

# THE KIT

Style investigation: Can you wear flip-flops and look fashionable? PAGE 8

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## Moms rule

In this special issue, we asked creative Canadians to pay tribute to their biggest supporters and forever inspirations: their mothers. P.S. How cute are Leanne and Donté Colley? PAGE 4

PHOTOGRAPHY BY RILEY STEWART



VALENTINO YORKDALE  
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# VALENTINO

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THE KIT X MARC CAIN

# Celebrate Mom in Style

There are a million reasons to celebrate Mom: her heart of gold, her everlasting support, her well-tested patience and her sartorial sense, which set you on a stylish course. It's why, when you're looking to offer her a token of your appreciation, a store-bought bouquet just doesn't quite cut it. This Mother's Day, celebrate her by getting dressed up together and heading out on the town! Read on for our on-trend outfit ideas for both of you.



## Weekend Brunch

Reserve a table in a sun-drenched room with a spread of flower-flecked fruit salad, sumptuous eggs Benedict and pitcher of grapefruit mimosas, and pull out your Sunday best. Start with the prim pièce de résistance: a knit pencil skirt featuring a colourful zig-zag pattern and dramatic hem. It's a standout all on its own, so a few chic accessories should only elevate the elegance. Neatly tie a robin's-egg-blue silk scarf over a button-down blouse, slip on a sweet charm bracelet and count on a posh top-handle bag to complete your outfit. This Italian-made leather purse features a clean aesthetic and timeless shape with a tucked-away shoulder strap. Post-brunch window shopping, anyone?



SCARF, \$240, MARC CAIN STORES



BRACELET, \$160, MARC CAIN STORES



TRUE BAG, \$650, MARC CAIN STORES

## Picnic in the Park

A wicker basket brimming with charcuterie, cheeses and all the fixings? Check. Classic checkered blanket and a chilled bottle of rosé? You bet. For a celebratory smorgasbord in the great outdoors, keep it casual-cool with an athletic-meets-pastoral anorak, complete with slick splash fabric and lace details. And for extra practicality points, keep the sun off your face with a face-work baseball cap. But who said that signing up for a countryside stroll meant compromising on style? Finish your look with the functional (and feel-good) Help bag: 50 per cent of the profits from this heart-printed tote and coin purse duo will be donated to Plan International, an organization advocating for children's rights and equality for girls in more than 70 countries. One for you, one for her.



HELP BAG, \$100, MARC CAIN STORES



SHOES, \$360, MARC CAIN STORES



HAT, \$140, MARC CAIN STORES



## Classy Cocktails

A glamorous night on the town calls for some smart suiting. But this isn't the time to turn to your weekday uniform. Instead, choose a more special, fashion-forward pairing: a boxy, menswear-inspired blazer and perfectly pressed, slim-fit trousers. The slightly oversized shape, washed in a pretty shade of coral, makes for an all-eyes-on-you moment. Keep the look fresh with modern, pared-down accessories like a crimson handbag that builds on the sunset-inspired colour story, while a thin white belt offers a hit of crispness in the midst. And yes, you can sport slides to a cocktail bar; all you need is a heel and a fresh pedicure (just another way to pamper Mom). The best part is this head-to-toe cool combo will see you through the entire season. Sounds like a round of bubbly is in order.



BAG, \$750, MARC CAIN STORES



HEELS, \$620, MARC CAIN STORES



BELT, \$160, MARC CAIN STORES

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## Why it works

Style editor **Liz Guber** breaks down an on-point street-style look. This week: The bucolic puff-sleeved dress exudes retro femininity



REJINA PYO DRESS, \$1,260, BROWNS-FASHION.COM

YUZEFI BAG, \$695, HOLTREN-FREW.COM

BLUETIFUL MILANO HEADBAND, \$117, SPARKLEMONDE.COM

CHAN LUU EARRINGS, \$527, CHANLUU.COM

SAINT LAURENT BOOTS, \$2,409, MATCHES-FASHION.COM

To me, a dress is the outfit equivalent of a well-crafted sentence—complete, concise and to the point. And there's something particularly compelling about the current resurgence of the puff-sleeve (or, to use its technical and hilarious name, the leg-o-mutton) silhouette. Take this chic pedestrian-crossing moment from Paris Fashion Week—it's very Laura Ingalls moves to the big city. The padded velvet headband adds extra vintage charm, but the rest of the accessories are

edgier. This mix of saccharine and sleek is what makes the look interesting. Start with the dress: We're partial to one by London-based Rejina Pyo, whose retro-infused designs feel both fresh and timeless. The delicate floral print is optional, but the midi length is a must so that the hem can kiss the tops of a pair of slouchy boots. Finish it all off with the requisite headband (trust, they're back) and prepare for the deluge of compliments.

## Go big or go home

Jackie Cruz, star of *Orange Is the New Black*, knows the power of beauty inclusivity

BY LIZ GUBER

Quick, name your favourite *Orange Is the New Black* character. Flaca? Mine too. So, imagine my delight when I got on the phone with Jackie Cruz, the actress who brought the sarcastic, ennui-ridden inmate with a thing for The Smiths (and eyeliner!) to life on the Netflix series. The actress, who was born in New York but grew up in the Dominican Republic, has just been named the face of Kat Von D's Go Big or Go Home mascara, which boasts a vegan formula and promises smudge-resistant volume courtesy of its plant-based waxes and oils. "It's really hard to get a Latina in a beauty campaign," shares the awestruck 32-year-old. When the brand first reached out, Cruz mistook the offer for a single Instagram post, not an international rollout—billboards, splashy launch events and all. "I love the representation that I'm about to bring. It feels good."

Cruz went on to share her earliest mascara memory, how she's forging a new path in Hollywood and, of course, how it feels to wrap the final season of a show that changed her life.

**When did you start wearing mascara?**

"I moved to Hollywood when I was 15 from the Dominican Republic, and in my country, no one wore makeup. In Hollywood, all the girls wore makeup. I went to the Sephora on Hollywood and Highland—you didn't have to have money to try on a bunch of things—and that's where I discovered mascara and all that fun stuff. One of the artists there would always do my makeup before I went into work at an all-ages club. I was a coat-check girl, and it was dope! So that's when I fell in love with makeup. Sephora was like Disneyland for me."

**And now you're the face of a mascara. Talk about full circle.**

"It feels insane. I can't even describe it. I



walked into Sephora today and the Latina girl that was working was like, 'Girl, I'm really proud of you.' I fell in love with Kat Von D beauty because Flaca wore the tattoo liner [to create her teardrop tattoo, which was later revealed to be fake]. I thought it was supposed to be a tattoo but it ended up being eyeliner. [The writers] kept it a secret."

**How do you feel about OITNB entering its final season, and saying goodbye to Flaca?**

"I don't know if I could ever say goodbye—especially after I have a drink! I love Flaca. She was so much cooler than I was in high school. She wore makeup and had cool outfits. Everything I wish I had as a kid. It was really cool to go back to high school and be cool. I'm going to miss her a lot."

**You say she's cooler than you were, but do you share any similarities with Flaca?**

"Music is something we have in common. She loves The Smiths, Erasure, all those

dope bands. Though we have different taste, I love those bands as well. And the liner. Flaca used that tattoo liner to be powerful and strong and that's how I feel when I wear it."

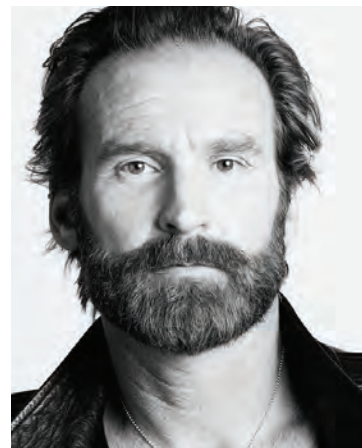
**On Instagram, your bio is "Wild feminist." What does that mean to you?**

"Just being fearless, being who you are, supporting women and equality. I just did a movie called *This Changes Everything*, about the inequality in Hollywood for women of colour. We have fewer opportunities and are paid the least in all walks of life. When you want to lead, you have to teach people how to lead. And, when you are on the forefront you get hurt the most. I'm the one not getting roles because Hollywood is not used to my face. But now Kat Von D beauty has a big billboard of me! I did *Orange Is the New Black* for seven years. It's like I graduated college. I'm ready for Hollywood."

KAT VON D GO BIG OR GO HOME MASCARA, \$29, SEPHORA.COM



## THE KIT X SCHWARZKOPF



### The Three Spring Styles You Need to Try Now

Celeb hair guru Peter Butler breaks down his favourite looks of the season

Celebrity hairstylist Peter Butler always has one thing in mind as he creates his jaw-dropping red carpet looks: Make it modern. "I like to keep things fresh to make my clients feel like a million bucks," he explains. "It doesn't have to actually cost a million bucks, though." In fact, he takes inspiration from runway trends and cutting-edge editorial campaigns and then translates those high-fashion references into ultra-wearable looks that suit women of all ages and are easy to achieve at home. Here, Butler breaks down how to pull off his favourite on-trend styles in minutes.



**TREND TO TRY:** BIG AND BOUNCY

**STYLE INSPO:**

The full-volume looks that stormed spring runways are a must-try for a glam night out.

**GET THE LOOK:**

Big, bold hair starts in the shower. "Help repair and restore body to flat, lifeless hair by using a volume-boosting shampoo and conditioner, like the ones from GLISS," suggests Butler. Then, prep your hair for styling with a volume spray. "Spritz it into your roots and use a round brush to blow-dry," says Butler. Pull the round brush up and out as you blow-dry to create take-notice volume. "You'll love the results!"

**SHOP THE LOOK:** Schwarzkopf GLISS Extra Volume Shampoo, Conditioner and Lift-Up Spray, SRP \$10 each



**TREND TO TRY:** SUPER SLEEK HAIR

**STYLE INSPO:**

Pin-straight hair is a runway staple this season, in a redux of the iconic '90s look.

**GET THE LOOK:**

"I like to make it shiny and make it swing," says Butler, adding that a dramatic centre part is the best way to update this classic look. But Butler warns that a centre part can call attention to any roots that may be peeking through, especially in super-straight hair. He offers a simple solution: a spritz of retouching spray that will camouflage roots, without requiring an emergency trip to your colourist.

**SHOP THE LOOK:** Schwarzkopf Root Retoucher Temporary Root Cover Spray in Dark Brown, SRP \$16



**TREND TO TRY:** TWISTED TOPKNOTS

**THE FRESH SPIN:**

"This is no stiff, traditional updo," says Butler. "Topknots are a fun and chic way to keep your look fresh."

**GET THE LOOK:**

"Create the perfect topknot by making sure it's not too tight," says Butler. Gather hair into a tight ponytail on top of your head and secure with an elastic. Then, spray the ponytail with dry shampoo to give strands some grip (He recommends a dry shampoo with no white residue, like the ones from got2b). Tease the ponytail to create texture and wrap the tail around the base. Use two or three pins to finish the look. "Don't worry about pieces falling out," he says. "This will add character."

**SHOP THE LOOK:** got2b Fresh It Up Dry Shampoo, SRP \$10

**PRODUCTS AVAILABLE**

at major retailers and schwarzkopf.ca



# Like mother, like son

Internet dance sensation Donté Colley and his nail artist mom, Leeanne, talk creativity, tough love and growing up together

BY RANI SHEEN | PHOTOGRAPHY BY RILEY STEWART

Creativity is a strong thread in the Colley household. Twenty-one-year-old Donté Colley has lit up Instagram with his viral dance videos punctuated by self-love messages and flying emojis—recently he's danced on *Good Morning America* and in Ariana Grande's latest video, *Monopoly*. His mom, Leeanne, is owner of the Tips Nail Bars in Toronto and creator of intricate nail art for magazine photo shoots and celebrities including Katy Perry and Lady Gaga. We got the pair together for an impromptu Mother's Day dance party and to talk about what they've learned from each other.

## DONTÉ ON LEEANNE

### What has your mom taught you?

"To always be unapologetically yourself, always work hard for what you want, and don't let anybody tell you that you can't do anything. She doesn't play easy with me, she's always hard, but it's out of love."

### Sometimes creative people get a little pushback from their parents. Have you ever felt that?

"In high school, I found a love for dance and digital media, especially Tumblr where you are able to create a mood board for yourself with images and videos. I would always be on my computer, teaching myself to code. My mom would be like, 'What are you doing? There are other things to be focusing on.' As time went on, she started to understand that it was something that I liked, and she was a lot more supportive of it."

### Your mom worked from home as a manicurist when you were small. What did you take from being around her work and her clients?

"I've carried through a lot of traits from my mom, like my love for fashion and design, because she's about her art, and I'm the same way with what I do. I love having a blank canvas to play with. I think engaging with older people has been a blessing, especially when you're five years old, and your mom says, 'Come here and say Hi, right now.' That's something that I've carried on, not to be afraid or shy away, even though it's hard sometimes. Because you never know what can come out of a conversation."

### Your art has exploded. What has that experience been like for you?

"It's been overwhelming, but in a good way—I didn't realize how much of what I was doing was actually impacting people, and that means the world to me. That's what my passion is, trying to make people happy in different kinds of ways. It's also given me an opportunity to do things like travel with my mom, something that we haven't done a lot before."

## LEEANNE ON DONTÉ

### When did you know that you had a very creative kid on your hands?

"Donté's been creative since the day he was born. Pretty much from the moment he could roll, he was always into music, always dancing, he had an incredible imagination. Being an only child, he spent quite a bit of time without other kids, other than in daycare. In daycare, he was always the most loved kid."

### You were a single parent when Donté was born. How was that experience?

"You just do it. You don't depend on anyone, you know that you're the sole provider for your child, you don't feel bad for yourself. I talk to some



### WHAT WOULD YOU LIKE TO SAY TO YOUR MOM ON MOTHER'S DAY?

"I love you, and thank you for everything that we've been through so far. I'm excited to see where the world continues to take us."

moms now who are splitting custody, and sometimes I feel I was really lucky that I didn't have to go through that, that I was able to bring up Donté the way that I felt he needed to be raised. And it was just him and me, so we had a really, really close relationship."

### How is it seeing him take off like this?

"It's just unbelievable; I'm so proud of him! He's known for spreading kindness and happiness and joy—what else could you ask for as a parent?"

### Do you ever worry about the pitfalls that may come with fame?

"I don't think it will change Donté—he's always been a kind person, and if the negative things that he's gone through in his life haven't changed him, then I don't think positive things will."

### What would you like to say to him on Mother's Day?

"Donté, you inspire me. I'm so lucky to have you as my son, as my friend, and I look forward to growing up even more with you."

HAIR AND MAKEUP: BRITTANY SINCLAIR

## Only the best

If you're buying this Mother's Day, up the ante with an investment gift of epic proportions. If you're receiving, put these special treats on your wish list with hope in your heart

HER VIBE: LET'S CALL IT ULTRA GLAMOUR, OUI?



TATCHA LIP SET, \$114, TATCHA.COM



CHANEL LES EXCLUSIFS DE CHANEL 1957 EAU DE PARFUM, \$240 (75 ML), CHANEL.COM



ROGER VIVIER BAG, \$1,880, HOLTRENFREW.COM



SAMSUNG WATCH, \$300, SAMSUNG.COM/CA



BEATS HEADPHONES, \$300, APPLE.COM



HUNTER BACKPACK, \$325, HUNTERBOOTS.COM

HER VIBE: ALWAYS TURNING IT UP TO 11





## Colour of love

Painter Laura Gulshani imagines her Latina mother, Alba, in living colour

Laura Gulshani, 26, has carved out a niche as a fashion painter—she creates textile prints for brands like Escada and Seren London, and vibrant paintings of runway looks that are shared widely on Instagram. “I want to honour the masters of Post-Impressionism but bring it to the modern world and try to represent these beautiful garments that are coming down the runway because sometimes photographs don’t do them justice,” she says. Gulshani’s aesthetic is heavily influenced by her mother Alba’s Colombian heritage—the pair speak Spanish together, eat Colombian food, love Colombian music and are very close with Alba’s family back home. “She was born in Bogotá, and one of her grandmothers comes from a line of indigenous people called the Muisca,” says Gulshani. “I’m inspired by the colours, the vibrancy, the traditional weavings and patterns, the beautiful positive attitude, and the happiness everyone has, regardless of income, status or situation.” When it came time to paint her mom, Gulshani chose to dress her in red, wearing earrings designed by Colombian jeweller Mercedes Salazar that are inspired by Muisca gold art. “In Canada, a lot of people are very conservative with what they wear, or they’ll stick to darker colours, but my mom is the complete opposite—she’ll wear a red jacket in the middle of the winter. She just loves colour and big jewellery and flowy clothes because it reminds her of the hot season in Colombia, where it’s very tropical. A big part of our relationship is celebrating Colombian culture. It’s a huge piece of why I love my mom.” —Rani Sheen

### WHAT WOULD YOU LIKE TO SAY TO YOUR MOM ON MOTHER’S DAY?

“I would like to thank her for everything, because she’s saved my life in many ways. She’s always believed in me and given me a lot of strength and courage. That strong Latin woman is really the reason that I’m still here doing what I’m doing.”

## Mom at work

Catherine Reitman, creator and star of CBC’s *Workin’ Moms*, on watching her actress and director mom, Geneviève Robert, work—and then quit work—in the 1980s

BY RANI SHEEN

### When you were growing up, what did you learn from watching your mom work?

“My mom was an actress and a director. I was three or four when she directed a feature called *Casual Sex* with Lea Thompson, Victoria Jackson and Andrew Dice Clay. I remember visiting her on set and I had such extraordinary respect for her. And then she quit. She got an offer to make another feature and she made the ultimate sacrifice. She said she wanted to be there for me and my siblings’ childhoods. I didn’t think about it then. Here I am now, starting to get more offers, more opportunities to express myself and challenge myself, and my mom was in this exact seat and she said no because she chose us.”

### How do you feel about the fact that she took that step back in her career?

“I have incredible reverence for it. But it’s a confusing one. I still struggle with it because I know it was out of love for us—she wanted to be a part of all those memories, and I know that feeling—but I’m torn because I am making the exact opposite choice. I’m going after my dreams and I feel incredibly selfish. I want to keep growing, I don’t want to stop, and when I think about that choice she made

it’s a little bit of a brain-breaker for me. It was also a different time. In the ‘80s, there was a lot more pressure to be a mother, and now there is a lot more pressure to be everything. But then, women have always been expected to do everything.”

responsible, then they’re going to acclimate to the new schedule, and then all of a sudden they’re going to be like, “Okay, Mom’s working, that’s what she does. I see her on the weekends and I have my full life and she has her full life.” And everyone is supposed to have a full life. With my father, it was like that for my entire childhood. He often would take us with him to wherever he was shooting—when he shot *Kindergarten Cop* we all moved to Oregon.”

Acting is such an appearance-focused profession, especially for women. Did your mom broach the idea of Hollywood beauty standards with you, growing up in L.A.?

“While it may not have been harder or easier back then to be a mother, being an actress these days is much harder. The expectation of what we’re supposed to look like on camera is very different than when my mother was acting. This career expects so much of me and my body and my skin. Growing up, I was this really awkward-looking kid, and kids used to make fun of me and call me names like horse mouth. My mom looked literally perfect, and I definitely looked more like my father. She always was like, “I don’t see it. They’re crazy; you’re so beautiful.” I remember thinking, “Oh great, they’re crazy!” I had this strange confidence because she was so complimentary and supportive. I think it gave me a great sense of humour and a really strong voice because she instilled all this confidence.”

Have you found perspective on getting older from watching how she’s approached it?

“Yeah, aging is a bitch. My mother dyes her hair blonde regularly, so I never got to see her go grey. She takes the best care of her skin out of everyone I’ve ever met. Her skin is insane and luckily, I have her skin. I definitely follow her skincare regimen, and she gives me skincare products as gifts.”



Past and present scenes from Catherine Reitman and her mom Geneviève Robert’s life together.



### There’s a toxic narrative around competition between beautiful women and their daughters. Did you ever feel that?

“My mom and I don’t have a competitive relationship; I think it’s because we’re so different. My mother was a model, that’s how she started her career. She was brilliantly smart but she happened to make her living because she looked the way she looked. I did not have that problem. So I focused on comedy—my dream was to be on *SNL*, something she would never consider. Every once in a while, we butted heads because we had different ideas of what women are supposed to look and behave like. But I think there’s a lot of mutual admiration, particularly since I’ve had children. On *Workin’ Moms*, my character has a harder time with her mom when she becomes a mother; our relationship has been easier because we have a lot more understanding and respect.”

### Has your mom given you any advice on achieving work/mom balance?

“She’s always telling me to be easier on myself. Why waste a moment being angry at yourself for your choices? One day you’ll look back and be like, ‘You’re amazing. You did so many great things.’ You should be so proud of yourself.”

PHOTOGRAPHY: MARIAH HAMILTON (COLOUR OF LOVE)

HER VIBE: JULIA CHILD IN HER PROVENCE ERA



KITCHENAID SPIRALIZER, \$230, KITCHENAID.CA



HERMÈS PLATES, \$870 (SET OF 5), HERMES.COM



LE CREUSET FRENCH OVEN, \$425, LE CREUSET



THE BODY SHOP HAIR MASK, \$16, THEBODYSHOP.COM



GOOP BATH SOAK, \$49, GOOP.COM



DIPTYQUE CANDLE SET, \$174, DIPTYQUEPARIS.COM

HER VIBE: NEVER MET A SOAKER TUB SHE DIDN’T LOVE





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\* Source: Nielsen, Dollar volume, women moisturizers self-serve,  
period ending Dec 8th, 2018.  
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# Is it okay to wash your face in the shower?

We asked derms to set the record straight

BY MELISSA PERDIGAO

I could stand under the near-scalding water of a steaming hot shower for an eternity. I treat my hair to a fancy mask, buff my body smooth with a scrub and always, always give my face a nice deep cleanse. But lately, I've been hearing rumours my in-shower face-washing routine might actually be bad for my skin. I talked to Toronto skin pros Dr. Elena Poulos, dermatologist at Kingsway Dermatology, and Josie Caccamo, lead medical esthetician at W SkinCare, to get the scoop.

## So what's the deal? Should you wash your face in the shower or not?

"I would actually say it depends on how sensitive your skin is," says Dr. Elena Poulos. "If you have an oilier skin type or you're prone to acne and your skin is not particularly reactive—meaning you don't get flushed easily—washing your face in the shower is going to be just fine. On the other hand, people with sensitive skin have to be much more careful about how they cleanse their skin. For that group, I don't recommend that they wash their face in the shower. Having the heat from the water applied on their skin over a long period of time will make it much more likely for the agents in their cleanser to penetrate into the deeper layers of skin, which can cause irritation. Washing their face in the sink with water of a more moderate temperature would be better."

Josie Caccamo concurs on the temperature front. "Personally, I never wash my face with hot water. Always lukewarm, maybe a bit on the cooler side—never cold, never hot. I find that when I use hot water, even if I'm using a gentle cleanser, it dries my skin right out. You don't want to burn the skin or cause a lot of blood to come up to the surface, especially when doing something that's supposed to be as gentle as cleansing."

## So heat plays a role in how products penetrate skin, but what about water pressure?

"I would say yes, depending on your skin

type," Poulos says. "Again, people who have oily skin or are acne-prone are fine. Even with pressure, their skin is pretty tough, so it's protected. However, people over 40 or people with rosacea, eczema or other inflammatory conditions should be more careful. The water pressure can cause more flushing of the blood vessels and break the skin barrier, leading to more irritation from the cleanser itself."

## Is the concern more about the products you use rather than the fact that you're in the shower?

Heavy-duty formulas containing acids or exfoliating particles can definitely be detrimental to skin, say the pros. That's why Caccamo recommends sticking to a gentle cleanser that gets the job done without the harsh additives. "We've always been focused on over-cleansing the skin," she says. "That squeaky-clean feeling you get after using certain products is doing more harm than good because it's breaking down your moisture barrier. People are overdoing it. They're cleansing in the morning, they're cleansing at night, after they work out, they're using scrubs. It's allowing those allergens and irritants to penetrate, which leads to trouble in the long run."

## Are cleansing tools safe to use?

Both Poulos and Caccamo had this to say about brushes and gadgets: Tread carefully. Gentle exfoliation is beneficial



to improve skin's radiance, but only in moderation. "There are a lot of cleansing brushes out there, and I think they can be very good," says Poulos. "I just worry that if a brush is sitting there [in the shower or by the sink] and it's wet, you'll have a huge amount of bacteria growth on there, which you'll then be putting on your skin." As I grudgingly consider ditching my beloved cleansing brush, I turn to Caccamo for a second opinion. "No. Not one. No loofahs, no scrubs, no buff pads, no brushes, nothing," she says. "They're a cesspool for bacteria and can grow fungus. People are not cleaning them properly, and they compromise the moisture barrier." Yikes.

Poulos offers up an alternative: "Rather than buying those tools, I recommend using a basic face cloth. It has a little bit of roughness to it, so if you use a small amount of gentle cleanser and rub it in a circular motion, it'll be enough to clear off the dead skin cells without causing harm. Use it

once and then pop it in the laundry so you don't have to worry about bacteria."

## What's the number-one rule when it comes to cleansing for overall skin health?

"For most of us, we should be really gentle," Poulos says. "The biology of our skin is really quite amazing. That top layer, the epidermis, has a very sophisticated barrier function. But, if you're using a physical or mechanical motion very vigorously, you could impair that function. That could cause an irritated or dry, itchy rash and could even leave you open to contracting an infection. We're always better off being gentle on ourselves."

So, there you have it: Ultimately, face cleansing has much more to do with the unique conditions of your own skin than whether or not your water comes from the sink or the showerhead. And so, I'll turn the temperature down a few notches and carry on cleansing in the shower with delight.

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## Flip-flops have finally gone high-fashion

Liz Guber investigates the style world's love affair with the very controversial shoe

If you asked me to rank flip-flops on a style meter, I'd score them somewhere above hospital gowns and somewhere below cargo shorts. They make me think of *Laguna Beach* reruns and the overpowering musk wafting out of an Abercrombie store circa 2005. Even the name reinforces their juvenile unsophistication. (Don't get me started on their alternative moniker: thongs. The horror!) So when I watched models at Tibi's Spring 2019 show glide down the runway in plain, flat flip-flops, I remained resolute in my rejection of the latest ugly-chic shoe trend. And I wasn't the only one.

And yet.

Tibi is known for the kind of considered yet unfussy clothes I love. If anyone can make a case for the flip-flop trend, it's the brand's creative director, Amy Smilovic, who paired the barely-there shoes with relaxed checkered suiting. The message? These 'flops mean business. A pair of Tibi's minimal leather versions can be yours for about \$260 and come in grown-up shades like inky navy

and tobacco brown.

Of course, Zara jumped on the flip-flop trend, too, which means it's about to hit peak saturation. Gone are the squishy foam soles and palm tree motifs, replaced by raw-edge leather straps and tonal stitching. And there's no mention of the F-word anywhere on the site—they're called sandals now. Simpler, sleeker and quietly luxurious, they're as effortless as an Italian heiress lounging on a chaise in Forte di Marmi. Flip-flops 2.0 signal that their wearer doesn't take herself too seriously.

So, yes, like Birkenstocks and clogs before them, flip-flops are the latest ugly shoe to win fashion's stamp of approval. After all, our Instagram-dictated attention spans are getting shorter and shorter. Novelty is fleeting. As a result, fashion has to constantly revisit trends and turn them on their head in order to keep us interested. They may be divisive, but it looks like high-fashion flip-flops will be inescapable this summer. Turns out I'm here for it. Be free, wild toes.



ANCIENT GREEK SANDALS, \$190, MATCHESFASHION.COM



ANTOLINA, \$270, NET-A-PORTER.COM



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Elevated flip-flops at Tibi Spring 2019.

PHOTOGRAPHY: GETTY IMAGES

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# The next generation

The Kit's **Eden Boileau** interviews her daughter, Lily, 10, about beauty, feminism and hope

PHOTOGRAPHY BY MARIAH HAMILTON



**“I was really shocked when I found out that women have been stopped from doing what they wanted to do.”**

which is actually the easiest job in the world—all I want to do is kiss her face and tell her I love her. That part of parenting I know I'm nailing. To find out what she's taking in of all the other stuff, I asked her a few questions about being a girl and a woman.

**Do you know what a feminist is?**

“I've heard that a feminist is somebody who's very passionate about being a woman and who is trying to make sure that women's equality is lasting. It's about being happy and proud that you're a woman and not letting people tell you that you can't do stuff because you're a woman.”

**Can men be feminists?**

“I think that if men support women's identity, rights, job rights, voting rights, and all the privileges that women had once been denied then they, too, could be feminists.”

**We've talked a lot about gender inequality. A hundred years ago, women had just gotten the right to vote. What do you think about that?**

“I was really shocked when I found out that women have been stopped from doing what they wanted to do. I couldn't imagine what it would feel like if I was going to try to get like a job or something that I really wanted and then someone told me, “No you can't do that, you're a woman—only men can do this.”

**What do you think about how much emphasis there is on women's looks and how we present ourselves in the world?**

Growing up, I always hoped I'd have one child and that one child would be a girl. I wanted a daughter so I could recreate the close bond that I share with my mother. But I worry sometimes that I'm not doing enough to raise a strong young feminist who knows her value in the world. Do I tell her enough about the struggles women have faced and instill a strong enough belief in her abilities? More importantly, do I model it enough? I tell her all the time that focusing on her looks won't bring her happiness—and then I feel awkward when she watches me put on mascara. Once, she asked me why I do that, and I froze as the answers ran through my head: “Because I feel prettier with it on?” I replied honestly: “Well, I've spent my whole life looking at pictures of women with long black lashes, and I feel insecure without mascara. Hopefully that's not how you'll feel.”

Ultimately, the most important thing to me is that she's happy, which I can't control, and that she feels loved,

“I think that if women want to wear makeup and do their hair all fancy, that's totally fine, but I don't want women, or young girls, to have the belief that they're not pretty if they're not in makeup. Everybody is beautiful.”

**How do you want to present yourself?**

“I want to look nice but I don't want to be all in dresses and pretty pink tutus or whatever. I used to do a lot of that stuff, but now I feel as I've gotten older, I've realized that girls can be so much more than what they're expected to be. I want to present myself how I want to look.”

**What do you find hard about being a girl?**

“I don't like it that a lot of people have the belief that girls are weaker and they can't do stuff as good as boys. One of my goals is to prove to those people that that's not true, and that girls can do whatever they want to do.”

**Do you and your friends ever talk about being a girl as opposed to being a boy?**

“Me and my friends have talked about how it's not fair that some boys at our school don't admit it, but you can tell when we're in gym class that they don't want to pass to the girls. In my experience, girls hang out with the girls and boys hang out with boys. But in my friend group we have one friend who's a boy but nobody teases him or teases us, but I feel like that used to probably happen.”

**Do you feel pressure to stick to gender roles?**

“I think that the only rule that gender should have is don't discriminate against the other one. If you're a boy, don't say that girls can't do this, and if you're a girl, don't say that boys can't do that. All other rules like girls wear pink and boys wear blue should have, in my opinion, never even existed. Clothes are clothes and they can be worn by anybody who wants to wear them.”

## THE KIT X LEVI'S®



## Styling Tips For Your Favourite Levi's® Jeans

How to make sure your denim stands out from the crowd

You know that old campfire question about what memento you'd save in a fire? Our answer is simple: our tried-and-true, perfectly-lived-in Levi's® 501® jeans. The cut that looked killer with our combat boots in high school still looks just as good with heels today. No piece of clothing feels more personal. And since the original button-fly jean is marking its 146th birthday this May, Levi's® is celebrating with in-store events at select stores on Saturday, May 11th. These fetes will have exclusive discounts, great music and free customizations at Levi's® Tailor Shops. To get some intel on how to take a pair of perennially cool 501s® to the next level, we tapped style expert Christian Dare, who earned his master's degree in design before co-founding Stylist Box and his lifestyle blog, Christian Dare Edited. He offered up tips on how to make your Levi's® jeans look as made-for-you as they feel.

**How will you be celebrating 501® Day?**

“I'll be rocking my 501s®—like most every other day. On Saturday, May 11th, I'll be celebrating 501® Day at the Toronto Eaton Centre in the afternoon, offering shoppers tips on customization and personalization. We'll also have a day full of giveaways, including some free 501s®!”

**What are your best easy styling hacks to make a pair of jeans feel unique?**

“My favourite hack is altering the length with a raw cuff: just go for it and cut those cuffs off. Remember to wash them afterwords to soften the wear and make it look more natural. If you don't want to be quite so aggressive, you can opt for a great cuff. There are so many to choose from these days: skinny cuffs, extra-wide cuffs, pin cuffs and many others. Then you can change them up daily depending on your mood.”

**There's nothing better than a pair of broken-in jeans, but what can you do to make a new pair of jeans feel that personal?**

“I love the idea of adding a personal touch by embroidering a simple monogram just below the waistband on the front: Opt for your own or use the initial of a loved one, so it's like they are with you every day. The great thing about Levi's® is that some stores have a built-in tailor shop that can really make your jeans personal in every way, from custom embroidery to distressing to pins and patches.”

**What style of jeans does every woman need?**

“I'd suggest every woman needs at least three styles of jeans: the pair that makes her feel sexy for a night out, like a skinny; a pair that makes her feel confident, cool and comfortable like a boyfriend jean; and a fashion-forward pair that makes her feel like she can take on the world, so perhaps a trouser cut. But if you really only want to own one pair, it should be Levi's® 501s®. They set the standard.”

**What's your favourite denim trend right now?**

“Everyone's wardrobe should contain a custom jean jacket that you've made your own: patch it up, embroider it, and cover it in pins that you've collected over the years. Just don't rush it because the best jean jackets happen over time. A jean jacket should tell the story of your life.”

**What's the key to denim's lasting appeal?**

“Jeans started off as a workwear necessity for manual labourers almost 150 years ago. It was the romanticization of the cool American cowboy lifestyle that led people to want to wear the same Levi's® as cowboys of the Midwest. You can also thank James Dean's *Rebel Without a Cause* for making denim cool in the '50s. But what has made jeans a staple since then? They appeal to everyone, from non-conformist punks to fashion models to moms.”

**What's the most iconic denim look?**

“The Canadian Tuxedo! Personally, I like to add a little extra to make it denim-on-denim-on-denim.”





## Wearing my heart

Nothing is more painful than losing a child. By slipping on her daughter's clothes, Janet Kilgannon hoped to replace anguish with acceptance

ILLUSTRATION BY OANA CAZAN



What is the measure of a mother-daughter relationship? You laugh, make tea, confide in one another, go out for dinner. You shop, share clothes, discuss your hair colour and trade makeup tips. You wash the dishes while discussing world events. Maybe, through it all, you even become friends.

My only daughter, Caitlin, passed away in a Hamilton hospital last summer, just weeks before her 28th birthday. She was a Type 1 diabetic who had experienced a number of auto-immune complications—gastrointestinal and reproductive—over the course of her life. She fought the hospital-borne infection that took her life bravely, which is how she tackled most obstacles.

Grieving is a complicated and tangled process. I have hundreds of photos to remember her by. I have a closet full of her clothes and shoes. My house has reminders of her in every room, each a talisman that brings joy or accentuates sorrow.

Sorting through her closet a couple of months ago, I found several articles of my own clothing

integrated there. I caught my breath and held back tears.

I like to think that Caitlin and I often shared clothes, but, actually, it was more of a one-way street. She would borrow jackets, sandals and necklaces, repeatedly and unapologetically, but was not always as forthcoming about lending. (I was in awe of her large and funky collection of sunglasses.) She had me at a disadvantage: I had begun living part of each year in Saskatchewan, and it was hard to keep track of my possessions. Half of my wardrobe was on the Prairies and the other half was here in Ontario, where Caitlin could happily augment her wardrobe, in the way that many young women bond by “borrowing” from their moms or sisters.

We shared sundresses and sweaters, boots and earrings. Add black tights, we both knew, and you could wear much of your wardrobe year-round. We painted our nails together—me with standard pink, Caitlin with sparkly blues and greens. If I

needed a new white sweater for cool summer evenings, I would buy at least two, knowing that I may not see it again, otherwise, after its first wear.

We also held a joint love of music, trading albums from our collections back and forth. Though Cait's taste ran to new country, mine was solidly rooted in classic rock and symphonies. We met with Fleetwood Mac's “Dreams.” “It's only me who wants to wrap around your dreams,” crooned Stevie Nicks, “and have you any dreams you'd like to sell?”

As her health issues progressed, Caitlin spent many weeks each year in hospital. Song lyrics became prescient, echoing through the dispassionate space. “I saw my reflection in the snow-covered hills, 'til the landslide brought me down.” Caitlin had gravitated toward hairbands, lining up more than 20 of all colours and styles on her dresser. But now, confined to a hospital bed, she discovered the joys of online shopping. She fully

became our Disney princess, making Belle her comforting avatar. She purchased matching dresses for herself and her nieces, Abigail, 4, and Paisley, 2. She created a fantasy world with beautiful dress-up outfits in a rainbow of hues, complete with coordinating shoes. Parcels arrived in my mailbox every few days, and I would take them to the hospital for her to open. Now I am the sole keeper of these gifts.

I have parted with some things, passing them on to a local shelter, but I also choose to keep her memory alive by wearing her whimsical dresses and bright nail polish. In the past months, if I have been complimented on a colourful coat or scarf, it is invariably from Caitlin's closet. My young granddaughter recently said, “You remind me of auntie, but you kept your own hair.”

Often, now, the lyrics of the music we shared as we dressed to go to the theatre or go shopping ring through my head. “In the stillness of remembering, what you had, and what you lost...when the rain washes you clean you'll know... Oh, mirror in the sky what is love? Can the child in my heart rise above? Can I sail through the changing ocean tides? Can I handle the seasons of my life?”

I am trying to celebrate her life. I have put my classic black oxfords aside and chosen to slip on her sparkling, princess-worthy shoes instead. Every step becomes a mark of remembrance, love, honouring and solace. She is with us still. She will never be forgotten.

“I choose to keep her memory alive by wearing her whimsical dresses and bright nail polish.”

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## In Full Bloom

### Celebrating the beauty of pregnancy with Anita lingerie

This Mother's Day, lingerie brand Anita is celebrating the joy of pregnancy, and all the beautiful ways a woman changes throughout this special time in her life. A purveyor of high-quality lingerie for every stage in a woman's life, Anita treated five expectant moms from across Canada to a photo shoot with celebrity photographer George Pimentel in Toronto, wearing elegant Anita lingerie sets professionally fitted to their ever-changing bodies. They also took home a maternity lingerie set and a nursing lingerie set. Here, the stunning results: picture-perfect portraits to be forever cherished.



#### Valentyna Babiy, due May 15th

For first-time mom-to-be Valentyna, pregnancy has been an opportunity to feel completely in tune with her body. "I'm in awe of the baby moving," she says, admiring her belly. And with some modelling experience already on her resumé, Valentyna's shoot was a relaxed moment to celebrate herself and her soon-to-be little one. "I really like being in front of the camera," she says. "I was totally comfortable, and with the makeup and hair, it's just gorgeous."



#### Natalie Ho, due August 29th

"As moms, we have different journeys," says Natalie, a part-time blogger who's pregnant with her first child after encountering fertility issues. She's aiming to erase the taboo around these struggles by normalizing it for her followers. "I recently shared that we got pregnant through IUI after almost three years of trying," she says. "As soon as I posted about it, I got so many people writing back to me and sharing their experiences. It's powerful to be able to do that."



#### Hazel Villanueva, due May 22nd

"This pregnancy is so different from the first two—it's been much easier," says Hazel of baby girl number three, who will soon be joining her two girls, aged three and five. For her very first maternity photo shoot, it was about honouring the special process into motherhood. "I love being pregnant, the way your whole body changes and how the baby moves," she says. "My mom had nine kids, so that love might run in the family."

#### Kristy Wright, due June 20th

With two little girls at home, Kristy is well versed in documenting her kids' every milestone, but for her third baby—a boy!—she decided to get in front of the camera. "Because this is my final pregnancy, and I've never done any bare belly photos before, I thought these would be great memories to look back on," she says. "I have rolls where I didn't have rolls before, and my belly button has popped out, but it's a beautiful thing."



#### Faith Goodon, due May 31st

Learning that she had won her first contest via Instagram came as a total shock to Faith, who has entered countless others on the social media platform. It was fitting, since another social connection led to the naming of her baby-girl-to-be. "Through a group chat with my friends, I sent a picture showing that I couldn't wear a particular dress anymore," Faith explains. "A friend commented, saying that 'The belly is taking over,' but it had autocorrected to 'Nellie.' We've been calling her Nellie ever since then."





HAPPY MOTHER'S DAY



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