

THE KIT

MOST WANTED
SUMMER BEAUTY
The coolest beat-the-heat essentials
page 3



SUMMER STYLE SPECIAL

It's officially festival season! Rock it with retro-chic tie-dye, sweet-smelling self-tanners and an absolutely perfect playlist



HAIR EDITOR MAKEOVERS

Three staffers take hot-weather hair looks for a spin
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TEST DRIVE RAINBOW LASHES

Can anyone pull off candy-coloured mascara?
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THREE MAKES A TREND NAIL IT

The season's must-try mani
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DOLCE & GABBANA
light blue



SNIFF TEST
GET A WHIFF OF THIS

Finally: sunless tanners that actually smell good

BY NATASHA BRUNO

Now that we're clear on the risks of sun exposure— from skin-cell DNA damage to cancer—there's really only one safe choice for getting a glow: self-tanners. But until recently, their distinctive odour (you know the one—that burnt-cookie scent that lingers until your next shower) has been a major turnoff. The stinky culprit is DHA (a.k.a. dihydroxyacetone), a form of sugar that works to tint the top layer of skin. "It interacts with your skin's proteins and generates two molecules, which are responsible for that biscuit aroma," explains Dr. Kumar Vedantam, vice-president of technology and applications at self-tanning brand St. Tropez. Luckily, beauty brands have been hard at work to mask the funk—read on for their latest formulas.



Floral whip

This lightweight, liquid-to-foam faux glow (best slathered on with an applicator mitt) is scented with a soft blend of daffodil and jasmine.

RODAN + FIELDS
ESSENTIALS FOAMING
SUNLESS TAN, \$30,
RODANANDFIELDS.COM/CA



Oil infusion

Fragrance- and alcohol-free, this non-greasy oil leaves behind a natural bouquet of sweet orange and lemon-grass essential oils.

VITA LIBERATA MARULA
SELF TAN DRY OIL, \$65,
SEPHORA.CA



Fragrant mist

This fine spray, which helps you reach tricky areas like your back, is infused with a fragrance that was two years in the making: a warm cocktail of green apple, rose, lavender, musk and sandalwood.

ST. TROPEZ SELF TANNING
BRONZING MIST, \$45,
BEAUTYBOUQUETTE.CA



Figs & cream

Skin-softening fig and aloe vera extracts help to sweeten this ultra-moisturizing, silky lotion.

CLARINS SELF TANNING
MILKY-LOTION, \$37,
CLARINS.CA



1. A hemp-infused treatment is your pool-parched hair's tall glass of water.
THE NORTH AMERICAN HEMP CO. CONDITIONING TREATMENT, \$14, WELL.CA
2. Start your day with a spray-on leave-in to ward off summer straw hair.
SUN BUM 3 IN 1 LEAVE-IN, \$18, SHOPPERS DRUG MART
3. Matte highlighter is a gift from the summer beauty gods.
BENEFIT COSMETICS DANDELION SHY BEAM, \$34, SEPHORA.CA
4. Let your nails be your sunniest accessory with this long-wearing polish.
ESSIE GEL COUTURE POLISH IN LOOKS TO THRILL, \$14, SHOPPERS DRUG MART
5. Swirl bronzer and blush together for a "spent a little too long on the patio" glow.
CHANEL LES BEIGES HEALTHY GLOW MULTI COLOUR, \$74, CHANEL.CA
6. This gel hydrator won't feel sticky, even during an extreme heat alert.
CAUDALIE PARIS VINGOSOURCE MOISTURIZING SORBET, \$40, CAUDALIE.COM
7. Hot nights need a scent that sizzles with bitter orange, cypress and chestnut cream.
TOM FORD ORCHID SOLEIL EAU DE PARFUM, \$140, HOLTRENFREW.COM
8. SPF touch-ups: non-negotiable and now easier than ever with this tinted stick.
SHISEIDO UV PROTECTIVE STICK FOUNDATION, \$35, HUDSON'S BAY
9. Obliterate industrial-strength waterproof mascara with this nifty remover wand.
TOO FACED MASCARA MELT-OFF CLEANSING OIL, \$22, SEPHORA.CA
10. Click on this tangerine-tinted lip oil for a "woke up like this" look.
QUO LIP OIL, \$12, SHOPPERS DRUG MART

Keep a Turkish towel handy for impromptu backyard naps. Towel, \$20, homesense.ca. Bike basket, \$33, mcc.ca

Gilded shades keep you extra cool at the pool. Sunglasses, \$145, claudiaalan.com

MOST WANTED

Heat-seeking beauty

BY RANI SHEEN | PHOTOGRAPHY BY PAUL WEEKS

VANITIES
ROCK ROYALTY

Lizzy Jagger takes her makeup cues from her dad

BY CARLY OSTROFF

Lizzy Jagger comes from a long line of pretty faces. The offspring of Rolling Stones frontman Mick Jagger and supermodel Jerry Hall got her first taste of modelling when she walked the runway with her mother at age 5—for Chanel, no less. "I just remember being backstage with these amazing glamazon-looking women with incredible nails," the 32-year-old Los-Angeles-based model and actor says now.

Despite having grown up modelling for Vivienne Westwood and Sonya Rykiel, Jagger prefers to take makeup cues from her rock-star dad rather than her model mom. "I've definitely copied some of my dad's makeup looks on nights out," she says. "It's a bit funny, but we have the same colouring so it just works." She swaps products and tricks with her sister and fellow model Georgia May. "I love it when she gives me amazing new products and beauty tips she gets from working around the world." Her mother also provides good advice. "She taught us that beauty really comes from the inside and from always taking care of yourself," Jagger explains. "She taught us a lot about hair too."

On that note, Jagger—whose middle name is Scarlett—made a drastic change to her brown hair as she approached her 30th birthday. "I was inspired by Ariel from *The Little Mermaid*," she says. "I've always loved redheads." Recently, she toned down the cartoon-bright shade to a deep ruby—a move that got her noticed by Redken, which has named her its latest muse. Sometimes star quality just runs in the family.



TOMMY HILFIGER



Inside Lizzy Jagger's vanity

- "I'll use this hair oil as a treatment once a week before I go to bed. It's also great to add a few drops to your hair before going out."
REDKEN DIAMOND OIL GLOW DRY, \$43, REDKEN.CA
- "I have very 'English rose' type of skin. It's sensitive and reactive, so I really have to treat it right. I like organic, natural products and find they're the best for my skin type. I apply this cream all over."
LIVE LIVE BEE YUMMY SKIN FOOD, \$47, LIVE-LIVE.COM
- "I always wear sunscreen. I learned that from my mother's mother, who was from Texas and had very pale skin."
SKINCEUTICALS PHYSICAL FUSION SPF 50, \$46, SKINCEUTICALS.CA
- "I spray this on my face in the mornings and throughout the day. It helps with redness and dryness."
EVAN HEALY ROSE PETAL HYDROSOL, \$36, THECURE-APOTHECARY.COM
- "For everyday I just wear mascara—I love Charlotte Tilbury—and apply a little concealer after I moisturize. For a night out, I'll go a bit bigger and add eyeshadow and lipstick."
CHARLOTTE TILBURY LEGENDARY LASHES, \$38, HOLTRENFREW
- "Always in my purse: Crabtree & Evelyn lip balm."
CRABTREE & EVELYN JOJOBA OIL CONDITIONING LIP BALM, \$5, CRABTREE-EVELYN.CA
- "I typically wear essential oils as perfume, but I just started wearing Urban Scents Desert Rose from Berlin."
URBAN SCENTS DESERT ROSE, \$260, URBANSCENTS.DE

BEAUTY

MUST-TRY FESTIVAL HAIRSTYLES

From braids to blooms, take a cue from these Coachella revellers for hair looks that will make an impression in a sea of faces

BY NATASHA BRUNO



1. **Double French braids**
Plaited pigtales aren't reserved for the 10-and-under crowd. Divide hair in the centre, make two French braids and secure at the ends, then gently tug out sections from the crown to the nape for a softer, grown-up-approved take on tight boxer braids.
2. **Dishevelled halo braid**
Create a tousled, lived-in version of a typically prim style. Once your crown braid is secured, rough up the edges with your fingers and pull out random face-framing pieces—the wispier, the better.
3. **Sparse flower crown**
At this point the flower crown is a festival-circuit cliché, but a pared-down headpiece with just a few scattered blooms can take a simple hairdo up a few ethereal notches.
4. **'90s twists**
Feeling nostalgic? Separate the top swath of hair into four sections, flat-twist each from forehead to crown and secure with mini claw clips. Apply temporary pastel colour from mid-lengths to ends and occasional strands for a dip-dyed effect.
5. **Brushed-out curls**
Play up natural texture by brushing spirals into a frothy cascade of waves. A modern nod to disco, this voluminous style would make Diana Ross proud.

How to festival like an adult

Music season is upon us! And, yes, you can join the fun without wearing a fringed vest. This is our grown-up guide to festival style



Citizens of summer

Anyone who has heard a few chords of the hypnotizing folk music of Bahamas—a.k.a. Afie Jurvanen—has insight into the born-cool vibe that permeates life with his wife, ceramic artist Naomi Yasui. Married in 2012, the Toronto couple traded in their tiny apartment above a noisy downtown corner for a sweet semi on a quiet street in the west end last year. Now, with Van Morrison's *Wavelength* on their turntable, they

split a Guinness most evenings in their petite Scandi-cool backyard after their toddler, Yuri, is asleep.

Jurvanen's last album, *Bahamas Is Afie*, which dropped in 2014, received critical praise for its grown-up sound. This summer, he's looking forward to taking Yuri on the festival circuit (she'll likely be the one wearing a cool hat on the bouncy castle at WayHome). Yasui, meanwhile, has just wrapped a show of her thought-provoking ceramics and is ready to start a new body of work.

The couple share a similar artistic spirit. "I confer with her about everything," says Jurvanen simply. Yasui agrees that their oeuvres inform each

other—although not necessarily in a direct way. "Afie has taught me to be more open and not care what people think," she explains. "He has a goal and works toward it, and I'm just always turning things over in my mind."

Yasui does know how she'll be spending the summer: "looking like someone's mom from an '80s movie," she quips. "I'll be seen with a zinc face and ball cap shrinking away from the sun." Jurvanen riffs that Kanye West is his summer style icon. (He's gotten into fishing and deadpans that Kanye will "also be seen in waders.") But this couple's style—and collective creativity—is no joke.



The writer showing off her subtle rainbow look.

TEST DRIVE

WEAR THE RAINBOW

How to pull off this summer's most colourful lash look

BY MARI SANTOS

This summer's roster of music festivals provides the perfect opportunity to chase the rainbow makeup trend—brightly coloured lashes pair perfectly with festival attire and they look way cooler than a flower crown. I wasn't sure I was ready to make the full rainbow leap, so I started by testing out bright solo colours until I felt primed for ROYGBIV or, in this case, RYGBIV. (Orange mascara, where are you?)

First, I swept on NYX mascara in Pink Parfait, paired it with rose eyeshadow and set out for the grocery store. I felt fairly confident, but had my "Oh, this look is for an article" spiel prepared. Surprisingly, the lady at the fish counter didn't ask me why my eyelashes matched the tuna steaks I was purchasing.

After this initial foray, Le Volume de Chanel in Ardent Purple (with matching mauve liner) felt fairly tame, so I decided to wear it to a family birthday dinner. No one noticed that, instead of basic black, my lashes were a rich aubergine that made my eyes sparkle like Elizabeth Taylor's. (At least, that's what I like to think.)

Then, I broke out electric blue with YSL's Vinyl Couture in I'm the Trouble. "You're so...colourful!" said my boyfriend, his expression showing equal parts fear and encouragement. I needed a drink, so I took my colourful lashes to a tequila tasting event, where I was met with admiration from my fellow tasters—almost all female.

I was ready to debut my eyelash magnum opus at the Unsound electronic music festival in Toronto. Using an angled brush, I painted different colours onto small sections of my lashes, repeating until I hit max rainbow capacity. (You can apply the mascara from the wand by holding it vertically, but a brush is more precise, and, for the DIYers out there, mixing clear mascara with eyeshadow works too.) The look was subtler than I had anticipated, more high fashion than circus clown—and a nice way to show some love to the LGBTQ community. When I arrived at the festival, in a dark repurposed generating station, I realized it was perhaps not the greatest place to show off my handiwork. The lasers, smoke machines and giant disco ball kind of stole my thunder, but I did get a compliment from a fellow festival-goer on the well-lit shuttle bus home. "That looks amazing, but I could never pull it off," she said. I beg to differ.

HOT LIST

Canadian DJs share their top summer tracks



SUMMER FLING DJ
"Flesh without Blood" by Grimes



DJ MISTY
"P.Y.T. (Pretty Young Thing)" by Michael Jackson



PEACH
"Let's Lovedance Tonight" by Gary's Gang

SHOPPING

How to master festival dressing

With the season in full swing, we're taking cues from the most stylish musical acts on the circuit.



AlunaGeorge

Aluna Francis, the electro twosome's frontwoman, looks pitch perfect in the Alexander-Wang-esque, '90s-skater-punk vibe.

Haim

The sisters Haim have that California look down: breezy crop tops, weathered denim and new age jewels.

Lana Del Rey

Lana Del Rey's closet is packed with vintage negligées, baseball jackets and art deco earrings.

FROM TOP: LULULEMON HAT, \$38, LULULEMON.COM. BENCH DRESS, \$79, BENCH.CA. DIESEL JEANS, \$185, DIESEL.COM. REBECCA TAYLOR DRESS, \$380, REBECCATAYLOR.COM. SWATCH WATCH, \$100, SWATCH.CA. PIERRE HARDY SHOES, \$895, SSENSE.COM FOR SIMILAR STYLES.

FROM TOP: MOTHER TOP, \$125, MOTHERDENIM.COM. CLUB MONACO TOP, \$160, PANTS, \$190, CLUBMONACO.CA. NUDIE JEANS JACKET, \$225, NUDIEJEANS.COM. LACOSTE SHOES, \$140, SHOEME.CA. THOMAS SABO RING, \$98, THOMASSABO.COM. PAULEKA BAG, \$600, PAULEKA.COM

FROM TOP: LADY GREY EARRINGS, \$186, 6BYGEEBEAUTY.COM. GUESS JACKET, \$98, GUESS.CA. LINDBERG SUNGLASSES, \$535, JOSEPHSON.CA. BIRDS OF NORTH AMERICA TOP, \$129, SKIRT, \$145, SHOP BIRDSOFNORTHAMERICA. TOPSHOP DRESS, \$120, THEBAY.COM.COM. SOPHIA WEBSTER SHOES, \$440, THEBAY.COM

FROM LEFT: YSL VINYL COUTURE MASCARA IN I'M THE TROUBLE, \$39, SEPHORA.COM. BUTTER LONDON ELECTRICALASH COLOR AMPLIFYING MASCARA IN INDIGO PUNK, \$21, BUTTERLONDON.CA. HARD CANDY 1000 LASHES IN LUSH GREEN, \$7, WALMART. NYX COLOR MASCARA IN PINK PARFAIT AND PERFECT PEAR, \$10 EACH, NYXCOSMETICS.CA



MUSIC & ARTS FESTIVAL

LCD SOUNDSYSTEM • ARCADE FIRE • THE KILLERS

MAJOR LAZER • M83 • HAIM • METRIC • CHVRCHES

RAY LAMONTAGNE • 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 • DILLY DALLY • YOUNG EMPIRES

ALL THEM WITCHES • MOTHERS • LANY • WHITE LUNG

BISHOP BRIGGS • THE PAPER KITES • LITTLE SCREAM • ALLIE X

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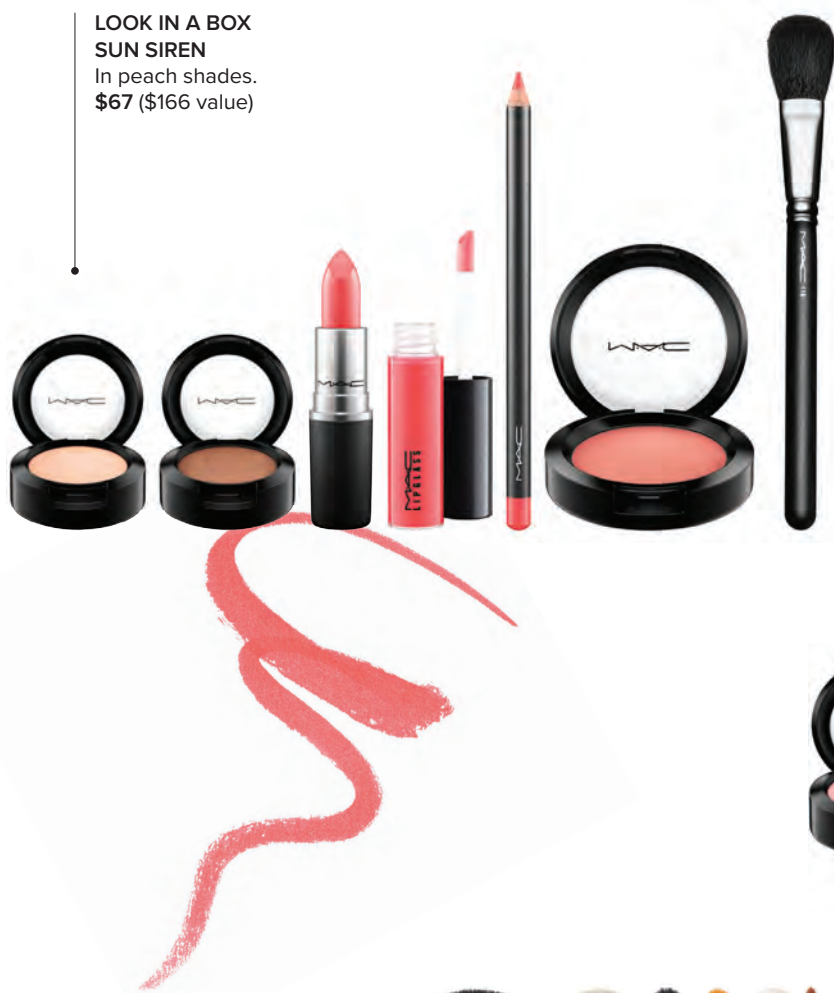
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\$67 (\$166 value)



LOOK IN A BOX
SUN SIREN
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\$67 (\$166 value)



LOOK IN A BOX
SWEET MISS
In pink shades.
\$67 (\$166 value)



BASIC BRUSH KIT
\$71.50 (\$207 value)

SHOP THEBAY.COM



Style stars of summer

Models Annesta Duodu (left) and Britney Bentick met at a casting for a Toronto fashion show a couple of years ago. Duodu says they bonded over vintage shopping; Bentick says it was food. Either way, the

full-time students share a love of summer "fashion and humidity." Duodu describes her style as "edgy and masculine," but when the hot weather hits, she's all about bold patterns and colours. Bentick, who admits she's been wearing a baseball cap nearly every day for a month, says her look is "girly, androgynous: feminine but not overly sweet." Whatever you call it, it's as hot as summer pavement.

TEST DRIVE

Tie-dye to die for

Your commitment to groovy can now be fully accessorized

BY SARAH MOORE



From left: Tie-dye at Rachel Comey; paired with denim for low-key street style; on the runway at Thakoon; layered at the BCBG show; having a red carpet moment with British athlete Kelly Holmes; the author in Laura Siegel.

You know a trend is having a moment when a group of Gen-Zers breaks the world record for the number of people in one location wearing it. This happened earlier this year in Calgary when 885 students at Bishop Grandin High School assembled the largest gathering of people wearing tie-dye shirts. Channeling a '60s-style love-in, the students gathered in the gym after having tied, knotted and dyed the shirts as a way to promote school spirit.

Those kids are in good company: No less than Gigi Hadid, Kanye West and Jenna Dewan Tatum (ab-flashing in a teeny tie-dye bikini on the cover of

Women's Health) have all been spotted sporting the retro print. And with summer festival season upon us, you might be tempted to join the tie-dyed masses (who, you can bet your bong, will be out in full force). If so, the range of options is vast, from Old Navy and BCBG right up to Valentino and Louis Vuitton.

The risk, of course, with psychedelia-influenced pieces is assembling a look that's not too full-on Woodstock. (No one wants to look as though the ghost of Jimi Hendrix threw up on them.) This was my concern before happening upon Toronto designer Laura Siegel. Seduced by Siegel's line of subtly dyed pieces in soft, flowing fabrics, I tried on a sleeveless dress. I felt sophisticated and stylish even while rocking a trend some might consider juvenile. What's more, Siegel collaborates with artisans from around the world to sustain traditional cultures and crafts. One could argue her line is a 2016 sartorial incarnation of the 1960s' give-back ethos.

Because, unlike other design blasts from the past—acid wash, say—tie-dye isn't just rich in colour, with links to '60s counterculture, it's rich in association. Lest we forget, at one time that chaos of colours was emblematic of a revolution against the buttoned-down social norms of the 1950s.

To be sure, bold patterns can evoke strong feelings. Kurt Cobain, for example, famously told *Melody Maker* magazine in 1992 that he wouldn't wear a tie-dyed T-shirt "unless it was dyed with the urine of Phil Collins and the blood of Jerry Garcia." Right, then.

You likely have your own opinion of tie-dye. You might even have previous experience with hippie shirt-dipping. I certainly do. In grade six, I became so tie-dye-obsessed I set up a mini mixology lab in my basement. Nothing was safe from my rainbow treatment: not T-shirts, pillowcases, socks or bathrobes. My fixation was likely the result of seeing Janis Gregor stroll into math class wearing what was clearly her boyfriend's tie-dyed shirt. This move struck me as both bold and fashion-forward, and I wanted to jack her style.

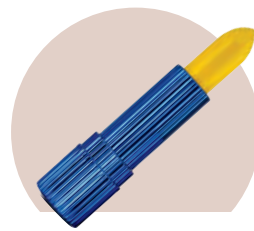
I learned the hard way that cheap dye leaches from fabric to skin. And everything else.

Thankfully, today you needn't resort to DIY-ing your inner hippie. My Siegel shift, a case in point, is a far cry from the blotchy zygote T-shirts of my youth. And when wearing it I feel just as cool as Janis Gregor, circa 1978. Peace out.



Shop the trend

FREE PEOPLE X LES COQUINES BODYSUIT, \$240, FREEPEOPLE.COM. FRENCH CONNECTION DRESS, \$158, THEBAY.COM. FIDELITY DENIM JEANS, \$208, FIDELITYDENIM.COM. VANS SNEAKERS, \$107, ASOS.COM. DEVLYN VAN LOON DRESS, \$275, ETSY.COM/SHOP/DEVLYNVANLOON



ONE-MINUTE MIRACLE

Dear the Estée Edit Lip Flip, Thank you for making me feel cool. I usually stick to classic (boring?) red lipstick; you are a shocking primary yellow that seems better suited for trendy kids who still ride a similarly hued school bus. But when layered over my go-to lippie, you add a warm brightness—and applied in the centre of the lip, you create a subtle ombré effect in seconds. Pulling you out of my purse feels exciting, like youthful indiscretions, but without the risk.
xo, Kathryn Hudson

THE ESTÉE EDIT LIP FLIP SHADE TRANSFORMER IN TURN UP, \$26, SEPHORA.CA

THREE MAKES A TREND

GRADIENT NAILS

How to bring the party to your fingertips

BY NATASHA BRUNO

Music festivals and nail art belong together. Get into the spirit with a free-form ombré design that's surprisingly DIY-friendly. "It's a slap-in-the-face beauty statement," said nail artist Danielle Candido backstage at the Zero + Maria Cornejo spring runway show, describing her deconstructed take on a French mani. "There is something liberating about going against the grain of what is expected." Here, three easy-to-achieve looks to help you rock out.



Fade to baby blue at Suno

1. Apply one coat of pink-beige polish to entire nail and allow to almost dry. 2. Paint light blue lacquer horizontally across a makeup sponge. 3. Roll the sponge from one side to the other across from the tips to halfway down the nail. 4. Seal with a glossy topcoat.

OPI NAIL LACQUER IN IT'S A BOY, \$13, TRADE SECRETS. ZOYA POLISH IN AVERY, \$10, ZOYA.COM



Paint-splattered tips at Zero + Maria Cornejo

1. Dip into white polish and wipe excess off the brush. 2. Swipe onto nails, starting at the tips and reaching halfway down in a gentle scrubbing motion. 3. Finish with matte topcoat.

MORGAN TAYLOR LACQUER IN ALL WHITE NOW, \$9, MORGANTAYLORLACQUER.COM



Layered pastel sunsets at Rebecca Minkoff

1. Paint a thick layer on the narrow side of a makeup sponge with horizontal stripes of each polish. 2. Roll the sponge over entire nail, repeating a few times to deepen the colours. 3. Clean up around cuticles with a nail brush dipped in remover. 4. Finish with one coat of sheer pink polish to soften the look.

FROM TOP: ESSIE GEL COUTURE IN LOOKS TO THRILL, \$14, SHOPPERS DRUG MART. SALLY HANSEN COMPLETE SALON MANICURE IN A BLEU ATTITUDE, \$10, WALMART. L'ORÉAL PARIS LE VERNIS À L'HUILE BY COLOUR RICHE NAIL POLISH IN DIMANCHE APRES-MIDI, \$10, SHOPPERS DRUG MART

Daisy daze

From rosy-hued pieces to accessories that pile on the petals, summer is the season to unleash some flower power



Blue belle
These iridescent paillette florets are anything but garden variety.
NINE WEST
CLUTCH, \$115,
NINEWEST.CA

Stay grounded
Slip on the coolest—and easiest—shoe of the summer.
ALDO SHOES, \$55,
ALDO SHOES.COM



Petal to the metal
Pink petals blossom out from a sparkly centre on these trendy dangles.
H&M EARRINGS, \$7, H&M



Breezy babe
An eyelet mini-dress is the best way to beat the heat.
H&M DRESS, \$80, H&M



Daisy dream
Fresh grapefruit, blackberry and pear notes mix with jasmine, blue wisteria and coconut water, for a light and airy summery scent.
MARC JACOBS
DAISY DREAM
EDT, \$90 (50ML),
SEPHORA.CA



Sunny days
See the world through rose-framed glasses.
C4 EYEWEAR X SUSIE WALL SUNGLASSES, \$125,
ARITZIA.COM



DAISY MARC JACOBS



THE FRAGRANCES FOR WOMEN

MARCJACOBSFRAGRANCES.COM

FIRST PERSON

RIPE FOR A CHANGE

Frustrated by chronic pain, florist **Tania Dupon-Martinez** gets a couple things off her chest just in time for summer

I'm going to the beach this summer. I'm going to go cliff jumping. I'm going to swim in the sun. I've lived a bikini-less life, but now, at 26, I'm leaving behind that crazy one-piece tan.

When you have E-cup breasts, as I did, you're very exposed in a bikini—it doesn't hold you in (like, at all) and it also leaves you open to objectifying comments.

Then there's the back pain. I'm a florist, which is awesome, but it's also very labour-intensive. I took Tylenol every four hours to deal with chronic aches. I lost weight and exercised to build up certain muscles. Nothing worked—big breasts just run in my family. Then my doctor asked if I would consider getting a breast reduction.

My mom was hesitant because I'd have to go under anaesthetic. I was hesitant because I want to have kids and I would love to breastfeed, which can be tricky after surgery. I considered the cons and weighed them against what I was dealing with every day. After about a year, I was approved for medicare coverage and slated for surgery. I was nervous—I'd never had surgery for

anything, even a broken bone—but also because I was going to wake up and live a huge change I couldn't undo.

I had to take a full six weeks off after the procedure—there was pain, and I was definitely going out of my mind. The whole experience made me reflect on what women go through, how our bodies are treated in public spaces. In university, the club culture came with a specific way of dressing, and even if I wasn't showing lots of skin, I often felt super-uncomfortable. (In hindsight, I'm happy I gravitated toward the art scene.)

I wondered, "Am I the only one who feels this way?"

I thought when I was recovering that I would wear plunging necklines all the time, but it turns out I'm still the same person. A year ago, I was vintage shopping and I found this floral shirt that I loved, which fit perfectly except for the button at the

chest. I bought it anyway because the price was right, and I thought, "Well, you never know." Now I'm a 34B and that floral shirt fits perfectly. Even crazier? I'm actually enjoying shopping for bikinis.

"I'm actually enjoying shopping for bikinis. It's amazing not to hide behind clothes anymore."

It's amazing not to hide behind clothes anymore, to be able to put my shoulders back and meet the world.

My partner was away on a trip for a few months when I went in for surgery. It was kind of hilarious when he got back because so much had changed. We were catching up on everything, but also I was like, "Hey! I have new boobs!" Your partner should embrace your body in any form, so I wasn't too worried about that. In fact, it was almost a reassurance, like, "You're okay with my scars? Okay, you can stick around for a little longer."

The scarring is actually going away—but it hasn't bothered me. It's a reminder of how life is crazy. Bodies take on different forms and, over time, bodies change. And right now it's easier to breathe. —As told to Kathryn Hudson



NEED A CUTE SUIT THAT ACTUALLY FITS?

Head to one of these specialty swimwear stores that cater to every cup size

MONTREAL

Angela Jones Swimwear (6801 Route Transcanadienne) is all about customization. The store boasts 200 designs that can be made in any colour and length and with added push-up. You can also mix and match two-pieces to create the bikini of your dreams.

VANCOUVER

Nettle's Tale (4301 Main St.) caters to active women with sports-bra-esque bikini tops and high-waisted bottoms—so you can kayak, surf or run without the fear of a wardrobe malfunction. As if that's not enough, 10 per cent of sales goes to charity.

OTTAWA

Brio Bodywear (380 Richmond St.) knows that the struggle is real when it comes to suit shopping. It offers 40 brands of swimsuits that support up to an H-cup and personal fittings. There is also a section of bra-like swimsuits for those who'd like a little extra support.

CALGARY

There is no shortage of selection at Shapes 'N Figures (103-5718 1A St. SW). With over 8,000 swimsuits in stock that go up to a size 26 and a cup size of J, most will be spoiled for choice. Thankfully, they have professionally trained fitters to help you sort through it all.

EDMONTON

Bijou Lingerie and Swimwear (118-17010 90 Ave.) takes a one-on-one approach with every customer. The store is "run by women, for women" and offers styles and sizes to flatter all body types. Plus, it has a reward program. —Kayla Rosen



Songs of summer

"During the summer, I like to play music that makes you feel like you're allowed to lie around and just appreciate the present moment," says Tenemy Shaughnessy De Rothschild (right), a Toronto music curator and stylist. "I have never thought of myself as a DJ. I'm too chill." On the flip side, she and her makeup-artist-slash-model girlfriend Julia Stone are "very goal oriented," which is why they can be found at every notable art party or influencer get-together. But the pair always take time to celebrate the season with bike rides and ice cream truck visits—sounds pretty chill to us.

Add Shaughnessy-De Rothschild's summer tunes to your party playlist:

1. "The Boys of Summer" by Dan Henley
2. "Too Young" by Post Malone
3. "Pop Life" by Prince & the New Power Generation
4. "I Want My Girl" by Jesse Johnson
5. "Magic Man" by Heart

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HAIR

Some like it hot

Nothing gives you a lift like a new summer hairstyle. Three Kit staffers hit the salon for a switch-up



Laura deCarufel
editor-in-chief

PRE-MAKEOVER HAIR: My natural hair colour is medium brown with a few very blonde (okay, grey) strands. I haven't dyed it since high school, when I was a box-dye maniac with an Angela Chase obsession.

THE GOAL: Sun-kissed colour—think Alexa Chung at Glastonbury.

THE PRO: Matthew Collins, L'Oréal Professionnel ambassador and co-owner of Brennen Demelo Studio in Toronto

THE PROCESS: Collins divided my hair into sections, then used a brush to paint each one with dye. "Balayage is freehand, so every colour I do can be an art form," explained Collins, who counts Gigi Hadid and Sarah Gadon among his starchy clientele. "I want it to look very natural—like a 7-year-old girl whose hair is naturally lightened from playing out in the sun." After the dye set for 20 minutes, Collins—whose perfectionism is belied by his easygoing manner—checked the colour, and his assistant washed out the dye. "It looks good now," mused Collins, "but I like to do one more wash to make the colour more subtle." After conditioning and blow-drying, I left the salon with a kilometre-wide grin.

THE RESULT: I love how natural it looks, and the blonde really brightens my face. I feel cooler and look younger—the perfect carefree combo.

L'ORÉAL PROFESSIONNEL THE SHINE METALLIC GLOSS BY TECNI ART, \$21, SALONS



Natasha Bruno
associate beauty editor

PRE-MAKEOVER HAIR: I've been embracing my Afro for over a year (I chemically straightened my hair for years).

THE GOAL: Low-maintenance box braids. I was gearing up for a glamping trip and a beach getaway—how was I going to care for, shape and fit a sunhat over my Afro?

THE PRO: Melody Victor, JouJou Hair in Toronto

THE PROCESS: Full disclosure: This took nine hours. But it was well worth it for a stress-free style that lasts eight weeks. I had to buy five packs of X-Pression Braiding Hair extensions and drop them off to Victor three days ahead so she could prep them. "The braids should be somewhat equivalent to the weight and length of your own hair. If your hair was short and you wanted braids down to your bum, that wouldn't work," she said. Prepping my own hair took three hours: detangling, washing, treatment, semi-straight blow-dry. After a lunch break, Victor braided in the extensions, creating tiny square patterns—hence the name. She used a razor to shave off fly-aways, then relaxed and set the synthetic hair by pouring hot water on the braids and patting them dry.

THE RESULT: It's love at first hair flip, and requires only daily oiling to look perfect.

ORGANIC ROOT STIMULATOR OLIVE OIL SHEEN SPRAY, \$5, SALLYBEAUTY.COM



Amber Hickson
designer

PRE-MAKEOVER HAIR: I've been growing out a pixie cut, so my fine, straight hair is an uninspiring length and shape, and I have a stripe of dark regrowth against my Khaleesi-white bleached blonde.

THE GOAL: Taylor Swift's shaggy platinum crop, which she debuted on the cover of *Vogue*.

THE PRO: Roger Medina, Garnier hair expert and stylist at Brennen Demelo Studio in Toronto

THE PROCESS: First, Medina highlighted my dark roots to blend them, using two shades of ammonia-free Garnier Olia Super Blondes dye—there wasn't the usual strong smell and burning-scalp sensation. Next came the cut: He snipped the back and sides, then misted on texturizing spray and rough-dried my hair using his fingers. When it was almost dry, he used scissors and a razor to thin the ends for a choppy effect. Leaving bangs for last, he cut them into wispy sections, one chunk at a time. He worked in a styling paste and used a one-inch curling iron to bend small sections for an "overall Taylor-ed look."

THE RESULT: If I were six inches taller, I would feel exactly like Swift at Coachella. My hair now has amazing natural texture that I didn't know existed. Bonus: Bedhead now works in my favour, which means more time enjoying the sunshine.

GARNIER OLIA SUPERBLONDES B+++ BLEACH, \$14, DRUGSTORES



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