

TORONTO STAR (08.25.2022

SEST IN BEAU,



YOU'RE GOING TO ABSOLUTELY LOVE

Beauty Disrupter Awards



We spent months testing out the newest launches in skincare, haircare, makeup and more. The results are in: Here are the innovations that got everything right

By Katherine Lalancette

Photography by Brian Rankin



CELEBRATING OUTSTANDING ACHIEVEMENT AND EMERGING TALENT IN THE CANADIAN FASHION INDUSTRY

SATURDAY, OCT. 15, 2022 FAIRMONT ROYAL YORK HOTEL, TORONTO

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#The Foundation Of Everything THE ULTIMATE FINISH.

THE BEGINNING OF YOUR FUTURE-BEST SKIN.



Skin

Please list your hobbies: masking exfoliating, double-cleansing...

acts like a magic eraser

We all know we shouldn't pop

our pimples, but that doesn't

it's devised a product that can

mitigate the damage. Spiked with

targeted fix nixes red or brown

T FIX, \$29,

DERMALOGICA CLEAR START

salicylic acid and squalane, this showed longer, thicker or darker



The capsules that fade dark spots in your sleep These capsules are small but mighty. Each contains a potent blend of brightening ingredients, including vitamin C, langsat leaf extract and ginger, to noticeably reduce the size, number and intensity of dark spots while you slumber. With each nightly application, skin becomes clearer and more even, taking on a near translucent gleam

ELIZABETH ARDEN VISIBLE BRIGHT-ENING SPOT CORRECTING NIGHT CAPSULES, \$115, ELIZABETHARDEN.COM



The serum that The mask that's like revs up radiance

a facial in a tube Ask any derm what ingredients This is not your average clay Retinol is considered the gold There's the constant movethey recommend most and mask. For starters, it won't leave standard of anti-aging. The ments—blinking, squinting, product is actually meant to your face feeling all tight and dry caveat? It doesn't always get smiling—the incessant screen be applied around the mout they're bound to list vitamin C.

CÉLA GLACIER CLAY MASK, \$50, THISISCELA.COM

by picking.

The retinol that vouches The eve concentrate that to never irritate your skin

11538

turns back time

along with our skin. Drunk time, the lack of sleep... Our to iron out vertical lines and

The treatment that makes lips look amazing Nope, it's not a lip balm. This



The cream that's like a his moisturizer is of the "teach Rather than just serving up

light-reflecting particles illuminate all skin tones. SUMMER FRIDAYS LIGHT AURA VITAMIN C + PEPTIDE EYE CREAM, \$55, SEPHORA.CA



The exfoliant that gives new meaning to glassy skin There's smooth and then there's your face after using this treatthe texture is divine-does away ment. Fruit-derived alpha-

THE KIT | 3

your face This sunny tube turns cleansing into a treat. The oil-based balm—

soft muslin cloth.

with makeup, sunscreen and hydroxy acids clear away dead pollution all while nourishing cells and debris to resurface skin

TRINNY LONDON BE YOUR BEST ENZYME BALM CLEANSER, \$55, TRINNYLONDON.COM

The cleanser that'll have

you excited to wash

skin, supporting its microbiome without stripping it of moisture and increasing its radiance (thank There's also wild rose to keep you, pineapple enzyme). It's also excess oil in check and niacinamide to minimize the look of

refillable and comes with a super-



The mask that soothes fakes a full night's sleep sensitivity overnight The reviews for this product Tired of looking tired? This crear has your back. It brings together are off the charts, and once you use it for a while, you'll see glow-boosting vitamin C with a firming peptide that lessens the why. Powered by floral extracts like cornflower, cherry blossom redness and rough texture. Come morning, you'll see a smoother, more even complexion.

will drink right up

healing properties, along with

hydro-ionized mineral water

to quench thirsty skin. The

D SPECTRUM SPE

complexions-no cast, ever.

LANEIGE HYDRO UV DEFENSE

50, \$39, SEPHORA.CA

look of lines, and caffeine, a great and peony, the comforting mask de-puffer. But that's just the start calms signs of sensitivity like of it. The pretty peach hue also helps neutralize dark circles while

FRESH FLORAL RECOVERY REDNESS REDUCING OVERNIGHT MASK, \$89,



a K-beauty hero famed for its peptides and ceramides actu-



hydration on a platter, the

combination of amino acids,

ally strengthens the skin barrier

so that it becomes better at

retaining water. Skin emerges

more resilient, and bounce and

MOISTURIZER, \$64

elasticity are restored. OLE HENRIKSEN STRENGTH TRAINFR



LE FOND DE TEINT | THE FOUNDATION

Complexion and skincare innovation combine for the ultimate finish. New Blur Perfection Technology EX instantly softens imperfections. Gives a lustrous look. With new Precious Lakesis Complex, improves firmness over time. Exquisitely luminous today. Your future-best skin tomorrow.



UNLOCK THE POWER OF YOUR RADIANCE

The multi-tasker brightens skin, after you rinse it off. Au contraire. fights against damaging free But not only does it hydrate and Elephant has a solution: a eyes go through a lot and it can smile lines. NeoGlucosamine, radicals and stimulates collagen production. And it doesn't have exfoliates to reveal healthier- active with soothing marula oil repair itself, improving the look acid, and NeoCitriate, which to break the bank, either. This looking skin. It's all thanks to the drugstore option adds in peptides sourced right from the coast of and lactic acid for a glow you can British Columbia. really see.

soften, it also deep-cleans and coddling elixir that pairs the show. This concentrate helps skin a building block of hyaluronic to maintain moisture while tack- of crow's feet, under-eye lines promotes collagen, help plump mineral-rich glacial oceanic clay ling lines, dark spots and blem- and puffiness. You can even use it and revitalize skin in as little as ishes. No redness, no flaking, just on those 11s between your brows. gorgeous, rejuvenated skin. DRUNK ELEPHANT A-GLOEI RETINOL

Disney princess lashes

There are a lot of products out

there promising to grow your

mean we don't occasionally do lashes. Some don't make any that delivers broad-spectrum

it anyway. Dermalogica gets difference, others leave your protection with a side of hydra-

that, so instead of shaming us, eyelids red and itchy. This one tion. You've got centella asiatica,

gets everything right. In clinical

trials, 97 per cent of participants

lashes after 12 weeks. Plus, hyal-

marks (both new and old) caused uronic acid and vitamin E make it best part? It disappears into all

SERUM, \$65

nice and gentle.

AMPLIFYING S

CLINIQUE HIGH IMPACT LASH

ESTÉE LAUDER ADVANCED NIGHT REPAIR EYE CONCENTRATE MATRIX, REPAIR EYE CONCE 5102. SEPHORA.CA

three days. Translation: No more feathered lipstick. NEOSTRATA LIP WRINKLE REPAIR, \$40, SHOPPERSDRUGMART.CA



OLAY VITAMIN C + PEPTIDE 24 BRIGHT-ENING SERUM, \$40, WALMART.CA

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The body lotion that kinder to the Earth sinks right in

Most body washes are made K-Beauty brand Belif is famous up of about 70 per cent water. for its Aqua Bomb moisturizer, a This one contains exactly...none. cooling gel that feels like a drink It's a concentrate that activates of water for your skin. Now you with the water in your shower. So can get that feeling all over. Full brilliant! The 100-mL zero-waste of hyaluronic acid and niacinmetal tube lasts over 30 washes amide, this lotion bathes the and coddles skin with aloe and body in moisture yet is so light, it vegetable glycerin. You'll also love makes fast-absorbing seem like an how energizing the citrusy herbal understatement. No more waiting scent feels in the morning. around to get dressed.





The deodorant that reduces waste

soft on skin Secret gave its aluminum-free Two types of exfoliation, with zero deodorant a revamp this year. The irritation. Instead of traditional new dry stick formula contains micro-beads, which pollute waterthree times more odour fighters ways, this scrub polishes skin with than before, keeping you smelling sugar crystals that dissolve in water, fresh for up to 48 hours, while thus helping to prevent over-exfolibeing supremely gentle on skin. ating. You've also got pomegranate It's also plastic-free now, with a enzymes to gently break down tube crafted from 90 per cent dead cells and squalane to replenish post-consumer recycled paper. moisture as you buff. SECRET ALUMINUM FREE DEODORANT **BIOSSANCE** SQUALANE + ENZYME



The new and

improved razor

Venus announced nearly all of its five-blade razors would be going from plastic handles to metal ones. That was good news because metal is weightier, so it provides more control when shaving. It also lasts longer, thereby reducing waste. The brand will also be packaging refillable razors in plastic-free boxes now. Great moves all around. GILLETTE VENUS DELUXE SMOOTH PLATINUM RAZOR, \$20, AMAZON.CA



Your glow doesn't stop at your neck-it's head to toe

The stick that lifts

brows high

Have you heard about the soap

brow trend? It refers to brows that

(hence the name), while others

turn to brow lamination, a salon

service akin to a perm. This wax

stick has to be the easiest way

arches and keeping them in place



The iconic concealer that's better than ever It's been a legend for decades, covertly deleting anything you don't want to see. Now The (That explains the "Living" part Concealer (that's its name-it's of her celebrated Living Lumi-

like the Cher of beauty) is even nizer highlighter.) As such, this better. Not only are there more shades, but the high-coverage type of primer. The gel cream is formula is thinner and smoother, mimicking the look of bare skin. The tiniest bit yields a flawless, dation, locking in hydration and natural-looking complexion. CLÉ DE PEAU BEAUTÉ THE CONCEALER, \$95, SEPHORA.CA RMS BEAUTY "RE" EVOLVE RADIANCE LOCKING PRIMER, \$55, SEPHORA.CA

The face mist that makes you glow all day You know how your face looks all healthy and dewy after a dation and that's exactly what it workout? That's what this mist achieves. The buildable coverage does but without the physical blurs pores on contact, along exertion. Souped up with hyalwith anything else you might not uronic acid, jojoba oil and pomebe fond of, yet the texture's so granate extract, it makes skin look light, it almost feels like a tinted positively juicy (but not oily) all moisturizer. Skin looks silky and while setting your makeup. Even naturally radiant (not greasy or hours after spritzing, the luminosshimmery) and stays that way for ity's still there CHARLOTTE TILBURY BEAUTIFUL

YVES SAINT LAURENT NU DEWY MIST HYDRATING FACE SPRAY WITH HYA URONIC ACID, \$50, YSLBEAUTY.CA



16 hours

CHARLOTTETILBURY.COM

It's like golden hour in a compact.

66



from discontinuation. SMASHBOX X BECCA SHIM PERFECTOR PRESSED HIGHLIGHTER, \$50, SEPHORA.CA

The beloved highlighter



isn't your mattifying, silicone-y

meant to be a transitional layer

between your skincare and foun-

The foundation that

actually looks like skin

It's called Beautiful Skin Foun-

gripping makeup all day.

Makeup



That feeling when you nail your eyeliner: This is going to be a good day



The bronzer that leaves you sun-kissed in seconds

that got a new lease on life When Becca went out of busi-Take your face on vacation with Canadian brand Marcelle recently ness, many mourned the loss this bronzer stick. It glides on removed all talc from its powder of their forever-favourite highseamlessly, blends with next to products, as the mineral may lighter: the divine Shimmering no effort (because no one should be harmful to lungs if inhaled. Skin Perfector. (It's like golden have to work on vacation), but Housed in a compact largely hour in a compact.) But then then once it sets, it sticks around made from recycled materials, Smashbox swooped in like a as long as you say so. It's even this silky powder sets makeup and superhero, adopting the brand's water-resistant. And the effect is sops up excess sebum while mainmost popular products (including so beautiful: glowy and fresh like taining a natural, never-dull finish. its highlighter) and saving them you've abandoned your laptop It's also infused with hydrating is free from cellophane wrapping

for a week.

The setting powder that The lip and cheek balm goes the extra mile that thinks of the planet With a few pats of a finger, this

buttery balm melts right in. Lips and cheeks are visibly plumped, topped with a sensual sheen and flushed with a light wash of colour. As part of Chanel's sustainabilityfocused N°1 collection, 86 per cent of the ingredients are naturally derived and the packaging vitamin E and hyaluronic acid. and paper leaflets.

MARCELLE TALC-EREE ELAWLESS CHANEL Nº1 DE CHANEL



The more scrumptious than ever lip oil

moisture while glazing them with

light massaging. Bonus: The pack-

aging is fully made of recycled

CALIRAY COME HELL OR HIGH WATER

IG TUBING MASCARA, \$31

ocean plastic.

VOLUMIZING SEPHORA.CA

CLARINS LIP COMFORT OIL, \$30, CLARINS CA

wet-like shine.

lipstick This formula is so light, it feels They say you can't improve upon perfection and yet, somehow, like you've got nothing on. The that's exactly what Clarins has colour goes on sheer, but can done. The French brand reforbe layered for more punch, and mulated its bestselling lip oils, the moisturizing satin finish making them even more nour-(shout out to squalane and organic jojoba and rosehip oils. soft and pillowy. Also, the shades A single swipe drenches lips in

sculpts your lips Michelangelo used a chisel, Mario And the prize for multi-tasker of ishing than before thanks to sunflower seed oil) leaves lips expertise to lips. A matte pencil are sensational, from ultraflattering nudes to a red inspired by Carolyn Bessette-Kennedy. fuller-looking pout. MERIT SIGNATURE LIP LIGHTWEIGHT LIPSTICK, \$33, SEPHORA.CA MAKEUP BY MARIO ULTRA SUEDE LIP SCULPTING PENCIL, \$29, SEPHORA.CA

Dedivanovic uses makeup. The the year goes too... In one nifty celebrity artist is known to sculpt tube, you get a spoolie brush to are brushed straight up. Some faces with clever shading-a shape and fluff your arches, a get the look with actual bar soap lifted cheekbone here, a sharper sheer liquid micro-liner to fill in jawline there. Now, he brings that gaps with thin, hair-like strokes contours and keeps lipstick from pencil for shading. Talk about bleeding, while a brush pulls in saving space in your makeup to get the look, instantly lifting the colour at the corners for a bag. Not to mention the savings to your wallet.

The pencil that

and a waterproof flat-edged

The all-in-one

brow enhancer

all day long. VALENTINO BROW TRIO EYEBROW LINER, \$45, VALENTINO-BEAUTY.CA MAYBELLINE TATTOOSTUDIO BROW LIFT STICK, \$13, AMAZON.CA

The mascara that gets The mistake-proof everything right eyeshadow It's honestly perfect. A flexible No need to own a set of 10 tubing formula (meaning it wraps brushes or watch hours of video each lash) that conditions with tutorials. Thanks to these shadow argan oil while upping length sticks, whipping up a stellar eye and volume-sans clumps. It's look couldn't be simpler. The water-resistant and smudgeshades are all extremely flattering proof yet comes off breezily with and wearable, and the cream just a little warm water and some formula can be buffed with a

finger. It's also waterproof, which

means you don't have to worry

about creasing or smearing.

WATERPROOF EYESHADOW STICK, \$34, THRIVECAUSEMETICS.CA

THRIVE CAUSEMETICS INFINITY

The liquid liner that doesn't budge

This waterproof liner lasts a full 24 hours without ever moving or fading. And exciting news: It's available in a rainbow of shades and finishes, from matte white to pearly bronze. It also

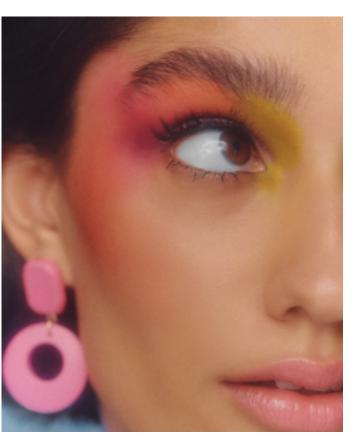
or more fun. PROOF LIQUID EYELINER, \$40, NORD-STROM.CA **DIOR** THE DIORSHOW ON STAGE WATER

boasts a bendy hybrid tip-part

felt applicator, part brush-to

provide optimal control. Lining

your eyes has never been easier





RARE BEAUTY WARM WISHES EFFORTLESS BRONZER STICK, \$30, SEPHORA.CA



Something pretty to look at while you type



The nail polish turned The clock-reversing objet d'art hand cream

We were not ready for the chic- Who hasn't gazed at the backs ness of French fashion house of their hands, analyzing every Hermès's first lacquers, from encroaching sun spot and fine the weighty bottles with ivory line? This non-greasy hand cream and gold caps to the delectable knows our fears and comes at shades (milk chocolate, vibrant them with ingredients more mustard, marinière navy). It's not commonly seen in face serums. A style over substance, either: The peptide duo targets wrinkles and creamy formula is utterly opaque, crepiness, while hexylresorcinol applies like a dream and lasts. goes to work on dark spots. HERMÈS LES MAINS HERMÈS NAIL ENAMEL, \$63, HERMES.COM STRIVECTIN CREPE CONTROL HAND CREAM, \$32, SHOPPERSDRUGMART.CA



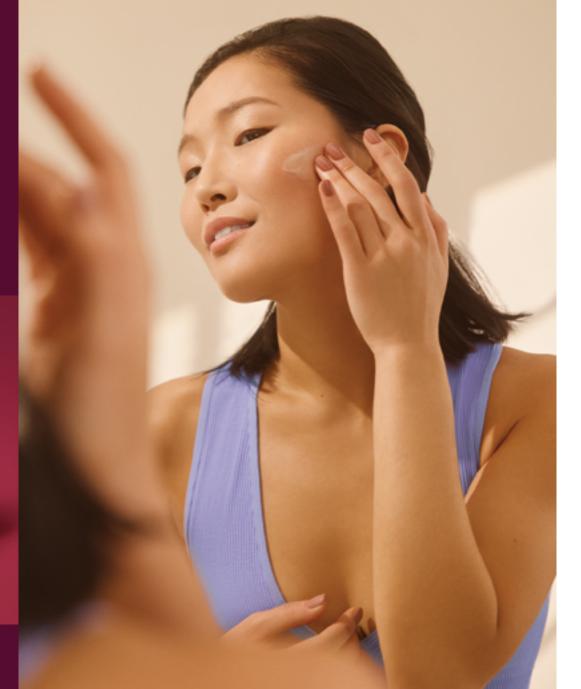
The luxe hand wash that's The treatment that nurses nails back to health now easier on your wallet Like purple shampoo for the nails Grown Alchemist takes hand washing to lavish heights. It this violet-tinted treatment casts a flattering, brass-neutralizing looks, smells and feels expensive, because, well, it is. But now, gloss over yellowed tips. At the with the introduction of generous same time, it works to strengthen 500-mL refill packs in each of weakened bonds, whether it be the three sophisticated woodsy/ from gloveless dish-washing citrusy/herby scents, topping up compulsive nail-biting or repeated your amber-coloured bottle is attempts to replicate (and much more economical, not to remove) Hailey Bieber's glazed mention way less wasteful. donut gel mani. ESSIE HARD TO RESIST, \$13, SHOPPERSDRUGMART.CA GROWN ALCHEMIST HAND WASH REFILL, \$35, GROWNALCHEMIST.COM

RETINOL³

NEW RENEW YOUR SKIN **OVERNIGHT** Finally a skin-friendly Retinol³ serum



Refining. Renewing. Soothing.



Hair



It's giving slow-motion hair toss in a shampoo commercial



The pre-wash oil that makes your scalp happy Queer Eye star Jonathan Van Ness wants you to be your most fabulous self—right down to your scalp. Enter this nutrient-packed oil. Once a week, you massage it in, let it sit for 15 minutes before washing and it removes buildup (sebum, dry shampoo, etc.) while calming the skin and rejuvenating follicles. Your hair looks and feels

incredible after. JVN COMPLETE PRE-WASH SCALP & HAIR TREATMENT OIL, \$36, SEPHORA.CA

The mist that makes The treatment that waves last and last makes blondes dazzle When you take the time to pull Get a brighter blonde without

out your curling iron or diffuser, even going to the salon or using you want it to be worth it. Canableach. This innovative treatment dian hairstylist Jason Lee gets gets rid of impurities that darken that. That's why this airy spray he and dull blonde or highlighted hair created ensures waves and curlsthanks to vitamin C and chelating both natural and styled-remain agents, a.k.a. compounds that pristine even after you've slept trap metals. You spray it on before shampooing and keep ferment), it manages to make on them or brushed them out. It also builds texture and protects using it until you've reached your desired lightness. MELA & KERA BALAYAGE EXCEP-TIONNEL WAVE FOUNDATION, \$41, MELAANDKERA.COM

REDKEN BLONDAGE HIGH BRIGHT PRE-TREATMENT FOR BLONDES AND HIGHLIGHTS, \$33, AMAZON.CA

THE KIT X H&M



When Kim K said nobody wanted to work these days, she definitely wasn't talking about this product.



The little bottle that The shampoo that

KERASTASE

K-

does it all strengthens your hair It's a detangler, a smoothing ying to grow your hair? One serum, a shine spray and a nourof the best things you can do is ishing treatment. Put it this way: minimize breakage. This shampoo When Kim K said nobody wanted does exactly that, fortifying to work these days, she definitely strands from root to tip. It was wasn't talking about this product. actually found to lessen hair fall Laced with vitamin C and amino due to breakage from brushing by 97 per cent. And good news: acid serum, the multi-tasking mist leaves hair looking glorious and It now comes in an eco-conscious never weighed down. refillable aluminum bottle. DOVE HAIR THERAPY 7-IN-1 MIRACLE

KÉRASTASE GENESIS BAIN HYDRA-FORTIFIANT SHAMPOO REFILL BUNDLE ASKING LEAVE-IN SPRAY \$80. KERASTASE.CA



The instant hair thickener

makes all the difference It's not a pre-wash treatment This featherlight foam plumps nor a mask that subs in for each strand from root to tip for conditioner. It's a supercharged luscious volume that won't fall flat cream you're meant to use once by noon. In clinical testing, 90 per a week after shampooing, but cent of participants said their hair before conditioning. Harnessing looked thicker and fuller all day. the magic of rice (we're talking And unlike a lot of mousses, it's rice water, rice bran oil and rice got flexible hold, so it never goes stiff or crunchy. Also, it's Aveda, even the driest, most damaged so it smells wonderful. (Think hair look flowy and glossy again. lavender, rosemary and vanilla.) AVEDA INVATI ADVANCED SOLUTIONS FOR THINNING HAIR THICKENING FOAM \$48, AVEDA.CA BRIOGEO DON'T DESPAIR REPAIR STRENGTHENING TREATMENT, \$56, .ÉNGIn∟. 2HORA.CA



to fall in Canada

and cedarwood.

DRA.CA

KET, \$705. LALANCE

Ϋ́Ξ

MODE

The cult-classic hair product turned fragrance

Maison Margiela's Replica scents There was a time when everyone and her BFF emitted whiffs of aim to recreate a specific time, place and memory-from a Moroccanoil's golden, viscous bubble bath in Beverly Hills to a argan-oil-spiked hair treatment library in Oxford. Autumn Vibes with every flick. Now, in response is its first one based on a Canato persistent fan requests, that dian location: Montreal in the sweet, spicy amber aroma has fall, with its wooded trails and finally been bottled again-but scarlet leaves, channelled here this time in the form of an actua via fir balsam, cardamom spice fragrance mist designed for both hair and body.

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MAISON MARGIELA REPLICA AUTUMN VIBES EAU DE TOILETTE, \$178 (100 ML) MOROCCANOIL HAIR & BODY FRAGRANCE MIST, \$36 (100 ML) ORA.CA



The scent that flies you The spritz that smells to an Italian beach

like RiRi herself "I made a fragrance for myself." Like forever Pinterest inspo The Rihanna declared when launching Talented Mr. Ripley in a bottle Fenty Eau de Parfum. It would this eau de toilette coniures the go on to sell out twice before sun-drenched Italian coastline (finally!) becoming available in a grove of fluffy white orange Canada. Intriguingly composed blossoms and a certain summery languor. (Picture Gwyneth in a of only middle notes, the warm floral enchants at first sniff with knotted shirt and scarf-adorned magnolia and Bulgarian rose ponytail.) Woodsy vetiver, fruity blooms, zesty tangerine and fig and fresh basil give it an invig sensual patchouli and musk. FENTY BEAUTY FENTY EAU DE

orating boost. Bellissima! GUERLAIN AQUA ALLEGORIA NEROLIA VETIVER EAU DE TOILETTE, \$125 (75 ML), NORDSTROM.CA PARFUM, \$195 (75 ML) FENTYBEAUTY.COM

Beauty & Lifestyle Direct THE KIT Managing Edito Editor-in-Chie hopping Edito Creative Direc Associate Edito Executive Edito nediate Art D



ssociate Art Directo



Co-Proprietor & Publish Toronto Star Chair & Co-Proprietor, Torsta Vice-Chair, Torstar

THE KIT COLLAB

IT'S THAT TIME AGAIN!



Them: "Mmm, something smells really good." You: "That would be me"

Jane Fonda teams up with H&M for a new collection of stylish movewear

LET'S GET

PHYSICAL

against heat.

he's a legendary actress, inspiring activist and one of the OG fitness icons. Now, 40 years after releasing her memorable first workout video, Jane Fonda is carrying on with her mission to get people moving.

The Oscar winner has teamed up with fashion brand H&M for the launch of H&M Move, a new line of stylish, functional movewear (yes, you read the right) that aims to encourage people to get moving—and feel good doing it. Available in stores you're doing so long as you just keep on moving." and online worldwide as of August 4, the versatile range aims to democratize sportswear—it doesn't matter if you're an avid athlete, fitness influencer or a 9-to-5er looking to get out from behind their desk, H&M Move is for people of all backgrounds and body types. The first drop includes two collections: Move Essentials, which includes tights, bras, lightweight jackets and other pieces ideal for moving helps keep us feeling good and positive." yoga, running and training in or out of the studio, and the online exclusive H&M Move Monogram, which features trendy tracksuits that are begging to become staples in your wardrobe. Best of all? Almost 85 percent of the line is made using innovative materials—like moisture-wicking DryMove and ultra-soft no-show stretch fabric SoftMove-that are made using recycled or sustainably sourced means, with the goal of bumping that up to 100 percent by 2030.

With all that in mind, it's no wonder that Fonda wanted to be part of H&M Move's debut. "Being part of this movement makes a lot of sense for me because it's important that no matter who you are or where you are, how old or young you are, that you move," she says. "That's where health is because movement underpins everything we do." Ahead of the launch, The Kit caught up with Fonda to chat about her involvement, how movement has remained a constant in her own life and why she

wants others to get moving too.

Why did you want to be part of the H&M Move mission?

"H&M Move is really focused on getting the whole world moving, something I've spent a lot of my own life doing. I also really liked their philosophy of 'movewear' over 'sportswear' because it's a good reminder that it doesn't matter how much you move or what kind of movement

You've moved in many ways throughout your career. Why is it important to keep moving?

"Physically it's important to keep moving because our bodies are meant to move. If we don't move, our joints become stiff, our muscles weaker and our bones brittle. Our bones and our joints are meant to be used. Besides,

How has movement shaped your life?

"Being a mover has made it possible for me to stay fit and healthy, both mentally and physically, throughout my life. And in my opinion, the older you are, the more important it is to move."

What is one piece of advice you'd give to someone who's just getting started with movement?

"Don't start too fast. Start slow, start carefully and don't give up. Keep moving. We have to inspire people to understand that it doesn't matter who they are or how they move, but they just need to move."

What low hurdle activity would you recommend? Something that doesn't cost the planet, requires no subscription and is available to everyone.

"Well, there's one thing we can do that doesn't cost the planet and that's walking."



SHOP JANE'S LOOK



MONOGRAM LONG LINE BRA, \$39.99, <u>HM.COM</u>



\$114. HM.COM



MONOGRAM, PANTS \$74.99, <u>HM.COM</u>



The Kit's annual Beauty Disrupter Contest is back once more to offer you a chance to win a selection of this year's top-rated, editor-award-winning beauty products.

For one hour each weekday from August 25th to August 31st, The Kit is giving away one Beauty Disrupter beauty kit stacked with a selection of our top picks. This year's prize pack is valued at \$447.

Learn more and enter at thekit.ca/beauty/2022-beauty-disrupter-contest/







NO PURCHASE NECESSARY. SKILL-TESTING QUESTION REQUIRED. OPEN TO CANADIAN RESIDENTS 18 AND OLDER. CONTEST OPENS AT 9:00 A.M. ET AUGUST 25TH, 2022 AND CLOSES AT 5:00 P.M. ET AUGUST 31ST, 2022. LIMIT OF ONE ENTRY PER PERSON PER DAY. ODDS OF WINNING DEPEND ON TOTAL NUMBER OF ELIGIBLE ENTRIES RECEIVED. FIVE (5) PRIZES ARE AVAILABLE TO BE WON. EACH CONSISTING OF A BEAUTY DISRUPTERS BEAUTY PRODUCT PRIZE PACK (APPROXIMATE RETAIL VALUE OF EACH PRIZE; \$447 CAD) TO ENTER AND FOR COMPLETE CONTEST RULES VISIT THEKIT.CA/BEAUTY/2022-BEAUTY-DISRUPTER-CONTEST/. EMAIL INFO@THEKIT.CA FOR AN ALTERNATE MODE OF ENTRY

VALUED AT \$447

This content was created by The Kit; H&M funded and approved it.





MaxMara