

THE KIT

Spring Beauty Special: Breeze into the season with inspo from athletes, 30 obsession-worthy products and a big trip to Japan



“I’m trying to hold on to that feeling of looking into Scott’s eyes and thinking ‘Wow, we did it.’”

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Ice queen

Tessa Virtue captured Olympic gold—and the hearts of Canadians. She talks to **Katherine Lalancette** about beauty, body image, and the fight to be the best

PHOTOGRAPHY BY CHRISTOPHER WAHL

Tessa Virtue is like a Disney princess come to life. Maybe it's the Olympian's otherworldly grace, her anime-like green eyes or the romantic plot lines she and partner Scott

Moir so captivatingly play out on the ice, but one can easily imagine birds helping Virtue get dressed in the morning.

“Fairy tale” is a term that the London, Ont.-born skater uses herself in describing her and Moir’s journey to Pyeongchang, but rather than coming down to good fortune or fairy godmothers, their gold-medal storybook ending was the calculated apex of years of preparation.

“It was everything we dreamed of,” says Virtue, during a recent Toronto stop as part of her new role as Canada’s first-ever Nivea ambassador. “I’m so fulfilled by the process of spending two years crafting a plan with our support team and executing the details of that plan every single day, culminating in

that Olympic fairy tale. In a lot of ways, we knew that’s what would happen because that’s what we trained for, but there were so many other factors that had to come together in order to live that dream.”

Following Virtue’s lingering leg injury, the duo’s disappointing performance at the 2014 Sochi Games, a two-year hiatus from competition and a move from Michigan to Montreal to work with new trainers, the pair’s fiery *Moulin Rouge* free dance provided the perfect finale to their two-decade-long partnership. They claimed the gold ice-dancing medal and broke the world record for overall score, which had been set mere minutes before by their French

training partners and rivals Gabriella Papadakis and Guillaume Cizeron.

Fans lost their minds. Suddenly, it seemed everyone knew what a twizzle was. Virtue’s mother, Kate, even recounted how a cab driver in South Korea, who barely spoke a word of English, exclaimed “ice dance” when she told him she was Tessa’s mom.

“I still haven’t watched the video because I’m sure I’ll critique it,” Virtue says of that historic performance. “I’m trying to hold on to that feeling of looking into Scott’s eyes after we finished and thinking about the 20 years that led to that moment and thinking ‘Wow, we did it.’”

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These boots were made for strutting
Investment footwear at its finest **PAGE 3**



The (absolute) best in beauty
Our editor-tested guide to gotta-buy-it skincare, makeup and hair essentials **PAGE 4**



SPRING BRA REPORT: FIND THE PERFECT FIT





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Loud and clear

Plastic has a well-earned reputation these days; we hardly notice its abrupt death as a throw-away commodity. But in the fashion sphere, designers have aimed to extend the life of plastic by utilizing the material to create time-tested wardrobe staples. This season, a transparent moto jacket at Valentino proved surprisingly wearable over a silk blouse of the same hue while crystal-clear dangles, presented as cut-outs of vintage-y floral shapes, glinted on the Balenciaga runway. Spring's most memorable synthetic creation came in the form of Chanel's toe-capped boots: footwear that rises above the trend wave with layers of durability and delicacy.

—Jillian Vieira. Photography by Hamin Lee



Shine on

Pandora's modern take on gold reflects the beauty of nature

BY JILLIAN VIEIRA



Pandora's creative directors Francesco Terzo and Filippo Ficarelli are rifling through a stack of glowing moodboard images splayed in front of them in a downtown New York hotel. The photographs—of Renaissance paintings, Medieval sunburst motifs and natural honeycomb patterns—all propose an obvious sense of warmth and ornateness, the same qualities that radiate from the brand's new Shine collection. Terzo and Ficarelli tell me that Pandora's foray into affordable gold remains true to the brand's history of pared-down luxury. "Simplicity is something we really like," says Ficarelli. "It doesn't mean minimalist or simple; it means something that's spontaneous." Here, the pair discusses the elements of nature that inspired the collection and how their love of jewellery developed from a young age.

Can you talk about this collection's connection to nature. How did you imbue the feeling of being outdoors into your designs?

Terzo: "When we [accepted our positions at] Pandora, we moved from Milano to Copenhagen. In Copenhagen, the weather is not that similar to Milano [laughs]. Last year in particular the spring never really came, so we tried to incorporate this idea that something was missing, like the rays of light that we felt on our skin in Italy. It's a kind of feeling, an energy—something that is abstract. Nature always amazes us; we are amazed by the sky, the light. For this collection, we wanted to tell the story of the spring—it really brings you to life again."

Ficarelli: "It's like a lightness in your body."

With your unique backgrounds in art and fashion, is there a time period or an artist that acts as a constant source of inspiration?

Ficarelli: "There are different periods that really inspire us—we really like the '40s, '50s and '60s. It's a whole mix of the history of fashion and jewellery. We also love to collect books—ones of the royal family, painters, the Renaissance period, flowers. The Renaissance period

is one that really interests us, because it is very close to what is happening right now. It was a time where women were changing a lot, the styling was changing, as was art and design. But we don't want to look at this period in a nostalgic way. We are looking back in order to re-edit it into something that is a modern. We try to reinterpret and capture what is consistent with today."

You mentioned that jewellery acts like a memento; compared to clothing, which you take on and off, you wear jewellery all the time. Do you have any heirlooms that allowed your love of jewellery to bloom?

Ficarelli: "The family environment is really inspiring for both of us. I was super-close to my grandmother—she was a collector of jewellery, but she really played with her pieces. I remember she would wear a brooch on a chain or on a hat—crazy ways of using it. She was really telling stories about the jewellery. It was fun and cool. She was really influential for my side. It translates to the Pandora brand as well: mixing, experimenting, playing. The idea of personalizing your jewellery with your own touch."



CLOCKWISE FROM TOP: PANDORA PENDANT, \$100, CHOKER, \$220, RING, \$200, NECKLACE, \$200, PANDORA.NET

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One-Minute Miracle special

A lot can happen in 60 seconds. *The Kit* editors pay tribute to the products that have changed our beauty routines (and our lives) one minute at a time

PHOTOGRAPHY BY JEFF CARLSON

CLEVEREST PACKAGING

From a hair mask in a can(!) to squeezable mascara, sometimes what's on the outside really does count



Editor: Veronica Saroli, assistant editor

Problem: I want to shave down my shower time.

Quick fix: It's a hair mask in a spray can! It shoots out like a stream of Scrubbing Bubbles, though it softens and revitalizes rather than cleans and strips. All I have to do is spritz it on in the shower and leave for one minute before rinsing, and the prettily scented emulsion of alma oil, cupuacu butter and apple cider vinegar goes to work (so I don't have to).

IGK PRENUP INSTANT SPRAY HAIR MASK, \$38, SEPHORA.CA



Editor: Laura deCarufel, editor-in-chief

Problem: Late-night parties lead to laziness in the makeup removal department.

Quick fix: This genius product is the beauty equivalent of a neat martini with a twist. Instead of messily splashing an open bottle against a cotton pad, you aim an elegant, direct spritz. The formula is neat, too: Made with only three ingredients (including vitamin E), it feels light and dries clean. I may *feel* like a sleep-deprived raccoon, but how delightful not to look like one.

URBAN DECAY MELTDOWN MAKEUP REMOVER DISSOLVING SPRAY, \$32, URBANDECAY.CA



Editor: Renée Tse, *The Kit* Chinese editor

Problem: My eyes are puffy from watching my Korean dramas into the wee hours.

Quick fix: There are plenty of cooling eye serums designed to calm puffiness and shrink under-eye bags. But this one is different. For starters, the lightweight gel is packed with cell-regenerating, lifting and plumping benefits, thanks to the star ingredient Alaria Esculenta (aptly coined "algae of youth"). Plus, it features a two-in-one hybrid applicator, with a metal ballpoint tip to help cool and de-puff my under-eye baggage, as well as a mascarasque brush that simultaneously gives my neglected lashes some TLC (hello, stronger, lusher eyelashes). Come morning, I'm bright-eyed and bushy tailed.

BIOOTHERM BLUE THERAPY EYE-OPENING SERUM, \$69, BIOOTHERM.CA



Editor: Eden Boileau, managing editor

Problem: I want to streamline my makeup routine and my makeup bag.

Quick fix: The clever little tool is just like those multi-coloured pens that were so exciting when you were a kid, except it's makeup. Click: lip liner! Click: eyeliner! Click: brow filler! Its razor-sharp black, brown and emerald

green pencils are inky and saturated and last all day. And the auburn-rose lip liner is a perfect neutral when mixed with a little balm. So much beauty in one handy pen—so much less fumbling for pencils.

CLARINS 4-COLOUR ALL-IN-ONE PEN, \$35, CLARINS COUNTERS (APRIL 1)



Editor: Kathryn Hudson, executive editor

Problem: If I'm going to shell out the big bucks for mascara, I want it to be good to the last drop.

Quick fix: I must admit that the name did not hint at the chicness I associate with the brand's coveted reputation. The term "squeezeable" is normally reserved for barbecue condiments or children's crafts, but in the hands of Dior's makeup masterminds, it's now associated with extra-dramatic sweeping lashes. A simple pinch of this tube helps deposit more of its creamy, lash-plumping formula on the wand, creating even more major results than its cult-favourite predecessor. And the squeezable dispenser helps the wand get to every last swipe of mascara, so I can bid farewell to waste.

DIOR DIORSHOW PUMP'N'VOLUME MASCARA, \$37, SEPHORA.CA



“This crystal-clear dome gives me an innovation contact high just looking at it.”



Editor: Eden Boileau, managing editor

Problem: Overnight my skin dries out like the Sahara.

Quick fix: Every year at this time, I wake up to parched, dull skin, no matter how rich my night cream. Not anymore! This decadent and luxurious "massage mask" leaves my face moisturized, happy and healthy like no other. For that price, it should. What's in it, gold? Well, yes, plus South Sea pearls to illuminate, "black diamond" truffle to energize and green algae to firm and plump. The jewel in its crown is the massage stone, which you heat in water and glide over your face for a heavenly hot stone facial.

ESTÉE LAUDER RE-NUTRIV ULTIMATE DIAMOND TRANSFORMATIVE THERMAL RITUAL MASK, \$420, HUDSON'S BAY



Editor: Eden Boileau, managing editor

Problem: I want to disguise my dark circles and wrinkles—quickly.

Quick fix: When I don't have time to use a rainbow of colour-correcting concealers to paint a masterpiece under my eyes, this magic wand has me covered. A couple twists of the base release its blurring concealer powered by microspheres and optical diffusers into a soft, spongy tip perfect for dabbing on dark circles for a smooth, less-tired appearance. It does the work of a concealer but feels light like a foundation. Bonus: It's great for dark spots, too!

REVLON YOUTH FX FILL + BLUR CONCEALER IN MEDIUM DEEP, \$17, SHOPPERS DRUG MART

MOST BREAKTHROUGH FORMULAS

From sunscreen-primer-moisturizer to a frizz-tamer-conditioner-thermal-shield, we salute the multi-hyphenates that go above and beyond the call of duty



Editor: Veronica Saroli, assistant editor

Problem: My sunscreen is just that—sunscreen—and I want one that multi-tasks.

Quick fix: It's hard to believe that sun protection can be so silky, but there it is: This three-in-one clear gel glides across my face like a 20th-century debutante owning the dance floor. It not only provides my preferred dose of SPF 30, it also blurs imperfections and preps skin for makeup like a primer. It also protects my skin from pollution with green tea, coffee, licorice and chamomile like a high-tech moisturizer. I mean, does it scramble eggs, too? Then my morning would be complete.

PAULA'S CHOICE RESIST SMOOTHING PRIMER SERUM SPF 30, \$30, PAULASCHOICE.COM



Editor: Veronica Saroli, assistant editor

Problem: Heavy, waxy balms weigh my lips down—and don't play nicely with my lipstick.

Quick fix: This crystal-clear dome gives me an innovation contact high just looking at it—or, more accurately, looking through it. The lightweight wax-free formula enriched with aloe, shea butter, and coconut and avocado oils sinks in swiftly, which means I can apply lipstick overtop without things getting messy (or parched, a few hours later). With this crystal ball, the future looks promising.

EOS CRYSTAL LIP BALM IN HIBISCUS PEACH, \$8, DRUGSTORES



Editor: Eden Boileau, managing editor

Problem: I want more defined brows.

Quick fix: If it's not bad enough that I plucked my brows to near extinction in the '90s, they're also fair, so my brow game is somewhat emaciated. But drawing them on—evenly, precisely—every morning while getting a nine-year-old out the door is not an option. So, bless this new at-home brow dye that subtly darkens my brows and lasts for days. I simply paint on the gentle sugar-based formula, let it dry for half an hour and then peel it off. The result: darker



Major buzz factor

Standout newbies worth every bit of hype, selected by beauty director Katherine Lalancette

Slitest undercover agent

Dark spots are notoriously tough to hide, but this wand makes it look easy. Designed to be used under or over makeup (hello, quick touch-ups), its brightening formula swiftly conceals hyper-pigmentation while treating it over time.

SHISEIDO WHITE LUCENT ONMAKEUP SPOT CORRECTING SERUM, \$48, SHISEIDO.CA

Top skin-saver

From the brand that's all about enhancing—never hiding—your real skin, comes a product that promises to make the very best of it. This liquid exfoliator banks on a gentle cocktail of acids to clear, smooth and brighten. Oh, and it's millennial pink!

GLOSSIER SOLUTION EXFOLIATING SKIN PERFECTOR, \$29, GLOSSIER.COM



brows, but a subtle enough effect that I don't emerge looking like Groucho Marx. No master's of fine art (or an extra 15 minutes every morning) required.

ALMAY LONG-LASTING BROW COLOUR IN BROWN, \$12, DRUGSTORES



Editor: Caitlin Kenny, digital editor
Problem: My lips are too dry to pull off trendy metallic lips.
Quick fix: Too many reflective lippies feel gritty due to their dense pigment, but this one packs shea butter and seed oils for a hydration hit. The multi-dimensional pearlescent hue glides on easily, with the pointed applicator making it easy to trace right along my lip line. Comfortable, easy and totally on trend? This one's a triple threat.

BITE BEAUTY PRISMATIC PEARL CRÈME LIP GLOSS IN ROSE PEARL, \$25, SEPHORA.CA



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, SHOPPERS DRUG MART



Editor: Laura deCarufel, editor-in-chief
Problem: I'd like to wear my favourite dresses this spring without worrying about those dreaded unsightly white rings.
Quick fix: I've never been picky about what I put under my arms. (Truth: It's usually a stolen slick of my husband's Old Spice.) But recently, during a 5 p.m. pre-event beauty closet raid, I happened upon this dry spray anti-perspirant, which claimed to leave no white marks on 100 fabric colours. Intrigued, I spritzed. Hesitantly, I peered down. Silently, I rejoiced—not a single trace was left behind. A bonus: The scent—a mix of pineapple, pear and freesia—handily beats accidentally smelling like a lumberjack.

DOVE INVISIBLE ANTIPERSPIRANT IN SHEER FRESH, \$4, DRUGSTORES



Editor: Rani Sheen, beauty director
Problem: I'm plagued by 3 p.m. shininess, but I don't want to scrimp on hydration.
Quick fix: Mattifying moisturizers often have an unpleasant pasty texture; or they're runny, watery gels; or they do their oil-absorbing job but leave delicate combination skin feeling tight and dry, and flaky the next day. This one, in its pleasing matte concrete-like bottle, feels like a milky lotion, absorbs right away and reduces my afternoon shine factor by about half—but leaves my glow intact. I'd hope so, too, given its steep price point and microfine mattifying ingredients, including kelp powder, sea

minerals and clay, as well as the famous La Mer "miracle broth," enlisted here to take down irritation and redness. Quenched, matte skin: Shine on.

LA MER MOISTURIZING MATTE LOTION, \$350, CREME-DELAMER.CA



Editor: Eden Boileau, managing editor
Problem: The layer of frizz on my hair the day I wash it.
Quick fix: I've tried them all: smoothing serums, anti-frizz lotions, finishing creams—and until recently, I had yet to find one that I didn't have to reapply at least once on hair-wash day to keep that halo of floating kinky strands under control. Who knew nature had the answer? This hair elixir, comprised of more than 15 organic oils (argan, sea buckthorn, evening primrose, flax seed...), is simply the best I've ever used. A few drops in my palms takes care of the wiry fly-aways on contact, once and for all. Plus, it can be used as a deep conditioner and a heat protectant. And if I didn't love it enough just for that, it also smells divinely of rose.

THE INNATE LIFE ROSE HAIR ELIXIR, \$41 (30 ML), THEINNATELIFE.COM



Editor: Jillian Vieira, fashion editor
Problem: Not even a Gwyneth-approved detox could get my skin to glow after this brutal winter.

Quick fix: With the colder months came the realization that my summertime radiance was just sun damage in disguise, but I have found the rejuvenating antidote. In true Goop-y style, the Exfoliating Instant

so when it comes to dull post-polar vortex 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 cold-weather-coping marathon of eating, drinking and being in dry heat, this isn't something I take lightly.

OLAY LUMINOUS WHIP FACE MOISTURIZER, \$40, DRUGSTORES

BEST REFRESHED FORMATS

Who says a sheet mask has to be wet? Does a dry shampoo have to be, well, dry? Reinventing the wheel definitely pays off



Editor: Jillian Vieira, fashion editor
Problem: After the a.m. commute, which obligates the safety of a bike helmet, my day-two hair completely falls at.
Quick fix: The mousse-like consistency of Ouai's dry shampoo foam offers a different experience from the typical aerosol versions of dry shampoo, but it comes with one main advantage: I can better target where I want to reverse the helmet head. After massaging in the product at my roots, I'm left with totally refreshed, conditioned hair, a just-washed scent and none of that visible powder.

OUAI SHAMPOO FOAM, \$35, SEPHORA



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 long-wear 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



Editor: Rani Sheen, beauty director
Problem: I need a mask that won't put me on bed rest. I've got things to do!
Quick fix: It's like a sexy spy. Unlike typical sheet masks drenched with serum, its super-soft fabric is dry, so once it's in place, hooked behind my ears, I'm free to go about my business without worrying about it sliding off. Its high-tech, Montreal-developed "biomimetic vector" technology pushes peptides, vitamin B3 and plant stem cells into skin to smooth, hydrate and boost radiance. And it's good for three uses. Consider this mission successful.

CHARLOTTE TILLBURY DRY SHEET MASK, \$27, HOLT RENFREW



Editor: Rani Sheen, beauty director
Problem: Desperately seeking a softer, more diffused lip look.
Quick fix: It's not a true "problem," to be sure—no one need break out their concerned faces—but I've been chasing an elusive sheer, diffused, matte but not flat lip effect for a long time. Lipstick, liner, liquid lipstick and balms all seem too waxy for the job, too product-y somehow, and stains can work a little too well, tinting my natural lip colour well beyond the necessary time period. It turns out that powder lipstick is what I was after all along, and Clinique has come up with the perfect delivery system. With its slightly pointed antibacterial sponge applicator and its powdery pigment nestled neatly in its cap, it allows me to define my lip shape while keeping the edge extremely soft, and add a flush of sheer but buildable colour that feels completely weightless. "Problem" solved.

CLINIQUE POP LIP SHADOW, \$25, CLINIQUE.CA



Editor: Eden Boileau, managing editor
Problem: Irritable skin prone to redness.

Quick fix: My skin has never been truly happy. It's either breaking out (still, in my 40s), itchy or red from trying out beauty products, exposure to cold weather or eating spicy food. Which means I miss out on a lot of face mask fun: They often sting, itch, make my skin feel tight or leave me redder after use. But this palest-pink jelly mask is like a soft, comforting blanket with a delightful natural scent of roses, roses and more roses. It starts out as a fun wobbly putty that you smooch between dry fingers to apply; then its star calming agent, calamine powder (of course!), gently goes to work shushing your irritable skin (and you) into a serene state of relaxation. Shhhhh...

LUSH FOMO JELLY MASK, \$14, LUSH.CA



Editor: Rani Sheen, beauty director
Problem: My scalp gets itchy and dry because I stretch out my shampoos to once a week.
Quick fix: This unusual hairbrush has loops of nylon wire in place of bristles, designed to gently massage and exfoliate the scalp—sign mine up, because it's annoyed at being neglected between shampoos. When I run the brush all over my head, from hairline to crown, it loosens grime and flakes, boosts microcirculation like body dry-brushing does, doesn't cause tangles—and the best bit—feels like a tingly head massage.

AVEDA PRAMASANA EXFOLIATING SCALP BRUSH, \$26, AVEDA.CA

Most versatile glow-getter
Diversify your dullness-beating strategy with a multi-front approach. These illuminating drops can be worn alone or mixed with moisturizer or foundation for a customized dose of dewiness.



L'ORÉAL PARIS TRUE MATCH LUMI GLOW AMOUR IN DAYBREAK, \$19, LOREAL-PARIS.CA

Savviest eye ehancer
Rimmel serves up a practical solution to the age-old cat-eye conundrum. Simply drag this liner's tapered tip along lashes for definition, then press the stamp on the outer corners for an instant flick.

RIMMEL LONDON WONDER WING EYELINER, \$10, RIMMEL-LONDON.COM



Chicest handbag hero
Presenting the poshest way to refresh your fragrance. Pull out this comely compact for a quick swipe of Chanel's whimsical Chance Eau Tendre without ever having to worry about handbag spills or TSA regulations.

CHANEL CHANCE EAU TENDRE DELICATE FRAGRANCE TOUCH UP, \$86, SELECT CHANEL COUNTERS



Most fun celeb collab
Leave it to Katy Perry to push the boundaries of drugstore makeup, where limited display space means little room for risk. The singer's daring array of glosses includes a whopping four purples and two blues.

COVERGIRL KATY KAT GLOSS IN COBALT KITTY, \$10, COVERGIRL.CA



Coolest beauty launch
Rihanna's foundation was the talk of the beauty world, with many touting its extensive shade range: 40 hues to be exact. The star stated it was crucial for her that every woman be able to match her skin. Hear, hear!

FENTY BEAUTY PRO FILT'R SOFT MATTE LONGWEAR FOUNDATION IN 490, \$42, SEPHORA.CA



SPRING BRA REPORT

Upgrade your style with undergarments that look great and feel amazing. For the best in bras, head to Hudson's Bay, your ultimate fashion destination

Summer calls for all manner of exciting activities and clothes, including tops made to show off the skin, from plunging necklines to bare shoulders. Don't let your undergarments slow you down. Choose bras made to work under those tricky wardrobe pieces: halter bras for halter silhouettes, classic strapless bras for strapless dresses and double-duty bras that easily transform into strapless for those busy days when you're moving from the boardroom to the patio.



Perfect fit tips
Find your multi-tasking fit, with advice from the experts at Hudson's Bay

1

With strapless bras, the only thing providing support is the band on the back so it should fit snugly. If you can fit more than two fingers under the band, it's too loose.

2

The centre of the bra should lie flat against your chest. If it's bunching up, you need a different size.

3

Always choose a style with elements that can be customized. Straps that adjust, as well as different settings along the band to loosen and tighten allow for the bra to fit well every day.



1. WONDERBRA



2. WACOAL



3. CALVIN KLEIN



4. CALVIN KLEIN

THE LOOK: Ultimate versatility
THE BRA: Summer solutions

Top shopping picks

These bras never met a fashion challenge they couldn't handle. Consider them your closet's secret saviours.



11. DKNY



5. DKNY



6. WACOAL



10. FREE PEOPLE



9. WARNER'S



8. WARNER'S



7. FREE PEOPLE

1 WONDERBRA MULTIWAY STRAPLESS, \$48 2 WACOAL RED CARPET STRAPLESS \$80 3 CALVIN KLEIN PERFECTLY FIT RACERBACK, \$58 4 CALVIN KLEIN EVERYDAY CALVIN STRAPLESS LIGHTLY LINED, \$58 5 DKNY MODERN LACE PADDED BRALETTE, \$38 6 WACOAL HALO STRAPLESS, \$58 7 FREE PEOPLE SCULPTED LACE BANDEAU, \$38 8 WARNER'S CLOUD 9 U/W W/ LACE, \$50 9 WARNER'S SMOOTH FX UW RACERBACK, \$50 10 FREE PEOPLE GALLOON HALTER LACE, \$28 11 DKNY FISHNET SPACER RACERBACK, \$48

HUDSON'S BAY
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No weekend is the same, so every part of weekend wear, right down to your bra, needs to do it all. Whether your idea of a perfect Saturday morning includes an intense spin class or a leisurely brunch, you deserve a bra that is comfortable, supportive and stylish. Athleisure-inspired bras do it all (except mix you a green smoothie). Bottom line? You don't need to be athletic to dress the part.

Perfect fit tips
Find your weekend bra fit, with advice from the experts at Hudson's Bay

- 1
Weekends are busy—since you'll be on the go all day, a comfortable level of support is essential. There are options with wire and without, and it really comes down to preference. Try on a range of styles to see what feels best on your body.
- 2
You want your bra to lift and separate to keep the dreaded pancake chest at bay. Choose bras that have molded shaping.
- 3
Look for lightweight, breathable fabrics that wick away sweat. Fabric blends that include lycra offer stretch that can take you from Pilates to shopping with ease.



1. WARNER'S

THE LOOK: Weekend warrior
THE BRA: Comfort

Top shopping picks

Create a street style star-worthy bra lineup with pieces strong on style—and support.



9. BALI



2. CALVIN KLEIN



11. CALVIN KLEIN

Perfect for when you need more support—during spin class or the finale of This Is Us



10. WARNER'S



3. DKYY



8. CALVIN KLEIN

The dream brunch bra



4. MAIDENFORM



5. MAIDENFORM



Zero bounce support for your morning run

6. SHOCK ABSORBER



7. TOMMY HILFIGER

1 WARNER'S WIREFREE NO BULGE, \$48 2 CALVIN KLEIN BODY UNLINED BRALETTE, \$35 3 DKNY SEAMLESS RIB BRALETTE, \$38 4 MAIDENFORM SPORT CONVERTIBLE WF \$50 5 MAIDENFORM LONGLINE LACE BRALETTE, \$40 6 SHOCK ABSORBER ACTIVE MULTI SPORT BRA, \$69 7 TOMMY HILFIGER LOGO COTTON BRALETTE, \$34 8 CALVIN KLEIN MODERN COTTON LACE, \$44 9 WARNER'S WIREFREE NO DIG CONVERTIBLE, \$48 10 BALI COMFORT REVOLUTION WIREFREE BRA, \$50 11 CALVIN KLEIN MODERN COTTON BRALETTE, \$35

Game changers

These Canadian women are shaking up the sports world—the ultimate boys’ club—on the rink, on the slopes and in the boardroom

ICE QUEEN CONTINUED FROM COVER

Cementing top status in a sport where success is entirely subjective, where judges’ scores are the topic of conspiracy theories and wins can come down to minute details, presupposes a relentless quest for perfection. It also places a huge deal of importance on aesthetics, especially for women, as costuming, hair and makeup play a big part in storytelling.

“It’s been really interesting because my career has been marked alongside a male, and we’ve achieved every single feat together,” says Virtue. “But, from a media standpoint, seeing the difference in coverage of how women are seen in sport, the commentary, the focus on appearance versus accomplishment has been a learning. You think ‘How are we in 2018 and this is still a thing?’”

For female skaters, the focus on appearance often includes scrutiny of their bodies. Take French figure skater Surya Bonaly, who came to prominence in the ’90s. Judges penalized her muscular physique, saying she didn’t fit the “ice princess” archetype.

“There’s definitely that ideal of the long and lean balletic frame, but I personally love seeing athletes that have a powerful attack in the way they approach their sport,” says Virtue, who remembers watching Bonaly at the 1998 Nagano Games. “I think people are coming around to that with the trend of overall fitness and health. Women aren’t as afraid to be strong. We don’t have to be these delicate little flowers. We can take on the world with grace and poise and a whole lot of muscle.”

That’s exactly what the 28-year-old is doing, navigating life outside the rink with the same aplomb she displayed in the Gangneung Ice Arena. On top of her work with Nivea, she plans on completing her psychology degree and eventually pursuing an MBA. It’s an exciting albeit unfamiliar time for the athlete as she begins to branch out of that fabled partnership that’s enthralled so many.

“To be able to squeeze Scott’s hand or give him a wink or talk to him during our performances... I can’t imagine ever taking the ice without him. And I think that’s a testament to the partnership that we’ve worked so hard to



“Women aren’t as afraid to be strong. We don’t have to be these delicate little flowers. We can take on the world with grace and poise and a whole lot of muscle.”

build. But off the ice, we’re such different people, so it’s a natural evolution for me to pursue various ventures. We support each other in that way, but it is interesting. Like doing interviews, I’m used to turning to him and having us finish each other’s sentences. I miss having my partner in crime for that.”

Fans don’t have to mourn the duo just yet. They plan on continuing to train and do shows together for the next little while although not before a much-deserved

break. Virtue jokes she hasn’t done anything physical since South Korea and has been enjoying a diet of chocolate croissants and champagne.

Before the Olympics, every moment of Virtue’s life was regimented, gearing up to that one fleeting moment. Now, she is figuring out what post-Olympics life looks like, calling it “chaotic but also really special.” Virtue, who admits that she prefers to work toward a clear goal, is drafting her next chapter and defining a new happily ever after.



Bare beauty: In training, as in skincare, Tessa Virtue prefers a streamlined, results-driven approach

“I have a very simple, minimal routine,” says Virtue. “I try not to use too many products. Partnering with Nivea has been such a natural fit because it’s been part of my beauty regime for as long as I can remember. And funny enough, when I travelled to Japan, fans would throw the Nivea tin on the ice. This was before I officially signed with the brand and I was sending [the Nivea team] photos and telling them ‘It’s a sign that this is meant to be!’” Virtue calls out the brand’s micellar water as a personal essential. Of the rinse-free cleanser, she says, “Going from the gym to the rink to a press event or on the plane or whatever, it’s so easy.” NIVEA MICELLAIR MICELLAR WATER, \$9, NIVEA.CA

Power player

Meet Teresa Resch, behind-the-scenes all-star of the unstoppable Toronto Raptors

BY KELLY BOUTSALIS

It’s no accident that Teresa Resch, the Toronto Raptors’ VP of operations and player development, asks me to meet her at the Biosteel Centre, the basketball team’s shiny new practice facility near the city’s waterfront: Resch was a key player in the massive, 68,000-square-foot project. Before we tour it, though, she excuses herself to take a quick call with an engineer to sort out why the family room at the Air Canada Centre didn’t have heat at last night’s home game. As Resch puts it, “If you’re worried about your family, how can you concentrate on playing basketball?”



These are the sort of fires that Resch puts out every day, ensuring that players and staff have what they need, and strategizing in ways both reactive and proactive. (For Biosteel’s state-of-the-art theatre room, the sports exec had to find chairs that were comfortable, but not so comfortable that the players would be inclined to fall asleep while watching game footage.) Resch describes her role as the “chief of staff” to Raptors president Masai Ujiri and general manager Bobby Webster. “I manage the rest of the staff and ensure that we’re building a culture of winning,” she says, seated in a leather swivel chair overlooking the empty exercise room. “The last thing [Ujiri and Webster] need is for someone to say, ‘I don’t have the people, equipment, or money.’ My job is to bust through those obstacles.”

Resch admits that, growing up in Lakefield, Minnesota (population: 1,200), she didn’t see herself in this role with a professional basketball team. “I was ready

to follow in my parent’s footsteps, go to the University of Minnesota and study agriculture, but then the opportunity to play college sports presented itself,” she says. Resch played college volleyball—“That’s the one I really love playing, and as a spectator I really love basketball”—and earned an MBA. “When I went to college I realized you could have a full-time career in sports. It was a eureka moment,” she says. More than anything, Resch says it’s the team spirit that she loves about sports. “I’m connected for life to people that I played sports with in high school because we’ve had this closely shared experience.”

After graduation, Resch interned at Disney’s ESPN Wide World of Sports and then worked at the NBA league office before she got the call from Ujiri in 2013. While Ujiri is a vocal proponent of hiring women, Resch is still often the only woman in the boardroom. She recalls how in the first year that the Raptors offered a one-year paid fellowship program in basketball operations, less than 2 per cent of the applicants were women. “I think more women need to envision themselves in these roles,” she says. “It should be a goal for women to be a GM of a team. You have to create opportunity along the way, and there should be equal opportunity for people from all kinds of backgrounds.”

As a Raptors exec, Resch doesn’t often feel like she is an outlier as a woman. “I really just want to be a powerful person, but I know I’m a powerful woman because I’m the only woman in the room. But I’ve always felt like a part of the group, and that my opinion and my views are valued and I’ve never felt singled out.”

However, being a woman means that there are parts of her life that don’t factor into her male colleagues’ lives, like lipstick. “The first playoff series I bought this bright red Raptor lipstick, and it’s amazing what a difference it makes—when you put on red lips, you’re serious.” She describes beauty and style as a presence, and, in her industry, it’s necessary to walk into a room with presence.

While she was once tentative to use her voice to talk to press about her role, five years later she feels that it’s her responsibility to use her platform to let women know there’s room for them in executive roles like hers. She’s involved in the She the North speaker series, where women employed by Maple Leaf Sports and Entertainment, talk about opportunity in the industry.

For her part, Resch tries to lead by example and give her staff the bandwidth to grow. “I try to create an environment where you’re safe to fail,” she says, adding that experiencing failure is an excellent way to learn. That philosophy extends to the court. “Every trip down the court is a failure for one side or another. Either you failed to score or you failed to stop the other team from scoring. You have to figure out how to deal with that.”



CANADIAN OLYMPIAN DARA HOWELL ON CONQUERING FEAR

At 19, Canadian freestyle skier Dara Howell became the first person to win a gold medal in slopestyle skiing at the sport’s inaugural event at the 2014 Sochi Olympics. It brought her fame and glory—and a crushing fear of failure she has worked hard to overcome. Howell then joined the Always #LikeAGirl campaign to encourage young girls to not let fear or failure (or anything else) prevent them from participating in sports. This past February, Howell took to the Olympic slopes again in South Korea, where a couple of falls kept her from the finals. True to her message, Howell tells us how she’s proud of her performance and is gearing up for 2022.

How were you feeling going into this year’s games and how are you feeling now? “I felt really great going into Pyeongchang. During the Women’s Slopestyle qualifiers, skiers had two runs and they take the best score from the two runs. The top 12 ladies moved on to finals. I fell in my first run—it became my throwaway run. On my second run, I was feeling so strong. My rails were solid; my jumps were as well. Then when I went to land my last jump, I fell, my ski popped off and that essentially was the end of my Olympic competition in Pyeongchang. I didn’t make the finals. While it was not the result I was hoping for, I felt really good about my skiing. I skied hard. I felt proud. I *am* proud.”

What are you taking away from the experience? “I have zero regrets. I think it’s part of my journey and for that I’m forever grateful for my experience at these Olympics. I spent the rest of the Olympics cheering on my fellow skiers in the finals, and my Canadian teammates at tons of events. I met athletes from all around the world and soaked in the full Olympic experience in South Korea.”

What are you looking forward to? Is another Olympics on the horizon? “Well I’m currently taking a break on the beach! But I’ll finish out the season with one more World Cup in Italy and a big air in Quebec. And yes, my sights are very much set on the Beijing Olympics in 2022 and everything else in between.”

What’s the message you want to send to young girls in sport? “I want to continue to encourage girls everywhere to keep going, even when they fail. I want them to embrace failure as fuel to build their confidence and not be afraid to take on risks.” — **Eden Boileau**

The Perfect Skincare Routine For Graceful Aging

As much as we love a pampering spa facial (who doesn't?), what keeps our skin looking the most glowy and naturally beautiful is the TLC we give it every single day. Luckily, it's easy to treat your skin to exactly what it needs at home. Just follow these steps, from day to night, for the ultimate in beauty self-care.



DAY



Step 1: Cleanser

An essential first stage: Cleansing helps your other products perform at their best. A gentle milk cleanser, like L'Oréal Paris Age Perfect Anti-Fatigue Cleansing Lotion, helps skin feel silky and supple, while vitamin C adds a brightening boost. **\$13**

Step 2: Serum

Next, add your serum—with its light texture, it absorbs deeply into the skin. L'Oréal Paris Age Perfect Cell Renewal Golden Serum contains LHA, a derivative of salicylic acid, which gently exfoliates, amping up radiance. **\$39**



Step 3: Eye cream

Use your baby finger to dab—not drag—cream around your eye contour. L'Oréal Paris Age Perfect Eye Renewal helps hydrate, de-puff any bags and reduce the look of dark circles. **\$31**



Step 4: Day Moisturizer

Now it's time for your face moisturizer. Choose one that will deliver intense radiance and restore skin's rosy tone. The standout L'Oréal Paris Age Perfect Cell Renewal Rosy Tone Moisturizer is infused with Imperial Peony Extract, which gives it a pink hue and revives mature skin by imparting an instant blush of healthy rosiness. **\$39**



For maximum radiance, massage the moisturizer into your skin using circular motions.



NIGHT

Step 1: Cleansing wipes

Start your evening routine with L'Oréal Paris Age Perfect Cleansing Towelettes, which pull triple-duty: They purify, hydrate and help smooth fine lines. **\$12**

Step 2: Serum

Since your skin repairs and recharges at night, apply another dose of L'Oréal Paris Age Perfect Cell Renewal Golden Serum to your face, neck and top of your chest. The concentrated hit of active ingredients, including skin-refining LHA, will help you wake up looking as bright as morning sunshine. **\$39**

Step 3: Eye cream

Don't forget your eye cream! Apply L'Oréal Paris Age Perfect Eye Renewal, which helps minimize crepe-y lines and wrinkles on lids, as well as any crow's feet. **\$31**

Step 4: Night moisturizer

Lastly, reach for a luxurious night cream that helps your skin's natural recovery process. The ultra hydrating L'Oréal Paris Age Perfect Cell Renewal Night Cream is powered by antioxidants to encourage surface cell renewal. Apply it to your face, neck and chest using light, upward strokes to achieve a lifting effect. **\$39**



Learn more about Adrienne's Routine at thekit.ca/ageperfect



Then and now

Eden Boileau treks to Tokyo to discover Shiseido’s vision for the future and falls in love with the beauty brand’s storied past



I’m at the Tokyo Ginza Shiesiedo Building in its Parlour Shop, and I’m confused. Why am I surrounded by brightly coloured boxes of *mille-feuilles au chocolate* and *petits fours* with the Shiseido logo on them? Since when is the beauty giant in the patisserie business? Well, since 1902, when pharmacist Arinobu Fukuhara added Japan’s first soda fountain to the flagship Shiseido pharmacy he had opened in this spot in 1872. Turns out that Shiseido is full of surprises. I’m in the Japanese capital to learn about the brand’s latest innovations in skincare and at the same time, I’m learning a lot about its rich 145-year history. Shiseido has been an iconic brand in North America for decades, but in Japan it’s more than makeup and skincare; it’s part of the culture.

“It embodies so many components of the culture of the Japanese,” says Elaine Shigeishi, vice president of Shiseido Canada. “It’s truly part of Japan’s history.” I have my own small history with the brand in the form of an elusive memory of a Shiseido product being a fixture on my mother’s dresser when I was a kid. It registered in my little-girl mind as “something special for ladies,” but I strain to remember what the product actually was.

Today, the brand is both the largest cosmetics company in Japan and the country’s largest employer of women. Since 2007, the company has been awarding the Shiseido Female Researcher Science Grant to up to 10 women each year to ease the demands on the time of female scientists so they can continue their research (the money can be used for babysitters, support staff, etc.). Science is the cornerstone of the brand: Shiesido has won 25 awards from the International Federation of Societies of Cosmetic Chemists since 1976—the next highest winner has eight.

This year, Shiseido is focusing its scientific savvy on a three-year plan aimed at revamping the brand to court a new demographic: the millennial. Shigeishi says the brand is breaking its own mould to reach the 30-something customer. “We’re challenging our own levels of technology and also our selling strategies and the way we go to business.” Essential Energy, a cream in three forms (cream, gel cream and cream with SPF), is the first product range of the new era. It features the brand’s ReNeura Technology: thousands of elastic microspheres immersed in the cream, which move freely, rolling around and changing shape while it’s applied, to stimulate the skin’s sensory receptors. “When you age,

your skin becomes less responsive,” explains Kiyoshi Sato, director of Shiseido’s Advanced Research Center. “As you grow older you can see that the sensitivity is declining and weakening.” To combat this, the Essential Energy products include a star ingredient: ashitaba, a plant native to Japan. “The skin cells and the nerve cells need to have good communication, and in order to do that a lot of energy is needed,” says Sato. “Energy is created by mitochondria and the ashitaba leaf protects the mitochondria. When the mitochondria weakens, then the precise accurate information is not transmitted. So, we need to protect it in both the skin and the nerve cells.” Could this be the answer for when my favourite products just don’t seem to be performing like they used to?

After a day of soaking up science, it’s time for stimulation of a different sort: food and wine. We head to the Shiseido Parlour Restaurant a few floors up from the pastry shop—an elegantly grand affair, it’s also French, complete with gold walls and gold velvet chairs. I ask Shigeishi, “Why all the French? French pastries, French restaurants...” Her response provides another glimpse into the culture: “Japan, culturally, has this incredible admiration for Paris. Paris is the pinnacle of luxury. There are more Michelin-starred restaurants in Japan than anywhere in the world.” (Shiseido even owns one: the nearby L’Osier, with its two Michelin stars.) As I excuse myself to the washroom, I round a corner and there in an acrylic display case is the elusive “something special for ladies” from my mother’s dresser: Zen eau de cologne, in a matte black bottle painted with gold flowers. I take a picture to show my mother. I know I’m here to learn all about the future of this fabled brand, but I’m charmed to the point of distraction by its fascinating past.

- 1. Shiseido Geppo magazine, 1928.
- 2. Eudermine Revitalizing Essense bottles, 1897 (left) and 1997 (right).
- 3. Shiseido Chain Store, 1972.
- 4. Shiseido poster, 1925.
- 5. Rainbow Face Powder, 1917.
- 6. Shiseido’s soda fountain, 1902.
- 7. Zen Perfume, 1964 (left) and 2017 (right).
- 8. Shiseido Parlour, 1960.
- 9. Beauty Cake bronzer, 1969.
- 10. An eyeshadow guide from the brand’s Hanatsubaki, magazine, 1957.
- 11. Hanatsubaki Hair Oil ad, 1912.
- 12. Shiseido pharmacy and store, 1919.

SHISEIDO ESSENTIAL ENERGY MOISTURIZING GEL CREAM, \$64, THEBAY.COM

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Miracles Can Happen



To celebrate our One-Minute Miracle beauty award winners, we’re giving you the chance to win a selection of these beauty all-stars. *The Kit* editors and network of influencers find these products miraculous, and you will too. That’s why we’re giving away a miracle kit valued at \$240 for one hour each weekday from March 22-28. Visit thekit.ca/omm-2018/



NO PURCHASE NECESSARY. OPEN TO CANADIAN RESIDENTS, 18 AND OLDER. CONTEST LAUNCHES 12:01 AM MARCH 22, 2018 AND CLOSSES AT 11:59PM MARCH 28, 2018. ODDS OF WINNING DEPEND ON TOTAL NUMBER OF ELIGIBLE ENTRIES RECEIVED. ENTRANTS MUST ANSWER A SKILL TESTING QUESTION. APPROXIMATE VALUE OF EACH PRIZE: \$240. COMPLETE CONTEST RULES AVAILABLE AT WWW.THEKIT.CA/OMM-2018/

Miami heat

The Kit went behind the scenes at Bayview Village's ultra-glam spring lookbook photoshoot in Miami and got the low-down on all the sexy sophistication the Magic City has to offer from fashion director Melissa Evans-Lee

Trend: Fine print

"For spring, the name of the fashion game is print on print. Prints can be intimidating, but all you need is a jumping off point. Pick out one colour in your printed separate and make it the colour you'll work with. Then, find another printed separate—I love stripes, gingham, and floral—that incorporates that colour. That's it, that's all!"

Trend: Go bold

"My fall closet looks nothing like my spring wardrobe. All black meets vibrant colour. Truth be told, I much prefer the latter. My advice: embrace colour. We have the basics more than covered."



Trend: Bag of tricks

"We want our accessories to stand out for their fabulousness, but we need them to stand out in a crowded handbag! Trust me, digging for a black wallet in a black purse will only leave you holding the bag."



Trend: Sheer beauty

"Talk about the perfect wedding guest dress! Diaphanous fabric is one big trend this season, colour another, floral another. In other words, go ahead and RSVP with this one."



Trend: Poolside pretty

"Given the darn right scary temperatures of late, it's difficult to believe that spring is right around the corner. Take our word for it though... chic (and chaud!) will happen."

PHOTOGRAPHY BY SEBASTIAN SILDARRIAGA @_THISISSEBA



Ultimate Miami black book: Check out Melissa's top picks around the city



MANDOLIN AEGEAN BISTRO

"This 1930s-era resto serves Greek and Turkish cuisine on the most adorable little patio. Get the grilled halloumi with cherry tomatoes and fresh oregano."



DESIGN DISTRICT

"There's so much art, architecture and design to admire here especially in and around the Miami Design District. I left feeling absolutely rejuvenated."



THE STANDARD HOTEL

"I'm already plotting a return stay! Away from the main drag, this hotel feels really glam plus the food is incredible (I say this with authority as I ate almost everything on the menu)."



ROBERTA'S

"This Brooklyn transplant is so delish, but do note: BYOHS (bring your own hot sauce). Now you understand why I always carry Tabasco in my purse!"



DIRT

"A few days into any vacation and I feel like I'm on the verge of scurvy. At this farm-to-counter wellness bar, avocado toast and healthy breakfast bowls to the rescue!"

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