

THE KIT

Spring Beauty Special: The coolest collabs, dandruff’s luxe rebrand, lessons in confidence from Amy Schumer

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Spring hair report

Shake winter’s icy grip with a hot new hair look. Beauty director Katherine Lalancette has the scoop on the best new products, the cool-girl way to part your hair and the lowdown on the season’s burning question: Should you try a perm? (Hint: Probably) PAGE 4

PHOTO: PETER STIGTER

The storm inside

Sonya van Heyningen on her lifelong power struggle with anxiety



I’d hazard a guess that anyone who has experienced an anxiety attack remembers their first with vivid, violent clarity.

I was 20 years old and totally clueless. Without warning, I suddenly found myself balled up on my bedroom floor, sobbing like a beauty queen and wondering why breathing was so difficult. Everything, including my body, seemed out of reach. Eventually I pulled myself together enough to drag the phone off its cradle (yes this was way, way back when we all still had landlines) and dial my parents’ number. My father picked up. Through some miracle of paternal acuity, Dad understood my Morse code of squeaks and high-pitched whimpers. Armed with a soft tone, and a ton of love, he spent the next hour talking me off a ledge—or in this case a floor. One three-hour drive later, he arrived at my door to ferry me home. Never one to let concern read on his face, Dad greeted me with

a casual “Hey, Squirt,” a wildly enthusiastic, feet-off-the-floor bear hug (our standard greeting) and his typical mischievous smile. We didn’t really talk about why he was there—honestly, he likely told an off-colour joke instead. But my father had his own struggles, so even without saying the words, I knew he understood. Twenty-four hours later, I found myself sitting across from a therapist for the first time. It’s tempting to look back at this climactic moment and imagine this is where my tango with anxiety began: a tidy division between a carefree childhood and an anxious adult life. But identifying a starting point is trickier than pulling a single memory from a hat. Anxiety is so much more than the sum of its dramatic parts, and alarm and doubt have been my dance partners longer than I can remember. Sometimes I lead—sometimes they do—but we always dance.

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Vanity fair

Fragrance for the Instagram age PAGE 3



Meet the icon

Lauren Hutton knows how to live PAGE 7



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JO MALONE ENGLISH FIELDS COLOGNE, \$90 (30 ML) EACH, JO MALONE STORES

Toward the grain

Sun-warmed wheat, golden corn, wholesome oats and barley: cereal ingredients? Actually, they're the inspiration for the new English Fields fragrance collection from Jo Malone. The fragrance house combined the humble grains with their freespirted meadow neighbours, wildflowers, such as poppies, cornflower and primrose, for scents that are downright earthy, utterly heavenly. Smelling them all to find your favourite will have you swaying in a field, yourself, face toward to the sun. —Eden Boileau. Photography by Aimee Nishitoba

Clear space on your vanity

Get ready for the coolest beauty collaborations of the season

The merging of minds that begets collaborative beauty loot results in treats worth indulging in, say, once a month. Luckily, spring is a particularly fertile period for fresh products, and there are many to choose from. Here are a few new collabs we're taking note of.

GlamGlow x My Little Pony

GlamGlow's glitter masks are pretty fun to play with, especially when they come in blinding neon pink, as is the case with the new My Little Pony range. The collection contains three megawatt shades of the GravityMud peel-off firming treatment: Princess Luna Black, Pinkie Pie Pink and Twilight Sparkle Purple. Users will definitely want to snap a selfie with this sparkly mask on.



GLAMGLOW X MY LITTLE PONY #GLITTER-MASK GRAVITYMUD FIRMING TREATMENT, \$75, SEPHORA.CA

Kat von D's Divine Collection

"I've always been a huge Divine fan," Kat Von D told *The Kit* back in January, noting she admired the drag queen's groundbreaking ways. "He was not your conventional ideal of beauty and he made something that could be scary to most people very appealing." What resulted from Von D's fascination with the drag icon is an eight-shadow palette and lipstick. While the bold eye shades are fun to play with, the best part just might be the eyebrow stencil on the mirror that stamps Divine's dramatic arches on your reflection.



KAT VON D I AM DIVINE PALETTE, \$46, AND STUDD KISS CREME LIPSTICK IN DIVINE, \$23, SEPHORA.CA

Essie x Reem Acra

Wedding season is basically upon us, and Essie has a capsule with bridal designer Reem Acra that will have everyone showing off their fingers, ring or no ring. The royal-wedding inspired Gel Couture line comes in shades ranging from wedding-gown-white to raspberry red, with champagne and robin's egg blue hues ensuring that there's a summer-friendly colour for everyone.



ESSIE GEL COUTURE WEDDING COLLECTION BY REEM ACRA POLISHES IN HANDMADE OF HONOR AND GETTING INTRICATE, \$14 EACH, ESSIE.CA

Off-White x Byredo

Off-White designer Virgil Abloh was just appointed menswear designer at Louis Vuitton and collaborated with Jimmy Choo on a footwear capsule. He also managed to slip in time to work on a scent with cult fragrance brand Byredo. "Elevator Music" is posed to occupy the background in the same way that the anodyne tunes do with notes of violet, bamboo and ambrette. The scent will come in an eau de cologne, hair perfume and hand cream.



OFF-WHITE X BYREDO ELEVATOR MUSIC HAIR PERFUME, \$84, BYREDO.COM



A look from the Ted Baker's new Back to the Fuchsia collection.

TED BAKER PANTS, \$229, JACKET, \$535, HANDBAG, \$219, TEDBAKER.COM

A (VERY) MINI CULTURAL HISTORY OF PINK

From sweet to subversive



Molly Ringwald's classic 1986 *Pretty in Pink* look.



Gwyneth Paltrow at the 1999 Oscars.



Rachel McAdams in 2004's *Mean Girls*.



The 2011 *Bridesmaids* crew.



Janelle Monáe in her "Pyink" video (2018).

Rethinking pink

Catherine Scorey, womenswear director of Ted Baker London, on the It Brit brand's all-pink collection

"Pink is powerful—pink does not mean silly. When my team and I were designing for spring, we had put pink everywhere, so we decided to create Back to the Fuchsia, which would be an all-pink collection. It's such a beautiful colour and so democratic—the shade range works with every skin tone across the globe. The decision to go all-pink also coincided with the bigger discussion [society is having] about women and women's empowerment—very topical. We were like, "Let's reclaim pink!" My little girl is three, so I hear about pink a lot. Some women say, 'I don't want my daughter to wear pink because I don't want to gender her.' I think, 'But she can wear blue, too. Why limit it?' I don't understand that attitude toward pink—no one looks down on blue.

I also find pink quite wearable. If you work in a fashion workplace, you could totally go for it and wear it head-to-toe—be brave! If you work in a more conservative environment, like banking, for example, where head-to-toe pink would be too much, wear it as an accent. A beautiful pink blouse with a black suit or an all-black outfit and pink shoes—that's amazing.

If I were to choose a standout piece from the collection, I'd go with the kimono because it has the cherry blossom embroidery, the nude pink background, the accents of fuchsia, and a hit of green—when you mix pink with a bit of green, it just freshens everything up. I was very lucky to be nominated for an honorary doctorate, and I wore [the kimono] for the ceremony and I felt so beautiful in it. If a woman is confident in her role and confident in what she is wearing, she can achieve more—I believe that. If we can give that to our customers, that's my dream. I want women to love what they buy and to know that it will make them feel good for a long, long time." —as told to Laura deCarufel

THE KIT X M-A-C



M-A-C ARTIST OF THE MONTH

Élodie Sicot

@deemelkieup, M-A-C PRO artist on Rue St. Catherine in Montreal, serves up playful lip looks—from tame to tricked-out

NINETIES NUDE

Inspiration: "I will forever be inspired by '90s makeup trends!" **Get the Look:** Line lips with M-A-C Lip Pencil in Chestnut, continuing the colour towards the centre for an ombré effect. Then, apply Retro Matte Lipstick in Runway Hit all over to blend with the pencil.



BERRY BEAUTIFUL

Inspiration: "This is my modern take on a berry stain. Using a liquid lipstick makes sure the colour will last and last!" **Get the Look:** Prep lips with M-A-C Lip Scrubious and apply Prep + Prime all over. Add dabs of Retro Matte Liquid Lipcolour in High Drama on the centre of the lip, and blend outwards with your fingers.



METAL MOUTH

Inspiration: "I love layering metallic products to create a multi-dimensional lip. I think the contrast between the way the metallic pigments and the glitter reflect light is beautiful." **Get the Look:** Create a base with M-A-C Pigment in Rose Gold and Blue Brown, then top with Glitter in Grey Hologram.

Lip Service

Inclusivity and creativity fuel Élodie's lip artistry

What do you love about working with M-A-C? "It's rare to work for a company that believes in individuality and artistry, and also lets you express it in a unique way. I admire that M-A-C has kept that heritage alive since the company was born. I believe that the founders would be proud of the company, and us, for sticking to its philosophy of all ages, all races, and all genders, because all employees are represented by M-A-C in that way."

What do you find exciting about creating looks for lips? "We're so lucky at the PRO store because we can let our imaginations run wild. We can play with colour, textures and do any looks we desire, especially with lips because it's all about lips everywhere."

EXPERT TOOL KIT



FROM TOP: M-A-C COSMETICS PRO LONG-WEAR CONCEALER IN NC50, \$28, RETRO MATTE LIQUID LIPCOLOUR IN HIGH DRAMA, \$26, HYPER REAL GLOW PALETTE IN FLASH + AWE, \$48, MINERALIZE SKINFINISH NATURAL IN DARK DEEPEST, \$39, RETRO MATTE LIPSTICK IN RUBY WOO, \$23, AVAILABLE AT ALL M-A-C LOCATIONS AND MACCOSMETICS.CA

Ultimate spring hair guide

The Smiths frontman Morrissey once very accurately proclaimed, “If your hair is wrong, your entire life is wrong.” In a quest for mane fulfillment, we comb through all things hair, from the scientific to the symbolic



The new cool-girl hair

All hail the seemingly effortless centre part

BY JORDAN MACINNIS

Look for it and suddenly you’ll see it everywhere. The centre part—neutral, understated, a little modest, the Switzerland of hair—is making a comeback. A quick glance at street-style stars and perennial cool girls like Pernille Teisbaek, Christine Centenera and Leandra Medine suggests that today’s centre part might need its own Instagram account. Lank, smooth, even unbrushed, it’s hair as aside, as afterthought, an antidote to camera-ready clothes. If well-considered layers and statement handbags suggest a high-maintenance approach to dressing, a centre part makes the whole thing very devil-may-care. Call it cool girl hair.

If the eyebrow forces you to take a stance (thick or thin? straight or curly?), the middle part lets you keep your options open. On the runway, it can look as expensive as a Rolls-Royce or as punk as Patti Smith. At the Fall 2018 shows in February, an army of models marched down the runways with a line on their heads both razor sharp and

effortlessness. Think of the long curtains of Buffy Sainte Marie and Joni Mitchell, free-wheeling women who dragged a comb down the middle of their crowns as a sign of the times, and you realize that a part can be political. The counter-cultural ethos of the 1960s meant letting one’s mane fall naturally, and it was matched by romantic, return-to-nature peasant skirts and fringed vests. Hair

could hide a face or be parted like wings. Either way you were giving it to the man.

Before that, women in early Victorian England wrestled their hair down into parts as taut as the era’s moral code. Virtue, it was said, lay in the “middle way,” in equanimity and balance. It turns out there is

Pious, respectable, anti-establishment—what does it say about our current anything-goes era that the centre part is still making waves? It’s a look that’s still most strongly reminiscent of bohemian cool, of surfers and California and rock and roll, ideas that never fall out of favour, and ones we can evoke with the flick of a wrist. It’s nostalgic without being sentimental. But lest we get too caught up in what

If well-considered layers and statement handbags suggest a high-maintenance approach to dressing, a centre part makes the whole thing very devil-may-care.

whisper thin. At Versace, the hair was worn flat to the head and tucked behind the ears, as slick and shiny as the collection’s gold hardware and leather trench coats. At Loewe it fell in textured folds, echoing the thick, fuzzy rings of fur, the wool coats and leather cuffs. James Pecis, a hair stylist and Oribe Global ambassador who works with photographers like Mario Sorrenti and Collier Schorr, loves the centre part for its ability to evoke a life of ease. “It’s hair as lifestyle statement,” he says, citing the famous middle parts of Kurt Cobain, fashion photographer Inez van Lamsweerde and model Anna Ewers as favourites.

The history of the centre part, though, suggests a lineage rather more tangled than its modern air of

a reason for this: we see symmetry as saintly, both in art and on the street. A line splits the hair in two, framing the face but leaving it exposed, a look that recalls innocence and youth, or if needed, world-weariness. Perhaps no one understands this, and the power of an image, better than Kim Kardashian. After being robbed in Paris, she showed up on *Ellen* to denounce her former materialism (“I just don’t care about that stuff... it’s just not who I am anymore”) in a short simple bob. Her hair was parted in the middle.



PHOTOGRAPHY: GETTY IMAGES (CELEB); PETER STIGTER (MODELS)

it means, we also wear it for how it makes us feel. When we don’t want to call too much attention to ourselves, when we want our hair to sit back so we can sit forward, we turn to the centre part. And what makes it of the moment? Pecis says it’s a soft line that brings out the natural texture of the hair but it’s also not thinking about it too much. Tie it up, tie it down or just split it in the middle and head on out.

ROOT CAUSE

In beauty as in real estate, it’s all about location. The buzziest area of the moment? The scalp, recognized as the literal root of beautiful, healthy hair. Several luxury brands have recently launched lines entirely dedicated to its welfare, even giving dandruff a moment in the prestige sun. Whereas unsexy verbiage such as antifungal and seborrheic once condemned the chronic condition to dreary drugstore bottles and medical-grade solutions, dandruff has recently undergone a chic rebranding. Translation: Flakes can now be conquered with indulgent products that will also look fabulous in your shower.

HAIR RITUEL BY SISLEY PARIS REVITALIZING FORTIFYING SERUM FOR THE SCALP, \$250, HOLT RENFREW. ORIBE SERENE SCALP-BALANCING SHAMPOO, \$53, HOLT RENFREW



New wave

Believe it or not—the perm is making a comeback

BY VERONICA SAROLI



If you look closely, the signs indicating that you should not get a perm are everywhere. It’s a truth made evident in the wide-eyed looks people give you when you float the idea, in the discouraging anecdotal remarks from women who have taken part in the Perm In A Box phenomenon and on the websites of trendy hair salons that noticeably omit the service from their offerings. Inevitably, someone will google “80s perms” to prove that getting one is, in fact, a bad idea with noted historical precedent.

The last place one expects to find championing the return of the perm is Tinseltown, with its earthy wellness fads and constant need for change. But West Hollywood’s Mare Salon is the epicentre of long-lasting soft, cascading bends beloved by the stars.

Since January, Emma Stone, Olivia Munn, Jaime King and Lola Kirke have cropped up in #perm Instagrams with waves ranging from robust to slightly kinky. “The perm is back and it’s not your ‘80s perm,” says hairstylist Kiley Fitzgerald, who gave the group their customized curls at Mare Salon. “We’ve modernized it for the woman today. It represents the empowerment women [in the ‘80s] felt and the strength of that body and movement in the hair.”

The ‘80s revival has swept fashion and pop culture, but it wasn’t until I caught sight of Kirke’s meandering permed lob that I appreciated the decade’s iconic coif, and decided to get one for myself. The more things change, the more they stay the same—including the notoriously stinky perm solution used to break the bonds determining hair structure and rebuild them in the rod shapes. “Don’t plan anything important during the two days after your perm,” Vanessa Bianchi, hair colour director at Toronto’s Civello Salon, cautions when I schedule my appointment with her. (As *Legally Blonde* fans may recall, “The first cardinal rule of perm maintenance is that you’re forbidden to wet your hair for at least 24 [Bianchi advocates for 48] hours after getting a perm at the risk of deactivating the ammonium thioglycolate.”)

“I will not perm anybody’s hair if it has been over-lightened or they’ve had a lot of chemical work done to the hair, because then you will have a lot of damage,” Bianchi explains. My healthy, slightly textured hair was given the OK and a recommendation for shampoo and conditioner for chemically treated strands to rebuild protein. All was copacetic the day of my appointment—until it dawned on me that I was not getting a temp, but a perm. “Be sure this is the service that you want,” Bianchi tells me as she gingerly rolls pieces of my hair around the toorie-width tubes. “It is permanent.” The last time I sported curled hair was in the sixth grade, and due to blind devotion to the rakish aesthetic of a side-swept tumble of curls, I had not been able to fathom this turning out badly until that very moment when faced with curl-perpetuity. Wasn’t this the very same Panglossian outlook that led to the adoption of bigger and bigger shoulder pads and far-too-feathery perms in the name of style?

Happily, there was nothing to worry about. Picture what you expect to happen when you run your favourite wave-enhancing mousse through your hair—but better. The result is Petra Collins’s contemporary ripples mixed with Helena Bonham Carter’s twists in 1985’s *A Room With a View*—a perfect blend of new and old. And after admiring them on models Mica Arganaraz and Alanna Arrington, but not thinking I could pull them off, I have curly bangs and they’re as fun as any ‘80s pop song. Do I feel like Bradley Cooper’s American Hustle character when I step out of the shower? Sure, a little bit. But when it dries, it’s a wild and rowdy mass of curls that feels fitting for the times.

Veronica Saroli, B.P. (Before perm); Saroli A.P.



AVEDA DAMAGE REMEDY RESTRUCTURING SHAMPOO AND CONDITIONER, \$37 EACH, AVEDA.CA



1. Night shift

We layer a plethora of products on our face before slipping under the covers but curiously neglect to give our locks some nightly TLC. Well, until now. Overnight hair remedies are cropping up everywhere, from a dry shampoo that soaks up sebum while you snooze to a serum that reverses damage by the time your alarm sounds.

SHU UEMURA ART OF HAIR ESSENCE ABSOLUTE OVERNIGHT SERUM, \$69, SEPHORA.CA. KAIA NATURALS OVERNIGHT DRY SHAMPOO IN BLONDE, \$32, KAIA.NATURALS.COM (AVAILABLE MAY 1)



2. Clean freak

Micellar water, that miraculous liquid that makes late-night makeup removal a breeze, is moving over to the hair world. The magic is in the micelles: tiny spheres that feature opposite poles—one attracted to oil, the other to water—which renders them super effective at trapping grime and quickly rinsing it away.

HERBAL ESSENCES MICELLAR WATER & BLUE GINGER SHAMPOO, \$8, IN DRUGSTORES. REDKEN CLEAN MANIAC MICELLAR SHAMPOO, \$21, REDKEN.CA



3. Finishing touches

Hair accessories topped off an array of ensembles on the Spring 2018 runways, from Riviera-ready turbans at Temperley London to bejewelled barrettes at Versace and Simone Rocha. There was even an epic scrunchie moment at Mansur Gavriel: proof that the right adornment can elevate the simplest hairstyle to high-fashion status.

VERSACE HAIR SLIDE, \$189, VERSACE.COM. MANSUR GAVRIEL SCRUNCHIE, \$45, MANSURGAVRIEL.COM



4. Air time

Give your blow-dryer (and your hair) a break with styling aids designed to make the most of your natural texture sans heat. The featherweight formulas wrap hair in a flexible film to enhance movement, fight frizz and dial up shine. Just douse your towel-dried hair in the product, lightly scrunch waves or swirl curls for added definition and marvel at all the extra time you now have on your hands.

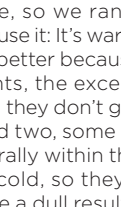
ALTRNA CAVIAR RESORT BREEZE AIR-DRY STYLING BALM, \$35, SEPHORA.CA. JOHN FRIEDA FRIZZ EASE DREAM CURLS AIR-DRY WAVES STYLING FOAM, \$11, IN DRUGSTORES



5. Knotty bits

Waging a war on tangles can leave locks riddled with battle scars. Put an end to the hostilities and adopt a more diplomatic approach with a little help from the latest detangling brushes. Tangle Teezer’s new offering glides through even the thickest of manes, while the popular Wet Brush is moving beyond damp territory to speed up your blowout with a vented version.

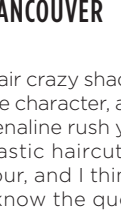
THE WET BRUSH SPEED DRY PINK, \$19, THEWETBRUSH.COM. TANGLE TEEZER DETANGLING HAIRBRUSH FOR THICK AND WAVY HAIR, \$19, SEPHORA.CA



6. Border crossing

No more paying duties or stocking up at Stateside: Two cult hair brands are (finally!) launching in Canada. Beloved for its curl-coddling formulas, SheaMoisture, which originated in Sierra Leone in 1912, caters to both natural and transitioning hair. Meanwhile, celeb hairstylist Kristin Ess (Lucy Hale and Jenna Dewan are regulars in her chair) is bringing her beachy aesthetic up north with her eponymous line.

KRISTIN ESS THE ONE SIGNATURE HAIR POLYMER, \$15, WELLS.CA. SHEAMOISTURE COCONUT & HIBISCUS CURL ENHANCING SMOOTHIE, \$14, AT WALMART



10 new ways to have your best hair ever

Bad hair days, begone. These novel strand savers deliver shampoo-commercial-worthy results on the daily

BY KATHERINE LALANCETTE

7. Dirty talk

Sure, a fresh blowout is fabulous, but a rumpled, next-day ‘do can make you feel like the coolest *femme* this side of the Rive Gauche. That’s precisely the hair high brands are striving to bottle up, from a shampoo that adds grit by depositing clay to a spray that pushes the fast-forward button on clean hair to give it that morning after allure. Go ahead, get dirty.

AMIKA UNDONE VOLUME AND MATTIE TEXTURE SPRAY, \$13, SEPHORA.CA. IGK 1999 2-IN-1 SHAMPOO & TEXTURIZER, \$30, SEPHORA.CA



8. In transit

We get it, you’ve got things to do and places to be. That’s why you need products that can keep up. Enter these savvy handbag must-haves: smoothing sheets to swiftly defy frizz and static and a pomade stick to tame fly-aways on-the-go. Armed with these, you can make any washroom your Clark Kent phone-booth equivalent.

OVAL ANTI-FRIZZ HAIR SHEETS, \$22 FOR 15, SEPHORA.CA. R+CO DART POMADE STICK, \$24, RANDCO.COM



9. Hot shots

Far from mere marketing gimmicks, techy heating tools simplify styling and mitigate damage. In other words, time to bid farewell to the hair fryers of yesteryear. The new kids on the block? A wand equipped with a rotating clamp to curl hair in half the time and an infrared straightener that smooths strands from the inside out for increased resistance to humidity.

SEPHORA COLLECTION TAME YOUR DARK KENT PHONE-BOOTH EQUIVALENT, \$25, SEPHORA.CA. DRYBAR THE 1.25” DIGITAL CURLING IRON, \$181, SEPHORA.CA



10. Delicate cycle

You’ve probably heard that Cleopatra had a thing for milky baths, but did you know her tub was actually filled with oat milk? The super soothing and smoothing ingredient gets top billing in Garnier’s new gentle line, formulated to cleanse and moisturize sensitive scalps and delicate strands without weighing them down. Call them blends fit for a queen.

GARNIER WHOLE BLENDS OAT DELICACY GENTLE SHAMPOO AND GENTLE CONDITIONER, \$5 EACH, DRUGSTORES



Get a free sample of Garnier Whole Blends Oat Delicacy here: topbox.ca/free-sample

TOP CONDITION

Mystifying stat: According to recent research by Pantene, 55 per cent of Canadian households do not buy conditioner. We asked Jeni Thomas, Proctor and Gamble’s principal scientist, to clear up the top conditioner misconceptions

BY EDEN BOILEAU

Myth: Rinse with cold water

“There was a tip that started this whole talk about rinsing with cold water, that it closes the cuticle and you get a boost of shine. The theory of the cuticles closing didn’t sound technically true, but to get there may be some truth to cold water being beneficial for shine, so we ran a study to see how you best use it: It’s warm water. Warm was actually better because for some of the ingredients, the excess should be rinsed away and they don’t get rinsed with cold water; and two, some of the minerals that are naturally within the water are less soluble in cold, so they’ll stay on your hair and leave a dull result.”

Myth: Only condition your ends

“There is always a concern that you should not use conditioners more than on your ends. Some people say mid-lengths, but to get the best results, you should use it on the full lengths because the hair fibres up top are much healthier, but they are still being exposed to UV, to oxygen stress. It starts to break down the internal structure, so you need that protective benefit as high as you can get it in.”

Myth: Alternate your products

“There is still this belief that your hair gets used to the products you use. If you look at it technically, there is nothing to suggest that once you’ve reached the steady stage, you don’t notice one day to another, and it seems like, ‘Oh, maybe it’s not working anymore.’ The only reason to change is with seasonal changes, like if your hair is drier, or when life stages are causing changes.”

Myth: Conditioner weighs hair down

“In the times of not having many options when it comes to technology, that could be very well true, but we are in such a different place right now with the types of technology, types of ingredients you can choose from, the blends that you can create. You have incredibly lightweight all the way up to incredibly intense. It’s just a matter of finding the one that it is right for you.”

PANTENE DAILY MOISTURE RENEWAL CONDITIONER, \$6, DRUGSTORES



MANE ROAD

Five Canadian influencers share their hair journeys and untangle the complicated relationship between locks and identity



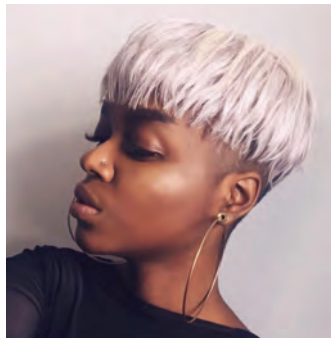
NOUR KAISS, TORONTO @nourka92

“Growing up, I was surrounded by strong, confident women who wore the hijab, including my mom and her friends. It seemed like such a beautiful complement to the way they carried themselves. I aspired to be like them and put it on when I was 11. My mother was kind of against it because she thought I was still pretty young. Looking back, I wouldn’t change a thing. I love my hair. I take care of it, get monthly trims, style it, colour it, you name it. I do it for myself because I enjoy it but I find it extremely empowering to know that I get to choose what shows and what doesn’t. There’s this misconception that Muslim women are oppressed by their husbands or fathers and are forced to wear the hijab. I launched Nourka, a line of head scarves, to challenge these stereotypes. Our first scarf was covered with the word ‘feminist’ to show that Muslim women aren’t weak and quiet. We can be activists and changemakers.”



GRECE GHANEM, MONTREAL @greceghanem

“My hair started going grey at about 28. It wasn’t a surprise since my mom also had grey hair at a young age. My decision not to colour it was spontaneous. My lifestyle and love of swimming encouraged me to embrace it and accept who I am. I loved my silver threads. I felt happy, prettier and more confident than before. It gave me a unique identity and an honouring acceptance that I was at a new stage in life. I could still be myself and feel and look beautiful and womanly. I’m often complimented on my hair colour and really, besides my sunglasses, it’s my trademark. It seems now that the age factor is starting to become less important and women with grey, white or silver hair are becoming more visible every day. I say forget about age. It really is just a number.”



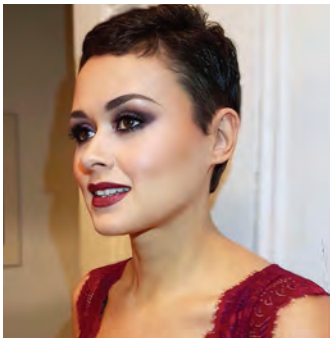
ANITA-HOSANNA KANGABE, OTTAWA @blvckgenesblvckjeans

“My hair is literally and figuratively an extension of myself. I’m constantly growing and experiencing new things, and my hair follows me. When I was younger, my mom was the one doing my hair and she mostly went with the most convenient way to style it. But eventually, my hair and I started choosing what we did with our hair, and I discovered waves and straighteners and became more adventurous. When the natural hair movement started in the Black community, I felt pressured to cut off my chemically treated hair and wear it in its natural coily state. It was a good pressure, but a difficult one to come to terms with because at the time, only long, straight, flowy hair was considered appealing. Right now, I’m living for this silver-white wave. It’s fun, easy to maintain and fits this stage of my life perfectly.”



ALANNA DURKOVICH, VANCOUVER @xandervintage

“I started colouring my hair crazy shades in 2010. I felt like an anime character, and I loved it. There’s an adrenaline rush you feel when you get a drastic haircut or try out a crazy hair colour, and I think I was chasing that. You know the quote ‘Life is too short to wear boring clothes’? Well, I feel that way about hair. I see my hairstylist every five to six weeks, and we usually [colour it] based on however we’re feeling at that exact moment. I don’t always know what colour it will be next until that visit. For me it’s more about the thrill of a new hairstyle, rather than a certain shade. If you were looking for me in a crowd, you would spot my highlighter head pretty quickly. So in this sense, I do stand out from other moms. But I’ve had colourful hair for my son’s entire life, so he doesn’t know any different. Whenever I change up my hair colour, it never fazes him!”



LOLITTA DANDYO, MONTREAL @lolittadandyo

“I’ve always defined myself through my hair. My lowest points of self-esteem were all related to it: when I got lice in kindergarten and my mom cut it off, when I got teased at school for getting a perm, and then most dramatically when I went bald because of breast cancer at 30. Losing my hair scared me more than the treatments themselves. I bawled my eyes out when the doctor told me I wouldn’t have any left within 21 days of my first chemotherapy session. After two weeks, it was shedding everywhere, so I decided to shave it off before it all fell out. I immediately started wearing a wig. Once the treatments were over, I planned on getting extensions, but while I was growing out my hair, something amazing happened. I started accepting the cancer and believing my husband when he’d tell me I was prettier with short hair. Now, nearly seven years later, short hair feels like me. It’s a constant reminder of that time of my life and how it allowed me to become who I am today.”

Sunday, May 13

MY BEAUTIFUL MOM



BEAUTY BOUQUET

This restorative oil mask from the famed French brand features an assortment of flower petals. Vetiver, geranium, French lavender and marjoram essential oils soothe tired skin after a busy day.
Darphin Vetiver Aromatic Care Stress Relief Detox Oil Mask, 50 mL, \$67

EYES ON THE PRIZE

With matte and shimmery shades ranging from midnight blue to sandy-beige, this elegant palette contains the building blocks for any eye look.
Bobbi Brown Capri Eye Shadow Palette, 18.5 g, \$96



TOTALLY TECH

For moms low on time, FOREO's UFO promises a spa-worthy facial in 90 seconds. The smart mask draws on light-therapy, cryo-therapy and thermo-therapy to get complexions glowing fast.
FOREO UFO Pearl Pink, \$349



TWO GOOD

Like you and your mom, some things are better in pairs. This waterproof eyeliner can be drawn on sparingly—or dramatically—and the mascara rapidly fans out lashes that stay put for 12 hours.
Smashbox Always On Liquid Eye Liner, 0.6 g, \$28, Super Fan Fanned-Out Mascara, 10 mL, \$24



COMING UP ROSES

Pull off the sweet rose topper on Dolce Garden to reveal Dolce & Gabbana's lovely and joyful new scent. The notes of neroli, frangipani, vanilla and sandalwood are as alluring as the bottle.
Dolce & Gabbana Dolce Garden Eau de Parfum, 50 mL, \$111



PRETTY IN PINK

A romantic flush of pink highlighter complements any look and occasion. Even better—the darling packaging is a delight to keep in a makeup case or show off on a vanity.
Yves Saint Laurent Beauté Mon Paris Couture Make-Up Palette, 5 g, \$60



ESCAPE IN A BOTTLE

Give Mom her go-to summer scent with Chloé's latest fragrance. The soft scent blends oak moss, plum and freesia and comes tied with a pink knot.
Chloé Nomade Eau de Parfum, 50 mL, \$122

LIVELY SPRITZ

An enticing mixture of citrus coeur, pink peppercorn, rose tea, jasmine sambac and gardenia will keep mom coming back to this sparkling scent.
Coach Floral Eau de Parfum, 50 mL, \$92



ROOM FOR RELAXATION

This candle goes perfectly with long, indulgent baths. The crisp scent conjures summer breezes and delicate blooms, while apple blossom and white orchid notes make it subtly floral.
NEST Fragrances Linen Classic Candle, 230 g, \$56



BETTER TOGETHER

Tireless moms need products that work as hard as they do. Filorga's regenerating lotion preps the skin to improve the serum's efficacy; the serum stimulates collagen production and promises radiance.
Filorga NCTF-INTENSIVE® Supreme Regenerating Serum, 30 mL, \$120, NCTF-ESSENCE® Supreme Regenerating Lotion, 150 mL, \$75



MORNING, SUNSHINE

Only available at Murale, this refreshing face wash brightens skin with vitamin C and exfoliates with fruit AHAs. Say buh-bye to pores and hello to a fresh, revitalized complexion.
Rodial Vit C Brightening Cleanser, 135 mL, \$65

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Hollywood heavy hitter Amy Schumer; walking the walk in her new film, *I Feel Pretty*.

Sitting pretty

Amy Schumer talks about the message of her new movie: Confidence should come from who you are, not what you look like

BY SARAH LAING

When I reach Amy Schumer, she's just touched down in Los Angeles after a cross-country flight. (Her review of the trip, FYI, is neutral: "It went up, we were up there for a while, and then we came down again.")

The 36-year-old actress is in the final leg of a grueling press tour to promote her new film, *I Feel Pretty*. Schumer is present in our conversation, yes, but a bit subdued, tired, perhaps. It's only when she jokingly berates the friend who's driving her home that you get a flash of the swagger-y, dryly playful persona you might recognize from her stand-up specials. "Let's not get into a battle here, Ross," she says, before adding as an aside: "He's an angry driver, sorry."

As we continue to speak, however, her passion for this latest project, out April 20, becomes obvious. *I Feel Pretty* is a sneak attack of a film. On the surface, it presents as a classic 00s-style romcom: Before she hits her head, Schumer's character is toiling in obscurity in the back office of a glamorous makeup brand, held back by her own crippling self-doubt. After she wakes up, however, she thinks her body has been transformed into what she considers to be a "perfect" body, and her life dramatically changes as her confidence skyrockets. The real twist, however, is that what initially seemed a fun romp is in fact a sharp, searching look at the insecurities that are so endemic to the female experience—think fewer

“I noticed when I feel the best, like when I can really be myself with friends and family, and was like, ‘How can I keep that with me all the time?’”



meet-cutes, more me-and-the-mirror moments. And Schumer herself is a bit like that, too. She's not the aggressive, LOL-a-minute provocateur you may have expected, but she is thoughtful, reflective and, yeah, still very funny.

Why did this story catch your eye when it first crossed your desk? "I love that you think I have a desk. When a carrier pigeon put the script in my hand, yes...*[laughs]*. No, when they told me about the premise I was into it right away. The message appealed to me, because it's something that I've wanted to communicate for a long time."

And without giving too much away, that is... "This is not a spoiler situation. Everyone knows that I fall off a bike in SoulCycle and wake up feeling gorgeous. It's not that I'm supposed to be playing this 'ugly' girl. I just have low self-esteem. The message is that confidence should come from who you are and what you do, not what you look like."

The audience never actually gets to see what your character thinks she looks like as that "gorgeous" version of herself. "It's funny because some people commented as if they had, like, 'Why does she have to be skinny?' And I'm like, you don't know what I saw. I'm not going to tell you what I saw, but I will say it was definitely more on the side of voluptuousness."

Hollywood's guide to confidence

Self-esteem real talk from Amy Schumer, Busy Philipps and Lauren Hutton, powerhouse women and stars of the new movie *I Feel Pretty*

You've been very vocal about the importance of self-esteem for a long time. Has life experience changed how you're thinking about it these days? "At first, I was making the realizations of how much we're judged by how we look and just pointing out the injustice of it. Over the years, I've figured out what to do with that information. I noticed when I feel the best, like when I can really be myself with friends and family, and was like, 'How can I keep that with me all the time?'"

Sometimes it feels like truly being confident is as much about feeling like you can say no as well as yes to opportunities. "Everyone tells you that you're supposed to want all these things because they're the norm. Like people say, 'Oh, we've got you the cover of this magazine' and I'm like, 'I don't want to do that.' It's just not me. Even getting married and having kids wasn't something I cared about until I met someone I actually want to do that with. [Schumer married Chris Fischer this February.] People tell you this correct way to be, and I've always rejected that."

Do you ever get intimidated? "I don't like going to a wedding or social things where there's going to be a lot of small talk. I don't want to have to participate in something because it's traditional. In terms of actually getting intimidated...I recently met Ani DiFranco, my favourite singer. I just didn't want to annoy her."

How can we help other women with their own battles with insecurity? We all have those friends who you just wish you could make them see what you see. "That's literally every single one of my friends. I want to shake them! One trick that I like to do is show them a picture but cover their heads so they can pretend like it's not them. And I say, 'If you saw this girl walk by, what would you think about her?' And they usually say, 'I'd think that she looks pretty good.' And I'm like, 'Yeah!'"

Do you have any tricks for dealing with your own less confident moments, like those dreaded weddings? "It's called vodka? No, I don't do that, actually. I just find a way to get out of there early. Like, I just can't. I don't know what's wrong with me. It's hard because some people have a projection of how our interaction is going to go, and they'll have made a plan of what they're going to say to me. That's tough. I just try to breathe through it and wait for it to be over."

Do you have those days when your self-esteem just isn't there? "Yeah...every month when I shed my uterine lining. I let those days happen and know that tomorrow will be better. I eat food that nourishes me, exercise because I like to feel strong. I take a long walk, I meditate, I do acupuncture. In Lena Dunham's book, she says in college she tended to herself like she was a garden. I like to think I do that, too."



ACTOR BUSY PHILIPPS ON REGAINING HER SWAGGER AFTER A BAD BREAKUP

“When I was in my early 20s I had my heart broken badly, and it really messed with my self-esteem and my confidence. It took me a long time to rebuild it, but I feel like when I did, I ended up rebuilding it in a way that was more about relying on myself as opposed to the validation of someone else’s affections toward me. And then life works out, I guess.”



Boss babe

Style icon Lauren Hutton says we're our most beautiful when we're not thinking about how we look

BY EDEN BOILEAU



In *I Feel Pretty*, Lauren Hutton plays Lily LeClair, CEO of her own eponymous cosmetics megacorp. At 74, Hutton still lives up to her mega-model stature on screen, though she insists it's all angles and lighting—and that your time and thoughts are better devoted to what's on the inside.

Was Lily LeClair a fun character to play? "Yes, it was very fun because I have never gotten to be someone who was angry and mean, and that was fun. I was very frightened; it was like my first movie all over again. But it was fun watching them. I had to keep myself from laughing during that role because Michelle [Williams] was so funny—she is hilarious... Also, I understood very well the feeling of thinking that we've got to be pretty, when one is not, because I was such a dark horse when I started modelling. I was too old, I was too short I had the space in my teeth. I didn't know what I was doing, and it takes a long time."

When did you know you were beautiful? "I don't think anyone thinks of themselves, or I certainly don't think of myself, as beautiful. I mean you knew with real artists like Dick Avedon or Irving Penn and the help of a great hair and makeup person you could be beautiful for those instances but you also know that it's just those instances. People don't understand that light hits everybody's bones differently. People who get to model are people whom light hits at the right angles of their face...and that's a different thing. I mean I have friends all over the world that are incredibly beautiful, but then you see a picture of them and they don't photograph well. Most people probably don't photograph well."

Thinking about the beauty pressures on women, would you rather be a teen when you were or now? "I'd *much* rather back then. Everything was on a more human scale. It's sad. First of all, we don't understand that there is no such a thing as a super-model in a sense that no one will look like that unless they are six feet tall, and then there's Photoshop. Everything is repainted. I have seen covers of me where I looked spectacular because I have been remade. I tried to keep them from doing that, and now I insist that they don't do it. It's sad because they're trying to live up to something that doesn't exist. You're supposed to spend so much time [on your appearance], so how can you develop or learn or grow what is actually important,

not the covers of the books, but the books, us, ourselves. That's what so wonderful about this movie and something that Amy [Schumer] understands so well. Amy is fantastically attractive because she is turgid with life; she is bursting with life and energy and strength. She is very beautiful in a sense of being present and wanting to please and make people laugh and be funny. The whole point of the movie is that that's what's important. Once you have that confidence, which I developed after about my fifth *Vogue* cover, it changed the way I look.

Do you have advice for young women today regarding self-esteem and confidence? "Well, we all go in and out of these periods of understanding that we are *most* attractive when we are present and not thinking about how we look and things like that. If you put on fast, simple, basic makeup, and you have gotten enough sleep and you're healthy, then you can sort of just forget about it."

You covered and were asked to cover the gap in your teeth. When did you decide not to do that anymore? "Well in my early days I used wax, soft wax, and I was always swallowing it, or laughing and it would go flying across the room and I think it was \$400 a pop, so I just stopped wearing it. I liked the way the gap looked. Then Revlon still wanted me to wear it, so I wore it for them for a long time. I think in the end I just stopped."



THE NEW FRAGRANCE FOR HER

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BELLA BLANCA



The storm inside CONTINUED FROM COVER

ILLUSTRATION BY MARNE GRAHLMAN



For me, living with anxiety isn't a journey. It's simply there, always whispering, "Do better; be better; no, not good enough." That's a special kind of hell. I was a shy child—my earliest memories are steeped in feelings of social awkwardness. Birthday parties where I felt frozen, afraid of playing the fool. Friends I would slowly stop calling on, worried they didn't enjoy my company. I hated speaking up in class (something that has dogged me to this day). I even dumped the first boy I truly liked, far too soon, convinced that he couldn't really care for me. And although teen Sonya finally found her voice—and a proper social life—I was still tormented by the smallest slip.

Living with this flawed internal monologue has hurt me in ways I'm only beginning to catalogue. I sweat when I make decisions (big or small) and backseat-drive like an over-caffeinated auctioneer. I second-guess all my choices; I

world. Me? I'm making a mental checklist of chores, a list that seems more insurmountable by the minute. There's laundry to fold, bills to pay, imaginary deadlines to meet. And somewhere between vacuuming and dusting, picking up prescriptions and picking up cat food, I start to sink.

Gentle laughter as I pass strangers often becomes a jab directed at me. Simple tasks join forces to form impossibly tangled webs. Difficult tasks become showstoppers. Everything is bigger, faster, harder. Mixed up with it all is the ever-present threat of succumbing to panic. If you ever looked closely—really looked—you'd see I am only frayed seams, just barely looped together. And as perceived negatives pile sky high, I get caught: Han Solo, encased in carbonite I've created. Like living vines in the Upside Down, converging, contracting and pulling me to the floor.

triple-check every lock. Standing up in a meeting is cause for hyperventilation.

But it's so much more than just cold sweats and clammy hands. I exist in the shadow of a deceptive monster: the persistent feeling of falling behind, no matter how far ahead I run; of always waiting for the second shoe to drop. Do I have a heavier workload than the average bear? Of course not. But I am the grandmaster of creating mountains, where there aren't even molehills. Between the real world and my interpretation of it lives Anxiety—Hungry-Hippo-style grabbing at thoughts and reshaping everything. It's an emotional tsunami tailing me through life—omnipresent and crushing.

Picture an average Saturday. You're probably dreamily imagining a later-than-usual alarm, brunch, perhaps some shop-happy strolling through your hood. Undoubtedly, it's sunny in your Saturday's

But there is a flip side to my hidden monster. Living in a continual state of apprehension has shaped who I am—and not only in negative ways. The acute self-awareness of a permanent state of yellow alert has made me semi-neurotic. But if I'm irrational, then I am also practical. Because I am concerned that I will forget something, I seldom do: Angst about everyday tasks has pushed me to be the most chronically organized person I know. (Seriously, spreadsheets are my BFFs.)

Fretting about the future forces me to plan ahead. Worry about clogged arteries keeps me vitamin-heavy and fitness-focused. Compensating for anxiety's perceived headwind makes me hard-working and ambitious. As a student, nightmares about late assignments kept me—somewhat obnoxiously—handing in my work two weeks too soon. And in my career, I let the fear of failure push me creatively and throw me outside my boundaries (like writing this story).

Since that first attack, I've had many panic-struck moments, and I'm not so clueless anymore. When the bout begins with that all-too-familiar sinking sensation, I'm ready with an uppercut. For a long time, that meant calling my Dad, until his death in 2009 forced me to untangle myself. It was an absolute disaster, but sometimes the best swimming lesson is getting chucked in the pool. Each time life threatens to swallow me, it gets a little easier to cope. I breathe slowly. I count. I squeeze my nails into my palms and close my eyes. And eventually it ends. Maybe I've never learned how not to end up on the floor, but at least I can get up on my own.

As I age, my anxieties are trees, shifting with the wind. I agonize less about saying the wrong thing, yet I worry more about how people see me. Small decisions no longer make me sweat (much), but the big ones loom larger than ever. The backseat driving has reached epic proportions, and despite a youthful love of turbulence—and an adult love of travel—I am steadily inheriting my mother's fear of flying. And in each and every one of these quirks is me.

If I could, would I relive my life without the extra worries? It's tempting—existence inside this tsunami is no small feat. But to erase even a single moment of apprehension would take away a piece of me. Anxiety may be a monster, but it's my monster. I am the sum of all my moments—anxious or otherwise—and, frankly, I like what they've created. The steps may have been tough to learn, but I choose the dance.

“I exist in the shadow of a deceptive monster: the persistent feeling of falling behind, no matter how far ahead I run.”

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A TOUGH PILL TO SWALLOW

As far as we've come in de-stigmatizing mental health issues, we're still reluctant to admit to taking medication. Here, three women share, anonymously, how antidepressants have come to their rescue at different times in their lives

“I couldn't get myself out of bed to go to my part-time job.”

I first started taking anti-depressants when I was 14. I had started feeling completely numb inside—I couldn't bring myself to cry for days, though I wanted to, and walked around half-smiling like I was on autopilot. Everything came to a head one Sunday morning when I couldn't get myself out of bed to go to my part-time job. It was scary for me and my family, and as loving and supportive as my parents were, I needed help. At first, I only told close friends that I'd started taking anti-depressants. For a while, I started thinking I should have gone to counselling first, wondering if that could have “fixed” me before I started taking the pills. But as I got older and learned about my family history of depression and what it means to have a chemical imbalance, I realized it was the right move. I'm glad I went on them before high school got really tough. It took some time to find the right drug and the right dosage; the process was frustrating sometimes. Some medications worked almost too well—to the point that I felt like I was in a waking dream. So I'd switch and feel fine for a while, until my system no longer jived with the medication, and it would stop working. My depression worsened while I was away at university and on my own for the first time—my late teens and early 20s were especially tough. Thankfully I've always had good doctors and a great support network. And as I've gotten older, I've learned how important it is to reach out during the tough moments—whether my medication is working or not.

“I'm not embarrassed. I need the meds, obviously.”

My experience with antidepressants is all over the place. I did a count and I've been on more than 22 different antidepressants and anti-anxiety meds (and even anti-psychotics, used off-label for antidepressants and sleep aids) since six weeks before my second daughter was born. I should have been on something after I had my first child (I had postpartum depression), but I tried to deal on my own, which was incredibly dumb. Some folks take Zoloft on day one (like I did) and that's what they stay on. Those folks are the lucky ones. I found that the most common drugs (SSRIs) seemed to work for, like, a few months. Then they just sputtered out. Eventually my shrink signed me up for a Centre for Addiction and Mental Health study that looked at antidepressants and what meds work best for your specific genetic makeup, and we found that my body doesn't metabolize SSRIs properly. So I tried other types of meds. I don't like taking meds. There is a stigma. That stigma is stupid. We all know that. I'm not embarrassed. I need the meds, obviously. I wish I could find a miracle drug: one that doesn't cause weight gain, dry mouth, hypertensive crisis...etc. The thing is that I don't remember what I was like before depression and anxiety. And I don't remember what it's like to go a day without taking meds. I take nine each day now (the max dose of my current one, split up during the day, and something for sleep). I think it's super important for women to know that they're not the only ones on these drugs.

“After about a year I weaned myself off them.”

I've been on antidepressants twice in my life (right now is one of them). The first time was six months after my husband and I split and I had a toddler and was living temporarily at my mother's while my ex was couch surfing (and I was stalking his social life on Facebook—a *seriously* bad idea). I was so crushingly sad, and coping with that and a three-year-old was getting to be too much, in a scary way. Not a suicidal-scary way, but an I-don't-know-how-to-deal-with-this-pressure-in-my-chest way, or how to breathe without telling myself, “Okay, in for this long. Good. Now out for this long,” over and over. I fell apart in my doctor's office and told her I thought I might need some prescription help. She said she thought that was a great idea. So we started me on the SSRI *du jour*. In about a month I started to feel slightly weird—and a lot better. Life was just less incredibly hard. I spent less time thinking about how sad I was. My obsessively looping thoughts chilled out, and so did I. And the weirdness was short-lived. I could cope, and the relief that came with that felt lifesaving. After a year I weaned myself off them and was fine. I recently went on them again, six years later, for a different reason—coping with the pressures of being a single mom (and realizing I was reminding myself how to breathe again). I'm less stressed out now and less crushed by life's demands. My plan is to put things in place in my day-to-day to take some of the pressure off and then wean myself again. In the meantime, I'm really grateful for this help in pill form.

THE KIT

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