

# THE KIT



## CANADA'S BEST STYLE

We tracked down the hottest stores, restos, spas and style stars from coast to coast

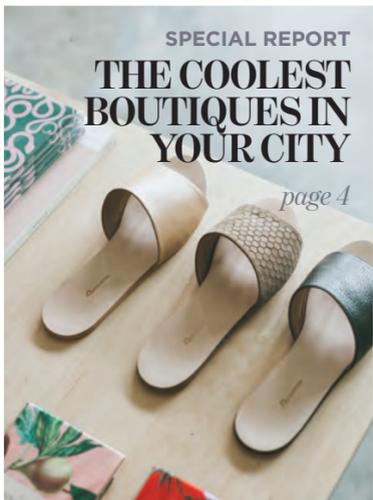
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Lucy Yun (@beyunique) snapped in Vancouver, wearing pieces from Kenzo x H&M, the hottest fashion collab of the season. Photography by Benjamin Kwan.

**BLACK BOOK**  
**LOCAL HERO**  
*We asked Vancouver Instagram-phenomenon Lucy Yun to share her chic hangouts*

a-kind designer collections from Seoul, Montreal and Vancouver.”  
**Can't-miss mani** “Crescent Nail and Spa (1066 W. Broadway) is amazing! It's managed by a talented mom and daughter duo, Kelly and Jennifer. I'm getting chrome nails done this fall. Trust me, you will be wowed!”

a pint of it at one sitting while binge watching Netflix.”  
**Local coffee shop** “Aperture (243 W. Broadway) has such great coffee, brewed with Intelligentsia coffee beans. I rely on the 6-oz. flat whites.”

that comes in a sizzling-hot stone bowl—such comfort food for me!”  
**Trusted salon** “Shay (@shaytopaze) at Artel Salon (3588 Fraser St.) is my go-to hairstylist and a creative colour magician! Last time, we did purple roots with pink ombré, which turned out greater than I could have imagined.”

**Fave boutique** “Middle Sister Boutique (2137 W. 4th Ave.) is filled with carefully curated, one-of-

**Best ice cream** “Hands down: Whiskey Hazelnut by Earnest Ice Cream (3992 Fraser St.). I can finish

**Must-have meal** “Katsu Curry at ShuRaku (833 Granville St.) is a Japanese curry rice with panko-crusted deep-fried pork slices on top

**KENZO X H&M TOP, \$99, PANTS, \$199, EARRINGS, \$40, SELECT H&M STORES. H&M SUNGLASSES, SHOES, H&M**

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**BVLGARI**  
ROMA

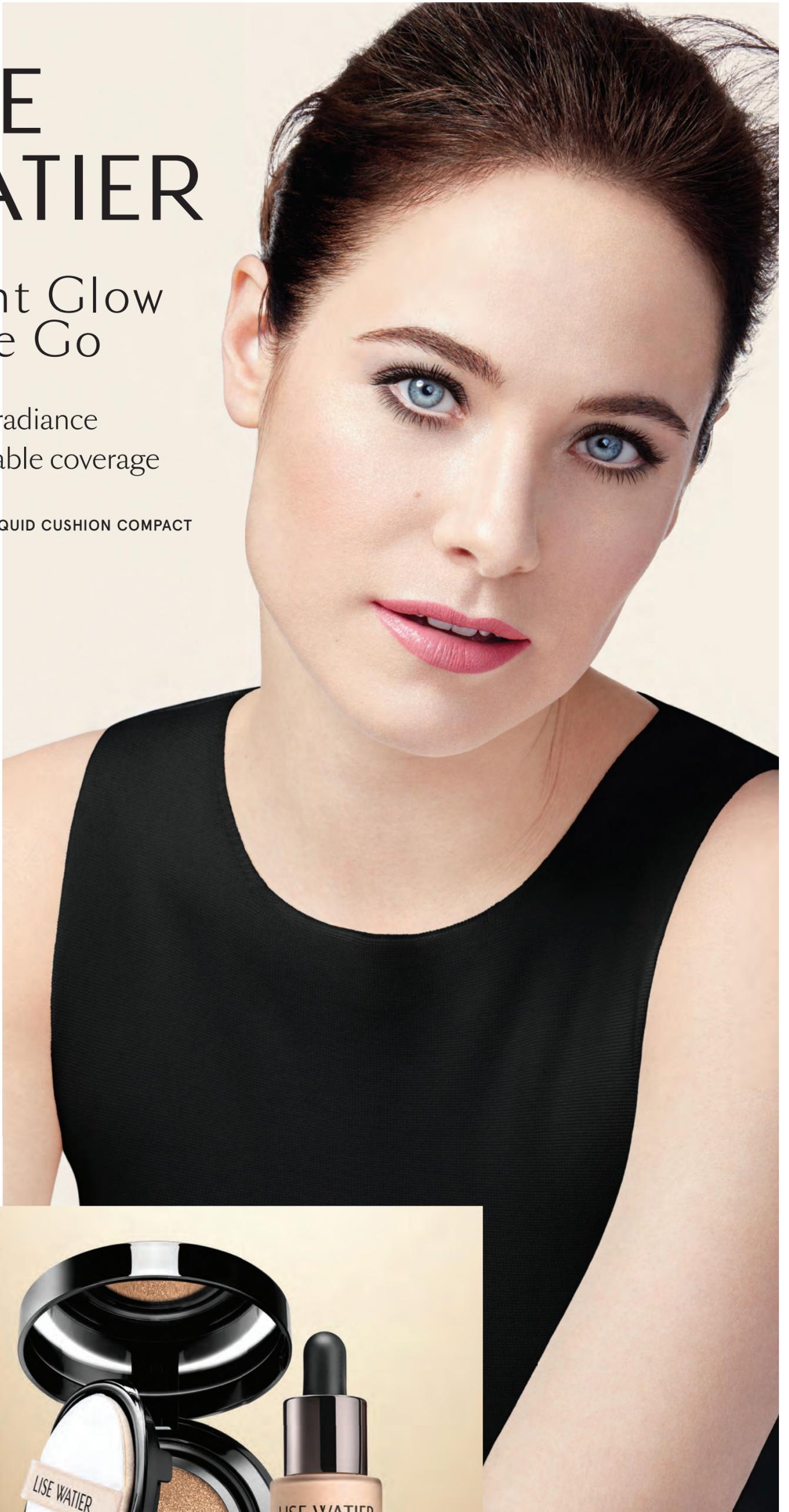
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YORKDALE SHOPPING CENTRE

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MOST WANTED  
**Inside job**

Fashion houses like Antonio Marras, Etro and Mother of Pearl plastered their collections in prints inspired by intricate wallpaper and chintz-like upholstery. The message? Welcome to the season of the great indoors.  
—Jillian Vieira. Photography by Hamin Lee  
ALDO BOOTS, \$140, ALDOSHOES.COM

Q & A

**THE WONDER WOMAN**

Emma Donoghue is back with a Giller-nominated must-read



BY VERONICA SAROLI

Emma Donoghue made literary waves last year when her 2010 novel, *Room*, was made into a movie starring Brie Larson and earned a Best Adapted Screenplay nod at the Oscars. The excitement continues this fall as her new page-turner, *The Wonder*, is up for a Giller Prize. We chatted with the London, Ont.-based writer about her work, treadmill desks and getting the red hair she always wanted.

**The Wonder is about a “fasting girl” who survives without food and the nurse who keeps watch over her in post-potato-famine Ireland. Why?** “It’s a phenomenon that’s popped up in Western culture over and over from the 16th century until now. You can see these cases as early examples of anorexia, but often they were about religious purity. Sometimes they’d be faking it, trying to get attention and fame; sometimes they would be sincere. These powerless little girls became such a focus for commentary. I liked this idea of a child becoming important for something as negative as not eating.”

**You research extensively, but how do you start the actual writing process?** “I get past the fear of the blank page by never letting it be blank. I get ideas and jot them right down, so by the time I start writing a book, I’ve been jotting down ideas for ages. Many years pass before it’s time to actually write a book, so it connects my commitment to the idea. I know that if I’m still fascinated by the fasting girls after 20 years, then I have to write the book.”

**Where do you like to write?** “I have an office at home, but that’s really just to keep my messy papers. I’m often at my treadmill desk, which I just love. I used to work in my regular clothes, but on the treadmill, I actually sweat, so I’m in yoga pants and sneakers until the end of the day when I take them off and put on a dress. It’s nice to have different clothes to mark the end of the day. I have a lot of dresses I can travel with and throw on; I don’t think I own anything beige—only black and bright colours.”

**Your hair is really striking. Are you naturally that red?** “I’m a brunette, but I went grey in my 20s, so I’m a redhead by choice. I remember thinking I’d always wanted a red-haired girlfriend; life just never provided me with one. So, instead of getting the redhead, I decided to *be* the redhead! I just love colour and find it very cheering.”



CELEB STYLE  
**THE MOST STYLISH CANADIANS EVER**

Who gets your vote?



**HOT TOPPERS**

Despite our frigid, never-ending winter, these Canadian-designed pink coats are pretty enough to make us blush

LINE, \$800, HOLT RENFREW. HILARY MACMILLAN, \$245, HILARYMACMILLAN.COM. SENTALER, \$850, SENTALER.COM. MACKAGE, \$790, MACKAGE.COM

We asked designers participating in this month’s FashionCan presentation at Yorkdale Shopping Centre ([yorkdale.com/fashioncan](http://yorkdale.com/fashioncan)) about their Canadian style faves



**FAVE CANADIAN DESIGNER**  
“Joe Mimran—my husband—is the ultimate style cat.”  
—Kimberly Newport-Mimran of Pink Tartan

TOP COCKTAIL  
**TI’ PONCH AT AGRIKOL**

1844 Rue Amherst, Montreal  
As fall becomes winter, warm up at this hot spot from star restaurateur Jen Agg.

“All the French-speaking islands that dot the Caribbean have a version of this perfect thirst-quencher: a mix of rum agricole, fresh lime and cane syrup,” says group bar manager David Greig. “Some opt not to use ice, while others use more or less citrus and sugar. After much laborious trial and error, this is our version at Agrikol (named for agricole, although we spell it the Creole way). We add fresh-pressed sugar cane juice—literally pressed to order to avoid browning—which gives the drink a nice round flavour and makes it really special.”

Those in the know order by the quarter, half or full bottle and add as much (or as little) sweetness as they’d like.



**For an individual serving:**

- To a short, chilled rocks glass add:
  - 60 mL Barbancourt Blanc (while not technically a rum agricole, Barbancourt is the national rum of Haiti and is made from sugar cane juice instead of molasses, the key characteristic of true agricole)
  - 30 mL fresh pressed sugar cane juice
  - 1 lime wedge, squeezed into glass
  - cane syrup to taste
- Add ice, stir and serve.



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SPECIAL REPORT

# Canada's style guide

The best recommendations always come from a friend—you know, that plugged-in pal everyone seems to text for restaurant picks. Well, we're saving you from the hassle of asking. We've put our network of in-the-know women to work to bring you the top style destinations across the country, from brunches to boutiques



## CALGARY BLACK BOOK

Style star Melanie Morais shares her hot spots

### Can't-miss boutique

"I love all the unique pieces you can find at Purr (60117 Ave. S.W.). My favourite is the jewellery!"

### Go-to nail bar

"I love Victoria Nails in Kensington (30510 St. N.W.). You'll always see me there on a day off."

### Essential resto meal

"Nothing beats the Spanish tapas at Ox and Angela (528 17 Ave. S.W.). The paella and the croquetas are mouth-watering."

### Trusted hair salon

"I see the ultimate queen of hair: Farhana at Hedkandi Salon at Hotel Arts (14613 Ave. S.W.). She is literally the best in the city."

### Ultimate guilty pleasure

"Crave Cupcakes (1107 Kensington Rd. N.W.) always has my back when I'm craving something sweet (which is all the time). Red velvet are my favourite!"

### Fave cocktail

"I'm half Mexican, so naturally, margaritas (shaken, not frozen) are my favourite. I love the ones at Native Tongues Taqueria (235 12 Ave. S.W.). Plus, the location is totally Instagram-worthy."

### Record store to keep on repeat

"I love Blackbyrd Myozzik (1126 17 Ave. S.W.), which is below Gravytoppe. The staff is passionate about music and has everything you're looking for."

—Photography by David Hoes

H&M JACKET, DRESS, BAG, SHOES, H&M

Melanie Morais snapped in Calgary's Eau Claire neighbourhood.

## TOP BOUTIQUE HIDEOUT LOCAL DISTRO

10363 104th St. N.W., Edmonton

We talk coffee, accessories and inspo with boutique owner Tory Cullen.

### What is Hideout Local Distro all about?

"We feature goods made by independent Canadian artists, designers and musicians with a special focus on those from Edmonton. People come in to shop, but a lot hang out in a cozy armchair with a coffee and work on things while I bustle about and work on jewellery. The whole point of Hideout is to provide a supportive space and to give back to the artists who pour themselves into producing quality work. It's pretty amazing how much cool stuff is being made right here, and I think it's really important to support our local community."

### What type of goodies can one expect to find?

"The shop is full of everything from vinyl to vintage clothing and accessories, cocktail bitters and ceramics. The collection is always growing."

### How would you describe the space?

"It's like the grown-up version of what I imagined my secret clubhouse to be like—it has a very cozy vibe and all my favourite things are inside, but it's also totally inclusive. My jewellery workshop wall is covered in postcards and images that inspire me and make me feel at home. It's also a big perk that our neighbours are Transcend Coffee (9869 62nd Ave. N.W.) and Weekly Trim True barber (10359 104th St. N.W.), and above us are multiple floors of renowned restaurants."

### What is your favourite part of owning a shop?

"I like the freedom of making the big decisions. I find it really easy to be excited about every single thing in my shop because it's all so good. It feels really good to unveil artists to a wider demographic that might not have discovered them on their own."

—Sandy Joe Karpetz



## TORONTO BLACK BOOK

Style star Tee shares her hot spots

### Must-try mani

"I love the marble nail art at Her Majesty's Pleasure (556 King St. W.)—and the white marble interior."

### Fave resto meal

"The best pancakes you'll ever taste are the tiramisu pancakes at the Commodore (1265 Queen St. W.). They're so incredibly fluffy and delicious."

### Ultimate indulgence

"Fugo Desserts (205 Dundas St. W.) has super-creative ice cream. I love marshmallow and chocolate, so s'mores are my ultimate treat—and now Fugo has them in ice cream!"

### Go-to hair salon

"Ryan Bone from Toni & Guy in Yorkville (128 Cumberland St.) teaches colour and styling, so he had my trust right away."

### Best workout

"At VIVE Dance Company (7-431 Alden Rd., Markham), I take all types of street-style dance, and I also teach it. Since I was young, dance has given me an outlet to express myself through movement."

—Photography by Lawrence Ahn

KENZO X H&M TOP, \$70, SUNGLASSES, \$55, SELECT H&M STORES, H&M SKIRT, SOCKS, SHOES, H&M



Tee snapped on King West in Toronto.



## TOP BOUTIQUE CHARLIE & LEE

223 Union St., Vancouver

Kleah Graham Michnik has one of the best eyes for fashion in the city. As the owner of Charlie & Lee, she curates cool indie labels that are ethically sourced and made in North America. We sat down with her to talk style, inspo and VanCity cool.

### Which brands are you most excited about this fall?

"I'd say Black Crane and Ilana Kohn, because I would wear almost every single piece in each collection. Both brands are solid, simple and focused on fit with easy-to-wear, high-quality fabrics. They are sure of their style, and I respect anyone who has a very clear and uncompromising vision."

### How do you discover the designers you carry?

"Down the wormhole of style research, which is a specialty of mine. I find a lot of our designers through Instagram, through travel and people contacting me via email. As the mom of a wild toddler, I really don't have the luxury to sit and read magazines."

### What's your fave Vancouver brand?

"To name just a few: Maggie Boyd Ceramics, Penny Frances Apothecary and these epic linen blankets from Le Fil Rouge Textiles. Vancouver is full of crazy talent." —Klara Schwartz

## BEST BOOTS

We asked fashionable Canadians to share their #1 fall footwear pick



Erin Elizabeth, Ottawa

"A black boot is so classic. There is such a variety of styles out there now with different details, which makes it fun to pick out a pair. I'd wear these booties with some skinny jeans, a tee and a leather jacket for a perfect weekend look."

STEVE MADDEN, \$110, STEVEMADDEN.CA



Vickie Lalotis, Edmonton

"My ultimate fall must-have is the Acne Studios Jensen boot—they're practical and super-stylish, while remaining comfortable enough to trek around in all day."

ACNE STUDIOS, \$740, NET-A-PORTER.COM



Katie Hession, Ottawa

"I wear a lot of black and white clothing but I love a sneak attack of colour courtesy of bright accessories, like these cobalt blue suede ankle boots. With statement booties like these, I'd keep the rest of my outfit a little simpler so that these beauties receive all of the attention they deserve."

L'INTERVALLE, \$228, LINTERVALLESHOES.COM



Melanie Morais, Calgary

"Now that fall is upon us, a great pair of tan boots is essential. These are the perfect height, and the different tones add some interest."

ALDO, \$150, ALDO.COM



## MOST STYLISH SPA TREATMENTS



### TORONTO SPA AT THE HAZELTON HOTEL

Head to the discreet and tranquil spa in the lower level of Toronto's opulent Hazelton Hotel (118 Yorkville Ave.) to be buffed smooth, courtesy of the Plant Essences Wrap. The 90-minute body treatment starts with a serious 30-minute full-body scrub where a disposable towel is your only cover and almost nothing is off-limits—that means inner thighs, bikini line, butt and breasts. After a rinse in the shower, a gel-like brown algae, juniper and essential oil body mask is applied before you're wrapped up like a cocoon in foil for another 30 minutes. During the mummified downtime, you enjoy a soothing scalp massage and drift into deep relaxation. After one last shower, a moisturizing cream from Swiss brand Valmont is massaged on. Bonus: The treatment helps detoxify, tone and firm.



### CALGARY XO TREATMENT ROOM

Posh boutique spa XO Treatment Room (1506 1st St. S.W.) burst onto the Calgary scene last year with a comprehensive menu dedicated to complexion perfection. We're currently obsessed with the XO, an hour-long facial with the spa's fun-loving founder, Annie Graham. "All of the technologies available to me could be used," says Graham about the multi-correctional treatment that's customized to treat every client. Your session could include two different non-downtime lasers that work to plump and tighten the skin; an exfoliating, brown-spot-reducing lactic acid peel; or a Vitamin-C-packed brightening mask. Gorgeous glow in an hour? Count us in.



### VANCOUVER CHI, THE SPA AT THE SHANGRI-LA HOTEL

Sometimes all you need is an after-work express facial and sometimes you need a full-on, half-day spa experience. When the latter urge arises, book the Sea Therapy Facial at the Chi spa (1128 West Georgia St.)—the perfect showcase for the Shangri-La's luxe approach. In an elegantly appointed treatment room—complete with its own fireplace and relaxation lounge—an experienced facialist uses protein-rich seaweeds infused with amino acids and vitamins to detoxify and rejuvenate skin. The relaxation continues with a neck, hand and foot massage and hot and cool stone therapy, which fights inflammation. Post-bliss, head to the spa deck and sip a fresh juice while overlooking the downtown core, including the must-visit Saint Laurent boutique.

PHOTOGRAPHY: GETTY IMAGES (OPPOSITE PAGE); TORONTO SPA AT THE HAZELTON HOTEL: ST. JACQUES; XO TREATMENT ROOM: BOVIERE/ALAN BRONKHORST; VANCOUVER CHI: SHANGRI-LA HOTEL; ERIN ELIZABETH: CHARLIE & LEE; VICKIE LALOTIS: HIDEOUT LOCAL DISTRO; KATIE HESSION: CHARLIE & LEE; MELANIE MORAIS: ALDO



## TOP BOUTIQUE ESPY

1009 9 Ave. S.E., Calgary

We sat down with Megan Szanik, who opened this cool shop in 2009, to talk about her fashion inspo and the best Canadian brands to buy.

### What inspired you to open Espy?

"I had been in the fashion industry for more than 15 years and wanted to use my contacts to create a new fashion experience for Calgary. It started as designer discount and then quickly began to take shape as what it is today: affordable designer fashions, staffed by professional fashion stylists, with 50 per cent Canadian-designed goods."

What makes Espy unique? "We carry more than 150 styles of jeans for men and women—and we work with your body, not against it. Everyone is beautiful whether they are a size 2 or 16. It's up to our stylists to help show each client the very best version of themselves."

### What products are you most excited about?

"We are all about products that make people feel good. For ladies, we're so excited about the Parker Smith high-rise skinny jean. We are also in love with two Montreal designers: Marigold par Marilyn Baril and Bodybag by Jude dresses (perfect fits, knee length and with pockets in everything!) and Canadian favourite Iris Setlakwe, who has the most delicious soft light blue blazer. It's the perfect addition to a professional wardrobe of grey, navy and black."

### What are you picking up this season?

"Canadian brand Press has the best buttery French terry. You can't help hug yourself in these awesome fabrics."

## MOST STYLISH STAYS



### OTTAWA ALT HOTEL

When the noted hoteliers behind the upscale Le Germain Hotels wanted to expand their reach, they rethought the standard formula for hotels: no boring restaurant, stuffy comforters or forgettable decor. Instead, they opened the Alt Hotel in Ottawa (185 Slater St.), and select cities across Canada, to treat travellers to exactly what they want—Egyptian cotton sheets and down duvets, a crisp contemporary decor, a casual-cool all-day snack bar in the lobby and free Wi-Fi—and do away with outdated hotel clichés like early checkout times. The result is a hotel that truly makes sense and feels as modern as it does inviting. The best part? The Alt prides itself on reasonable rates, so you can save some money for impulsive souvenir purchases.



### TORONTO BROADVIEW HOTEL

Locals will remember passing the flashing neon signs outside Lilly's, a seedy east-end institution, complete with brass poles. But the neighbourhood has grown into a vibrant cultural hub and now the historic 1891 building is being lovingly restored into the Broadview Hotel (106 Broadview Ave.), a boutique establishment with a lacovore resto (conceptualized by east-end hero chefs Erik Joyal and John Sinopoli), a chic lobby café and a glass atrium rooftop bar with jaw-dropping views of the Don River. Though the restored facade has just been unveiled, the hotel is slated to open in early 2017. Some rooms will feature special touches like vertical gardens, but make sure to book the special suite that nods to the building's cheeky past.



### VANCOUVER OPUS HOTEL

When in Vancouver, stay in Yalatown, the buzzy neighbourhood that's as close to the waterfront as it is to the best restos in the city. And when in Yalatown, stay at The Opus (322 Davie St.), the boutique hotel that has as much personality as its surroundings. Each room has a distinct vibe and decor (think violet walls offset with provocative art) so you can choose the suite that speaks to you. After checking in—and maybe a quick shower with invigorating Malin + Goetz products—stop by La Pentola restaurant for classic Italian hits like artichoke panzanella salad and swoon-worthy bucatini alla amatriciana. And if you're worried about leaving your pup while you linger over pasta, don't stress: The hotel staff is happy to take guests' dogs to the park.



CANADIAN STYLE ICON

"Céline Dion is the most stylish Canadian ever. Style is all about personality and she has lots of it! She has never been afraid of trying new things and she often makes bold choices. Most of all, Céline is authentic and genuinely in love with fashion."

—José Manuel St-Jacques & Simon Bélanger of Untitled

Writer Ingirie Williams discovers the perfectly polished fitting suite, stocked with personalized wardrobe picks.



## Score your own personal stylist

Nordstrom is bringing you the secret to A-list style

Personal style is more important than ever. But the truth is that most of the celebs we adore for having amazing fashion sense pony up for a professional stylist. On the Hollywood circuit, a star doesn't stand a chance of reaching best-dressed status without having a stylist on the payroll. The enviable looks of celebs such as Julianne Moore, Bradley Cooper and Lupita Nyong'o are all thanks to fashion-savvy pros who ensure that every outfit sends an A-list message. So it's no wonder that celebrity stylists like Rachel Zoe and Kate Young are no longer toiling behind-the-scenes. Instead, they're garnering an adoring social-media fan base who can't get enough of the latest Hollywood looks.

Fortunately, you don't need to live in front of the camera or on the red carpet to earn access to a personal stylist—in fact, you don't even have to shell out the big bucks. Nordstrom, which is now open at CF Toronto Eaton Centre and opens tomorrow at Yorkdale Shopping Centre, is making personal stylists available to customers—wait for it—for free.

"Anyone can use the complimentary service, which is also commitment-free," explains Kathy Fisher, Na-

tional Styling Director for Nordstrom. "Whether you want to find the perfect look for a special occasion, need an entirely new wardrobe or are looking for a quick fix for a wardrobe malfunction, our knowledgeable and approachable stylists are here to help."

It's surprisingly easy to put your most stylish foot forward: Simply contact the store and choose from a full menu of tailored offerings for both men and women. "We're here to make shopping fun and convenient and build a relationship where we get to know you and your closet," says Fisher. "Our stylists attend product knowledge training in every department throughout the store to make sure they have the most up-to-date

information regarding brands and sizing and are also in the know about exclusive products." Once you've booked an appointment, a Nordstrom stylist connects with you to learn more about your style, budget and goals. But don't feel intimidated: these pros are also experts at putting you at ease. "We hire nice people who are approachable, service-oriented, love fashion and want to make customers look and feel their best."

As you set foot inside the glam styling suite and lay eyes on the clothing and accessories that were hand-picked for you, your heart may skip a beat. And that's the intention, says Fisher. "We want to make customers happy!"

### Find the stylist service that suits you

**If you're in a hurry:** The "30-minute Update" is designed to suit busy schedules by arming you with quick tips and the latest must-haves.

**If you're at a crossroads:** Landed a new job? The "2-hour Update" provides the essentials to get chic from head-to-toe.

**If you need a closet update:** Book a "Trend Review" and let a stylist walk you through the latest arrivals.

**If you want something special:** Try a custom consult.

# NORDSTROM



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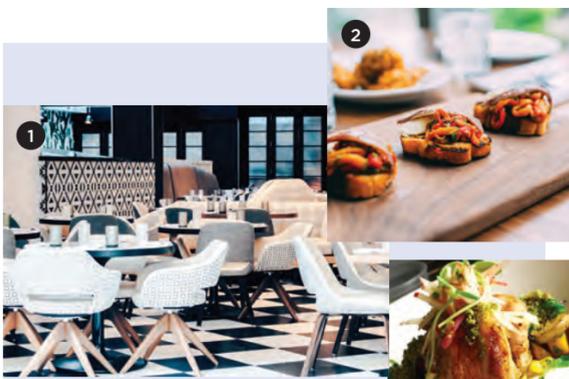
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## FAVE CANADIAN DESIGNER

“Mikhael Kale is always creating something new and experimenting with colour, texture and artistic expression, which I respect.” —Zakariah Milana of the Feral



## MOST STYLISH RESTAURANTS

## 1. TORONTO PLANTA

Newly opened Planta (1221 Bay St.) is making waves with its plant-based menu, which means there are no animal products like meat or cheese on offer. The chic and airy resto is a creation of restaurateur CEO Steven Salm (Colette, the Chase) and noted chef David Lee (Nota Bene). “There are so many social, ethical, environmental and health reasons to open this kind of restaurant,” explains Salm. “I believe it’s the future of eating.”

Chef Lee, who first took up the plant-based lifestyle while conceptualizing the menu, agrees. “It’s been one of the biggest challenges of my career. How do you make pizza without mozzarella? How do we make those items sustainable, but also feel creative and tasty?” (Answer: cashew milk mozzarella.)

The resulting menu is packed with comfort food hits like a riff on a hot dog made from a smoked carrot, a “tartare” using watermelon with avocado, citrus and nori sheets, and a mushroom-based burger nestled in a soft bun that is endorsed by Lee’s 6-year-old daughter.

“This isn’t a trend like the charcuterie thing 10 years ago,” says Lee. “The plant-based diet is here to stay.”

## 2. VANCOUVER NIGHTINGALE

This handsome lounge (1017 W. Hastings St.) is star chef David Hawksworth’s latest offering—much to the delight of food lovers who shied away from the higher price points at his acclaimed Hawksworth. Come for the chewy perfectly blistered pizza crusts topped with inventive offerings like new potatoes, garlic confit and fontina—then stay for the satisfying dishes like Cavatelli with braised wild boar, grilled kale and apples.

## 3. OTTAWA THE WHALESBONE

The first rule of visiting the Whalesbone’s new Elgin Street location (231 Elgin St.): Sit at the bar. It’s the focal point of the cozy space and the perfect place to people-watch as hipsters and families unite in pursuit of the city’s best seafood. The second rule? Come hungry. Executive chef Michael Radford has created a menu of deliciously elevated comfort food: Think creamy-yet-light clam chowder, classic cod and chips with tangy slaw and an unmissable lobster roll served on a just-baked brioche.



Sandy Joe Karpetz (@theprettysecrets) photographed in Edmonton’s Garneau neighbourhood.

## EDMONTON BLACK BOOK

Style star Sandy Joe Karpetz shares her hot spots

## Go-to boutique

“I love popping by New Classics Studios (newclassics.ca) to see their latest, even though it’s a predominantly online shop.”

## Essential breakfast order

“The veggie eggs Benedict at Meat (8216 104 St. N.W.). Their homemade condiments paired with the best-ever hollandaise sauce are what brunch dreams are made of.”

## Fave dinner spot

“Dorinku (10205 82 Ave. N.W.) for Japanese tapas. Their tuna tataki and ever-changing miso soup keep me coming back.”

## Trusted hair salon

“Patricia Jastrzebski at the Weekly Trim True (10359 104 St. N.W.). Her balayage techniques are unparalleled in the city.”

## Local coffee shop

“The iced London Fog at Transcend (10359B 104 St.) is a treat.”

## Killer workout class

“Way of Gray with Sophie Gray (wayofgray.com). She is a powerhouse and has mastered the art of a simple but effective workout.”

## Top tippie

“The Ikki Caesar from Ikki Izakaya (11931 Jasper Ave. N.W.) has shichimi spices and is garnished with shrimp and a cucumber.”

## Best beauty boutique

“Pura Botanicals (10132 124 St. N.W.) is an all-natural beauty line with a studio full of potions that smell heavenly.” —Photography by Alyssa Lau

H&M DRESS, BAG, SHOES, H&M

## THE KIT

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**The Kit is Canada’s 360° beauty and style leader** (© 2016, The Kit, a division of Toronto Star Newspapers Limited.



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# LACTIC ACID 10% + HA 2% \$6.70

## #DECIEM



ordinaries.com

**THE ABNORMAL BEAUTY COMPANY.**  
DECIEM

## THE ORDINARY. LACTIC ACID 10% + HA 2%

### A High-Strength Lactic Acid Superficial Peeling Formulation

Lactic Acid is an alpha hydroxyl acid that exfoliates the skin. This 10% formulation offers mild exfoliation and is supported with a purified Tasmanian pepperberry known to reduce signs of inflammation and sensitivity that is often associated with exfoliation.

The Ordinary is an evolving collection of treatments offering familiar, effective clinical technologies positioned to raise communication and pricing integrity in skincare. The brand was created to celebrate integrity in its most humble and true form. Its offering is pioneering, not in the familiar technologies it uses, but in its honesty and integrity. The Ordinary is born to disallow commodity to be disguised as ingenuity. The Ordinary is “Clinical formulations with integrity”.

### THE ABNORMAL BEAUTY COMPANY STORES:

**QUEEN WEST**  
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**YORKVILLE**  
1240 Bay St.  
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242 Carlton St.

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**KENSINGTON MARKET**  
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### ALSO AVAILABLE:



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\$5.90



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# STYLE

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### TOP BOUTIQUE VINCENT

444 Preston St., Ottawa

Owned by the dynamic sister duo Angie Cambareri and Amanda Papalia, Vincent is a cute boutique in the heart of Little Italy. With years of retail experience under their belt, the sisters have created a warm space to help women look good and feel great. You can't help but walk out feeling like you've made a new friend—and with a killer new outfit in tow.

**What inspired you to open the boutique?** “Our mom brought us boutique shopping at a young age. The store owners knew her name, what she liked and what looked good on her. It was such an experience.”

**What pieces are you most excited about this season?** “Chunky knit sweaters, Frank & Eileen's plaid shirts and Aigle's perfect winter coat. Can you tell we love fall?”

**Explain your motto “Stay curious.”** “It means keep exploring the city you live in, connecting with your community and finding like-minded people.”

**What's the best part of running your business as sisters?** “We know each other's strengths and weaknesses. On another level, we're both so different—even in our style—which is reflected in how we buy. It's amazing to share the ups and downs of entrepreneurship.” —Katie Hession



### CANADIAN STYLE ICON

“Céline Dion is the most stylish Canadian ever. Style is all about personality and she has lots of it! She has never been afraid of trying new things and she often makes bold choices. Most of all, Céline is authentic and genuinely in love with fashion.”

—José Manuel St-Jacques & Simon Bélanger of Untld

### TORONTO BLACK BOOK

Style star Tee shares her hot spots

#### Must-try mani

“I love the marble nail art at Her Majesty's Pleasure (556 King St. W.)—and the white marble interior.”

#### Fave resto meal

“The best pancakes you'll ever taste are the tiramisu pancakes at the Commodore (1265 Queen St. W.). They're so incredibly fluffy and delicious.”

#### Ultimate indulgence

“Fugo Desserts (205 Dundas St. W.) has super-creative ice cream. I love marshmallow and chocolate, so s'mores are my ultimate treat—and now Fugo has them in ice cream!”

#### Go-to hair salon

“Ryan Bone from Toni & Guy in Yorkville (128 Cumberland St.) teaches colour and styling, so he had my trust right away.”

#### Best workout

“At VYbE Dance Company (7-431 Alden Rd., Markham), I take all types of street-style dance, and I also teach it. Since I was young, dance has given me an outlet to express myself through movement.”

—Photography by Lawrence Ahn

KENZO X H&M TOP, \$70. SUNGLASSES, \$55. SELECT H&M STORES. H&M SKIRT, SOCKS, SHOES, H&M



Tee snapped on King West in Toronto.

#### Vickie Lalotis, Edmonton

“My ultimate fall must-have is the Acne Studios Jensen boot—they're practical and super stylish, while remaining comfortable enough to trek around in all day.”

ACNE STUDIOS, \$740, NET-A-PORTER.COM



#### Katie Hession, Ottawa

“I wear a lot of black and white clothing but I love a sneak attack of colour courtesy of bright accessories, like these cobalt blue suede ankle boots. With statement booties like these, I'd keep the rest of my outfit a little simpler so that these beauties receive all of the attention they deserve.”

L'INTERVALLE, \$228, LINTERVALLESHOES.COM



#### Melanie Morais, Calgary

“Now that fall is upon us, a great pair of tan boots is essential. These are the perfect height, and the different tones add some interest.”

ALDO, \$150, ALDO.COM



### TOP BOUTIQUE ESPY

1009 9 Ave. S.E., Calgary

We sat down with Megan Szanik, who opened this cool shop in 2009, to talk about her fashion inspo and the best Canadian brands to buy.

**What inspired you to open Espy?** “I had been in the fashion industry for more than 15 years and wanted to use my contacts to create a new fashion experience for Calgary. It started as designer discount and then quickly began to take shape as what it is today: affordable designer fashions, staffed by professional fashion stylists, with 50 per cent Canadian-designed goods.”

**What makes Espy unique?** “We carry more than 150 styles of jeans for men and women—and we work with your body, not against it. Everyone is beautiful whether they are a size 2 or 16. It's up to our stylists to help show each client the very best version of themselves.”

**What products are you most excited about?** “We are all about products that make people feel good. For ladies, we're so excited about the Parker Smith highrise skinny jean. We are also in love with two Montreal designers: Marigold par Marilyn Baril and Bodybag by Jude dresses (perfect fits, knee length and with pockets in everything!); and Canadian favourite Iris Setlakwe, who has the most delicious soft light blue blazer. It's the perfect addition to a professional wardrobe of grey, navy and black.”

**What are you picking up this season?** “Canadian brand Press has the best buttery French terry. You can't help hug yourself in these awesome fabrics.”

### MOST STYLISH STAYS



#### OTTAWA ALT HOTEL

When the noted hoteliers behind the upscale Le Germain Hotels wanted to expand their reach, they rethought the standard formula for hotels: no boring restaurant, stuffy comforters or forgettable decor. Instead, they opened the Alt Hotel in Ottawa (185 Slater St.), and select cities across Canada, to treat travelers to exactly what they want—Egyptian cotton sheets and down duvets, a crisp contemporary decor, a casual-cool all-day snack bar in the lobby and free Wi-Fi—and do away with outdated hotel clichés like early checkout times. The result is a hotel that truly makes sense and feels as modern as it does inviting. The best part? The Alt prides itself on reasonable rates, so you can save some money for impulsive souvenir purchases.



#### TORONTO BROADVIEW HOTEL

Locals may remember passing the flashing neon signs outside Jilly's, a seedy east-end institution, complete with brass poles. But the neighbourhood has grown into a vibrant cultural hub and now the historic 1891 building is being lovingly restored into the Broadview Hotel (106 Broadview Ave.), a boutique establishment with a locavore resto (conceptualized by east-end hero chefs Erik Joyal and John Sinopoli), a chic lobby café and a glass atrium rooftop bar with jaw-dropping views of the Don River. Though the restored facade has just been unveiled, the hotel is slated to open in early 2017. Some rooms will feature special touches like vertical gardens, but make sure to book the special suite that nods to the building's cheeky past.



#### VANCOUVER OPUS HOTEL

When in Vancouver, stay in Yaletown, the buzzy neighbourhood that's as close to the waterfront as it is to the best restos in the city. And when in Yaletown, stay at The Opus (322 Davie St.), the boutique hotel that has as much personality as its surroundings. Each room has a distinct vibe and decor (think violet walls offset with provocative art) so you can choose the suite that speaks to you. After checking in—and maybe a quick shower with invigorating Malin + Goetz products—stop by La Pentola restaurant for classic Italian hits like artichoke panzanella salad and swoon-worthy bucatini alla amatriciana. And if you're worried about leaving your pup while you linger over pasta, don't stress: The hotel staff is happy to take guests' dogs to the park.