a five-storey drop?

My suite at the Cove, one of four giant luxurious pink towers that house 3,400 rooms in total, was a split-level affair with a living room and fantastical view of the resort. The bathroom, bigger than most hotel rooms I've stayed in, had a soaker tub the size of a small boat. Though I could probably have been happy never leaving my room, staring out at all the blue (ocean, sky, pools), there was too much to do, not the least of which was eat.

*Continued on page 4*



CULTURE

### THE STYLISH SHELF

*Books you'll love  
to show off*  
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FASHION INSIDER

### SUMMER DRESSES

*Find the best  
one for your  
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SPOTLIGHT

### HOT TRENDS

*We headed to Korea, the new  
capital of the beauty world*  
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# PRADA CANDY KISS



THE NEW FRAGRANCE



MOST WANTED

# Petal power

We're all chasing that lit-from-within glow, and here's a new way to get it: Tap a few drops of this supercharged, non-greasy face oil where you'd normally put highlighter (cheekbones, Cupid's bow). Greek skincare line Korres has revved up its antioxidant-packed Wild Rose Oil with an easily absorbed form of vitamin C that gives

a powerful brightening effect. Suspended rose petals infuse the formula with luminizing extracts, which means both that you're reaping the benefits straight from the source and that you can display the bottle out on your vanity, not hidden away in the medicine cabinet. —Rani Sheen. Photography by Paul Weeks



KORRES WILD ROSE VITAMIN C ACTIVE BRIGHTENING OIL, \$75, SHOPPERS DRUG MART

SPOTLIGHT

## IF THE SHOE FITS

Jon Buscemi is leaving his footprints on the sneaker world with a new line of luxury shoes



BUSCEMI SHOES, \$835 TO \$1,890, HOLT RENFREW

Ask designer Jon Buscemi when he had his first big break, and he'll say, "When I was born!" with a big laugh. Buscemi's next big triumph was surely launching his namesake line of high-end sneakers, which sold out by pre-order before the brand even debuted in 2013. Inspired by the "fly style" of the cast of characters in the New York neighbourhood of his youth, Buscemi's shoes are made with fine calfskin leathers and hand-painted edges through a 20-hour process that's comparable to how high-end Italian dress shoes

are made. It's why Rihanna, Cara Delevingne and Jourdan Dunn began wearing his men's styles, which inspired the Wall Street broker turned shoe designer to consider creating a line for women. "Women are still buying our men's shoes because they like the tomboy look," explains Buscemi, who kept the styles similar but adjusted colours and embellishment for his women's line. He has ideas for styling them, too. "My favourite look on women is when they wear really beautiful dresses and high-tops." —Carly Ostroff

SHOPPING

## PERFECT PASTELS

Freshen up your summer look with a serving of these cool sorbet shades



J.CREW TOP, \$128, J.CREW.COM. MARC CAIN BAG, \$360, MARC CAIN, TORONTO EATON CENTRE. REITMANS TOP, \$50, REITMANS.COM. JOE FRESH SHORTS, \$19, JOEFRESH.COM. GEOX SHOES, \$150, GEOX.COM



Trainor rocks sparkly style on recent red carpets.

"I want to show there's much more to Meghan Trainor."

Q & A

## CHANGING HER TUNE

With her latest album, Meghan Trainor lets it be known that she is no one-hit-wonder

BY VERONICA SAROLI

"I never thought that I'd have fans," says Meghan Trainor, who now has leagues of them after her smash doo-wop single "All About That Bass" tore through the charts and propelled her to Best New Artist fame at the 2016 Grammys. When we spoke, the 22-year-old was getting ready to jump into rehearsals for her Untouchable tour, kicking off next month in Vancouver. The show will be "big, beautiful, cute, but something we can afford," she describes, providing a glimpse at the business person behind the singer. "I want to show there's much more to Meghan Trainor," she explains, tucking her formerly butter blonde, now auburn, hair behind her ear. Her second album, *Thank You*, released last month, mixes modern beats with a '90s-throwback, Calypso vibe. We sat down to learn more about how Trainor is finding her style and why she's sticking with red hair for now.

**How did *Thank You* turn out to be different from your last album?** "I had written three albums [worth of material] and my label kept saying that it wasn't punch-in-the-face, that I was doing what's expected. Finally they said, 'You're always saying you don't want to be trapped as a doo-wop artist—why don't you show what you've got?' I thought, 'What's that genre that I miss so much on the radio?' It was Nsync, Britney Spears, young Max Martin and Destiny's Child. We went into the studio that day and wrote a song that we all loved."

**How have you changed in the past year?** "I got red hair! And I'm confident because we won the Grammy and had a successful first album, which not a lot of artists get on their first try."

**How has your darker hair affected your style?** "This is definitely more my style than the '50s doo-wop look I was doing at first. I loved the silhouette with the A-line skirt, but I feel cooler now and I get to wear black, which is a blessing."

**What skincare products are you bringing on tour this summer?** "I'm awful with my skin. I take off my makeup with Neutrogena makeup wipes and then I slap on a Clearasil pad and call it a day. Especially with all the planes—it's drying me out and I'm getting acne. [The last time I had acne] I dropped a bunch of money and bought any face product that Kiehl's could sell me. It worked, I was obsessed, and then I just got lazy."

**How do you deal with negative feedback or criticism?** "My mama deletes it before I can read it! My phone got hacked, and they were writing things like, 'You fat whale, you don't deserve that Grammy, give it back.' Everyone says, 'It doesn't affect me.' And I'm like, 'Yes it does; it always affects you.' No matter who you are, you feel something whether you pretend you don't or not. But I get over it pretty quick."

CULTURE

## PAGE TURNERS

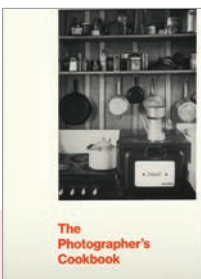
Dress up your coffee table with these stylish tomes

BY VERONICA SAROLI



**The Isaac Mizrahi Pictures** by Nick Waplington, \$65

Photographer Nick Waplington and Isaac Mizrahi hit it off after being introduced by Richard Avedon in 1989, which led to ad campaigns and fittings at the "Mizrahi fashion house" in SoHo. The book is a trove of the never-before-seen photos from that time.



**The Photographer's Cookbook** by Lisa Hostetler, \$30

Beautiful black and white photographs are the icing on the cake here. In the 1970s, the George Eastman Museum gathered photographers' cherished recipes for a cookbook that was never published—until now. Try Ansel Adams's Poached Eggs in Beer, Imogen Cunningham's Borscht, Ed Ruscha's Cactus Omelet and more.



**Pool Party** by Johnny Pigozzi, \$35

There is no pool more legendary than Johnny Pigozzi's on the Côte d'Azur. Supermodels (Naomi Campbell), designers (Nicolas Ghesquière), rock stars (Mick Jagger), actors (Sharon Stone), royalty (Princess Caroline) and more have taken a dip there, and Pigozzi has captured all the shenanigans.



**Styling Nature: A Masterful Approach to Floral Arrangements** by Lewis Miller, \$45

Claiming an aesthetic that goes from "monastic chic to the court of Versailles in the blink of an eye," Lewis Miller's 200-photograph-packed meditation on flower arranging shows off the overflowing vases and styling tricks that won Miller gigs with the Met, Givenchy and Chanel.



**Beaches** by Gray Malin, \$50

Gray Malin's delightful aerial photographs are achieved by not-so-delightful means like hanging out of a doorless helicopter. The resulting kaleidoscopic patterns of umbrellas on a sunny beach are well worth it.





Clockwise from top left: Bruno embarks on a trek; the Body Shop Piñita Colada Body Butter (\$21, thebodyshop.ca); textiles at a Lima craft market; an Amazonian bloom; meeting Brazil nut processor Yudith.

BEAUTY ADVENTURE

# Lipstick jungle

When she set off into the wilds of the Amazon, **Natasha Bruno** quickly learned how to pack like a pro. Hint: Never wear leggings

My first night in Peru—a pit stop in Lima, the capital city, dotted with hip districts and colourful craft markets—was a total contrast to what came next: a journey deep into the Peruvian Amazon jungle to see where beauty giant the Body Shop sources moisturizing Brazil nut oil for use in more than 250 of its products.

The next morning, I hopped on a puddle-jumper flight to the jungle city of Puerto Maldonado, not far from the borders of Bolivia and Brazil. Stepping onto the tarmac, I was hit with thick humidity and the scent of dense rainforest nearby. One bumpy bus ride and boat journey along the Tambopata River later, I made it to the Posadas Amazonas eco-lodge. The airy thatched-roof structure allowed for wide-open views of the pristine jungle, Brazil nut trees towering above and brightly coloured butterflies. My room had only three walls, so I lay in bed under a mosquito net in the pitch dark listening to monkey calls (there's no electricity, let alone WiFi, after 10 p.m.).

Out the door at 4 a.m., I hiked foggily in my rain boots through mud puddles to reach a wooden, paddle-driven catamaran. The breathtaking sunrise made rolling out of bed before dawn well worth it. We sailed around the calm waters of U-shaped Tres Chimbadas Lake, spotting river otters and giant guinea-pig-like capybaras.

At the indigenous Brazil nut trading community Lago Valencia, I trekked through the jungle to see how the nuts are collected from the forest floor. Loose-fitting pants were my friend—I learned mosquitoes bite right through leggings—and my stashable rain jacket came to the rescue in a sudden downpour (it's called a rainforest for a reason). Then I hopped back on the boat for a five-hour return trip in the blazing sun (travel time is entirely dependent on the sluggish river's current), which made napping near impossible. Hallelujah for SPF and my stainless steel water bottle, which kept my H<sub>2</sub>O cool for hours. Trekking through the Amazon is no walk in the park, but it's the trip of a lifetime. Just pack accordingly.

## INGREDIENT SPOTLIGHT

*Brazil nut oil has a lot more going for it than its skin-nourishing properties*

On the eve of its 40th anniversary this year, the Body Shop set itself a huge challenge: to be the most ethical and sustainable global business by 2020, by doubling its programs in vulnerable, ingredient-rich areas around the world. Here's what I learned about the ripple effect fair trade can have on communities and natural resources.

**1. BRAZIL NUTS ARE A TRULY SUSTAINABLE RESOURCE**  
The Brazil nut tree is a giant of the Amazon, reaching up to 50 metres and able to survive for several hundreds of years. A huge economic driver for Peru, it can grow and bear fruit only in a pristine forest—an environment that can't be recreated. It's illegal to chop the trees down (or nearby trees, for easier access to the nuts) so it both benefits from and encourages conservation, allowing communities to make an income.

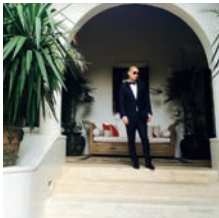
**2. HARVESTING IS DANGEROUS AND TIME-SENSITIVE**  
During harvesting season (January to March) the coconut-like fruits fall so fast that they can be deadly. Castañeros (brazil nut producers) collect fallen fruit with a claw-end stick called a *payana*, then crack open the shells with a machete to extract the nuts. A smooth processing and transporting process is weather dependent, as excessive rain destroys roads and makes boat travel impossible.

**3. WOMEN ARE MAJOR BENEFICIARIES OF ITS FAIR TRADE**  
Brazil nut processing plant Candela offers loans, transportation and services to its producers. Women occupy most roles here, and they benefit from flexible arrangements. I met Yudith Chinchay Chumbe, a 33-year-old mother of two who's studying for a master's degree part-time. "Candela is my second family," she says. All profits are used for investment to buy new tractors or boats or to upgrade the plant.

**4. IT REPRESENTS WHOLE COMMUNITIES' LIVELIHOODS**  
Imagine a remote community working hard to harvest its local resource to sell to a big company, only to have the product discontinued. "When we source something like Brazil nuts, it goes into a number of products, because when one product goes off the market, that community is left with stock it can't sell," says Christopher Davis, the Body Shop's international director of corporate social responsibility.

## CELEB GETAWAYS

Where the jet set flock when they need a vacay



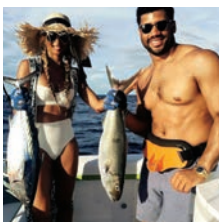
**JASON WU**  
TULUM, MEXICO  
The fashion designer tied the knot with his long-time boyfriend Gustavo Rangel at the Hotel Esencia in Tulum in front of a bevy of famous guests in April.



**EVA CHEN**  
TOKYO  
When Instagram's head of fashion partnerships headed to East Asia—bringing her signature pose with her—she zeroed in on the coolest local eats and most unique beauty buys.



**BELLA HADID**  
GUSTAVIA, ST. BARTS  
The model of the moment headed to the Caribbean island with friends for a bikini-filled holiday to celebrate singer Jesse Jo Stark's birthday, complete with swan floaties, naturally.



**CIARA**  
SEYCHELLES  
The singer may have caught a big fish while on vacation in March, but her fiancé, Russell Wilson, nabbed the greatest catch: He proposed.  
—Stephanie Choo

### Adventure packing essentials

Everything you need to jet off on your own action-packed trip of a lifetime



**S'WELL** WATER BOTTLE, \$45, CHAPTERS.INDIGO.CA. **HERSCHEL** BACKPACK, \$80, SHOP.HERSCHEL.SUPPLY.CA. **A PEACE TREATY** SCARF, \$550, APEACETREATY.COM. **GAP** BANDANA, \$18, GAPCANADA.CA. **LULULEMON** TOP, \$98, LULULEMON.COM. **HUNTER** RAIN BOOTS, \$170, CA.HUNTERBOOTS.COM. **BAREBONES** LANTERN, \$60, MEC.CA. **PARAJUMPERS** JACKET, \$565, PARAJUMPERS.IT. **NEMO** SLEEPING BAG, \$250, LIVEOUTTHERE.COM. **JOE FRESH** SHORTS, \$24, JOEFRESH.COM



## TRAVEL DIARY

# TRUE FANTASY

*Continued from cover*

Of the fine dining options—from trendy Nobu to celeb-chef spots Café Martinique by Jean-Georges Vongerichten and Olives by Todd English—the newest is 77° West, a South American and Caribbean fusion restaurant. We sat down to a ceviche flight that offered a taste of snapper with onion, papaya and sweet potato; shrimp with mango, avocado and roasted tomato; and tuna with ginger and lime. Our dinners of grilled seafood and beef flavoured with combos of tomatillos, tamarind, guajillo peppers, cilantro and coconut milk likely did not need to be capped off with the dulce de leche cheesecake. But I went for it, leaving me fit for nothing but sleep, rolling back to my room at 9 o'clock.

The next morning, in the hopes of atoning for dinner, we toured the 171-acre resort on foot. "Welcome to Fantasy Island," our tour guide did not say but probably should have. The sprawling, larger-than-life compound is so far removed from

most people's realities it is mind-blowing. We toured the casino, with its four Dale Chihuly sculptures worth a million dollars apiece; we wandered by Prada, Dior and Gucci boutiques in the shopping mall; we passed the beach cabanas you can rent for the day, which have TVs and fridges. Even kids get their own private club with a mini "grocery store," video-game room, light-up dance floor and a mock '50s diner, where children high on ice cream treats can take cooking classes.

I stopped to peer into the lagoons and aquariums that dot the property and house 50,000 marine creatures, like stingrays, turtles, sharks (many of them from Atlantis's marine rescue and rehabilitation program)—the largest marine exhibit in the Caribbean and one of the grandest in the world. I did, however, pass on the opportunity to slide through the shark tank in one of the waterslides.

Looking at all that salt water left me thirsty for a boozy poolside drink. I figured this was best done on a lounge the size of a king-size bed at the adults-only pool and bar area. I sipped coconut rummy things while a DJ spun Prince on real turntables—definitely a highlight of the trip.

The next day, hoping to get even farther from reality, I hopped aboard the nearly two-kilometre river ride. I coasted along a pale blue river, splashing through rapids and wave pools on an inflatable ring, leaving my real-world worries in my wake.

To leave no experience untried, I checked into the Mandara spa for a Balinese body polish and massage and emerged in a relaxed stupor, smelling of the spa's delicious blood orange shower gel, which I used in my massage room's private shower. Finally, with all of that luxurious business out of the way, there was only one thing left to do: pull up a lounge on the beach and contemplate my return to reality.



# PANTENE



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FASHION INSIDER

# FIND THE PERFECT SUMMER DRESS

New York designer Rebecca Taylor breaks down the most figure-flattering looks for your body type

BY CARLY OSTROFF



REBECCA TAYLOR, \$1,115, REBECCATAYLOR.COM



COS, \$150, COS



BANANA REPUBLIC, \$185, BANANA REPUBLIC



ACNE STUDIOS, \$560, NET-A-PORTER.COM



TIBI, \$695, TIBI.COM

IF YOU ARE...

**Petite**  
**The style:** The A-line mini  
**Why it works:** “It won’t swamp you,” says Taylor. “And showing a little bit of your shape could make your legs look longer.”

**Curvy**  
**The style:** The smock dress  
**Why it works:** “I love to accentuate curves and not hide them. I think it’s good to wear something that’s cinched and waist-defining, but still easy so you can breathe,” she says.

**Pear-shaped**  
**The style:** The fit-and-flare  
**Why it works:** This style emphasizes the waist and “acts as a bit of a camouflage at the bottom,” explains Taylor.

**Athletic**  
**The style:** The shirt-dress  
**Why it works:** “You don’t want to accentuate the waist as much, so a lean shirt-dress with a drop waist can be very pretty,” says Taylor.

**Tall and lean**  
**The style:** The maxi  
**Why it works:** “Long and lean [types] can wear anything, really,” says Taylor, who suggests that they opt for a floral maxi dress to capture summer’s romantic ‘70s vibe.

TAYLOR’S STYLING TIPS

“Very high shoes can be disproportionate on smaller frames, so opt for a mini heel for balance. Complete the look with a cute cardigan.”



“Amplify the silhouette with a vintage-looking shrunken jean jacket and heels.”



“I always love a cross-body bag in a poppy colour,” says Taylor. Amp up the ladylike vibe with a pretty pump.



“We spend so much money on skincare and then to go out in the summer without a hat—kind of silly,” says Taylor, who favours hats with a narrow brim.



Add a pretty pop with a pair of chandelier earrings and feminine espadrilles.



1. CLU CARDIGAN, \$605, NET-A-PORTER.COM. 2. ZARA MULES, \$119, ZARA.COM. 3. LEVI’S JACKET, \$108, ARITZIA. 4. GUCCI SHOES, \$1,020, HOLT RENFREW. 5. LK BENNETT SANDALS, \$435, THESEPTEMBER.COM. 6. PAULA CADEMARTORI BAG, \$1,105, HOLT RENFREW. 7. MICHAEL MICHAEL KORS SANDALS, \$258, MICHAELKORS.CA. 8. J.CREW HAT, \$76, JCREW.COM. 9. EXPRESSION EARRINGS, \$16, HUDSON’S BAY. 10. CASTANER SHOES, \$220, SAKSFIFTHAVENUE.COM



ONE-MINUTE MIRACLE

**Dear Tweexy Wearable Nail Polish Holder:**  
Well, aren’t you just the most clever thing? And so helpful! I’ve longed for someone or something to hold my nail polish bottle while I touch up my mani, whether I’m on the go or curled up on the couch. Now, I just pop you on my fingers like a giant silicone engagement ring and you securely hold my polish while I paint. I can’t wait to spend the summer together! We can go to the beach, the park, even cuddle up in bed. I’m so glad we’re going steady. *Gratefully,* Eden Boileau

TWEEXY WEARABLE NAIL POLISH HOLDER, \$16, AMAZON.CA

PHOTOGRAPHY: INSTAGRAM.COM @ REBECCATAYLORNYC (TAYLOR)



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LCD SOUNDSYSTEM • ARCADE FIRE • THE KILLERS

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FKA TWIGZ • CHET FAKER • ARKELLS • BEIRUT • GARY CLARK JR. • MAC DEMARCO  
RAE SREMMURD • WOLF PARADE • STARS • THE LAST SHADOW PUPPETS • FOALS  
THE ARCS • NATHANIEL RATELFF & THE NIGHT SWEATS • MATT AND KIM  
KURT VILE & THE VIOLATORS • GLASS ANIMALS • THIRD EYE BLIND  
X AMBASSADORS • BAHAMAS • BØRNS • TORY LANEZ • KEYS N KRATES  
A TRIBE CALLED RED • HALF MOON RUN • MØ • PHOSPHORESCENT  
BADBADNOTGOOD • LUCIUS • PATRICK WATSON • VINCE STAPLES  
ALUNAGEORGE • UNKNOWN MORTAL ORCHESTRA • SAVAGES • THE STRUTS  
GOLDLINK • FEMI KUTI & THE POSITIVE FORCE • LINDSEY STIRLING • OH WONDER  
ROBERT DELONG • COLEMAN HELL • WHITE DENIM • SHAD • FIDLAR • TOURIST  
NOAH GUNDERSEN • BLACK MOUNTAIN • MARIAN HILL • BOMBINO • BANNERS  
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SPOTLIGHT

# Windows to the Seoul

Why going to the beauty capital of the world changed my entire skincare routine

BY RANI SHEEN

I'm standing in the middle of a bustling pedestrian-only street in Myeongdong, a Seoul shopping district, and there are beauty shops as far as the eye can see: come-hither displays of cushion compacts, tables covered with sheet masks and cardboard cut-outs of shiny-cheeked K-pop boy bands hawking cosmetics to their rabid fans. The women I pass on the street (and most men) are clearly regular patrons—their brows are groomed and full, their lips are ever so slightly tinted and their skin is incredibly glowy, the light reflecting madly off cheekbones, foreheads and noses.

In Canada, I definitely qualify as a beauty junkie. I "art-direct" my manicures, get excited about mineral SPF and am no stranger to serum. But here, the fact that I mask only once a week makes me basic. "Sometimes Canadians don't even use cleansing foams; they just use water to wash their face. Eyeliner—they would just soak a towel and rub it off!" says Jin Ahn, the Face Shop's global training manager, in horror. "They think skincare is washing and cream. We need to educate them that there's more."

There's a whole lot more, actually. In recent years, the Korean 12-step skincare approach has attracted growing interest across the world—though spending that long at the sink is still unfathomable to many of us in North America's too-busy-to-eat-let-alone-exfoliate culture. Its near obsessive focus on hydration and the prevention of the appearance of aging has its appeal, though, especially when sun exposure and dehydration are starting to make their mark. (Ahem.)

Clearly, I need to go shopping. I step into the

Face Shop's flower-filled flagship and browse the shelves in wonder. There are snail extract serums (snails aren't harmed, just followed around for their trails), three-step pore-cleansing nose strips, sponge-tipped sunscreens that cool the skin by two degrees, tiny foam rollers for applying foundation and cushion compacts for every possible skin type. I squeeze out a blob of the Jeju Volcanic Lava mask, made with soil from Jeju Island, and marvel at its jelly-like texture, the way it heats up to excavate pores and the brush head that massages the product deep into the skin. Around me, customers fill their baskets with 10-packs of sheet masks and leave with bulging bags. Many of them are tourists from other parts of Asia, who visit Seoul to restock their bathroom cabinets.

I'm assured that if I came back in a month, the store shelves would be entirely restocked with new wonder emulsions and even more adorably shaped lip balms, because Korean customers aren't loyal to their liner or moisturizer—they're always looking for the next big thing. "If you go to Zara, you don't want to see last season's dresses, you want to see something new," says Ahn. "And young girls don't want to see Mom's cream. We're always on the lookout for something young."

Young, in this case, is a euphemism for affordable, and the Face Shop is definitely that. The brand, which is owned by tech giant LG, opened its first Myeongdong store in 2003 and made its name with \$1 sheet masks. "It was one of the first 'beauty shops,' and they've done a really good job," says Charlotte Cho, Korean-American founder of sokoglam.com, the K-skincare blog and e-store.



From top: Beauty shops as far as the eye can see in Myeongdong, Seoul; donning a shower cap and lab coat to see how Korean skincare gets made; shelves and shelves of the latest K-beauty wonders in the Face Shop's flagship.





"I find it really good quality, even though it's such a great price point. People can be skeptical about that, but labour is cheaper in Korea and it's a hard-working, competitive environment, so that's why the prices are low. But there is a markup when you ship it out west."

The Face Shop expanded into Canada in 2013 and now has 35 stores that launch 60 new products a month. The pace of innovation is mind-boggling, so, while in Seoul, I make a science-geek pilgrimage to see the process in action at a lab in the city's outskirts. Here, 700 researchers are tasked with figuring out how to concoct the latest and greatest—I would kill to attend their monthly brainstorm. I nosily ask what's in the pipeline and get to touch a prototype of a super-thin bio-cell sheet mask made of fermented coconut, which clings to the skin so nourishing ingredients absorb better. A researcher wearing a Peter-Pan-collared dress under her lab coat demonstrates how an oil-in-water emulsion is made. I'm distracted by her gradient lip colour, subtle liner and dewy skin—even the scientists here are cool.

By the end of my trip, I'm sheetmasking nightly and using an essence—a liquid hydrator that goes on right after cleansing—twice a day. I wear a moisturizing mask on the long flight home and arrive looking like I've just had a mini-facial. Now, weeks later, my jet lag has faded but I'm still double cleansing religiously, layering on serum, gel-cream and tinted SPF and using a cushion compact for sheer, luminous coverage. I don't sit down to watch Netflix without first masking up. I've never put this much emphasis on moisture; the error of my ways is now clear. My complexion is bright and calm and so soft. My routine takes a while, certainly, but the more time I spend on skincare, the less I spend on makeup, since I don't need as much. The only real drawback is that a bottle or jar almost tumbles to its death every time I open my overstuffed bathroom cabinet. But unless I actually drown in a tidal wave of product, it seems a small price to pay. After all, I'm an international beauty junkie now.

## SEOUL BEAUTY LESSONS

Cosmetic trends rule this city. These are the ones that cannot be ignored

 <b>SPF IS NON-NEGOTIABLE</b> There's a reason the BB cream trend hit huge in Korea—it's basically a very palatable way to wear sunscreen, with skincare benefits and a tint—because no Korean woman would be caught dead without SPF.	 <b>WE ALL NEED AN ESSENCE</b> Think of essences as liquid hydrators—they sink into cleansed skin before heavier emulsions and lotions are applied overtop to seal in moisture. Hair essences, like toners for your hair, are also popular.	 <b>POWDER IS THE ENEMY</b> Everyone's skin in Seoul is downright dewy, from teenage girls to TV talk show hosts to middle-aged restaurateurs—even their noses. Blotting paper can be used if necessary, but powder is distinctly uncool.	 <b>LIP LINER IS COMPLETELY LAME</b> The gradient lip is king in Seoul. Liner (or any colour that touches the edge of the mouth) is seen as extremely aging, so most girls use only a dab of coral or pink tint in the middle of their lips, leaving the rest bare.	 <b>BROWS MUST BE STRAIGHT</b> Arched brows are thought to be harsh and aging, so full, fluffy, straightened brows (filled in under the arch and extended at the tip into a squared-off shape) are the ideal. Brow pencils, powders and gels fly off shelves.	 <b>LASHES CAN'T BE TOO CURLY</b> The Korean hack to lash curling: take an orange stick, hold it over a lighter until the end is blackened, then hold it against mascaraed lashes to curl and separate them. Seriously, don't try it at home.	 <b>LID SURGERY IS STILL A THING</b> Double-eyelid surgery is still popular, and tourists come from across Asia to do it, along with face shaping to reduce roundness. One building in Gangnam houses seven different clinics.
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### SHOPPING LIST

Stock up on Korean skincare with these beauty buys

1. HOLIKA HOLIKA BOUNCING PETIT BB CREAM, \$12, HOLIKAHOLIKA.CA 2. THE FACE SHOP INK GEL STICKS IN BABY ORANGE AND PINK SHOCK, \$15, THE FACE SHOP (AVAILABLE IN JULY) 3. THE FACE SHOP CUSHION BLUSH IN PLUM CUSHION, \$10, THEFACESHOP.CA 4. THE FACE SHOP JEJU VOLCANIC LAVA MASK, \$15, THE FACE SHOP 5. TONY MOLY PANDA'S DREAM MAGIC CREAM, \$18, URBANOUTFITTERS.COM 6. SULWHASOO CAPSULIZED GINSENG FORTIFYING SERUM, \$206, NORDSTROM.COM 7. ERBORIAN SOLID CLEANSING OIL, \$49, SEPHORA.CA 8. NEOGEN CEREAL REAL FRESH FOAM CLEANSER, \$24, SOKOGLAM.COM 9. AMORE PACIFIC MOISTURE BOUND EYE GEL, \$95, HOLTRENFREW.COM 10. THE FACE SHOP MANGO SEED RADIANCE ESSENCE, \$32, THEFACESHOP.CA 11. LANEIGE WATER BANK SOOTHING GEL MASK, \$31, SEPHORA.CA

## WHAT IT'S LIKE TO...

**HAVE A HIGH-END FACIAL.** At the serene flagship spa of high-end skincare line Sulwhasoo, the highlight of my facial was a rubberized mask that was spread over my entire face—including my closed eyes—and left to jell before being peeled off to reveal soothed and dewy skin. Layer after glorious layer of essences, serums and lotions followed, each applied with firm massage technique. Afterwards, I was led to a fully stocked makeup station to prepare for re-entry into the world. [sulwhasoo.com](http://sulwhasoo.com)

**HAVE A BLOWOUT.** I spent my visit to Jenny-House salon in Gangnam alongside a reality star turned rapper and an actor in a police drama, with his sweatshirt hood up. The salon specializes in digital perms (for beachy waves, not '80s spirals), but I went for a simple blowout. My stylist's technique was next level—while holding a

round brush, he twisted his wrist over and back for bends, not curls. [jennyhouse.co.kr](http://jennyhouse.co.kr)

**GET YOUR MAKEUP DONE.** Plush Gangnam salon Avenue Juno is a magnet for K-pop stars and brides. My makeup artist patted in three layers of skincare before even touching makeup, then stippled on sheer cushion compact base mixed with liquid foundation. Blush went high on my cheeks, liner was applied with a brush to elongate my lids, and two shades of lip colour gave me a gradient lip. The effect was far from vampy—I felt fresh and bright. [avenuejuno.com](http://avenuejuno.com)

**HAVE A GINSENG BODY TREATMENT.** Because of its supercharged antioxidant properties, ginseng is consumed in everything from teas to candies. (It's grown elsewhere but the Korean kind contains more skin-firming saponins.) At ginseng company

Cheongkwangjang's tranquil spa, the all-ginseng body treatment starts with a foot soak as you sip ginseng tea, then moves to a bed for a blissful body, face and lymph node massage with hot tummy compresses. It ends with vigorous, almost gymnastic assisted stretching. [spag.co.kr](http://spag.co.kr)

**GET A MANICURE.** Unistella salon, tucked away in the alleyways of Cheongdam-dong, is home to my favourite Insta-star manicurist, Eun Kyung Park, who invented the "broken glass manicure" to mimic an abalone shell. I went for "bracelet nails," another Park invention, which uses pieces of thread strung with tiny metal rings and studs. Be prepared to pay over \$100 for gel nail art. [unistella.com](http://unistella.com)

For more beauty hot spots, visit the Korea Tourism Organization's guide to Seoul at [visitkorea.or.kr](http://visitkorea.or.kr)

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