



BEST

Our picks for the highlights of the season, starring some very excellent coats—and luxury fashion star Neelam Ahooja

PAGE 4

IN

SHOW

Breathe in

Iconic fashion editor Diana Vreeland once proclaimed that “the eye has to travel.” For fragrance designer Ruby Brown, it’s all about the journey of the nose

France is always a great place to fall in love. Ruby Brown was living in Paris as a model, gracing the pages of *Harper’s Bazaar* and *Elle*, when she took a fateful trip to Grasse, a quaint Provençal town known as the capital of perfumery. And just like that: *le coup de foudre*, love at first sight.

“I had this ah-ha moment,” she remembers. “I thought, ‘I have to turn my passion into my career.’” The Montreal native had always had a special relationship with scent, recalling how even as a child, she was acutely aware of the smells around her. “Scent is so vital,” she says. “It influences what we want to eat, what people we want to be around. It’s all

very subconscious, yet it’s at the centre of our everyday life.”

She began training with perfumers, returning to Grasse regularly to hone her craft. After retiring from modelling at 25, she moved back to Montreal and started fragrance workshops, allowing customers to create their own scent. Then, two years later in 2015, she felt ready to release her own creations, all bearing her distinct olfactive signature. “I like to work with very earthy, green notes, and I always like a little edge,” she says. “Even if I’m working on a classic floral, there’s always going to be that little edge.”

CONTINUED ON PAGE 3

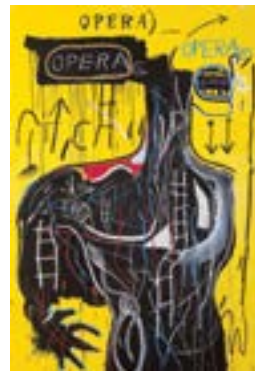




Tiffany.com | © 2022 T&CO.

HardWear Collection

TIFFANY & Co.



**Seeing Loud: Basquiat and Music at the Montreal Museum of Fine Arts** Jean-Michel Basquiat (1960-1988) was a genius Neo-Expressionist painter; he was also a musician who centred his inspirations—from Beethoven to Miles Davis—in his work. This show, organized with the Paris Philharmonic, features sound, film footage and 100 art works.

**Elijah at the Toronto Symphony Orchestra** The TSO has bold new leadership in the form of CEO Mark Williams and a 2022/2023 calendar primed to appeal to both downtown and uptown crowds. Mark your calendars for *Elijah*, a one-night-only event (November 2) featuring 160 of Canada's most respected choral and orchestral talents.

**I Love by Marie Khouri at the Vancouver Art Gallery** Henry Moore, Zaha Hadid and the calligraphic curves of Arabic inspired the three hand-carved sculptures by Egypt-born, Vancouver-based artist Marie Khouri. In the gallery, guests are invited to recline on the pieces and reflect on the connection between language and art.

#### CONTINUED FROM COVER

She tests out each scent on herself, wearing every iteration and tweaking it just so until it perfectly captures the feeling she's after. "So depending on when someone sees me during the creative process, I can smell good or bad," she says with a laugh. Chances are it's very good. A testament to her talent, Brown has collaborated with some of the biggest names in Canadian business, developing scents for Cirque du Soleil, Simons and, most recently, Le Germain.

Tasked with creating a signature scent for the boutique hotels, Brown crafted a genderless melange of rich, creamy amber and leafy hemp. "It's inspired by the mood, the service that you get when you walk into a Le Germain hotel," she says. "It's only been in the hotels for a few weeks, and people are already telling us they associate the scent with a specific trip, a specific place."

That's the magic of scent. It bypasses our brain's information relay station and makes a straight shot right to our limbic system, the parts related to emotion and memory. It's why the faintest whiff of something can trigger an intense feeling or take you back to a faraway place or time. —K.L.



RUBY BROWN  
CHANDRE & AMBRE  
CANDLE, \$45,  
RUBYBROWN.COM



#### My top scents



**Mimosa** "Mimosa, to me, is probably my most intimate scent. It brings me back to the south of France—Grasse in particular. It's also the main note in our very first candle, Flower Power. So for me, mimosa is everything."



**Oud** "When I started my business, I visited all the suppliers, which included travelling to India. Oud comes from a tree, but the tree needs to be infected by a mushroom for it to give a scent. So now we buy synthetic oud because it's much more ecological."



**Orange blossom** "I went to a wedding in Morocco once and I was like, 'What is this heady, warm, scent? It's floral, but it's exotic at the same time.' It was orange blossom and it reminds me of Morocco every time I smell it. I made a candle as a tribute to it, Minuit Marrakech."



**Tomato leaf** "We have a candle called Tomatina to bring the garden in the house all year long. I hate gardening, but the smell of tomato leaves is just *la vie!* I love picking tomatoes on my terrace with my toddler. It's the only plant I have on there. That's a happy spot for me."

## Culture calendar

The arts are thriving again. We can't stop thinking about these three shows



## Green goddess

The words "natural" and "luxury" were pretty much mutually exclusive in the beauty world. Then, Tata Harper came along...

Photography by Vincent Castonguay

In the 1987 Nancy Meyers film *Baby Boom*, Diane Keaton plays a straight-shooting, go-getting career woman who abandons the frenzy of city life to move to a bucolic farmhouse in Vermont. There, she raises her daughter among verdant fields and Laura Ashley wallpaper, and whips up organic apple sauce on an old enamel stove. Before long, the DIY enterprise turns into a booming business.

Swap the baby food for face creams, add two more kids and you get Tata Harper. The 47-year-old never set out to become a skincare mogul. It just sort of... happened.

"I don't come from the beauty world," she says on a fall day in Montreal's Etiket beauty boutique, home to Canada's first-ever Tata Harper treatment room. Raised in Colombia, Harper graduated from the Monterrey Institute of Technology—the M.I.T. of Mexico—with a degree in industrial engineering and later moved to Miami, where she and former husband Henry worked as real estate developers.

"I was doing that until my step-father got diagnosed with cancer in 2005, and it changed my career completely." She recalls accompanying him to consultations where practitioners would talk about the "toxic load," a concept of holistic medicine that posits that as we go through life, we accumulate toxins in our body as a result of exposure to synthetic chemicals.

"I became obsessed with not being in contact with any industrial chemical whatsoever, so I changed my food, my cleaning products, everything." Her vanity was the last frontier. This was a woman with a weakness for serums in the three-digit price range. The Whole Foods skincare aisle just couldn't compete. "I hated the experience, the smell, the results."

The rest of the story has become a part of beauty folklore. Harper moved to a 1,200-acre farm in Vermont, where she went on to make her eponymous, all-natural skin salves. She'd spent five years searching for the best chemists and cutting-edge ingredients: natural preservatives from Germany, emulsifiers derived from African gun trees. "I didn't know how big or how small the company was going to be, I just had this tremendous itch to make it happen."

The gamble paid off. Soon,

celebrities like Gwyneth Paltrow were singing her products' praises and she'd sparked a veritable revolution. "At the time, luxury in the beauty industry was about giant acrylic jars with formulas that were a mystery. I wanted to change that."

Here's how it works: Oftentimes, skincare brands will buy a base from a lab, customize it with a few actives and slap a label on it. But that wasn't good enough for Harper. "I don't hire other people to make the products for me because I feel that that is my ultimate responsibility. Just like if you went to a bakery and said, 'Oh my God, I love this cookie. Is this a recipe that you made?' And the person would be like, 'Oh, no, we buy that from this other guy who also supplies it to 80 other pastry shops.'"

Though she recently relocated to Connecticut and sold her company to Korean beauty giant Amorepacific, every product is still packaged on the farm, poured in glass jars as green as the green mountain state itself.

Twelve years ago, when the brand debuted, you would have been hard-pressed to find natural products at a mainstream beauty retailer. Nowadays, the pendulum has swung in the opposite direction with nearly every brand claiming to be "green" and "clean," and listing off the many unpronounceable chemicals not in their formulas, some of which would never legally find their way into a beauty product in the first place. It's become so out of control, many are accusing the industry of fear-mongering.

"Clean is a new concept," says Harper. "When I launched, the goal was not to be clean, the goal was to be 100 per cent pure and organic. Now it's like, you add lavender and you're clean. You remove parabens and you're clean. You add a refill and you're eco." That's why, for her, transparency is key. All of her products are certified natural by Ecocert, with ingredient lists clearly broken down, so consumers know exactly what they're getting.

It comes down to redefining luxury, she says, trading excess for thoughtfulness, making products people can truly feel good about buying. "I don't think luxury is about price tags, but about everyday things that just make your life feel like, mmm!" she says, closing her eyes.

—Katherine Lalancette



TATA HARPER  
HYDRATING  
FLORAL ESSENCE,  
\$96, SEPHORA.CA

## Sparkle all the way

Fine jewellery has left the ballroom to become a mood-lifting daily staple



A star of the Tiffany Lock collection, this refined bangle is designed to be gender fluid.

TIFFANY & CO. BRACELET IN YELLOW AND WHITE GOLD WITH HALF PAVE DIAMONDS, \$16,300, TIFFANY.CA



The diamonds appear to float in this all-eyes-on-me ring, crafted from 18-karat white gold.

MESSIKA MOVE CLASSIC WHITE GOLD DIAMOND PAVE RING, \$5,230, MAISONBIRKS.COM



The Toronto jewellery powerhouse continues its upscale climb with these hoops set with 42 single-cut diamonds.

MEJURI PAVE DIAMOND MEDIUM HOOP EARRINGS, \$600, MEJURI.CA



Lock motifs are the signature of designer Marla Aaron, one of jewellery's most exciting names.

MARLA AARON DIAMOND STONED HANDMADE CHAIN NECKLACE \$13,750, MARLAAARON.COM



The hand-crafted interlocking bands are set with a row of gems, including this soft sapphire.

SPINELLI KILCOLLIN GOLD AND SILVER THREE-LINK RING, \$3,605, SSENSE.COM

## Heads up

Sparked by royals and red carpets, hats are having a moment



No accessory has the power to attract attention like a hat. A proper hat, that is—not an incognito baseball cap or functional knit toque, but a hat made by a milliner and infused with structure, presence and a serious dose of style.

Samantha-Tara Mainville, the Montreal-based milliner of Heirloom Hats, says she's noticed "an uptick of new young milliners," as well as a swell of hat-wearers who are more daring in their choices. "I love that it will mean more options, and people being less afraid to wear them."

Take singer Halsey, who at the 2022 Grammys, wore a vintage black Pierre Cardin hat with sloped brim that evoked pure Old Hollywood glamour. At the same event, country star Elle King topped her scarlet Cristian Siriano suit with a custom hat with a soaring brim by Sarah Sokol. Then there's Janicza Bravo, director of the hit film *Zola* and prolific wearer of excellent hats, who stole the Met Gala red carpet with a surrealist hat by Stephen Jones, worn with a Schiaparelli suit.

Jones—who Mainville calls "an inspiration"—has been designing since the late 1970s, when his hats topped the heads of Duran Duran, Spandau Ballet and Jones's housemate Boy George; he went on to become milliner of choice for

## Wearing a hat requires courage.

Jean Paul Gaultier—and Princess Diana. It's quite the bridge between culture and establishment, but then the royal penchant for pomp and circumstance provides plenty of opportunities for hats, and they may as well be good ones. Witness the power of the sleek black Philip Treacy hat with netted veil worn by Catherine, Princess of Wales at Queen Elizabeth II's funeral—worn as a mark of respect, the style is intended to shield the bereaved from onlooking eyes but also could not help but serve up a dose of mysterious glamour.

Whether or not the world is watching, wearing a proper hat requires some courage. "You have to be in the right state of mind to wear a hat and not have the hat wear you," says Mainville. But she doesn't save her own hats for special occasions. Her two current favourites are the jaunty "cowboy Bebob" style and her Steppe hat, which features four slightly tilting tiers for a look that's pillbox-meets-Leaning Tower of Pisa.

Consider this a sign to invest in a fabulous hat. Let them look! —Rani Sheen



# Deep

### BOUCLÉ TOPPER

"This coat is the signature Chanel bouclé, but it's very inconspicuous, which I love. It's oversized, belted, easily wearable with denim, but still edgy and cool."

CHANEL JACKET, PRICE UPON REQUEST, CHANEL BOUTIQUES

We tapped the impossibly chic influencer Neelam Ahooja to style herself in the season's standout coats

Photography by Claudine Baltazar

# Cover

### Meet Neelam

"From my earliest memory, fashion was a part of me—it was in my heart," says Neelam Ahooja. Born in Belleville, Ont., to parents who had emigrated from India, Ahooja followed a "safe" career path into accounting ("I hated it," she says, "but it did lead me to my husband"—the couple met as freshmen at Waterloo and now have two teenagers). It wasn't until October 2020 that Ahooja, 52, pursued full-time content creation, bringing deep fashion knowledge to that often shallow space. Most of her feed—and closet—is dedicated to The Row. "All the stars were aligned: The Row was growing, and I was outgrowing sequins and colour, and moving into quieter luxury." Call it a match made in fashion heaven.

**EVENING COAT** "This is a magical coat. The colour is perfect—normally I find tan difficult because I'm tan—but this shade is exactly right. It has that flattering scarf accent that you can play with—it's wispy in the wind, flowing elegantly behind you. It's a statement formal piece."

THE ROW COAT, \$5,520, HOLT RENFREW. CHOPARD RINGS, \$4,760 AND \$2,140, LORO.PA

Let Neelam Ahooja make the case for why you need a great coat. "If you think about what your eye goes to first in an outfit, it's the largest piece—the coat—that draws attention," she says. "Underneath, you can wear a very basic tee and denim, but if you have a long, elegant, well-tailored coat on top of it, *that's* your outfit—that's what people see." To select a coat, Ahooja suggests considering both the topper's aesthetic and its suitability—ensuring it marries well with your style. For Ahooja, that starts with a neutral palette and fine tailoring. Impeccable craftsmanship is a hallmark of all the brands that Ahooja showcases here (Elissa C Rossow pieces are made to measure, by hand, in the designer's Montreal atelier), including Ahooja's favourite line, The Row, which is designed by Mary-Kate and Ashley Olsen. Coats are among some of Ahooja's most cherished Row pieces. "Each season, they do subtle changes to the slant of a pocket, the stitching or the length. A pinch here, a pinch there," she says. "It's still a black coat, but it makes me want to buy another one."

Fashion was always a part of me—it was in my heart.

**POWER TRENCH** "I felt very *Handmaid's Tale* in this trench, but because it was black and not red, I was in charge! The fabric had a movement to it that I really loved, and because the coat has vents, it almost twirled like a skirt would. I paired it with black trousers, but it would also be great over denim."

ELISSA C ROSSOW TRENCH COAT, \$1,695, ELISSA-C-ROSSOW.COM

**CROPPED PUFFER** "To me, a puffer and a motorcycle jacket serve the same function: to offset a long skirt and break up an outfit. The hint of pattern on this puffer adds complexity to an otherwise simple, chic look. It's cute, it's playful—I don't play a lot, so I enjoyed this very much."

HERMÈS JACKET, \$4,750, HERMES.COM. LONGINES WATCH, \$2,200, LONGINES.COM

### Now, add a boot

This year, the fall boot trends are giving it 110 per cent. Here to help you kick off the season in style are chunky lug soles, '80s slouch silhouettes and knee-high boots seen on street style stars all over the sidewalks of fashion month. Choose your player and get in the game.

#### KNEE HIGH



DIOR BOOTS, PRICE UPON REQUEST, SELECT DIOR BOUTIQUES



PETER DO BOOTS, \$2,045, SSENSE.COM



STAUD BOOTS, \$495, STAUD.CLOTHING

#### LUG SOLE



VIRON BOOTS, \$515, VIRON-WORLD.COM



GANNI BOOTS, \$575, GANNI.COM



BALENCIAGA BOOTS, \$990, SSENSE.COM

#### SLOUCHY



BLACK SUEDE STUDIO BOOTS, \$628, HOLT RENFREW



MANOLO BLAHNIK BOOTS, \$2,125, NE-PA-PORTER.COM



PARIS TEXAS BOOTS, \$780, FARFETCH.COM

STYLING: JILLIAN VIEIRA. HAIR & MAKEUP: JODI URCHUK/PLUTINO GROUP

NEW

NIA114™  
TECHNOLOGY

StriVectin®

advanced  
retinol

NIGHTLY  
MULTI-CORRECT  
SERUM

Retinol + NIA-114™  
+ Polyglutamic Acid

SÉRUM  
MULTI-  
CORRECTEUR  
DE NUIT

Retinol + NIA-114™  
+ Polyglutamique  
Acid

NIGHT / NUIT

The future of  
RETINOL  
is here

See results starting  
in just 7 days\*:

✓ Fine Lines

✓ Wrinkles

✓ Texture

✓ Pores

✓ Radiance

✓ Firmness

StriVectin®

advanced  
retinol

NIGHTLY  
MULTI-CORRECT  
SERUM

Retinol + NIA-114™  
+ Polyglutamic A

SÉRUM  
MULTI-  
CORRECT  
DE NUIT

Retinol + P

### NEW Advanced Retinol Nightly Multi-Correct Serum

Finally, the Retinol and results you've been waiting for. Expertly engineered to deliver Retinol's most coveted benefits with no dryness and no irritation, this potent serum layers easily into any skincare routine and is clinically proven to improve the look of wrinkles, texture, radiance and more.



Unretouched photos. Individual results will vary.

### StriVectin outsmart aging

Available at Shoppers Drug Mart • StriVectin.com or call 1-800-272-2378 f

\*Based on Expert Grading Evaluation at 7 days when used as directed.



# N°5





# Coming up roses

Renée Tse gets up close and personal with a star ingredient of the world's most famous fragrance



The rose harvest in Grasse yields 600 grams of rose absolute, extracted from 50,000 rose bushes.

At 6 a.m., I step out of the car in front of Chanel's bastide building in Grasse, France. When we arrive, the sun is shyly rising behind the hillside, a rosy haze seeping across the sky.

As we gaze at the fields, pops of pink roses are sprinkled here and there, and the air is filled with a sweet, almost honeyed scent. For more than 300 years, Grasse has been the epicentre of fragrance. Thanks to the cool wind from the Mediterranean and the warmth from the sun, the fertile soil of this Provençal region provides the ideal conditions for growing top quality flowers. It's why in 1987, Chanel signed an exclusive partnership with one of the largest flower producers, Joseph Mul and his family, in Pégomas, to guarantee the quality and quantity of the perennial rose, jasmine, iris, geranium and tuberose reserved for Chanel's fragrances as designed by its nose, Olivier Polge.

I'm here to witness the first big harvest of the year: the May rose. One of the essential extracts used to formulate scents such as Chanel No. 5, the Rosa centifolia (or "hundred petal" rose) blooms once a year for three weeks only—it's when it's at its sweetest and most fragrant.

While we explore the fields, a rich piano melody suddenly surrounds us. It adds to the magical atmosphere, but it also serves a practical purpose: Three times a day, music is played from speakers placed around the field to ward off fungi and rust using sound frequency—an organic tool used by the Mul family to protect the flowers.

At 8 a.m., we tour the fields with Fabrice Bianchi, Mul's son-in-law. Harvesters go from bush to bush, meticulously plucking the roses at the optimal time, which is just hours within blooming. I help with the harvest, learning a specific gesture that protects the stem and blossoms—you enclose the petals with

your palm and pinch the green calyx at the base with your fingers before gently twisting it off.

The harvesters fill their aprons with roses before offloading them into burlap sacks. Once 20 big bags are filled, a flatbed truck takes them to the on-site factory where they're weighed and tossed into giant metal vats to extract the oils. The flowers start oxidizing and fermenting in the aprons, so time is of the essence. The window to capture the fresh scent of the absolute extract is short—very short.

After lunch, I revisit the spot where we arrived to take some snaps of the roses—and wonder if I'm lost. Bare green bushes stand before me. In just a few hours, the flowers have been fully harvested. I put my hands in my pockets in defeat only to remember I'd tucked a few blossoms in there. Though I don't have photos of the rose field, at least I'll have some May roses to take home with me as a dreamy souvenir.

As we gaze at the fields, pops of pink roses are sprinkled here and there, and the air is filled with a sweet, almost honeyed scent.

## A moment with the perfumer

Chanel's Olivier Polge on scent and sensibility

After focusing on music and art history as a teenager, Olivier Polge followed the fragrant footsteps of his father, Jacques Polge, who had been Chanel's nose since Olivier was 4 years old. Since stepping into the role in 2015, Olivier has created a number of memorable fragrances including Les Eaux de Chanel, Gabrielle and a contemporary take on No. 5, No. 5 L'eau.

**From music to perfumery** "When I was 20 years old and had started learning the trade at my father's laboratory, I discovered that music and perfume shared the same language. I was going to have to compose and write formulas made of notes and chords."

His first memory of perfume: "When I was 7 or 8, my mother was one of the first to wear Coco, which my father created in 1984. It's the first perfume of my mother's that I remember—it was a very warm feeling."

**What it takes to be a nose** "We all have a good sense of smell; the problem is we're often unconscious about it. When you become a perfumer, you sharpen that sense and have a library of scents in your mind to be able to envision a new one. It's not about reproducing nature but about transformation. I'm crafting perfumes like a fashion designer would craft his fabrics."

**How to create a new fragrance** "At Chanel, we are never nostalgic. We never create a scent thinking, 'What was No. 5 a hundred years ago?' If we create something new, it's 'What should the No. 5 of tomorrow smell like?'"

PHOTOGRAPHY: CARVYLE ROUTH

# The neck



# frontier

The lower face is the latest craze in cosmetic treatments. As Olivia Stren writes, the cause is Zoom (naturally), but the solution? It's complicated

I read the late, great Nora Ephron's essay "I Feel Bad About My Neck" when it came out in 2006, the year I turned 30. I was still young enough to think 30 was old. I remember thinking that I felt bad about a great deal of things, but my neck—and the lower face from which it descends—was not among them.

Then, the whole southern hemisphere of my visage was a sort of anatomical Switzerland—a corporal province of restless indifference. I felt great, almost morally superior, about not feeling bad about it. Ephron was 65 when the piece was published, and I concluded (the smugness of youth!) that by middle age I would surely have gained enough wisdom, sagesse and appreciation for the precious fragility of time to know that I should not spend it worrying about neck wrinkles, dermal sag and the fragility of the jawline.

I now long to be as young as that first time I felt old. "According to my dermatologist, the neck starts to go at 43 and that's that," wrote Ephron. I can confirm that this prediction proved uncannily correct—by your early- to mid-40s everything does seem to, well, go south. So, too, have my delusions of reaching a stage of mellow and worldly self-acceptance. I am mature enough to notice a certain descent in the lower face and neck region but not mature enough to dismiss my concerns about it. I have also developed enough vanity (and vulnerability) to care, and enough intellectual vanity to hate myself for caring.

"In your early- to mid-40s, you are experiencing a fluctuation in estrogen and progesterone levels. You're not all of a sudden growing more skin; you're experiencing a loss of bone density, an involution of your bones, your facial skeleton is shrinking, so everything on it looks saggier," explains sought-after New York-based plastic surgeon Dr. Lara Devgan. I feel my mood beginning to sag as she speaks. "Imagine you have a beautiful couture coat, and it's on a hanger and then the hanger shrinks—the coat is going to start looking less and less structured," she says. This loss of structure causes a bottom-heavy pile-up of flesh—a blousing, creping, pleating, wobbling. (There is a wretched poetry to the language used to communicate the maturation of the lower face, all designed, it seems, to send you directly to the syringe—or the psychiatrist.)

But if what is causing these changes is as old as time, our obsession with the area is newly intense. Patients in their 30s and even 20s are now hastening to book appointments to see what can be done. "The 'snatched' jawline—a tight, swept-back jawline—is very popular. It's all over TikTok," says Toronto dermatologist Dr. Julia Carroll of Compass Dermatology. This look is sought after by what she calls a "beautification group" of Kardashian-influenced patients who have exactly no signs of aging.

Interestingly, she points to a psychological undercurrent to this aesthetic trend. "Think about the language: strong jawline vs. weak chin. There's judgement in those words. A jawline invokes ideas of power and confidence," says Carroll. "All Marvel superheroes have strong, chiselled jawlines." Meanwhile, villains like The Joker have lax jowls, the melting ambiguity of their jawline conflated with moral collapse.

While judgment, Hollywood beauty standards and the ruthless march of time are nothing new, the ubiquitousness of our own image is. "That's another thing about being a certain age that I've noticed: I try as much as possible not to look in the mirror," wrote Ephron. "If I pass a mirror, I

avert my eyes. If I must look into it, I begin by squinting, so that if anything really bad is looking back at me, I am already halfway to closing my eyes to ward off the sight." But today, we are in the constant punishing company of our own reflections. In the age of video calls and selfies, we can't avert our eyes. It has occurred to me more than once that there should be a new diagnostic term for the micro-trauma that occurs when you behold the southern hemisphere of your face by grace of a FaceTime video you didn't know was on—one that your newly blousing jawl might have reached down and turned on for you.

"It's 100 per cent Zoom," says Carroll, accounting for the rising popularity of lower-face treatments. "We're used to seeing ourselves straight-on in the mirror, but with Zoom, you catch yourself in a lag or you see yourself in a three-quarter view, and..." Carroll and I were not on Zoom for this exchange, but I must have let out a heavy sigh at this point. "I'm not depressing you, am I?" she asked. "There are just so many things to worry about," I say, weary at the thought of all of this imminent descent. "Yes, but there's also so much you can do now, it's great!" she replies with pragmatic cheer, as someone who clearly traffics in uplift (of sagging skin and moods). A perfect storm of technology and neuroses has led us here—we have the technology to witness and study our own aging faces and now we have the technology to intervene as well. "We've conquered the upper face with Botox and filler, but now tightening the lower face is more achievable," she says.

The face's southern border seems to be to cosmetic professionals what the Gold Coast was to the American Cowboy—a landscape of possibility. "The lower third of the face is the final frontier," says Devgan. Among the skin-tightening possibilities she lists are Botox applied to the mandibular border or underneath the jawline. This

causes the muscle to contract and makes the lower face look more defined. She also recommends the (judicious!) use of injectable filler, placed in the cheekbone and jawline to fill the bone structure and rebuild the loss of skeleton.

While some dermatologists are reluctant to use filler in the lower face, as it can add weight and, well, gravity to the situation, Devgan says it's all about the artful precision of its placement. "You can use the same syringe of filler and the same volume and make it look totally different with different people. It's extremely practitioner dependent. It totally depends on who is on the other side of the syringe," says Devgan. "It's called dermal filler, but I almost never use it in the dermis," she continues. "I almost always am using filler on the periosteum [the layer of tissue enveloping the bone]. And that's how you make somebody look more structured. If you place filler superficially it can look bulkier, but if you place it deep, it can make a face look paradoxically slimmer even though you're adding volume. It's all about going deep in the tissue plane."

Carroll shares a similar filler philosophy. "I hate the word 'filler'—most of the time, I'm not filling. To treat the lower face, I start at the top and work my way down. It's about lifting from the temples, the cheeks and behind the ears, behind the jawline. I'm strengthening a ligament, I'm lifting. It's all in the artist's hands." Should you prefer a needle-less procedure, Carroll recommends Ulthera, a device that dispatches ultrasound energy to induce collagen production and firm the skin. "When you look at celebrities that look good, who look like they are paused in time, they're probably doing Ulthera regularly," she says.

Keen on pressing pause, I decide to visit Toronto's Clarity Medspa for an Ulthera treatment. Registered nurse and medical aesthetic trainer Chantal Ward begins by appraising my jawline and taking a variety of photos, the sort that could serve as blackmail. She is direct but never shaming—a fine balance. I had been warned that the treatment could be wincingly painful, but under Ward's deft hand the treatment is less unpleasant than a dentist's appointment. In a few months, she tells me, I'll look rested and fresh. I feel refreshed, just at the prospect, and I leave her office hoping my collagen will be as boosted as my spirits.

Devgan is more circumspect about heat and energy-based modalities like Ulthera and Thermage, which are intended to tighten the tissues. "The results are clinically insignificant," she says. As a cosmetic surgeon, she can offer more significant results—at a more significant cost, of course. "In New York, a lot of patients are moving toward face lifts in their 40s," she says. "They lift the tissues, re-drape the skin, de-bulk the heaviness of the lower face and de-fat some of the excessive jowls," she says, describing skin as a kind of carnal upholstery that occasionally needs to be renewed.

I feel my hope, if not my jawline, swiftly snatched. I don't have the time, or the income, to throw at this particular neurosis. Major intervention isn't in my future. Short of taking to the operating table, Devgan recommends minimally invasive suture-suspension lifting, sometimes called a thread lift, in which sutures are placed in the deep plane of the face to reposition sagging tissues. "It gives you a beautiful result. But it's a luxury intervention—it doesn't last. Nothing is as durable as surgery." Except for despair.

# GET TO THE ROOT OF BREAKAGE

This product trio strengthens, protects and preserves colour all at once

Dry, brittle strands. Frayed ends. Short fragments of hair falling from your head. Sound familiar? You're dealing with hair breakage. Now, there's no need to panic: breakage is totally normal, and many of us experience it at one point or another. But it can be incredibly frustrating to deal with when we don't know what's causing it or why our exhaustive, multi-step hair care regimen isn't fixing the problem.

There are several possible reasons your hair could be breaking. Coarser textures, for example, are more prone to breakage, as are aging strands, which have naturally lost elasticity over time; colour damage and frequent styling can also lead to breakage. But a surprising and majorly overlooked reason? Water. After every wash, metals—like copper—found in water penetrate deep into our hair, increasing its risk for breaking and discolouration.

That's why L'Oréal Professionnel created its highly effective Metal Detox line. Newly expanded to a three-product range, the trio is formulated with Glicoamine, an exclusive technology and patented molecule that can enter hair strands and neutralize metals to treat strands from within, not just on the outside.

Because of this, hair fibre integrity is preserved, helping to protect strands—regardless of hair type—from all sorts of breakage causes, not just metal penetration. Consider Metal Detox the anti-breakage solution; hair becomes plumper and more nourished, resulting in stronger, healthier-looking hair. The range also keeps hair true to its tone and boosts recovery time after colouring, making it perfect to use after balayage and lightening and similar treatments.



L'ORÉAL PROFESSIONNEL METAL DETOX ANTI-METAL CLEANSING CREAM SHAMPOO, \$39.50, [LOREALPROFESSIONNEL.CA](http://LOREALPROFESSIONNEL.CA)



L'ORÉAL PROFESSIONNEL METAL DETOX ANTI-DEPOSIT PROTECTOR MASK, \$49.50, [LOREALPROFESSIONNEL.CA](http://LOREALPROFESSIONNEL.CA)



L'ORÉAL PROFESSIONNEL METAL DETOX ANTI-DEPOSIT PROTECTOR CONCENTRATED OIL, \$43.35, [LOREALPROFESSIONNEL.CA](http://LOREALPROFESSIONNEL.CA)

## FOR DAILY TLC

Whether it's a wash-and-style day or not, this lightweight serum-in-oil keeps hair strong and protected against breakage while also providing heat protection (up to 230°C), frizz control and enviable shine. For smoother, softer strands, warm 1 or 2 drops of the product between palms before spreading evenly from mid-lengths to ends. This can be used on dry or towel-dried hair, so it's perfect for daily maintenance or on days when you need a serious styling boost.

L'ORÉAL PROFESSIONNEL METAL DETOX ANTI-DEPOSIT PROTECTOR CONCENTRATED OIL, \$43.35, [LOREALPROFESSIONNEL.CA](http://LOREALPROFESSIONNEL.CA)

## FOR A DEEP CLEAN

Anti-breakage treatments can start right in the shower with the Metal Detox Anti-Metal Cleansing Cream Shampoo. The strengthening formula detoxifies hair after colour treatments, helping to preserve vibrancy and shine, while also cleaning strands and removing any buildup of metal particles. The results are immediately noticeable: hair is healthier, smoother and more resistant to breakage.

## FOR PREVENTATIVE PROTECTION

Once you've revived damaged hair, you're going to want to prevent future breakage, right? The Metal Detox Anti-Deposit Protector Mask does just that, blocking new metal particles from penetrating strands. When applied after the shampoo, hair remains stronger and more nourished, and colour lasts longer, too.

# SHOP SMART

As winter stalks closer, pamper your face with the frothiest, cushiest moisturizers



The brainchild of a German professor of stem biology, this hyped-up cream is based on a saline he'd made to heal burns. Melanie Griffith, one of the first to try it, was so blown away, she became an investor. Daughter Dakota Johnson also swears by it. It works by putting stem cells in repair mode to revitalize skin while also fading wrinkles and dark spots.

AUGUSTINUS BADER THE CREAM, \$230 (30 ML), [HOLTRENFREW.COM](http://HOLTRENFREW.COM)



If glow is what you're after, look no further. This bestselling lilac jar blends hyaluronic acid—the hydrate booster par excellence—with antioxidant-rich Japanese purple rice to deeply nourish and replenish moisture. Even the driest skin becomes bouncy and radiant. They don't call it "The Dewy Skin Cream" for nothing.

TATCHA THE DEWY SKIN CREAM, \$90 (50 ML), [SEPHORA.CA](http://SEPHORA.CA)



Charlotte Tilbury used to massage a homemade balm on models' faces backstage, leading many supes to call the concoction "magic cream" because of its ability to nix signs of fashion week fatigue. Lucky for us, Tilbury bottled up her magic. The ultra-plush moisturizer plumps and smooths, creating the most perfect canvas for makeup.

CHARLOTTE TILBURY MAGIC CREAM, \$85 (30 ML), [CHARLOTTETILBURY.COM](http://CHARLOTTETILBURY.COM)



Fatty acids and natural cholesterol might not be the sexiest-sounding ingredients, but they're genius for banishing dryness. That's why dermatologists love this cream: Instead of buzzwords, it banks on the tried and true—namely essential lipids, including ceramides—to strengthen the moisture barrier and leave skin soft and juicy.

SKINCEUTICALS TRIPLE LIPID RESTORE, \$162 (48 ML), [SKINCEUTICALS.CA](http://SKINCEUTICALS.CA)

PHOTOGRAPHY: KELLY JACOB (NECK)



Twilly Eau Ginger  
the sparkle of the Hermès girls

