

THE KIT

The Love Issue: Forget lingerie that pinches and date night with interminable wait times and mediocre pasta—this Valentine’s Day, treat yourself to beauty, style and meaning



Designer Mary Young, photographed in her Toronto studio.

What lies beneath

A revolution is quietly swelling in the lingerie world, as sex appeal meets self-worth. Introducing the next generation of Canadians leading the empowerment charge **PAGE 4**

PHOTOGRAPHY BY JENNA MARIE WAKANI

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To roll or not to roll

Does the latest skin craze live up to the hype? **PAGE 5**



For the one I love

What to buy your best friends this February 14 **PAGE 5**

Modern juice

A new take on a classic fragrance is supposed to smell like the most ephemeral thing of all: air

Perfumes almost always smell like nature in some way—we respond to fragrances that remind us of flowers, plants, trees and earth, even if they’re concocted in a lab using a blend of synthetic and natural ingredients. It’s a tricky task to recreate what occurs naturally, particularly when it’s an element very rarely if ever achieved in scent before: air. That’s precisely the challenge perfumer Laurent Le Guernec was presented with when Calvin Klein approached him with the idea of creating a new take on the classic Eternity scent. “The original represented earth, then a couple of years ago another Eternity version took care of the water, and this new one is about air, which is very difficult to do as a perfumer—how am I going to convince you that it’s air?” says Le Guernec. “I created an accord called Sky of the Sky—I love the name because people are like, ‘What does that mean?’ I used very modern ingredients that give the feeling of pure freshness. The best way to describe it is an ozonic note. When gases combine in the ozone layer they create electricity, which creates smell, so this was the starting point for the fragrance.”

Another reference point was the colour blue; the sheer, clear shade of a cloudless sky. “In the middle of the process of creating the fragrance we discovered that the blue that we were targeting had shifted a little bit, so we had to change the fragrance,” says Le Guernec. “We realized that it did not deliver the message that that blue delivered. You’d be amazed—people connect emotionally in a very different way to different blues.”

With air taken care of, he turned his attention to reinterpreting the other facets of the classic Eternity. “The original was very floral and it was so ballsy, so we needed to find a floral that has enough guts, but in a very modern way,” he explains. He went with muguet (lily of the valley), a delicate yet powerful white floral that has become a rarity in the perfumer’s palette. Staying in the natural world, he added cedarwood (a big trend in fragrance right now) blended with musk and ambergris a.k.a. ambroxan, “a sensual, salty amber note,” plus some fruitiness in the form of grapefruit and blackcurrant.

Ultimately, it’s complex and layered yet light—a breath of fresh air, you might say. “Perfume is very subjective, but it’s very strong emotionally, and if you don’t deliver what your consumer expects—like, you tell me about air and you give me vanilla—we will have an issue,” says Le Guernec. “It’s successful when everything connects.” —Rani Sheen

CALVIN KLEIN ETERNITY AIR EAU DE PARFUM, \$85 (50 ML), HUDSON’S BAY



MARK YOUR CALENDAR

LIVE BEAUTIFULLY WITH THE KIT

JOIN THE KIT AT YORKVILLE VILLAGE ON WEDNESDAY, MARCH 7, AS WE HOST THE FIRST-EVER LIVING BEAUTIFULLY EVENT

An evening of exploratory conversations centered around the process of aging beautifully. Hear expert advice focused on elevated beauty, style and well-being. Plus, exclusive chances to explore new products. Oh, and cocktails, of course!

VISIT [THEKIT.CA/LIVEBEAUTIFULLY](#)



Why it works

Fashion editor **Jillian Vieira** breaks down the beauty of an on-point street-style look. This week, a modern take on old-world elegance

This leg-of-mutton-sleeved corset top is the type of garment that invites a comprehensive sizing up on the hanger. At first glance, it has that one-and-done quality—forever at the back of your closet after a single wear—but this look so brilliantly illustrates its workwear potential. The silk culottes, in that perfect muted olive hue, mimic the top's billowness but also draw the eye upward. And that blindingly red bag! A statement, to be sure, but does it ever snap the look out of the 19th century. Keeping the rest of the style elements clean—architectural earrings, classic sunglasses and a pulled back pony—ties the whole look together. It's business and unabashedly bold all in one.



BEAUFILLE TOP, \$500, NET-A-PORTER.COM. MARION VIDAL EARRINGS, \$250, MARION-VIDAL.COM. VALENTINO BAG, \$1,940, VALENTINO.COM. PETER PILOTTO PANTS, \$985, MATCHESFASHION.COM. MANSUR GAVRIEL SHOES, \$595, MANSURGAVRIEL.COM



ONE-MINUTE MIRACLE
Editor: Veronica Saroli, assistant editor
Problem: The holiday whirl left my combination skin dull and dehydrated.
Quick fix: You wouldn't wear a bikini to ski, so when it comes to dull winter skin, it makes sense to break out the seasonally appropriate skincare heavyweights—but my combo complexion needs a lighter touch. That means a featherweight, silky hydrator with the texture of Greek yogurt and a pearlescent, but not shimmery, finish. Olay's whip technology allows the cream to hold 1,000 times its weight in hydrating and pore-minimizing ingredients, and after a marathon season of eating, drinking and being merry, this isn't something I take lightly.

OLAY LUMINOUS WHIP, \$40, DRUGSTORES

PHOTOGRAPHY: PETER STIGTER (STREET STYLE)

PROMOTION

AVAILABLE NOW

LIMITED EDITION THE KIT BEAUTY DESK

Here are all the products you need to treat yourself this winter. Available now in one kit, delivered straight to your doorstep.



- 1

CHINA GLAZE | NAIL LACQUER (WHEN STARS COLLIDE)
A unique lacquer that contains China Clay as a nail hardener, the same material that gives porcelain its shiny finish.
- 2

AVRYBEAUTY | ROSE WATER HAND CREAM
A silky and comforting moisturizer that leaves your hand smooth and silky.
- 3

GLAMGLOW | GLOWSTARTER™ MEGA ILLUMINATING MOISTURIZER (NUDE GLOW)
A hydrating facial cream that enhances your complexion for an instant luminous finish.
- 4

COUGAR COSMETICS | EYESHADOW CONTOUR SET (6 SHADES OF NUDE)
The Cougar 6 Shades of Nude contains beautiful shimmer eyeshadows to create a combination of glamorous and dazzling eye looks.
- 5

MEDUSA'S MAKE-UP | LIPSTICK (SUGAR DADDY)
A lipstick that is creamy, rich in colour, soft and nourishing for the lips.
- 6

SMASHBOX | PHOTO FINISH FOUNDATION PRIMER
A transparent primer gel that smoothens skin and blurs flaws.
- 7

CAKE | HEAVY CREAM
A cream made with aloe vera, coconut oil, shea butter, and green tea extract that soothes, smoothens, and hydrates dry skin.
- 8

SEBASTIAN PROFESSIONAL | DARK OIL HAIR OIL
A styling oil that smoothens the cuticle and adds body to the hair.
- 9

NATURE BY CANUS | SOAP
A soap that soothes and prevents dry skin. Made of fresh goat's milk that is naturally rich in proteins, vitamins, minerals and triglycerides.

BUY NOW at thekitbeautydesk.topbox.ca



Solo date dressing

Is there anything more luxurious (precious, really) than a little alone time? Treat yourself with extra-special outing—and outfit—inspiration

BY JILLIAN VIEIRA

HAVE A CHIC SLEEPOVER

Splurge on a one-night stay at a boutique hotel (we're smitten with the luxe Le Mount Stephen in Montreal) and take advantage of all the amenities, including a table for one and, since your room is only an elevator ride away, plenty of considered cocktails at Bar George. [Lemountstephen.com](#)

CHLOÉ JUMPSUIT, \$3,120, [CHLOE.COM](#). TIBI TOP, \$440, [TIBI.COM](#). STUART WEITZMAN SHOES, \$720, [STUARTWEITZMAN.CA](#). SOPHIE BUHAI EARRINGS, \$505, [NORDSTROM.COM](#). CREATURES OF COMFORT BAG, \$560, [CREATURESOFCOMFORT.US](#)

SEE YOUR FAVOURITE BAND

Taking in live music sans a companion—talk about a totally liberating activity. Toronto-based Bahamas, who played with Feist in her mid-2000s heyday, is touring his new album, *Earth-tones*, in Western Canada beginning February 28. [Bahamasmusic.net](#)

CLARE V. BAG, \$355, [CLAREV.COM](#). GANNI COAT, \$685, [GANNI.COM](#). CALVIN KLEIN JEANS, \$210, [CALVINKLEIN.COM](#). OLIVIA KANE RING, \$765, [OLIVIAKANE.CO](#). ISABEL MARANT BOOTS, \$815, [ISABELMARANT.COM](#)



GO ON A GALLERY CRAWL

There's something romantic about traipsing from one hushed gallery to another, sharing a pensive afternoon with works of art. Saskatoon's new Remai Modern, a sprawling museum that's teeming with Picassos, is the perfect place to start. [Remaimodern.com](#)

BURBERRY COAT, \$2,595, [BURBERRY.COM](#). TANYA TAYLOR DRESS, \$780, [TANYATAYLOR.COM](#). BAILEY NELSON GLASSES, \$175, [BAILEYNELSON.CA](#). AURÉLIE BIDERMAN BRACELET, \$415, [AURELIEBIDERMAN.COM](#). LOEWE SHOES, \$1,025, [LOEWE.COM](#)



THE KIT X EOS

Your Valentine's Day lip choices are crystal clear

Before you deck out your pout with the ideal Valentine's red or pink lipstick or start creating your perfect cherry-pop ombré, pamper and prime your lips with EOS's new Crystal Lip Balm. The first crystal clear, wax-free balm provides natural-feeling, light hydration, perfect as a lipstick base, with its blend of shea butter and oils of avocado, aloe and coconut. The two delicious flavours, Hibiscus Peach and Vanilla Honey, come in a new jewel-inspired shape that allows for more precise application. They feel and smell so good, your Valentine's Day lip routine may just start and end here.

Hibiscus Peach



EOS CRYSTAL LIP BALM IN HIBISCUS PEACH, \$8, [SHOPPERS DRUG MART](#)

Vanilla Honey



EOS CRYSTAL LIP BALM IN VANILLA HONEY, \$8, [SHOPPERS DRUG MART](#)

MARCCAIN

Date Night Essentials

Looks that stole our heart! Mix, don't match. Print, pattern and texture play well together when styled with dark bewitching blooms and vivid pops of colour:

Shop the latest new arrivals from the Mystic Garden Collection in stores now.



1 brooch \$30 | 2 blazer \$560 | 3 necklace \$190 | 4 satchel bag \$800
5 ankle boot \$680 | 6 scarf \$240 | 7 coat \$880 | 8 pants \$240

AVAILABLE AT MARC CAIN

Toronto Eaton Centre | Square One | Rideau Centre | Carrefour Laval
Place Ste-Foy | Chinook Centre | West Edmonton Mall | Oakridge Centre



Underneath it all

These boundary-pushing lingerie designers understand that women want their underthings to make them feel amazing

For Stacy Anderson and Elise Gasbarrino, a bra is never just a bra—it’s an experience. The Toronto-born duo behind Kent Woman, the lingerie and lounge-wear brand, is dedicated to creating beautiful pieces with soul: designed and produced ethically in Los Angeles using organic silk that looks lovely and feels even lovelier against the body, a sartorial lesson in the joys of self-worth. The duo met during their business undergrad at Wilfrid Laurier University, then went their separate ways for grad school—Anderson to London, Gasbarrino to Milan—where they both studied fashion. Anderson moved to L.A. and launched Kent in November 2016 and Gasbarrino, who is based in New York, joined the brand last May. This year is set to be a major one for the buzzy up-and-comers: In February, Kent will be part of The Sustainable Shop, a pop-up at Hudson’s Bay, and its also participating in a pop-up at Galeries Lafayette in Paris. As well, the brand was recently accepted into an exclusive MBA incubation program with the Fashion Institute of Technology in New York. Here, the duo talks to us about underwear as feminist awakening.

How did the idea for Kent Woman come together?

Anderson: “I was doing my thesis on sustainability and luxury branding, specifically in the intimate apparel space, and I was frustrated at the lingerie options. They were very hypersexualized—it felt like they were intended for someone else other than the woman wearing them. Also, the materials used were largely synthetic—those are the most intimate pieces against your body, so I wanted them to be the most natural. From a stylistic point of view, bright colours, lots of frills, lace and sequins didn’t sit well with me. I really felt that my friends and I aren’t represented in the category.”



Stacy Anderson and Elise Gasbarrino, of Kent Woman, photographed at Hudson’s Bay in Toronto, where they will be part of The Sustainable Shop pop-up, devoted to spotlighting pioneering sustainable style.

How would you describe the mission for Kent?

Gasbarrino: “It’s great product, which is where any fashion brand starts. We start with that base and then build self-love, self-care and female empowerment around it. As a brand, we want to talk about what matters to women, so we’re hosting different events and animations that help speak to the DNA of the brand and start those conversations.”

Anderson: “The intent of having a social impact component baked in is to recognize that conver-



Mary Young in one of her bralettes.



DESIGNER AND LABEL: MARY YOUNG
Location: Toronto

You’ll spot some familiar faces in Mary Young’s light-drenched brand imagery. Her models are friends of yours, leaders in your community or someone you might recognize from Instagram. Young was doing “real women” before it was cool. “I never saw myself in lingerie ads growing up,” the 26-year-old Ryerson University grad says. “There was always one type of woman and one type of sexy celebrated.” Her inclusive designs are meant to “embrace the natural shape of its wearer, not lift, flatten or minimize,” an ethos that’s spurred a faithful community around her ultra-comfortable pieces. “Understanding that every body is different, and every body is beautiful has allowed me to create garments that empower women of all shapes and sizes,” she says.

—Jillian Vieira

MARY YOUNG BODYSUIT, \$76, BRA, \$76, MARYYOUNG.CA

sations around women are changing and we want to be a part of that and help push things forward. In the past, donations [from different events] have gone to providing safe birthing kits to women in India or providing half a school year’s supply of menstrual hygiene products for girls in Kenya. We’ve been incredibly shocked to learn that girls and women are held back for reasons that are totally outside themselves. We want to be a positive driving force, raise awareness of the things that are inhibiting women to be part of the solution. It’s an important time for brands to have a depth of value and stand for something more.”

What is the best part about working together?

Anderson: “Having Elise join has been game-changing for the business. Our skills are very complementary as well, and we have different perspectives. The amount of momentum that we’ve achieved since Elise and I have been together has been amazing.”

Gasbarrino: “I think it’s about having a second set of ears too. Being an entrepreneur can be lonely. When you’re two, you always have someone to bounce ideas off of: ‘What do you think? What about this?’ You have your gut reaction to something, but it’s great to have someone else validate, ‘Yeah, that’s a great path.’”

Anderson: “Or if something amazing happens, like we’re going to Paris in the new year for a number of things and it’s so great to be able to call and talk to Elise and be like, ‘Oh my gosh, this is happening!’”

Have you had any experiences with women as customers that really resonated with you?

Anderson: We did a lookbook shoot with a pair of best friends. We drove to Malibu at 4 a.m. and watched the sunrise while doing the shoot. It was really beautiful to watch this story unfold

of these two women and their interaction—they were helping each other up and down rocks and they felt this sense of freedom in their body and this idea of being. It was very caring, and in no way competitive about who is outshining whom. By the end of it, we were all so emotional.”

Gasbarrino: “You called me crying after that.”

Anderson: “Yeah! It was such a transformative experience. The two women who were in the

shoot posted these amazing things on Instagram that I was just in tears reading because they felt so empowered and so comfortable in this renewed sense of self and self-appreciation from that experience. I’m hoping that we can somehow capture that and do it on a larger scale for women.”

Gasbarrino: “Bring everyone to the beach for the sake of it!”

Anderson: “Sunrise shoots for everybody!”

Lingerie all day

Four silky pieces that fit your undergarment MO



For the luxe lounge
ELISE PYJAMA SET, \$302, WEARELISE.COM



For the practical panty wearer
KNIX UNDERWEAR, \$32, KNIXWEAR.CA



For the PJs-all-day loller
LA VIE EN ROSE ROBE, \$60, LAVIEENROSE.COM



For the boho dreamer
THE SLEEP SHIRT TOP, \$170, THESLEEPSHIRT.COM



DESIGNER: JULIA RECHEL OF ELLESMERE LINGERIE
Location: Montreal

It’s easy to catch Julia Rechel’s design nods to the Canadian Arctic—lichenous embroidery, Chiaroscuro-like decoration and swathes of all-flattering polar night mesh among them—but Ellesmere’s technical elements, ones that are specifically designed to support fuller busts, thankfully remain invisible. After studying pattern cutting and launching the brand less than two years ago, the designer has made an effort to be more all-embracing within her

foundation of classic cuts and styles. “We’re seeing a lot of cultural movements towards women reclaiming power and identity and this new energy gives space to my aspirations of diversity for Ellesmere,” says Rechel. “I think that femininity is an amalgamation of all the things that make us comfortable being ourselves.”

—Jillian Vieira

ELLESMERE BRALETTE, \$95, UNDERWEAR, \$56, ELLESMERELINGERIE.COM



Fancy some romance?

Hair looks so charming they demand to be taken out on the town



VANESSA SEWARD

SIDE SWEPT

The allure of a strong part and a glassy finish remains as strong as it did when Veronica Lake busted out the hairstyle in the 1940s. The layered texture at Vanessa Seward modernized the classic look.

RENÉ FURTERER INTENSE NOURISHING DAY CREAM, \$38, SALONS



TOD'S



EASY BREEZY

Windswept wisps grazed models’ foreheads at Tod’s, as if they sprung loose from a ponytail during a gusty countryside stroll. Defined, flushed cheeks completed the effortless-meets-polished look.

HAIR BY SAM MCKNIGHT TEXTURE SPRAY, \$46, LACANDCO.COM



DOLCE & GABBANA

UP AND AWAY

At Dolce & Gabbana, classic crimson lips and winged eyeliner were coupled with garnet and floral headbands that ranged from regal to Rococo. The double headbands add a dose of charm.



DOLCE & GABBANA HEADBAND, \$1,900, FARFETCH.COM

Roll up to win

Face rollers are the newest trend in skincare. But do they work?

BY WING SZE TANG

Fueled by green juice and chia seeds, our luxury wellness obsession is proving to have all the endurance of a SoulCycle instructor. The latest in stylish self-care? Crystals, and not just clutching them for positive energy. Jade and rose quartz facial rollers are emerging as the Insta set's go-to tool for achieving glowing complexions, and they check all the trendy boxes: they fit our growing interest in everything natural (what's more un-Botox than just rubbing a stone on your forehead?); they get raves from celebrity facialists; they claim ancient royal roots; they sync with our modern good-vibes-only obsession; and last but not least, they're oh so photogenic (white marble or millennial pink backdrop optional).

But do jade and rose quartz face rollers work, and how exactly? Read on for all your beauty FAQs, answered.

What are face rollers? Picture a petite paint roller for massaging your face, with a smooth bead of stone as the roller. Some are double-ended, with one small roller (for targeting areas like the under-eyes) and one large roller (for the rest of the face). Jade is the most popular

gemstone for face rollers, but you can also find them in rose quartz.

What are the benefits of face rollers? According to Angela Caglia, an L.A.-based celebrity aesthetician named one of skincare's rising stars by WWD's Beauty Inc., these rollers offer a ton of immediate benefits: brightening the skin, improving fine lines, de-puffing the under-eyes, boosting circulation, and helping with lymphatic drainage to get rid of swelling. "I have been using rose quartz rollers in my treatment room for two years," says Caglia, who believes the tool is anti-aging, too. "You are soothing facial muscles, which cause premature wrinkling when they are stressed."

Are there studies to back up these claims? Well, "there's no science," says dermatologist Dr. Monica Li at Vancouver's Project Skin MD. But there's a reason you might see some benefits, like less noticeable lines, better lymphatic drainage and deflated under-eye bags. "In theory, it could probably do some of that because I do think it could improve circulation and blood flow," says Dr. Li, noting that the roller is

massaging your skin—and massage therapy is a legit treatment for reducing leg swelling, for example. She's not against jade or rose quartz rollers, as long as you use them as intended (e.g., don't get aggressive with the pressure).

What's the difference between jade and rose quartz face rollers? In terms of skincare effects, nothing. The difference is in the vibes, if you're into magical thinking: rolling with jade or rose quartz supposedly transfers the stone's healing energy to your body. "Jade is said to ward off bad energy or chi," explains Caglia, whereas "rose quartz is the heart stone. It means unconditional love and carries the soft, feminine energy of nourishment and compassion."

How do I use a face roller? Stash your roller in the fridge for an extra-chill feel, or keep it at room temperature. Then once a day, roll your face with soft, light pressure—as if you're barely touching it—in an outward direction, says Caglia. She suggests rolling after you've applied facial oil, which also encourages the dewy product to sink into your skin. A little beauty TLC is bound to give a feel-good glow.



PROVINCE APOTHECARY JADE FACIAL ROLLER, \$44, PROVINCEAPOTHECARY.COM

WORK FROM HOME

New gadgets kick DIY facials up a notch



If you're... dealing with dullness
Believe it or not, this bright orb is actually a sheet mask. The underside of the device holds reloadable ingredient-infused fabric (it's cut into a circle rather than the usual face shape), which you glide along your skin with souped-up settings for heating, cooling, pulsations and red, green and blue light therapy—all controlled from your smartphone, of course.

FOREO UFO, \$211, PRE-ORDER ON KICKSTARTER.COM



If you're... seeing spots
A magic wand to zap zits? This is basically as close as it gets. This pen-like tool emits blue light to kill bacteria—a common treatment in derms' offices—and red to reduce inflammation. Use it for two minutes three times a day to help small blemishes heal up to two times faster.

NEUTROGENA LIGHT THERAPY SPOT TREATMENT, \$35, DRUGSTORES (IN MARCH)



If you're... fighting fine lines
Skincare nurse Jamie Sherrill's medical spa in L.A. is a celeb-sighting hot spot, with a clientele that includes Jessica Alba, Shay Mitchell, and the Kardashian sisters. Not ready to book a flight? Her latest tool mimics facialists' massage techniques with sonic vibrations that help your skin absorb moisturizer.

NURSE JAMIE TRIANGLE FACE MASSAGER, \$200, NET-A-PORTER.COM



If you're... feeling parched
Take your at-home facial game to the next level by adding this spa standby: a steamer. Nine minutes in front of the nozzle promises instant dewiness, softness, open pores ready for treatment, and, of course, totally blissed-out vibes.

DR. DENNIS GROSS PRO FACIAL STEAMER, \$185, SEPHORA.COM



FOR YOUR GWYNETH

Don't even try gifting the Gwyneth type something that can't be packed into a rucksack and taken to Malibu. Natural luxe products, elegantly artistic staples and reflective reads only.

PURA BOTANICALS OVERNIGHT MANGO MASK, \$78, PURABOTANICALS.CA. **MULBERRY** SHOES, \$755, MULBERRY.COM. **HEIDI KLEIN** SCARF, \$185, HEIDIKLEIN.COM. **EVERYTHING HERE IS BEAUTIFUL** BY MIRAT LEE, \$35, BOOKSTORES. **A PEACE TREATY** TOP, \$350, SKIRT, \$375, APEACETREATY.COM



FOR YOUR GAYLE

Bestow upon the Gayle to your Oprah the most deluxe gifts imaginable. Think a party top and iridescent Dom for the p.m., glam shades and opulent face oil for the morning after.

EVE LOM RADIANCE FACE OIL, \$104, MURALE.CA. **GIVENCHY** LE ROUGE ULTRA MATTE LIPSTICK, \$44, SEPHORA.COM. **JACQUEMUS** TOP, \$670, FARFETCH.COM. **WARBY PARKER** SUNGLASSES, \$150, WARBYPARKER.COM. **TIFFANY & CO.** NECKLACE, \$2,600, TIFFANY.CA. **DOM PERIGNON** VINTAGE 2009 TOKUJIN YOSHIOKA LIMITED EDITION, \$275, LIQUOR STORES



FOR YOUR MINDY

The sweetest person in your crew calls for presents in sugary hues and classic pieces with a cute twist. Mindys work hard and play hard, and deserve gifts of that caliber.

CLINIQUE MARIMEKKO FOR CLINIQUE POP SPLASH LIP GLOSS + HYDRATION, \$24, CLINIQUE.CA. **JENNIFER BEHR** EARRINGS, \$495, JENNIFERBEHR.COM. **KATE SPADE** DRESS, \$435, KATESPADE.COM. **DRUNK ELEPHANT** PROTINI POLYPEPTIDE CREAM, \$84, SEPHORA.COM. **LANO** ROSE HAND CREAM EVERYDAY, \$27, SEPHORA.COM. **GUCCI** BAG, \$5,830, GUCCI.COM



FOR YOUR MARTHA

Aspirational presents that vibe "The Hamptons" are the only option when it comes to the Martha in your life. Timeless patterns and petal-soft hues are the way to go.

SERGIO ROSSI SHOES, \$745, SERGIOROSI.COM. **HOPSON GRACE** MARBLE BUTTER KEEPER, \$52, HOPSONGRACE.COM. **THE ELDER STATESMAN** TOP, \$1,340, NET-A-PORTER.COM. **J.HANNAH** POLISH IN HIMALAYAN SALT, \$27, EWANIKI.COM. **CHANEL** CHANCE EAU TENDRE DELICATE FRAGRANCE TOUCH-UP, \$86, SELECT CHANEL BEAUTY COUNTERS. **MARNI** NECKLACE, \$665, MARNI.COM

Body language

We talk to ourselves all the time, but it’s often to criticize or compare. Since the most long-term relationship you’ll have is with yourself—forever status: it’s complicated—treat your body right with ultra luxe goodies and real talk from women who have come through the other side



OIL THYSELF

Supreme hydration and blissful texture? Now *that’s* a perfect match. These six oil-based skin products are sure to delight

Take cold-ravaged skin, stick it in a hot shower and then use soap to wash off whatever hardy remnants of moisture might still desperately be clinging to your skin? Have some compassion! This concentrated shower oil will gently slide the dirt away while protecting your skin from further moisture loss. Plus, that pink glow and bright rose scent is cheering on a grey winter morning.

SOAP CHERIE LUXURIOUS SHOWER OIL IN MORNING ROSE, \$32. [NORDSTROM.COM](#).

As soaking in bubble bath really is soaking in soap, bath oil is where it’s at in winter. Jo Malone’s new Peony & Blush Suede bath oil will give you hope for the warmer weather to come with its fragrance of late spring’s most glorious offering, blooming peonies, while the blush suede will envelope you until the sun gets here.

JO MALONE PEONY & BLUSH SUEDE BATH OIL, \$75. [JOMALONE.CA](#)

This all-natural, unscented massage oil from Montreal’s Enamour can also be used in the bath or as a moisturizer. But since it is called massage oil on the bottle, perhaps it’s best to indulge in a foot massage next time you’re Netflixing. Add a little drop of peppermint essential oil for a tingly treat.

ÉNAMOUR MASSAGE OIL, \$20. [ENAMOUR.CA](#).

Winter’s all about layers: layers of clothes, layers of blankets, layers of moisture. If you like to slather on a favourite fluffy, rich cream after bathing, do it! But then follow it up with a body oil to seal that moisture in and keep the harshness out. This all-natural oil’s night-blooming-jasmine aroma makes it your perfect top layer.

HERBIVORE GLOWING HYDRATION JASMINE BODY OIL, \$56. [THEDETOXMARKET.CA](#).

If slick and slippery isn’t your preferred moisture mode, go for a dry oil. This feather-light spray, scented with orange blossom from Provence, absorbs quickly, leaving a satin finish and is 98 per cent natural.

BASTIDE HUILE SECHE EPATANTE BRILLIANT DRY OIL MIST, \$68. [HOLTRENFREW.COM](#)

Do French girls shimmer? Oh, probably. So pass that limited edition bottle of rich oils infused with pink oxides and gold mica, and smelling of rose otto and amyris sandalwood. This special treat should be your final touch no matter how many oils you’re already slathered with. “Oh, my rose-gold glow? I didn’t notice.”

FRENCH GIRL LUMIÈRE HUILE POUR LE CORPS IN ROSE DORÉE, \$ 62. [FRENCHGIRLORGANICS.COM](#)

I had a secret tummy tuck, and it was the best thing I ever did

BY IVY AARON*

Like the good friend that I am, I was trying not to stare at my friend’s terrifyingly long nipple as she wrestled it into her newborn’s mouth when she dropped this bomb on me: “I’m going to have an abdominoplasty,” she said breezily, her second-born happily guzzling away in her arms. “My husband got laser eye surgery, so I get this.”

I was scandalized. She was a social worker! Plastic surgery was only for the very rich, or the very vain. Or strippers. Right? “Normal” women didn’t get tummy tucks. They wrote inspiring Insta posts about respecting their post-partum bods, and then trimmed down with Pilates. Maybe they still carried some “baby weight,” but otherwise, their bodies were more or less the same after children. I thought this would be me, too. And then I went through two back-to-back pregnancies, and discovered I was very, very wrong.

I went into my baby-making Olympics (two babies in two years) pretty slim, but extra weight hung around after each pregnancy, ultimately leaving me about 25 pounds heavier. But it wasn’t the weight that bothered me so much as the stretched-out skin.

The rapid expansion/shrink cycle had left my stomach looking like a large, melted purse that hung over the front of my body. I could spread it out on a table. My husband had to lift it up to get it out of the way when he was performing his...husbandly duties. It got caught in zippers. I would look at my healthy kids and talk to myself about what my amazing not-teenage-anymore-and-that’s-ok! body had done. I would try to take to heart the things I’d always believed, like women shouldn’t have to look a certain way and that it was a waste of precious energy wishing that my post-baby body looked like my Dating Ninja 10-years-younger body, but I just couldn’t get over it.

I was in grade five—10 years old—when I got my period. Within a year, I grew perky, A-cup boobs, my hips widened and I spurted up to be taller than all my male cousins. I never really grew again after that. It wasn’t until I bought my first thong at 12, that I realized that I had stretch marks—unruly, silver lines that looked like asymmetrical spider webs—all over my hips. I stood in front of my full-length mirror wearing a black, cotton thong, and instead of feeling young and beautiful, all I felt was shame. My stretch marks haunted me for more than a decade. I refused to have sex in well-lit rooms. If I had to wear a bikini on holiday, at the cottage,

or at the pool with friends, I’d spend hours alone in my bedroom, wearing my bikini bottoms and inspecting my marks. I bought endless bottles of Bio-Oil, shea butter and vitamin E capsules and rubbed them in every night. The marks wouldn’t fade. For 14 years, my stretch marks were my biggest insecurity.

I met Brandon at a club when I was 26. He was an engineer from Sacramento who was in town on business, but only for a few nights.

We had sex in his hotel room, under the harsh bright lights of the bathroom mirror. He whispered, “Look at yourself.” My hips were exposed—I was

“I confessed the real story to my female boss, but settled on the vaguely horrifying phrase ‘lady surgery’ to embarrass my mostly male colleagues into silence over my upcoming absence.”

started letting my husband look at me without a negligee on again.

Four years later, I still feel silly about it, but I’ve never regretted my secret tummy tuck for a second. About six weeks after the operation, my husband and I had totally nude, all-over-the-living-room-floor sex. Afterwards, I whispered, amazed: “Honey, I’m naked!”

He ran his hand over my body and I didn’t shrink away. “I know,” he said, smiling. “I like it.”

It was the best thing I ever did for myself, and for my marriage. But that doesn’t mean I’m going to tell anyone about it, of course.

*IVY AARON IS A PSEUDONYM. OBVIOUSLY.

I learned to own my stretch marks—and I finally felt sexy

BY CHRISTINA GONZALES

used to looking away. It was the first moment I saw myself as sexy, and the feeling was overpowering.

That was my sexual awakening. My entire perception shifted: My body, as a whole, was greater than the sum of its parts. It was a vessel for self-love, pleasure and satisfaction. I didn’t need to obsess over my stretch marks anymore. They became irrelevant—now, I often forget they’re there.

Sometimes, though, I catch a glimpse of them when I’m making love to my fiancé in our sun-lit, 18th-floor condo, as he runs his hands over my hips. The only feeling that floods me in those moments? Pure delight.



Rising above
In Cambodia, Caitlin Kenny discovers perseverance in its plants, and its people

At some point on almost every trip I take, I become struck by the conviction that, surely, I’ve never seen true colour until that moment. The saturation of red dirt against a cerulean sky in Uganda, a vivid sunset over infinite green in Ireland. Today, in Cambodia, it’s the petals, starbursts of shocking pink.

There’s no shade to be found in the middle of the Tonlé Sap, the largest lake in all of Southeast Asia, and the sun is unrelenting in this 40-degree heat. I shift my weight slightly to unstick my culottes from the wooden plank beneath me, keeping my movements tiny for fear of tipping this shallow canoe. Spreading kilometres and kilometres in the distance (3,000 squared now that it’s dry season, though the Tonlé Sap expands to 12,000 square kilometres in the wet season), I see a sheet of pad-like leaves hovering over dark water. The dense air above is dotted with delicate clusters of that pink, like tropical butterflies suspended in a museum exhibit. It’s these lotus flowers that brought me across the globe with beauty giant Fresh, to see this star ingredient in its natural habitat, and that currently have me awestruck by their intense colouring, rendered all the more magnificent against the murky water.

Behind me, my tour guide, Narin, is deflecting the scorching rays with a green cone-shaped hat he’s fashioned out of a crepe-sized lotus leaf. He gives me a warm smile (and his hat) when I look back. The benevolence is a Cambodian signature, it seems. On the Jeep ride to the lake, I mentioned to Narin how much I appreciated everyone’s overwhelming friendliness. “We suffered for so long,” he explained. “Now we’re happy to have work, and to not have fear of war.”

He’s referring to more than two decades of conflict his country faced, including the brutal take-



The towers of Cambodia’s famous Angkor Wat temple pay tribute to the treasured lotus flower with their bud-like shapes.



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The Kit’s Caitlin Kenny on the Tonlé Sap’s shore in Cambodia

over by the Khmer Rouge communist regime that killed approximately 2 million people, a quarter of the country’s population, and which was recently depicted in the Angelina-Jolie-directed *First They Killed My Father*. Narin was a newborn at the time, separated from his parents for the first 10 years of his life. Other guides I met had no one to reunite with by the end.

The genocide was book-ended by civil wars, and the violence didn’t cease until 1991. The scars are still fresh, yet every Cambodian I meet seems to share Narin’s gratitude and kindness, like lotus blooming from the mud.

That rising-above is what makes the lotus an important symbol in Buddhism, representing the struggle through the murk to reach enlightenment. It’s why, when we drove behind a funeral procession, men were carrying the flower, and why the famous Angkor Wat temple’s towers are shaped like its buds.

The plant’s cultural significance is largely what captivated Lev Glazman, one half of the globe-trotting husband-wife duo behind Fresh, 15 years ago. Soon, he found that lotus offered a literal kind of transcendence, too. “People have used it for generations,”

it was rich in nutrients, but the beauty of modern technology is that you can bring it to a laboratory and really understand its power.”

The research showed that the flower’s extract is a potent antioxidant that helps ward off wrinkle-causing environmental damage. From there, Glazman began developing the Lotus Youth Preserve line, which debuted in 2013 with the Face Cream with Super 7 Complex. Today, it’s one of the brand’s bestsellers, and Glazman’s continued fascination with lotus has grown the collection to include five products. The rich Rescue Mask is the latest, using the plant’s seeds for the first time, ground up to offer tired skin an immediate radiance boost.

As we glide through the lake, Narin explains how the stem, fruit, roots and seeds are also used in local cuisine and traditional medicine, while breaking open a pod to offer me the fruit, a green marble. It tastes like a sweet pea but juicier. He also cracks the hardy stalk in half to show me the soft fibres inside, which are commonly woven into high-quality textiles.

As I pack my bag to head back to icy Toronto, I fold my new lotus-silk scarf. It reminds me of the one that dangled from Narin’s neck, for whenever he needed to mop his brow. I’ll wear it once I’m home, as a memory of Narin, of Cambodia, strength, perseverance, beauty, and that pink.

“The dense air is dotted with delicate clusters of shocking pink, like tropical butterflies suspended in a museum exhibit.”



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THE KIT X JOE FRESH



Sealed with a kiss

Ensure your Valentine’s Day pucker looks its best with Joe Fresh’s lip range

A romantic pink or red lip for Valentine’s Day is as large a part of the holiday as reaching for a handful of cinnamon hearts or receiving an adorable card. With Joe Fresh’s wide array of lip products, it’s even easier to perfect the former. (We know you’ve got the cinnamon-heart-reach down pat.)

Whether you go-to is a rosy pink or you feel like trying out a daring pomegranate red lip this February 14, Joe Fresh’s glosses, lip pencils, tinted balms and richly pigmented formulas will get the job done without breaking the bank.

For a posh dinner out—drinking, eating and the occasional smooch—opt for the Long Wear Lip Liner under a coat of the colour-rich Matte Lipstick formula so the look stays put all evening. For something more low-key, a swipe of playful and shiny Glass Lip Gloss or satiny Lip Balm will have all eyes on you. And if you don’t know where the night will take you, stick with a velvety, nourishing Cream Lipstick in a universally flattering apple red. And wouldn’t you know it: Your Valentine’s Day lipstick fling will soon become a serious relationship.

CLOCKWISE FROM TOP: JOE FRESH TINTED LIP BALM IN MACARON, \$12. JOE FRESH TINTED LIP BALM IN CHERRY, \$12. JOE FRESH MATTE LIPSTICK IN SMITTEN, \$10. JOE FRESH MATTE LIPSTICK IN RUBY, \$10. JOE FRESH CREAM LIPSTICK IN WINE, \$10. JOE FRESH CREAM LIPSTICK IN BIG APPLE, \$10. JOE FRESH CREAM LIPSTICK IN ROSE, \$10. JOE FRESH LONG WEAR LIP LINER IN RED, \$8. JOE FRESH LONG WEAR LIP LINER IN PINK, \$8. JOE FRESH FRESH GLASS LIP GLOSS IN KISSABLE, \$6. JOE FRESH FRESH GLASS LIP GLOSS IN POPSICLE, \$6. JOE FRESH FRESH GLASS LIP GLOSS IN POMEGRANATE, \$6. JOE FRESH LONG WEAR LIP VEIL IN SORBET, \$12. JOE FRESH LIP CREME IN RUBY, \$12

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