

THE KIT

SUMMER-PREP SPECIAL *Your guide to getting ready for the sweetest season: workout inspo, sunscreen info and swimsuits to get excited about*



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**MOST WANTED
FRESH TAKE**

Uniqlo masters the no-fuss, no-muss approach to fashion—without being boring

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“Fitspo” moms, like the ones above, have become an Instagram sensation, offering encouragement and real talk along with workout tips. At their best, they’ll inspire and motivate you—even if sometimes, you may be tempted to power down your phone and make a batch of brownies.

FITNESS

Bigger, better, faster, more

Everything changes when you have a baby—including your body. Laura deCarufel joins Canada’s most hardcore gym and charts the blood, sweat and (yes) tears of her fitness journey

I’m a great believer in little joys. For me, that often means food so delicious it’s guaranteed to offer delight: a sandwich oozing with molten cheese, a croissant with a centre of sweet golden damp crunched up with toasted almonds. When I got pregnant, I listened to my cravings with an attentiveness most people reserve for Her Royal Goopness—or the Pope. Two years ago, when I had a baby—the greatest joy I’ve ever known—those little joys became necessary salves for the fact that my life had become a blur of nursing, night wakings and heart-searing love. “Banana bread!” I barked at my husband one particularly dark morning, like an ER doctor rolling up her sleeves. In the evenings, as baby Charlie snoozed against my neck, I scrolled through Insta photos of fitness-y moms, murmuring, “Wow, good for them,” while half-watching *Love It or List It* and chomping through a bag of All Dressed. Going back to work shoved any thoughts of getting #backatit off my priority list. I was still a sleep zombie, except now I was expected to wear pants. Sure, they were a few sizes bigger than before, but who had time for steamed spinach—or squats for that matter?

TOOL KIT
Because hitting the gym is easier when you have stylish swag



CLOCKWISE FROM TOP: NIKE TANK TOP, \$80; SPORTS BRA, \$74; PANTS, \$170; SHOES, \$145; S’WELL WATER BOTTLE, \$54; NEW BALANCE SOCKS, \$15; ALL SPORTING LIFE

Then, last December, in the pre-Christmas swirl of Prosecco and pâté, an invitation arrived from Equinox to start a no-holds-barred six-week personal training program in January. Equinox is the type of high-end gym that offers chilled eucalyptus-scented face towels and a high La Perla count in the change room, plus the best trainers and equipment in town. I had done a Best Butt Ever class there once and almost died. Swanky, certainly, it was also serious. Plus, January was weeks away. I accepted immediately and probably ate a candy cane.

Reality dawned on a chilly morning, as I arrived for the first session with my trainer, Stephen. Inside, the gym was all chic neutrals and perfect lighting—more like a Dubai condo than a sweat temple. Stephen had a Tom-Cruise-in-*Top-Gun*-vibe, buff and tough. “So, why are you here?” he asked, pen poised over the paper. I hadn’t expected the first question to stump me. “Welllll,” I began, then proceeded to ramble on about confidence! Empowerment! Positive self-image! Plus, I’d recently had a baby—“Post-baby body—the usual. Got it,” replied Stephen, rightly shutting me up. “It’s okay to say here that you want to lose weight,” he continued. “You’ll definitely get stronger and feel great too—better than you ever have before.” Great! “Let’s start with the weigh-in.” Great?

In the training office, we did the usual measurements—arms, thighs, hips—then I stood on a next-gen scale that calculated, among other things, my body-fat ratio. I’ve blocked the exact percentage from my memory, but I can report that it was high enough to make me blanch—a word I’d previously associated with my beloved almond croissants. I knew my two years of blissful inactivity had impacted how my jeans fit; it hadn’t occurred to me that a 20-pound weight gain was also impacting my health, possibly leading to high blood pressure and an increased risk of heart disease. I had to take that seriously—I was someone’s mother! Clearly, I had work to do. As part of the training program, I would work out with Stephen for an hour every Tuesday and Thursday for six weeks. Every Tuesday, I’d step on the scale to see if I’d met my goal of dropping one to two pounds a week. I would also keep a food diary, which I’d send to Stephen every night. If I had been mildly interested in a kick-start before, I was now fully committed. Time to hit the floor.

I came to understand that Stephen went easy on me in that first session—he was evaluating my strength, stamina and balance, as I lifted weights, attempted the rowing machine and planked for what felt like weeks. “Stop apologizing,” he’d say, laughing, after I’d mixed up my right and left leg for the umpteenth time. I left exhausted, but weirdly exhilarated, too.

The next day, I woke up in pain, but I was still able to lift Charlie out of his crib and walk down the stairs without wincing. Maybe this was how it felt to work out with a professional, instead of taking a frenzied spin class every six weeks. *Continued on page 3*



**SUMMER BEAUTY
SERVE AND PROTECT**

Everything you need to know about the latest, best sunscreens

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**FASHION
IT’S COMING**

Get a jump on pool season with 16 splashy swimsuits

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STAY CONNECTED



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MOST WANTED

Not-so-basic basics

Why minimalist mega-retailer Uniqlo has found a home in Canada

In a world brimming with chaos, clutter and overstimulation, there's the Japanese way of life: that of rock gardens and steam baths; Marie Kondo's singular method of attitude-altering organization; and home-grown fashion retailer Uniqlo, the country's most famous minimalist export. And with the brand's expansion into Canada last year (and a new Vancouver location set to open this fall), we're about to get a big lesson in less is more.

Enter any Uniqlo store, even the 12-storey colossus in Tokyo's Ginza shopping district, and you'll get much of the same: neat piles of lightweight, pullover sweaters, entire walls dedicated to crisp white tees and culottes in slightly off-kilter cuts. Seems straightforward enough, but defining the brand and its design aesthetic is surprisingly difficult. According to creative director Naoki Takizawa, who came to the brand in 2011 from long-term stints at Issey Miyake and Helmut Lang, Uniqlo isn't sportswear, casualwear or even a fashion brand, despite its regular collaborations with big-name industry players (Jil Sander, Christophe Lemaire and soon-to-be partner, J.W. Anderson.) Takizawa believes that the Uniqlo concept resonates because of a shift he sees in consumers around the world. "These days, people want to look more low-key," he says. "That way they can actually express their individuality."

Enter LifeWear, Uniqlo's philosophy of "simplicity, quality and longevity," which acts as guiding design principle for every piece that lands on its floors. For the brand, asking, "Why do we get dressed?" and "Is it essential?" has meant forgoing trends as we know them and instead turning its attention to innovation. Take, for example, the brand's HeatTech technology, a special fabric offering heat-retaining properties, which is woven into a variety of innerwear pieces like leggings and tank tops. Or the Ultra Light Down collection of paper-thin down jackets expertly layered on every man, woman and child on the streets of Tokyo.

Unlike other international transplants that struggle to understand their new surroundings, Uniqlo's landing on our home turf actually makes sense. As Canadians, we define ourselves and our style in terms of practicality and restraint because at the end of the day, all we need to make a fashion statement is a pair of blue jeans and the perfect tee. "I'm trying to design for 1 million or 10 million people and attitudes are changing," says Takizawa. "People want to use things every day."

—Jillian Vieira. Photography by Hamin Lee

UNIQLO TOP, \$50, JUMPSUIT, \$50, TOP, \$30, UNIQLO

Continued from cover

BIGGER, BETTER, FASTER, MORE

I arrived for the second session almost excited. I had started the day as Stephen had suggested—with a berry smoothie amped up with protein powder—and I couldn't believe the difference in my energy levels. "It's about working smarter: changing 20 per cent of what you do, so that it makes an 80 per cent difference," Stephen said, as I rolled out my muscles using a foam core. Stephen's philosophy is all about focusing on strength exercises and perfecting technique to maximize every movement. He's a fan of the deadlift—bending your knees, keeping your back flat, then lifting a barbell, with arms straight, up to your hips, and then back down—which activates all your key muscles, including your core. We also did back lifts, lots of lunges and chest presses ("Gun show!" Stephen would yell encouragingly as I puffed through them like Rowdy Roddy Piper). Every session ended with a dreaded cardio "finisher" designed to get your heart rate up. On the first one, I imagined that I had to row fast, fast, fast to protect Charlie from a rampaging tiger. Spoiler alert: The tiger won.

Over the next six weeks, I learned about the value of "getting fat" before lifting—taking a big breath so that the extra oxygen protects your muscles. I learned that my strict toddler-induced routine made it a lot easier to stick to a fitness and nutrition plan—I just did what Stephen told me. I also learned a lot about myself. Keeping a food diary was humbling—left to my own devices, I basically ate like a Metallica roadie. I took Stephen's advice and tried to eat protein at every meal. I dramatically decreased my croissant intake and ate a tablespoon of peanut butter when a sweet craving hit—which, to my shock and delight, they did less and less frequently. "Who are you?" my friend asked in mock horror, when I ordered peppermint tea instead of crème brûlée. "It's crazy," I affirmed.

The craziest thing is that I learned that I was so much stronger than I thought. That shouldn't have been a surprise—having a baby makes you realize that the body is essentially a machine, and the challenge of balancing work and motherhood demands some level of superhero-dom. Somehow, though, I had never connected that to my own physical strength. About a month after my final Equinox session, Charlie woke up in the middle of the night. He had a fever. I kissed his hot little forehead and walked him for an hour to get him back to sleep. In the fog of 3 a.m., the warm, sweet weight of my child against me, something became clear: As amazing as it was to be able to wear jumpsuits again, the greatest gain of my fitness journey was that my little joys had snowballed into my big one. My priorities were aligned. By being strong for me, I was stronger for him. Now I like to think, I'd give that tiger a run for its money.

"Keeping a food diary was humbling—left to my own devices, I basically ate like a Metallica roadie."

My spring hit list

One of the joyful things about committing to fitness is that when you lose weight, you're basically forced to go shopping. These are a few pieces—including pastel pants!—that I'm excited to wear this season.



CLOCKWISE FROM TOP: J. CREW EARRINGS, \$85, JCREW.COM. WARBY PARKER SUNGLASSES, \$225, CA.WARBYPARKER.COM. ELA BAG, \$485, ELABVELA.COM. PINK TARTAN TOP, \$245, PINKTARTAN.CA. ZARA JUMPSUIT, \$70, ZARA.COM. ALDO SHOES, \$65, ALDOSHOES.COM. FENDI PANTS, \$1,215, NET-A-PORTER.COM. BANANA REPUBLIC DRESS, \$124, BANANAREPUBLIC.CA



STYLE IMPACT

Do-good model Liya Kebede brings her made-in-Africa designs to the masses

All it took was one meeting with traditional weavers in her native Ethiopia for model and maternal-health activist Liya Kebede to think up her artisan-driven collection, Lemlem. And 10 years later, the line's brightly coloured caftans and billowy boho tops—created using techniques developed hundreds of years ago and passed down through generations—are standing on the world stage with some help from Joe Fresh. The capsule collaboration of spirited beachwear takes inspiration from the region's craftsmanship while supporting Kebede's foundation, which in turn supports healthcare and economic opportunities for women in Africa. "I hoped to move the needle a little for weavers who were struggling to make ends meet," she says of her initial founding. "Today, I'm incredibly proud that we've created jobs for 250 artisans and helped make a pathway out of poverty for them and their families." —Jillian Vieira



JOE FRESH X LEMLEM DRESS, \$39, SHORTS, \$24, TOP, \$29, SHOES, \$7, JOE FRESH

SUMMER BEAUTY

Sun screening

As new and improved mineral sunscreens flood the shelves, here's your guide to shopping the suncare aisle this spring

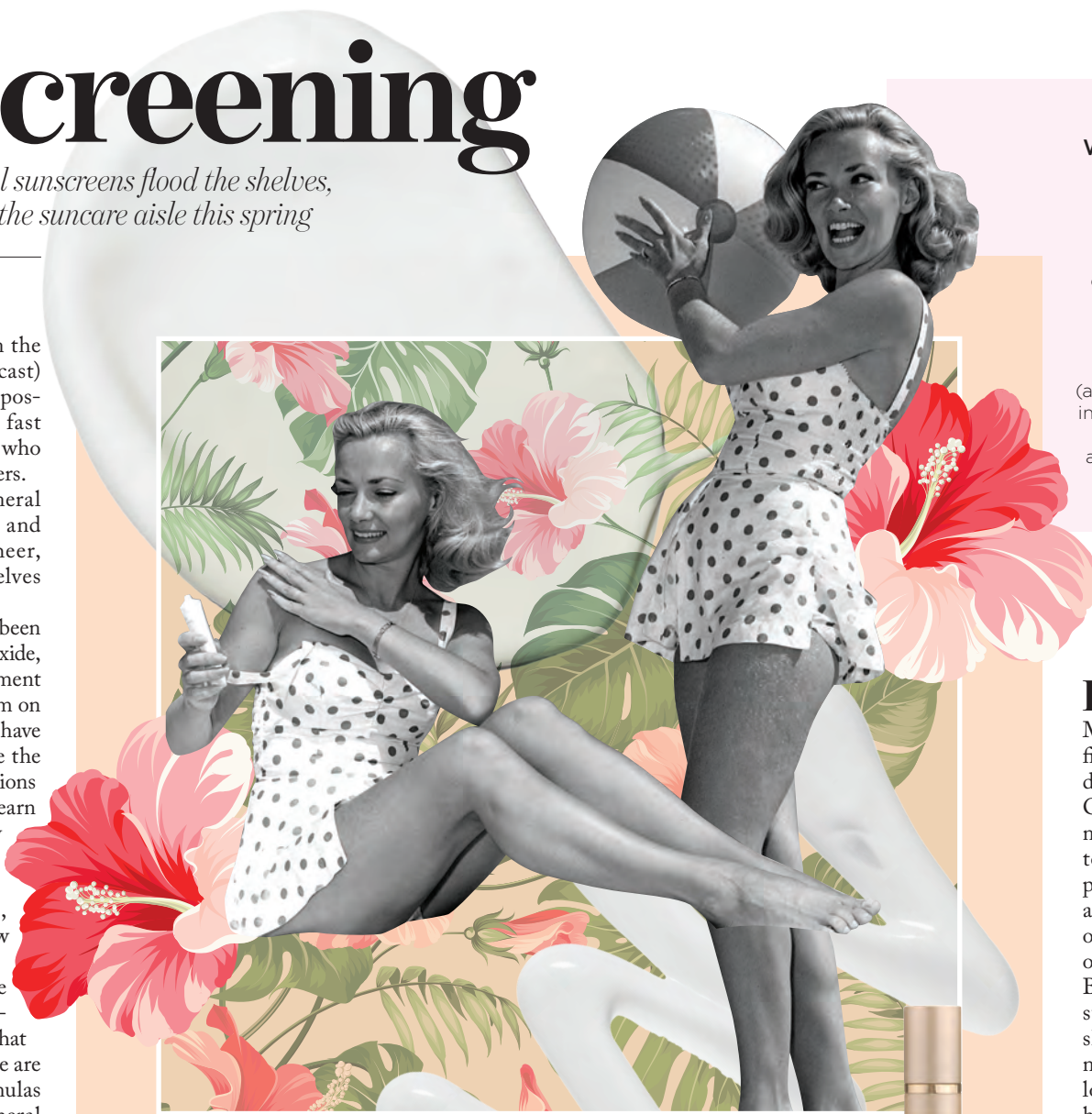
BY MISHAL CAZMI

Mineral sunscreens have never been the most discreet (hello, chalky white cast) or user-friendly (great to see you, impossible-to-blend chunks) but they're fast becoming a popular choice for those who want to avoid chemical sunscreen filters.

In response to the demand, mineral sunscreens have gotten a makeover and they'll be parading their silky, sheer, blendable new selves on beauty shelves this spring.

Traditionally, the ingredients have been tricky to work with—pure titanium dioxide, for example, has a natural white pigment responsible for leaving that chalky film on your skin. But technology innovations have allowed beauty brands to incorporate the filters more easily into creams and lotions for better spreadability and feel. “We learn more every year, and we learned how to improve aesthetics and UV protection,” says Naomi Furgieue, lead R & D for Neutrogena and Aveeno, both of which are launching new mineral formulas this season.

Whether they're made with pure zinc, smaller particles of zinc and titanium dioxide or innovative additions that help the filters blend and diffuse, these are nothing like the pasty, glue-like formulas of the past. Here are the newest mineral sunscreens on the block.



SUNSCREEN LINGO: WHAT'S THE DIFFERENCE?

Mineral or “physical” sunscreens are made with titanium dioxide and/or zinc oxide, which work by reflecting, scattering and absorbing the sun's rays. Both offer broad-spectrum protection, meaning they act as shields against UVA and UVB rays.

Chemical sunscreen filters (a family of engineered ingredients including avobenzene, homosalate and oxybenzone) work by absorbing UV rays and have to be used in combination to achieve broad-spectrum protection.

REAL TALK

Mineral and chemical sunscreen filters are more similar than they are different, says Dr. Jennifer Beecker, an Ottawa-based dermatologist and the national chair of the Canadian Dermatology Association's sun awareness program. “There's been a lot of talk about potential concerns with organic or chemical filters that's mostly been overblown in my opinion.” That said, Beecker often recommends mineral sunscreens to people with sensitive skin and for kids. “I think they're a nice alternative for people who are looking for something that doesn't have a chemical filter. They have a nice efficacy—they cover both UVA and UVB and often, they're quite cosmetically elegant.” We asked her to answer our burning sunscreen questions.

Are mineral sunscreens better for sensitive skin? The physical structure of titanium dioxide and zinc oxide makes them inert by nature (translation: They're not reactive and they play nice with other ingredients). “They tend to be a little bit more gentle on the skin,” says Beecker. That's why you'll often find zinc in eczema or diaper-rash balms.

Are mineral sunscreens less likely to clog pores? Not necessarily, but if you find that chemical sunscreens make you break out, a mineral formula might suit you better. A high-SPF chemical sunscreen may contain a large amount of different filters, which could be heavier on the skin and clog the pores.

Are mineral sunscreens with nanoparticles safe? Nanotechnology is used to create extremely small fragments of zinc oxide and titanium dioxide for use in sunscreens. Studies have shown there's no danger of these nanoparticles absorbing into the skin in significant amounts. But Beecker points out that there is uncertainty about how nanoparticles affect the environment in the long-term.

Do mineral sunscreens need to be applied as often as chemical sunscreens? “It's the same,” says Beecker. Mineral sunscreens are inherently photo-stable, meaning they won't break down under sunlight and heat, whereas chemical filters are unstable on their own but can be stabilized by being combined with other ingredients. “Most people, if they put on [any] sunscreen properly, shouldn't need to re-apply unless they're sweating or swimming or towelling off.”

Do mineral sunscreens start working as soon as you apply them? Technically, yes. However, the labels on both mineral and chemical sunscreens will caution you to wait at least 15 minutes after applying if you're going in the water, a precautionary measure (and a legal requirement) to make sure it doesn't wash off if you decide to take a dip.



Inspired by Japanese “shaka-shaka” skincare formulas that you shake before use, this water-in-oil emulsion combines titanium dioxide, light oils and mattifying talc to ensure an even application.

LA ROCHE-POSAY ANTHELIOS ULTRA-FLUID BODY LOTION SPF 50, \$36, SHOPPERS DRUG MART



This essence-like tinted liquid is so fast-absorbing and barely detectable on skin that it will convert even the biggest sunscreen skeptic.

GARNIER OMBRELLE ULTRA LIGHT ADVANCED TINTED LOTION SPF 60, \$28, DRUGSTORES

This portable compact evens out skin while it protects and gives a glow that doesn't veer into greasy territory, thanks to its powdery-but-not-matte finish.

BIODERMA PHOTODERM MINERAL COMPACT SPF 50+, \$30, BEAUTYBOUTIQUE.CA

This sophisticated sunscreen combines mineral filters with plant extracts that also act as filters (karanja oil and a rice-derived compound) as well as a natural infrared filter, coralline rose extract, in an airless pump.

BIOLOGIQUE RECHERCHE PROTECTION U.V., \$134, ONEZONE-ONLINE.COM



Packed with hydrating shea butter and skin-soothing aloe, making it ideal for dry skin, this fragrance-free formula is vegan and gluten-free.

LIVE CLEAN FACE MINERAL SUNSCREEN LOTION SPF 45, \$17, SHOPPERS DRUG MART

Using the scientific equivalent of an Instagram filter on titanium dioxide to soften the filter's reputation for chalkiness, this sunscreen creates an invisible shield.

CLINIQUE MINERAL SUNSCREEN LOTION FOR BODY SPF 30, \$41, THEBAY.COM



Powered by pure zinc oxide and a patented ingredient technology called Purescreen, this lotion slathers on clear and buttery smooth.

NEUTROGENA SHEER ZINC MINERAL SUNSCREEN SPF 50 BODY LOTION, \$16, DRUGSTORES



DAMAGE BY THE DECADE

If only sun damage were limited to that adorable initial sprinkling of freckles. Without adequate protection, however, it progresses over time to become a mottled mixture of sagging, hyperpigmentation and wrinkles, often before you've realized it's happening. “There is some recently published evidence to show that, at least over the period of a year, daily use of sunscreen reduces the appearance of aging, as opposed to intermittent use,” says Dr. Jason Rivers, founder of Riversol Skincare and Pacific Dermaesthetics in Vancouver and an expert in the sun's effect on skin.

“I think that's partly because we're getting exposed to ultraviolet radiation year-round and that doesn't fluctuate much.” We asked Rivers what someone who lives in Canada, is exposed to a moderate amount of sun all the time and doesn't wear sunscreen can expect to see as time goes by.

20s: Rough start “In the 20s, you've had a few sunburns and you may see signs already of sun damage. You'll have freckles, for example, what we call solar lentigines; these are like brown splotches on the back and the upper shoulder where somebody may have had a sunburn in the past. You may see the skin becoming more coarse, for example, if you run your hand up and down your arm, you may feel it as sort of rough on the outside and smooth on the inside—that is related to sun damage.”

30s: Spot patrol “You're going to start seeing brown spots more, especially on the arms and hands. You may see pigmentary changes to the skin as well, in terms of brown blotches. The skin may become more coarse

and maybe you're starting to develop some fine lines.”

40s: Pile on “At 40, it depends on how much sun you're getting, but the process gets more accumulated. You're starting to get deeper lines. You're starting to see a mixture of pigmentation, so it becomes a bit more mottled. Pore size may start to increase on the face. If you're getting enough sun you may start to get some pre-cancer skin lesions on the décolletage area. You're starting to see redness sometimes, little broken capillaries, and some textural change to the skin, so it's not as smooth.”

50s+: Cancer warning “In the 50s and beyond, you're getting more sun-related mottling and pigmentation, and the skin may become thinner. You may start seeing the skin bruise more easily because of sun damage. You may start getting pre-cancerous skin lesions or skin cancer from that time out in the sun.” —Eden Boileau



“There is some evidence to show that daily use of sunscreen reduces the appearance of aging, as opposed to intermittent use.”

TEST DRIVE

GOING FOR BRONZE

A pale-skin-worshipper's first spray tan has interesting results

BY VERONICA SAROLI



It's 1 p.m. on a cold, grey day and I'm on the subway, relieved to be underground where the sun doesn't shine. (This will become relevant in a minute.) Reflected in the train window is someone unfamiliar, someone who looks just like me but has a warm glow radiating from her face, as if she's turned on the “pretty” Snap filter while lounging on a beach in her abundant spare time. I have just come from my first-ever spray tan. I am not okay.

It's not the spray tan's fault. Sophie Evans, British “skin finishing expert” for spray tan-in-a-bottle brand St. Tropez, did a spectacular job

making me feel comfortable about the process and even contoured on a more toned figure and chiselled face. When I raised concerns about my blotchy skin, she told me “gold takes away all redness, you'll love it,” with a twinkle in her eye. Really, I know it looks glamorous; it's just that I'm having a small existential crisis.

I thought I was a lot more “chill” than this, but as the warm-penny smell of DHA (the chemical used to turn skin brown) wafts from under my coat collar, I start to question everything I stand for. Though I was a sun worshipper in my misguided youth, my skin has barely seen the light of day in almost a decade, since I first read about how harmful UV rays can be in a very strongly worded article. Faster than you can say “but Botox,” I decided sun-induced wrinkles and skin-cell damage were enemy number one, and sunscreen became my lifeblood. I was so sure that being uniquely pasty among my friends and family was proof of the purest form of common sense that the mere indication of a tan, even though it's not real, rattles me to my smug core. There, on the subway, I wondered: Did I just compromise my skincare morals? Take the sun damage gateway drug?

I spend the immediate aftermath firing off

frantic, dismayed text messages about needing to scour off the bronze to everyone in possession of a phone. “You never feel uncomfortable when your face is chalk-white from that awful sunscreen, so do not worry about this,” my mother replies, apparently holding nothing back. She's always liked to remind me how lucky I am to have my father's olive complexion over her milky Irish one. My dad, whom I resemble so strongly that his own father once confused us in a picture, tends to his tan like an antiques dealer maintains prized Art Deco pieces, but with coconut-scented, Hawaiian Tropic SPF-4-fuelled trips down South instead of lacquer. There's a threshold for the number of times someone can be compared to their parent before they crack: Keeping my skin perfectly pasty dimmed the resemblance and saved me from having to come up with witty retorts to people pointing it out.

It soon becomes clear that this is a deeply personal concern. For the rest of the day, no one I encounter shares my emotional earthquake over my transformation from macadamia nut to acorn. Comments include “Looks nice!” Still, when I finally get home that night, I give my epidermis the Lady Macbeth scrub-down. Within a week, I regret acting rashly and

not giving the spray tan a chance. If this were a rom-com, I would not have the audience's support. So I sheepishly dip into a bottle of “very light” self-tanner at home, chasing that slightly blurred, less ruddy complexion and just-back-from-the-beach effect. No one notices but me, which is all the tan I can handle. A little colour every now and then, with no damage and my skincare morals left intact—I'd say that's worth its weight in gold.



TOOL KIT FOR A SUBTLE GLOW

FROM LEFT: **ALMAY** HEALTHY GLOW MAKEUP + GRADUAL SELF TAN, \$18, DRUGSTORES. **CHARLOTTE TILBURY** OVERNIGHT BRONZE & GLOW MASK, \$65, CHARLOTTETILBURY.COM. **ST. TROPEZ** THE SELF TAN EXPRESS BRONZING MIST, \$50, BEAUTYBOUTIQUE.CA. **VITA LIBERATA** BODY BLUR INSTANT HD SKIN FINISH, \$55, SEPHORA.CA

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THE TOO-HAUTE-TO-RESIST GAME CHANGERS AND
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- BV Marketing Director, fashion
and lifestyle expert **Melissa Evans-Lee**

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Ring, SWAROVSKI | English Factory top, MENDOCINO
Jacket, GAP | Weekend Max Mara skirt, ANDREWS



VERY goody
two shoes,
indeed.
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So much to get carried away
about here . . . **Salvatore Ferragamo,
DAVIDS**

This one might
take a bit of
convincing but
once you wrap
your head around
the idea of a
go-with-everything
bodysuit, you'll be
glad you did.
**Makers Of Dreams,
MENDOCINO**



Less "out of the blue"
(Greta Constantine
consistently makes
stunning pieces)
and more "blue chip".
**Greta Constantine,
ANDREWS**



Insert kaftan here.
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FASHION

Spring's best swimsuits

With pool season upon us, these runway-approved, look-at-me suits will really make a splash

BY JILLIAN VIEIRA



TREND: COOL CUT-OUTS

These snipped suits are a fashion-forward favourite. (Trust: The unsightly tan lines are worth it.)

FROM LEFT: **ARAKS**, \$440, ARAKS.COM. **SOLID & STRIPED**, \$225, SOLIDANDSTRIPED.COM. **VITAMIN A**, \$265, VITAMINASWIM.COM. **OLD NAVY**, \$45, OLDNAVY.CA



TREND: DEEP-V MAILLOTS

Ultra-feminine ruffles or lacy, lingerie-inspired panels are a killer combo when paired with a down-to-there neckline.

FROM LEFT: **BECCA**, \$142, SWIMCO.COM. **BETH RICHARDS**, \$345, BETHRICHARDS.COM. **ERES**, \$950, ERES, TORONTO. **SHAN**, \$325, SHAN.CA



TREND: IN THE NUDE

Choose a shade slightly lighter or darker than your own skin tone for a better-than-your-birthday-suit look.

FROM LEFT: **ZARA**, \$46, ZARA.COM. **MARYSIA**, \$465, NET-A-PORTER.COM. **MELISSA ODABASH**, \$335, ODABASH.COM. **H&M** TOP, \$25, BOTTOMS, \$18, H&M



TREND: SPORTY TWO-PIECES

These medium-coverage pieces do the job, even if you're not swimming the 200-metre backstroke.

FROM LEFT: **MIKOH** TOP, \$170, BOTTOMS, \$170, MIKOH.COM. **STELLA MCCARTNEY** TOP, \$245, BOTTOMS, \$245, SIMILAR STYLES AT STELLA-MCCARTNEY.COM. **WARD WHILLAS** TOP, \$255, BOTTOMS, \$235, WARDWHILLAS.COM. **ADORE ME**, \$95 (SET), ADOREME.COM

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MARCCAIN

GET TROPICAL

Marc Cain's Spring/Summer 2017 is feeling tropical! With Summer in full swing, the collection will have you yearning for island breezes. Dresses with exclusive exotic prints, pyjama-style pants and vibrant floral motifs are a nod to the bohemian spirit of summer. It's time to take that trip to the Greek Islands you've been longing for!

Join us at a Marc Cain Store between May 13 and 14 for our Mother's Day Event to enjoy 50% off the second item and a gift with purchase for a limited time only!

Available at
Toronto Eaton Centre, Square One, Carrefour Laval & Chinook Centre
www.marc-cain.com



- 1 Pants, 100% silk, \$390 | 2 Dress, \$390
- 3 Outdoor jacket, \$600 | 4 Scarf, 100% silk, \$190
- 5 Necklace, \$140 | 6 Sandals, 100% calfskin velour, \$560
- 7 Sandals, 100% calfskin nappa, \$340 | 8 Dress, \$470
- 9 Scarf, \$210

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