



Wonder Woman

Actor
Amanda Brugel
is manifesting
success on her
own terms

Photography by Wade Hudson

Making
Spirits
Bright

BV HauteListed

HOLIDAY
2021



The Holidays are coming in haute, starting here, with the warmth and comfort you crave in high style. At BV, we wish you a colourful Holiday celebrated in jewel tones, vivid hues and metallics to shine into the New Year.

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1. Apparis fingerless gloves, **TNT THE NEW TREND**
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8. Matteo Bertoni purse, **JEAN-PAUL FORTIN**
9. Via Farini stole, **SANDRO**
10. Boot, **STUART WEITZMAN**
11. Eleven Six cardigan, **ANDREWS**
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The colourful story continues online at BAYVIEWVILLAGESHOPS.COM

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QuadReal™

Big primping

Hit the party circuit with skin that glows brighter than your tree.
Katherine Lalancette tries out the next generation of facials



It's been likened to a "car wash for your face," perhaps not the most enticing of descriptions, though I have to say it *is* pretty accurate. I recently lay down on a treatment bed to try the much buzzed-about JetPeel facial for myself. I'll admit the name had me a tad worried. Having one's face peeled by a jet doesn't exactly sound like a pleasant experience. I took a deep breath and braced for the worst.

I was being a wuss for nothing. It turns out the treatment is much less invasive than I'd imagined.

Essentially, the JetPeel device utilizes pressurized air and water to gently stretch the surface of the skin and open microchannels. That allows various solutions to travel deeper inside the epidermis. It's a bit like how microneedling can be used to drive hyaluronic acid or other ingredients into the skin, only with a JetPeel there's no needles.

The actual wand never even makes contact with your face. All you feel is the liquid and the air (both a tad cold). That's also what differentiates the treatment from the very popular HydraFacial, which is more akin to a vacuum sucking all the gunk from your pores. (Apologies if you're reading this over lunch.)

First comes a course of lymphatic drainage. The skin is massaged via a blast of oxygen and water. The technician directs the strokes toward the lymph nodes—down the neck and along the collar bones—to encourage the body's natural detoxification process and stimulate blood flow. It feels quite nice despite the frigid temp.

The next part is what's referred to as "hydra-dermabrasion," meaning exfoliation by water. (There's also some glycolic acid thrown in for good measure.) You know how a deck can look sparkling new after it's been

pressure-washed? It's a bit like that, only for your face. Pores are deep-cleaned and dead cells hosed away, preparing the skin to soak in all the good stuff to come.

That includes the "hydroporation" phase, where a cocktail of active ingredients are delivered into the skin, and the "booster infusion," an optional and completely customizable step where a targeted solution (be it for rejuvenation, redness, acne, hydration, brightness—you pick!) is added in to enhance results.

Those results are pretty jaw-dropping. Lines are diminished, skin is radiant, more even and noticeably tauter. Before and after photos often show patients after the six-treatment mark, but I can confirm that after a single session I saw a marked difference. My face was a bit pink in the hours that followed, but by the next morning, the flush had subsided, making way to a glassy smooth countenance. There was no peeling or sensitivity to speak of. Instead, light bounced off my cheekbones before I even tapped them with highlighter. It's no wonder Jennifer Aniston, Uma Thurman and Demi Moore have been known to book a JetPeel in the days before a big red carpet event.

It doesn't come cheap, though. A single treatment will set you back between \$350 and \$550 depending on where you go (the service is offered in many medispas). A lot more than your average facial, but this is pretty much the antithesis of an average facial. For one thing, it is much more results-driven than it is relaxing, without in any way being uncomfortable, either. It's just not a "this is so blissful, I might fall asleep" kind of scenario. You will, however, *look* like you've had the most amazing sleep of your life, which, some might argue, is even better.

You know how a deck can look sparkling new after it's been pressure-washed? It's a bit like that, only for your face

The fun kind of face mask

No time for a facial? Bring the medspa home with one of these souped-up skin salves



PURIFY
ORIGINS CLEAR IMPROVEMENT ACTIVE CHARCOAL MASK TO CLEAR PORES, \$36, THEBAY.COM



BRIGHTEN
HERBIVORE PRISM AHA + BHA EXFOLIATING GLOW FACIAL, \$75, SEPHORA.CA



SMOOTH
DIOR CAPTURE TOTALE DREAMSKIN 1-MINUTE MASK, \$91, HOLTRENFREW.COM



NOURISH
GIORGIO ARMANI CREMA NERA REVIVING VOLCANIC FACE MASK, \$280, ARMANI-BEAUTY.CA

THE KIT X NUMI

Elevated essentials

Canadian fashion brand Numi is bringing its high-performance basics to its pop-up

'Tis the season to shop local—and this winter, there's no better place to do just that than at Numi's pop-up in Toronto's Yorkville Village.

The Canadian fashion brand was founded in 2013 by Michelle Shemilt, a woman who worked in finance and realized she never wore her favourite outfits as they were prone to sweat stains and expensive to clean. Today, Numi is known for its covetable, high-performance basics. Its ethos is all about consciously made essentials that empower you to both look and feel your best. Staples include sweat-proof undershirts in breathable thermoregulating fabrics that keep you cool and dry and machine-washable, stain-repellent silks that are easy to wear and care for.

The pop-up—the brand's first ever in-person retail space—runs seven days a week at Yorkville Village (55 Avenue Rd.) until January 16. Read on for a preview of what you'll find.



The fashion-forward set

After almost two years of WFH, we all know the importance of having an outfit that's comfy and can be worn from Zoom meetings to your evening plans. Enter the Amelia Playsuit, a two-piece set with a relaxed tee and flowing wide-legged pants. It's also made from Numi's trademark stain-resistant silk, which means you'll always be ready for whatever the day throws at you.

NUMI THE AMELIA PLAYSUIT, \$250, WEARNUMI.COM



The everyday go-to

This sophisticated crop top is so comfortable you'll want to wear it year-round. Wear it on its own with a pair of high-waisted pants, or don it as an undershirt and avoid the dreadful tuck-in. The shirt has an invisible fit, so you won't have to worry about lines, and features an ultra absorbent underarm gusset that will keep your underarms feeling fresh.

NUMI THE CROP, \$60, WEARNUMI.COM



The irresistible silk

Every well-rounded closet needs a classic button-up, but you've never had one like this Numi offering. Part of the brand's Sustainable Silk™ collection, this sleek top is lightweight and durable and impressively stain resistant—it can even repel coffee and wine. Best of all? It's machine washable, so you can skip the trip to the dry cleaner.

NUMI THE SIMONE, \$220, WEARNUMI.COM

The Kit created this content; Numi funded and approved it.

N°5



CHANEL



I want to run and punch and kick high. I've always wanted to wait until I'm a little older because you don't see a lot of heroines that are 45-plus



COVER: **COS** COAT, \$460, COSSTORES.COM. **BIKO** EARRINGS, \$135, NECKLACE, \$225, ILOVE-BIKO.COM. THIS PAGE, TOP: **HUGO BOSS** DRESS, \$795, HUGOBOSS.COM. **MAGUIRE** GLOVES, \$85, MAGUIRESHOES.COM. **PRADA** SHOES, \$1,290, NORDSTROM. CENTRE: **COS** DRESS, \$173, COSSTORES.COM. BOTTOM: **GANNI** TOP, \$395, NORDSTROM. **COS** PANTS, \$173, COSSTORES.COM. **BIKO** RING, \$108, ILOVEBIKO.COM. **GUCCI** SHOES, \$1,495, NORDSTROM

Taking the Lead

Amanda Brugel is a pro at setting goals—and achieving them. Sarah Laing takes notes

Photography by Wade Hudson

Every January, Amanda Brugel sits down with her agent and makes a list of 10 things she wants to accomplish during the year.

Call it manifestation, or just the well-deserved fruits of a career two decades in the building, but the 43-year-old Canadian actor achieved most of the things she set out to in 2021. She shot “a really crazy indie film that will take me to Cannes,” which she recently wrapped but can’t talk more about just yet. She filmed the fifth season of the critically lauded drama *The Handmaid’s Tale*, in which she plays rare ray of goodness Rita Blue. And she joined *Canada’s Drag Race* as a judge, trying on a new fashion personality every episode. It’s been a year of professional contrasts, which is exactly how Brugel planned it.

“Our strategy is that whatever role comes my way, we go looking for something that’s the diametric opposite,” explains Brugel, whose grounding, empathetic energy translates even over a Zoom call, her company as delightful as the neon checked sweatsuit she’s wearing. “It means I don’t get bored, but it also makes it more difficult to put me in the ‘strong Black lawyer’ or ‘kind Black mom’ box.”

This is particularly important in Canada’s small film and TV industry, where typecasting can limit already scant opportunities even further. “The only reason I still live here is because I share custody of my children, and my ex-husband is Canadian,”

says Brugel with characteristic frankness. “I’m a very proud Canadian, but the ceiling is so low that even when you do have a pretty successful career, it still pales in comparison to how far you can go in the States.” Hence her strategy of flying to Hollywood for pilot season in order to book jobs that often shoot back in Canada. And while Brugel isn’t interested in American A-list level fame, she admits “the power, the ability to make choices and the financial freedom” it would bring are attractive. “Having autonomy over my career is something that’s very interesting to me at this stage.”

That brings us to the year’s victories that will never be recorded on Brugel’s IMDB page, but arguably matter even more. “I think the pandemic has made me more outspoken going back to work,” says Brugel, crediting this to the identity crisis she faced when COVID shuttered her industry and she was forced to reckon with who she was when she wasn’t jetting from TV set to film premiere. “Maybe it was because I hadn’t spoken to people in so long that I felt like, now’s my chance,” she says with a laugh. “I’ve grown into a place where I feel much more comfortable speaking my mind when I feel something is wrong or is making me uncomfortable.”

Case in point: On a recent shoot in Hungary, Brugel’s role required her to be nude in several scenes, which meant the costume department needed to provide her with “modesty wear,” the flesh-toned underwear that actors wear to cover their private parts. “I guess they didn’t take into account that I’m a person of colour, and they kept giving me modesty pieces for skin tones that were lighter than mine,” says Brugel. She brought it to their attention—and then it happened again. And again. “It was completely unprofessional,” she says. “It started to seem lazy, and even intentional on their part.”

Instead of “allowing it to slide,” as she may have done in the past, or getting her agent to confront them on her behalf, Brugel gathered the wardrobe team together with the film’s producers and addressed the issue face-to-face, with a firmness and clarity that she’s proud of. “I was quite adamant about how hurtful it was, and that it was something that cannot be done anymore,” she says. “They need to do better for younger performers who aren’t as seasoned as I am.” Brugel points out that she has 20 years’ worth of similarly dehumanizing experiences on sets. “If I had just come out of the gate and had to be nude in a scene and I was handed a pair of underwear for a white actor, I don’t think I would have had the same tools to be able to handle it.”

In the end, the costume department sourced the right shade for her, but it served as a reminder of how far the industry still has to go, especially outside North America. “I don’t think they quite understood. I just think there’s a different way of working there,” she says. “We’re in new territory now, especially in Canada, where everyone is really trying to be sensitive and trying to learn.” That said, she cautions against a Canadian “smugness,” where we often consider ourselves far more enlightened than other places in the world. “We think that we’re past all that, and we’re not,” she says. “It’s just that we don’t speak about it, and that to me is more dangerous.”

As her thoughts turn to the new year, Brugel is already working on her list of goals for 2022. “The ultimate unicorn is to be in a Marvel movie,” she says. “I want to run and punch and kick high, and I’ve always wanted to wait until I’m a little older because you don’t see a lot of heroines that are 45-plus.” If we’re being specific—as one should be when speaking things into existence—she’d like to play Wonder Woman’s sister, Nubia, who debuted in 1973 as one of the first Black women superheroes.

Brugel is also hoping to produce her first film next year and focus on her writing. That’s a practice she all but abandoned after winning a full scholarship to university on the strength of a piece she wrote about Margaret Atwood’s novel *The Handmaid’s Tale*. (Prophetic, much?) In 2022, she’s determined to reignite that passion. In fact, she’s already at work on a comedic story based on the life of her biological father, a “very charming con-man” she never met but has gotten to know through the stranger-than-fiction stories told to her by her siblings, whom she discovered through a 23AndMe genetic test just a few years ago. (This movie must be made!) “I want to try,” she says. “Try so I can fail, or maybe so I can succeed.”

And that’s the thing about success the Amanda Brugel way: It’s equal parts intention, execution and leaving room for curveballs from the Universe. It’s also about savouring the wins along the way. “We can get so lost in the rat race of it all,” she says. “I’m trying to consciously pause and say, ‘I did a good job. Look what I did.’”

And then it’s on to the next.



That’s tight

Emily Tamfo takes the decorative hosiery trend for a festive spin

Can you believe there are just days left in a year that I will henceforth be referring to as The Hangover? If no one has said this to you yet in 2021, in the words of my forever icon Kris Jenner, “You’re doing amazing, sweetie.” We all deserve a pat on the back and a generous gift card just for making it through the past year. Thankfully, there’s nothing like a month full of excuses to dress up to have you feeling brand new and ready to face 2022.

In preparation for the socializing marathon that is the holiday party season, this year I did my outfit research early. As I stalked the fall/winter fashion shows and New York Fashion Week street-style from the comfort of my sofa, I noticed that one particular accessory was absolutely everywhere: tights. Fashion houses stamped their logos onto pantyhose for an updated take on the logomania trend, from “Fendi” written across black sheers to Versace’s hot pink and lemon yellow “V”s. Gucci showed turquoise lace thigh-highs as well as spiderweb-esque fishnets in beige and black. Meanwhile, Tracee Ellis Ross took the look for a smoking hot spin with diamond-dotted pantyhose, a black tuxedo jacket and not much else.

Now, I know what you’re thinking—tights? As in...pantyhose? Those things we pull from the back of the drawer for stuffy corporate job interviews or when it’s just a little too cold to wear a mini skirt? But, as brands have reimaged tights into bold, textured and printed accoutrements, the days of hosiery as the forgotten accessory are over.

I couldn’t decide between the moon print or tattoo tights from Marine Serre, a brand made uber-popular by Beyoncé’s 2019 courtside catsuit and K-pop super-group Blackpink. I went in search of budget-friendly gems at the Toronto hosiery boutique Legs Beautiful, where I browsed Mura tights with macro check embroidery and sultry black-seam sheers by Hue. But then I found a pair of melanin-friendly nude swirl-print stunners from Kai Collective, a brand founded by U.K. influencer Fisayo Longe—if you were so inclined, you could opt to wear them with the matching mesh top for a full-body fashion leotard look. I was ready to invest, but just as I was putting in my CVC code, I got an email that changed the game. Little old me was invited to attend the 2021 Scotiabank Giller Prize red carpet. That would be Canada’s splashiest literary award, where word geniuses like Rupi Kaur and Miriam Toews schmooze at the Park Hyatt over dinner and cocktails. Dress code? Black tie.



Vibrant yellow sheers on the Versace fall runway.

I took it as an opportunity to put the trend to the test. Sure, a bold tight could look cute as streetwear, but could I wear trendy hosiery to ask attendee and general Canadian queen Margaret Atwood, “Who are you wearing”? (Spoiler: I did, and she went on to give me a heads-up about clothing made from algae as a trend to watch. More on that another time.) I pulled out the big guns: a pair of Amina Muaddi X Wolford split tights from Nordstrom, designed by the hottest shoe designer in the game in collaboration with the classic Austrian pantyhose purveyor. Each leg of these tights is half black lace and half sheer, giving every angle a sexy, unexpected twist. I paired them with a Self Portrait jacquard mini dress to give them centre stage. Though my dress-tight combo was an easy choice, picking shoes was a different story. I quickly realized that to wear sheer tights in cold temperatures, I needed a shoe that was both formal and closed-toe, because tights with open-toed shoes is just not my thing. And since the tights were bold, the shoe had to complement, not challenge them. I ended up going with a pair of black velvet pumps, adding a welcome third texture to my fit.

After an evening on the red carpet, I can attest that interesting tights can do all the things. I got several oohs and ahhs over them as fellow journos and guests took in the details of the look. I also managed to end the night without a run or snag in sight, a personal triumph. And, while I definitely felt appropriately dressed for a formal occasion, I loved that afterwards, when my friend and I headed upstairs to the hotel’s rooftop bar for a nightcap, the demi-lace looked even more chic in the moody lighting. Plus, I didn’t have to worry about flashing anyone in my mini dress as I got up from the banquet, or whether my legs would be too cold when we stepped outside onto the terrace for a closer look at the epic view of the city. (And, if you’re like me and stop shaving your legs in October, it’s not a bad way to hide your winter fuzz.)

In sum, it’s a yes for me! Yes to tights, to legs made leggy with lace, monogram and all the colours of the rainbow—wear them loud and wear them proud. Friendmas is the perfect opportunity to break out those “kooky” tights you keep seeing on TikTok in the name of being festive. And with 2022 just a few weeks away, what says new year, new me like dancing the night away on legs covered in tiny moons, intricate lace or the brightest neon shade you can imagine?

Short and sweet

In the spirit of the season, kick up that hemline with dresses that guarantee a great time

VERY '80s
This Molly Goddard dress is pure fashion throwback. Keep the look cool, not costume-y, with elegant slingbacks and a punchy clutch.

MOLLY GODDARD
DRESS, \$1,327,
MATCHESFASHION.COM

ALDO BAG, \$55, ALDOSHOES.COM

VALENTINO GARAVANI SHOES, \$1,120, \$SENSE.COM

PRETTY IN PINK
Channel swinging London with a mood look, anchored by a demure Oscar de la Renta dress. The right silver accessories add soul to the sweetness.

OSCAR DE LA RENTA
DRESS, \$3,919,
FARFETCH.COM

CULT GAIA BAG, \$565, CULTGAIA.COM

MANOLO BLAHNIK SHOES, \$1,285, MANOLOBLAHNIK.COM

TRUE ROMANCE
The ruffled collar, the voluminous sleeve—it’s either 1871 or 2021 (the abbreviated hemline on this Shrimps dress offers a clue). Add more modern sizzle with metallic accessories.

SHRIMPS DRESS, \$670, SHRIMPS.COM

MANSUR GAVRIEL BAG, \$595, MANSURGAVRIEL.COM

LOEFFLER RANDALL SHOES, \$600, SAKS-FIFTHAVENUE.COM

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