

THE KIT

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Meet the rebels

Body positivity is more than a buzzy hashtag—it's the key to fashion's future **PAGE 3**

PHOTOGRAPHY BY LUIS MORA

“My hope for my daughter is that she never feels limited. This generation is *different*.”



All in the details

Custom wedding accessories bring the magic **PAGE 7**



Big day, *big* celebration

Going all out the second time around **PAGE 6**



Unapologetically me

Embracing body hair as personal expression **PAGE 5**



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How to help your hair

No matter what your hair type, HYDRATION is your key to making it the healthiest, glossiest and strongest it can be. Need help sorting out some common haircare misconceptions? Read on as we detangle the issues.

FACT: SHAMPOOING DOESN'T HAVE TO OVERDRY YOUR HAIR.

You might think the goal of washing your hair is all about getting rid of impurities, but you don't want to overdo it—overstripping can leave it looking parched, dull and shineless. With the right shampoo, however, you can cleanse and nourish at the same time;

just look for a replenishing product like Nexxus®Therappe® Ultimate Moisture Shampoo. Made with Concentrated Elastin Protein, this lightweight, silicone-free, salon-quality formula is geared toward hydrating normal or dry hair, while keeping the natural bounce and fluid movement you want. Now you're ready for your close-up—wind machine included.

FICTION: CONDITIONER IS OPTIONAL.

Tempted to skip this step because you don't think you need it? Consider your conditioner a daily multivitamin for your hair—a way of keeping you in tip-top shape. Nexxus® Humectress® Ultimate Moisture Conditioner, for instance, helps bring back lost nutrients and essential moisture, so your hair feels deeply nour-

ished and silky soft. For best results, use a conditioner that's designed to complement your shampoo of choice (instead of mismatching your two steps). Nexxus® Humectress® is the perfect way to bolster the benefits you get from Nexxus® Therappe®, delivering 24-hour moisture. Just smooth it onto wet hair and wait three minutes before rinsing.

FICTION: ONCE YOUR HAIR IS DAMAGED, YOU CAN'T DO MUCH TO IMPROVE IT.

Yes, it's true that your hair fibres bear the brunt of multiple stresses on a regular basis: the heat of your blow-dryer, flat-iron or curling iron, or the harsh chemicals in bleaching and colouring products or just the scorching effect of the sun. But asking your stylist to snip everything off isn't your only option. You can actually replenish, repair and smooth your hair fibres with the right shampoo and conditioner. Look for products that are not only full of nutrients but also capable of restoring your hair's protective barrier, locking all those benefits in.

FACT: PROTEIN IS YOUR HAIR'S HERO.

If you're a skincare enthusiast, you've probably already heard of the upsides of proteins like collagen and elastin, which are the building blocks of healthy skin. Likewise, everyone's hair is made up almost entirely of protein. Although you can find different types of protein in the haircare aisle, depending on your specific need, look for elastin if you want more suppleness and elasticity (think: hair that bends but doesn't break). You can find elastin in both Nexxus® Therappe® Ultimate Moisture Shampoo and Nexxus® Humectress® Ultimate Moisture Conditioner for a one-two punch of strength, flexibility and hydration.



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¹Purchase two (2) participating Nexxus® products at Shoppers Drug Mart/Pharmaprix stores, excluding travel and trial sizes, using your PC Optimum card between June 16, 2018, at 12:00:00 AM EST and July 13, 2018, at 11:59 PM EST. NO PURCHASE NECESSARY ENTRY AVAILABLE. Prizes include: 1 grand prize consisting of a Nexxus® New York City Experience trip to the Nexxus® salon for 2 (ARV \$10,000), and 5 secondary prizes, each a Nexxus® gift basket consisting of Nexxus® products (ARV \$500.00). Open to Canadian residents who have reached the legal age of majority. Odds of winning a prize depend on the total number of eligible entries received. Skill-testing question required. Further conditions apply. Visit www.shoppersdrugmart.ca/nexxussalon for full contest rules.



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“I’d given up on modelling because I found it abhorrent.”



Body and soul

Who deserves to have their bodies shown—and celebrated? That’s the question at the heart of *Straight/Curve: Redefining Body Image*, a groundbreaking documentary about inclusivity in the fashion industry. *The Kit* talked to four of the doc’s stars—three women and a nine-year-old—about disrupting our culture’s relationship between size and style

BY LAURA deCARUFEL | PHOTOGRAPHY BY LUIS MORA

Growing up, **Robyn Lawley** may have considered herself a “giant,” but today the six-foot Australian can boast towering achievements, including landing the cover of *Vogue Italia* and building a 185-K-strong Instagram community.

“I have three sisters, and we’re all giants [*laughs*], but we have vastly different body types. Growing up, I was always the in-between. My middle sister had an eating problem—she would eat all her feelings, and my older sister was naturally skinny, so her go-to was to criticize our bodies. We’re very close now, so she’s used to me talking about this, but that criticism stung. When I started modelling at 15, the criticism got worse. All I heard from agents and photographers was ‘You’re too this, you’re too that.’ Within a few years, I’d given up on modelling because I found it abhorrent. Then, when I was around 18, I was scouted by an art director who encouraged me to try curvy modelling. I was hesitant

about getting back into it, but my manager told me that I didn’t have to change a thing—no diets or tape measures. I could just be me.

My career took off. The industry is opening up—and it’s opening up because all this focus on size is ridiculous. You’re going to starve and ruin your life to look the way that you’re ‘meant’ to look at 15? It doesn’t make any sense. But it’s an epidemic: Eighty to 90 per cent of Canadians, women especially, say they’re unhappy with their bodies. It pains me, but I understand that. For me, it helped to be around women who really didn’t care about being thin. As soon as you stop obsessing about food, it all falls into place, and you start learning your own body. You start knowing when you’re full and knowing what your body is missing, instead of just listening to magazines tell you what you need. The fashion world has to wake up because this change is happening at such a rapid pace now, and they’re going to be dinosaurs in this new world. It’s happening whether or not they’re on board.”

Denise Bidot broke out in 2014, when she became the first curvy model to walk two shows at New York Fashion Week. Two years later, her unretouched photos in Lane Bryant’s swimwear campaign went viral.

“I developed early—I remember being five-six in fourth grade with a D-cup. I looked like a woman but I felt like a child. There was no representation of my body in the media, so I always felt like there was something wrong with it.

Watching my mom—who, to me, is the champion of the world—struggle with her self-love made me decide to change the narrative. She had a closet full of jeans from a size two to a size 22 because of her yo-yo dieting. When I was 11 or 12, we used to go to the Pizza Hut buffet, and right after, she would run to the bathroom. One day I walked in, and she was throwing up. That was the moment I stopped caring about other people’s ideas about my body. I didn’t want to suffer for this beauty ideal that I didn’t even believe. I wanted to change the way my mom felt about herself, the way I felt about myself and the way women in general often feel about themselves. I decided that the self-loathing would end with me.

That was around the time my full-on

passion for the media started, even though no one on TV or in magazines looked like me. So I thought, ‘Maybe I can be that—this half Latin, half Arab girl is going to be a superstar!’ [*laughs*] I started acting, then worked as a makeup artist when I wasn’t getting acting gigs. That led me to fashion, where I ultimately found my calling.

The first time I told my mom that I was going to be a curvy model, she said, ‘Wait, they want you fat?’ and I was like, ‘Yeah, mom. Because I’m not fat—I’m myself. And that’s okay.’ That was over 10 years ago and now she’s fighting me for my clothes because she finally gets herself. To be able to have that epiphany at her age is really beautiful.

My hope for my daughter is that she never feels limited. This generation is *different*. Josslyn is so bold, carefree and empowered that sometimes I think, ‘Oh my God, she has no clue that before her, people felt a certain way.’ Imagine the other kids that are coming after her—the fact that they’re going to see the runway’s diversity and inclusivity, and they’re going to look at these billboards and how that’s going to affect them. We’re going to have really confident lawyers and doctors and ad agency execs who completely understand who they are, and that’s all we can hope for. When you’re limitless, the world is yours.”



“I decided that the self-loathing would end with me.”

KIDS ARE ALRIGHT
Lessons in confidence from Josslyn Bidot, 9

What was it like seeing yourself and your mom in the *Straight/Curve* documentary?

“My first reaction was, ‘Oh my God, I made it into a documentary!’ [*laughs*] My second one was that the movie is actually very empowering because it’s like a bunch of curvy models and straight models who show you that you can do anything you want to do if you try hard enough.”

What do you think when you see your mom speaking out about making change?

“I feel proud that she’s made it really far and she’s a model. She doesn’t care what people think. She’s inspiring to me.”

What lessons have you learned from her?
“That I shouldn’t worry about how I look. I’ve learned that there’s no wrong way to be yourself.”



“I’m proud of how far I’ve come.”

Lifelong athlete **Sasha Exeter** left her corporate gig in 2015 and rebranded herself as a fitness model and “brand storyteller.” Today, her clients include heavy hitters such as Nike and Joe Fresh.

“I’ve had a muscular build since I was five, I didn’t have breasts until I was in university, and I still don’t really have hips. I always felt insecure about not fitting into the mould of the skinny, blonde, blue-eyed girl that all the guys in school seemed to have a crush on.

I remember being super young and looking at Elle Macpherson and Cindy Crawford—these glamazons with super-long legs that seemed to be the same width as their arms and no real muscle definition. I never got obsessive about dieting, but no amount of dieting would ever get my body to look like that.

When Jessica [Lewis, producer of *Straight/Curve*] and I first started talking about the

film, I thought, ‘I definitely want to participate’ because through my job now, I should be booking more work for athletic campaigns. There are tons of athletic apparel brands that I could be involved with on social, but time and time again, they choose models who don’t have any muscle tone—they clearly don’t have the strength to run and play sports. As gorgeous as these women are, I wonder, what kind of message is this conveying?

When we started filming, I was very comfortable with my body. I was fit, but I also felt strong. Then I got pregnant and gained a lot of weight, which brought out insecurities I didn’t realize I had. I also had these delusions of grandeur that my body would immediately morph back to what it was before the baby! [*laughs*] My daughter, Max, is seven months old now, and I’m taking the strides I need in order to be healthy and strong again. I’m proud that I’m a mom and of how far I’ve come. My body isn’t going to be what it was, and it shouldn’t be.

I want Max to live in a world where people aren’t going to chip away at her confidence. If she decides to play sports, I want her to understand that the body she has is not only beautiful—it’s a tool—a tool to make her the best tennis player or figure skater or runner in Canada. It’s not something that should make her feel uncomfortable because she can’t fit into the same clothes her friends are wearing.”

ABOUT THE DOC

Since its 2017 debut, *Straight/Curve: Redefining Body Image* has become a cultural phenomenon and an organizing force for change. Rent or buy the film at straightcurvefilm.com and visit thekit.ca to read our interview with one of *Straight/Curve*’s producers, Jessica Lewis, a Canadian activist and former model.

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Radiation Invasion, Dress, September 2009. Faux leather, gold foil, cotton, and tulle. Groninger Museum, 2012.0201. Photo by Bart Oomes, No 6 Studios.
‘Iris van Herpen: Transforming Fashion’ is co-organized by the High Museum of Art, Atlanta and the Groninger Museum, the Netherlands.
The exhibition was curated by Sarah Schleuning, High Museum of Art, and Mark Wilson and Sue-an van der Zijpp, Groninger Museum.

This one is for the *cool* dads

We’re sparing you the dad jokes and offering some practical (and extremely chic) gift suggestions instead. After all, there are only so many ties and golf balls one needs—opt for one of these elevated options instead



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It’s complicated

Whether we shave it, wax it, trim it or leave it be, the hair on our bodies is much more than skin deep

PHOTOGRAPHY BY LUIS MORA

Growth strategy

How body hair became a symbol of empowerment for 19-year-old Harmeet Rehal

I remember walking into school in grade three and I had much darker, thicker hair than everybody around me. I was socialized as a woman. That’s how I usually like to describe my childhood, but I’ve always been masculine-centred. So I felt super visible as a kid.

I got to middle school and along came puberty and more hair growth, and summertime rolls around and everybody’s shaving, and it becomes this rite of passage. I found myself feeling really conflicted and I distinctly remember telling myself: “If you were in this world all by yourself, would you alter your body?” That idea felt daunting to me, and I realized I didn’t want to do it.

I was 11 or 12 when I made the decision not to shave my hair, but it wasn’t something I did on my own. My sibling [Harmeet and their sibling use gender neutral pronouns], who was in university at the time, was taking classes about race, sexuality and bodies, and I remember them giving me really radical books and teaching me about how our bodies are our own and we get to choose how we adorn them. I was really privileged to be introduced to these ideas at such a young age.

My sibling’s name is Priya, and they raised me. They were 13 when my pops passed away. My mom had to work a lot as an immigrant woman, so my sibling stepped in. They are also someone who identifies as queer, trans and disabled. I remember when I was a preteen, I would cry and tell my sibling, “I’m not a man, I’m not a woman, I don’t want to be either. I just want to be Harmeet. My sexuality and my identity are Harmeet.”

Making the choice to stay hairy meant a lot of harassment. People were weirded out by it. The high school I went to was predominantly white. Everyone was cis normative, able-bodied [Harmeet suffers from chronic pain disability] and rich. I’d have anxiety attacks on hot days and wouldn’t wear shorts because I knew there was a cost to being unapologetically the way I wanted to be.

There was confusion, giggling, violent

staring... People would call me “hairy Harmeet” and ask, “Why doesn’t she shave her hair?” Being misgendered and read as a femme person was and is still really difficult. I remember putting a blade to my hair and just crying because I realized how sacred and important my hair is to me as a brown and Punjabi body. I grew up in a a Sikh home where I was taught that our hair is beautiful, all of it. But I was also given space to choose to do whatever I please with my own hair.

Once high school was over, I came out. I was this hairy, non-binary, queer, small,

“I distinctly remember telling myself: ‘If you were in this world all by yourself, would you alter your body?’”

fat person from a low-socio-economic background, so there were a lot of identities piling up, a lot of things to navigate through. Bodies are weird. Especially for trans persons; our aesthetic is so important.

a pretty gender-neutral voice. I’ve done voice training before. But I walk the way I was socially taught, like a woman, even with my hoodie on and my [chest] binder on really tight.

When I was identifying as a girl, my body hair didn’t feel like home until I came out because then I had the language to describe myself.

I’m not trans-normative. Caitlyn Jenner is, and she’s super femme. For some non-binary people, they want to pass in places, but for me, I don’t want to pass as a man or a woman. I have

Body hair is another tool I use to describe myself. It’s a choice I make to have more agency over myself, but it can really fuck with my life because there are days where I don’t want to get harassed on the street, so I wear femme clothing. But other days, I put rips in my pants where my body hair is because I want to disrupt the spaces I’m around. It’s hard in the moment; I feel scared. But after it happens, I feel good. Fashion makes it more fun to do that. Sometimes I use brow gel on my mustache to make it pop, or I lotion waves into my arm and leg hair. I’m in a space now where this is part of my aesthetic and I want to own it. —As told to Katherine Lalancette

Southern comfort

Beauty director Katherine Lalancette tries the eight-minute Brazilian

It is my belief that one has not known true humility until one has lain bare-bummed on a rustling-paper-covered bed while an esthetician hovers over one’s nether regions with a strip of piping hot wax. Sure, the pain that follows inspires adjectives usually reserved for wartime (barbaric, merciless, inhumane), but the sustained efforts to make small talk through the ordeal, all the while being instructed to tug on various parts of said southern sector, feel, to me, even more excruciating. Put plainly, getting a Brazilian sucks.

Ala’a Abbassi is seeking to change that. The founder of Toronto’s Allure Body Bar has perfected the process, she says, creating a condensed, eight-minute version of the service aptly coined the Quickzilian.

“We keep it fun and exciting, and before you know it, it’s done,” she promises.

Her speedy method combines strategic “zoning” and an all-natural soft wax used at a cooler temperature to minimize irritation. Is it faster? Absolutely. Is it painless? Let’s be real. As one of the salon’s tongue-in-cheek murals wisely rhymes “Everyone wants happiness, no

one wants pain, but you can’t have a rainbow without a little rain.”

But Abbassi’s got a few tricks to weather the storm. “A lot of people clench their body and wait for the wax to be ripped off, and that actually makes it worse,” she says, coaching me through breathing exercises. “As you exhale, you relax and pain is more tolerable.”

I huff and puff on her counts, admittedly feeling more comfortable, but what really gets me through

include an arrow-shaped look titled This Way 4 Fun) to the playful post-care cards waxees go home with (“No hanky panky allowed for 24 hours,” it cautions), Abbassi succeeds in making a torturous chore feel somewhat enjoyable.

“We all know waxing hurts, so why not add a little humour to it?”

The Quickzilian costs \$38 and is available at Allure Body Bar’s three Ontario locations. allurebodybar.com

the whole thing are her zingy one-liners. “Got to get your Lamaze on,” she quips. “I’m always excited to tackle the bush,” she enthuses. I’m half expecting her to tell me the service involves a two-drink minimum, which would be a helpful addition, to be honest. Maybe I should slip that into the suggestion box.

That upbeat approach is no accident. Though advanced waxing techniques play a huge role, attitude is just as important, says Abbassi. When hiring staffers, she looks for jolly personalities to help clients feel at ease as they down this most perplexing cocktail of pain and nudity.

“If we sense nervousness or if it’s someone’s first time, we do a good job cheering them on,” she says. “Sometimes, we high-five afterwards. Sometimes they come out of the room and hug us, because it’s like overcoming a traumatic experience.”

From the cartoonish plant chart detailing the different “hairstyles” on offer (options



THE NEW FRAGRANCE FOR HER

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From the heart

Who says a second wedding has to be an understated affair?

BY EDEN BOILEAU
PHOTOGRAPHY BY MIKE STREETER

Elizabeth Dalzell, a human resources consultant in Toronto, wanted her wedding to Jack Tomik to match her feelings: big, celebratory and joyous. They did it up right this past April with all the traditional touches.

LOVE STORY

“Jack and I worked together but we didn’t connect until after we both left our jobs. I had lost my husband, and he took me out for a sympathy dinner, actually—that’s what it was supposed to be—and then we connected after that. We’ve been together for almost five years and got engaged after knowing each other for about two years. We were engaged for just more than two years because his son got engaged first, and we were waiting for them to go [laughs], and then they decided to put it off a little, so we said, ‘Well, if you’re not going, then we are!’ We started planning with some focus last summer.”

THE WEDDING PLANS

“It’s funny because a lot of people [having second weddings] would have small, intimate things, like cocktail parties, nothing quite as traditional. For me, I felt like if I was going to do it again, I wanted it to be a real celebration—I wanted everyone that we love to be there. It wasn’t because I didn’t have a nice wedding the first time around, but I thought, ‘If I’m going to

do this, I’m not going to do it half-way.’ So we decided to do the whole thing from beginning to end—the flowers, the invitations and the whole bit. We wanted it to be a day that people would remember and that was special. All the guests were people we love, who we wanted to have there and were happy for us. It was almost a way to say thank you.”

THE GROOM’S WISHES

“The reception was at Fieramosca Trattoria, which is an Italian restaurant on Prince Arthur, somewhere Jack has been going to for decades, having business lunches and stuff. He said, ‘I only ask for two things: I would like the reception at Fieramosca, and I would like the honeymoon to be a river cruise.’ So, I didn’t have a problem with either of those requests! He was pretty flexible other than that.”

THE DRESS

“My friend Giorgina found it for me! Whenever I need a dress for a special occasion I call Giorgina. She’s got such beautiful taste. It was in 2016, and I was looking for a dress to go to someone else’s wedding. I was at The Room [at Hudson’s

Bay] trying on all these dresses for three hours or something crazy like that, and she came in and said, ‘I just found this, it’s Thierry Mugler, it’s your size, and there’s only one. Try it on—I think it’s your wedding dress.’ So, I only tried one dress on! It fit like a glove and it looked so beautiful. It’s just an elegant cocktail gown; it’s not a wedding dress. And it was white and very classic. It felt great, so we had a little cry [laughs] and that was it! She kept it for me in her closet until it was time for it to be altered.”

THE SHOES

“We went back in February to find shoes, and we found this beautiful pair by Jimmy Choo. We did only a few speeches at the church, but I said thank you to Giorgina for helping me say yes to the dress and yes to the shoes. I’ve never worn anything like them in my life, but it was perfect because the dress was so simple.”

THE JEWELLERY

“I wore a pair of diamond earrings and bracelets—Roberto Coin bracelets that Jack had bought for me. I didn’t really need a necklace. I said to my friend Arianna, ‘I need something blue!’ and she handed me her mother’s dinner ring—an aquamarine. It fit perfectly.”

THE SOMETHING BORROWED

“The stole belonged to another friend’s mother. I told her about the dress and she said, ‘It might be cool out that day, and my mother has two beautiful stoles, so I’ll get them from my sister.’ So that was my borrowed—it was a beautiful little mink stole. It was ideal because that day was really cool and breezy.”

THE FLOWERS

“I wanted white, cream, ivory and a little bit of champagne. I cannot say enough good things about Sweetpea’s florists. We wanted it white and classic. But I also had these gorgeous pink roses. I think what you do with people with that talent and experience is you give them a sense of what you want and you let them do what they think is right. The bouquets at the front of the church were beyond my expectations. And we had pew markers in the church, which the planner repurposed for the tables at the reception, which was lovely and they didn’t go to waste.”



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Big day details

Four homegrown Etsy makers bringing whimsical style to weddings

BY JILLIAN VIEIRA

OLIVIA THE WOLF

It may be the most fleeting of bridal accessories, but your veil, especially one by Olivia the Wolf’s Sandra Morales, is an opportunity to make major impact. The Vancouver-based designer spares no OTT element—ivory fringe, constellation-like patterns and large-scale botanical embroideries—so all eyes are on the bride. “Recently, one of our brides sent us an email saying her veil was her favourite part of her wedding, after her husband, of course,” says Morales. “I don’t think compliments get any better than that!”



LOVELY LITTLE DESIGN CO.

No one can deny the bit of magic that comes with receiving a paper invite. It’s the element that Alex Jones, the Oakville, Ont.-based artist and graphic designer behind Lovely Little Design Co., takes great care in bringing to life. “In recent years, I have been drawn toward simple design: It allows my clients to interject themselves between the lines,” she says of the splashes of ombré watercolour and vintage botanicals that decorate her stationery sets. “I really believe that if you keep your eyes open, inspiration is everywhere.”

TRUVELLE

Vancouver-based Gaby Bayona has shaped her own corner of the minimalist gown market with Truvelle, the chic answer for choosy brides. “When I first started the brand, a bride from Utah fell in love with one of our gowns, and she ended up flying over to Vancouver to try it on!” she says. “That was the moment I realized that I could take this line and make it bigger.” And grow she has: In 2016 Bayona also introduced an environmentally conscious line of wedding dresses called Laudae (think hip-hugging silhouettes and modern lace).



LIGHT AND PAPER

Art class wasn’t Ali Harrison’s strong suit growing up, but you’d never guess looking at her hand-cut cake toppers. The Toronto-based creator behind Light and Paper has carved out a rustic, natural-looking aesthetic in a sea of blingy bridal themes, meaning her romantic birch pieces are less likely to be a post-big-day throwaway. “I had a couple who loved their topper so much that they framed it afterwards and hung it in their new home,” she says. “I love that people see my work as art they could keep forever.”

Something new

In search of her dream wedding accessories, our soon-to-be-married fashion director, **Jillian Vieira**, turned to three Canadian designers to create custom accoutrements

PHOTOGRAPHY BY LUIS MORA



His and hers wedding bands created for fashion director Jillian and her partner, Jordan.

THE WEDDING BAND: ATTIC

I always knew how I’d define my matrimonial style. A flicker of desire would arise for something glittery and grand after perusing glossy wedding magazines, but when I began envisioning myself floating down the aisle, I followed the sartorial tenets that have always guided my senses: classic, understated and a nearly imperceptible sprinkle of magic. Designing my wedding ring, the one piece that would survive my big day, would be no different.

I met with Melissa Gobeil and Susan Shaw, the founders behind Toronto jewellery line Attic, and instantly picked up on that meant-to-be alchemy I’m forever searching for. The twosome

became fast friends at goldsmithing school 10 years ago and, after regularly receiving requests for hard-to-find minimalist pieces, decided to take on the fine jewellery market from what they call “an uncluttered perspective.” “We have a simple aesthetic and are very practical people, so it’s a little like designing for ourselves,” says Shaw.

Building a brand on pieces that are straightforward, refined and a bit unexpected, like the 14kt oval hoops you’ll never take off or that round, brushed gold pendant passersby will ask about, proved to be popular. Soon, custom engagement and wedding ring work—the “most intimate” of design processes, says Gobeil—became their calling card. They even launched their

brand new Union collection, a line of delicate and sophisticated wedding rings, with the intention of potentially spurring more custom creativity. “It could be a starting point for clients to add their own details to it and make it just for them,” says Shaw.

Their plan worked: When I visited the pair’s airy Toronto studio and began trying on bands from the collection, I was instantly thinking up tiny ways to tweak it. I riffed on their Eclipse ring, a simple, yellow gold band with single diamonds flanked by even

tinier diamonds placed at each of the cardinal directions. Could I switch up the stones? “How about grey diamonds in a tone gradation around the ring?” offered Gobeil. The result would have an ombré effect, stones encircling the band starting at a medium grey to classic brilliant white. Shaw even suggested we add a faint engraving along the middle of the band to pick up on a design element from my engagement ring. “They both really hold their own, but complement each other,” Shaw says of the final look.



THE RECEPTION EARRINGS: CADETTE

I first came across Allison Asis’s Toronto jewellery line, Cadette, the way I discover most new designers: perusing Instagram’s Explore page. Her dreamy feed—images of serene interiors, swathes of fluid fabric and line-drawings-turned-lemon-earrings—embodied the brand’s “art-inspired, organic, feminine and modern” ethos. It gave me pause: So many are chasing this very-now aesthetic, but so few can capture it honestly. When I sat down with Asis to sketch out my reception earrings, it became clear how she manages to imbue that spirit into the line. The full-time digital marketing manager, who moonlights as a designer, is a one-woman show, hand-carving, casting and polishing every single piece herself. For my particular pair, Asis first approached the structure: an asymmetrical drop style that offered subtle movement (“perfect for dancing!”). Then, cast in her signature high-shine brass, she incorporated a trio of irregular freshwater pearls for an element of natural elegance. “The result is a piece that’s infused with soul,” says Asis. “I wanted them to feel like a natural extension of you.”



THE FANTASY VEIL: DAPHNE NEWMAN

I have to admit: I didn’t even consider wearing a veil. How much significance could one piece worn for just 30 minutes really hold? Calgary-based veil designer Daphne Newman managed to convince me otherwise. “It’s often the most overlooked, but the wedding veil is the defining piece of the bridal look,” she explains. “It makes for a beautiful heirloom.” Newman’s light-as-air, silk tulle veils, created with natural materials and dyes, are a wonder on their own, but when I began to dream up ethereal details we could introduce, I couldn’t resist her suggestion: a smattering of itty-bitty pearls that slowly dissipate toward the crown, just like a constellation of stars. “The abstract array of pearls showcases an undone elegance,” she says. Thirteen hours of work later, I’ve completely fallen for my totally one-of-a-kind, chapel-length veil.



A facial fit for a duchess

The Kit digital director **Caitlin Kenny** tries Meghan Markle’s go-to cold laser treatment

Even beneath her dramatic veil, there was no dimming the sparkle of Meghan Markle’s borrowed-from-the-Queen diamond and platinum tiara as she ascended the steps of St George’s chapel, but it was the glow along her cheekbones that had me most mesmerized.

With much of the world watching—including 53 million from the U.S. and U.K. alone (data for Canada has not been released)—the new duchess achieved what I crave most for my own wedding: a perfect-skin day, with a clear, luminous complexion and freckles out in full force.

While I may be lacking her genetic blessings and steadfast yoga practice, I do live in Toronto, the home of W SkinCare, Markle’s long-time facial go-to. And though my nuptials will be viewed by a few million fewer, give or take, I recently booked myself for treatments in hopes

of achieving that same royalty-worthy skin.

W SkinCare focuses on a single service: the cold laser facial. “We don’t do anything else in here, which from a business standpoint is like, ‘What the hell?’” says Lorinda Zimmerman, the clinic’s founder. But business is booming at both her Toronto and Vancouver locations, which attract a clientele of A-listers—making up about 90 per cent of customers that Zimmerman treats herself—and locals. In Toronto, the cast and crew of *Suits* have been loyal devotees for years, including Markle from 2014 up until she wrapped filming at the end of last year. For the royal wedding, Zimmerman blocked two days off to treat 20 of her clients who were attending.

The real star, however, is the Phytoscan, the Swiss-made cold laser machine that Zimmerman swears by for treating rough texture, fine lines, redness, under-eye circles and more, all while delivering that covetable “W glow.” Studies have shown that cold laser, also known as low-level laser therapy, stimulates the production of collagen, the proteins that keep our skin plump and firm.

As the name suggests, cold laser doesn’t involve heat like traditional lasers do, which eliminates the risk of pigmentation, says Zimmerman. “When you raise the temperature on your skin, your body shoots pigment up to the surface to protect it.” Similarly, there’s no downtime or pain, and cold laser can even be used post-operatively to promote healing. “There is no redness or peeling, which is why we do a lot of film and television,” she explains. “You can do this

and then literally go on TV right away.”

This gentleness means that clients from out of town can pack several sessions into a short period of time. The most intense—and, in Zimmerman’s opinion, ideal—schedule is to have cold laser done weekly for six consecutive weeks. “We call it the Hollywood Six,” she says. More manageable and common are two sessions close together—something Markle would frequently opt for, and which is my chosen plan as well.

When I arrive at W SkinCare, Zimmerman greets me and takes me from the lobby’s fireplace to a stark treatment room with a grey doctor’s-office-like bed. After asking a few questions and taking a look at my skin, Zimmerman decides I’m a little too dry for a “double blast,” a technique she pioneered where exfoliating microdermabrasion is combined with cold laser.

Instead, it’s straight into the laser treatment, which requires a thick layer of cooling, botanical-infused gel all over my face. Zimmeran lightly rubs the flashlight-like nozzle of the laser over my face. During the course of 45 minutes, she switches heads three times, beginning with a large one that covers most of my cheek, then a medium-sized one that she glides along the contours of my face, and finishing with the smallest pen-sized one designed specifically for the under-eye area.

Throughout it all, I feel nothing, which sparks a hint of skepticism in me. Yet, during my morning makeup routine three days later, I notice that my skin feels smoother and looks brighter, and I opt to skip my illuminating primer.

“There’s no redness or peeling—you can have the treatment and then literally go on TV right away.”

After my second treatment, the following week, my under-eye circles suddenly become concealer-optional zones, and I even garner skin compliments from my colleagues despite having skipped my usual highlighter application on a particularly rushed morning. It’s enough to make me book follow-ups in the weeks leading up to my wedding. The Queen may not be lending me a tiara, but I’ll have my own source of sparkle.

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