



# Royal Report: Watch the wedding of the year with us

We're your destination for all things royal wedding. On Saturday, May 19, join us for live coverage on [thekit.ca](#) and [thestar.com](#), and look for a special section of *The Kit* in the Sunday edition of *The Toronto Star*. Cheers!

# THE KIT

*Mother's Day Special: Gorgeous gifts (that are also useful), expert advice for new moms (by new moms), motherhood real talk (pain, loss, fragile hope)*



- [THEKIT.CA](#)
- [@THEKIT](#)
- [@THEKITCA](#)
- [THEKITCA](#)



**Revamping the dress code**  
Buy less, buy better [PAGE 3](#)



**New mom wish list**  
Pretty presents for May 13 [PAGE 7](#)

# The truth about m(otherhood)

Being a mom means negotiating layers of emotional and philosophical insecurities. Not conforming to societal norms adds a few thousand more

BY SARAH LISS | ILLUSTRATION BY MARIN BLANC

As a kid (and for the better part of my adult life), I never thought I'd have a baby—that supposedly innate desire to grow a human that some women describe was utterly foreign to me, and my biological clock seemed perpetually unwound. Not only that, but as a queer person, procreation didn't strike me as an inevitable conclusion of coupledness in the same way it so often appears to be in heterosexual relationships. I also had such a fraught relationship with my body (particularly my breasts and belly) that the prospect of expansion, of weight gain, of ceding control of my physical self was less than appealing. That aversion was compounded by the fact that pregnancy is so often touted as a time when a woman ascends to some acme of femininity; my experience of gender is more complicated than that.

If I didn't plan to produce a kid, it seemed fair to assume that I'd never become a parent. The two were inextricably linked in my mind. At least, that was my subconscious narrative until somewhere in the fall of 2013, when a pair of faint pink lines on a pregnancy test confirmed it: My partner was pregnant. *We* were having a baby.

I officially became a mother on an afternoon in April 2014. Though he'd incited a minor panic by deciding to show up six weeks early, our kid emerged pink and hale, weighing a (relatively) whopping six pounds, three ounces. I'm not typically given to spontaneous tears, but I found myself weeping as I watched him open his mouth to mewl, then wail. In that moment, I was engulfed by a torrent of emotion—much of which, I'd imagine, is familiar to many moms meeting their infants for the first time: elation, disbelief, worry, pride, visceral love.

But there was also something lurking underneath those feelings: Gazing at this wrinkled, vernix-smudged being as he nuzzled, naturally and instinctively, against the chest of my partner, the person whose body had created him, I felt a faint, nagging sense of insecurity. I wasn't the mother who'd grown him or pushed him out into the world, or the one he'd instinctively turn to for comfort and sustenance; I was something else—*another* mother.

I didn't *want* to question my role. And yet, as I sat in the dim NICU surrounded by beeping moni-

tors and the distant wheeze of breast pumps, shirt unbuttoned, holding this kid—*my* kid—skin to skin, I worried about whether my best intentions could ever be enough for him. Was I missing some essential, authentic maternal connection because I'd been just a sympathetic bystander while my partner did the intense (and intensive) physical work of becoming a mom?

Rationally, I knew that my feelings were neither new nor revelatory—how many non-birthing parents had walked this path before I got there? To fixate on biology as some stamp of maternal certification was to dismiss the depth, beauty and authenticity of the bonds between the adoptive parents and kids I knew; to undermine the “realness” of the kids conceived through assisted reproduction by people who'd weathered serious struggles with fertility; to willfully ignore the primacy chosen family has always held for members of the LGBTQ community who've been disappointed or rejected by their blood relatives.

**CONTINUED ON PAGE 4**



**Wanted: perfect skin**  
One writer's serious quest [PAGE 9](#)



**Summer beauty collab**  
Add this to your hot list [PAGE 3](#)





www.chanel.com ©CHANEL, INC. CHANEL ® ©© CHANEL S. 01/11

Absolutely fabulous

YouTube phenom Patrick Starrr has created the summer’s most joyful makeup collection

BY KATHERINE LALANCETTE



It’s 10 a.m. on a Wednesday and Patrick Starrr is draped in a sheer beaded gown with a tulle turban atop his head. His lids sparkle with expertly blended sweeps of cerulean and bubble-gum, shades hatched for his latest M.A.C Cosmetics collaboration. It’s a full-circle moment for the 28-year-old, having once worked at the brand’s Florida Mall counter in his hometown of Orlando.

Describing himself as a “good Catholic Filipino boy” growing up, Starrr, born Simondac, originally planned on pursuing a degree in nursing, but discovered makeup was his true passion. Feeling depressed when he wasn’t working a M.A.C shift because he didn’t have a reason to paint his face, he decided to try his hand at vlogging. His YouTube channel now boasts a cool 3.7 million subscribers.

We caught up with the makeup sensation to chat blending, blossoming and Instagram brows.

**You used to work at a M.A.C counter. What’s it like collaborating with the brand now?** “It’s so crazy. Just looking at the images we shot, it’s such a pinch-me moment. This is going to go where I used to work, so I wanted to represent my blossom story, which is why I went with a floral theme. I also think it’ll be really special for a little girl or a little boy to see someone so different. It’s a new time.”

**What drew you to M.A.C when you were younger?** “Growing up, I’d see these big cosmetic ads from other

brands. I loved it, but when I saw M.A.C, it dared me to be different. Their credo really stood out to me: all ages, all sexes, all races. It’s very special to see a brand that celebrates such diversity, especially with RuPaul being the first Viva Glam ambassador. That’s why I wanted to work at M.A.C for so long. And now they’re working with me!”

**What your go-to glow recipe?** “Skin prep is so important. If I have an event, I’ll do masks and serums the night before, so my skin will soak it up. I also believe in setting sprays to get that overall glow. Mist a setting spray, apply a powder or cream highlighter, and then spray again to sandwich your highlighter with moisture.”

**A common makeup mistake you see?** “If you’re doing a smokey eye, a lot of people would think to put black on first and blend it out. But you should put a transition colour first, like a wash of nude and a grey, and then the black. Layering colours from skin tone to darkest is essential.”

**What’s your take on so-called Instagram brows?** “I’m not about it. It looks unnatural to me unless you’re competing on *RuPaul’s Drag Race*, then that would be a different story. It’s going to be a no for me.”

**Your foolproof contour tips?** “Stick to the number ‘3’ or sweep bronzer from the top of the ear to the corner of the mouth. That’s a good guideline.”

**What do you think of overlining?** “Girl, do you see my lips? [*Laughs*] I overline all the time. Would you rather buy a \$15 lip liner or pay \$500 for a syringe of filler? I love overlining my lips. It’s part of the illusion. I sometimes think, ‘Okay, if I overline my lips people hate it, but if I get injections, people are going to hate it even more.’ What do I do, walk around thin-lipped?”



SHOP THE COLLAB  
M.A.C PATRICK STARRR FLORAL REALNESS FULL FACE KIT (LIPSTICK, LIPGLASS, EYE SHADOW QUAD AND POWDER BLUSH DUO), \$60, MACCOSMETICS.CA



Look smart  
Suiting brand Grayes challenges everything you thought about strict dress codes

BY JILLIAN VIEIRA

If you work on the Bay Streets of the world, you’re well aware of the challenges the corporate life poses to your closet. There’s an expectation to conform to the straight-laced uniform, a look that speaks loudly of professionalism, but says nothing of style. It means budgeting for two wardrobes—one that’s all business, another for your everyday life—that rarely overlap in practice. It was the dilemma faced by Stephanie Ray, founder of Canadian workwear essentials line Grayes, after she wrapped up law school in 2016. “I didn’t want to feel like I was forced into something just to meet the standard,” Ray says. Her solution was a highly edited, “buy less, buy better” collection that could be personalized for traditional office spaces and weekend itineraries. A pair of windowpane-print pencil pants, tailored to modernity, is the perfect accompaniment to a Sunday spent window-shopping in white sneakers. Come Monday a.m., the same trousers, pulled over a crisp blouse, shift into boardroom mode. Even the line’s beloved blazer dress, a piece that takes the guesswork out of dressing, is a favourite among television personalities and CEOs alike. What’s more, the brand commits to dress code rules—think appropriate hemlines, devoid of skimpy straps or form-fitting silhouettes—so that you can always put your best foot forward. “The corporate world can be intimidating,” says Ray. “When you walk into a room, you want to feel like yourself and have that confidence.”

THE KIT COLLAB



FILORGA  
NCTF-INTENSE  
SUPREME REGENERATING SERUM, \$120,  
SHOPPERS DRUG MART BEAUTY BOUTIQUE



DOVE LIMITED-EDITION  
ENGRAVED BEAUTY BAR  
INSCRIBED WITH LOVE OR ‘AMOUR’ \$6,  
DOVE DERMA-CARE ANTI  
DANDRUFF DRYNESS &  
ITCH RELIEF SHAMPOO  
AND CONDITIONER,  
\$8, MASS RETAIL AND DRUGSTORES



ECOSSE WOMEN'S  
WATCH, \$10,  
MYSTYLE WOMEN'S  
FRINGE SCARF,  
\$8, GIANT TIGER

Mom-worthy gifts for your favourite woman

Mother’s Day—and every day—should be dedicated to making Mom feel special. Without her, where would we be? (“Literally, not here.”) You don’t need to break the bank to spoil her on May 13. These affordable items are sure to put a smile on her face.



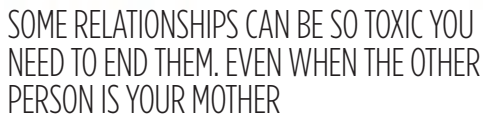
SAKS OFF 5TH  
GIFT CARD,  
\$1-\$2,000,  
SAKS OFF 5TH



QUO LIMITED-EDITION  
‘MOTHER’S DAY’  
COLLECTION  
BRUSH SET, \$35,  
QUO LIMITED-EDITION  
MOTHER’S DAY FACE &  
EYE PALETTE, \$25,  
SHOPPERS DRUG MART

Vancouver (604) 682-0522  
Calgary (403) 232-6240  
Toronto Bloor (416) 964-1085  
Toronto Flagship (416) 925-2577  
Toronto Yorkdale (416) 784-0990  
Montreal (514) 842-7318

EDITED BY EDEN BOILEAU | ILLUSTRATIONS BY MARIN BLANC



\*NAME HAS BEEN CHANGED

## BY LAURA DECARUFEL

**If this program was in place when you had kids, what difference would it have made to you?**

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

Exclusively for Mother's Day, pick up your limited edition bag at Marc Cain. 50% of net profits will be donated to Plan International, one of the world's largest non-profit organization for children's rights.



# show mom some love

MOTHER'S DAY IS SUNDAY MAY 13<sup>TH</sup>

MAKE IT HER MOST BEAUTIFUL MOTHER'S DAY YET WITH THESE STUNNING FINDS FROM beautyBOUTIQUE BY SHOPPERS DRUG MART

**NEW & EXCLUSIVE**  
Carolina Herrera Good Girl Gift Set \$115: Eau de Parfum Spray 50mL, Body Lotion 75mL  
VALUE OF \$139



Enjoy our Lancôme Spring Essentials cosmetic set for only \$45 with any Lancôme purchase. **VALUE OF \$209**  
This set includes our best-sellers: 1 La Vie Est Belle Eau de Parfum 4mL, 2 Colour Design Lipstick Poodle Skirt 4g, 3 Full-size Définicils Mascara 6.5mL, 4 Rénergie Lift Multi-Action Night 15mL, 5 Rénergie Lift Multi-Action 15mL, 6 Advanced Génifique 20mL, 7 Bi-facil Eye Make-up Remover 50mL.

**NEW**

Mugler Aura Gift Set \$88: Eau de Parfum 30mL, Body Lotion 50mL, Shower Gel 50mL



**NEW & EXCLUSIVE**  
Women's Fragrance Sampler & Certificate: Mom can start by sampling our most sought-after scents, then submit her scent certificate for a full-size bottle of her favourite one. **\$90 AND \$105**



**NEW AND EXCLUSIVE**  
Givenchy Live Irresistible Blossom Crush Eau de Toilette 75mL \$113



**EXCLUSIVE** Yves Saint Laurent Mon Paris Gift Set \$115: Eau de Parfum Spray 50mL, Body Lotion 50mL, Shower Oil 50mL **VALUE OF \$165**



\*Prices in effect from Saturday, April 28 to Sunday, May 13, 2018. \*Offer valid on purchase of eligible products. One gift per customer, while supplies last. No substitutions. Components are subject to change. Cannot be combined with any other promotion. No Rainchecks. See Beauty Expert for details. \*\*Value based on Shoppers Drug Mart regular price per mL/g.

SATURDAY MAY 12, 2018

Get the rewards you want

# 20x faster

Get 20x the  
PC Optimum  
points  
when you spend \$50 or  
more\* on almost anything  
in the store.

That's  
30% in  
points!



SHOP ONLINE AT **beautyBOUTIQUE.ca**

**SHOPPERS  
DRUG MART**

## Prep talk

Your guide to glowing, summer-ready skin from top to bottom



### Wow, you look amazing

Nancy Won took her skin from good to great (bouncy, juicy, just so fresh) with advice from Korean beauty experts



dripping wet face and a mist and start spritzing, no one will think it's weird. I've even seen grade-school kids misting each other." For a watery glow, Lee recommends a technique she recently learned from a few Korean beauty experts. "Try using a facial mist between each step of your routine," she says. "So you would cleanse, then mist, do the 7 Skin Method, mist, use a serum, mist, moisturizer, then seal it all in with a final spritz. It sounds crazy but it works amazingly!"

you're walking down the street and you pull out a mist and start spritzing, no one will think it's weird. I've even seen grade-school kids misting each other." For a watery glow, Lee recommends a technique she recently learned from a few Korean beauty experts. "Try using a facial mist between each step of your routine," she says. "So you would cleanse, then mist, do the 7 Skin Method, mist, use a serum, mist, moisturizer, then seal it all in with a final spritz. It sounds crazy but it works amazingly!"

If my skin had a personality type, it would be super chill. Easy going, low-maintenance and not at all needy. And while I owe a lot of that to my genes, I'm no slouch when it comes to skincare either. I follow the Korean 10-step skincare routine and have even devoted an entire section of my fridge to beauty products. I'm that girl.

But lately I've been haunted by eight little words that ring over and over in my head like a persistent mom nag. Only it wasn't my mother who said them, it was my facialist: "You know your skin is really dehydrated, right?"

Cue the immediate existential crisis. I thought I was the girl with the good skin. How did it get to "really dehydrated" without my noticing?

Turns out, dehydrated is not the same as dry, and the symptoms can be a lot more subtle. Properly hydrated skin is bouncy, fresh and glow-y. Dehydrated skin is just kind of blah. A good way to check is the pinch test: gently pinch the skin on your cheek—if it's slow to bounce back and you notice some fine lines, welcome to the dehydrated skin club.

Since Korean women are obsessed with keeping their skin moist and dewy (a.k.a. "chok chok") at all times, I tapped my favourite K-beauty gurus to get the scoop on what's missing from my routine. Here are five, ultra-hydrating, life-changing skin tricks every Korean woman swears by.

Ditch your towel!

Turns out your bathroom towel is not your skin's best friend. "I don't use towels on my face at all," Sarah Lee, co-CEO of Korean beauty site Glow-Recipe.com, tells me. "Think of your skin as a sponge. If it's damp, it's ready to absorb product more easily." I'd tried this a couple times but a

from your hands as possible before using them to gently flick excess water away from your face, and b) pat-pat-pat!

Layer toner

When the 7 Skin Method first appeared in Korea two years ago, it immediately went viral. The idea was to pat in seven layers of toner (also called "skin" in Korea) one after the other. "Lighter-weight textures penetrate more deeply into the skin, so applying multiple layers of a hydrating toner, just a couple drops at a time, will give a much better result than a single layer of toner plus a thick moisturizer, which will just sit on top of the skin," says Lee. It may sound like a lot of effort, but once you see the way your skin drinks up the toner and how plump it looks by layer five, you'll be hooked.

Mask daily

Many of us break out a sheet mask on the weekend or during a girl's night in, but in Korea, masking is more than just an occasional indulgence: It's an essential step in the everyday skincare routine. "There's a movement in Korea called 'one day, one mask,' and basically people are sheet masking every day," says Lee. "It's not something that's seen as extra care." In fact, people will sheet mask anytime, anywhere and everywhere. "I've seen people driving while wearing a sheet mask," Kim tells me. "It's normal." If you're too lazy to do it daily, a good alternative is a sleeping mask, i.e., a hydrating overnight treatment you put on before bed.

Mist and spritz

We're familiar with facial mists, but in Korea, the misting game is on a whole other level. "Everyone uses facial mist here," says Kim. "If

## Happy feet

Here's to welcoming sandal season qualm-free

BY KATHERINE LALANCETTE

The first words most women utter when they take their shoes off, says Emily Stock, owner of Toronto's Barefoot Beauty salon? "Sorry my feet are so ugly!"

"They often tell me they haven't gotten a pedicure in years or haven't shown their feet in ages because they're embarrassed by them," she says, sitting at the back of the cheery, brick-walled space.

A registered chiroprapist, Stock opened the eco-conscious salon (it offers waterless pedis and non-toxic polishes) and an adjacent foot care clinic last July, effectively creating a one-stop shop for feet. She found that while we regularly tend to other parts of our body, we often fail to extend the same type of care past our ankles.

"People often neglect and hate their feet. They get their eyes checked and their teeth cleaned regularly and really, it should be the same for feet. They take such a beating."

Beat-up feet are something Tanya Howard knows better than most. A first soloist at the National Ballet of Canada, she says feet are often the first thing people inquire about when they find out what she does for a living.

"It's usually 'What do your toes look like?' and 'Can you do the splits?'" she jokes of the typical reactions. "Sometimes I'll wear closed-toe shoes just to avoid talking about them. It's not always the ice-breaker you want to have at an event." But in an age of increasing self-acceptance, Howard says dancers, herself included, are beginning to take pride in their battle wounds. After all, they work hard for those cracked nails and calluses.

"I remember 10, 15 years ago in the company, there was a principal dancer who never wore an open-toe shoe. Never ever! Personally, I can't resist a strappy high-heeled sandal, so I try not to care. I tell my kids everyone has a weird toe," she says with a chuckle, pointing out a particularly roughed-up appendage.

If someone who sacrifices their feet for their craft can learn to love them, we mortals should have a fighting chance. Besides, wouldn't it be wonderful to enjoy what little sockless weather we get in this country without being bogged down by insecurity?

"If they look nicer, you're going to like them more," says Stock, asserting we



could all do with some extra maintenance. "Appreciate your feet. They carry you all through life, so you want to make sure you allow them to do that comfortably."

Her top tips? Gently smooth down calluses with a file or pumice (steer clear of grater-like apparatuses), moisturize with a lotion designed for soles' thick skin and make sure your shoes fit right. When all else fails, there's always nail polish. "A bright red polish can fix everything," says Howard. "It can even make a bruised navy blue toe look acceptable!"

## Bumpy road

Can cellulite actually be conquered? Beauty director Katherine Lalancette searches for smoothness

I'm shuffling down the hallway of a posh plastic surgery clinic in white socks and a paper gown, clutching the back slit so I don't inadvertently moon anyone. Stephanie, the doctor's assistant, directs me toward a pedestal in the photography room where I turn to face the wall, relieved I don't have to make eye contact for this next part. She proceeds to give my behind a full-on photo shoot, capturing it from every angle and dimming the lights midway to emphasize each lump and bump.

The only thing getting me through this festival of awkwardness is a glimmer of hope I'm holding onto with the same tight grip that kept my gown closed. At the end of this humbling tunnel lies the possibility that I will be cured of that most pesky of female ailments, cellulite.

Toronto Plastic Surgery is one of only four Canadian clinics offering Cellfina, a cellulite-banishing treatment launched in the U.S. about three years ago. With the help of a tiny blade, it slices the bands that pull down on skin and create the divots known as cellulite. It requires a single hour-long procedure, involves zero downtime and smooths dimples for at least three years.

"That's how long the FDA trials ran, but my particular feeling is it that it should be a pretty permanent result," says Dr. Mitchell Brown, a plastic surgeon and the clinic's co-founder.

He first heard of Cellfina a few years ago and immediately reached out to its makers to bring it up north. For years, his patients had asked if there was anything he could do to iron out the dents that made them self-conscious at the beach or sometimes peeked through their skinny jeans.

"Everything else previously didn't work well," he says. "This works."

Unfortunately, it doesn't work for all women. Cellfina treats only a very specific kind of cellulite, namely localized dips, like those of a golf ball, rather than what is charmingly called "a generalized cottage cheese appearance." Because of this, almost 60 per cent of patients who come in wanting the treatment get turned down.

As Stephanie shows me photos of my bum in a hot pink thong (should have thought my underwear choice through), she announces that I am unfortunately off the untreatable cottage cheese variety. My hopes are as crumpled as the skin on my thighs.

Ann Spenceley, on the other hand, was one of the lucky few to get the green light. She slipped through a Cellfina pamphlet one day while waiting to get another procedure in Brown's office and was instantly intrigued. Following a consultation shortly after, she decided to take the \$4,500 plunge toward smoothness.

"I'm 54 years old and have probably had cellulite for 40 years, just like my mom," Spenceley says. "I work out avidly five days a week. You know when they say in Pilates 'What area do you want to work?' I'm always the one who says 'glutes!' I eat extremely well. I've had the same body weight most of my life, and I've never found anything made a difference. It was still always there and always embarrassing in a swimsuit."

The morning after the procedure, Spenceley gingerly rolled down the compression shorts she was instructed to wear overnight and was amazed to find the dimples already seemed lifted. Her bum was bruised for about two weeks and she had some trouble driving, likening the pain to "a very bad sunburn," but says she'd do it all over again in a heartbeat.

"All those years tugging my swimsuit bottoms down to hide the cellulite...I don't think I'll be doing that this summer," she says. "I wish I could have done this earlier."

The figures vary, but most studies estimate between 89 and 98 per cent of women will have cellulite at some point in their life, a fact attributable to the way fat attaches to our muscles, says Brown. So what can my cottage cheese sisters and I do about it?

"Other solutions that I believe as a clinician are worth the money and are likely to work? None," declares the doctor. "It's like asking for a solution for stretch marks. We haven't figured that out yet."

Perhaps sensing my despair, he offers up some reassurance. "Genetics and the way we're made are what make us unique. We've figured out so far how to change certain things and not others. Five years ago, Cellfina didn't exist, so we have to hope that five years from now, someone will come up with a good idea that will treat other types of cellulite."

Until then, every time I feel that urge to tug on my bikini, I'll try to remember I'm far from alone in this predicament. And since there's nothing to be done, there really is no use obsessing about it. Here's to enjoying the summer, dimples and all.

\*Name has been changed

## THE KIT

**Editor-in-Chief**  
Laura deCarufel  
@Laura\_deCarufel  
@LauradeCarufel

**Creative Director**  
Jessica Hotson  
@jesshotson  
**Executive Editor**  
Kathryn Hudson  
(on leave)  
@hudsonkat

**Beauty Director**  
Rani Sheen (on leave)  
@ranisheen  
Katherine Lalancette  
@katherinelalancette  
**Fashion Director**  
Jillian Vieira  
@JillianVieira

**Digital Director**  
Caitlin Kenny  
@caitlinkenn\_insta  
**Managing Editor**  
Eden Boileau  
@lilyedenface  
**Digital Editor**  
Jennifer Berry  
@jenjenberry

**Associate Art Directors**  
Sonya van Heyningen  
@svanh7  
Kristy Wright (on leave)  
@creatiewithak

**Publisher, The Kit**  
Sarah Chagnon  
**Project Director, Digital Media**  
Kelly Matthews  
Direct advertising inquiries to:  
**Collab Director**  
Evie Begy, eb@thekit.ca

**Collab Coordinator**  
Sarah Chagnon  
**Collab Designer**  
Oana Cazan  
(c) 2018, The Kit, a division of Toronto Star Newspapers Limited.

**Star Media**

**President and CEO, Torstar, and Publisher, Toronto Star**  
John Boynton  
**Editor-in-Chief, Toronto Star**  
Michael Cooke

\*Point multiplier applies only to the regular 11 points per dollar for eligible in-store spending. Points based on the net price paid for eligible products (excludes purchase of tobacco, liquor, alcohol, gift cards, all prepaid cards, restaurant credits, post office transactions, postage stamps, Shoppers Health Care and Wellness locations, cash back, delivery charges, all purchases made through any participating 3rd party operation and any other products that are not eligible for related to conversion with the Program, are previously registered, including pharmacy related transactions) or as we determine from time to time. Offer applies to promotional services that are pickup and paid for on the day of the offer only. Cannot be combined with any other PC Optimum points promotion or offer or point earning rates based on present method. See terms & conditions for full program restrictions.

# PRADA CANDY



EAU DE PARFUM