

THE KIT

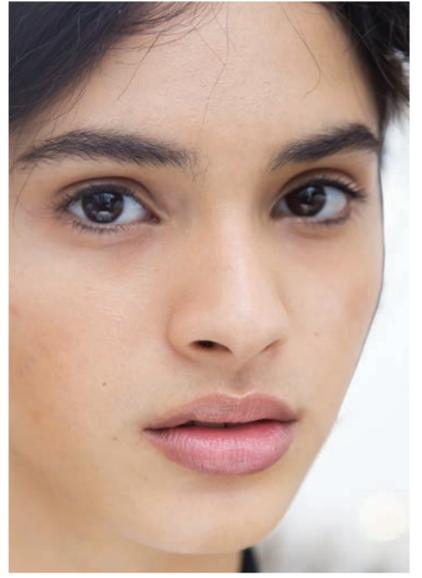


STAR POWER

Blake Lively has proven that she's much more than a pretty face. The A-lister opens up about strength, self-worth and Hollywood's sexism problem

page 4

PHOTO: GETTY IMAGES



GREAT SKIN AT EVERY AGE

Pores are where it all happens in our skin—and often where it can all break down, leading to breakouts, bumpiness and even excess facial hair. We quizzed skin experts on how to care for your pores in every decade

BY RANI SHEEN

Stars: They're just like us—they have pore problems, too. "The majority of my celebrity clients who sought me out originally had oily, eruption-prone skin, open pores, sometimes borderline acne," declares Ole Henriksen, Danish-born, L.A.-based facialist to Ellen Degeneres, Laura Dern and Halle Berry. "Our job has been to balance the skin." He's treated skin of all types and ages—his oldest client being Kirk Douglas, who turned 100 last year. "He still comes in and has amazing skin texture!" So there's hope for us all. He advocates taking great care of your pores and not stripping them dry, as does Leala McNerney, a skin therapist who trains other skin therapists for Dermalogica Canada. "Our skin is a super-smart organ; every response is regulated by another," she explains. "For skin cells to naturally slough off, we need good hydration levels to activate skin-cell-releasing enzymes. If we over-strip our skin, we aren't creating the right environment for these enzymes to work effectively. This in turn can lead to blackheads, bumpiness and possibly enlarged pores." Read on for the most effective, gentle ways to keep your pores in tip-top shape at every age.

IN YOUR 20s

Pore problems: Oiliness + blackheads We all know teen hormonal fluctuations can lead skin to produce excess oil, but it doesn't stop there. "These fluctuations can persist into your early 20s," says McNerney. However, it's not all bad news. "Oily skin has natural protection against the elements because oil is a fat that cushions and comforts the skin," says Henriksen. "You're going to age slower and have less sensitivity. Yet you want to make sure it doesn't get out of control around the T-zone, so you don't get blackheads and sebum build-up that will give you whiteheads or breakouts." *Continued on page 5*



MOST WANTED LET'S DO THIS

Kick-start your workout with summer's most stylish sneaks

page 3

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A lip crayon that nourishes your lips and provides vibrant colour that lasts for eight hours.
- MASKERAIDE | ALL EYES ON ME**
Say goodbye to under-eye circles and fine lines, these gel patches brighten, hydrate, and firm eyes instantly.
- SECHE VITE | DRY FAST TOP COAT**
A fast drying top coat that forms a solid coating over the nail to provide a more durable finish, leaving you with silky smooth chip-resistant nails.
- GARNIER | SKINACTIVE MOISTURE BOMB**
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- SMASHBOX | PHOTOFINISH FOUNDATION PRIMER**
A transparent primer gel that instantly smooths skin and helps your makeup look better.
- BABYLISS PRO | ARGAN OIL**
An oil treatment that provides conditioning, reduces frizz, adds shine, and smoothens hair throughout the day.
- MARC ANTHONY | COCONUT CLEAR DRY SHAMPOO**
A lightly scented dry shampoo that instantly cleanses your hair, absorbs oil and eliminates odour, leaving your hair feeling fresh.
- DELECTABLE | TRIPLE MOISTURE BODY LOTION**
A moisturizing body lotion enriched with coconut oil, shea butter and aloe vera that hydrates, smoothens and nourishes your skin.
- NATURE BY CANUS | GOAT'S MILK SOAP**
Feel smooth and fresh with this luxurious bar of soap made of fresh goat's milk.
- EYEKO LONDON | FAT EYE STICK**
This eye stick is perfect for making eyes look chic and trendy.
- ESTATE COSMETICS | LIP CRAYON (SWEETER SEASON)**
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MOST WANTED

The long run

Before there was aerial yoga or spin class dance parties, there was running. Feet to the pavement, loud music in your ears, long distances and no rules. These days, the original workout has gotten major upgrades in the footwear department: custom-fit closures creating a snug, supportive feel, responsive cushioning for a powerful stride and all-around breathability so you can clock those kilometres in comfort. Lacing up has never felt so good.

—Jillian Vieira. Photography by Hamin Lee

SHOP THE TREND

NIKE FREE RN FLYKNIT SHOES, \$175, NIKE.COM (ABOVE). ADIDAS ULTRA BOOST X SHOES, \$240, ADIDAS.CA. ASICS GT-2000 SHOES, \$170, ASICS.COM. NEW BALANCE FUELCORE SONIC SHOES, \$140, NEWBALANCE.CA



THE KIT
CANADIAN
FASHION
PROJECT

MAKE A MOVE

Get your sweat on in this ultra-chic, Canadian-designed athletic gear



JOE FRESH

Known for: No-fuss active basics and layering pieces. Expect a yoga outfit (we're talking head-to-toe) for under \$100.

JOE FRESH TOP, \$19, JOE FRESH



HYBA

Known for: A range of super-affordable sports bras tailored to your activity and impact level. The Magic-Eye-esque prints are also a plus.

HYBA SPORTS BRA, \$50, HYBA.CA

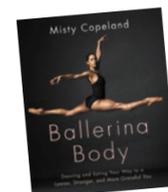


MICH I

Known for: Being an innovator in the mesh-panelled leggings category. These moisture-wicking bottoms can stand up to any intense workout.

MICH I LEGGINGS, \$165, MICHINY.COM

SHOP THE TREND



MARC CAIN TOP, \$640, MARC CAIN. BALLERINA BODY BY MISTY COPELAND, \$39, BOOKSTORES. MARC CAIN NECKLACE, \$130, SKIRT, \$480, MARC CAIN. SALLY HANSEN MIRACLE GEL IN SHHHH-IMMER, \$12, DRUGSTORES



THE CONSTANT

Known for: Technical elements with sleek, fashion-y designs (as in, this in-house Aritzia brand lets you head straight to brunch post Pilates).

THE CONSTANT FOR ARITZIA JACKET, \$110, ARITZIA.COM



LOLÉ

Known for: A Goop-approved line of perfect-fit pieces. The Montreal-based brand's green initiative also gives second life to gently used outerwear.

LOLÉ TOP, \$150, LOLEWOMEN.COM



Light-as-air fabrics, and feminine hues make a statement in the boardroom. Take inspiration from the Marc Cain runways, street style and Natalie Portman's star turn in *Black Swan*.

SPOTLIGHT

BALLET BEAUTIFUL

Marc Cain's newest collection shows the versatility in dance wear for the everyday

As I took my seat in one of Berlin's grandest ballrooms, with hundreds of pointe shoes and pale pink tutus dangling from the rafters, the balletic theme of Marc Cain's fall 2017 show was unmistakable and familiar. But unlike major design houses, like Valentino, that have recently riffed on the graceful theme with lauded results, the German brand's take deviated from the dainty stereotype. As models took to the sparkle-covered runway, an impressive lineup of barre-to-boardroom workwear pieces revealed themselves: a sheer dancer's wrap top covering a lace camisole acted as an homage to classic warm-up wear, while an inky-black romantic tutu paired with a business blazer and heaps of pearls was a pretty skirt-suit alternative. Tougher details, like leather bodices, combat boots and goth-y mesh socks transformed a simple, fitted turtleneck and tulle combo into a p.m.-worthy outfit. The show's approach was a reminder that, dancer or not, clothes will always let you play the part. —Jillian Vieira

VOICE

Power player

Blake Lively is speaking out about sexism, and we'd all do well to listen

BY RANI SHEEN

Blake Lively is not content to simply be one of most glamorous movie stars of our time. The 29-year-old Californian actor has cut a swath through the celebrity reporting world recently, shutting down an interviewer who lobbed a fashion question at her during Variety's Power of Women luncheon with: "Would you ask a man that?" She's choosing her roles more carefully, too—she's signed on to play the lead in the spy thriller *The Rhythm Section*, which has been touted as upending many of the clichés surrounding female action stars. Recently, Lively visited Toronto to host L'Oréal Paris's Women of Worth dinner, which rewarded Canadian volunteers' efforts to assist their communities by tackling various issues, from sex trafficking to access to healthcare (read their stories at womenofworth.ca). Before the lights went up, we sat down with her to chat.

What does working on a campaign titled "Women of Worth" mean to you? "That idea has given me goosebumps, because in my lifetime, my worth as a woman has never been so greatly questioned as it is now. And that's the beauty of the recent demonstrations, of women coming together and saying, 'I deserve equal rights and I deserve equal pay—not because I'm a woman, but because I'm a human.' It's a beautiful thing, and it's such a shame that we have to do it, because imagine men coming together and saying, 'Because we're worth it.' It's a given with men, it's not questioned. We still have a long way to go. It's neat for me to see people become more aware of it."

As a beauty brand spokesperson, what beauty look makes you feel most like yourself? "It's not a beauty look; I find self-worth by being around people that I love

and who know me, the people who love me when I'm wearing no makeup and when I'm red carpet ready in a gown. But it could be a makeup thing—a great lip or full lashes make you feel beautiful—or it can be something as simple as moisturizer, when you wake up in the morning with no makeup on and your skin is glowing, you feel luminescent."

"I've had experiences where I look back and say, 'Oh wow, that was really sexist' or 'That was really inappropriate.' As a woman, you are treated differently than men are."

The film industry is notorious for sexism, especially toward women just starting out. Did you ever encounter that, and how did you deal with it? "Not only is the film industry notorious, but every industry is notorious for sexism. I think we all as women have experienced that. I've had experiences where I look back and say, 'Oh wow, that was really sexist' or 'That was really inappropriate.' As a woman you are treated differently than men are, whether it's something like your sexuality being factored into something, which is unfair, or just the fact that women are described as bossy. You ever hear men called bossy? No, they're described as a boss. A leader. And yet for a woman that has a negative connotation. So if you stand up for yourself, if you have an idea and you're trying to contribute or collaborate, that can be a negative thing."



Blake Lively lights up red carpets with her energy and confidence (plus she always styles herself). From top left: With husband Ryan Reynolds; arriving at the 2017 Met Gala; at the Michael Kors Fall 2017 show; with fellow L'Oréal Paris spokesperson Diane Keaton.



What are some of the sexist questions you've been asked in interviews? "I had someone say to me, 'You're most empowered when your hair is done.' Would you ever ask a man, would you ever ask Bill Gates, if he felt empowered when his hair is done? It's laughable. But with women, you do feel powerful when your hair is done, because you know that is what's valued in women: your sexuality and beauty. And I think that's really important to change for the future generation, just by talking about it and giving it awareness."

Over the years, as you've matured, have you acquired more tools to deal with this? "We are all becoming more sensitive and more aware, and when it comes up, we know how to answer, how to step back from it. When someone asks those questions, it's actually where I find power—where you used to answer the thing you've been taught, you take a step back and look deeper. I think a lot of it is less about action and more about understanding, and conversation and empathy. And all those things are pretty simple."

FLOWER CHILD

The pressed flower manicure is swoony perfection, especially over a pistachio base colour like Essie Chillato. **Tip:** You can find mini dried blooms at craft stores or online—cut them into tiny pieces and apply between two layers of topcoat. (Check out our how-to video at thekit.ca)

VINTAGE DRESS, FROU FROU VINTAGE, TORONTO. BIKO RING, \$49, ILOVEBIKO.COM



With summer at peak lushness, it's time to bring that green thumb to our fingertips with the colour of the season

BEAUTY SCHOOL

Emerald city

PHOTOGRAPHY BY MAYA FUHR | MANICURES BY RITA REMARK



GET IN LINE

Graphic stripes in mint and grass are offset by sunny yellow and tomato red for an island-vibes effect. **Tip:** Use a striping brush to paint lines with alternating colours, cleaning the brush with remover in between to keep stripes crisp.

POPPY FINCH RING, \$275, POPPYFINCH.COM. BIKO BRACELET, \$118, ILOVEBIKO.COM



GO LEAFS

Glossy leaves creep across naked nails in homage to the healthiest plant you've ever managed to keep alive. **Tip:** Trace leaf outlines with a detail brush and deep green polish like Essie Off Tropic before filling them in. Leave plenty of negative space at the edges.

VINTAGE JACKET, BUNGALOW, TORONTO. COREY MORANIS RING, \$65, COREYMORANIS.COM

FRUIT PUNCH

Manicurist Rita Remark, Essie Canada lead nail artist, used two shades of green nail-art foil to create this matted metallic design that's as distressed as days-old fruit. **Tip:** Apply tiny strokes of transfer glue, then press the foil sheets on top, one by one, to create random shapes.

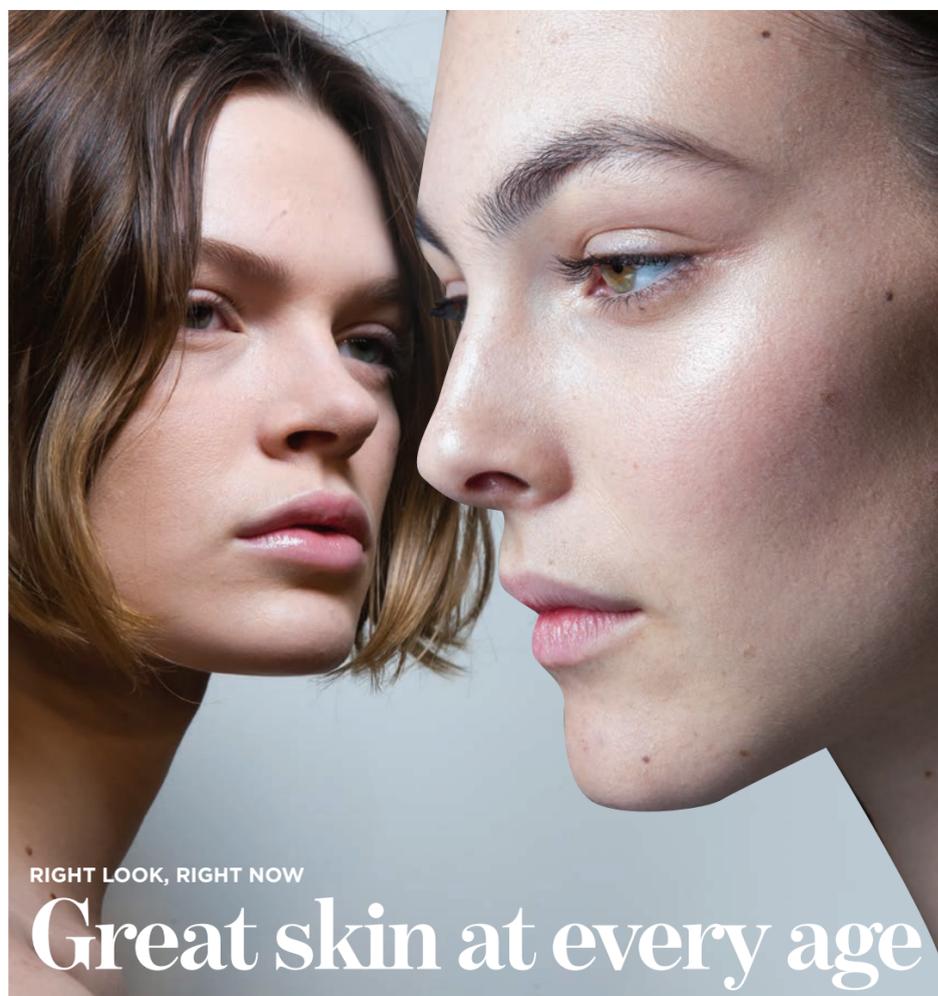
VINTAGE DRESS, FROU FROU VINTAGE, TORONTO. TIFFANY & CO. RING, PRICE UPON REQUEST, TIFFANY & CO



PLANT LIFE

Falling leaves on a peach base will make you feel like you're on vacation every time you catch sight of your tips. **Tip:** Pour small puddles of light and mid-green shades such as Essie Going Incognito and First Timer on a piece of tinfoil and blend them so that you have a variety of hues for the leaves.

VINTAGE TOP, PUBLIC BUTTER, TORONTO



RIGHT LOOK, RIGHT NOW

Great skin at every age

Continued from cover

20s **Pore fix: Double cleanse + hydrate** Deep cleansing is one of the best ways to prevent pore problems. “By double cleansing, you’ll help to prevent those blackheads and breakouts that could also lead to large pores overtime,” says McInerney, who advises starting with a cleansing oil or balm to remove dirt, excess oil, makeup, dead skin cells and debris. “This allows your second cleanser to get into the skin and truly deep clean it.” Don’t stop there, though—oily skin needs hydration, too. “There’s often a misunderstanding that, ‘My skin is oily so moisturizer is going to clog my pores,’” says Henriksen. “Actually, you need a hydrator that has active ingredients, that will neutralize the excess oil flow, kill bacteria and reduce the appearance of open pores so you are treating as well as hydrating lightly.”



DERMALOGICA PRECLEANSE BALM, \$62, DERMALOGICA.COM (AVAILABLE IN SEPTEMBER). **OLAY** AGE DEFYING ADVANCED HYDRATING GEL MOISTURIZER, \$18, DRUGSTORES

30s **Pore problem: Inflammation + breakouts** In this decade, mortgages, marriages, promotions and pregnancies all raise the life stakes. “Our stress levels can drastically rise, which releases hormones that can cause excess breakout activity,” says McInerney, adding that breakouts in your 30s are likely to be more stubborn than the blackheads of your carefree 20s. “Due to inflammatory substances being released at the same time, these breakouts are often bigger, more inflamed and last longer.”

Pore fix: Destress + treat Addressing stress is a complicated business, so take a realistic approach. “You have to ask yourself how you can make the changes and live by them,” says Henriksen, cautioning against overdoing it with sugary foods and alcohol. “That doesn’t mean you can’t have a glass of wine; just don’t have three back to back.” He points out that skincare rituals can provide a moment for relaxation. “When you treat your skin, take a deep breath, smile.” He’s also a fan of the Nordic hot-cold sauna circuit to relax, detox and boost circulation, and to tighten and soothe the pores.

As for those inflamed breakouts, “the best solution is to use a spot treatment that’s anti-inflammatory as well as antibacterial,” says McInerney, cautioning against overdoing it on the anti-acne products. “We think it’s a great idea to purify, purify, purify! While this can be the right option for an oily skin type, this can often lead to a bigger buildup of skin cells in the pore, which results in clogging or stretching of the pore. Just remember: Hydration is your skin’s best friend.”

OLE HENRIKSEN PORE-BALANCE FACIAL SAUNA SCRUB, \$34, SEPHORA.CA. **LIERAC** SEBLOGIE BLEMISH CORRECTION STOP SPOTS CONCENTRATE, \$27, LIERAC.CA (AVAILABLE IN SEPTEMBER)

**40s**

Pore problem: Visible pores + dullness Even though most of us will have less oiliness to

contend with by our 40s, that doesn’t mean our pores are off the hook. “If the skin is very dry, it seems to highlight little imperfections like visible pores,” says Henriksen. “If you’re not exfoliating, the dead skin sits there and makes it look dull. And your skin isn’t performing osmosis by taking in oxygen and eliminating toxins, so the pores will tend to be more visible.”

As well, the damage done in earlier decades may be showing up in our pores at this time. “When we have blackheads and breakouts in our earlier years, this continuous clogging can put pressure on the opening of the pore,” explains McInerney. “With years of this repeated action, we may see enlarged pores develop.”

Pore fix: Gently exfoliate + repair Rule number one: “Never, ever pick at blackheads,” warns McInerney, as this can expand the opening of the pore. If you haven’t already started a twice-weekly exfoliation habit, the time is nigh. “The best option for treating stretched pores is prevention, and maintaining good exfoliation habits at an early age can help prevent clogging,” she says.

Opt for a gentle enzyme or alpha-hydroxy-acid exfoliant, or a physical scrub-like one, using very light pressure. “People scrub really hard with a physical exfoliant,” adds Henriksen. “You should just be guiding it across your skin and letting the product do the job for you.” After exfoliating, he recommends helping the skin repair with a brightening antioxidant vitamin C serum.



THE BODY SHOP DROPS OF YOUTH LIQUID PEEL, \$25, THEBODYSHOP.CA. **VIVIER** PLATINE GRENZINCINE POLYAMINE-DAB AND VITAMIN C SERUM, \$305, VIVIERPHARMA.COM

50s+

Pore problem: Large pores + facial hair growth Loss of moisture and hormonal changes can have profound and unexpected effects on your pores. “A lot of women start to complain about open pores because the skin gets drier as you get older if it’s not attended to properly,” says Henriksen. “But once you get rid of that dead skin, you’re more receptive to taking in the moisture.”

Another factor to consider: As we enter menopause, our estrogen levels start to drop, and a lot of women start hormone replacement therapy. “This surge of estrogen can stimulate excess hair growth within the pores,” says McInerney. “You may notice thicker, coarser hairs growing on your chin or upper lip or an overall increase in peach fuzz.”

Pore fix: Exfoliate + nourish Regular exfoliation is still your best bet, but put away the scrubs in favour of peels. “Chemical exfoliants are even more beneficial as you get older, for giving you smoother, younger-looking skin and for minimizing wrinkles as well,” explains Henriksen. He advises following it with a face oil—he particularly likes rosehip-seed oil—“so you get that beautiful blend of nourishing together with the exfoliation.”

As for hormonal hair growth, McInerney says that “while there may not be much you can do to control it, there are a lot of great options for its removal, like waxing, intense pulsed light treatments or laser hair removal.”



KATE SOMERVILLE EXFOLIKATE GLOW MOISTURIZER, \$78, SEPHORA.CA. **SISLEY** BLACK ROSE PRECIOUS FACE OIL, \$295, HOLTRENFREW.COM

HAIR GUIDE

HOW TO AIR-DRY YOUR HAIR AND STILL LOOK POLISHED

A heat-free-styling guide for every hair texture

BY MISHAL CAZMI

We’ve all been there: Hot weather lures us to ditch our blow-dryers, only to end up with a mane that’s too puffy, too limp, too frizzy, too messy, too bleh. But with its potential to save time and heat damage, the art of air-drying is growing in popularity—look out for a slew of new styling products designed to work without heat. We asked hairstylists for pro air-dry techniques based on your natural texture.



STRAIGHT HAIR

The goal: Volume

While your flat-lying cuticles make frizz a non-issue, that smoothness can leave roots limp. Start with a detangler but avoid further deflation by keeping it lightweight—opt for a mist rather than a serum or cream. Once you’ve combed out any knots, build body by working volumizing mousse into damp strands, blending well for a crunch-free finish. Then, use gravity and a root-lifting spray to add more height: “Flip hair in the opposite direction and spray the roots,” says Janet Jackson, owner of JouJou Hair Studio in Toronto. If you want volume all over and not just at the crown, spritz to the ends and scrunch using your fingers.



VERB LEAVE-IN MIST, \$18, SEPHORA.CA. **HERBAL ESSENCES** FLEXIBLE STYLE MOUSSE, \$7, DRUGSTORES. **STRIVECTIN** MAX VOLUMIZING ROOT LIFTING SPRAY, \$26, BEAUTYBOUTIQUE.CA



WAVY HAIR

The goal: Movement

As tempting as it may be, avoid going to bed with wet hair—that can make for a wonky curl pattern the next day, says Jackson. If you don’t have time to wash in the morning, use a spray bottle of water to fake that post-shower state and reset the styling stage, and then gently squeeze hair with a microfibre towel. “Smooth moisturizing primer from mid-length to ends, where hair tends to be drier and frizzier,” says Andrew McCormick of Bumble and Bumble in New York. Next, spritz salt spray all over to encourage piecey texture; he recommends massaging it in with your fingers to bring out your natural wave.



JOHN FRIEDA FRIZZ EASE FOREVER SMOOTH LEAVE IN CREAM PRIMER, \$13, DRUGSTORES. **BUMBLE AND BUMBLE** DON'T BLOW IT THICK (H) AIR STYLER, \$37, SEPHORA.CA. **JOICO** HAIR SHAKE FINISHING TEXTURIZER SPRAY, \$21, SALONS



CURLY HAIR

The goal: Definition

A combination of products is key to getting your loops in their best, frizz-free shape. Start with a leave-in treatment to nourish; then, layer in oil for extra moisture, and finish with curl-defining cream to seal it all and boost shine. Jackson also recommends giving your curls a helping hand: While your hair is still wet, scrunch it with your fingers for about 15 minutes, depending on how much hair you have. “This will help boost the texture and give more definition,” she explains. If you have spirals, you can also twirl them around your finger to encourage their natural pattern.



GARNIER FRUCTIS MOISTURE LOCK 10-IN-1 TREATMENT, \$7, DRUGSTORES. **KERASTASE** AURA BOTANICA CONCENTRE ESSENTIEL, \$60, KERASTASE.CA. **MATRIX** TWISTED BOHO CURL DEFINING AIR DRY CREAM, \$19, MATRIXPROFESSIONAL.CA



KINKY HAIR

The goal: Moisture and shine

Keeping locks quenched is the number one struggle for kinky types, which is why it’s crucial to start styling while hair is still wet. “Before rinsing out conditioner, detangle with your fingers or a detangling brush,” advises McCormick. After your shower, apply curl-defining cream while hair is still sopping. “For kinky hair, you get a lot of shrinkage when you air-dry,” explains Jackson, so if you have longer hair and want an airier look, use an Afro pick to achieve your desired shape once dry. For a final hit of sheen, look to a light oil or silicone-based spray to enhance shine, says Jackson.



REDKEN NO BLOW DRY BOSSY CREAM, \$24, SALONS. **MARC ANTHONY** COCONUT CURLS DEFINE & DEFRIZZ SMOOTHIE CREAM, \$11, DRUGSTORES. **VERNON FRANCONI** PRO-FRO MOISTURE SPRAY, \$48, SEPHORA.CA



Rosie Huntington-Whiteley on recent red carpets; Caudalie Beauty Elixir (\$58, caudalie.ca), which, for its 20th anniversary, got the gilded treatment in a limited edition bottle.

Q & A

Bright young thing

We're exhausted just listing Rosie Huntington-Whiteley's projects. She let us know how she stays glowing through it all

BY CAITLIN KENNY

We'd like to propose an amendment to the widely regrammed adage: How about You Have as Many Hours in a Day as *Rosie Huntington-Whiteley*? No offence to Queen Bey, but the English model keeps an impossibly busy schedule. She's a mainstay on magazine covers around the world; designs lingerie, swimsuits, pyjamas and makeup for her Marks and Spencer line; and recently collaborated with Paige on a collection of playful denim. She's also acted as ambassador for many beauty brands, most recently another famous multi-tasker: Caudalie Beauty Elixir, the grape-extract-infused face mist that's been name-dropped by celebrities and their makeup artists for the past 20 years. Oh, and she just gave birth to her first child, Jack (we spoke to her the week he was due). We asked the globe-trotting Huntington-Whiteley for her top beauty and fitness tips.

What's the best makeup advice you've ever received? "My mom always said to me that it's about enhancing what you have. Stop worrying or stressing about the things that you don't like; it's really about focusing on your favourite feature and playing that up."

Which feature is that for you? "I'm probably well known for my mouth and my lips, so that's always a feature that's fun to play up. If I'm going to do a pouty lip with liner, I'll usually keep the rest of my makeup clean."

Is there a beauty moment you regret? "My overplucked eyebrows when I was 15. My mom was quite strict with allowing me to do things like plucking my eyebrows and getting my ears pierced, so when she finally relented, I went to town and ended up with very thin, completely wonky eyebrows. When I started modelling, my first agent said to me, 'I think you need to leave your eyebrows alone for a while, Rosie.' Ever since then, I've haven't touched them."

Do you have an inflight skincare ritual? "I live in L.A. and often travel to the U.K., so I always have one of the Beauty Elixir travel bottles with me on the plane. It's got that amazing tingling effect that makes you feel uplifted. It's quite wise to freshen the skin throughout the flight and again when you touch down and in the evening."

What's your favourite way to exercise? "I've been doing this class, Body By Simone, that was founded by an Australian dancer called Simone De La Rue. It's a mixture of dance, cardio and Pilates. You're moving constantly to loud upbeat music and learning these dance routines. I've been doing it for three years, and it completely transformed my body."

What's your secret for fitting in a workout when you're feeling too busy for it? "Working out first thing in the morning to get it out of the way. But it's hard when you've got a packed schedule. I'm not going to preach about how you should fit in those things because many people have much busier lives than me."

ONE-MINUTE MIRACLE



Editor: Eden Boileau, managing editor

Problem: I'm often way too tired to remove my makeup at night.

Quick fix: At bedtime, the thought of washing my face makes me want to climb under the covers more than I'm already dying to. If there's any kind of longwear makeup on the scene, forget it—I'm out. But a quick swipe of these argan-oil-infused micellar wipes makes everything okay—and makes even the most stubborn makeup go away. And instead of the usual tight, sticky film that accompanies most wipes, these leave a silky, moisturizing layer that I can massage in and call it a night.

GARNIER SKINACTIVE MAKEUP REMOVING MICELLAR WIPES WITH ARGAN OIL, \$10, DRUGSTORES

PHOTOGRAPHY: GETTY IMAGES (HUNTINGTON-WHITELEY)

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BEAUTY SLEUTH

Testing, testing

There are a lot of devices out there making a lot of ambitious claims—and The Kit's *Eden Boileau* is out to test them all. This month: cheats to bold brows, bright smiles, and detoxed, magnetized, oxygenated skin

Eyebrow stencils

When eyebrow stencils landed on my desk I laughed out loud: “Wha...who...really?” It’s never bothered me that my eyebrows are skinny little casualties of the decade that decimated the world’s eyebrow population (the ’90s) but after I tried on the little pink and white stickers for a laugh I decided it was the perfect occasion for my brows to get with the bold, bushy times. I picked my favourite of the three shapes available, which are all included in a handy Ditzzy Brow Creator trial pack, and placed them around my measly brows. The beauty of these stencils is they’re made of fabric—the only one of their kind, according to Ditzzy—so they’re pliable and can be adjusted as you’re placing them to get a customized curve. Plus, while they’re sticky enough to stay in place, they peel away painlessly and can be reused a few times. It took a bit of trial and error, but once I got them on just so I filled them in with the brow palette, which contains a wax base and two shades of powder (it comes in extra light, universal and extra dark). I was sold. But before singing its praises, I took a look at what else is out there in brow-stencil land: a bunch of plastic sheets that you have to hold with one hand while awkwardly filling in with the other, that can slip out of place, are impossible to repeat symmetrically for the second brow, and what if the phone rings? I’d say Ditzzy broke the mould.

DITZY THE BROW CREATOR TRY ME COLLECTION STENCILS, \$8, DITZY COSMETICS.COM

“I decided it was the perfect occasion for my brows to get with the bold, bushy times.”



At-home LED teeth whitening

Disclosure: I’m already a big fan of Crest Whitestrips. Oh, how shiny white teeth make my heart sing. I’m so into teeth whitening that over the years my friends have taken to asking, “Are you Whitestripping?” if I sound muffled on the phone. But it’s been a while, so when I saw the newest version, 3D Whitestrips with Light, I was excited: “With light?!” Crest claims it’s the same LED technology that dentists use to weaken the bonds of stains and specifically target and reduce yellowing. The kit comes with 10 sets of upper and lower strips that you wear for an hour a day (double the time of many versions), plus a handheld blue-light-emitting device that you shine on your teeth for 10 minutes when your hour of “Whitestripping” is up. It’s like a fun science-y reward at the end of what is a mildly annoying hour, though the advancements in the strips’ ability to stick to your teeth compared with when they first came out is game-changing. Whitestripper pro tip: A cotton pad folded and placed between your bottom lip and gum to absorb saliva is also a game changer. I don’t know if it’s the light or not, but by day two I noticed my teeth were whiter in a photo, and by day four I thought, “Whoa, how white are these going to get?” Day 10 had me slowly turning a giant grin left to right, left to right, in the mirror, over and over.

CREST 3D WHITESTRIPS WITH LIGHT, \$120, DRUGSTORES

“It’s like a fun science-y reward at the end of what is a mildly annoying hour.”



Wacky masks

Even if they aren’t really peel-off fountains of youth, face masks are fun...and a little bit wacky (and getting wackier!), so I tried a few new ones that go for broke on the bells and whistles. First up, the Rodial Snake Oxygenating & Cleansing Bubble Mask (\$78 [8-pack], select Murale stores in September) It’s black, it’s bubbly, it’s “oxygenating” and it has, uh, “Syn-Ake Dipeptide.” When you remove the soaking-wet fabric mask from its package and protective sheets it starts bubbling immediately and continues to do so while you’re wearing it. The bubbles are tickly (and a bit itchy) but if you move your facial muscles it feels like the softest, fluffiest baby bunny rubbing against your face. I liked that I didn’t have to cleanse before using it because that’s part of its purpose. The bamboo charcoal is supposed to purify and detox skin and the oxygen bubbles remove dirt and dead skin cells. Next up: Nia Sunday Detox Whipped Clay Peel-Off Mask (\$39, select Murale stores). This mask seems a little confused about its identity. It’s a clay mask that’s also a peel-off mask, but it sprays out like shaving cream, which then dissolves into a thin liquid (that you’re supposed to apply a thick layer of). I patted on as much as I could without it dripping off of my face and waited for it to dry. In a little longer than its stated 15 minutes, it did, and it peeled off, leaving my skin smooth and bright. Its almost manly, earthy-fresh scent and complicated personality have me intrigued enough to go for a second round. Finally, I went full superhero with the Magicstripes Magnetic Youth Mask (\$26, forgetbeauty.com). This sheet mask, with its polka-dot pattern of tiny magnets, purports to accelerate cell renewal, prevent wrinkles from getting deeper, improve skin metabolism and a few other remarkable effects (and it looks neat on your face). If the magnets can accelerate blood circulation, helping to transport toxins and excess water out of the body and improve “peripheral circulation,” great, because the accompanying glycerin, aloe and emollients aren’t going to achieve those dream results by themselves.

“If you move your facial muscles it feels like the softest, fluffiest baby bunny rubbing against your face.”



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