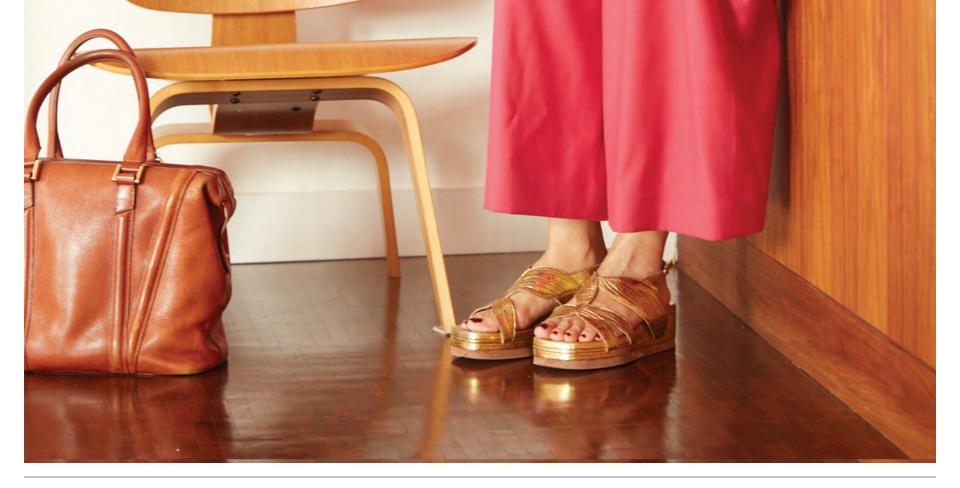


# **In living colour** Step lively into spring style with inspo from Maria Varvarikos, PR powerhouse, mother of two and

peerless champion of a well-chosen print. You're going to want to see inside her closet PAGE 6

PHOTOGRAPHY BY NEIL MOTA





# A bra for every body

FIND YOURS AT HUDSON'S BAY AND THEBAY.COM

1. This comfortable moulded style, available in sizes 34C to 40I, fits a fuller figure perfectly. WACOAL, \$85

2. With pretty lace trim, this bra fits and flatters petite figures from 32A to 38B. TRIUMPH, \$48

3. An everyday essential with smart side panels to eliminate unsightly bulges Available in sizes 34B to 38D. WARNER'S, \$48



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#### THE KIT X NATREL

# If you only buy one

AUDALI

Beauty director Katherine Lalancette finds the liquid exfoliator that actually proves its worth

#### PHOTOGRAPHY BY MARIAH HAMILTON

Fact: Hundreds of beauty products launch every season. Other fact: Zero per cent of humans have time to try each one. In our If You Only Buy One series, we do the deep digging to uncover the top beauty products out there

> Remember that Sex and the City episode where Carrie's computer crashes and Miranda asks if she's backed up her work and Carrie's all, "You've never used that expression with me before, but apparently everyone's secretly running home at night and backing up their work"? Well, that's how I felt when I first heard of liquid exfoliators, like everyone was secretly running home at night and rubbing glycolic acid all over their faces.

Turns out I was missing out big time, because liquid exfoliators are magical. Essentially, they melt the "glue" between dead skin cells to slough them away, revealing shiny new ones. It's what's

referred to as chemical exfoliation, as opposed to the physical kind, which uses scratchy particles to scrub off the dead stuff. The latter type can cause micro-tears, though overdoing either can lead to irritation, so you'll want to proceed with caution. But when done right, it's so right. Bumps are

buffed smooth, pores blur and skin becomes polished. A good liquid exfoliator also boosts the efficacy of creams and serums because it allows them to penetrate deeper rather than waste their efforts on the dead cells blocking the way. Want one yet? Me too, which is why I embarked on a search for the best one ever, a formula that would burnish, not burn my skin. Here is what I found.



#### IF YOU ONLY BUY ONE LIQUID EXFOLIATOR, **GO FOR...**

Biologique Recherche's P50 Lotion is a veritable icon at this point. Yes, it's brown and smells a little funky, but boy does it work. On top of speeding up cell turnover, this brightening version of the classic fades dark spots and boosts radiance. After patting it on for a few days, you'll be blown away by how much more even your skin's tone and texture look. It's lifechanging stuff.

**BIOLOGIQUE RECHERCHE** LOTION P50 PIGM 400, \$84, ONE2ONEONLINE.COM



and Kim Kardashian consistently rave about this drugstore gem. Its star ingredient, glycolic acid, works double duty removing impurities and speeding up cell turnover. With continued use, you'll notice your skin become clearer, glowier and way more balanced.

PIXI GLOW TONIC, \$38, SHOP-PERSDRUGMART.CA



Part serum, part essence, this natural hybrid harnesses the power of botanicals and fruit acids, including vegan lactic acid from a berry. Best of all, it's packed with hydrating rose and aloe waters to fend off any dryness that can come with exfoliation.

HERBIVORE PRISM EXFOLI-ATING GLOW POTION, \$80 ATING GLOW SEPHORA.CA



Yes, even dry complexions need exfoliation, to remove the debris that prevents moisturizer from doing its thing. This clarifying lotion does away with pollution and flakes, around your nose. After leaving skin soft, supple four weeks, 94 per cent and hydration-ready. It's of acne-prone testers said gentle enough for twicedaily use and won't ever their skin was clearer. make you red. GLOSSIER SOLUTION EXFOLI-ATING SKIN PERFECTOR, \$29

CLINIQUE CLARIFYING LOTION, \$32, SHOPPERSDRUGMART.CA

G



**Sweet Treats** Why mochi ice cream will be the snack of the summer

The Japanese word "mochi" directly translates to rice cake, and it's typically a bite-size, hand-held dessert made from pounded sticky rice. This summer, Canadian dairy company Natrel is making its own version of the traditional treat, and filling it with its own specialty: ice cream. Read on to find out more about Natrel's gourmet mochis, coming to a grocery store near you.



#### What's a mochi?

Beloved in Japan for thousands of years, mochis are sometimes filled with a red bean paste that's either sweet or savoury but can also be filled with ice cream, like Natrel's mochis are. A good mochi should be chewy, and the ice cream inside should be soft and creamy. They're often served to celebrate Japanese New Year, and they're a symbol of good luck and prosperity.

#### What's different about Natrel's mochis?

Natrel combined its ice cream know-how and the traditional Japanese method of making mochis to come up with its own version, made with 100% Canadian milk. They're the perfect mini summer treat that is eaten in two or three minutes with your fingers and will melt in your mouth, not in your hands, unlike a drippy ice cream cone. There are no artificial colours or flavours in the mochis, and each one is no more than 65 calories with just seven grams of sugar.

#### What flavours do they come in?

Natrel is making three varieties of its mochis: vanilla, mango and triple chocolate. The vanilla is infused with vanilla bean and wrapped in subtly sweet rice dough, the mango is made with real puréed mango and wrapped in the same rice dough, and the triple chocolate is filled with double-chocolate-chip ice cream and surrounded by chocolateflavoured rice dough.

IF YOU'RE LOOKING TO ZAP ZITS The name says it all. This salicylic acid treatment is the "Solution" for clogged pores, banishing everything from pimples to blackheads, including those tenacious ones

GLOSSIER.CA

In our My First series, we ask inspiring women to share a meaningful "first," something that helped shape who they are today

# The first time Aja Naomi King travelled solo

We caught up with actress and L'Oréal Paris spokesperson Aja Naomi King during her recent stop in Toronto to host the brand's moving Women of Worth gala. King, whose thunderous laugh is as compelling as her popular character on Shonda Rhimes's How to Get Away with Murder, opened up about embarking on her first solo adventure, which didn't go at all as planned.

After filming the second season of How to Get Away with Murder in 2016, we had a two-week Christmas break. The previous year I'd gone on a big trip with my family. But this year was different: I was single and living in L.A. Everything was a little too intense. I wanted to get away-I wanted to do something that felt bold and challenge myself to be uncomfortable and see how I managed it.

So, the day after Christmas, I flew to London by myself. I hadn't been since a school trip as a kid, so I had all these plans: I was going to see Stonehenge and Big Ben.

As soon as I arrived, I got really sick. I couldn't keep food down and could barely leave my hotel room. When New Year's Eve rolled around, I was still feeling rundown.

A friend who was living in London urged me to come to a party. I said yes, even though I still felt too sick. I was watching the clock that night, watching it get later and later as I sat by myself in my hotel room watching The Godfather on TV.

Finally, I forced myself to go. I made it to midnight, watched everyone be happy and kissbut it was so cold out, and I felt cold inside. I went back to my hotel room and made myself a promise: I won't force myself to do things I don't need to do. I will listen to myself. I will not make myself be miserable to satisfy the wants of others.

The next day, I woke up super early, finally feeling better. It was the last day of my trip. I took a long walk along the Thames, crossing all the bridges I'd never crossed. I stood on the Tower Bridge and rode the London Eye. It was so peaceful; I was doing exactly what I wanted to be doing on the first day of the new year. By the end of the day, I was exclaiming aloud to myself about the beauty

and taking pictures.

Even though being alone can feel really intense, I've gotten better about going out to eat by myself at a nice place, which for some reason used to feel more terrifying. I don't bring a book and I don't take out my phone. I just enjoy a glass of wine. It's a powerful reminder of what I learned during that trip: that, now, I don't worry about how someone might perceive me. - As told to Kathryn Hudson

> A bold colour worthy of a big adventure.

L'ORÉAL PARIS URE LIPSTICK IN REPRESENT, \$14



#### What about the packaging?

The Natrel mochi box is inspired by the Japanese art of fusing traditional and modern design. It's made of 98 per cent recycled Canadian plastic and is fully recyclable, and it has a coldtrapping feature, so your mochis won't melt on the way home from the grocery store-even if it's sweltering outside. The tray inside the box can be used to serve the mochis, too, which is handy for all your summer soirées.

#### Where can I buy them?

Natrel Mochis will land at supermarkets in May, and you can snag a pack of six for \$5.99.

Natrel is hosting pop-up events across Toronto where you can sample the goodies-here is the full list of dates and locations:

May 19: Harbourfront/Docks May 26: Queen St. West June 1: Yorkville June 8: Trinity Bellwoods June 15: The Beaches June 22: Pride Toronto June 23: Kensington Market



1890

#### THE KIT X JEAN PAUL GAULTIER

## Something to Talk About

#### A rather scandalous evening of celebrations honouring Jean Paul Gaultier's latest scent

It was a lovely party: Beautiful people gathered in an elegant room, all exposed-brick walls and coloured lighting casting a pinky-red glow. But as hors d'oeuvres were passed around the room, a whisper spread among the gathered guests: There was yet to be a twist to this tame (if very chic) cocktail party.

Hints of something, well, naughtier abounded: Opulent table decor, complete with gold-dipped lobsters, suggested decadence to come; a sultry soundtrack of cabaret teased the risqué theme; and waitresses in brief-skirted French maid outfits passing around those tempura-dipped asparagus bites seemed strangely provocative for a Thursday evening drinks reception. Oh, and there was the fact that the gathering was to celebrate a new Jean Paul Gaultier fragrance called "Scandal." And the surprise, when indeed it came, was straight out of the mind of fashion's favourite enfant terrible. That frisson of excitement as the crowd was ushered down a dark hallway without explanation? Pure Gaultier, and so reminiscent of the critics waiting in delicious anticipation of being shocked at his haute couture shows.

A riot of aural and visual stimulation hit guests the second they stepped into a "hidden" room concealed behind black drapes. It was a scene borrowed directly from the French designer's beloved Pigalle, the district of Paris that's home to the Moulin Rouge (among other scandalous delights.) The giant letters spelling out "S-C-A-N-D-A-L" behind the bar, just in case you'd forgotten why you were there? Utterly on brand for a man who's always done things the cheeky way. Vive l'irrévérence!





#### LEGS IN THE AIR vitation to literally

If ever there was an invitation to literally kick up one's heels, the installation that greeted partygoers inside the cabaret club was an exclamation point of an example. Evocative of the legs of a cancan dance in mid-performance, this sculpture is a largerthan-life-size rendering of the playful topper on a bottle of "Scandal à Paris." Your correspondent also couldn't help but think they looked an awful lot like the jambes of the fragrance's face, Irina Shayk. In the fragrance campaign, the supermodel scandalizes a restaurant full of diners by walking around in just a Jean Paul Gaultier tuxedo jacket...

#### A CHEEKY CROWD

As is appropriate for the man who put Madonnain a cone bra, the party's soundtrack was heavy on Madge's greatest hits and other highly danceable throwback hits. But the tune that really got the dance floor in a tizz? Justin Timberlake's "SexyBack," which had even the wallflowers of the gathering getting down with "je ne regrette rien" abandon.

#### DAZZLING DANCERS

They teased their appearance with just the slightest glimpse of fishnet-clad legs kicking in unison. By the time the velvet curtain finally lifted on the four cabaret dancers, the crowd was more than ready to watch with rapt attention as they shimmied and swayed in perfect synchronicity. And don't worry, Mom: The dancers remained fully-dressed in their bedazzled majorette suits the entire time. It was a show, yes, but not that kind.







#### THE SIGNATURE COCKTAIL

The evening's signature cocktail—called, quelle surprise, The Scandal—was a heady mixture of dark rum, Earl Grey tea, blood orange and a squeeze of lemon. Astute observers noticed that the drink foreshadowed the notes in "Scandal à Paris", the new eau de toilette from Jean Paul Gaultier we were all there to celebrate that evening. Described as "overdosing on honey," the fragrance is certainly sweet, but given a saucy sparkle by a twist of that aforementioned blood orange and an aromatic sensuality thanks to patchouli.



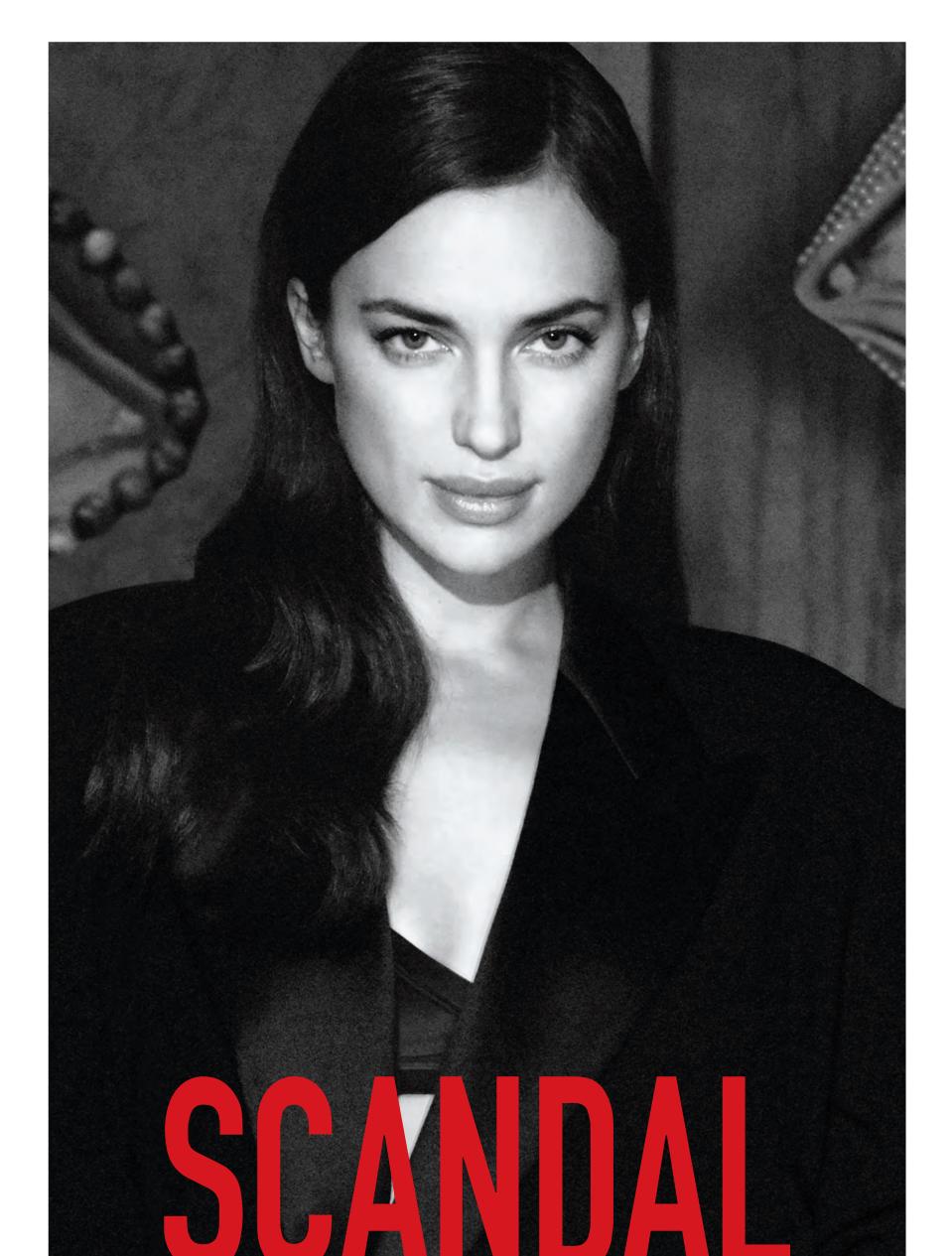
SCANDAL EAU DE PARFUM, \$138 (80 ML), EXCLUSIVE





#### THE TOPIC DU JOUR

Scandal, of course, was the subject on every tongue at the party. "Sexy," "sensual" and "highly entertaining when it doesn't involve you" were how various partygoers felt about a little titillating tittle-tattle. For Garrick Griffith, brand manager at PUIG Canada, tonight's take on le scandal was a very French, very Jean Paul Gaultier one. Describing the fragrance in question, he said, "Scandal is bewitching. Scandal is fun. It perfectly embodies Gaultier's vision of a Parisienne."



# Jean Paula GAULINA

## THE NEW EAU DE PARFUM

## World-class style

In this edition of Best Closets in Canada, Montrealer Maria Varvarikos offers a glimpse into her colour-packed wardrobe and shares why travel is her greatest inspiration

BY KATHERINE LALANCETTE | PHOTOGRAPHY BY NEIL MOTA

On this cloudy day in Montreal, Habitat 67's iconic cubes threaten to fade into a matching concrete sky. But when Maria Varvarikos slides open her closet, a rainbow emerges. Inside, frocks of every hue and pattern imaginable fill the racks, from bright floral gowns to floor-length caftans. "I'm a dress girl," she says with a smile, though she admits this wasn't always the case.

When she founded her public relations firm, Zoï ("life" in Greek), as an ambitious 23-year-old, her uniform consisted of sharp suits and lots of black. "Being a woman and being young, I wanted to be taken seriously," recalls Varvarikos. "As time has gone by and the agency has grown, I've become much freer." Nineteen years later, Zoï has expanded to Toronto and New York, and Varvarikos has ditched the corporate look for good. Now, her eclectic style reflects her biggest passion: travel.

"Travelling has influenced my style tremendously," she says. "When you go somewhere new, you get exposed to all these fabrics and colours. I've definitely taken that home with me." Before she and husband Dexter Peart, entrepreneur and co-founder of fashion brand WANT Les Essentiels, had children, they crisscrossed the globe, discovering the wonders of India, Thailand and Australia. Souvenirs from these trips are sprinkled throughout their space, with many finding a home in Varvarikos's closet.

Since welcoming their daughters Kaya, 9, and Sierra, 6, Varvarikos and Peart have made it a tradition to spend time in Greece and Jamaica every year to visit their respective families. "It's important to us that the girls understand their background and their heritage," says Varvarikos, noting that she and her husband also try to plan little getaways together when things get hectic.

"Travelling helps me personally but also professionally," she says, cuddling with her daughters on the couch. "If I hadn't travelled so much, I probably wouldn't have a business now. You come back with all these ideas and all this motivation. I tell my team all the time, 'You need to take time off and go explore because that's what nurtures you as a person."



"When I travel for work, it's so much easier to pack four dresses versus bringing a bunch of separates."





"I love colourful scarves because they're so easy. You can wear a T-shirt and pants or a simple black dress, but when you throw on a scarf, your whole look comes alive."





"These bangles were purchased in Japan. Both my children played with these, so they're probably around 10 years old. The bikini is Eres, and the earrings are Lanvin. I wore them to a New Year's Eve party in Jamaica."



"I never plan my shopping or buy clothes for particular occasions, because I find that leads to getting things you don't really want. I like my closet to be filled with items I discovered and fell in love with."

#### **Shopping list** Maria Varvarikos's top five spring essentials



## Wait—hiking is cool now?

Leanne Delap straps on her boots and takes a look at the most functional spring trend yet

It's day four of a hiking trip in Arizona, and I've grown weirdly attached to my backpack. Not the vintage '90s black nylon Prada number I shoulder around midtown Toronto; this baby is screaming orange with endless pockets, net pouches and secret compartments that accommodate real, useful survival-type stuff.

I'm here sweating it out on a dude ranch in the Sonoran desert as a guest of hiking boot specialist Merrell to investigate why functional fashion is having such a big moment. Really, it starts from the ground up: On the heels of chunky Dad sneakers, the fashion world has become very excited about hiking boots. Call it yet another throwback to the '90s, when Timberlands and baby-doll dresses ruled together.

We've seen Bella Hadid stomp down the Alexander Wang runway in hiking boots and Duchess Kate wear performance kickers on her charity rounds. Gucci got its hiking game on, offering a green version with crystalized tongue for Fall and a bold red hiking boot on its Resort 2019 runway. Kendall Jenner wore a Patagonia fleece to watch an NBA game in January. Kate Moss and Naomi Campbell both stomped along in hiking boots in their surprise appearance on Louis Vuitton's menswear runway last year. Patagonia gear, especially the iconic fleeces, has been spotted on Drake, Virgil Abloh and Kanye West.

Simultaneously, in a truly weird netherworld where hip hop meets corporate bro meets nerd, Patagonia has also become the vest of choice for guys from the mailroom to the C-suite, from Silicon Valley to Wall Street. This penchant has been played up on TV to an operatic extent, on both HBO's Silicon Valley and Showtime's *Billions*—I'm not sure the latter's Dollar Bill is ever without his cozy vest, wearing it like a shield.

Fashion's fascination with function involves borrowing a little bit of the authenticity and enviro cred of heritage outdoor labels. (Patagonia itself has rethought its ties to moneyed titans, announcing last week that going forward it would only make co-branded items, vests and such, for companies whose values of sustainability and social justice align with its own.)

Merrell is a solid example of this phenomenon: Based

out of Grand Rapids, Michigan, it was one of the first hiking boot companies, started by Vermont bootmaker Randy Merrell, who began hiking in the late '60s and found that the mountaineering boots of the time were too stiff for the trail. It's now owned by Wolverine, which also owns Hush Puppies (another simple, honest retro brand from the '60s that has been rediscovered by successive waves of hipsters).

Today, Merrell is the number-one-selling rugged footwear brand in the world, and devotees are beginning to take their trail gear to the streets. "We've seen new consumers putting a new spin on some of our legacy products, like the Jungle Moc, which just celebrated its 20th anniversary last year. Guys are styling them with socks and posting the new groove on social media," says Stella Law, Merrell Canada's marketing manager. "They're gravitating toward brands with authenticity and not just another Dad shoe," she adds. "We're seeing a resurgence of love for the brand."

Out here in the desert, we are trying Merrell's latest tech footwear. I quite like the new Trail Glove 5, which is a very pretty light blue. The technical guts of it are cool: Designed by studying the foot in motion, it is a "barefoot" style shoe that is supposed to enhance your foot's natural ability to stabilize during rapid movement. For me, after decades of fashion-editor heels, anything that helps proprioception is a bonus.

Merrell is a trail-first company, out to convince us that hiking is the new yoga, with plans for vegan-friendly shoes and new eco-happy recycled component technologies. They are not chasing the fashion customer, which means fashion is likely to chase them. That's how it goes: If you don't seem like you are trying, people want in. The brand's logic follows that if you get people outside to "discover the simple yet profound power of the trail," then they will find a connection to nature and care for that trail out of gratitude.

I think they're on to something. Last month, homegrown brand Mountain Equipment Co-op opened a jumbo flagship on Toronto's Queen West with a 1,000-square-foot boulder wall and a VR station that lets you imagine yourself inside the tent you are going to buy. MEC sells its own



gear and clothing, plus brand names including Merrell, Patagonia and North Face.

The category is clearly thriving, and the outdoors ethos, of buying something of quality that is built to last and can transition from trail to street, is appealing. Perhaps if we all invest in some great hiking boots (and a functional backpack), it will help to stem the desire for more, newer, latest that the fast-fashion industry has wrought.

Like good scouts, we will certainly be better prepared.

Travel and accommodations for Leanne Delap were provided by Merrell. Merrell did not review or approve this story.



#### These boots were made for hiking

Whether it's for fashion or function, trail-ready footwear is a must this spring



**GANNI,** \$905, TCHESFASHION HESFA: COM



TOPSHOP, \$85, THEYBAY.COM



THE ORIGINAL MUCK BOOT COMPANY, \$217 NORDSTROM.CA



TIMBERLAND, \$150



# meet tina



## THE KIT **ONNECT** CONFERENCE

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### MAY 21 | TORONTO

In case you haven't heard, the beauty industry has a massive trash problem. Awash in plastic and over-the-top packaging, it's a prime contender for a sustainability makeover. "The major fast-moving consumer goods companies, such as Unilever, Procter & Gamble and Colgate-Palmolive, are among the 10 biggest plastic polluters identified during our 2018 Global Brand Audit," says Sarah King, head of Greenpeace Canada's oceans and plastics campaign. Fortunately, many brands are starting to make significant changes to their manufacturing practices in a quest to be less wasteful. For instance, Unilever and Procter & Gamble have both partnered with waste management company TerraCycle, which finds ways to recycle materials that are not conventionally and easily recyclable. TerraCycle runs the impressive Loop scheme, which "functions like the milkman of yesteryear, delivering goods in reusable bottles that are later picked up, cleaned and refilled," according to Anthony Rossi, VP of business development. The pilot project is currently running in Paris and New York (with plans to expand). Dove, which is owned by Unilever, has a refillable aluminum deodorant container that is currently in the prototype stage.

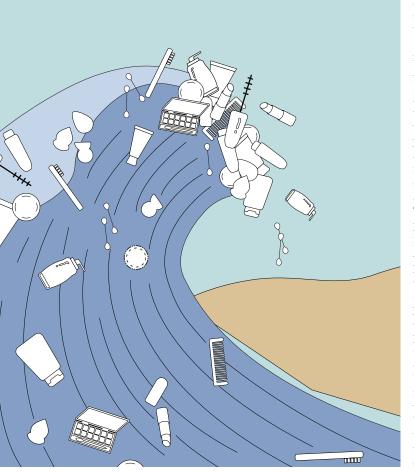
Until every brand gets on board with refillable packaging or using less (or only recycled)

plastic, what's a beauty lover to do? The easiest answer is to simply buy less stuff. The next thing to look at is proper recycling of beauty empties. "The focus of reducing waste at home has been largely reserved for the kitchen," says Rossi. While we're conscious of properly disposing of things like food and beverage containers and plastic bags, "the bathroom is filled with products that get thrown away when used up. [It's] a category of trash that's often ignored." Adding to the problem: "Very few plastic waste items generated in the bathroom are widely recyclable by most municipal curbside programs." Components like metal springs in pump tops and tubes made of layers of plastic and foil need to be separated. "Coloured and opaque plastics have low demand in the recyclables market, and the small

### **A CHANGING TIDE**

The beauty industry is finally reckoning with its plastics problem. Souzan Michael reports

ILLUSTRATION BY POONAM CHAUHAN



size of the caps, pots, wands and trays of makeup and skincare [products] fall through the cracks at recycling facilities," says Rossi.

So are we ready to give up our more-is-more Sephora addictions-or at least, start buying less and buying smarter-to save the planet? Sure, having just one moisturizer on the go (instead of two or three) doesn't eliminate the problem, but it certainly reduces it.

Thankfully, it's not just on us. TerraCycle has also partnered with several beauty brands to address the issue of plastic waste, such as Weleda, which just this month announced a program that allows consumers to mail in their empties from the Skin Food line of products to be properly recycled. The packaging is cleaned and melted into hard plastic that can

be remoulded to make new products. Herbal Essences' new Beach Plastic Collection is another result of a Terra-Cycle partnership. The line of shampoos and conditioners is packaged in recyclable bottles made up of 25 per cent plastic collected from beaches around the world.

Conversation and awareness around this issue is growing all the time. Recently, Dove hosted beauty editors and influencers from around the globe in London, England, where we gathered on a lush, plant-filled rooftop to learn about Dove's sustainability initiatives. The brand is doubling down on this issueaside from its partnership with TerraCycle to launch refillable products, it has set a goal to make all of its bottles in North America and Europe from 100 per cent recycled plastic by the end of 2019. This will save "two Eiffel Towers [worth] of virgin plastic waste each year, and the equivalent of 6,000 swimming pools of C02 emissions," says Gavin Warner, plastics lead and chief sustainability officer at Unilever. It has required a shift in priorities that may take a while to catch on among other big beauty brands that are used to doing things a certain way. "One of the things you discover is that the material you buy to make these [recy-

cled] bottles isn't perfect. You're not going to get a pristine, perfectly white bottle—you'll get a bottle with dots, blemishes and imperfections. And so what?'

This is encouraging as, while we as consumers do have a responsibility to change our consumption habits, it's the big brands that have the power to make big improvements. "To bring about change at the scale needed, corporations are going to have to innovate as only they can afford to do, and fundamentally rethink how they bring products to people," says King. "The time has come to stop using throwaway plastic for good."

Travel and accommodations for Souzan Michael were provided by Dove. Dove did not review or approve this story.

#### EASY WAYS TO MAKE YOUR BEAUTY ROUTINE LESS WASTEFUL

First up: Buy less. "By cutting down on consumption of beauty products overall and choosing a few must-haves over several 'nice to haves,' vou can start to reduce overall plastic consumption," says Sarah King, head of Greenpeace Canada's oceans and plastics campaign. Here are other simple things you can do to clean up your beauty routine



#### SAY NO TO ONE-TIME USE PRODUCTS "Replace disposable items, like makeup wipes

and sponges, with durable alternatives you can wash and use again and again," suggests Anthony Rossi, VP of business development at TerraCycle.

UNWRAPPED LIFE REUSABLE ORGANIC BAMBOC

On the surface. Hannah Bronfman's life

can seem like it's all circuits and celerv

juice-the (Instagram) picture of well-

ness. But don't get it twisted, says the

DJ and influencer: Health and "hashtag

Pusateri's or wearing your Lululemons

to your Equinox class," she says. "It's

about the in-between moments and the

The refreshing message serves as the

basis of Bronfman's book Do What

Feels Good, in which she makes a case

for trading guilt for gut feelings. If a

workout seems torturous, swap it for

conversations you have with yourself."

'Wellness isn't about shopping at

goals" aren't one and the same.



#### CHOOSE NON-PLASTIC PACKAGING

Look for packaging made from post-consumer material that can be composted or comes in glass jars that can be reused, suggests King, Better yet, choose unpackaged. "Bar shampoos, conditioners and even lotions are [becoming] increasingly popular.



INVEST IN REFILLABLE PRODUCTS

Refillable packaging, like refillable lipstick, is not only better for the environment, but feels more luxurious. "Kjaer Weis formulates products in a smart, weighted silver compact," says Rossi. "[It's] a valuable, far-from-disposable keepsake item that is very easy to refill.

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Publisher, The Kit Giorgina Bigion

**Operations Director**, Digital Media Kelly Matthews

Direct advertising Collab Director Evie Begy, eb@thekit.ca **Collab Coordinator** Sarah Char

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# Feeling so good

How fitness enthusiast Hannah Bronfman learned to treat her body right

#### BY KATHERINE LALANCETTE

something you actually enjoy, she says. If vou're craving dessert. enjoy a healthier sweet instead of denying vourself altogether. 'Find what you're excited to do because if it feels like a chore. why would you doit?"

Here, the 31-year-old retraces her journey to self-love and details her tips for living your best life.

Body image can be so complex and emotionally charged. What's your advice for cultivating self-acceptance?

"I think it starts on a micro level with positive self-talk. It's

so easy to say negative things about ourselves without necessarily realizing it. Even pinching our skin sends a negative message to our brain. So whether it's a daily mantra or trying not to feel guilty about eating certain things, the idea is to change the conversation we have with ourselves. Limiting your use of social media and not following people you compare yourself to can also help.

#### How has your relationship with your body changed over the years?

"My grandmother passed from anorexia when I was in college, which was a very eye-opening experience for me. After that I devoted myself to being the happiest and healthiest version of myself But then a few years later when I was DJing in nightclubs and didn't have the best habits. I found myself feeling really burnt out I had made this commitment to myself and hadn't honoured it. so I decided I needed a full lifestyle shift "

#### You mentioned guilt, which can play such a big role in our relationship with health and fitness. How do we go from trying to "be good" to doing what feels good?

"I would say the best strategy is trial and error. Until you try it, you won't know if going to a spin class is going to make you feel like s--t and screw up your back or if you'll love the rush of endorphins and the community aspect. You have to figure out what works for you and be comfortable in the fact that it might take some time. The same thing goes for food. You can't expect that within three weeks of eating keto, all your problems will be solved.

#### Wellness can often feel synonymous with depriving yourself. How do you balance discipline and indulgence?

"I'm someone who lives life to the fullest. I go out and have margaritas with my airlfriends, but I'm not doing that every single night. It's more of a once a week situation. I also eat super clean at home. so that when I'm travelling, I can indulge and live like a local. It's about doing the best you can to have that balance. If you go on a date with your significant other and have two glasses of wine. maybe the next morning you do something active to get rid of those toxins.

As women, we feel tremendous pressure to do it all, so much so that selfcare can seem like yet another thing on the list. How do you approach that? "For me, it can be giving myself an extra 15 minutes of shower time or doing a little bit of a self-massage. It's taking a moment out of my day to do something good for myself. Right now, with my book tour. I'm up early with flights and I'm doing all these events that take so much energy, so I'm not concernina myself with getting the workout in. I'm focusing more on my sleep because I don't want to burn myself out.'

#### What's your advice to anyone feeling overwhelmed by the concept of wellness?

Stop putting yourself on the back burner. Even something as little as giving vourself five minutes to set goals for the week and allowing space to mani-

fest that is really important. Mavbe it's 'I'm going to try to eat more greens at every meal'-something attainable that sets you up for mini successes and gives you more confidence going into the next day. For me. knowing that any task, no matter how big, can be broken down into smaller things is really helpful."



DO WHAT FEELS GOOD: RECIPES, REMEDIES AND ROUTINES TO TREAT YOUR BODY RIGHT BY HANNAH BRONFMAN, \$37, INDIGO.CA

#### THE KIT X SAMSUNG

### A DAY IN THE LIFE

#### Influencer Mel Hwang shoots her way through her day with the new Samsung Galaxy S10e

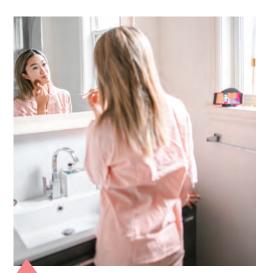
For lifestyle influencer Mel Hwang, work and play alike is dependent on a supercharged smartphone with a best-in-class camera. Her new Samsung Galaxy S10e delivers with its vivid Dynamic AMOLED Display that reduces blue light and offers brilliant, accurate colour even in sunlight—plus a pro-grade camera system for beautiful photos and videos wherever she goes. Read on for more on how the S10e makes her life more beautiful.



#### **Rise and Shine**

"I can start the day with no muss, fuss or wires thanks to Wireless Charging with my Samsung Wireless Charger Convertible."





#### **Getting Ready**

"Consuming and making content has never been easier. I pop onto YouTube while I get glam and revisit some outfit ideas I'd created, so I'm out the door faster!"



#### **Fashion Preview**

"I get to check out fashion collections before they launch, and sharing those moments with my friends is now so much easier. With Instagram Mode on the Galaxy S10e, I can capture and share in one shot."



#### **But First, Coffee**

"This is typically 'me time.' I unwind, catch up on my podcasts and slow down with a latte at my favourite coffee shop (Safehouse Coffee). Of course, I can't resist shooting a quick flatlay while I'm here—and with my Galaxy S10e's Ultrawide angle camera I don't need to stand up on a chair to get the shot."







#### Manicure Time

"Showing the manicurist my nail inspo has never been easier. No fumbling with my phone to unlock it—a quick fingerprint is all it takes."

#### **Hosting an Event**

"One of the most exciting parts of my day is when I get to have fun meeting all of my followers. At this jewellery event, I captured some of my favourite pieces on my Galaxy S10e."

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