

THE KIT

The Live Beautifully Issue: Real talk on aging from Jeanne Beker, the no-shame guide to cosmetic treatments and the great Helen Mirren

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The art of style

We asked five Canadian women in the arts to talk about style as self-expression and how beauty standards, gender stereotypes and aging affect their fashion choices

BY EDEN BOILEAU | PHOTOGRAPHY BY LUIS MORA

Painter and woman about town Andrea Bolley can't stop dancing to hip hop (her request) at our photo shoot. Impossibly cool at 68, she gets all the invites to Toronto's most happening events—everyone wants her on their dance floor, including Drake who discovered Bolley grooving at the opening of his restaurant Fring's and then made her a guest list fixture. Next month, Bolley's textural abstract paintings will be featured in a show at Toronto's 99 Sudbury Gallery. Bolley's fashion choices may be classic, but she is one of a kind.

How has your relationship with fashion evolved over the years? "My style hasn't changed much, but the quality of the garments has. I buy quality as an investment to wear for years: Matsuda, Miyake, Armani (I have one of his tuxedo jackets); and I love my Louis Vuiton Noe purse, designed for champagne. Champers: another favourite accessory! I still wear my ruby-red slippers I had made in the '70s, as I love *The Wizard Of Oz* and shoes. Actually, Christian Louboutin saw me dancing and joined me on the dance floor—a magic moment!"

What are your thoughts on beauty standards for women? "Oh, there are beauty standards for women? Never thought of that. [laughs] Over the years, that perfect ideal has changed, thank goodness, to be more inclusive. To me, real beauty has some unique elements—or imperfections, as some might say—that make it more beautiful. That's a theme I explore in my work, as in my painting series *Skinflick*, *Scars and Marks* and my *Paper Paintings*, which uses different papers [standing in for people], some more delicate and fragile than others."

How do you feel about beauty and aging? "I see myself as a living painting with great patina evolving over time."

When do you feel the most yourself? "When I am painting or dancing!"

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JACQUEMUS DRESS (WORN ON TOP), \$1,035, THE ROOM AT HUDSON'S BAY. SID NEIGUM DRESS, \$550, SIMONS. CADETTE EARRINGS, \$200, CADETTEJEWELRY.COM. EXPRESSION SHOES, \$50, HUDSON'S BAY. ESTÉE LAUDER PURE COLOR ENVY SCULPTING BLUSH IN PINK INGENUE, \$40, ESTEELAUDER.CA

"I see myself as a living painting with great patina evolving over time."

BEAUTY & MONEY

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On the bright side

If achieving your glowiest skin is your holy-grail goal, don't worry—we got you. The keys: maximum hydration, true-to-you makeup that stays fresh all day long, and some clever beauty know-know. Read on for a few of our favourite tricks, and then get ready to light up the room.

1. CALL FOR BEAUTY BACKUP.

A radiant complexion is a well-hydrated one, but for best results, you'll want to give your hero moisturizer a few save-the-day side-kicks—especially a power serum, like the perennially popular Estée Lauder Advanced Night Repair Serum, and an exfoliating treatment such as Estée Lauder Advanced Night Micro Cleansing Balm. It's a win-win: exfoliating will give you a brightening boost by getting rid of dull skin cells, plus it will allow your go-to serum to absorb better. Since Advanced Night Repair Serum has such a light, refreshing texture (fun fact: it was the very first skincare product to feature hyaluronic acid, a mega moisture magnet), it'll sink in fast to quench your skin instantly. The multi-duty serum, which also helps plump up fine lines and counteract other signs of aging, suits all skin types.

2. PULL OUT YOUR NIGHT SERUM IN THE MORNING.

Just because Estée Lauder Advanced Night Repair Serum is especially designed for your beauty sleep—the ChronoluxCB technology helps your skin recover overnight, when it's deep in peak repair mode—that doesn't mean you can't use this serum for your morning wake-up call, too. After cleansing, smooth a few drops all over your face and neck for maximum hydration, and then seal it in with your favourite moisturizer, such as Estée Lauder Revitalizing Supreme + Global Anti-Aging Cell Power Creme. Now, you're perfectly prepped and ready for makeup.

3. APPLY YOUR FOUNDATION WITH A STRATEGIC HAND.

Painting on a uniformly opaque coat is a must for walls, not your face. Since even naturally flawless skin isn't one solid, flat colour everywhere, don't be afraid to vary your coverage to keep it real. So when applying foundation, work in lightweight layers, and add extra only where you truly need more, such as any areas of redness in the centre of your face. Because Estée Lauder Double Wear Stay-in-Place Makeup gives easily buildable medium to full coverage in a diverse range of 38 shades (from lightest nude to richest espresso), it's bound to give the results you want.

4. SHEER IT OUT.

If you want to make your foundation a little more see-through so your inner radiance shines through, try trading your makeup brush for a damp sponge applicator and bounce it on. Or you can play mix master with liquid foundation and serum—just combo a little Double Wear Stay-in-Place Makeup with a bit of Advanced Night Repair Serum for dewy coverage you can totally customize.

5. PRETEND YOUR SERUM IS AN ILLUMINATOR.

Glowy skin catches the light just so. But sweeping on a shimmery strobing powder isn't your only option. Instead, you can score a subtle radiance with—surprise!—your trusty little brown bottle of Advanced Night Repair Serum. On top of your foundation, just dot the youth potion on the high planes of your face (think about where you'd notice the reflection of a beam of light): the tops of your cheekbones, on your forehead and on your chin.

6. PLAY DOWN THE POWDER.

If you want to keep your overall finish luminous, apply your shine-control finishing powder sparingly. Instead of mattifying everything, save it for the areas where you need it (like a oil-prone T-zone). For the rest of your face, you can skip it—especially if you're using Estée Lauder Double Wear Stay-in-Place Makeup, which already delivers a gorgeous natural-matte finish, built-in oil control and 24-hour super long wear, no touch-ups needed.

Need help from an expert matchmaker?

If you haven't found The One yet—the foundation shade of your dreams, we mean—head to your nearest Estée Lauder beauty counter for a heart-to-heart, or rather face-to-face. They'll be able to use the iMatch Digital Shade Finder, a genius tool that will set you up with the right shade of Double Wear Stay-in-Place Makeup. You can also take home a complimentary 10-day sample of the foundation to try, no strings attached.



ESTÉE LAUDER ADVANCED NIGHT REPAIR SERUM, \$86 (30 ML), ESTÉE LAUDER DOUBLE WEAR STAY-IN-PLACE FOUNDATION, \$48, ESTÉE LAUDER MICRO CLEANSING BALM \$52, ESTÉE LAUDER REVITALIZING SUPREME+ GLOBAL ANTI-AGING CELL POWER CREME \$97 (50 ML).

Painting on a uniformly opaque coat is a must for walls, not your face.

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Watch this space

Gotta know the time in Abu Dhabi? Your iPhone's got you. But let us not forget the statement-making capabilities of the timepiece as accessory. Our picks for the season pay mind to subtle design details: a very *Alice in Wonderland* east-west face, extra-durable (and elegant) ceramic cases, a pocket-watch-like style in rose gold. Let technology keep moving forward—we're into slowing down time. —Jillian Vieira. Photography by Jeff Carlson

CLOCKWISE FROM TOP LEFT: TIFFANY & CO., \$5,250, TIFFANY.CA. OMEGA, \$7,650, OMEGAWATCHES.COM. BREITLING, \$6,715, BREITLING.COM. RADO, \$2,700, RADO.COM. TISSOT, \$550, TISSOTWATCHES.COM



DAME HELEN MIRREN ON THE WISDOM THAT COMES WITH AGE
“I’ve learned to be myself and relax into that and not worry too much about what people think of me or don’t think of me, and just follow my instinct. I think the 30s are a great era for women, but you go through them and it’s fabulous and then they come to an end, and you’re into your 40s and your 50s. Probably around my early 50s is when I thought ‘You know what? Just allow yourself to become what you’re going to become.’”

Dame Helen Mirren, 72, was recently in Toronto to host L’Oréal Paris’s Women of Worth Awards Gala, honouring 10 inspiring Canadian women making a difference in their communities.

Skincare confidential

How *do* stars stave off the signs of aging? We quizzed three celebrity skin gurus to find out

BY KATHERINE LALANCETTE



JENNIFER BRODEUR
Claim to fame: The Montreal facialist frequently makes house calls for Oprah and Michelle Obama.
Top tips: “Chronic inflammation can accelerate skin aging. Reduce it with exercise, daily supplements of omegas and topical ingredients like white peony root extract, green tea, grape seed and vitamin C. Sleep is also critical. Skin becomes imbalanced with improper rest, which leads to dehydration, redness and breakouts.”
Product pick: L’Extrait, Brodeur’s signature magic brew, is chock full of nutrients and essential fatty acids to seal in moisture.



PEONI L’EXTRAIT, \$150, JBSKINGURU.COM



DR. HAROLD LANCER
Claim to fame: The doc’s regulars include the kind of heavyweights known by a single syllable—think Bey, Posh and Kim.
Top tips: “There are three critical things I always emphasize: 1. Always be under the guidance of a board-certified dermatologist. 2. Follow the physician’s recommendations for a daily routine. 3. Make sure your lifestyle includes stress-reduction measures, regular exercise, proper sleep habits and good diet. I advise my clients to cut out salt, dairy and caffeine and increase their water intake.”
Product pick: Lancer touts vitamin C as “the fuel cells need to produce new collagen and elastic tissue.”



LANCER ADVANCED C RADIANCE CREAM, \$105, SEPHORA.CA



SHANI DARDEN
Claim to fame: The glow pro vacations with Jessica Alba and sings karaoke with Rosie Huntington-Whiteley.
Top tips: “I really believe less is more. It’s about using the most effective ingredients for your skin and really knowing your skin type. Sunscreen is the best anti-aging product you can use. Retinol can have incredible benefits, too. It’s important to start using it once or twice a week and then build up slowly to figure out what your skin can tolerate.”
Product pick: Darden developed Retinol Reform to harness the ingredient’s clock-reversing powers in a gentler way.



SHANI DARDEN RETINOL REFORM, \$125, SHANIDARDEN.COM

Why it works

Fashion editor **Jillian Vieira** breaks down the beauty of an on-point street-style look. This week: a not-so-classic trench shares the spotlight with a show-stopping skirt



BURBERRY COAT, \$3,295, BURBERRY.COM. BAILEY NELSON SUNGLASSES, \$145, BAILEYNELSON.COM. MARC CAIN TOP, \$360, MARC CAIN. SASKIA DIEZ EARRINGS, \$480, SASKIA-DIEZ.COM. GANNI SKIRT, \$335, GANNI.COM. TIBI SHOES, \$780, TIBI.COM

The trench coat is a closet staple for a reason: There’s something about an artfully popped collar and the drape of an unbuttoned, ankle-length cut that elevates an entire look. This somewhat imperfect, neon-bedecked version makes a good case for going beyond the standard plaid. See how the acid-y element is picked up in the elegant skirt? It’s an ace styling trick at work, helping to pair seemingly incongruous pieces. The whole look becomes balanced with crisp whites and slightly off-kilter accessories; proof that two state- ment items *can* work in harmony.

PHOTOGRAPHY: PETER STIGTER (STREET STYLE); GETTY IMAGES (MIRREN)

THE KIT X MARC CAIN

Spree for free

With Marc Cain’s newest collections

Spring into the season with the exclusive chance to win items from Marc Cain’s Spring/Summer ‘18 Collections. From March 29 to April 13, we’re giving one stylish reader the chance to strut their stuff with a new handbag and beauty products from Marc Cain, valued at \$1,200. Visit thekit.ca/marc-cain-spring/ for details.

NO PURCHASE NECESSARY. OPEN TO CANADIAN RESIDENTS, 18 AND OLDER. CONTEST LAUNCHES 12:01 AM MARCH 29, 2018 AND CLOSSES AT 11:59 PM APRIL 12, 2018. ODDS OF WINNING DEPEND ON TOTAL NUMBER OF ELIGIBLE ENTRIES RECEIVED. ENTRANTS MUST ANSWER A SKILL TESTING QUESTION. APPROXIMATE VALUE OF EACH PRIZE: \$1,200. COMPLETE CONTEST RULES AVAILABLE AT WWW.THEKIT.CA/MARC-CAIN-SPRING/





Michèle's beauty note
Let your natural beauty shine bright. An energizing balm wakes up skin, while a radiant, feather-light foundation evens and enhances its tone.
ESTÉE LAUDER REVITALIZING SUPREME® GLOBAL ANTI-AGING WAKE UP BALM, \$78. DOUBLE WEAR NUDE CUSHION STICK, RADIANT MAKEUP IN RICH GINGER, \$48. ESTEELAUDER.CA
JIL SANDER TOP, \$1,210. THOM BROWNE JACKET, \$3,650. PANTS, \$1,470. SHOES, \$1,070. THE ROOM AT HUDSON'S BAY

The art of style

Our muses—some of the most exciting artists in Canada—reflect on the connection between fashion and self-expression
CONTINUED FROM COVER



Najwa's beauty note
Put a contemporary twist on the classic cat-eye by leaving the first half of your lash line bare and giving your flick a blunt tip. Swirl some bronzer in the hollows of your cheeks to complete the look.
ESTÉE LAUDER DOUBLE WEAR STAY-IN-PLACE GEL EYELINER IN STAY ONYX, \$33. BRONZE GODDESS POWDER BRONZER IN LIGHT, \$31. ESTEELAUDER.CA
MARNI TOP, \$1,295. ROLI RENFREW CADETTE EARRINGS, \$210. CADETTEJEWELRY.COM



Megan's beauty note
A coral wash makes eyes pop. For a soft, ethereal effect, forgo liner and pair your peach shadow with a coordinating lipstick in a hydrating creamy finish.
ESTÉE LAUDER SOFT CORAL EYESHADOW PALETTE, \$40. PURE COLOR ENVY SCULPTING LIPSTICK IN INSATIABLE IVORY, \$38. ESTEELAUDER.CA
LOEWE DRESS, \$2,450. HOLI RENFREW CADETTE EARRINGS, \$150. CADETTEJEWELRY.COM. ISTATE SHOES, \$150. HUDSON'S BAY

MICHÈLE PEARSON CLARKE: "I CONSIDER MYSELF A DANDY."

Michèle Pearson Clarke (above) spent almost all of her professional life in social service. It wasn't until five years ago, at the age of 40, that she went back to school for her MFA. She must be a quick study, because today Clarke's video and photography work is on display at Toronto's Royal Ontario Museum as part of *Here We Are Here: Black Canadian Contemporary Art* until April 22.

How would you describe your relationship with style? "Fashion plays a big role in my life. I consider myself a dandy, for sure. I have a reputation in the Toronto art world; my partner also is very into style, so when we go out together people often comment on what we're wearing. I really enjoy the visual contribution to day-to-day life that style brings."

Do you feel like style is an extension of your artistry? "I wouldn't say that it's an extension of my practice so much as an extension of the visual

way that I relate to the world, for sure, as a masculine woman. In my practice, I'm always pushing back against some of the kind of dogmatic narratives that exist for black people and exist for queer people. We know what the stereotype of a lesbian is when it comes to fashion, and as a masculine, black-bodied person, there are a lot of stereotypes and a lot of limited views on our relationship to clothes and our relationship to style. In that way, it's a personal, political push back against that."

Growing up, how did you relate to fashion and concepts of beauty? "I grew up in 1970s Trinidad. I've been masculine my whole life, but I'm very lucky in that, when I was four and was like, 'Well, I'm not wearing girls' clothes anymore,' my mom and my dad were like, 'Okay!' And at seven when I said, 'Cut my hair off, I'm not wearing plaits anymore,' my mom was like, 'Okay!' So I had nothing but support to do that."

NAJWA ZEBIAN: "I LOVE HAVING MY OWN WAY OF DRESSING."

Lebanese-Canadian poet and author Najwa Zebian (top centre) wants to change the world with her words. The 27-year-old gained international attention when her poetic #MeToo tweet was mentioned in a story about social-media's harrasment backlash in *The New York Times* last year. This week marks the release of a revised version of her 2016 collection of poetry and prose, *Mind Platter*. While



the high school teacher pursues her doctorate in educational leadership, she has 735,000 people following her every word on Instagram.

How would you describe your relationship with style? "I love having my own way of dressing and being unique. I don't always say 'I want to stand out,' I say, 'What do I like?' And that's just how I'm going to dress, and that usually stands out. It's a lot more authentic to who I am as a person, as a poet, as a writer, as someone who believes in being your true self in a world that wants to convince you to fit a certain norm or look a certain way."

What are your thoughts on beauty standards? "Even though we have made so many efforts to change it, the definition of 'beauty,' is, I think, still

very shallow. It's still all about having the perfect skin, and the perfect shade of lipstick, and having the right body shape, and all those things that really don't exist. We've come so far from the true definition of beauty, which is inner beauty, that we've come to conceal it. But I also see trends now in beauty that have diversified the ways in which people express themselves unapologetically, so that's a positive thing."

Have you touched on the concepts of beauty, fashion or style in your work? "Yes, I always talk about the beauty of the soul, the beauty of the heart, the beauty of being a good person, the beauty of being vulnerable, the beauty of not being afraid to feel. To just say, 'I struggled, I was in pain, this is what I made it into.' Or, 'I didn't have a very easy road, but I got here

and that makes me beautiful.' Even though I take care of my exterior—a lot—I still say the most important thing is that someone is beautiful on the inside."

MEGAN BONNELL: "I LOVE TO HAVE FUN WITH STYLE, TO BE GOOFY."

Folk singer Megan Bonnell (top right) started sowing the seeds of her music career in her parents' basement when she was four years old, "clomping around" on the family's "wildly out of tune" piano, and over the years teaching herself music by ear. After training classically for voice at an arts high school, Bonnell diverted to English and political science in university but immersed herself in the music scene at clubs in Toronto—much more her vibe than the conservatory. Next month, the 31-year-old will release her third album, *Separate Rooms*.

How would you describe your relationship with style? "I've always loved dressing myself—I always wanted to choose what I was wearing. Fashion and style is really fun—when I play shows, it's an added expression to what I'm doing. I love to have fun with it, because that's sort of my M.O., to be goofy and not take things too seriously. I like my style to be relaxed and fun and a bit unexpected at times. It definitely changes depending on my mood and feel."

What are your thoughts on the concept of beauty, as it applies to women's looks? "It's something that I love to have a say in for myself. I love that it's a part of me that I get to share with the world, and I love watching people express themselves. Clothing is another little outlet, another little peek inside the person's soul and essence. So I feel very empowered by it, when it's being owned by the individual."

Is your style on stage different from your everyday style? "I do like to step it up a notch on stage. I have fun with the glam side of things—it is a performance."

CAMILLA GIBB: "I'M AT A POINT OF TRANSITION."

Camilla Gibb (right) is intimidatingly accomplished but couldn't be more down-to-earth in person, offering to pitch in with the coffee-making within two minutes of arriving at the photo studio. The award-winning, Giller-nominated author holds a Ph.D. in social anthropology from Oxford, has been writer-in-residence and taught at numerous Canadian universities and is currently a professor of social justice at the University of Toronto. This spring, a CBC radio documentary about the disappearance and death of Gibb's father will be released, and in May, filming for the adaptation of her 2005 novel *Sweetness in the Belly* begins. A big year for Gibb, indeed: one that included turning 50 last month.



Camilla's beauty note
A bold bordeaux lip is best paired with minimal eye makeup and statement brows. Make the most of your arches with a tinted brow gel boasting a fibre-enhanced formula for optimal fullness.
ESTÉE LAUDER PURE COLOR ENVY PAINT-ON LIQUID LIPCOLOR IN QUIET RIOT, \$38. BROW NOW VOLUMIZING BROW TINT IN LIGHT BRUNETTE, \$29. ESTEELAUDER.CA
ROKSANDA TOP, \$1,390. THE ROOM AT HUDSON'S BAY. PAR ICI EARRING, \$315. PARICIEJEWELRY.COM
MAKEUP BY HAYLEY GOLDBERG FOR ESTÉE LAUDER. HAIR BY CLAUDE BALTAZAR FOR KMS/PLUTINO GROUP. FASHION DIRECTION BY JULIAN VIEIRA. BEAUTY DIRECTION BY KATHERINE LALANCETTE. CREATIVE DIRECTION BY JESSICA HOTSON

and she said, 'Mama, there is nothing for you in this store.' She's seven. I was like, hmm, you might be right, I might have grown past this."

What are your thoughts on beauty standards for women? "I used to think, 'Am I the last generation for whom cosmetic surgery of any discretion is optional?' When I realize women in their 20s are doing preventative kind of injectable stuff, it's foreign to me. There is definitely a generational shift, and am I going to participate in that economy? I would have ferociously said no 10 years ago, and now I am not so sure. It's having an influence on how we all see ourselves."

Would you describe your writing style and personal style as similar or different?

"In my writing I'm becoming more and more pared down. I used to be more florid, more poetic. I'm now all about the precision of the exact word, finding the exact word that speaks volumes, and I think there is a similarity in terms of fashion, too. As I have gotten older it has become more refined, more understated. One beautiful piece of clothing can speak volumes and last years, rather than the kind of disposable and more colourful."

"As I've gotten older my style has become more refined, more understated."

—Camilla Gibb

The no-shame guide to cosmetic treatments

Cosmetic procedures can be a hush-hush matter—too often, getting your nose done comes with stigma that keeps your lips sealed. But we say there should be no shame in the beauty game. Whether you’re curious about injectables or surgery, let’s just talk about it, already

ILLUSTRATION BY LEEANDRA CIANCI

“I’ve had work done—and I’m no longer afraid to admit it.”

Caitlin Kenny explores our complicated relationship with the pursuit of pretty

I first realized I was surrounded by Botoxed faces the way you might spot minnows in cloudy lake water. Standing above the glassy surface, it’s easy to miss their quiet presence, but once you notice just one, then lean in a little closer, you notice the shimmering stripes swirling all around you.

It started when a writer around my age (29) emailed me a story pitch about her experience with Botox, only weeks after she posted a selfie that had caught my eye. “She looks amazing,” I thought at the time. Then suddenly, this, right in my inbox. Was it the Botox that had drawn my double-tap?

We later chatted about her Botox and under-eye filler over coffee, and she spoke frankly about how she loved the results: that her fine lines, dark circles and the “coin slot” between her brows, as she called it, suddenly went MIA. She showed me how her forehead could barely move, but she didn’t look frozen at all. Plus, she was getting tons of compliments on her skin’s texture. In the weeks and months that followed, I noticed more and more friends and colleagues whispering their derms’ names, preferred treatment areas and general enthusiasm for the wrinkle-smoothing injections—information pooling around me, as soon as I looked a little deeper.

I soon decided that I wanted to dive in, too. Thanks to a sudden, persistent bout of skin sensitivity, it had been two years since I had used any anti-aging serums, toners or creams—the kind that every dermatologist I’ve ever interviewed swears by—and with my 30s creeping in, the lines on my forehead seemed to be dutifully delivering a message from my skin cells: “We give up.”

The more I noticed the deep groove between my brows—my “coin slot”—creating a dark shadow in every picture, the more desperate I was to have it gone, and ideally in time for the photo frenzy that would be my sister’s wedding. I didn’t want to be that person who always looks like they’re frowning, but could I be *that* person who gets Botox? After a consultation at The Plastic Surgery Clinic in Toronto, I decided the answer was yes.

A month later, I returned to get 55 units of Botox spread along my forehead, crow’s feet and chin, as well as just less than one syringe of filler in my lips. I stressed to the cosmetic nurse Amina that I really didn’t want my lips to look any bigger, but rather, for my genetically deflated upper-right side to be balanced with the left. Once the swelling in my lips went down, and the Botox’s muscle-freezing took effect two weeks later, I looked happier and more energized—an outward alignment with the hyper, cheery person I am on the inside. Strangely, I felt more like “me” than I had in a while.

No one seemed to notice—not my closest friends who knew I was planning the procedures, not my savviest

beauty-editor pals, not even my boyfriend of six years. Of course, that’s (generally) the goal: subtle tweaks that don’t draw attention. But I became paranoid that maybe people *did* know, and that every “your skin looks amazing” compliment or fire emoji comment was a dig. For all the freshness I was feeling, a slow insecurity crept in. I didn’t want to be judged for my choice.

Though I’m a firm believer in “you do you” when it comes to anything aesthetic, there’s still a ton of taboo around cosmetic treatments. But it’s not for lack of popularity: The American Society of Plastic Surgeons reported that 7.23 million Botox procedures were performed in 2017, growing by 2 per cent in a year (Canadian figures are not available). So why do we feel the need to hide it?

Our interest in cosmetics goes as far back as ancient Egypt, when Cleopatra used red powder from ground-up beetles to paint her lips. Today, I see my colourist every six months to brighten my naturally dark-blond hair, and rarely leave the house without my eyebrows filled in—both actions that are widely accepted, yet far more transformative than taming my expressive forehead or adding a few millimetres to one side of my mouth.

It’s possible that I could achieve similar results with store-bought products. I could over-line my lips to balance out their shape, but I never feel like myself when wearing anything other than clear balm. I could load up on skincare packed with retinol, peptides and acids to smooth my fine lines, but the powerful ingredients have proven to send my sensitive skin into a bumpy rash. Bi-annual injections just make sense for me.

Of course, the price tag of cosmetic treatments can draw criticism, but if someone budgets for them, why judge them any harder than, say, someone who saves up for a jar of La Mer or a pair of Gucci loafers? Spending money on oneself isn’t a “guilty” act—and to that end, neither is taking steps to alter your appearance. Self-acceptance and love can co-exist with cosmetic pursuits.

It’s the denial of this reality that’s damaging. When women (and sometimes men) feel that they can’t admit to getting work done, they hide it, which only perpetuates an unrealistic beauty expectation. Take Hollywood for example: When celebrities aggressively deny cosmetic treatments or surgery, we chalk up their picture-perfect, aging-in-reverse looks to good genes. Or, as every A-lister ever asked about their beauty secret claims, to drinking eight glasses of water a day.

Our societal exaltation of all things “natural” makes it hard to measure up. If the reason I’m already more wrinkled than J.Lo, despite our 19-year age gap, is that she’s put more work into earning it, that feels fair. In business, we celebrate the self-made professional, who started their career without advantage and, through his or her own efforts, found success. But in beauty, it’s the opposite. *Not* born with it? Paid a grand to get rid of your wrinkles? That’s cheating.

It’s no wonder celebrities deny it, or that my injected peers lurk quietly or that I feel hesitant even writing this story. But keeping it all under wraps only feeds into the cycle of shame. My Botox and filler have since worn off, but I’m ready to book another appointment—and even talk about it openly.



SHOW & TELL WE ASKED FIVE WOMEN TO GET REAL ABOUT THEIR TREATMENTS—THE GOOD, THE BAD, THE HOW-PAINFUL-WAS-IT-REALY

BY WING SZE TANG



BOTOX

This wrinkle smoother blocks signals from nerves to specific facial muscles—so the latter won’t contract until the Botulinum toxin A (Botox) wears off. Discreet results are increasingly in demand: “I’m using a lot less Botox [in terms of dosing] than when I started, and using it more strategically,” says Dr. Julia Carroll of Compass Dermatology in Toronto. You can even get “micro Botox,” injected more superficially, to shrink the look of pores and acne scars. Treatments can range from \$300 to \$1,000, depending on dose, and patients typically come in every four months.

Andrea

When? “I did Botox at 28 and again at 30.”

Why? “I was getting annoyed by a single line between my brows and a few fine lines on my forehead. I felt like they made my skin look old and dehydrated.”

What was the process like? “Both times I injected three areas: brows, forehead and crow’s feet. It took maybe 15 to 20 fast pricks max and only a few minutes.”

On a scale of 1 (paper cut) to 10 (pain and suffering!), how much did it hurt? “Probably a 1 or a 2. I have anxiety about needles, so it was still stressful.”

Were you happy with the results? “I’m surprised by how much I love it, because I was a little wary. My forehead looks flawless. My upper face is mostly frozen, though I can slightly move my eyebrows.”

Did anyone notice the difference? “No one has ever commented or asked, but I do tend to tell people. I get complimented on my smooth skin quite often and people ask which products I use.”



LIP INJECTIONS

Lip plumping is often done with fillers made of hyaluronic acid (a sugar that’s naturally occurring in your body). “Some fillers are like honey, and some are like gummy bears,” explains Dr. Carroll, “so it depends on whether you’re looking to smooth the area or project it.” Some clients want what she calls a “glossing” effect—keeping lips the same shape, but making them look more hydrated—while others want the more dramatic bee-stung look. Lip injections start at around \$600 and last six to 18 months.

Jessica

When? “I got a half-syringe ‘mini plump’ at 28. I decided to get a full syringe about five months later.”

Why? “I was self-conscious about the way my upper lip seemed to disappear when I smiled. It was thin and also asymmetrical, which prevented me from wearing bold lipstick because I didn’t want to draw attention to them.”

What was the process like? “It takes about 20 minutes and for me involved around 20 to 25 small injections. Each felt like a sharp pinch, like squeezing a pimple on the edge of your lip.”

On a scale of 1 to 10, how much did it hurt? “The first time, a 7. The second time, the nurse used a new numbing cream, so a 5.”

Were you happy with the results? “With the half-syringe, the plumping was minimal. But after the full syringe, my lips had noticeably more volume and looked very symmetrical. Even though it was a small change, it made a huge difference in my self-confidence.”

Did anyone notice the difference? “I told a friend I got it done and she had a feeling I had but wasn’t positive, since it looked quite natural.”



RHINOPLASTY

With the nose, you can go surgical or non. The latter involves filler, which adds volume to mask any irregularities. If your goal is to reduce the size of your nose, however, that requires surgery, which can address a bigger range of concerns—whether you want to fine-tune size, shape or symmetry. “Rhinoplasty is one of the more complex procedures we do, just because it’s so individualized. There are a lot of subtleties, and it’s a very thin area right in the centre of your face,” explains Dr. Ryan Austin of The Plastic Surgery Clinic in Toronto. Though it’s a day surgery, the swelling can take up to a year to fully go away. Rhinoplasty surgery can vary significantly in price, from around \$5,000 to \$12,000.

Julia

When? “Seven years ago, at 26.”

Why? “I hated my nose; it didn’t look like anyone’s in my family. I was a ski racer and had broken it several times. I had a ‘beak nose’ with a lot of cartilage buildup because of the injuries.”

What was the process like? “On the scale of nose jobs, mine was very subtle. The doctor did the surgery through the nostril and shaved down the cartilage buildup. With nose jobs, there are different kinds of swelling, so it actually took a year before I got ‘my nose.’”

On a scale of 1 to 10, how much did it hurt? “Coming out of surgery, I felt no pain—it was probably the morphine—but I looked like someone had hit me with a truck. For the recovery, it was a 6 to a 7.”

Were you happy with the results? “I achieved exactly what I wanted. I paid around \$5,000 and have never missed that money. I wish I had done it younger.”

Did anyone notice the difference? “No. [Laughs]”



MICRO FILLER

Traditional dermal fillers are injected beneath the skin to restore volume—making them a go-to for lifting cheeks and smoothing wrinkles. New to Canada (it’s been approved in Europe for 12 years) is a “micro filler” called Restylane Skinboosters, which involves injecting teeny droplets of a unique, stabilized hyaluronic acid that can integrate into skin. The result: subtle plumping, more even texture and improved elasticity. “It’s a hot area, and I think it’s going to be very up-and-coming in the next six months,” says Dr. Carroll of the technique. For best results, a course of three treatments (from \$800 per session) is recommended, and the effects last up to six months.

Eden

When? “At 46. I did three treatments, each a month apart.”

Why? “From years of regular acne breakouts, the texture on my chin was bumpy, so I wanted to smooth it out.”

What was the process like? “My doctor used a needle to make a hole and then went in with a cannula [a thin tube] to inject the filler and move it around to different spots.”

On a scale of 1 to 10, how much did it hurt? “Maybe a 7, but I’m wussy. There were a few moments where it felt really sharp. If you don’t like needles, you’re not going to love it.”

Were you happy with the results? “Totally. It’s not perfect, but my skin in the area is much smoother and more even. It definitely worked, 100 per cent.”

Did anyone notice the difference? “No, just the swelling.”



NON-SURGICAL LIFT

For skin lifting without going under the knife, an ultrasound-based procedure called Ultherapy can do the job on your full face, including the jawline and neck. The device takes ultrasound energy down into the deep layers of the skin and the SMAS (the area just above bone) to create little channels of tightening, explains Dr. Carroll. “Within three to six months, your body will kick in with its own collagen production.” The cost for Ultherapy depends on the area being treated, ranging from around \$3,000 (just the lower face) to \$5,000 (full face plus full neck).

Catherine

When? “46.”

Why? “I started noticing that my jawline wasn’t as tight as it used to be. The area under my chin was starting to look loose and slightly saggy.”

What was the process like? “The treatment felt like warm, sharp prickles on my skin. Every now and then, a little ‘zinger’ of heat crossed my face, but the sensation was momentary.”

On a scale of 1 to 10, how much did it hurt? “Mostly a 2 or a 3.”

Were you happy with the results? “I was pleasantly surprised by the amount of tightening under my chin. I was less self-conscious about wearing my hair pulled back.”

Did anyone notice the difference? “My friends and family noticed about one month after the treatment that something had improved, but could not put their finger on the change—which to me was the ultimate compliment.”

Let’s keep this tell-all going. Read more at thekit.ca/showandtell

What I’ve learned

Lessons in fabulousness—and well-earned happiness—from fashion legend **Jeanne Beker**

By the time you read this, I’ll have turned 66. Even seeing that number on this page seems surreal. Where did time go? Wasn’t I just boogying at my Sweet 16, batting my first pair of false eyelashes, sensing the world was my oyster and knowing nothing could stop me? Wasn’t I just the eager ingenue, auditioning for my first role, certain my dreams were on the verge of being realized? This year marks the 50th anniversary of my professional career. That’s a lot of mileage—a lot of plans, passions, hopes and fears. I got to blaze some heady trails, raise two beautiful daughters and become an expert on affairs of my heart. I marvel at all the places I’ve been, people I’ve met and ground I’ve covered, often in six-inch heels. And while I’ve yet to reach the summit of every mountain I’ve yearned to scale, I can boast sky-high piles of well-healed battle scars and big life lessons learned.

That being said, I am human, after all, and admit to flashes of insecurity. My body, for one, ain’t what it used to be. And since diet and exercise only get you so far, my waistline has expanded, my boobs have started to sag, and my once firmly toned muscles aren’t



The many faces of Canadian style star Jeanne Beker: beloved TV host, editor, writer and peerless ambassador of homegrown designers.

Take it from someone who’s had the opportunity to meet some of the most celebrated stunners on the planet: Mere physical beauty wears frightfully thin after a few minutes. What does remain forever attractive is warmth, wit, insight, authenticity and that ultimate personal style essential: self-confidence. Of course, confidence is something that ebbs and flows. But while there have been chapters in my life when I’ve struggled with possessing it, I’ve found that by being true to myself, keeping an open heart and living in the moment, I’ve arrived at an exquisite place in my life where new doors keep opening. There’s no way these realizations could have taken place in the much younger me. I was too hungry and ego-driven to consistently be clear about what really mattered. As fuelled as I was by desires, I wasted time comparing myself to others, convinced that if I rested too long on any rung of that lofty ladder I was climbing, my dreams might come crashing down. Still, I happily fought to maintain my balance, determined to live a big life outside my big jobs: I cherished old friendships and forged meaningful new ones, cultivated myriad skills, hopped between city and country living, threw parties, took holidays with my kids, made time for my aging mother, played at love, lost, picked up the pieces and played again. In an effort to protect myself from pain, I developed a suit of armour, yet gallantly wore my heart on my sleeve so I’d never lose touch with humanity. It did make for tricky navigation, but I managed to sail some pretty stormy seas with aplomb, and always managed to stay afloat.

As I eased into my early 60s, I grew increasingly conscious of time passing. I was where I wanted to be professionally, but

personally, I still felt a void—a relentless loneliness I couldn’t appease, despite a sprinkling of relationships over my post-marriage years. Always the romantic, I yearned for a lasting connection and felt sorry for myself that I couldn’t ever get it right. But shortly before my beloved mother passed away in 2015, I had a revelation: I decided I owed it to both my mom and myself to celebrate what I had instead of focusing on what I didn’t. I couldn’t change my situation, so I changed my mind. Life started to take on a rosier glow and, for the first time, I felt unconditionally happy.

Two weeks after my mother passed, feeling fragile, I was cajoled into attending a gala fundraiser, though donning a little black dress and showing up dateless was the last thing I wanted to do. But I must have been ready for a miracle to happen, because it did: I met the man of my dreams. It was love at first sight, and now I know it was my mom who sent him. I’ll never forget his first words, after introducing himself. “I’m impressed you’ve always managed to keep yourself relevant.” I knew I’d met my match—someone who got me, who appreciated my passion, energy and work ethic and who would be there to cheer me on.

These days, I’m having the time of my life. I’m still dancing as fast as I can, but now I refuse to sweat the small stuff or beat myself up for things I should have done or deny myself the odd chocolate truffle. I’m proud to have come this far and I pamper myself every chance I get. I never apologize for my age or my attitude. I’ve earned these precious gifts of wisdom and self-love. And while I can get nostalgic reflecting on my past, I only look back to remember how far I’ve come, excited by the distance I’ve yet to go.

“Letting go of the stuff that makes you unhappy seems to get easier with age.”

quite as taut. Then there’s my skin. Crepeiness is creeping in, and as much care as I take—investing small fortunes in products that promise to smooth, plump and erase all those well-earned lines—the chances of ever achieving that dewy fresh, satin surface again are dwindling. On a futile search for that lost youthful glow, I regularly gaze into the magnifying mirror, pluck a few pesky hairs, and pull my face back as I fantasize about a facelift. I then resign myself to embracing the new-and-improved “old” me. After all, if you can’t change the situation, change your mind. Letting go of the stuff that makes you unhappy seems to get easier with age.

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THE KIT X M-A-C

M-A-C ARTIST OF THE MONTH
Viktor Peters
@viktorpeters, Hudson’s Bay Queen Street Makeup Artist, takes an artistic approach to the classic pink lip

MINIMAL MOMENT
Inspiration: “The flow of a brushstroke. Minimalism is very inspiring because it exposes the focus on the lip.”
Get the look: Create a base with M-A-C Liptensity Lip Pencil in Fresh Clay and top with Lipstick in Fleshpot. Use Brush 210 to add artistic strokes of Dazzleglass in Steppin’ Out just outside the lip line.

CORAL GLOW
Inspiration: “I always find inspiration from street style and clients that I meet.”
Get the look: Apply M-A-C Retro Matte Liquid Lipcolour Metallics in Coral Plated to the centre of the lips and buff outwards with Brush 221S for an ombré effect. Top with a glossy coat of Dazzleglass in Get Rich Quick for a shiny finish.

STROKE OF GENIUS
Inspiration: “The balance between structure and chaos.”
Get the look: Create a colour palette with M-A-C Dazzleglass in Money, Honey, Lipsticks in Frosting and Gold XIXI, and Retro Matte Liquid Lipcolours in Feels So Grand, Personal Statement, and Oh, Lady. Use Brushes 242S and 210 to create dabs of colour on the lips.

RAZZLE-DAZZLE
Inspiration: “M-A-C Dazzleglass in Moth to Flame is a sophisticated colour that reflects and refracts light like a crystal. It’s like having diamonds in a gloss.”
Get the look: Line lip with M-A-C Lip Pencil in Edge to Edge. Top generously with Dazzleglass. Add crystals for photographic effect only, if desired.

Lip Reader
Boundless creativity inspires Peters’ approach to lip art

How did you first become interested in makeup? “My mom is a painter and I was a concert pianist, so I grew up in a very artistic environment. I started out as a customer at M-A-C when I first started experimenting with makeup, but I never imagined myself as a makeup artist. I always said I wanted to be a painter when I grew up; in a way it came true, because makeup really is an expression of art and I’m able to channel my creativity in my work every day.”

What do you find exciting about creating looks for lips? “It’s my own creative expression—I can break the rules and draw outside the lines. It’s just like working on a canvas, except it moves. The possibilities are endless!”

EXPERT TOOL KIT

M-A-C COSMETICS BROW SET IN CLEAR, STUDIO FACE AND BODY FOUNDATION, BRUSHSTROKE LINER, RETRO MATTE LIQUID LIPCOLOUR IN CARNIVOROUS, 35 LASH, EXTRA DIMENSION SKINFINISH IN DOUBLE-GLEAM, AVAILABLE AT ALL M-A-C LOCATIONS AND MACCOSMETICS.CA

One of the highlights of the night was a live trend report. Fashion editor Jillian Vieira spoke to wearable runway trends for various occasions and women of various ages. Modelled by real women and friends of *The Kit*, six looks chosen by Vieira were brought to life, from weekend wear to beyond the boardroom basics. All items were pulled from stores within Yorkville Village, showcasing how the retailers are top destinations for international trends. The top trends blooming this season? From left to right: vibrant poppy colour (vest, pants, top and belt available at Judith & Charles); statement sleeves (top and bucket bag available at TNT, denim at ANDREWS); the return of the ever-practical fanny pack (all items available at Maska); mix-and-match patterns (suit available at Judith & Charles, floral blouse at TNT); the essential relaxed trench coat (coat and trousers available at ANDREWS, T-shirt at Maska); and the dreamy little pink dress (available at ANDREWS). All shoes pictured are available at Jean-Paul Fortin.



On Wednesday, March 7, *The Kit* invited 150 women to Yorkville Village, Toronto's luxury shopping centre, for an evening of exploratory conversations and panel discussions surrounding the notion of aging gracefully. Hosted by Jeanne Beker, Canadian fashionista and style editor of The Shopping Channel, the event provided guests the opportunity to learn from and laugh with leaders and hear first-hand advice on aging with style, grace, beauty and wellness. Beker said it herself: "What a time to be alive...and to be a woman."

The art of living beautifully

At *The Kit*'s Live Beautifully event, we brought together industry experts and influential women to share insights about the beauty of experience that comes with getting older. From mocktails and makeup touch-ups to one-on-one interviews and a live fashion trend report, the elevated evening was filled with meaning and inspiration



Above: *The Kit*'s editor-in-chief, Laura deCarufel, (in UNTTLD dress; at TNT) is all smiles onstage. Right: Beauty director Katherine Lalancette (in Caroline Constat; at TNT) in full selfie mode.



It's no secret that nutrition and fitness are two of the most important aspects of a healthy lifestyle, at any age. *The Kit*'s editor-in-chief, Laura deCarufel, sat down with Dr. Vivien Brown, award-winning physician and author of *A Woman's Guide to Healthy Aging*, to learn more about ways to stay healthy as we get older. According to Brown, community is key. "We want to be independent, dynamic and socially connected," said Brown. "We learn on our own, but when we learn something new from friends, that's when it's really important." Brown also shared her "80/20" rule. "There's no need to feel guilty when eating ice cream on a hot summer day. All we can ask of ourselves is that we are making healthy choices a good portion of the time."



To kick off the evening, guests had the chance to taste test delicious fresh juices from ELXR Juice Lab, hearty salads from Palm Lane, adorable candies from Sugarfina and a glass of wine (or two) from Oyster Bay. Professional makeup artists were onsite providing beauty touch-ups and tips, courtesy of the event's beauty sponsor, Estée Lauder.



For one of the most engaging panels of the night, Jeanne Beker invited her friends Monica Parker, Wendy Crewson and Wendy Natale—stars in the world of comedy, acting and fashion, respectively—to talk about the realities of aging and the most important lessons they've learned so far. For Parker, friends are essential to feeling connected and inspired. As an actress and activist, Crewson wants you to go for what you want and be unapologetically you. And for Natale? Well, she recommends that a mirror (not diamonds) should always be a woman's best friend.



The Kit's beauty director, Katherine Lalancette, sat down with experts in makeup, skincare and dermatology to learn more about adopting a philosophy of aging beautifully from the outside in. So, where do we start when aiming to look and feel our best? Confidence is the starting point, according to Shawn Hlowatzki, Estée Lauder's brand's national artist. Janice James, Estée Lauder education expert, agreed and added her number one practical tip: "We shouldn't go to bed with makeup on. We really should be conscious of what's happening beneath the skin and find the right product regime for ourselves." For global beauty expert Derek Selby, starting with sunscreen is the key lesson of Skincare 101. Dr. Julia Carroll of Compass Dermatology, seconded Selby's sunscreen advice and shared that visible aging shows from the hands up—which means that mastering skincare includes more than just the face. After all, beauty in youth is an act of nature, while beauty as women get older is an act of art.



Before heading home, each guest grabbed a gift bag of goodies filled with skincare samples, exercise class passes and healthy snacks—and a copy of *The Kit*, of course.