

THE KIT

The Upgrade Issue: Set the tone for the new year with pieces and products that make you feel amazing. We have (more than) a few suggestions



The new elegance

Let's all agree that in 2018, being stylish means being joyfully, unapologetically you. Get inspired by Maryam Keyhani, Toronto artist and original spirit **PAGE 4**

PHOTO: JANE & JANE

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- [THEKITCA](#)



Fragrance and mood
Inside the fascinating connection **PAGE 7**



Best. Skin. Ever.
All hail miracle creams **PAGE 3**



Purple reign
Fashion's royal colour crush **PAGE 5**

Life after #MeToo

The movement has been painful, but, as **Lauren McKeon** writes, the progress it represents is undeniable

Watching the #MeToo movement gain momentum is a bit like aiming a spinning kaleidoscope at the sun. It can be a dizzying, constantly shifting experience. When the allegations against Harvey Weinstein first broke in October, I felt a cautious hope as #MeToo avalanched. At the time, I was out promoting my book, *F-Bomb: Dispatches from the War on Feminism*. In it, I discuss my own rape, as well as the current backlash against survivors and anti-rape advocates—and so, naturally, I faced many, many questions about Weinstein, #MeToo and my experiences. Sometimes I walked away from these conversations buoyed; other times, defeated. By the end of that first week, I spun between resilience and anguish.

The punch of realization finally hit on a Friday afternoon soon after, as I absentmindedly clicked on yet another assault story: This isn't going away. Minutes later, I stood in the washroom at work, my body recoiling in chills, heaving my lunch. I ran back twice throughout the final hours of the day.

The more the story evolves, the more #MeToo expands, the more I write about it and talk about it, the less I can pinpoint any one picture of how I feel post-Weinstein. This, I've come to realize, is only normal. Being a rape survivor can be tough on a typical day; being a rape survivor in a world that has turned the conversation around sexual assault to full volume comes with bouts of complex emotions, like a current through my body, hot and cold, needles on skin, hooks in my belly, pulling. As a survivor, I won't pretend that my trauma is like some distant relative, oft forgotten, save for special occasions.

But, these days, it can be even more difficult to keep still-healing wounds from re-bruising, even tougher to avoid new ones—and nearly impossible to find needed distance from the trauma. #MeToo, after all, is the realization of mass trauma. It is the knowledge that the people whom you love, whom you admire, whom you want to protect from everything bad, have experienced the same horrible things you have. It is the bitter-sweet confirmation that you imagined nothing, that you are not, in fact, safe. It's knowing that your boundaries can be assaulted, and broken, anywhere: on the street, at work, at a

“Backlash has its own agenda.”

party, in your own home. In this context, many women have felt the #MeToo movement to be re-traumatizing—not because it isn't powerful, but because they are not yet ready to share their story.

And with good reason. As much as speaking out has caused a cascade of positive effects, both small- and large-scale, the reaction has not been universally encouraging. Survivors' stories have always been called into question, whether on a mass or individual level. But the charged atmosphere of Trumpism, anti-feminism, men's rights activism and the rising alt-right means that the very existence of rape culture is being challenged. This amped-up version of the “But, men!” rallying cry is insidious: It invites us to believe survivors are lying, that men are suffering more than women and are also being unfairly targeted, and, because of those things, that anti-rape advocacy actually hurts everybody. Usually such arguments sidestep the ideas and experiences underpinning things like #MeToo—but that's usually the point. Backlash has its own agenda.

CONTINUED ON PAGE 7

RADIANCE REFRESH

NEW YEAR, NEW GLOW: HEAD TO MURALE FOR EVERYTHING YOU
NEED TO GIVE YOUR SKIN A LUMINOUS START TO THE YEAR

EXCLUSIVE HYPER HYDRATION

New and exclusive to Murale, this moisturizing heavy hitter uses phytoestrogen technology, peptides and proteins to promote collagen and hyaluronic acid production.

VENeffect Anti-Aging Intensive Moisturizer, 50 mL, \$235



BOTTLE BEAUTIFUL

You can't have beautiful skin if you're not hydrated! Add to your collection of everyone's favourite water bottles from Bkr's tone-on-tone metallic series.

Bkr Tone on Tone bottle in Molly Heart-Bright Berry, 500 mL, \$55



DOUBLE AGENT

Use this dual-action powerhouse as a treatment lotion or a splash mask—either way, its Sea Emerald and ayurvedic herbs smooth and plump skin with soothing hydration.

Darphin Stimulskin Plus Multi-Corrective Divine Splash-Mask Lotion, 125 mL, \$145



POWERFUL PROTECTION

This iconic strengthening concentrate—housed in a beautiful limited edition bottle for the lunar new year, designed by a famous Japanese artist—helps boost skin's natural defensive capabilities.

Shiseido Ultimune Power Infusing Concentrate Symphony of Lights Collection, 75 mL, \$155



EXCLUSIVE INTENSE CARE

This liquid gold blend of hemp seed, Abyssinian and avocado oils is enriched with antioxidants and is clinically proven to reduce the appearance of fine lines and wrinkles after four weeks of use.

Eve Lom Radiance Face Oil, 30 mL, \$104



NATURAL HIGH

While you're on a health kick this month, reach for this lightweight micro-serum containing certified organic ingredients and plant lipids for elasticity and firmness.

Juice Beauty Signal Peptides™ Firming Serum, 30 mL, \$140



SKIN SCIENCE

With its Chrono-Response Complex, this new smart cream works with skin's daytime protective mode to defend against external aggressions, and at night, it works with skin's regenerative mode to detoxify and soothe.

Guerlain Orchidée Impériale The Eye & Lip Contour Cream, 15 mL, \$238



DEEP CLEANSE

Rosemary, carrot, lavender and chamomile extracts combine in a rich balm base of jojoba, shea and other butters and oils that melt on contact with skin and whisk away all the dirt and debris of the day.

The Organic Pharmacy Carrot Butter Cleanser, 75 mL, \$99



CLEANING CUTIE

As functional as it is adorable, this deep-cleansing facial device removes 99.5 percent of dirt, oil, makeup residue and dead skin cells, so your skin is perfectly clean and ready to absorb all the goodness of your skincare products.

Foreo LUNA play plus in pearl pink, \$59



EXCLUSIVE CLEAN START

Your skin needs a detox after the holidays, too. Energize it with this mask fortified with three earth clays and 12 essential minerals. Formulated to purify and balance, think of it as yoga for your complexion.

Immunocologie Vital Clay, 50 mL, \$200



RENEWED RADIANCE

While you sleep, natural rose extracts and actives infuse skin to revitalize, repair and hydrate, and the peeling action lets you wake up to a refreshed complexion.

Lancôme Absolue Precious Cells Rose Drop Night Peeling Concentrate, 15 mL, \$110



EXCHANGE NOW

JANUARY 11-14

RECEIVE A

\$100

SAVINGS REWARD

THAT'S AN EXTRA \$15

WHEN YOU REDEEM

50,000 OPTIMUM POINTS*

RECEIVE A

\$200

SAVINGS REWARD

THAT'S AN EXTRA \$30

WHEN YOU REDEEM

95,000 OPTIMUM POINTS*

*Taxes are payable on the full purchase price prior to the application of the discount reward. Offer is a reduction off your total pre-tax purchase price of products eligible for point redemption. Points are not redeemable for cash or credit. All other reward levels remain in effect during this promotion. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. Valid Shoppers Optimum Card® must be presented at time of purchase. Shoppers Optimum Points® have no cash value but are redeemable under the Shoppers Optimum and Shoppers Optimum Plus programs for discounts on purchases at Murale. Offer valid in-store from Thursday, January 11 to Sunday, January 14 2018 only. See Beauty Master for details. Available only at Murale.



Murale
by SHOPPERS DRUG MART

CALGARY SOUTHCENTRE MALL
MONTRÉAL PLACE VILLE MARIE

TORONTO THE SHOPS AT DON MILLS
EDMONTON WEST EDMONTON MALL

VANCOUVER OAKRIDGE MALL

Crème de la crème

The coldest, driest time of year is upon us, and happily it coincides with a most appropriate trend in skincare: the rich cream. Buttery and balmy, these cushiony creams aim to infuse even the most parched skin with nourishing plant oils and butters, and firming and regenerating peptides or ceramides. Among them is the extremely concentrated (and expensive) La Grande Crème from cult French skincare brand Biologique Recherche, which contains a peptide cocktail that repairs aging skin cells, firming chestnut tree extract, protective wasabi and much more. “Due to its very high concentration in actives, only a small amount of 2 mL is needed,” says founder Dr. Philippe Allouche. While they protect skin from the elements by creating a soft yet strong moisture barrier, these aren’t your grandmother’s cold creams; they benefit from modern formulation methods that allow them to be thick but not heavy or pore-clogging, with innovative cream-to-oil or balm-to-gel formulations that feel lightweight on the skin. Plus, they’re a dream under makeup—especially if you have fine lines and wrinkles that foundation likes to settle into. It’s like tucking your face into the plushiest, comfiest duvet ever. —Rani Sheen



JOUVIANCE MAGISTRALE ULTIMATE ANTI-AGING REGENERATING CREAM, \$95, JOUVIANCE.COM. BIODERM LIFE PLANKTON SENSITIVE BALM, \$60, BIODERM.CA. ESTÉE LAUDER RE-NUTRIV ULTIMATE LIFT REGENERATING YOUTH CREME RICH, \$370, THEBAY.COM. NUXE NUXURANCE ULTRA REPLENISHING RICH CREAM, \$67, SHOPPERS DRUG MART. NEAL’S YARD REMEDIES FRANKINCENSE INTENSE LIFT CREAM, \$139, NEALSYARDREMEDIES.CA. BIOLOGIQUE RECHERCHE LA GRANDE CREME, \$790, ONE2ONEONLINE.COM. TATA HARPER CREME RICHE, \$247, TATAHARPERSKINCARE.COM



Natural wonder

Burt’s Bees debuts a full range of natural cosmetics

If there’s a Holy Grail in natural makeup formulation, it’s nailing down the perfect foundation and mascara. Replacing the synthetic ingredients (and the textures they create) that consumers know and love is hard, which is why the chemists developing Burt’s Bees’ new makeup collection were told that if said beauty staples weren’t perfect, the line wouldn’t launch. Years later, with the toiling far behind her, the brand’s lead innovation scientist, Abena Antwi, can laugh at the ultimatum. “This is my baby,” she says of the mascara, which required an extra six months of development.

Coming to a drugstore near you this month are blush, eyeshadow, eyeliner, brow pencil, powder foundation and, of course, mascara and liquid foundation—it’s arguably the easiest and most affordable it’s ever been to stock up on a full kit of natural makeup. Made without silicones, parabens or phthalates, the products range from 98.9 per cent to 100 per cent natural, with bamboo powder, sugarcane squalanes and plant oils doing the heavy lifting. “Natural doesn’t have to be boring,” Antwi says. “I think a lot of people have looked at natural cosmetics as something that is boring and doesn’t work.” Even the most skeptical mascara users will notice that this one lends them fanned out lashes that don’t wilt three hours later. It’s looking like 2018 will be the year you embrace natural makeup. —Veronica Saroli

BURT’S BEES NOURISHING MASCARA, \$14, GOODNESS GLOWS LIQUID MAKEUP, \$20, BURTSBEES.CA



ONE-MINUTE MIRACLE

Editor: Rani Sheen, beauty director

Problem: I want to streamline my foundation-concealer-powder routine

Quick Fix: I’ve had my dalliances with mineral foundation in the past, and ultimately forsook them all due to their unfortunate too-chalky or too-shimmery finish, instead going for a touch of liquid foundation and a dusting of loose powder in key spots to get the dewy, natural look I’m after. But new-to-Canada line Nude by Nature has managed to get it just right, and it does the skin-perfecting job in seconds. With antioxidant kakadu plum hailing from the brand’s homeland of Australia, a touch of kaolin clay to absorb excess oil and jojoba esters that bring some softening moisture into the equation, this silky, lightweight powder buffs in beautifully with a big, fluffy brush; provides great coverage; and requires nary a touch-up.

NUDE BY NATURE RADIANT LOOSE POWDER FOUNDATION, \$32, SELECT SHOPPERS DRUG MART STORES (MORE WIDELY AVAILABLE BY MARCH)

Everyday upgrades

I’m a big believer in the power of everyday luxury—upgrading the basic items that you use all the time rather than investing in big ticket items that you pull out once in a blue moon. That little thrill of pleasure when you bathe your delicacies in a beautifully scented laundry wash or brush your teeth with a gorgeous organic toothpaste can keep you going through the workweek and get you over the hump of the post-holiday blahs. —Rani Sheen



FOUNDATION

Your daily dab of cover-up can become a beauty ritual of great care and indulgence with this light-diffusing, imperfection-blurring, oil-to-gel foundation that feels like a buttery moisturizer and infuses skin with antioxidant Chinese herb extracts for long-term firming and smoothing.

CLÉ DE PEAU BEAUTÉ THE FOUNDATION, \$395, HOLT RENFREW

HAND SANITIZER

Now that we’ve all moved away from Triclosan-filled hand sanitizer, there’s no reason this on-the-go ritual can’t be entirely pleasant—indulgent, even. Niche perfumer Byredo has concocted an elegant alcohol-based “rinse-free hand wash” that cleanses and hydrates hands and leaves them smelling of bergamot, pear and violet.

BYREDO SUEDE RINSE-FREE HAND WASH, \$34, NORDSTROM

LAUNDRY LIQUID

Not just any laundry detergent, this concentrated formula is designed to keep your favourite designer denim clean, soft, colour-preserved and perfumed with lily of the valley and sandalwood.

THE LAUNDRESS DENIM WASH \$29, PETALANDPOST.COM

MATCHES

Lighting your favourite scented candle (an everyday treat if ever there was one) will be a whole lot more elegant with these all-black matches that come in a glass apothecary jar printed with our solar system, a striker flint strip along the side. They’re long enough to use for the fireplace, too, if you’re lucky enough to have that particular luxury.

SKEEM ASTRONOMY FIREPLACE MATCHES, \$60, THETATEGROUP.COM FOR RETAILERS

LIP BALM

This nourishing all-natural lip balm is enriched with brazil nut seed, almond, rosehip and jojoba oils and it comes in the most satisfyingly heavy, sculptural metal case. Bonus: It’s refillable, so it’s kinder to the environment and (relatively) to your wallet.

KJAEER WEIS LIP BALM COMPACT, \$68, THEDETOXMARKET.CA

TOOTHPASTE

Brushing your teeth starts as a much-loathed childhood chore and morphs into a mundane yet essential task. Make that twice-daily duty a delicately flavoured pleasure with this organic paste that contains green tea and aloe vera—but fluoride diehards, this is not for you.

LEBON TROPICAL CRUSH PINEAPPLE ROOIBOS MINT TOOTHPASTE, \$27, HAZELWAY.COM

Fashion royalty

We asked Canadian designers to sketch what they think Meghan Markle should wear on her wedding day

THE KIT
CANADIAN
FASHION
PROJECT



“Meghan is often seen wearing classic styles with minimal embellishment, so I would love to see her in some crystal sparkle and a pearly glow. The gown a semi-opaque bodice with a high neck and sleeves lightly dusted with crystals and pearls overtop a plunging V neckline. Crystals and pearls also adorn the skirt at the hem and gradually fade into the lusciousness of the silk skirt. The shades of blush and light greys give richness and regality to the overall look, while the cathedral length veil in silk organza adds a sense of lightness and grace.” —Christopher Paunil

“For Meghan’s big day, I envision a modern take on the traditional royal wedding dress. Much like Kate Middleton’s lace sleeves, this dress will feature a lace detailing, but to make it her own, Meghan’s dress will be more glamorous, perhaps with lace detailing around the waistline and bust. With Meghan’s style similar to Princess Diana’s trendsetting fashion, she will introduce a statement detail such as crystals to the royal wedding wardrobe, while keeping true to the lace and satin body.” —Lesley Hampton

“I envision Meghan in a fitted, classic and clean-lined dress. Meghan has that timeless style with a touch of modern trendiness. As the wedding is set for the end of spring, we’ve chosen to update a classic long sleeve ‘church-worthy’ shape, with a gorgeous 3-D floral appliqué. Our floral detail is inspired by the motif present in the stunning Strathmore Rose Tiara, which would compliment the dress perfectly.” —Hilary MacMillan

Portrait of a lady

Artist Maryam Keyhani sculpts, draws and paints, but her greatest work of art is herself. She lives her life like a great poem rich in joy, wonder and hats

BY OLIVIA STREN | PHOTOGRAPHY BY JANE & JANE

Maryam Keyhani opens the door wearing a blush-coloured linen robe—costume of languor and indolence—with all the noblesse she might suggest in a silk gown. “It takes me a long time to get out of bed and start real life,” she says. “I’m in dreamland most of the time. When I have to switch over to practical reality, it can be harsh.” The housecoat, the cape of the dreamer, eases her sojourns in reality.

If Keyhani is not a creature of reality, neither does she belong to the present. “I love the idea of living in another era, the romance and the drama,” she says. Appropriately, Marcel Proust is among her heroes; his oeuvre *In Search of Lost Time* explores the pursuit of the irretrievable. As she adjusts the brim of her jaunty straw hat, I feel suddenly that we are in Proust’s France, at the kind of gathering where bons mots flowed like Armagnac and women lounged about like odalisques nibbling on ether-soaked strawberries. “What I choose to wear comes from another place,” she says. “I’m sure that there are times that I walk down the street and look completely ridiculous. I’m sure I scare children,” she says, laughing. But the opposite is likely true: Children live in fantasy; it’s reality, constrained and flattened as it is by rules and consequence, that is for them, as it is for Keyhani, a foreign land. This brings to mind a quote from Antoine de Saint-Exupéry, author of *The Little Prince*: “All grown-ups were once children. But only few of them remember it.”

About her own childhood in Iran (her father was a famous oil painter, and she was forever surrounded by his art), she says that she was shy and not very expressive. “I always felt that I was the strange one, but I didn’t have any way to express it.” And as an only child, she spent a lot of time alone, afloat in fantasy. “The time that I spent being bored was so precious,” she says, “It was lonely to grow up by yourself, but in my case, it was crucial.” After high school, she attended OCAD University in Toronto, where she studied drawing and painting. “At art school, I realized, there’s a place for my people!”



For this story, Maryam Keyhani wears her own clothes—and chapeaux—in a classic black-and-white palette. She considers her hats (like the white one below, crafted from intricate folds of felt) to be part of her family. She also cares deeply about her clothes: The sharp-shouldered look to the left features a detachable panel, worn on trousers, that functions as a dashing abbreviated cape.



Keyhani’s closet is rich in creative clothes, but she prefers a pared back approach to decor. In her living room, a bowler hat and a top hat dangle—a surrealist chandelier—above the antique mirrored dining table she has paired with concrete benches. The room, otherwise, is spare of adornment. Her inner life, she explains, is so busy and well peopled, that a simple home feels soothing.

HAIR AND MAKEUP: RONNIE TREMBLAY FOR TEAMM/M.A.C/KEVIN MURPHY. CREATIVE DIRECTION: JESSICA HOTSON



She is currently sculpting, painting and working on illustrating a children’s storybook about a little girl and her hat. Her own hat story began when she moved to Florence as an exchange student when she was 21. “I had an obsession with chandeliers for an entire school year,” she says, as if that was the most ordinary phase. She spent a year painting chandeliers, collecting antique chandelier pieces and making her own chandeliers. “Chandeliers represented this elegant woman who is also awkward and strange and complex but really glamorous,” she says, as if describing herself. It was during this time that she began wearing hats. Like the chandeliers, the hats seemed alive to her, each a character, a friend. “Of course, I think they’re beautiful, but that’s not why I can’t live without them,” she says. “They are my armour. You know how children have doodooos? That’s what they are for me.” She has hats she wears only when she’s sad. The sole time she is hatless is when she sleeps or showers.

“I feel like life is a dress-up party,” she says, “but that doesn’t mean that it needs to be happy all the time.” But if she doesn’t dress to go unseen, she also doesn’t dress to be noticed: “I feel I must dress like this because in my mind, I am this.”

Being a woman, to Keyhani, is precisely about this fidelity to one’s inner life. “What I find very inspiring about women these days is that they are finding their own particular ways of living, they are not following any formulas—we’re over that,” she says. “On the one hand, these are terrible times. But on the other, it makes it even more important to come through with individuality and character.” I wonder what she thinks about what it means to be a “lady,” a loaded word, to be sure, and one girdled with all manner of (outdated) notions of feminine propriety. “I don’t think of myself as a lady,” Keyhani says, as she adjusts her hat and tenderly scoops up her five-month-old baby, Dali, from the vintage Italian pram, where she is slowly waking up from her nap, still adrift in her own baby dream world. “I could be a strange lady or a kooky lady. But I’m not just a lady. There’s an old gentleman in me.”



Celeb and street inspiration, clockwise from top right: Brooke Shields, Elaine Welteroth, James Dean, model off-duty style, Angelina Jolie in *Girl, Interrupted*, the inimitable Jane Birkin.

THE PERFECT WHITE TEE

It's the only item of clothing that has defined the sartorial allure of countless icons and can still be purchased in discount five-packs. And it's the only piece in our closets too good, too pure, to be reinvented. That's precisely the reason we saw classic white tees take the runways at Stella McCartney, Loewe and Burberry—a collection of normally statement-making houses, it should be noted. Maybe we're looking to strip away all that is glossy and overdone in this digital age. Perhaps, it really is the simple things—a pair of medium-wash jeans and a washed-and-worn white tee—that bring the most joy. —Jillian Vieira

T-SHIRTS, FROM TOP: ÉTRE CÉCILE, \$110, ETRECECILE.COM. SAINT LAURENT, \$734, YSL.COM. RAEY, \$145, MATCHES-FASHION.COM. KOTN, \$32, KOTN.CA. SONIA RYKIEL, \$295, SONIARYKIEL.COM

Fresh approach

Embrace the can-do spirit of the new year and upgrade your everyday wardrobe with a wash of opulent colour, a surprise pairing and a cool classic that never goes out of style



Rani Sheen at The September pop-up in Toronto; her custom Alexandre Birman heels.

Head over heels

What happened when beauty director Rani Sheen got the chance to customize a pair of her all-time favourite shoes

A few years ago, I found myself in the fortunate position of being in New York on the first morning of Bergdorf Goodman's end-of-season sale. I decided to make a pilgrimage. ("Oh yes, I always make time to go to church, too," said a stylish colleague when I told her later.) I headed straight to the shoe department, where I checked out the Chaneles, gawked at the Guccis and wound up with a pair of simple black suede strappy sandals that tied at the ankle—and somehow made my legs look about six inches longer, despite the very walkable three-inch heel. I wasn't familiar with the name on the sole: Alexandre Birman, a Brazilian designer who had dreamed up the style, named Clarita, for his Fall 2013 collection. Soon I saw it embraced by discerning clothes horses Diane Kruger, Gwyneth Paltrow and Gisele Bündchen, not to mention hordes of #claritalovers on Instagram.

I went on to wear my Claritas to pretty much every dressy event I was invited to. They went with everything—from black jeans to a swingy cocktail dress to a tuxedo-style jumpsuit—and always, always garnered compliments. That spindly three-inch heel never gave me problems, even when I had to walk farther than taxi-to-table distance, and the adjustable ankle straps meant I could go coquettish with a side tie or cool with a front-and-centre knot.

Just when I felt I had fully explored this footwear fixation, I heard that Toronto-based e-boutique The September, which stocks a wondrous array of Birman's wares, was hosting a Clarita-customizing event at its jewel-box pop-up in Yorkville Village. I RSVPed within seconds. It was shoe heaven—I was handed a large hardback book of leather and suede swatches in rich, gorgeous seasonal shades; and illus-

trated options of heel heights and shapes, including that three-inch stiletto as well as a foxy four-inch version and a shorter block heel. I was told I could choose materials for both sides of the flexible ties, as well as the heel covering and toe strap and bow. I gave it painstaking consideration: burgundy leather or mushroom suede? High-contrast heel and straps, or complimentary tones? Since I was imagining myself wearing these in spring 2018, I decided to go for the prettiest peach you've ever seen, using both leather and suede in the same shade on the various parts of the shoe for subtle contrasting texture. I could not stray from my beloved three-inch stiletto heel.

I felt extremely pleased with myself. Playing shoe designer gave me so much joy that I decided to ask Birman how it felt to hand over the reins for once. "Designing is such a personal experience," he said. "I enjoy watching our clients get creative and be proud of their work. My job was creating a style that is timeless and popular, and letting people make something their own is a special moment that I am proud our brand can offer."

Weeks later, I received the first rendering of my sandal from the factory in Brazil, and I nervously clicked open the photo. The shoe in the image was delicate peachy-blush perfection, and although it was howling snow outside I could picture my future self wearing them with a flouncy sundress, fruity cocktail in hand, calves slenderized, ankles jauntily be-tied at the front. Sandal Shangri-La, you might say.

DESIGNER DETAILS
Alexandre Birman breaks down the appeal of his runaway hit shoe's design.

Secret to its success
"I think this shoe in particular resonates so well because it has the right combination of simplicity and sexiness. The bow details are flattering to the leg and can easily be worn with denim or a black-tie gown."

Biggest fan
"Reese Witherspoon. She has the style in various colours, materials and different heel heights."

Most popular colour
"Blush velvet: It was off the market for a bit until we reintroduced it due to the high demand."

Favourite customization choice
"I love it when clients go outside of the box and select colourful exotics. It's an opportunity to move away from the traditional core colours."

How to wear it
"We have seen it worn with everything from colorful socks, glitter tights and fishnets to opaque tights. There is no wrong way to style it as your own."

BORN IN THE PURPLE

Pantone's colour of the year—a cosmic shade of ultraviolet—looks luxe in a bevy of rich textures



CLOCKWISE FROM TOP: ACNE STUDIOS TOP, \$350, ACNESTUDIOS.COM. DRIES VAN NOTEN SUNGLASSES, \$445, LINDAFARROW.COM. REBECCA TAYLOR DRESS, \$895, REBECCATAYLOR.COM. DAVID YURMAN RING, \$740, DAVIDYURMAN.COM. GUCCI SKIRT, \$1,315, GUCCI.COM. MANOLO BLAHNIK SHOES, \$1,015, MANOLOBLAHNIK.COM. FENDI BAG, \$2,685, NORDSTROM.COM. PRADA COAT, \$12,420, PRADA.COM

SOCK IT TO ME

Forget what popular opinion would have you believe: Socks and sandals are the coolest way to lighten up your winter wardrobe



JIMMY CHOO SHOES, \$695, JIMMYCHOO.COM. FALKE SOCKS, \$25, FALKE.COM. ALEXANDER WANG SHOES, \$850, SSENSE.COM. MARNI SOCKS, \$90, MARNI.COM. STUART WEITZMAN SHOES, \$525, STUARTWEITZMAN.CA. RAEY SOCKS, \$60, MATCHESFASHION.COM. ZARA SHOES, \$36, ZARA.COM. BURBERRY SOCKS, \$155, BURBERRY.COM



Is the gym the new social club?

Modern fitness studios understand that women want more than top-notch equipment and cutting-edge classes: They want to feel like they belong

BY CAITLIN AGNEW | ILLUSTRATIONS BY JULIA MONSON

Going to the gym used to be akin to time in solitary, logging hours alone on a treadmill in a dreary, windowless room. Today, working out is an Instagram-worthy experience, complete with curated menus, playlists and an in-house juice bar. In this age of wellness, the places where we work out have become the places we go to find our communities, our identities and ourselves.

Take TurF in Vancouver's Kitsilano neighbourhood, which houses a fitness studio, licensed restaurant and boutique. Co-founders and sisters Deanne and Delaney Schweitzer modelled the multi-purpose space after the perfect day off: Sweat it out at The Class by Taryn Toomey, shop for a new pair of leggings and then sip mimosas at brunch. The Schweitzers also incorporate traditional lifestyle programming including goal-setting workshops, trivia nights and healthy cooking classes. "We're all members of a community working together to create something bigger than ourselves," says Deanne.

"I like to use the word 'tribe' because I think that it speaks to such a deeper ancestral sense of belonging," says Amber Joliat, founder of Toronto's Misfit Studio. Misfit's two locations attract creatives—photographers, entrepreneurs, even Hollywood stars—who are drawn to Joliat's signature mix of yoga, Pilates and dance. Since starting Misfit in 2010, Joliat has noticed that her clients are yearning for more than taut yoga bods. "Gym culture used to be, 'I want to look a certain way,'" she says. "I think people are attuning themselves more to, 'I want to feel a certain way.'"

Often, that means feeling like you belong to a community—an understandable impulse given our increasingly isolated lifestyles. For the first time in Canadian history, the number of one-person households has surpassed all other types of living situations. Chronic loneliness is also on the rise, a condition that the American Psychological Association recently reported may represent a greater public health hazard than obesity.

One solution to both problems is bonding over burpees and barre work with supportive, like-minded women. And the choice of where to socialize and sweat is only growing. The International Health, Racquet and Sportsclub Association estimates that there are some 200,000 fitness clubs worldwide, serving about 162 million members. In Canada, that includes recent American arrivals like Barry's Bootcamp, SoulCycle and Equinox, the latter of which is the ultimate example of premium lifestyle branding: It tapped fashion photographer

Steven Klein to shoot its provocative "Commit to something" ad campaigns, and this January, will offer Eau de Blood, Sweat and Tears, a new fragrance made with the DNA of Kathrine Switzer, the first woman to run the Boston Marathon, available exclusively by auction. It also offers branded merch, from hats to water bottles—wearing your gym's branded activewear to and from class is a 21st-century badge of honour, signalling investment in your wellness and allegiance to your tribe.

Inspired by the busy lives of their clients, fitness clubs are only becoming more expansive in their lifestyle offerings. When BOLO (short for BodyLove) opens this spring in Toronto's Entertainment District, the fitness-meets-social club will include a mix of classes like boxing, TRX and Pilates, as well as a 1,500-square-foot lounge, a café and a hair salon. "When thinking about what the essential services we—especially women—need in order to cater to our on-the go lives, hair support stood out as a big thing," says founder Caleigh Rykiss, who understands the value of convenience, and good hair, to the modern woman. "The goal is to offer a warm, inviting and cool space for people to get their shit done," she adds. "We're all complex, busy people and we need a facility that reflects and satisfies all the parts of us."

One integral part of a holistic lifestyle is spirituality, tended to at gyms by mindfulness practices like Equinox's Headstrong Meditation podcasts. To further deepen the mind-body connection at Misfit, where the slogan, "Be moved," is a double entendre, Joliat recently added lunar-inspired classes timed to the cycle of the moon, as well as tropical retreats. "Be moved physically? Yeah, you're going to f—king work here," Joliat says. "Be moved emotionally. Let yourself open up to cry or to laugh or to just feel alive." Getting in shape never hurt so good.

“Gym culture used to be, ‘I want to look a certain way.’ I think people are attuning themselves more to, ‘I want to feel a certain way.’”

TOP GEAR FOR KICKING IT INTO HIGH GEAR



MANSUR GAVRIEL BAG, \$760, MANSURGAVRIEL.COM, OUTDOOR VOICES TOP, \$65, OUTDOORVOICES.COM, NIKE SHOES, \$255, NIKE.COM, LDNR PANTS, 255, NET-A-PORTER.COM, NO KA'OI JACKET, \$930, SHOPNOKAOI.COM

Beyond the ponytail

We asked hairstylist Jason Lee of Jason Lee Salon in Toronto to concoct cool—yet practical—hairstyles to keep your mop off your face while you sweat it out at the candlelit spin studio.



TIGHT CURLS

Define curls with styling cream and divide into three sections down the centre of the head. Anchor with double elastics.

SEBASTIAN TWISTED CURL MAGNIFIER CREAM, \$23, SALONS



BOB

A bob is a challenge to put up. Wear it wet-look. Use a cream-gel-oil hybrid with good hold so the style stays when you rake hair back off your face.

BUMBLE AND BUMBLE ANTI-HUMIDITY GEL-OIL, \$39, SEPHORA.CA



EXTRA-LONG

Try a double pony (one half up high, one at ear level) with the tails braided neatly together. Apply texturizing spray first so it stays put through after-class drinks.

ORIBE DRY TEXTURIZING SPRAY, \$53, HOLTRENFREW.COM



PIXIE

Work in a dose of volumizing powder for grip, then secure a few thin, stretchy headbands (strips of black pantyhose do the trick) in a criss-cross design around the head.

CAKE BEAUTY THE HAIR RAISER, \$19, CAKEBEAUTY.COM



LOB

For an updated version of last year's boxer braids, prep hair with a hydrating mist; section into three vertical parts and secure in equal increments with elastics. The bigger the sections, the less time this will take.

INFUSIUM 23 MOISTURE REPLENISHING LEAVE-IN TREATMENT, \$8, SHOPPERS DRUG MART



MID-LENGTH

The scrunchie returns, and provides '80s flair, plus surprisingly effective hold without kinks. Apply a moisture treatment, pull into a topknot and wrap a scrunchie around the base.

MOROCCANOIL MENDING INFUSION, \$37, MOROCCANOIL.COM

Spritz your mood

Post-holiday blahs, road rage and Twitter fatigue, be gone—use your fragrance to change how you feel

BY SARAH DANIEL

In the early '90s, my friends and I went through a mood ring phase. Like Ouija boards and Magic 8-Balls before them, the oval stones were an attempt to make sense of our adolescent world, their corresponding colour chart perhaps holding the key to feelings we weren't sure how to interpret. In 2017, we don't need novelty jewellery to tell us how we're feeling—we can scroll through our Twitter newsfeed for that and, depending on the headlines, that's often somewhere between blinding fury and pass the sheet cake.

"Self-care" has become a buzzword among the outraged, put-upon and overworked, and fragrance fits right in with that movement to find ways to cope with stress. Long before the current obsessions with collecting crystals and downloading meditation apps, there was aromatherapy—the practice of using aromatic plant oils for therapeutic benefits—which dates back to nearly 6,000 years ago when ancient Egyptians burned herbs and spices during religious ceremonies.

As anxiety (or our awareness of it) hits an all-time high, the mind and body benefits of fragrant oils are being called upon more than ever. For instance, as air rage incidents pile up like luggage on a conveyor belt, airlines like United are piping blends of bergamot and sandalwood into their boarding areas and lounges to help keep jittery passengers chill. And if anything could quell a bout of road rage, it's Diptyque's new Baies car diffuser wafting Bulgarian rose and blackberry leaf to take the edge off of bumper-to-bumper traffic.

The one scent most revered for its calming properties is lavender. Carla lavender—a rare version of the flower—is one of the primary notes in Guerlain's Mon Guerlain, created to mark the brand's 190th anniversary and pay homage to the struggles and perseverance of the women who have embraced its perfumes over nearly two centuries. "When you smell this lavender, it's a smell of truth, of simplicity," says house perfumer Thierry Wasser, as we stand in the dreamy, sun-soaked lavender fields of Provence, row upon row of violet stems swaying in the Le Mistral winds. At Wasser's request, I press the lavender buds between my fingers to release their scent, and it occurs to me that feeling angry, anxious or stressed here—anything other than peaceful—would be impossible. The fragrance also includes vanilla, a Guerlain hallmark that infuses classics like Shalimar and Jicky, and that Wasser associates with motherhood. "It's maternal love—you want to cuddle and nuzzle with the smell of vanilla."

Studies have shown that we do crave comfort foods when our mood takes a nosedive or our cortisol levels soar. It's a coping mechanism driven in part by nostalgia—who doesn't feel all warm and cozy after a carb-fuelled walk down memory lane via a sleeve of your favourite cookies from childhood? But if that feeling of comfort and security comes from summoning memories of simpler times, our nose outranks our taste buds on that task. "[Our olfactory system] is directly hooked up in the brain to where emotions and memories are processed," says Dr. Rachel Herz, a neuroscientist and expert in the psychological science of scent, adding that no other sensory system has this direct access to core features of the brain. "When we smell something that we've known in our past, instantly those connections are activated, and the first connection that's activated is the emotional one."



“As air rage incidents pile up like luggage on a conveyor belt, airlines are piping blends of bergamot and sandalwood into boarding areas to help keep jittery passengers chill.”

In other words, the next time you're tempted to eat your feelings, perhaps you should try wearing them. A gourmand scent—the olfactive equivalent to a freezer full of Ben and Jerry's—seems like a good place to start. Since Thierry Mugler's Angel (which was fashioned after the designer's childhood memories of fairground treats like candy floss), fragrances that feature calorie-rich notes of caramel, chocolate and candied fruit have poured onto counters to rapturous response. More recently, perfumes that evoke milk have been trending. "Like gourmand notes, milk notes evoke a sense of comfort and pleasure," perfumer Roja Dove has said. Modern takes on "lactonic" fragrances such as Alaïa Paris Eau de Parfum Blanche and Michael Kors Wonderlust feature almond milk notes, while perfumer Antoine Lie conjured a nurturing mother's breast milk for the creamy accord in *Sécrétions Magnifiques*, his divisive 2007 scent for niche brand Etat Libre d'Orange.

Next to a hug from your mom, cuddling with a pet might be one of the best sources of instant stress relief—just ask Ivy League students whose schools have set up animal therapy stations during high-stakes exam periods. Demeter Fragrance Library's Kitten Fur perfume is inspired by the endorphin-boosting benefits of nuzzling a furry friend. "It's



one of the most requested fragrances ever, along with Puppy's Breath and Bacon," says Mark Cramers, the Demeter CEO and perfumer, who recruited Herz to help the brand create untraditional scents that "evoke powerful emotions through our response to smell."

Wasser experienced perfume's power to shift mood and mindset early on, when as a shy, baby-faced 13-year-old, he bought his first fragrance (the same one he wears today) in the hopes of feeling more confident at school. "I lost my father when I was three, so when I learned a friend of my mother's, a very masculine figure, wore Guerlain's Habit Rouge, I thought, 'To feel manly, I'm going to wear this too,'" he recalls. "When I wore it, believe it or not, my attitude changed."

I believe it. That's why I intend to keep my bottle of Mon Guerlain nearby for the next time I need to be transported—if only for a moment—back to those WiFi-free fields of Provence, remembering the feeling of the breeze in my hair, the sun on my face, my mind in a state of lavender-induced calm.

ALAIÀ PARIS BLANCHE EAU DE PARFUM, \$162 (100 ML), HOLTRENFREW.COM; **ETAT LIBRE D'ORANGE** SECRÉTIONS MAGNIFIQUES EAU DE PARFUM, \$115 (50 ML), TWISTEDLILY.COM; **DEMETER FRAGRANCE LIBRARY** KITTEN FUR COLOGNE, \$25 (50 ML), DEMETERFRAGRANCE.COM; **GUERLAIN** MON GUERLAIN EAU DE PARFUM, \$119 (50 ML), GUERLAIN COUNTERS

Life after #MeToo CONTINUED FROM COVER



Take, for instance, the reaction to Kristen Roupenian's short story "Cat Person," published in the *New Yorker* in December. It's not often (ever?) fiction goes viral, but hers did—for many reasons, but mostly because it deals with issues of consent, privilege, and power dynamics, all told through a young woman's point of view. In it, a young woman named Margot has sex with an older man, Robert, whom she realizes she is not attracted to, but, already at his house, does not want to appear rude. She later slowly ghosts him and he texts her, calling her a "whore." Many people on social media dismissed the story as "fluffy" and "unreadable," some of them insisting on calling it an "article" or an "essay," attempting to negatively tie it to so-called confessional women's writing, even though it was told in the third person and clearly marked as fiction. But for many readers with whom the story resonated, the message was both clear and familiar: You are not to be believed; your experiences don't matter; let's get back to what's really important.

The male-driven backlash against "Cat Person," has, unsurprisingly, mirrored real-life backlash against

women's stories, painting Margot as manipulative, vain and mean. We can draw a direct line from this behaviour to the attempted defence of Roy Moore, the now failed Republican nominee for the senate seat in Alabama. Many rushed to his defence after Leigh Corfman, as well as several other women, shared details of Moore sexually targeting, and in some cases assaulting, them when he was in his 30s and they were in their teens. Some defenders said they believed his denials, others called the women liars who were in on a Democrat-led conspiracy, and still more said it didn't matter what Moore had done, so long as he was a good Republican. They underestimated both the bravery of the women who came forward and the power of #MeToo. Even today, Moore cannot quite believe his defeat.

So much of the backlash, really, against the #MeToo conversation seems to centre around the belief that it will take something away from men, that it will rob them of some essential experience. In this new world order, men are afraid they won't be able to "joke" or "flirt" or that, God help us all, they won't be able to say whatever

they want. The airport security guard, for instance, might not be able to say, repeatedly, as if I possibly didn't hear it the first time, that I'm such a "girly girly-girl" as he paws through my bras and make-up after singling me out for a suitcase check. Presumably "woke" men won't be able to tell me I'm "over-reacting" when an industry colleague comments on my looks or lets his hand linger too long on my arm, my back, the dip just above my ass. Today, nobody will be mistaken that you owe them anything—not a smile, not a handjob, not your dignity, not your body.

As much as the backlash is terrible, though, and re-traumatizing, I would not have us go back. If this year has shown us that people still don't believe survivors, it has also shown us that change is possible. In a few short months, meaningful dialogue around harassment, power dynamics, victim-blaming, rape culture and the normalization of violence has flourished in a way that seemed impossible at the beginning of 2017. We are no longer talking into an indifferent void; we are no longer only talking to the feminist converted. When I spin that kaleidoscope, I know that none of this is easy, clear-cut. It took me 15 years to break the silence around my rape—no survivor, it must be stressed, owes anybody their story.

Going forward, I want us to remember that it is incredibly brave to speak up, and, in doing so, to forge a path for wider healing—for yourself, for others, for this messy world we exist in. But, we must remember that it is also courageous to simply live as a survivor—to declare, every day, that you are more than worth your space in the world, and that you will wake up every morning, greet the sun and continue on, no matter what they tried to take away from you.

“So much of the backlash against the #MeToo conversation seems to centre around the belief that it will take something away from men.”

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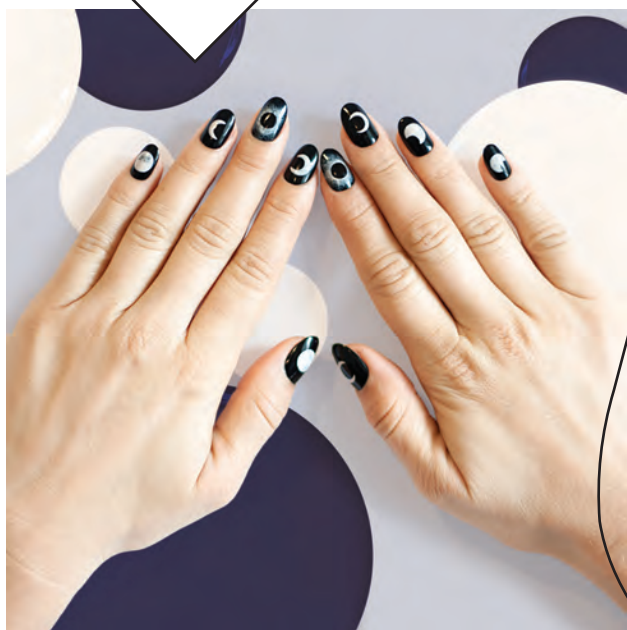
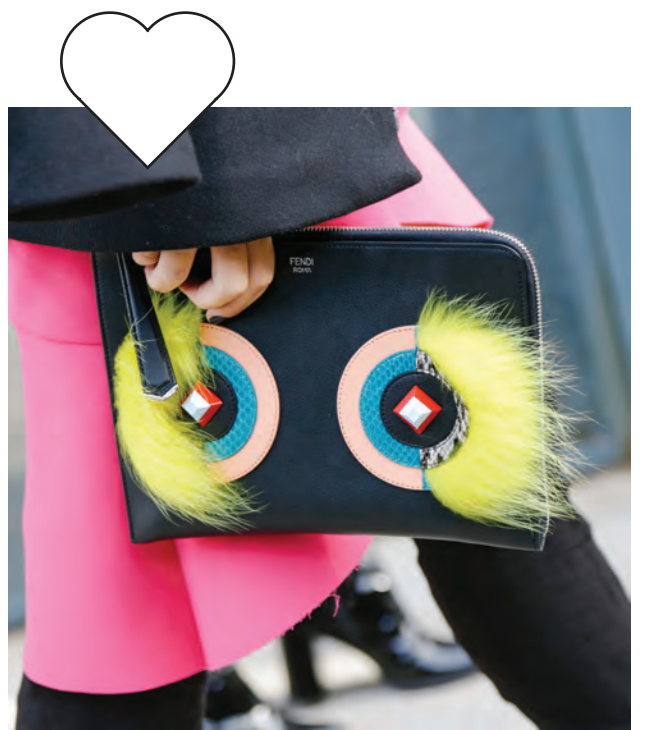


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