

THE KIT

The Renewal Issue: The sensational Sarah Gadon guest edits—and stars—in our kickoff to 2020



The year of yes

Sarah Gadon has aced the acting game for two decades. Now, the Toronto-born talent is ready to break new creative ground

PHOTOGRAPHY BY BRENT GOLDSMITH | STYLING BY JACKIE MCKEOWN

Sarah Gadon is alive with possibility. The star, who has spent the past 20 years acting in films (*Cosmopolis*, *A Dangerous Method*) and TV (*Alias Grace*, *True Detective*), has just packed up her New York apartment to move to L.A.'s Silver Lake neighbourhood. "When I was starting out, I studied film theory and criticism at the University of Toronto, and I was really dogmatic about how I wanted my career to go. I said no to a lot of things," says Gadon. Now, her newfound open-mindedness is paying off—big time.

The first product of Gadon's embrace of "yes" is *Black Bear*, which premieres this week at the Sundance Film Festival. "It's a real three-hander," explains Gadon. "It's about creative relationships. It's dramatic, but also really funny. This is the kind of movie I would like to watch." Gadon and her co-stars, Aubrey Plaza and Christopher Abbott, filmed the thriller in the Adirondack Mountains in complete isolation. "No cell service, no internet and we made this crazy little film."

Gadon also recently lent her talents to a buzzy new mobile streaming service, Quibi, which will deliver shows (in Gadon's case, an action-adventure also starring

Liam Hemsworth) in daily 10-minute episodes to a phone near you this spring. ("The target is people on their commutes or taking a break.") To counter such a potentially attention-span killing medium, Gadon reads voraciously (currently, Margaret Atwood's *On Writers and Writing*) and she has recently taken up knitting. "I knit while listening to a book and it's incredible. I enter this trance-like state."

Books are more than a hobby for Gadon, who just optioned the screen rights to *Lullabies for Little Criminals*, the bestselling 2006 coming-of-age story by Canadian author Heather O'Neill. "When I read it, it was the first time I ever felt completely and wholly in my body that it should be a film, and that I should make that film." Gadon is about to start writing the screenplay and eventually hopes to direct the adaptation.

As she tackles more ambitious projects, Gadon credits the power of experience—and some good advice. "I have such a supportive community of female mentors. Not only is it great to have drive within yourself, it makes such a difference when you have people saying, 'You can do this, you *should* do this!'" With encouragement like that, why not say yes? —Liz Guber



HAPPY LUNAR NEW YEAR

Wishing happiness,
good fortune and
longevity to all.

NORDSTROM
Vancouver Calgary Ottawa Toronto

Red it

A new year calls for a beautiful new bag

PHOTOGRAPHY BY DANIEL HARRISON

Max Mara's structured, vintage-inspired clutch has been rendered in a special red hue to mark the Chinese New Year this Saturday. The croc-effect leather, chunky chain strap and high-wrought hardware combine to make the bag look straight out of the '70s—a.k.a. fashion's current favourite decade. The beauty of this clutch is that, due to its in-between size, it's the ultimate day-to-night piece. Wear it slung over a blazer-clad shoulder for day or with a party dress for evening. Tiny novelty purses may have had the spotlight last year, but now, it's time to embrace functional, elegant and grown-up handbags. In with the new. —Liz Guber

MAX MARA BAG, \$1,680.
MAX MARA BOUTIQUES

THE KIT X ESTÉE LAUDER



A Fresh Start For Your Skin

Celebrate the Lunar New Year with a renewed focus on your skin. For a more translucent, soft and plump complexion that glows, there's one step you should make sure to include in your routine: Estée Lauder's new Micro Essence Skin Activating Treatment Lotion Fresh with Sakura Ferment. Here are five great reasons to add this powerful multitasker to your skin care regimen, so that this can be your best skin year yet.

Deep moisture

Glowy skin is hydrated skin that reflects light from within. Estée Lauder Micro Essence Skin Activating Treatment Lotion Fresh with Sakura Ferment infuses skin with moisture and active ingredients to strengthen the skin's moisture barrier, plump fine lines, refine the look of pores and rehydrate winter-parched skin.

Natural ingredients

Developed in Asia, this innovative formula borrows from nature with double-flowered cherry blossoms and Sake lees fermented with cherry blossom yeast, which combine to help skin feel supple and soothed. The flowers are picked by hand from the Iwate Prefecture in Japan with the utmost care.

Super-light texture

This essence-in-lotion is a watery texture that's perfect for spring's warmer weather and increased humidity. Designed to be swiped on with a cotton pad in the morning and evening as the first step in your regimen, it penetrates the skin's surface easily, saturating the deeper layers to renew and rebalance.

Soothing power

Estée Lauder has harnessed the power of fermentation with its Micro-Nutrient Bio-Ferment, which combines micronutrients and peptides that are made even more effective by advanced fermentation. The result: soothed, strong, supple skin that resists the visible signs of aging.

Proven results

This product was tested on Asian women in Asia, with great results. After just two weeks, 95% of women agreed their skin felt hydrated; and after four weeks, 96% of women agreed their skin's clarity and translucency improved and 93% of women said the appearance of pores was minimized. We'll have what they're having!



ESTÉE LAUDER MICRO ESSENCE SKIN ACTIVATING TREATMENT LOTION FRESH WITH SAKURA FERMENT, \$124, AVAILABLE AT LEADING ESTÉE LAUDER COUNTERS

THIS CONTENT WAS CREATED BY THE KIT. ESTÉE LAUDER FUNDED AND APPROVED IT

Fortunate finds

Renée Tse rounds up 12 of the most exciting limited-edition luxuries to help you and your loved ones ring in the Year of the Rat



Kick off the new year with this exclusive box set of a limited-edition lipstick in a crimson case and two other lucky red shades.

CHANEL EXCLUSIVE CREATION ROUGE ALLURE VELVET BOX SET, \$142, CHANEL.COM



Rise to January's eternal promise in this eye-catching sweater that's embroidered with the auspicious mythical phoenix.

DIOR SWEATER, \$3,100, DIOR BOUTIQUES



Blowout-worthy hair every day? That's the kind of resolution worth keeping. Make this special-edition red Dyson hair dryer your 2020 beauty sidekick.

DYSON HAIR DRYER, \$500, DYSONCANADA.CA



Soothe your skin with this cult-classic toner—now in a jumbo size—from the cult-classic brand. Bonus: If you buy it in store, you'll receive a pouch of deluxe samples.

KIEHL'S CALENDULA HERBAL EXTRACT TONER, \$96 (500 ML), KIEHL'S.CA



Dust on a finishing touch to your makeup with Laura Mercier's Chinese New Year edition of its loose setting powder.

LAURA MERCIER SET FOR LUCK TRANSLUCENT LOOSE SETTING POWDER, \$51, SEPHORA.CA



Spread joy and happiness by leaving a trail of refreshing citrus-filled scent wherever you head in the new year.

ACQUA DI PARMA EAU DE PARFUM IN YUZU, \$300 (100 ML), HOLT.RENFREW



Gifted shoes is considered a bad omen, so just buy these Gucci x Mickey Mouse special-edition sneakers as a special treat for yourself.

GUCCI SNEAKERS, \$110, GUCCI.COM



Fill your house with a delightfully fresh and fruity-floral new aroma to welcome the Year of the Rat.

JO MALONE ENGLISH PEAR & FREESIA HOME CANDLE, \$94, HOLT.RENFREW.COM



Dressed up in festive floral red and gold packaging, this bestselling serum will brighten your skin and be a beautiful addition to your top shelf.

SHISEIDO ULTIMUNE POWER INFUSING CONCENTRATE LIMITED EDITION, \$165, SEPHORA.CA



Add a hint of red and gold to your party outfits with a bit of sparkle, courtesy of this jewelled watch and charm bracelet set from Michael Kors.

MICHAEL KORS WATCH AND BRACELET SET, \$390, MICHAELKORS.CA



Sulwhasoo's limited-edition red bottle (double the size, we might add) ensures that you put your best face forward all year round.

SULWHASOO FIRST CARE ACTIVATING SERUM, \$185, NORDSTROM



Make a signet your jewellery signature this year. The hexagon shape of this Birks ring adds unexpected edge to the vintage vibe.

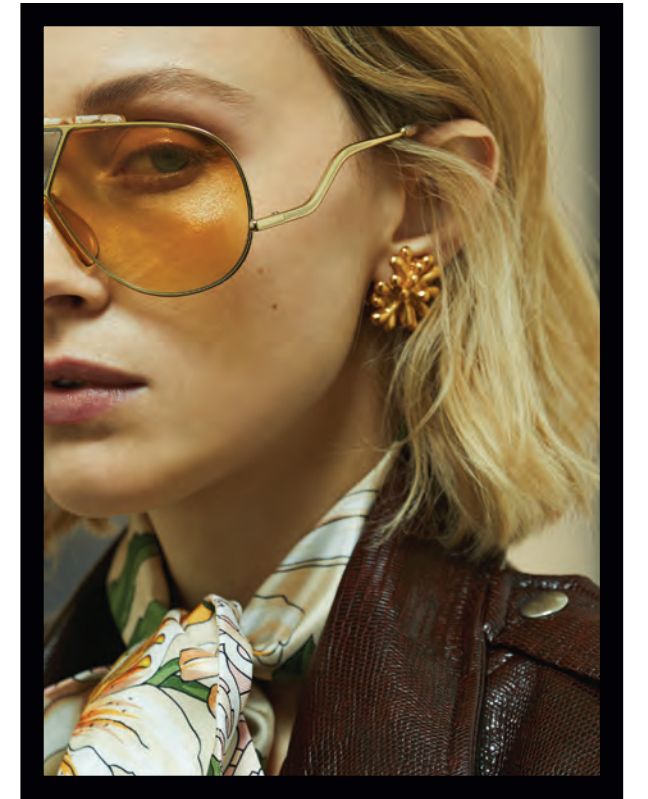
BIRKS ENAMEL AND DIAMOND RING IN 18-KT GOLD, \$1,395, MAISONBIRKS.COM



Go your own way

Sarah Gadon gets into the groove at The Great Hall with a highlight reel of '70s-inspired fashion hits

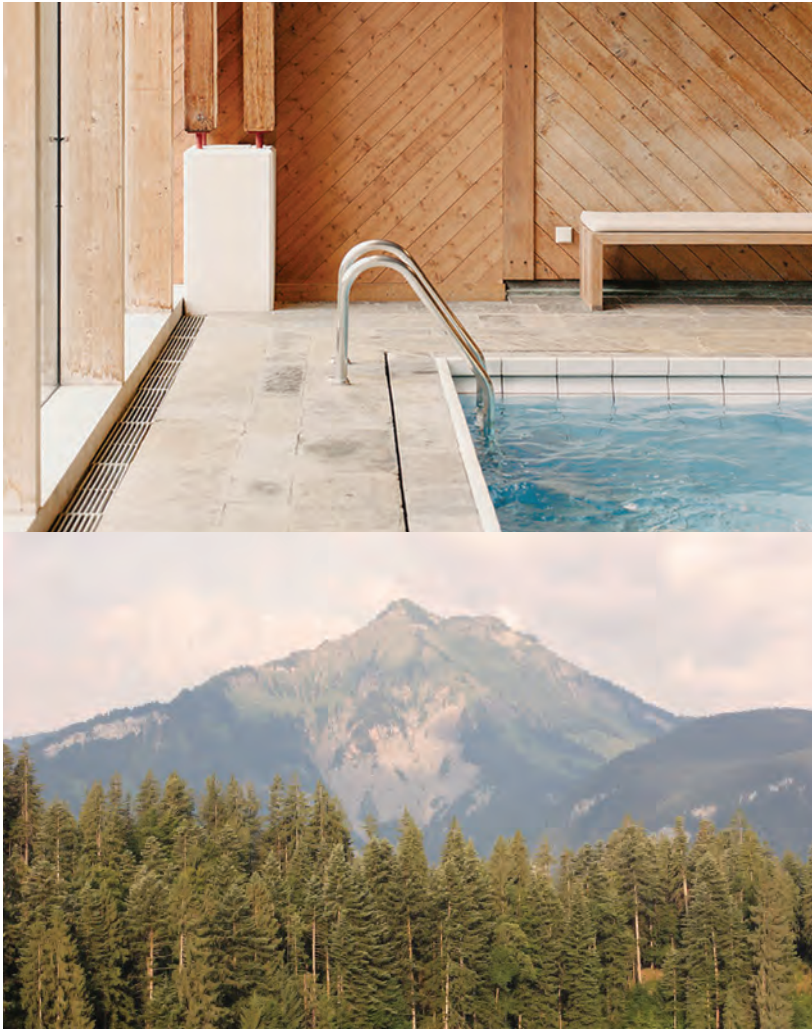
PHOTOGRAPHY BY BRENT GOLDSMITH | STYLING BY JACKIE MCKEOWN



CLOCKWISE FROM TOP LEFT: A.L.C. DRESS, \$1164, NORDSTROM; HERMÈS SCARF (CONSIGNMENT), \$298, VSP CONSIGNMENT; GUCCI SHOES, \$1120, NORDSTROM; MAX MARA BLAZER, \$2,250, NORDSTROM; CHANEL BLOUSE, STYLIST'S OWN; SMYTHE PANTS, \$495, SHOPSMYTHE.COM; GUCCI SHOES, \$110, NORDSTROM; CHLOÉ SUNGLASSES, \$478, SSENSE.COM; CHRISTIAN LACROIX EARRINGS (CONSIGNMENT), \$800, VSP CONSIGNMENT; BURBERRY SCARF, \$298, NORDSTROM; BEAUFILLE COAT, \$1,436, BEAUFILLE.COM; FRAME TOP (CONSIGNMENT), \$148, VSP CONSIGNMENT; CELINE PANTS (CONSIGNMENT), \$398, VSP CONSIGNMENT; GUCCI BELT, STYLIST'S OWN; CHRISTIAN LACROIX EARRINGS (CONSIGNMENT), \$800, VSP CONSIGNMENT; SMYTHE DRESS, \$759, SHOPSMYTHE.COM; GUCCI SHOES, \$1,060, SSENSE.COM; MAX MARA BLAZER, \$2,250, NORDSTROM; CHANEL BLOUSE, STYLIST'S OWN; BURBERRY BLOUSE, \$1,050, NORDSTROM; CHRISTIAN LACROIX EARRINGS (CONSIGNMENT), \$400, VSP CONSIGNMENT; ALEXIS KIRK BELT (CONSIGNMENT), \$650, VSP CONSIGNMENT; BEAUFILLE SKIRT, \$320, BEAUFILLE.COM; PRADA BOOTS, \$1,465, NORDSTROM; KWAIDAN EDITIONS DRESS, \$3,995, SSENSE.COM.

HAIR AND MAKEUP BY JODI URICHUK/PLUTINO GROUP. FLOWERS BY CARMEL FLORAL.

SHOT ON LOCATION AT THE GREAT HALL, TORONTO'S TOP HISTORIC VENUE, ORIGINALLY BUILT IN 1889 AND FULLY RESTORED IN 2016. THE GREAT HALL—LIKE THE FASHION MESSAGE IN THIS SHOOT—IS A SINGULAR BLEND OF VINTAGE COOL AND MODERN ELEGANCE.



Will travel for glow

Skin tourism is here to inspire your next trip and leave your complexion fresher than ever. Guest editor Sarah Gadon journeys to Austria in pursuit of her clean beauty obsession

I rarely take vacations. As an actor, I usually go wherever my work takes me, and it's become somewhat of a luxury to be at home for longer than two weeks. So it was unusual when, last November, I found myself embarking on a bucket-list-worthy, completely self-indulgent trip—and it all spawned from a little bottle of face wash.



Allow me to preface this travelogue by debunking a myth about what it's like to be an actor. Yes, it can be very glamorous, and yes, I have tried almost every makeup and skincare line you can think of. While that might seem like a luxury to a beauty enthusiast, it also means that my professional life is full of people blending and dabbing new products onto my face. As a result, I've had a whole range of not so glamorous allergic reactions, blemishes and skin crises.

A few years ago, I was smack dab in the middle of a frustrating bout of dermatitis when I decided (like many people of the last decade) to clean up my beauty routine. I wandered into the clean beauty mecca Credo in L.A. and gave the salesperson my plaintive pitch: "Look, I've become sensitive to everything: fragrance, pollen, pollution, cities!" She looked me over and handed me a sample of the aforementioned face wash. So began my infatuation with the Susanne Kaufmann skincare line, and its creator.

Kaufmann's gentle but powerful cleansing gel was the answer to my tired and sensitive skin. It became the bedrock of my skincare routine. In no time, I added her Hyaluronic Serum and Nutrient Concentrate to my nightly lineup. The combination left my skin feeling hydrated and soft without overwhelming it. The line quickly took over my medicine cabinet, pushing out other competitors, not only because of its performance, but also its sustainable packaging.

I worked my way through as many of the products as I could get my hands on, but because they are not mass-produced, they can be tricky to find in North America. In my mission to locate stockists, I stumbled upon a spa retreat nestled in the Austrian Alps called Hotel Post Bezaú. What I didn't yet realize was that Post Bezaú is owned and operated by Susanne Kaufmann; it has been in her family for five generations. I also didn't know that it was the desire to find clean, locally made products for the hotel that led her to create her own line. I scrolled through the photos of the modern mountain spa lined with endless Susanne Kaufmann products and thought, "I will go there."

One year after that initial Google and a little burned out from a hectic work schedule, I corralled four friends to join me on a seven-day detox at Hotel Post Bezaú. We are of different ages and live in different cities, but we all work demanding jobs and were all in need of a reset, which is why we all spontaneously and somewhat desperately hopped on planes to Austria with only a few weeks' notice.

I know the word "detox" can instill feelings of anger and terror in some. There was no tyrannical authority bossing us around and no one went to bed hungry. There was no dairy, sugar, preservatives, gluten, red meat, alcohol or caffeine, but there were plenty of de-puffing lymphatic drainage massages, water therapies, facials and foot soaks, all of which distracted from jet lag and espresso withdrawal.

The hotel itself evokes a contemporary chalet and is nestled in the most charming village that calls to mind *The Sound of Music*. Upon arrival in my minimalist room, I opened the door to my balcony and was

awestruck by the natural beauty of the mountains. A blast of crisp, clean air bathed me with its purity. I sat down on my ridiculously comfortable fluffy white bed and realized I could hear very little—the wind, a bird... near silence. That's one of the wonderful things about Post Bezaú: It's not riddled with spa music and background noise.

The week was luxurious but simple. We ate on a schedule with four-hour windows between meals and at least 12 hours between dinner and breakfast. The menu was mindfully designed with a local and sustainable mandate. It was November in the Alps, so there were no avocados, but there were seasonal vegetables, many grown in the hotel's own garden, with the option to have locally caught fish or poultry at lunchtime. I particularly loved the soups, which ranged from rich and earthy mushroom to delicate and fragrant fennel and tomato. The Wi-Fi and all transmitting devices were shut off at bedtime, so we slept as pre-internet civilizations did. It was like being a baby again: just eat, sleep and drink (zero-KM water from a local well, offered everywhere in glass bottles).

The best part of my stay was that Susanne Kaufmann herself was there—she lives in Bezaú, just a few doors down from the hotel. I am not easily starstruck. I was more in awe of Kaufmann in person than any leading actor I've worked with, and that list is long. She is incredibly chic, pairing flowy skirts and chunky knits with Common

Projects boots. Her skin is iridescent, though that was no surprise. When I introduced myself to her, she seemed slightly surprised and perhaps a little flattered that I had travelled all the way to Austria because I was so inspired by her line. (I mean, I did cross an ocean for her—did I seem crazy?!) But she was disarming and friendly, inviting me on a morning hike, taking me to some of her favourite shops and answering all my questions about skincare. She's funny, too; she suggested that the next time I visit Austria, I should do a week of detox to experience the wine, cheese and chocolates. In an era of Instagram beauty moguls pushing endless drops, Kaufmann is a refreshing alternative, just as wonderful and authentic as the small-batch products she makes in her solar-powered factory.

Later in the week, I received a heavenly facial from Kaufmann's protégé and brand manager Stephanie Rist, who is basically a skincare wizard. She asked me about my lifestyle in detail and tailor-made the treatment according to my answers. She stimulated my lymphatic system through a series of facial massage techniques that left my skin supple and relaxed and applied potent ampoules of vitamin C and CoQ10 to nourish and protect from pollution. I left feeling cared for in the most delicate and attentive way. I looked like I'd swallowed a glow stick.

At the end of the seven days, my friends and I all felt lighter, rested, clear-headed. Our skin was luminous. We packed our suitcases with as many Kaufmann products as they would hold and vowed to return as soon as we could. I boarded my plane and was catapulted back into my fast-paced life. I moved cities, packing up my New York apartment over New Year's, and I am about to leave again, heading to Sundance to premiere the film *Black Bear*. Yet, since that magical time in Austria, every night I run a bath and add a generous amount of Kaufmann's Winter Bath Essence. The aroma of cinnamon and cloves fills my bathroom as I massage the Glow Mask into my face. I climb into the frothy water, I close my eyes. I hear silence.

I know the word "detox" can instill feelings of anger and terror in some.

Skincare maker Susanne Kaufmann (above left) with Gadon.

Water from a local well offered at Post Bezaú in glass bottles.



Carry-on companions



The product that started it all! This cleanser is strong enough to remove my makeup at the end of a workday, but gentle enough to use frequently without stripping my skin's natural oils. The 100-mL size means I can throw it in my carry-on.

SUSANNE KAUFMANN CLEANSING GEL, \$63. WANTAPOTHECARY.COM



My fiancé bought this electric toothbrush for me, and I love it. The holder becomes a perfect travel case and it sticks to any mirror. They also mail you a new brush head, battery and toothpaste every three months.

QUIP TOOTHBRUSH, \$52. GETQUIP.COM



No winter retreat is complete without some cashmere. I've been a fan of this Canadian company since I discovered it 10 years ago while working in Montreal. This sweater is perfect for lounging around the spa, but nice enough to wear to dinner.

CA VA DE SOI SWEATER, \$520. CAVADESOI.COM



I won't travel without these little balms. They are perfect for the plane because they do double duty, combating dryness with shea butter and oils while also giving subtle colour to the lips, cheeks and eyes.

OLIO E OSSO BALM IN #4 BERRY, \$39. BIBELoTANDToKEN.COM

PHOTOGRAPHY: HOTEL POST BEZAU

In the stars

Astrology has gone mainstream. As psychology and astrology combine to offer us a richer portrait of ourselves—a salve in troubling times—the question is: Is it the answer to all of our problems?

BY OLIVIA STREN | ILLUSTRATION BY POONAM CHAUHAN

In the late '80s, when all my friends were reading V. C. Andrews's *Flowers in the Attic*, I was poring over Linda Goodman's *Sun Signs* and *Love Signs*. I was about 10 at the time and had plucked the volumes from my mom's bookshelf, where they sat next to Baudelaire and Camus and other classics (*Smart Women, Foolish Choices*). *Sun Signs* was the first astrology book to make the *New York Times* best-seller list. *Love Signs*, fatter than the Talmud, was referred to in my family as 'The Bible'.

Goodman's books enchanted me, belonging as they did to the mysterious world of the cosmos and the equally unknowable universe of the Grown-Up. I delighted in this new astrological world in the same way that I loved Greek mythology, *Dallas* and *The Young & the Restless*—all vividly cast with archetypes and bad behaviour. But astrology was all about me. Goodman told me who I was and who I might become with thrilling clarity and bossiness (she was an Aries). At an age when the world was beginning to feel wobbly and bewildering, my family, my friends and why I was chronically losing my pencil case suddenly made magical sense. I was a Gemini.

(I have a friend born on a cusp who spent her first 30 years on Earth believing she was an Aquarius, only to discover that she was, in fact, a Pisces—like finding out in mid-life that you were adopted. I can only imagine the psychic mayhem of such a revelation.)

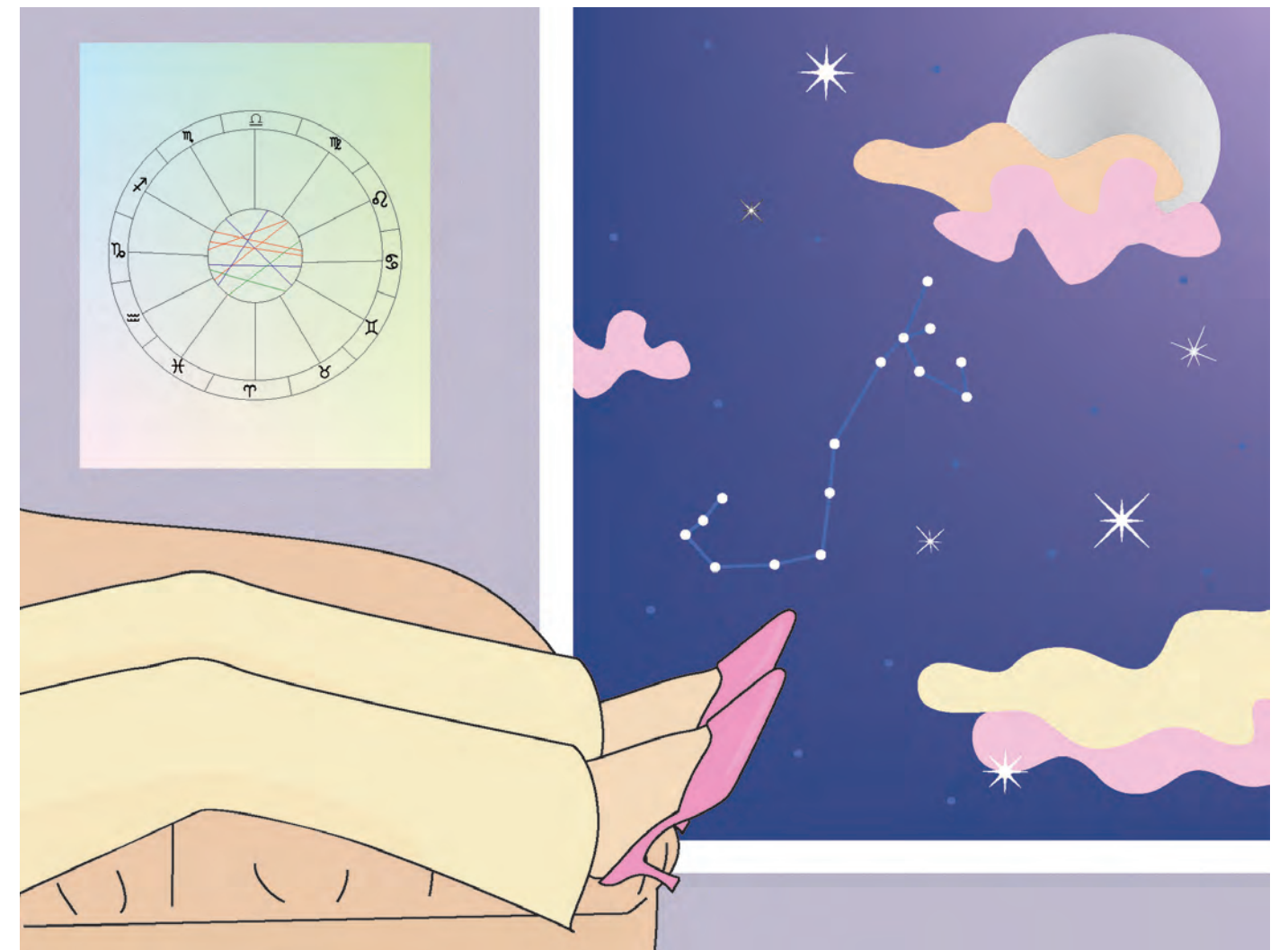
My love for astrology followed me into my teens and 20s. I remember the day my university roommate, a Capricorn, came home brandishing the book *Sun Sign, Moon Sign*, its cover mood-ring blue. "This changes everything!" she exclaimed, and she was right. The book explained that if my sun was in Gemini, my moon was in Taurus (like Michael J. Fox, Che Guevara...and Yugoslavian dictator Tito). It proved a fascinating undergrad dating tool—but this was the pre-internet '90s, and astrology still belonged to the patchouli-scented land of New Age quackery. To mention, say, your rising sign to a suitor was to watch them assume a most

Over the phone from her home in Santa Barbara, Freed confides that she has just read Gwyneth Paltrow's chart. Following in the footsteps of Carl Jung, the first major psychological figure to publicly endorse astrology, Freed is both an astrologer and a psychotherapist, combining the two disciplines to sketch a richer portrait of an individual. In other words, in a session with Freed, you're as likely to talk about your mother as you are about Mercury. If therapy tends to elicit questions, astrology provides answers; psychological astrology, satisfyingly, does both.

Freed tells me her mentor, Richard Tarnas, author of *Cosmos and Psyche*, said, "One truly great hour of astrology is equal to 20 sessions of psychotherapy." I could not agree more. I am no stranger to the couch and have heard "We're out of time now" enough times over the past 20 years to know that one psychological astrology session can feel as life-shifting as a year of conventional talk therapy.

The first time I met Freed, she managed to instantly hone in on my, let's call them, challenges, with uncomfortable accuracy. We chatted at the Goop Summit in Vancouver, over my birth chart and collagen-spiked smoothies. About six minutes in, she summoned a terrifyingly on-the-nose appraisal of my character, passions, patterns and deficits; I responded with much nervous laughter and shifting in my seat. I felt as if she had the blueprint to my soul. She concurred: "That is what the birth chart is," she said, "the blueprint of the soul." (Technically, the birth chart is a snapshot of the heavens at the exact time of your birth.)

Astrology, like therapy, is not about forecasting but about self-reflection—acknowledging one's strengths, limitations and patterns and, ideally, working with them and through them. As Freed writes in her new book, *Use Your Planets Wisely*, "Fully knowing your birth chart means coming to know, in intimate detail, your 'inner committee'—those voices and influences inside of you that create either havoc and mayhem or success and contentment." The book, Freed says, "is about being able



If therapy tends to elicit questions, astrology provides answers; psychological astrology, satisfyingly, does both.

unromantic look of alarm and suspicion, so one had to be discreet. Over cheap dèjeuner wine by candlelight, I'd whisper leading questions like: "So, you mentioned your birthday was in April. Like, early April or after the 21st?" The answer would, I believed, determine our romantic fate.

It helped to determine others' romantic fate, too. "Your sister met somebody at a party last night," my mom announced one day.

"Really? Did she tell you?" I asked, surprised. My sister is a Cancer and therefore notably secretive.

"Of course not," my mom said, frustrated with the idiocy of my inquiry. She then revealed the evidence: "*Sun Sign, Moon Sign* is open on her bedside table." The page in question proved correct. My sister had indeed been charmed by a Libra the evening before.

Now, there is no need to whisper one's inquiries about a potential lover's time of birth. In recent years, astrology has gone mainstream; skepticism is no longer confused with sanity or intellectual superiority. Prestigious media outlets and slavishly followed apps offer in-depth predictions for a new generation of believers. The widely bandied reasoning for astrology's rebirth is that in these apocalyptic times of political and environmental crisis, people are looking for comfort, for answers. When the world feels as if it's in chronic retrograde, astrology provides consoling order and guidance. As astrologer Aliza Kelly put it in a recent *New Yorker* article: "In the Obama years, people liked astrology. In the Trump years, people need it."

Astrology's rise has also been aided by social media, which creates a sense of loneliness and community at once—the disease and the anodyne. "When we feel disconnected, we naturally want to find something that helps us feel re-membered. People are desperate to find a mythology, an ideology, where they feel re-animated and re-enchanted," says Jennifer Freed, Goop's unofficial astrologer laureate. "Like religion, astrology at its best gives people a sense of belonging, a greater purpose." Appealingly, it also explains us to ourselves. "Everybody likes to have a sense of being known," says Freed. "We all want to feel safe, seen and celebrated."

to discern which part of you is running the show. The minute you can recognize, "Oh my God, I'm in my most regressed, primitive state," you're no longer in it."

It might be my Gemini talking, or maybe it's my Virgo rising, but my inner committee is never content. I'm constantly in need of a psychic refresh, and the start of a new year is, of course, a choice time for one. After about 15 minutes on the phone with Freed for an in-depth reading, I begin to feel like Nick Nolte in *The Prince of Tides*, mid-breakthrough.

I've had what you could reductively call a very difficult couple of years, mapped with grief and loss. I've indulged in the uselessness of asking "Why?" but assigning meaning to, let's call them, bad things is a pursuit as old and directionless as the universe. Apparently in my case, though, it actually is the universe's fault—specifically, Uranus's. "Astrologically, there's no ambiguity," Freed tells me. "You've been in a Uranus-squared cycle—it's about waking people up through a shattering." She proposes that this shattering (of hopes, plans, ideals, etc.) could lead to liberation and freedom. I feel liberated just hearing about liberation and freedom! "I know you do," says Freed. Of course she does.

Freed then gives me my marching orders for 2020: "This is a big completion year for you. This is your time to make a covenant with yourself. What are the projects that you have promised yourself you'd do but have put off? This is your year to take them on." She adds: "It will be extraordinary for you to not get derailed because with your sun and Venus in Gemini, you're always tickled by the newer, shiny thing." She's not wrong.

I suddenly feel seized with pressure, both professional and planetary, but Freed ends on a hopeful note. "There will be an opulent and abundant reward for your efforts by the end of 2020. Opulent and abundant!" she says. I love opulence and abundance! "Of course you do," says Freed. After all, my moon is in Taurus. And just like that, she signs off—we're out of time.

THE KIT

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