

# THE KIT

Skincare spotlight: Our beauty director selects the only eye cream you need **PAGE 2**

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## We all need more joy

Start here! We've rounded up 45 pieces, products and expert tips—including advice from the indomitable Maye Musk—sure to make life brighter **PAGE 6**

PHOTOGRAPHY BY MARIAH HAMILTON  
ILLUSTRATIONS BY STEFANIA TEJADA



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## The joy of treating yourself

Whether it's a little pick-me-up or a luxe present, buy what you want this season

### 1. POWER JACKET FOR \$780

It's an investment, to be sure, but this sherbet-coloured blazer is a bold way to boost your confidence before any major meeting.

MARC CAIN BLAZER, \$780, MARC CAIN

### 2. BODY BLISS FOR \$68

What could be more decadent than slathering serum from head to toe? Applied before bed, this nourishing blend of argan and tsubaki oils makes for the sweetest slumber.

MOROCCANOIL NIGHT BODY SERUM, \$68, MOROCCANOIL.CA

### 3. SOOTHING SALVE FOR \$85

When you're having a bad day, rub these uplifting drops between your palms and inhale deeply to chase away negative thoughts.

TATA HARPER AROMATIC IRRITABILITY TREATMENT, \$85, TATAHARPERSKINCARE.COM

### 4. SUBLIME SOAK FOR \$6

Infuse your bathwater with a juicy jolt of citrus via this Canadian-made bath bomb. It'll leave your spirits lifted and your limbs silky soft.

ROCKY MOUNTAIN SOAP COMPANY JUICY ORANGE BATH BOMB, \$6, ROCKYMOUNTAINSOAP.COM

### 5. SUNNY SIP FOR \$22

Inspired by 1960s hippies, this mango oolong tea fills your cup with good vibes. They don't call it "Happy Kombucha" for nothing!

DAVID'S TEA HAPPY KOMBUCHA TEA, \$22 (100 G), DAVIDSTEA.CA

### 6. CHIC ACCESSORY FOR \$15

Take these trendy, rose-quartz-inspired dangles for a spin when your simple studs don't measure up to your mood.

WINNERS EARRINGS, \$15, WINNERS

### 7. STYLISH READ FOR \$59

Get lost in the magic of Christian Dior's mid-century couture era with this substantial coffee table book created by the Royal Ontario Museum.

CHRISTIAN DIOR: HISTORY AND MODERNITY, 1947-1957 BY ALEXANDRA PALMER, \$59, BOOKSTORES

### 8. TASTY TREAT FOR \$10

You're better than a \$2 candy bar from the convenience store. The chic pastel wrapping makes this organic, Montreal-made chocolate extra sweet.

CACAO 70 SMOOTH OPERATOR MILK CHOCOLATE BAR, \$10, DRAKEGENERALSTORE.COM

### 9. LUXE LINGERIE FOR \$170

Make 2019 the year your sexy underthing drawer fills up—if only for your own pleasure.

AGENT PROVOCATEUR BRA, \$170, AGENTPROVOCATEUR.COM

### 10. MAGICAL MASK FOR \$52

A solo masking party makes everything better. Detox your T-zone with the purifying, purple formula and soothe dry areas with the hydrating, gold side.

TARTE TIGHT & BRIGHT CLAY MULTI-MASK, \$52, SEPHORA.CA

### 11. FUN SHADES FOR \$77

Be your boldest self and channel retro vibes in a pair of totally out-there sunnies.

LE SPECS SUNGLASSES, \$77, LESPECS.COM

### 12. COVETABLE CANDLE FOR \$97

Delicate yet discreetly spicy, the Centifolia rose sits at the heart of this limited-edition candle, housed in a cheerful, petal-adorned pot.

DIPTYQUE CENTIFOLIA ROSE CANDLE, \$97, HOTLRENFREW.COM



I am a fan of Marie Kondo. Maybe the appeal of this soft-spoken "cleaning consultant" is that she's wonderfully unhinged: She's in a borderline-romantic relationship with the act of folding, considers sunlight the ideal disinfectant and once texted her old cell phone "Thank you for everything <3" before throwing it away. Or maybe everyone I know is streaming her Netflix show *Tidying Up with Marie Kondo* because they are coming to terms with the fact that they aren't getting a ton of use out of the Dolly Parton prosperity candle from that store that sells gifts with a loosely feminist twist. Either way, we are once again collectively ransacking our cupboards and closets, searching desperately for the kind of joy that used to be secured from buying "going out tops."

But since I don't have one million actual dollars to spend on a bedroom that's actually just two semi-opaque sliding doors hiding a bed (luv u, Toronto housing market), I will never own a home big enough to qualify

succession, looking for that telltale spark of joy: Answering texts after 9 p.m. (no), ordering delivery after 9 p.m. (yes), constantly pawing at my neck for signs of aging (no), entering Sephora in a fugue state and spending \$300 on anti-aging products for my neck (yes). My Classpass membership, tragically, did not produce joy. Other casualties included flossing, Facebook invites to my friends' improv shows and pretending I'm going to get coffee with people from high school I run into on the subway. "Sorry, Laura! We are probably not going to hang out, and when our paths cross at Bathurst station, you only spark boredom!"

Kondo recommends thanking your items before getting rid of them. In that spirit, I would like to express my utmost gratitude to that deal at bars where a beer and a shot are sold together for under \$8. I have spent many, many years taking great advantage of this

## The joy of clearing your head

Now that you've Kondo-ed your space, Monica Heisey suggests tackling the brain clutter that's standing between you and joy

ILLUSTRATION BY STEFANIA TEJADA

me as a big-time hoarder. My last major purchase was a luxury essential oil. (I'm not throwing that away—essential is *in* the name.) I don't have that much stuff, but I've definitely been holding onto some quirks and habits that could be discarded in the interest of "personal growth" or "not developing an alcohol problem." Without a condo to Kondo...I'd have to Kondo myself.

The first thing to go was puns, and I must admit my life is better for it. Next, I considered a series of habits in quick

generosity, but now that I am in my 30s and my hangovers are, well, the way they are, this deal no longer sparks joy and must be thrown into the garbage of my life. I would also like to say a sincere *merci et au revoir* to trying to be good at pottery, dating men who don't own curtains, and pretending I'm above mantras. In fact, the new KonMari method inspired me to write "You Are Worthy (of a Man Who Owns a Bed Frame)" on a Post-It note and stick it on the shelf where the janky ceramic planter I'd made used to be.

A few unexpected things sparked joy: having a couple of very messy friends, for instance. Sure, it's a lot of emotional labour to deal with someone who seems to be constantly both falling in love and going through a breakup, but sometimes you just want to drink \$7 Buds and Jamesons on a Monday, and these people are

**"My Classpass membership, tragically, did not produce joy. Other casualties included flossing."**

up for that! I like their stories! They make me feel together! You know what else sparks joy? One cigarette, three times a year. Also joyful: swearing often at baby showers, watching hours of those disembodied-hand cooking videos when I should be working, and being more invested in petty gossip than probably

benefits an adult woman. I can't help it: That's joy, baby.

This experiment felt like a success. I was calmer, lighter and had eternal permission to smoke three whoopsie cigs per year. Certainly, it was the least gastrointestinally distressing cleanse I've ever taken part in. To Marie Kondo, I say: You've done it again. And, to anyone I follow on Instagram who is younger, hotter, or more successful than me: Goodbye, and thank you for everything <3.



## The joy of standing out

What would happen if we didn't care so much about fitting in? Maybe we'd lounge around in cashmere sweats when the invite says black-tie. Perhaps we'd give that band tee from 30 years ago another spin...at the office. Listening to our sartorial instincts is a freedom we rarely grant ourselves. These sparkly pink Docs—outrageous offspring of the iconic combat boot—feed into that high-flying feeling. Sure, they're not for everyday and a simple stroll down the sidewalk becomes an all-eyes-on-you moment, but here's our proposal: Just go for it. There's beauty in being a bit bold. —Jillian Vieira. Photography by Jeffrey Carlson

DR. MARTENS BOOTS, \$160, DRMARTENS.COM



## The joy of spending money

Start dreaming about these covetable updates to your bag shelf

BY RENÉE TSE

### 1. FOR THE COOL GIRL

**Style:** The bucket bag  
**You have the:** Mansur Gavriel Bucket Bag

**The 2019 Update:** Chloé Roy Mini Leather Bucket Bag

Yes, the bucket bag is still all the rage, but for 2019, zero in on Chloé's structured version. The timeless silhouette can double as a cute top-handle bag or a practical crossbody. Bonus: The drawstring prevents your wallet and phone from toppling out. \$1,490, NET-A-PORTER.COM

### 2. FOR THE UTILITARIAN

**Style:** The saddle bag  
**You have the:** Proenza PS1 Bag

**The 2019 update:** Loewe Small Gate Bag

Reimagined with a modern, no-frills aesthetic, this saddle bag has hidden interior compartments, an easy-access large back pocket and a top flap that folds over to keep your precious possessions secure. \$2,035, SSENSE.COM

### 3. FOR THE LADY WHO LUNCHES

**Style:** The top-handle bag  
**You have the:** Louis Vuitton Speedy 30 Bag

**The 2019 update:** Valextra Iside

**Mini Tote Bag**

Carrying a monogram bag may be the traditional way to show off one's style status, but the latest definition of luxury is a minimalist (and monochromatic) look. Work a sleek top-handle into your outfit for a polished and ultra-feminine look. \$4,680, FARFETCH.COM

### 4. FOR THE GO-GETTER

**Style:** The crossbody bag  
**You have the:** Prada Nylon Crossbody Bag

**The 2019 update:** Chanel Gabrielle bag

This new take on the crossbody bag not only balances its weight on both shoulders, but lends a welcome edge with its body-chain effect. PRICE UPON REQUEST, CHANEL

### 5. FOR THE TRAVELLER

**Style:** The oversized carryall  
**You have the:** Goyard St. Louis Tote

**The 2019 update:** Dior Book Tote Bag

When a mini bag just won't cut it, this structured carryall will be a loyal and stylish companion—whether you're commuting to your 9-to-5 or getting away for the weekend. \$3,700, DIOR BOUTIQUES



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# The joy of being spoiled

Fashion director Jillian Vieira revels in the luxury that is a completely customized, decision-free honeymoon

I've come to understand that most vacations do not offer the relaxing escape they were intended for. There are just so many decisions to be made. First, there's the itinerary development phase: poring over friend recommendations and Yelp reviews in order to avoid dining or staying at charmless tourist traps. Then, when you land, you have to navigate the transit system or chaotic taxi stand to reach your out-of-the-way accommodations. The rest of the time is spent ensuring that your days are filled with enriching activities, so you feel like you've really made the most of it. "It's all a part of travelling," I've told myself, when I've reached my stamina's limit halfway through. And it's true: all that work often makes for a memorable trip. But when I began dreaming about my honeymoon, after planning a very hands-on, D.I.Y. wedding, I decided that the ultimate luxury would be to excuse myself from decision-making altogether.

That's how my new husband, Jordan, and I landed on a three-night stay at One&Only Palmilla in San José del Cabo, Mexico, the luxe sister city to party hardy Cabo San Lucas. Jennifer Aniston and Cameron Diaz are regulars, but the A-list treatment isn't reserved for them: every guest's preferences and inclinations are noted carefully by the dotting staff for a completely customized experience. Prefer Californian Cab Sauv to Argentinian? Noted. Care for a firm, yet bouncy pillow? They've got you.

Our first taste of the finer things is a private SUV that ushers us from luggage carousel to hotel lobby. Then Jorge, our designated "butler"—a title we never really get used to—escorts us to our suite. "Welcome home," he says warmly as he unlocks the door to a bevy of extravagances: a sunken tub overlooking the sparkly Sea of Cortez, an aromatherapy menu, a plush daybed on the sprawling terrace, Coronas (our favourite—it's in our file, you see) awaiting us on ice. The look of shock and awe is still plastered on our faces when Jorge politely asks if he may begin unpacking our bags. It's a task I usually skip altogether (why add another chore?) but who am I to refuse Jorge? With all admin duties taken off our hands, Jordan and I exhale, then turn to each other: "What do we do now?"

Naturally, a suggested itinerary awaits us. There's lunch alfresco at Agua by Larbi—one of five locally inspired, upscale restaurants on the property—where a server hands me a vegetarian menu without my asking. Then we head to a private spa villa for 120 minutes of the best damn massage I've ever had. Still horizontal and scented with Italian lemon (my favourite), I reach for Jordan's hand as

the therapists leave, fully understanding why all the couples in the resort's brochure look so euphoric. (It may also have something to do with Raul, the on-site shaman, who administers ancient ritual steam baths.)

Later that evening, we're treated to a private tequila tasting with bar manager Philippe Zaigue, whose impressive CV includes a stint at New York City's buzzy Milk and Honey. The three of us get caught up discussing cocktails and the distilling process, and suddenly, tipsy from the extra anejos he poured, I realize we're nearly 30 minutes late to our dinner reservation. The punctual pragmatist in me panics, but not to worry, the hostess has picked up that we're having a little too good a time and called ahead to let the restaurant know.

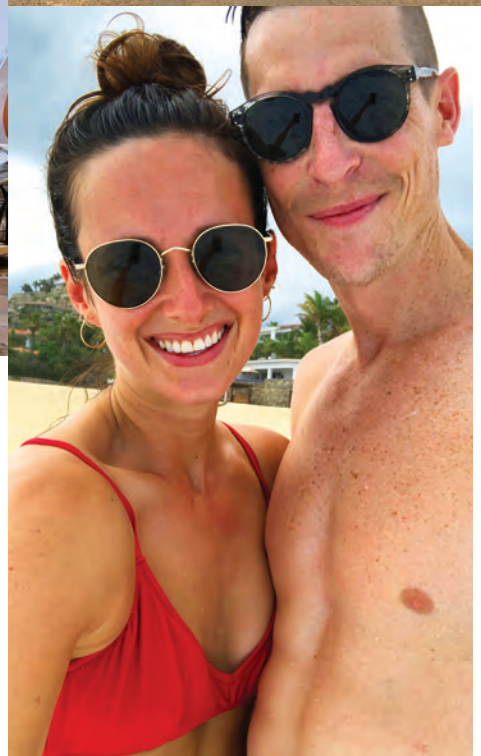
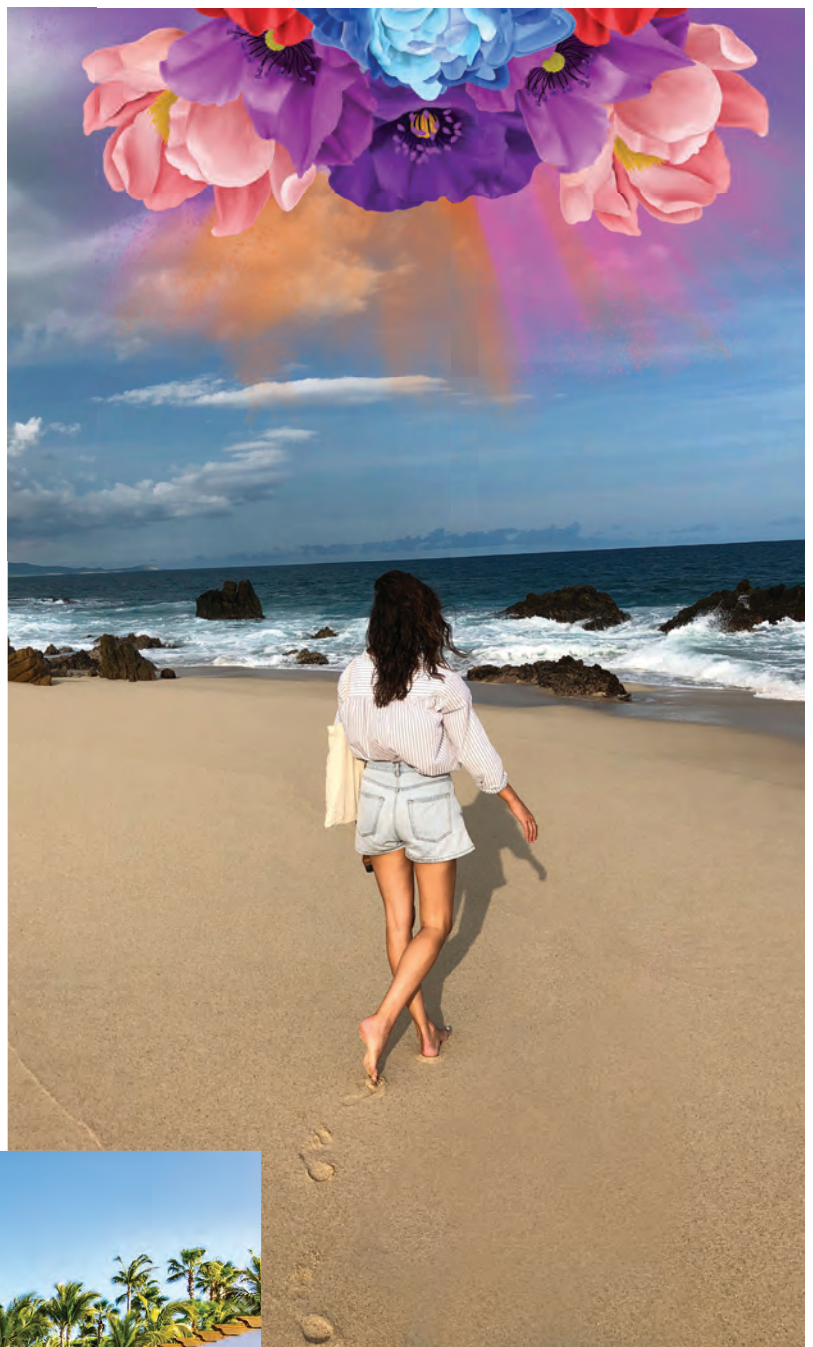
On our final night, blissed out from the utter slothfulness that our lives have become, we're escorted to the resort's Pelican Beach, considered the area's most picturesque, for what's slated as "dinner under the stars." Just hours before, we'd lounged lazily on the same sand, towel-wrapped wedges tucked under our knees. Now, it's host to an elegant table for two encircled by lit torches,

**Prefer Californian Cab Sauv to Argentinian? Noted. Care for a firm, yet bouncy pillow? They've got you.**



the sand beneath is raked to resemble a swirling fingerprint, and there's a team of three dotting on us and only us. "It's just like *The Bachelor*," Jordan whispers, his eyes wide. We sip chilled Veuve and giggle at our spoils: a five-course fixed menu (no decisions necessary), a private bonfire, the constellations twinkling in the clear sky above us. We'll probably never experience another vacation quite like this, but we're not worrying about that tonight.

*Accommodations for Jillian Vieira were provided by One&Only Palmilla. One&Only Palmilla did not review or approve this story.*



**Clockwise from top:** fashion director Jillian Vieira walking along the pristine beach at One&Only Palmilla; Vieira and her husband, Jordan, revelling in a care-free honeymoon; the resort's outdoor spa space.

## The joy of a vacation wardrobe

Hot weather vacay on the horizon? Shop these chic day-to-night picks fit for the beachfront

**DAY**



When you'll be living in your suit, choose a ruched one-piece guaranteed to make an impression.

**ZIMMERMANN** SWIMSUIT, \$385, MARYSIA.COM

Like the cutesy sunglasses you wore as a teen, now with 100 per cent more UV protection.

**WARBY PARKER** SUNGLASSES, \$225, WARBYPARKER.COM

Trekking over the hot sand to a cool, watery reprieve just got a lot more elegant.

**ATP ATELIER** SHOES, \$290, ATPATELIER.COM

A straw bag just big enough for a book and the aforementioned sunnies.

**FAITHFULL THE BRAND** BAG, \$170, FAITHFULLTHEBRAND.COM

A pair of re-jigged vintage denim shorts go with pretty much everything in your suitcase.

**RE/DONE** SHORTS, \$270, SHOPRE-DONE.COM

**NIGHT**



This matching set, washed in a throwback terracotta shade, will take you from tequila tasting to dinner date.

**LISA MARIE FERNANDEZ** TOP, \$520, SKIRT, \$560, LISAMARIE-FERNANDEZ.COM



A pair of pearl earrings, but make them vacation-ready.

**TRADEMARK** EARRINGS, \$220, TRADE-MARK.COM

Who really cares what this petite bucket bag can hold? It's all about the tropical aesthetic.

**ARANAZ** BAG, \$395, HOLT-RENFREW

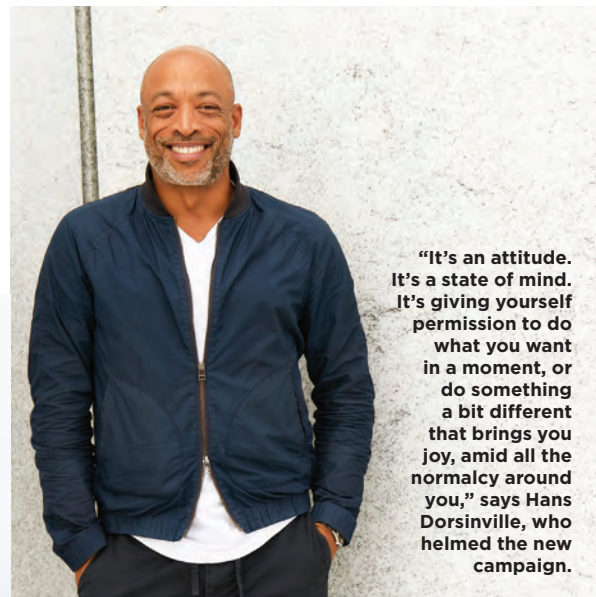
You'll want to come pedicure-ready to show off these lace-up heels.

**RAYE** SHOES, \$222, REVOLVE.COM



# Fresh take

JOE FRESH is showing off its bold, cheeky side this spring. We went behind the scenes for an exclusive preview of the joyful new look—and fashion pieces guaranteed to put a smile on your face



**“It’s an attitude. It’s a state of mind. It’s giving yourself permission to do what you want in a moment, or do something a bit different that brings you joy, amid all the normalcy around you,”** says Hans Dorsinville, who helmed the new campaign.



Behind-the-scenes snaps from the campaign, shot on Roosevelt Island; the infectiously joyous models (including Hadassah, centre) nail the shaku-shaku dance.



The final campaign shots are infused with a fresh sense of possibility.

It’s a perfect fall day for a shoot, and on Roosevelt Island, a two-mile sliver between Manhattan and Queens, model L’ka is showing off her skills on the set of Joe Fresh’s latest campaign. Fixing her eyes on the camera as she cruises by on her longboard, she flashes an impish smile while her long fuchsia trench flutters open just so, revealing the fun detailing inside: a ladylike floral print that matches her jumpsuit. Her smooth moves look so easy, you’d be tempted to give it a go, and that’s the point.

“We wanted a campaign that created a bit of aspiration but felt approachable in nature,” explains Lindsay Cook, vice-president of marketing and communications for Joe Fresh. “We’ve always been a brand that’s democratic; we’re for everyone, and we really wanted a visual direction that could celebrate that.”

inville, chief creative officer at Select World, who was named one of *Adweek’s* Creative 100 in 2017. So instead of casting models based solely on appearance, they sought out unique talents, like a knack for longboarding, and kept diverse representation top of mind.

The creative process had its own moments of surprise and delight: Dorsinville wanted a model who could do the shaku-shaku, the trending dance craze hailing from Nigeria, but no one he saw hit it out of the park. So he asked all the models he’d cast to dance as well—and that’s how he discovered one, Hadassah, had a stealth talent. “She was just going to be an extra,” recalls Dorsinville, “but when I saw her, I was like, oh my God, she’s so good. She didn’t even do the shaku-shaku, but I asked if she could and she said, ‘Of course!’”

To shoot the shaku-shaku vignette, one of the last scenes this afternoon, the crew heads to the southern tip of Roosevelt Island, where we find the space for an al fresco “dance floor,” with the open sky above, and the bustling city in the backdrop. The models, assembled in pairs, are sporting the uniforms of the casually cool—tanks, tees, jeans—with pops of colour (an orange heel here, a side-striped pant there). They look like a gang of your cutest friends, who are just going about their day, but can’t resist the urge to bust a move first.

As the group gets into the groove, and Hadassah does her fancy footwork, beaming her mega-watt smile, the happy energy feels infectious. At rehearsal the day before, I’m told, everyone on set was motivated to get up and get down. “Everybody was starting to shake a lil’ bit of something,” Cook says. “It was a lot of fun, and that’s what we wanted the campaign to deliver.” If Joe Fresh’s joy-to-the-world mood inspires you to let loose, make your move, and free your own fresh, mission accomplished.

**“We wanted a campaign that created a bit of aspiration but felt approachable in nature”**



## Shopping list: Standout spring styles we love from JOE FRESH

THE ADD-INSTANT-POLISH TRENCH



\$49, JOEFRESH.COM

THE ALL-DAY-EVERY-DAY DENIM



\$39, JOEFRESH.COM

THE ATHLEISURE ESSENTIAL RUGBY DRESS



\$24, JOEFRESH.COM

THE OFFICE FAVOURITE CARDI



\$19, JOEFRESH.COM

THE UNEXPECTED WEEKEND JACKET



\$39, JOEFRESH.COM



# The joy of a second act

Seventy-year-old model Maye Musk celebrates her best decade yet

BY KATHERINE LALANCETTE



When she was a little girl growing up in South Africa, Maye Musk's parents would pack up their five kids and a compass and comb the Kalahari desert for the mythical Lost City. They made the trek every July for over a decade after relocating from Regina, Saskatchewan, to sunny Pretoria when Musk was three years old.

The family never did find the ruins described by Canadian explorer Guillermo Farini, but the tradition had a lasting impact on Musk, instilling in her a profound belief that anything, no matter how far-fetched it might seem, can happen.

This is a woman who, at 42, left South Africa and moved into a rent-controlled apartment in Toronto with her three kids so that they could attend school in Canada. Her eldest, Elon, slept on the couch because there weren't enough beds. Yes, *that* Elon Musk.

"I've had some horrible, tragic and nasty times in my life," Musk says. "Focusing on changing a situation takes time. It's painful, but it's important to look forward to every day. Sometimes, you need to force yourself to *be* happy and not talk about your miserable life—because other people have a more miserable life."

During those trying years, the single mother worked as a research assistant at the University of Toronto and later as a dietitian upon completing a second masters in nutritional science. (She got the first one in Johannesburg after learning Afrikaans to

enroll in the program.) She supplemented her income with odd modelling jobs, posing for the Eaton's catalogue and even gracing a box of Special K cereal.

Her sacrifices certainly paid off. Musk's first-born famously went on to become a world-renowned inventor and the CEO of Tesla, while her filmmaker daughter Tosca founded Passionflix, a streaming service for romance movies. Her son Kimbal, a restaurateur, started Big Green gardens, a not-for-profit project that allows underprivileged children to plant vegetables in their schoolyard.

"My children are my joy," Musk says with a twinkle. "We're always laughing together. And now, I have 11 grandchildren. Seeing them play together and be happy together is the best feeling in the world."

But Musk, of course, isn't your average grandmother. Around her 60th birthday, just as she was getting ready to slow down, her entire life changed. It started when she stopped colouring her hair, figuring her modelling days were probably coming to an end. Instead, her new natural look made her career skyrocket. There was a cameo in a Beyoncé video and a turn down the New York Fashion Week runway, and at 69, with hair as white as the Canadian winter, Musk became CoverGirl's oldest spokesmodel.

"It's unbelievable," she says of the whirl-

wind. "I'm deliriously happy and loving life. If I've learned anything, it's that you have to look after yourself, be positive and work hard. That's the key."

On this brisk January day, Musk is back in Toronto, but this time, she's the guest of honour at a makeup launch, giving interviews in a ritzy hotel. A lot has changed since those early days in that cramped apartment. She flashes a smile outlined in bright fuchsia lipstick (CoverGirl, naturally). It's clear she's soaking in the present and revelling in life.

"I think staying young at heart comes down to enjoying every day, doing work you love and eating well so that you maintain good health," she says. "And the truth is when you look good, you feel happier. I love being all done up like today. I say the bigger the glam team, the better!"

Last April, Musk got dressed up for a very special occasion: her 70th birthday. Donning a sequined Elie Saab number, she rang in her eighth decade with a star-studded bash (Christie Brinkley and Diane von Furstenberg were among the guests). On Instagram, where Musk boasts a cool 229K followers, the woman of the hour summed up her attitude toward aging with a hashtag that said it all: #ItsGreatToBe70.

"The joy of getting older is that you become wiser," she says. "My confidence dwindled often in my life, usually due to people who pulled me down on a daily basis. I tried to change them, but they just became nastier. I don't mix with horrible people anymore. Instead, I surround myself with people who appreciate me for who I am. It took me a long time to figure that out, but I'm so happy I did."

**"The joy of getting older is that you become wiser."**

## THE HAPPY LIST

Maye Musk on the things that bring her joy



**COVERGIRL**  
SIMPLY  
AGELESS  
INSTANT FIX  
ADVANCED  
CONCEALER,  
\$11, SHOPPERS-  
DRUGMART.CA

"A good concealer is my surefire beauty trick to reverse a low-confidence day. This one helps me feel like I'm putting my best face forward because it works with my skin, not against it."



"Travelling to somewhere I've never been before. There are quite a few places on my list right now, especially in Europe and Asia, but I don't like talking about it until it happens."



"Driving my Tesla while listening to the news in German or French to keep my language skills sharp. This also decreases annoyance when the traffic is heavy!"



"My dog, Delray. He's a rescue, a Maltese Terrier mix, and he's the happiest little dog I've ever had. Even if you're a grumpy person, he'll still be a happy boy."



"Watching one of my daughter's movies with her. Her films are so joyful." [Editor's note: You can thank Tosca for *Holiday Engagement*, the most-watched movie on the Hallmark channel.]



# The joy of looking awake

Our beauty director, **Katherine Lalancette**, finds the eye cream 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.*

Eye creams are a little like vacuum cleaners or insurance policies: You know you've become a full-blown grown-up when you start caring about them. It's as though one day, the youthful shroud of naïveté lifts and you realize you will have to deal with this aging thing. Cue the mad dash to the drugstore for a little something to stave off those crow's feet.

But the thing about eye cream, more so than any other skincare product, is that you usually can't tell if it's working right away. Oftentimes, it feels like you're dabbing it on more for peace of mind than anything else, crossing your fingers that you're working diligently enough to protect your tender skin. (It doesn't help that some conspiracy theorists posit eye cream is just regular cream hiding in tiny tubs...)

Determined to find a formula that truly earns its place in your regular routine, I tried out dozens. I compared everything from moisturization to makeup compatibility and put contenders to the ultimate test: a double whammy of not enough sleep and too much Merlot. Here is what I found.



**IF YOU'RE FEELING PARCHED**  
It's extra creamy and looks a little like guacamole. That's because it's packed with avocado oil to keep the thinnest skin on our body happy and hydrated. Bonus: It doesn't migrate into eyes and performs flawlessly under concealer.

KIEHL'S CREAMY EYE TREATMENT WITH AVOCADO, \$62, KIEHL'S.CA



**IF YOU'VE GOT EXCESS BAGGAGE**  
Prevent puffiness before it occurs with this K-beauty sleeping mask. It deeply moisturizes and promises to shrink bags while you sleep with the help of circulation-boosting caffeine and a cooling ceramic massage tool.

LANEIGE EYE SLEEPING MASK, \$44, SEPHORA.CA



**IF YOU'RE LOOKING TO MULTI-TASK**  
A wrinkle-reducing serum that also fortifies and conditions lashes with hyaluronic acid and ceramides. Watch in awe as your gaze takes on a more youthful, flirty look in just one month.

VICHY LIFTACTIV SERUM 10 EYES AND LASHES, \$45, SHOPPERSDRUGMART.CA



**IF YOU'RE OUTSIDE A LOT**  
The eye area is often the first to show signs of time and yet we seldom protect it from the main cause of aging: UV rays. Change all that with this SPF 50 sunscreen, safe for under-eyes and lids.

SKINCEUTICALS PHYSICAL EYE UV DEFENSE SPF 50, \$38, SKINCEUTICALS.CA



**IF YOU'RE AFTER RADIANCE**  
Part skincare, part makeup, this tinted treatment firms and smooths thanks to niacinamide while instantly banishing dark circles with light-reflecting pigments. It comes in three shades and fakes a full night's rest like no other.

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# The joy of having better sex

In *The Kit's* new monthly column, Sex Talk, resident expert **Briony Smith** tackles questions about everything from intimacy to bondage

ILLUSTRATION BY POONAM CHAUHAN

"I am 32 years old and I've had my share of relationships, enough to know what I like and don't like in bed I think. These days, I'm dating and it's easy to feel insecure. It seems like everyone talks about choking and porn over dinner like it's nothing, and I try to play along but mostly just like nice, vanilla sex. I'm worried that liking the missionary position means I'm boring. I feel like I should be spicing things up, but I don't know where to start exactly and am a little intimidated. Can you help?"  
—Julia, Toronto

What snob came up with the judgey term "vanilla sex"—and what does it even mean? If you asked 10 people to define it, each would probably tell you something different. If there's some low-key dirty talk, is the sex still vanilla? How filthy does the chit-chat have to be to make it spicy? Labelling a nebulous collection of sexual behaviours as vanilla is like calling someone basic—it's rude.

"It doesn't make you boring!" agrees Wednesday Martin, author of *Untrue: Why Nearly Everything We Believe about Women and Lust and Adultery Is Wrong and How the New Science Can Set Us Free*. "The range of normal is incredibly broad. The only consistent thing about human sexuality is the incredible variation within it."

Now, where did the idea that preferring some kinds of sex makes you boring come from?

Did your partner tell you you're boring in bed? If they used those words, they probably shouldn't be your partner anymore. If your mate submitted a request to add a saucy new act or two to your repertoire, take it as a compliment rather than a critique: Be a good partner, which means, above all,

being a good listener.

But maybe the call is coming from inside the house—do you feel like you're boring in bed? Perhaps, instead, you're actually *bored*. If so, it may be time to explore some new tricks to add to your list of go-to moves. Role play? A wee butt-plug? The world is your oyster. (Oysters?) It's just like working out (or so I've heard): The fastest way to alleviate boredom is to change up your routine.

I'd hazard a guess, however, that the true culprit here is neither your partner nor yourself: It's—surprise!—the society we live in. Women have long been persecuted for enjoying or seeking out sex. (I've been shamed for not being vanilla enough.)

Thankfully, while we are living in an age of growing sex positivity, in which women feel freer to explore their sexuality, it's also become another thing we have to excel at. Having a rollicking sex life can feel like another wellness box we have to tick off in achieving that Insta-perfect life. (To do list: Schedule an acrobatic romp

per day in between mouthfuls of kale and hot ballet spin class.)

The message that we need to be having a certain kind of sex is loud and painful. We've somehow shifted from a culture that accused women of being tainted if we had sex to being thought of as inadequate if we aren't having enough. "Women are so used to their sexuality being socially legislated that however we're sexual can feel like a catastrophe and we start to internalize the idea that other people are allowed to have a point of view about our sexual preferences," says Martin.

"Women tend to pathologize themselves right away. We tend to go to the view that there's something abnormal about us, but—and this is really important—if you start from a baseline that your desires are normal, then your desires will be your guide."

That's the key, really: Itching to try something new? Go ahead! But if you don't like doing something, don't! Saying no is a powerful thing. Shake off society's expectations of what your sex life should look like and embrace what it does look like. Don't want to sleep around? Don't! Don't want to have anal? Don't! Life is too short to stay up nights, worrying that you're missing a foursome on your sex CV. "Don't" is one of the most powerful words in your arsenal. The next time you feel ashamed because you like some sex stuff, but skip the rest? Don't.

**Do you feel like you're boring in bed? Perhaps, instead, you're actually bored.**

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