



Life in Colour

For a long time, Laura Gulshani was adamant art would remain a hobby—she was seeking stability, a good 9-to-5 job. But her heart had other plans. “I tried everything until there was nothing left to give me joy,” she says. Now living in Paris, the Canadian painter—and former *Kit* intern!—makes a case for choosing passion over pragmatism **PAGE 6**



Lucky Spring collection
Between the Finger™ ring,
rose gold, carnelian, onyx
and white mother-of-pearl.

Van Cleef & Arpels

Haute Joaillerie, place Vendôme since 1906



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FOR A TOUCH OF LUXURY
A chic charm that expresses personality is a great way to personalize your favourite accessory. Loewe's anthurium resin bag charm, part of the Spanish fashion house's botanical-inspired spring/summer 2023 collection, is a unique gift that's equal parts elegant and fun.
LOEWE CHARM, \$590, HOLTRENFREW.COM

FOR FRESH INSPIRATION
A bouquet of blooms couldn't miss the mark if it tried. And a subscription series of bouquets arriving well after the Mother's Day brunches are over will bring a burst of delight for months to come.
FLOWER SUBSCRIPTION, FROM \$26 (3 DELIVERIES), TONICBLOOMS.COM

MAKE YOUR DAY

These Mother's Day gift ideas are guaranteed to bring you joy all year long

By Melissa Fejtek

FOR BETTER BATHS
A spa day makes an excellent gift, but there's something especially relaxing about recreating the experience at home. Enhance the self-care ritual with an uplifting bath oil, like this one from Olverum, which features a heavenly aromatic concoction of Siberian fir needle, eucalyptus and lavender. A little goes a long way: You only need a tiny bit—half a capful—to experience its intensely hydrating effects.
OLVERUM BATH OIL, \$74 (125 ML), THEDETOX-MARKET.CA

FOR A SWEET READ
Heartfelt gifts that aren't cheesy can be hard to find, but this coffee-table book is as sweet as it gets. Photographer Claiborne Swanson Frank's *Mother & Child* compiles her emotional portraits of 70 pairs of mothers and children, including icons like Carolina Herrera and Aerin Lauder, and the bright pink cover is a stunning focal point in any room.
ASSOULINE MOTHER & CHILD, \$208, FARFETCH.COM

FOR A SUBTLE STATEMENT
Even those with the most selective taste will appreciate a simple yet elegant addition to their jewellery collection, like this floating pearl ring. Featuring two cultured freshwater pearls on a sterling silver band, the metal of the moment, it can be worn alone for a minimalist feel or stacked with your other favourites.
BIRKS RING, \$400, BIRKS.COM

FOR MORE STYLISH ENTERTAINING
If you love to host, a fabulous cutting board is not only a practical gift but a conversation starter. This speckled Fredericks and Mae board is upcycled from solid-coloured cutting boards and doubles as a presentation piece. Plus, it's made from professional-grade plastic, so it's built to last.
FREDERICKS AND MAE CUTTING BOARD, \$130, 313DESIGNMARKET.COM

FOR AN ELEVATED ESSENTIAL
Mother's Day is the perfect occasion to receive a luxurious version of something quotidian that you might not purchase for yourself, like a very fancy lip balm. Clé de Peau's longwear lip treatment has a lovely natural rose scent, contains SPF 25 and keeps lips soft and supple.
CLÉ DE PEAU BEAUTÉ PROTECTIVE LIP TREATMENT, \$88, CLEDEPEAUBEAUTE.CA

FOR THE KID AT HEART
Give yourself a break from the noise of everyday life with a mindful building project designed for adults. You don't need a green thumb to enjoy these orchids: Have fun experimenting with the stems, petals and leaves to create new combinations with each build.
LEGO ORCHID, \$70, INDIGO.CA

FOR THE SPRINGEST SCENT
Mother's Day gifts don't get more classic than a gorgeous fragrance. This limited-edition Nina Ricci scent is fresh and comforting all at once, combining crisp apple and zesty lemon with floral notes of tiny white blooms, wrapped up in white musk and vanilla.
NINA RICCI NINA NATURE EAU DE TOILETTE, \$92, THEBAY.COM

FOR A HIT OF COLOUR
Nothing heralds spring quite like the tulip, and this gloriously colourful scarf brings together 29 prime specimens illustrated by artist Aline Honoré, on Hermès's signature –buttery soft silk twill with rolled edges.
HERMÈS SCARF, \$550, HERMÈS.COM

THE KIT X NINJA

Meet Your Next Grilling Essential



Have almost no time or outdoor space? You can still grill like a pro

There are some scents that just scream summer: sun-screen, freshly mown grass, that smokey haze of a grill sizzling up something delicious. Have you ever had halloumi done on the BBQ? Life-changing stuff.

When it comes to the actual art of grilling, however, it can feel intimidating or even out of reach — especially if you're a beginner or operating under less-than-ideal conditions. A teeny-tiny condo balcony, perhaps? Five minutes to make dinner after a bonkers workday, maybe?



Fear not, pitmaster-in-the-making: Step one to making grilling a breeze is choosing the right appliance, and there's an innovative new kid on the block, The Ninja Woodfire Outdoor Grill and Smoker offers time-saving ease and a compact design — perfect for even small spaces, like condo balconies or tiny townhouse backyards.

For starters, it's electric, meaning it's condo- and apartment-friendly, and there's no gas hook-up or complicated charcoal lighting required. The non-stick, easy-to-clean grill performs with the same intensity as a full-size BBQ, while an integrated smoke box allows you to add smokiness using real wood pellets.



Possibly best of all, the Ninja Woodfire Outdoor Grill and Smoker does more than just grill: You can smoke meat (hello, bris-ket!), as well as air fry, dehydrate, bake, broil and roast. This means you can prepare a summer feast with one appliance, leaving you more time to hang out with family and friends watching you grill like a pro in awe.

This content was created by The Kit; Ninja funded and approved it.

CHANEL

COCO MADEMOISELLE



EAU DE PARFUM

Dream

Laura Gulshani started painting as a way to quell her anxiety. Now, the world that she's created off-canvas matches the beauty of her work, where flowers are perpetually in bloom, people wear wonderful clothes and days pour out slow and sweet. If you're willing to take some risks, life really can imitate art

By Katherine Lalancette
Photography by Royal Gilbert



a little



Gulshani designed the packaging for Guerlain's spring makeup collection, including this rosebud lipstick covered in denim—a staple of the Parisian woman's wardrobe. GUERLAIN ROUGE G FLORAL, DENIM REFILLABLE LIPSTICK IN BLOSSOM JEAN, \$48. SEPHORA.CA

dream

L

aura Gulshani has two types of days. There are the mornings she fixes herself a cup of coffee in her small, sun-filled *appartement*, then sets up her oils and gets to work painting in her kitchen. Then, there are what she calls her “art explorer days,” when the entire agenda is dedicated to fuelling up on beauty. “I’ll go to a new café I’ve written down and then I’ll take a long walk and maybe go to a museum. I love doing that stuff on my own because then I can really immerse myself in what I’m seeing, what’s inspiring me and keep it all in my visual bank to pull out later.”

Gulshani never imagined she’d one day be a professional artist, much less one living in Paris. Raised in Mississauga, Ont., the child of a Colombian mother and an Iranian father, she felt a responsibility to pursue a “real” career. “My goal was always to have some sort of stable job because I come from a family of immigrants who worked really hard and came from nothing,” Gulshani explains. “Their goal was to give me a better life so I could get a better life for myself, not become, like, a broke artist [*laughs*].”

Not that her family didn’t encourage her artistic leanings. Her mother, a librarian, is an avid crafter, while her father, a nuclear scientist, is creative in his own way, she says. As a child she and her brother would build cardboard castles in the backyard and draw and paint. “We would doodle on the walls, and my mom would let us. My parents never pushed me into any type of work. They just said, ‘Do what makes you happy.’”

For a long time, Gulshani thought that would be a job in magazines. “I grew up watching Jeanne Beker and other amazing fashion journalists like Hilary Alexander and Suzy Menkes, so that was something that really interested me,” she says. She studied fashion at Toronto Metropolitan University (formerly Ryerson) and interned at various publications including *Elle Canada*, while keeping up her drawing on the side. As it happened, it was a stint as an editorial intern for *The Kit* that wound up changing her trajectory.

“It was the best team—they were so supportive and taught me so much about the editorial world,” she recalls. “When they found out I did drawings, they gave me projects so that I could make enough money to buy a smart-phone and get Instagram, because they were like, ‘You need Instagram for your work—that’s how you promote yourself!’ And I really didn’t want to, but I realized it was important, and they helped me do that.”

Though she was shy about it at first, Gulshani started sharing her art—whimsical fashion illustrations bursting with colour—on social media. She got a job as a copywriter for The Shopping Channel; after coming home, she’d paint all evening. She kept this up for about two years, amassing fans along the way. Then, *Marie-Claire UK* reached out with the opportunity of a lifetime: an assignment to cover fashion month in paintings. She handed in her resignation and headed backstage at fashion weeks for a season: New York, London, Milan, Paris. She’d paint some stuff in real time at the shows, then do some more in her hotel room at night and send it to her editor.: “It was stressful, but it was an incredible experience.”



There’s so much in Paris that speaks to me and my soul as an artist.

When she got back to Toronto, Gulshani made the decision to become a full-time artist. “My heart just didn’t glow with anything else,” she says. She was living with her mother and spent her days painting—“painting everything”—and fine-tuning her style: jaunty brush strokes that seemed to dance across the canvas, a buoyant palette of hibiscus pink, persimmon orange and deep sea blue—the colours of her parents’ homelands. “Growing up, there were always artifacts in my house from both my mom’s and my dad’s side,” she remembers. “It’s very poetic on both sides and very colourful and decorative. Subconsciously, I think that really inspired me.”

While rooted in the personal, something about Gulshani’s art seemed to resonate with a lot of people. Little by little, her following grew until one day, it practically exploded. “A significant moment was when [French designer] Jacquemus reposted one of my paintings,” she remembers. From there, she landed her first international exhibition in Madrid, had her work published in *British Vogue* and designed prints for Escada’s 2019 resort collection.

That’s also around the time Gulshani decided to move to Paris. Work opportunities kept bringing her to the city, so she thought, “Why not try living there?” “There’s so much here that speaks to me and my soul as an artist,” she says. “Art has a different meaning in people’s lives here. It’s considered essential to a good lifestyle balance to enjoy art, to immerse yourself in art, to collect art.”

Gulshani has since collaborated with a bevy of French names including Le Bon Marché, Paul & Joe, Jonak and Soi Paris. Most recently, she was tasked with designing the packaging for Guerlain’s spring makeup collection, an ode to classic blue jeans. Wrapped in denim, the result is a highly collectible array of eyeshadows and lipsticks embroidered with cheery blooms and bumblebees—the latter an emblem of the storied beauty house.

Regardless of the subject matter or medium—be it a canvas, clothes, pottery or a makeup palette—there is a common thread that runs through Gulshani’s work: joy. Pure makes-your-heart-smile kind of joy. “I paint things that really spark something inside me and make me want to recreate them, whether that’s a vase of flowers or something on the runway or someone’s face on the street that I just fell in love with. I am very much into politics and following international foreign affairs, but I’ve never wanted to mix the two. I guess it’s a way of escaping and coping with anxiety, because I’ve had anxiety all my life, and painting has been my therapy.”

It’s that light-heartedness that’s become her signature and built her success, but it’s also what’s caused her to feel like an impostor at times. “I always have this deep-seated insecurity that I’m not taken seriously because my stuff is not conceptual, it’s not intellectual,” she says. “I don’t have formal training. [My work] is just a collection of things that I love to paint and the way I would love to live if I had the opportunity to wear this or have a room like that. But if the right people find my work and it makes them happy, then that’s really fulfilling.”

At the end of the day, fulfillment is what it all comes down to for Gulshani. She may not have chosen the secure path she once strove for, but the risks of following her passion have more than paid off. “I realized I don’t need a lot to be happy, so I can kind of get away with not having all the things that my friends with full-time jobs have,” she says. “I never dreamed of having a big house or lots of money. I just wanted to be happy and comfortable and fill my life with beautiful things and colours.” In turn, that’s exactly what she’s filling the world with, one painting at a time.

Poor pores. For decades, the beauty industry has sought to eradicate them, be it with stinging astringents or surreptitious airbrushing. Poreless skin—that’s been the aim. There’s only one problem though: “You can’t actually get rid of a pore,” says Katie Helfrich.

Nor should you want to, says the head of global product and service innovation at Benefit Cosmetics. It turns out pores are pretty vital. They allow you to sweat and regulate your body temperature. “Without them, we’d have to live underground in a dark cave,” says Helfrich. They also drive oil to the surface of your skin, thus protecting it and keeping it supple. And yet, rarely do we give them any recognition.

“‘Pore’ is like a four-letter word,” jokes Maggie Ford Danielson, director of brand outreach at Benefit. (Her mother and aunt, twins Jean and Jane Ford, founded the company in 1976.) “Just saying it gives people a visceral reaction.”

The cosmetics brand is out to change that. Building on the success of its POREfessional pore-minimizing primer, Benefit recently unveiled a complete line of skincare products all dedicated to the wellbeing of pores. Correction: “It’s not skincare, it’s pore care,” says Helfrich. “We’re pore-positive—we’re not trying to erase your pores. We actually want to teach you how important it is to care for them.”

In marketing visuals for the line, models appear fresh-faced and unretouched; a bump here, a blemish there. Most significantly, they have pores. “Skin isn’t flawless,” says Jared Bailey, Benefit’s senior director of brand engagement. “That ‘glass skin’ look doesn’t really exist without a filter or some kind of unnatural enhancement.”

What can exist IRL though is clearer, smoother, more glowing skin. Because while you can’t delete pores, you can deep clean them and make them look smaller, making for a complexion that’s more even and radiant overall. Historically, products that promised to do that went about it with harsh ingredients or tools that looked like they belonged in a dental office or—a teenage rite of passage—strips that left you red and raw.

Not the case here. The idea is to do something nice for your pores for once. Think: luscious oils, frothy foams and cocooning creams. “There’s this belief that [a pore product] isn’t working if it’s not painful,” says Ford Danielson. “Pores need to be treated with respect. If you’re using the right ingredients, you don’t have to torture them.”

The proof is very much in the pudding. Built on three pillars—clearing, tightening and smoothing—the range took four years to perfect, every product submitted to scrupulous testing.

In the clearing category, you’ve got a makeup-removing cleansing oil that lifts pore-clogging debris (it’s science: oil attracts oil) while maintaining skin’s moisture balance, as well as a purifying clay mask. As the latter dries, you begin to see dots appear: excess oil being suctioned out before your very eyes.

Moving on to tightening, a major objective for many: In focus group research done by the brand, almost a quarter of people said they would give up alcohol for a full year if it meant their pores would be smaller.



We obsess over them, squeeze them, pinch them. Now, a new range wants us to be nicer to our pores

By Katherine Lalancette

Seeing spots

Let’s set one thing straight: Pores do not open and close. Their size can, however, fluctuate. For example, a build-up of debris or sebum can stretch them out. Aging and gravity also play a role, pulling on pores and make them bigger, a phenomenon Helfrich calls SPS: saggy pore syndrome.

The world-class chemists at Hélios, the research centre built by LVMH, Benefit’s parent company, spent years studying possible fixes. What they came up with is a foaming cleanser that visibly removes impurities and reduces the look of pores. It stirs in an ingredient called bisabolol to simultaneously soothe. There’s also a very cool foaming toner (that’s right: it’s a toner in mousse form) spiked with alpha-hydroxy acids and citrus extracts to gently exfoliate. It too boasts that aforementioned calming bisabolol.

Rounding out the range is the smoothing duo: a quick fix mask that makes skin’s texture more even in just five minutes, and a water-based gel cream that refines pores and hydrates thanks to a cocktail of niacinamide, squalane and aloe leaf juice. Because contrary to popular belief, skin with visible pores still needs moisture. In fact, dryness can actually make pores *more* noticeable.

“People start using the products and they’re like, ‘Oh, my pores are smaller,’ but that’s really the size they’re supposed to be,” says Bailey. “They’re appearing smaller because now you’re caring for them. When you do more for your pores, you start to see more from your skin.”



Famous for its makeup products, Benefit Cosmetics has now entered the skincare space with a range entirely focused on pores.

BENEFIT COSMETICS THE POREFESSONAL SPEEDY SMOOTH MASK, \$49; TIGHT ‘N’ TONED PORE-REFINING AHA+PHA TONER, \$46 AND DEEP RETREAT PORE-CLEARING CLAY MASK, \$49. SEPHORA.CA

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THE KIT X ATHLETA

MOVE LIKE A MOTHER

For Mother’s Day, choose a gift that puts her well-being first



This dress really has it all, from the buttery-soft Powervita™ fabric with support that feels like a gentle hug to a shape she feels confident in wherever the day takes her. Plus, it has every woman’s favourite detail: pockets!

ATHLETA CONSCIOUS DRESS, \$129. [ATHLETA.CA](#)



Nothing says summer like linen, and the breezy shape and subtle texture of these trousers will have her reaching for them again and again. Bonus: they’re 100% linen and 100% washable, making it 100% a must-have for the favourite woman in your life.

ATHLETA RETREAT WIDE LEG LINEN PANTS, \$109. [ATHLETA.CA](#)



Can a pair of shorts make you run faster? If any can, these are the ones. They’re made from a recycled fabric that’s light as air, and the no-slip waistband means no awkward, mid-run adjustments.

ATHLETA MESH RACER RUN SHORT, \$59. [ATHLETA.CA](#)



Gift her distraction-free time to herself and allow her some down-dog and meditation in these super soft pants. They gently hug at the waist and hips, and then flare out for ease of movement. Plus, they’ll dry in a snap if hot yoga has her working up a sweat.

ATHLETA ELATION WIDE LEG CROP, \$99. [ATHLETA.CA](#)



The all-around stretch and built-in shorts make this skirt highly functional, while the sleek ruffle make it a style smash. Also smart: On sunny courts, the fabric offers UV protection with a UPF 50+.

ATHLETA ACE TENNIS SKIRT, \$79. [ATHLETA.CA](#)



Celebrate the limitless potential of girls everywhere with the most adorable matching mini-me skirt – it has all the functionality of mom’s grown-up version, with a pocket for keys or an extra tennis ball, plus it’s machine washable.

ATHLETA GIRL SWING SKIRT, \$55. [ATHLETA.CA](#)



An animal welfare and veterinary expert was present on set, and all guidelines issued by Cruelty Free International were followed, to ensure no animals were harmed in the making of this campaign.

 **GARNIER**

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