

of your purse page 3



How to wear Fashion Week's scene-stealing outfits page 4

Naomi Watts opens up about her next big role and why her friendships are everything

page 6

SKINCARE HAVE IT YOUR WAY Tried everything? Well, custom skincare has arrived

page 7

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PRADA CANNDDY



EAU DE PARFUM

MOST WANTED Roaring beauties

We naturally think of glitz and glam when the holiday season rolls around, and Clé de Peau's

1920s-inspired collection is fit for the most festive occasion. It's the result of a collaboration between makeup artist Lucia Pieroni, the luxury Japanese brand's creative director, and pop art painter Ashley Longshore, who transformed eye and lip palettes, makeup brushes and one spectacular bejewelled pot of cult skincare fave La Crème into collectible items. Each is adorned with artworks inspired by Art Deco artist Tamara de Lempicka. As Longshore explained at the glittering launch event in Shanghai, "I have bold and beautiful pop art paintings of Audrey Hepburn and Frida Kahlo. I tried to encapsulate their beauty and put them directly into this Art Deco collection." -Renée Tse. Photography by Hamin Lee

Q & A STAR POWER

Amanda Seyfried on the joy of skincare and why she loves crochet

In a green satin Alberta Ferretti dress and Jimmy Choo heels, Amanda Seyfried—Clé de Peau's global brand ambassador and A-list bombshell-embodied classic Hollywood glam at the brand holiday launch gala in Shanghai. After the event, we sat down with the star to discover her beauty commandments.

1. Be consistent with skincare

"My skin is so light, and I want to protect it against sun damage, so I always use SPF during the day. At night, I use La Crème because of how much I work and how much stress I'm under. It takes a whole lot of stress off knowing I'm taking care of my skin. My face is important, unfortunately, but I know that I take care of it."

2. Feed your face

I don't eat too much at a time, ever, because I don't like to feel too full. Also, my skin reflects how well I take care of myself in terms of food. I try to avoid eating preservatives, but it's really hard when you're travelling. And I drink a lot of water. Some say I even drink too much!"

3. Be active—but not too active

"I don't exercise as much when I'm working, which is great because I allow my body to rest. When I'm not working, I'm very active. I'm always hiking with my dog."

4. Prioritize down time

"My biggest hobby is crocheting while listening to audio books. I also meditateit's the best thing that's ever happened to me.

5. Invest in a good concealer "Clé de Peau Beauté Concealer is something I can't live without because my skin isn't completely clear-I have spots. I cover them up and they're gone, and it doesn't feel like I'm wearing anything."

6. Highlight one feature at a time

'I learned that less is more from my mother. A lot of the makeup artists I work with usually say that if you're doing a lot with your eyes, go minimal with your lips. For nighttime, I go for a red lip. It's bright, beautiful, and you really don't have to wear any other makeup when you're wearing it." -Renée Tse



HAIR ARE WE JUST HUNGRY OR IS THIS A NEW TREND?

Seen at: Gareth Pugh It was a

ONE-MINUTE MIRACLE

Dear Osmosis Age Defying Treatment Concealer: My morning routine just doesn't feel complete without your double-ended genius. First, your smooth stick of argan, apricot and coconut oils, plus shea butter and Vitamin E, instantly moisturizes my under-eye area especially helpful when I'm sleep-deprived or suffering from itchy eyes. Since the formula isn't sticky, I'm able to immediately layer on and blend in your darkcircle-and-blemishcamouflaging concealer. You leave me looking dewy, fresh and brighteyed. I hope we stay friends forever. Love, Natasha OSMOSIS AGE DEFYING TREATMENT CONCEALER, \$55, OSMOSISSKINCARE.COM

Seen at: Dior Neat double buns recalled warm dinner rolls just waiting for butter and jam. Guido Palau used Redken Wa<mark>x Blast spray for</mark> egg-glaze-like shine.

Seen at: Saçai Freshly baked brioches-we mean, jaunty topknots—were the order of the day. Palau was up to his tasty tricks again, using Redken Wind Blown Dry Finishing Spray on the flaky pastry-esque ends.

> **TREND ALERT** PEST CONTROL

Creepy-crawlies swarmed the Thomas Tait, Undercover and Alexander McQueen runways, spawning a flurry of insect-flecked accessories. Best part is they don't bite!

We couldn't help noticing that many of fall's best runway hair looks were reminiscent of baked goods. Behold, the season's pastry counter

BY RANI SHEEN



veritable continental breakfast at the London designer's show, where Malcolm Edwards coiled two high ponies around cylindrical objects and set them with L'Oréal Paris hairspray.



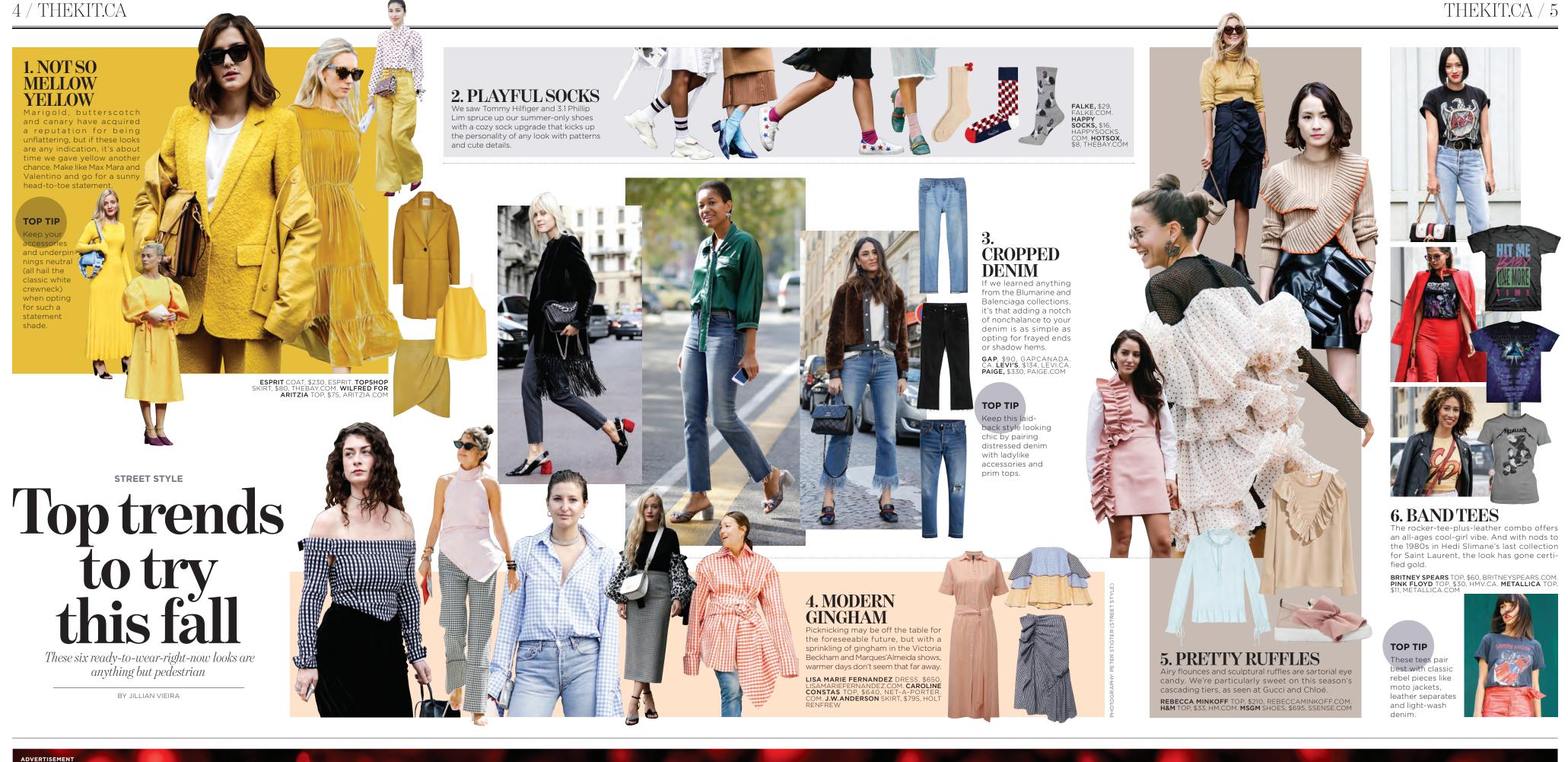
Seen at: Sportmax

Ropy and twisted like a pillowy challah, the chignons by Anthony Turner are especially suitable for a special celebration.



Seen at: Tory Burch These glossy, loose coils would be right at home at Cinnabon. Palau must have been feeling peckish this fashion month.





GET THE

PUCKER UP

Whether you find yourself taking a moment under the mistletoe, or sipping on some bubbly, this moisturizing, siren-red lipstick will stay on lock down.

> \rightarrow Shiseido Rouge Rouge Lipstick in Poppy, **\$35**





FINE LINE

Carefully traced lash lines create an ultra-flirty stare and make lashes look instantly thicker. Bonus: this long-wear liner will keep up with you from from dusk till dawn.





CANDY-APPLE LIPS PAIRED WITH A TIGHT-LINED SMOKEY EYE, DEFINED BROWS AND A MESMERIZING FRAGRANCE ARE SURE TO TURN HEADS THIS PARTY SEASON

SMOULDERING EYES Like the little black dress, the smokey eye is a no-fail. This multi-shade matte palette lets you play around with several looks, and the colours can also be applied wet



LUSH FRINGE

mascara will finish off

your eye makeup by

black colour.

It's all about the icing on

the cake. This waterproof

volumizing and separating

every single lash with jet-

Yves Saint Mon Paris Eau de Parfum, 90mL, **\$140**

ARCH AWAY

Strong, full eyebrows that frame the face are here to stay. Easily fill in uneven patchy areas with this glide-on formula, and blend any harsh lines with the built-in spoolie.

> **>>** Benefit Cosmetics Goof Proof Brow Pencil in 4 Medium,



FINAL TOUCH A fragrance can be just

as important to a party as your accessories. This Paris-inspired, fruity-floral will elevate your look when spritzed onto pulse points.

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Q & A Ray of light

Megawatt actor Naomi Watts on whether people can change and who she turns to for support

BY KATHRYN HUDSON

suite, wearing crisp cream separates a shade lighter than her flaxen hair. At 48, she cuts a stately figure: I certainly wouldn't feel comfortable drinking coffee surrounded by that much pale fabric. Then, the Australian-raised, Oscar-nominated actor lets out a warm bubble of laughter and any icy notions melt away. She's in Toronto for the TIFF premiere of The Bleeder, co-starring Liev Schreiber, with whom she has two sons. (Days after speaking with us, the two announced they were ending their 11-year relationship.) The L'Oréal Paris ambassador also stars in Shut In, a heart-pumping thriller that hits theatres November 11. "Psychological drama is fun to do as an actor," she says. "I like that you can trick an audience: They know the formula very well and yet they're still able to leap out of their seats when the door is creaking slowly and the music is plodding in a certain way." We sat down with Watts to talk work, support networks and the seductive power of fame.

You're involved with L'Oréal's Women of Worth program, which celebrates influential women. Who are the most important women in your life? "My mother had a great impact on my life. She's a very strong, very smart, highly spirited woman and such a creative force. That made a mark on my brother and me. We're both in creative fields. She's also fearless in many ways, and I watched how she approached challenges along the way. She continues to impress me."

Were you aware of that when you were younger? "I was, but sometimes it embarrassed me. When you see a powerful woman standing up for herself and what she believes in, you're like, 'Oh, mom!' But you grow up

and realize that owning your identity and power is a good thing."

Who else do you look to for support? "I'm a woman's woman. I love my female friends — I'm

nothing without them. I lean on them and have school and everything was handed to me on a fun with them. I'm inspired by them. Collectively we are greater, you know? I think there's something about coming into this mid-40s zone that makes you want to exchange information and ideas and talk about what you've achieved. We don't want to slow down!'

Chuck Wepner, could be called a very mascu- storytelling aspect. I think film is a great art form,

Naomi Watts is sitting in a sandy-coloured hotel line film. What appealed to you about your role in it? "The woman I play, Chuck's third wife, has a great impact on his life. She's not trying to change him, but she invokes change because he's open to it at that point, having gone through a few struggles. She just tells him how it is: that he's swallowed up in this downward spiral and the seductive thing that comes with fame, especially if it comes suddenly. She tells him, 'You're mixing in the wrong crowds. These people don't love you for who you are, they just love what you represent.' She wants to make him realize that—and then he changes his life."

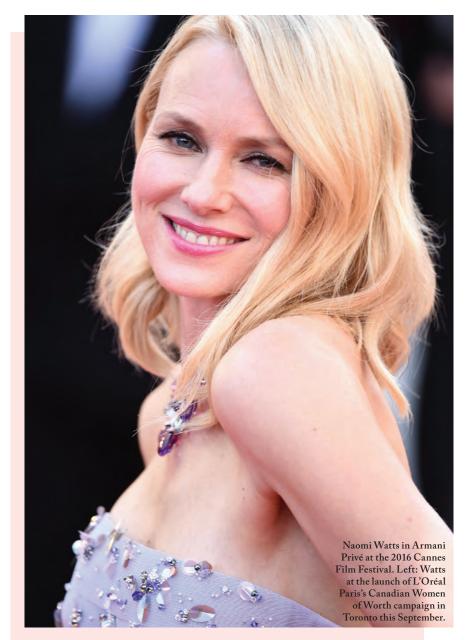
> Do you think people change? "I hope so. I really want to believe that they do. That said, I saw my little kids come into the world and I knew who they were from babies. And they're still those people. I think you can growthat's a nicer word. I hope to be able to grow and evolve. But to expect change of another is probably a losing battle.'

> > Fame came suddenly to Chuck. Did it come suddenly to you? "Not at all. People talk about my 'overnight success.' Those 10 years amount to a long night! I was hovering under the radar, working like crazy. I was a well-oiled machine, auditioning all the time and taking classes. Looking back, I don't know how I survived it because there were some real lows. But just as I felt I couldn't take anymore, something would hook me back in. It took David Lynch to take a chance on me and give me this fantastic role in Mulholland Drive [2001] that was a game changer. Then it was overnight success.... The film screened at Cannes and the next day it got incredible reviews. And I did, too.

Suddenly everyone was calling."

How did you stay grounded? "Having been through lots of struggles, I have a great sense of gratitude. It's not like I got out of

silver platter. The feeling of struggle will never leave me-it wasn't that long ago, even though I've been working steadily, knock on wood. I expect truth from those around me. I yearn for it. I don't want any stories—I just want the truth, even if it's hard to stomach sometimes.'



and all art forms are there to help one communicate, think about their own lives, reflect. We all want to be less alone in this world, I think, and the more we connect with somebody else's story, the more we realize our own is okay. I love to go to the cinema to be moved. I think that's my hope as an actor."

You're as well known for your red carpet style. What is your relationship with fashion? "I love fashion. I think of it as another great art form and way to express myself. In fact, there was a moment when I was going to be in the fashion industry. When I was 19, I was an assistant fashion editor for a small magazine. I was about to get a big promotion, and suddenly the magazine folded. Before I had money, I was always looking to buy interesting things from flea markets and garage sales."

What was your best find? "A fantastic pair of boots with ruched elastic all the way up! They're very '70s. I actually wore them in The Bleeder! The costume designer didn't need any help, but when she saw those boots she loved them.'

How has your approach to beauty changed over the years? "Beauty is a funny thing. I'm lucky that I've not centred my life around it. I love to have moments where I get to be painted and sculpted by experts because, yes, there's a time and place for it. The Bleeder, which is about tortured wrestler Do you still love what you're doing? "I love the But I'm my best when I'm feeling good inside. If your skin is glowing, you feel good, too.'



"I'm a woman's woman. I love my female friends—I'm nothing without them. I'm inspired by them."



FASHION INSIDER CROWNING MOMENTS

Costume designer Michele Clapton breaks down the looks on The Crown, your next weekend binge watch

Netflix's latest series, The Crown, (out November 4) lifts the veil on the British monarchy. Scandals and upper crust manners merge in a 10-episode tale that plots the behind-closed-doors drama at Buckingham Palace and 10 Downing Street throughout the 1940s and '50s. While Netflix reportedly spent £100 million on the series, the recipe for drama was already there: The 25-year-old Queen Elizabeth II, played by Claire Foy, who married a man nobody approved of; her sister's romance with a divorced man, which the Queen had the power to end (which she exercised); and a prime minister past his prime. There's a reason the monarchy is the sovereign of the public's undivided attention and fascination.

We chatted with Michele Clapton-the show's costume designer, who is accustomed to big budgets, thanks to her other gig on Game of Thrones-about how she used hundreds of entirely handmade-in-house costumes to reveal the personalities behind the crown. – Veronica Saroli

"When we first meet the Queen, it's the 1940s. She is very much under the influence of her mother; and you see that in the pale pink bows. Although she does have the strength to choose the man that she wants to marry."



"When she starts to feel more comfortable in her role as Queen, her costumes start fitting a little better; and she's more defiant. I suppose she feels more respected."

"The Queen's time in Malta was her freedom-she actually lived life as she thought she would. It's meant to look very carefree: sunglasses and straw hats.'



"The Queen was most comfortable in macs and head scarves-dressing as the woman that she would have been had she not been Queen. The only time really we see her relaxing is in tweeds at Balmoral. I tried to show that loss of freedom in her clothes.'



this young woman presented herself in front of a room full of ancient men. So we made her an armour, in a way: Her dress is plain and simple and not provocative. It was just a uniform. That to me represented that she saw [being the Queen] as a job."



"We rented the crown. There was one main one. and we had a couple of backups."



"Margaret [the Queen's sister] was always more playful, more daring. She could be because she wasn't the Queen. I made an evening dress for one of the speeches that Margaret gave and I ended up putting big pockets in the front. The Queen would never have big pockets. It was a beautiful, elegant gown, but it just had a little edge to it. And hopefully, with the subtlety of the acting and the costume and the lighting, it creates these characters."





THE AMATEUR NOSE

A fruit farmer sniff-tests a wild-berry fragrance

THE NOSE

Laura Sabourin, owner of Feast of Fields Organic Vineyard, Niagara, Ont.

THE SCENT Luna by Nina Ricci, \$72 (50 mL), thebay.com

THE NOTES

Wild berries, orange blossom, white everlasting flower; caramel, vanilla

THE VERDICT

"Wild berries have a really strong smell; they're more concentrated than a cultivated berry. A wild black raspberry is tiny, and the taste you get is a hit in the mouth compared to a commercially grown raspberry. This perfume has more of a floral tone than a fruit tone, and it's very overripe. When fruit is overripe it releases ethanol—that's alcohol, which is in all perfume." -Veronica Saroli

SKINCARE Tailor-made

Why the customized skincare trend could be just what your complexion needs

BY RANI SHEEN

When Starbucks flooded the international café scene, the promise that you could have your coffee exactly how you wanted it (extra-hot, no-foam, half-sweet) struck a chord with picky—ahem, discerning—

consumers everywhere. Now, that same concept is making its way into the beauty world, where new technologies are sparking a surge in made-tomeasure skincare. The services exist in varying forms, but usually a consultant, doctor or aesthetician asks you several questions about your skin, assesses it visually or online, and then uses the info to create a formula blended to address your concerns. "I think it's going to be useful for people," says dermatologist Dr. Julia Carroll, who offers a made-to-measure skincare service called Blend & Boost at her Toronto clinic, Compass Dermatology. "It's good for people who are like, 'I've tried everything.'"

But buyer beware: Some extreme and unnecessary services are popping



Counter mix

Kiehl's has just rolled out Apothecary Preparations bars in seven of its Canadian stores, where you can sit at a counter with a skincare consultant and tell them everything there is to know about your skin. With the help of an analytical computer program, they'll select two tubes of active boosters-for instance, a wrinkle-reducing complex with retinol, or a calming blend with vitamin E-and send you home with them and a bottle of moisturizing serum base made with squalane, a derivative of olives that can keep unpredictable active ingredients stable. Then you get to play mad skincare scientist and mix them yourself at home. "Part of the concept was the fact that we used things like retinols that are quite difficult to stabilize in conventional formulations," says Dr. Geoff Genesky, head of Kiehl's laboratories. "You have the benefit of everything being freshly mixed together." Once concocted, you should use it within six months. "It's very potent and we want to maintain that potency level through the time that you would be using it.

KIEHL'S APOTHECARY PREPARATIONS, \$110, TORONTO: EATON CENTRE, YORKDALE SHOPPING CENTRE; VANCOUVER: RICH-MOND CENTRE, METROPOLIS AT METROTOWN, ROBSON STREET; MONTREAL: STE-CATHERINE STREET; CALGARY: CHINOOK CENTRE

Doctor's orders

When you order a bottle of custommade Blend & Boost cream, you get an expert level of attention because your dermatologist is the one who customizes the formula for you. "The final say is with the doctor," says Dr. Julia Carroll, who offers the service. She chooses from five different bases (hydrating, oil-free, etc.), to which she adds two boosters, such as wrinklesmoothing peptides or toneevening niacinimide. There are even two dosage options for brightening vitamin C, so she can adjust the formula based on your needs. She sends the recipe via a web app to the compounding pharmacy in Montreal, and a week or so later, the cream arrives on your doorstep

BLEND & BOOST FACE CREAM, \$150, COMPASSDERMATOLOGY.CA



up, too, aiming to prey on our desire for perfect skin. "I had a company come into my office trying to get me to sell a genomic skincare product that was personalized through DNA swabs from the mouth," says Dr. Adam Geyer, a New-York-based dermatologist, who consulted with Kiehl's on its new custom service. "They would come up with your specific mutations that would be corrected with certain ampoules for the small cost of \$1,200 a month. In truth, they're taking a small array of ingredients and saying they're going to combine them. I think that you can target what bothers people about their skin without needing a DNA swab."

Read on for three realistic ways to go custom with your skincare.



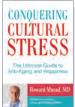


Natural selection

Toronto holistic facialist Julie Clark of Province Apothecary turned her love of creating personalized oil blends for her clients into a custom serum service that anyone can access. Go online to find an extensive questionnaire that covers everything from your job responsibilities and stress levels to allergies and medications, as well as your current skincare routine. Then Clark's team will hand-blend a serum to address your biggest concerns. "I have over 40 oils and essential oils to choose from," says Clark, who claims she has been able to clear up severely dry skin, eczema, cystic acne and pigmentation. " get to target issues and feed the skin what it needs right now." Bonus: First timers can order a 7-mL sample size to make sure the formula is a perfect fit

PROVINCE APOTHECARY CUSTOM FACE SERUM, \$40 FOR ASSESSMENT AND SERUM SAMPLE, PROVINCEAPOTHECARY.CA





"If you don't sleep one night, your skin will look dry and sallow—it's immediate. You'll see it overnight. And if the stress continues, then your skin gets drier, drier, drier, and replenishing it is going to take a little bit more effort. To me, skincare is health care." –Dr. Howard Murad, dermatologist and author of

Conquering Cultural Stress: The Ultimate Guide to Anti-Aging and Happiness

GET THE PERFECT NIGHT'S SLEEP

Mattress shopping is a nightmare. There is almost nothing worse than walking through a huge store like a lost soul, lying down on innumerable mattresses—shoes hanging politely off the edge—trying to decide if your lumbar feels supported. And what in merciful hell is a sleep number?

This universal *cauchemar* is the driving force behind Casper, a chic start-up that makes (minimalist drum roll, please) only one mattress. "We came at it from the angle that, while staying at a hotel, most people are very comfortable on that mattress," says Nicole Tapscott, general manager of Casper Canada. "So we wondered if we could we take that hypothesis and expand on it."

After trying hundreds of different foams, filming sleep patterns and essentially crowdsourcing prototypes among thousands of different people with different body types, Casper unveiled the so-called one-sizefits-all mattress. We tapped Casper's sleep research to get some tips on how to catch the ultimate Zs. —*Kathryn Hudson*

TOP 3 WAYS TO GET THE BEST SLEEP EVER

1. Focus on temperature "The number one thing that wakes people up during the night is temperature change," says Tapscott. Look for a mattress that allows for heat to circulate and consider layering blankets. Does your partner like a thick duvet, while you wake up in a sweat? Investing in two blankets may be a simple solution.

2. Ignore thread count "Breathability is what's most important," says Tapscott, explaining that thread count figures can be misrepresented and misleading. "You can buy 10,000 thread count sheets that actually create a really constricting environment." Instead, focus on finding high quality cotton sheets that feel soft and let your body breathe. "It's all about having long threads and a balanced weave."

3. Sleep on it "The only way to know if you like a mattress is to sleep on it," says Tapscott, which is why Casper allows customers to sleep on one of its mattresses for 100 nights before deciding if they'd like to keep it.



MURAD ESSENTIAL C NIGHT MOISTURE, \$76, SEPHORA.CA. AMORE PACIFIC TIME RESPONSE SKIN RENEWAL SLEEPING MASQUE, \$250, NORDSTROM. NIVEA QIOPLUS ANTI-WRINKLE NIGHT CARE, \$29, DRUGSTORES. CASPER PILLOWCASES, \$85 (STANDARD), CASPER.COM. LA VIE EN ROSE TOP AND BOTTOMS, \$35 (SET), LAVIEENROSE.COM. ADORE ME TOP AND SHORTS, \$67 (SET), ADOREME.COM. FLEUR OF ENGLAND NIGHTIE, \$283, FLEUROFENGLAND.COM. SLEEPY JONES TOP, \$184, SHORTS, \$64, SLEEPYJONES.COM

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FOLDAY IT LIST

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VERTISEMENT

EXCLUSIVE

ADVENT BEAUTY

Move over, chocolate. Gift this calendar a month in advance to fill her Christmas countdown with a daily dose of goodies.

{

Artdeco Advent Calendar: Holiday Beauty Secrets, **\$86**

EXCLUSIVE

SCENT OF SONG

For the Michael Bublé-obsessed, this crisp floral-oriental perfume comes with a matching shower gel.

Michael Bublé By Invitation Holiday Set, \$69

BY INVITATION michael bublé Luxuar shower cel seu bouche de luxi Isomi e si filoz

INVITATION





EXCLUSIVE

ALL BOTTLED UP

Make this intriguing blend of datura flower, patchouli and creamy white musk her new go-to, and gift a purse-friendly size while you're at it too.

Yves Saint Laurent Mon Paris Holiday Set, \$110

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