

THE KIT

Beauty confessional: inside the emotional side of aging

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Holiday style special

Navigate the festive season like a pro. We've got it all: the surprising colour to introduce to your fashion look, the absolute best highlighters (and why you need one) and a very modern mani. Plus: Get inspired by our cover star Carolyn Wright's goosebumps-inducing wardrobe

PHOTOGRAPHY BY LUIS MORA




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MEET THE NEW CLASS

WITH IGY CONDITIONS—AND PEAK PARTY SEASON—AROUND THE CORNER, WINTER CALLS FOR EXTRA BEAUTY TLC. WE ASKED THE FOUNDERS OF EIGHT ULTRA COVETABLE BRANDS TO SPOTLIGHT A HOLIDAY GLOW ESSENTIAL AND SHARE A LITTLE SOMETHING ABOUT THEIR INSPIRING PATH TO BEAUTY SUCCESS

SERENITY NOW

This concentrated dose of rosehip oil is like magic in a bottle. It quickly calms down sensitive, stressed-out skin types. Full of antioxidants and omega fatty acids, it also makes skin super supple.

Pai Skincare Rosehip BioRegenerate Oil, 30ml, \$40

ORIGIN STORY

"Out of the blue, my usually calm skin became irritated, hyper-sensitive and acne-prone: I created Pai as a way to take back control, using skincare made with effective, organic ingredients that I could trust and depend on." —Sarah Brown, founder



BRIGHT EYED

More than just a moisturizer, this luxe eye cream has a multi-correctional formula that smooths away fine lines and depuffs, too.

Tata Harper Restorative Eye Crème, 15ml, \$123

ORIGIN STORY

"My stepfather was diagnosed with cancer, and through helping him change his lifestyle I started to pay more attention to my own and to examine everything I was putting in and on my body. I realized that the products I was using were full of potentially dangerous chemicals, but I couldn't find any natural options that offered the results and experience of the efficacious luxury products I was used to, so I decided to create my own." —Tata Harper founder



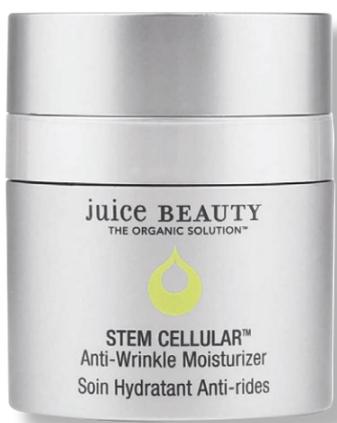
LIT FROM WITHIN

Amp up your radiance with this cult favourite face cream, which stars a hefty dose of vitamin C (a signature version called Stay C). You'll also reap the anti-inflammatory and restorative benefits of reishi mushroom, known for its anti-aging magic.

Kat Burki Vitamin C Intensive Face Cream, 50ml, \$135

ORIGIN STORY

"Inspired by my years of experience and research in nutritional science combined with my lifelong passion for health and wellness, I discovered I could translate those concepts to the world of skincare and create highly effective, instant impact products." —Kat Burki, founder



SMOOTH MOVE

This best-selling anti-wrinkle moisturizer gives your skin a shot of nutrients, like fruit stem cells and vitamin C. It's mega hydrating, thanks to organic jojoba and shea.

Juice Beauty Stem Cellular Anti-Wrinkle Moisturizer, 50ml, \$88

ORIGIN STORY

"Starting Juice Beauty was a step-by-step progression as I've been a serial wellness entrepreneur for years. It was much later that I developed a keen interest in personal care products upon becoming pregnant with my first child at the age of 40. Once I started experiencing hormonal changes and the beginning of lines in my skin, I set out to find healthy skincare solutions that delivered visible results. I was astounded to learn that, although the skin absorbs up to 60 percent of what is placed on it, there were very few available healthy personal care products that worked well so I set out to create meaningful change in the beauty industry." —Karen Behnke, founder



MISTLETOE READY

Although it goes on clear at first glance, this lip balm/stain reacts to your lips' pH level to morph into your perfect pink.

Winky Lux Flower Balm in Pink, 3.6g, \$18

ORIGIN STORY

"The Winky Lux brand is heavily inspired by some of my time spent overseas. I'm a Francophile and love the feminine aesthetic and remarkable detail in French design. However, I also spent some time in Korea and the whimsy of Korean caricatures and messaging makes me super happy. I would say that the brand is French-Korean inspired. The customers are the main inspiration for the products we develop." —Natalie Mackey, founder



TEA SERVICE

Steeped in the benefits of green tea, this blend of botanical oils moisturizes and brightens skin. This 3-in-1 beauty oil is non-greasy, non-sticky, absorbs quickly and can be used on the body, face and hair for added brightness and radiance.

Tealogy Bancha Oil, 100ml, \$49

ORIGIN STORY

"Tea has always been part of my life. I'm fascinated by the traditions of this miraculous plant that go back thousands of years, its nuance-enhanced history, and, of course, its exceptional antioxidant efficacy that I notice every day on my skin. Tea is a lively and vibrant ingredient." —Cecilia Garofano, founder



RAY OF LIGHT

If you favour an ultra-sheer, dewy look over disco-ball sparkle, this bestselling highlighter will be your next holy grail. The luminous pigments come in a base made with coconut oil, so it's skin-nurturing, too.

RMS Beauty Living Luminizer, 0.17oz, \$47.50

ORIGIN STORY

"We're living in a world where chemicals are gods and naturals are ridiculed. I find it so sad that chemicals are defining what beauty is in today's cosmetic industry, and that is not acceptable. Skin is valuable real estate, just like our health, and so I had to create a brand that gives women their healthy beauty back." —Rose-Marie Swift, founder

QUICK FIX

When there's no time for a pre-soirée spa facial, take the DIY route with this refreshing gel mask. In just 10 minutes, it gently exfoliates, smooths fine lines and nourishes skin with ingredients like vitamin C and papaya.

The Organic Pharmacy Enzyme Peel Mask, 60ml, \$107

ORIGIN STORY

"The Organic Pharmacy was my dream to combine high tech naturals with beautiful organic ingredients to create something that was a pleasure to use and gave outstanding results." —Margo Marrone, founder



SOFT TOUCH

Give your lips the same attention as the rest of your skin with this plant-powered anti-aging treatment. Not only does it soften, plump and intensely hydrate, it helps minimize the look of lines around your mouth, too.

VENeffect Anti-Aging Lip Treatment, 10ml, \$95

ORIGIN STORY

"We developed this line to help women optimize their skin based on hormonal variation throughout the month and as we age." —Rebecca Booth, M.D. & Cecil Booth, sisters and Co-Founders VENeffect



Beautiful BLACK FRIDAY

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Better half

Why tone-on-tone polish pairings make for the most modern of nail art

If fall 2018 were to be summed up in a single word, it would definitely be “tonal.” From barely there highlights to variations-on-a-hue dressing, the season’s colour motto seems to be “keep it in the family.” The same approach applies to nails. Rather than going the ombré route, consider this more graphic treatment: a split-down-the-middle mani featuring two takes on a shade. Start by applying the lighter polish all over and letting it dry completely. Next, stick a piece of tape over half your nail and cover the other side with the darker colour. Once dry, remove the tape and seal your handiwork with a high-gloss topcoat. —*Katherine Lalancette. Photography by Luis Mora. Manicure by Rita Remark, global lead educator for Essie*



POLISH PICKS
FROM TOP: **ESSIE** NAIL POLISH IN SMOKING HOT, ANGORA CARDI, LILACISM, SMOKING HOT, SAND TROPEZ, WILD NUDE, PETAL PUSHERS, MOONING, CLOTHING OPTIONAL AND BARE WITH ME, \$10 EACH, DRUGSTORES

Why it works

Fashion director **Jillian Vieira** breaks down the beauty of an on-point street-style look. This week: a lesson in the beauty—and surprising versatility—of brown



Consider how much brown exists in your regular rotation: There might be that single suede jacket or a couple camel sweaters, but it’s possible that, like most women, you’ve sidestepped the confounding hue altogether. The reason stems from this eternally common styling question: What does brown go with? Judging by this photo of social media star Yoyo Cao’s expertly crafted outfit, well, more brown. Her elegant palette is key here: You’ll notice that the pieces only vary by a few shades while plotted along the cool-versus-warm-toned spectrum. But what really elevates the colour is the rich contrast of textures. There’s the chocolatey knit tunic that leads to the structured handbag in burnt walnut, which meets the mellowness of the slouchy boots’ caramel. Combined with a neutral pattern—yes, zebra, in the form of a silk wrap skirt, is neutral—and you’ve brought brown back as a wardrobe staple.

BAILEY NELSON SUNGLASSES, \$175, BAILEYNELSON.COM, **ACNE STUDIOS** TOP, \$630, ACNESTUDIOS.COM, **BIRKS** BRACELET, \$2,595, MAISONBIRKS.COM, **GIVENCHY** BAG, \$3,070, GIVENCHY, **GANNI** SKIRT, \$885, FARFETCH.COM, **TORY BURCH** BOOTS, \$650, TORYBURCH.COM

THE KIT X STILA



THE NEW SMOKESHOW

Get the monochromatic look of the season with Stila

The smoky eye has undeniable classic status—it’s one of the most Googled beauty how-tos for good reason. But for those who’ve been there, blended that, this iconic look is easy to reinvent: Just trade the traditional inky-dark pigments for this jewel-toned spinoff. Sarah Lucero, Global Director of Creative at Stila, breaks down how to nail this perfect-for-evening look



1. START WITH ALL-OVER LID COLOUR

Reach for the Stila Vivid & Vibrant Eye Shadow Duo in Jade, \$26, which packs pigments in two of the prettiest textures: metallic foil and glitter. First, blend the velvety metallic foil powder from your lash line up to your crease. Then take a bit of the glitter side and smoke out your outer corner.



2. ADD A FELINE FLICK

Opt for the Stila Stay All Day Liquid Eye Liner, \$29; this cult-favourite product now comes in Intense Jade, so you can keep your eye look monochromatic.



3. PLAY UP THE SMOULDERING EFFECT

Trace the Stila Smudge Stick Waterproof Eye Liner in Vivid Jade, \$29, on your lower lash line. You can also use it to soften the sharpness of the outer wing you’ve created with the liquid liner.



4. A LITTLE GLITTER IS NEVER ENOUGH

Amp up the gemstone effect with the Stila Shimmer & Glow Liquid Eye Shadow in Vivid Jade, \$31, which packs plenty of sparkle onto a clever doe-foot applicator. Starting at the outer corner of your eye, apply it along your lower lash line and blend with your fingertip.



5. FINISH WITH A DRAMATIC TOUCH

Finish your jade-green eye with equally bold lashes; just add extra helpings of the Stila Huge Extreme Lash Mascara, \$30.



All beauty picks available at Shoppers Drug Mart, Murale, Sephora.ca, shoppersdrugmart.ca/beauty and stila.ca.

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Minimalist moves

In this edition of Best Closets in Canada, Holt Renfrew's VP of accessories Carolyn Wright shares her pared-down approach to style and tells us why she's stocking up on Phoebe Philo's final collection for Celine

BY JILLIAN VIEIRA | PHOTOGRAPHY BY LUIS MORA

Few people expected Carolyn Wright to make a career in fashion. The Toronto native was a committed athlete who became a decorated ski racer—until she was in her late teens, Wright's closest encounters with style involved scooping up the latest gear fit for a faster time. But despite her athletic inclinations, Wright rose through the ranks at Canadian fashion juggernauts Artizia and Joe Fresh before segueing into the world of high fashion at Holt Renfrew nearly two years ago. Now, as the retailer's accessories VP, she travels to New York, Milan and Paris six times a year, meticulously selecting what makes it to the shopping floor. And even though her own closet is now equipped with Celine, Jil Sander and The Row, Wright's outlook on style still harkens back to her days as an athlete. "Because I have a sporty background, I've always had a boyish, masculine twist on femininity," she says. "I'm not a girly girl by any means. It's most important to me to feel comfortable in what I'm wearing versus wearing a trend for the sake of a trend."



Carolyn Wright in her elegant home in Toronto's Dundas West neighbourhood.

Wright's jewellery essentials include Sophie Bille Brahe hoops with pearl detailing.



"I feel like there hasn't been an 'It' accessory designer for a long time until we discovered handbag brand Danse Lente in Paris. This style comes in under \$600—at that price point, you can afford to play."

"I couldn't resist snagging a few last pairs of shoes from Phoebe Philo's final collection for Celine. I've got my eye on a couple more pieces before it completely changes under [the new creative director] Hedi Slimane. There's no doubt that these are an instant collector's item."



"For me, less is more. This art piece by German artist Regine Schumann plays with both colour and light. I like to layer on interesting, textured art at home just as I do with accessories in my wardrobe. I saw so many shades of blue at the fashion shows and gravitated to this bold cobalt Balenciaga bag."



"When I first saw this Dries Van Noten sweater on the runway, my reaction was 'Wow.' It's such a talking piece. I'm drawn to statement pieces, but I also want to love them beyond the season. There still needs to be some sense of classicism that I can hold on to longer than six months."



Wright wears a sheer Valentino blouse paired with a Dries van Noten knife pleat skirt—an ideal holiday pairing.

This festive outfit features a feathered Dries Van Noten sweater and a metallic skirt by emerging London brand Rixo.



If you only buy one

Our beauty director, **Katherine Lalancette**, pines for shine as she searches for the best highlighter out there

PHOTOGRAPHY BY PAIGE FURTNEY

Fact: Hundreds of beauty products launch every season. Another 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.

My first exposure to highlighter came from watching TLC's *What Not to Wear*. A bubbly blonde angel who went by a single name, Carmindy, would instruct participants to sweep shimmering vanilla shadow on their cheekbones to perk up their complexion, an integral part of her snappy "five-minute face." The makeover-ees would stare at her like she was mad, but the woman was a visionary.

Today, we don't have to resort to eyeshadow to illuminate our skin. Highlighting options abound, and a technique once reserved for makeup artists has become nearly as ubiquitous as mascara. I, for one, feel utterly dull without a champagne twinkle topping my cheeks and nose—a slight sheen that catches the light just so when I move.

But that, it seems, can be a tall order. For every subtle, sensual gleam, there are a dozen disco-ball disasters waiting to happen. Smatterings of glitter that cause clueless yet well-meaning men to say things like "you have sparkles on your face." But worry not. I've travelled to the depths of the highlighter aisle and now return bearing good news: The perfect glow-getter is indeed out there.

IF YOU ONLY BUY ONE HIGHLIGHTER, GO FOR...

A cult classic from Canadian makeup artist Rose-Marie Swift, this coconut-oil balm is beloved by both duchesses (hi, Meghan Markle) and Brazilian bombshells (olá, Gisele Bündchen). It imparts the kind of radiance you only encounter when you get plenty of sleep, meditate, eat right, exercise and are head over heels in love. But since those stars rarely align, RMS is here to help you replicate the look.

RMS BEAUTY LIVING LUMINIZER, \$48, SHOPPERSDRUGMART.CA



If you're a beach bum
This universally flattering peach shade was originally a limited edition, but Nars brought it back due to popular demand. Never goopy or greasy, the light-as-air fluid floods skin with sunlight all year long.
NARS ILLUMINATOR IN HOT SAND, \$39, THEBAY.COM



If you love a good filter
When creating this compact, Hourglass founder Carisa Janes was inspired by the pink bulbs in her childhood home, which her mother insisted gave off the most flattering light. Sweep it all over as a finishing powder or use it as a blush or illuminator.
HOURGLASS AMBIENT LIGHTING POWDER IN MOOD LIGHT, \$55, SEPHORA.CA



If you're feeling high-fashion
The old "Vaseline on the cheeks" trick might be great for the runway, but IRL, you're bound to end up with your hair glued to your face. Luckily, buzzy brand Milk Makeup has bottled the glazed look sans stickiness.
MILK MAKEUP FACE GLOSS, \$24, SEPHORA.COM



If you're all about the benefits
Part makeup, part skin-care, this stick from Becca, a brand renowned for its radiance-inducing prowess, leaves behind the sheerest trail of dewiness. Bonus: Thanks to a cocktail of vitamin C, ginger and murumuru butter, it also hydrates and brightens.
BECCA SKIN LOVE GLOW GLAZE STICK, \$34, SEPHORA.CA



If you want to go custom
Mix in a drop with your moisturizer or foundation for diffused luminosity or dab a pea-sized amount on the high points of your face for a strobed effect. The concentrated formula allows you to tailor your glow as you please.
COVER FX CUSTOM ENHANCER DROPS IN HALO, \$52, COVERFX.CA

MARCCAIN

WINTER WONDERLAND

Save your winter chills for these icy shades. Reflecting metallics and shimmering sequined accessories dominate the holidays.



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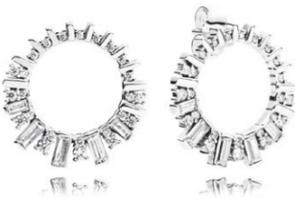
ICE WHITE



1 sweater, \$560 | 2 coat, \$1,330 | 3 bag, \$260 | 4 bracelet, \$150 | 5 boots, \$680 | 6 gloves, \$150 | 7 brooch, \$30 | 8 coat, \$600 | 9 sweatshirt, \$460 | 10 fur stole, \$200

ULTIMATE HOLIDAY GIFT GUIDE

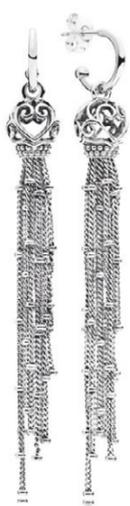
Get a major jump on holiday gifting with these curated picks for the most stylish sparkle of the season

<p>1</p> 	<p>2</p> 	<p>UNDER \$100 CONSIDER THESE STOCKING STUFFERS OF THE CHICEST SORT</p>	<p>9</p> 
<p>3</p> 	<p>4</p> 	<p>5</p> 	
<p>6</p> 	<p>7</p> 	<p>8</p> 	

1. PANDORA REFLEXIONS CROWN CHARM, PANDORA ROSE & CLEAR CZ, \$50. 2. PANDORA REFLEXIONS BRACELET, \$75. 3. PANDORA GLACIAL BEAUTY CLEAR CZ EARRINGS, \$100. 4. PANDORA FAIRYTALE TIARA RING, CLEAR CZ, \$90. 5. PANDORA SPARKLING LOVE KNOT EARRINGS, CLEAR CZ, \$75. 6. PANDORA LUMINOUS LEAVES RING, WHITE PEARL & CLEAR CZ, \$100. 7. PANDORA ALLURING HEARTS HOOP EARRINGS, CLEAR CZ, \$70. 8. PANDORA REFLEXIONS DAZZLING ELEGANCE CHARM, PANDORA ROSE & CLEAR CZ, \$75. 9. PANDORA STRING OF BEADS SLIDING CLASP NECKLACE, \$85. ALL AVAILABLE AT PANDORA.NET

<p>UNDER \$150 THESE ELEGANT ESSENTIALS ARE SURE TO PLEASE</p>		<p>2</p> 	<p>3</p> 	<p>4</p> 
<p>1</p> 				<p>8</p> 
<p>5</p> 	<p>6</p> 	<p>7</p> 		

1. PANDORA HERALDIC RADIANCE EARRINGS, PANDORA ROSE PINK & PURPLE CRYSTALS, \$110. 2. PANDORA SIGNATURE NECKLACE, CLEAR CZ, \$140. 3. PANDORA REFLEXIONS FLOATING CHAINS SAFETY CHAIN, PANDORA ROSE, \$130. 4. PANDORA SPARKLING PANDORA FLOATING HEART LOCKET RING, CLEAR CZ, \$110. 5. PANDORA GLACIAL BEAUTY SLIDING BRACELET, \$110. 6. PANDORA ENCHANTED CROWN RING, PANDORA SHINE & CLEAR CZ, \$130. 7. PANDORA DAZZLING BEAUTY RING, PURPLE CZ, \$130. 8. PANDORA TREE OF LIFE FAMILY TREE NECKLACE, CLEAR CZ, \$140. ALL AVAILABLE AT PANDORA.NET

<p>1</p> 	<p>UNDER \$200 GO ALL OUT ON THAT SPECIAL SOMEONE—OR ADD THESE STANDOUT SPARKLERS TO YOUR OWN LIST</p>	<p>3</p> 	<p>4</p> 
	<p>2</p> 		<p>7</p> 
	<p>5</p> 	<p>6</p> 	<p>8</p> 

1. PANDORA SHINE NECKLACE, \$185. 2. PANDORA ROSE MESH BRACELET, \$185. 3. PANDORA ENCHANTED TASSELS DROP EARRINGS, \$165. 4. PANDORA HONEYCOMB LACE RING, PANDORA SHINE & CLEAR CZ, \$200. 5. PANDORA REFLEXIONS BRACELET, PANDORA ROSE, \$195. 6. PANDORA SPARKLING STRAND BRACELET, PANDORA ROSE & CLEAR CZ, \$165. 7. PANDORA LIGHT AS A FEATHER EARRINGS, CLEAR CZ, \$165. 8. PANDORA LACE OF LOVE RING, CLEAR CZ, \$130. ALL AVAILABLE AT PANDORA.NET

EDITOR PICKS

SHINE BRIGHT LIKE THE STYLE SET WITH THESE POLISHED PIECES

<p>1</p> 	<p>2</p> 	<p>3</p> 	<p>4</p> 	<p>5</p> 
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1. PANDORA REFLEXIONS TIMELESS SPARKLE CHARM, PANDORA ROSE & CLEAR CZ, \$55. 2. PANDORA FAMILY HERITAGE CHARM, PANDORA ROSE & CLEAR CZ, \$100. 3. PANDORA REFLEXIONS BRACELET GIFT SET, \$110. 4. PANDORA TIMELESS ELEGANCE, 14K GOLD & CLEAR CZ, \$245. 5. PANDORA REGAL TALES KEY NECKLACE, PANDORA ROSE, \$220. ALL AVAILABLE AT PANDORA.NET



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Are your jeans ruining the planet?

Investigative journalist—and self-described jeans addict—**Michele Henry** fact-checks the claims that denim is disastrous for the environment and searches for sustainable (and stylish) alternatives

PHOTOGRAPHY BY LUIS MORA

My colleague is alone at her desk working quietly, so I seize the opportunity to sidle up and thrust my backside near her face.

“Do I smell?” I ask in a whisper. She grimaces. “No,” she says, but I can’t tell if she’s lying.

I’ve been wearing the same pair of raw denim jeans for nine days without tossing them in the laundry. In an effort to be environmentally friendly, I’m foregoing the wash to conserve water because, lately, I’ve been wondering whether my denim habit could be harming the planet.

Besides, Penny Ford, manager of Dutil Denim, a jean mecca on Queen Street West in Toronto, says devout raw-cotton wearers never launder their jeans. “They’re pretty intense about it.” And so I recently folded mine into a plastic bag and tucked them into my freezer, between a pack of lamb chops and a box of popsicles. Apparently, chilling raw jeans will kill some bacteria.

As the clothing industry reckons with its impact on the environment, it has turned a spotlight on my hands-down favourite piece of clothing: jeans.

From the amount of water used to grow the cotton seed, to the gallons of water polluted by blue dye that flows into rivers after jeans are repeatedly laundered while being produced, to the techniques employed to distress the jeans, the entire process of making a pair can be wasteful, toxic and harmful, says Kelly Drennan, executive director of Fashion Takes Action, a 12-year-old organization focused on changing the industry for the good. She’s been sounding the alarm for years and urging green-minded consumers to lessen their fashion footprint by—gasp!—not buying jeans.

But giving up my skinnies and bell-bottoms, my girlfriend and boyfriend fits is a non-starter for me, because I’m addicted to jeans’ simplicity, their ease and how sexy they make me feel. And so, I’m on a mission to find a sustainable solution to my obsession.

Some industry insiders and denimheads have told me that dungarees crafted from raw, though indigo-dyed, cotton may be the only way to wear this fashion staple without leaving an indelible, toxic footprint on the earth.

Jeffrey Silberman, professor and chairperson of the textile development department at New York’s Fashion Institute of Technology, thinks raw denim is a “pretty compelling story.” Like all jeans, they start out as a thirsty cotton seed, no different from many other commercial crops, which require water and energy to grow. After that, the yarn needs to be dyed, again relying on water and

energy to force the indigo to adhere to the cotton fibre—a potential source of pollution. Then it’s woven into the denim fabric. But that’s where the similarities end and raw denim may emerge as somewhat of an environmental victor. Once the jeans are cut and stitched, they are potentially no more burden on the earth, Silberman says (unless you take them home and wash them or throw them out).

By contrast, a typical pair of jeans—like so many in my ever-expanding collection—will go on to be “distressed,” that magical finishing process that ages denim to chic, worn-in perfection. That’s where the environmental problems may intensify, he says.

Repeated launderings give jeans that ever-cool fade to shades of blue and their irresistible softness. Some factories purify the indigo-hued water that flows from the machines, but others don’t, Silberman says, especially if they’re located in countries that lack proper environmental policies or enforcement. The “dry processing” stages aren’t much better, he says. Sandblasting, a practice that

is illegal in many countries, is still used in others, to create holes and torn-up knees and can send particulate into the air, not to mention into lungs. Chemicals, including bleach, that create special effects like acid and stonewashing can also wreak environmental havoc.

Drennan says the denim industry is slowly taking up the cause and making changes. Indeed, “sustainable” clothes are quickly becoming fashion’s buzzword, with labels, including Reformation and Everlane that say they strive for sustainability when crafting jeans. Some companies say they seek to minimize the environmental impact of their products by using “ethical factories” that pay their employees “fair wages.” Still more make their entire process transparent, so the public can openly scrutinize their prices.

Andrew Olah, who has spent 42 years in all facets of the denim industry, says that for companies to be truly sustainable, they must make a commitment to change the way they operate from top to bottom and continually audit their practices in order to improve at every turn. “The road to sustainability is like the road from Toronto to Winnipeg,” he says. “Long.”

For Adam Taubenfligel, designer and creative director of Triarchy, a Toronto-based denim label, the journey began a few years ago when he was standing in a factory in Los Angeles, checking on his product. Staff turned on the taps to start the washing

process, which gives the jeans their texture and fade. “The water flowed everywhere,” he says. “It was insane how much water was being used. It was obnoxious.”

Within months, Taubenfligel says, he and his team stopped production and dissected their supply chain. It was a full year before it was reassembled with factories that employ more environmentally friendly practices. It wasn’t easy, he says, and the company took a huge loss. Luckily, Taubenfligel was also working as a designer for a company in China, which helped him stay afloat. But becoming sustainable was a must-do because it was important to the “DNA of our brand,” he says.

Today, Taubenfligel explains that Triarchy jeans are washed in a Mexico City facility that recycles 85 per cent of its water. The jeans are then sewn in Los Angeles—some pairs are made from upcycled vintage fabric and others are crafted, in part, from spent, plastic water bottles that help to give the jeans their stretch. Buttons and rivets are made from recycled materials, too, Taubenfligel says. “Once the curtain was lifted as to the irresponsible practices behind

the majority of denim manufacturing, I simply could not turn a blind eye,” he says. “If there is a way to do it better we will adopt that way and build on it.”

After hanging up the phone with Taubenfligel, I run to Holt Renfrew on the off chance a pair of Triarchy jeans were left over from a recent pop-up. About \$200 a pair, they’re typically only available online.

Out of luck, I meander through the displays, scouring denim labels for signs of eco-friendliness—such as transparency of where they’re made or if, say, they’re crafted from recycled materials—until a benevolent salesperson leads me to Outland Denim. “People come in looking for these,” he says, “because they’ve heard they do good.”

To my untrained eye, Outland Denim, an Australian brand also priced around \$200 a pair, looks like other premium brands: slight stretch, mild fading, nice stitching. But each pair, says company partner Lauren Purkis, is hand-crafted in Cambodia by a woman diverted from the sex trade.

Designated a Certified B Corporation company, which ensures certain standards of social and environmental performance, Outland Denim employs at-risk women, giving them an education and transferable skills while paying them a living wage, Purkis says. “To us, sustainability means you can bring premium European denim to the market and no person or the planet is exploited in the process.” The company’s next goal, she says, is to have zero waste in its manufacturing process.

Frank and Oak is already on its way with its “Hydro-Less” jeans. Washed in a factory that uses cutting-edge techniques to filter and recycle its water, Frank and Oak jeans are made with up to 95 per cent less water than conventional denim, according to co-founder and CEO Ethan Song. But the Canadian retailer takes an additional step, also cutting from its process the chemicals commonly used to give jeans that classic whiskered and worn look.

Rather, that’s done by lasers in a high-tech facility in Dubai, says Song. And at around \$100 a pair, these jeans are a relative steal. Setting reasonable price points was a priority, Song says, because sustainability “should be accessible.”

Naked & Famous Denim, a Montreal-based brand, clearly shares that ethos. Its raw-denim jeans are around \$150 a pair and, since they aren’t distressed at all—just pure, sleek, stiff, deep-indigo-hued denim—they are made with “no water,” says owner Brandon Svarc. “Zero!” Of course, excluding the growing and indigo-dyeing of the fabric.

Svarc underscores that raw denim should never be thrown in the wash, as it both wastes water and fades the material. The allure of raw denim, he says, is how the wearer leaves her mark by working them in, fading them from genuine use and, maybe even jumping into an ocean with them on.

Perhaps that’s how I’ll clean my pair? Freezing them just left them cold and, well, smelling a bit like frozen lamb.

For now, I’m opting for Denim Spray, an \$18 mix that includes witch hazel and tea tree oil and is supposed to remove nasty odours when sprayed on sweaty jeans.

Penny Ford, Dutil Denim’s manager, tells me it works.

“And it helps me save the environment, right?” I ask her.

“Oh, yes,” she says. “Of course.”

“I’m addicted to jeans’ simplicity, their ease and how sexy they make me feel. I’m on a mission to find a sustainable solution to my obsession.”

BETTER BLUES

Eco options we love



FRANK & OAK, \$90, FRANKANDOAK.COM



H&M, \$50, HM.COM



NUDIE, \$198, DUTILDENIM.COM



OUTLAND DENIM, \$235, OUTLANDDENIM.CA



TRIARCHY, \$189, TRIARCHY.COM

Plastic coating

This buzzy brand may have found the answer to eco-friendly outerwear at the bottom of a water bottle

In a better-late-than-never move, 2018 will go down as the year we all started sipping from reusable metal straws. Yet, despite our best Earth-friendly efforts, buying sustainable outdoor gear once the cold weather hits hasn’t been nearly as top of mind.

Fortunately, clothing brands are starting to offer goods that make eco winter gear a viable option. Everlane, the beloved San Francisco-based brand, recently launched ReNew, a line of fleece sweaters, puffer jackets and heavy-duty winter parkas that are made almost entirely of recycled plastic bottles. The ReNew outerwear collection is made of around three million plastic bottles

sourced from its recycling facility in Taiwan. The standout Puffy Puff—a perfect mid-length coat—is created from 32 plastic bottles alone.

How does an old water bottle become a coat? Once all labels have been removed, the plastic is melted so that it can be shaped into threads, which then get woven into sheets that can be used as fabric, like fleece or a polyester shell, or as insulation. This clever re-use of plastic is crucial, seeing that once it’s made (and a million plastic bottles are made each minute, according to Everlane), plastic sticks around forever.

The direct-to-consumer label is already

known for its ethically made garments. Everlane recently implemented the first phase of its Clean Silk initiative, which involved switching to an energy-efficient factory and a dye house that is free of harmful chemicals.

Now, the brand is making a public commitment to eliminate new plastic from its supply chain by 2021. The promise includes getting rid of “non-recycled polyester in any garments, plastic bags covering shoes in boxes, and virgin plastic buttons.” It’s a commitment that raises the bar for other companies—and pushes all of us to not rest on our metal-straw-sipping laurels. —Jennifer Berry



SHOP THE LOOK

Ideas for every winter activity, from hitting the slopes to après ski cocktails



FROM LEFT: EVERLANE PARKA, \$216, JACKET, \$209, SWEATSHIRT, \$72, JACKET, \$115, JACKET, \$128, SWEATER, \$85, COAT, \$229, JACKET, \$164, EVERLANE.COM

The invisible woman

Watching your looks fade can be a devastating blow to your identity. **Eden Boileau** considers the emotional side of aging

ILLUSTRATION BY MARNE GRAHLMAN

At 47, I always have an emotional reaction to looking in the mirror. Every morning in the parking elevator mirror, I catalogue my face's collection of crumbling artifacts of beauty, first checking the "progress" of my under-eye bags. Whenever I approach a mirror, in the back of my mind is "How bad is it, again?" Sometimes it's "Huh, not as bad as I remembered." Other times I contemplate just not looking at mirrors, in order to avoid the gaze of the old woman with the poisonous apple in *Snow White*.

Extreme? Getting older—and looking it—is a life event that exacts a significant emotional toll. Yes, I am healthy, and yes I am grateful for that every single day, but holy mother of God, losing your looks is a kick in the gut. It doesn't, of course, compete with acutely painful catastrophes like divorce or deaths of loved ones, but it is relentless and omnipresent. There's no sign on the bathroom mirror, where I stand 10 times a day, that says, "Reminder: Your marriage failed." But there is old me and her droopy eyelids. When I glance at a glass building, what looks back at me isn't a note reminding me I lost one of my lifelong best friends to cancer. It's old me. Old me is everywhere, every day. I might be less obsessed with aging if she would stop stalking me in every bathroom, subway window and store.

I see old me everywhere, but men don't. Newly single at 40, I started to notice that men no longer sought eye contact for longer than a second. Those lengthened glances when two people check each other out don't happen anymore—not with younger men, not with men my own age; when you get to a certain age, not even older men check you out anymore. (Do all men, regardless of their own age, only look at women under 40? Am I really asking that question?) The phenomenon of becoming invisible is disorienting until you get used to it. It's like being in a sci-fi movie where the world is going on around you but the rest of the (male) humans can't see you. When I was younger, I derived a lot of satisfaction from my looks. Once, when I was 18, a man faked a heart attack

"Old me is everywhere, every day. I might be less obsessed with aging if she would stop stalking me in every bathroom, subway window and store."

to notice when the world stops noticing her. But I can tell her that looks don't matter till I'm blue in my old face. The rest of society needs to shut up about beauty being the highest attainable goal for that life lesson to stick.

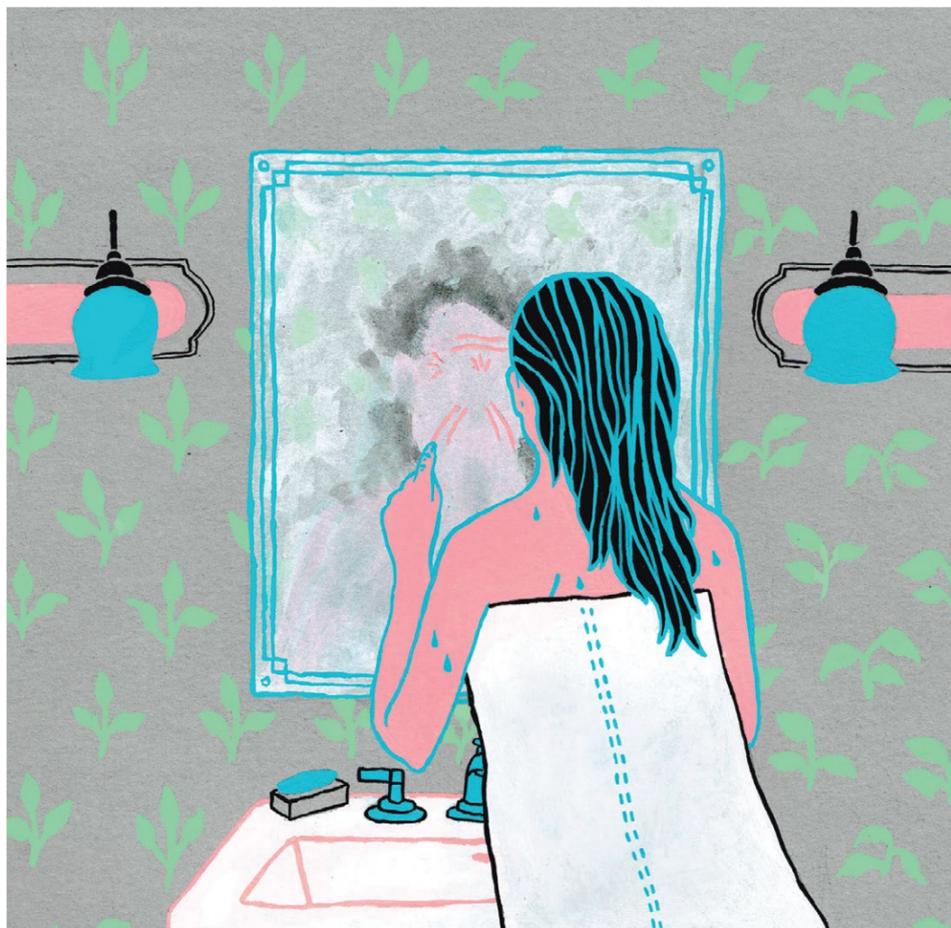
My mother never felt attractive growing up and always

on the street in front of me, throwing himself onto the sidewalk when I rounded the corner in a tight red dress and heels (it was the '80s). You get high on that kind of attention. Losing it is... an adjustment.

I'm careful with how much I tell my 10-year-old daughter she's beautiful. Of course I want her to feel pretty, but I don't want her to think beauty is all that matters. Pretty may buy all manner of frills and access, but it's a currency that loses its value over time—and I want my daughter to diversify her interests. My hope is that if she spends her time creating an identity forged by her intellect and creativity, she'll be too fulfilled

told me how lucky I was to be pretty. It was a source of pride and relief for her. It would break her heart to think that I don't feel attractive anymore. It breaks *my* heart that women end up feeling less-than at the time in their lives when they should be feeling more-than because they have that much more experience being the damn stars of the human race.

I'm absolutely exhausted with mourning being young and pretty. I can't stand to spend another minute doing it—or stand my shallow self if I cannot find *something* better to do with my mental energy. Recently, I interviewed a former model who, when she was nearing 40, convinced a cosmetics giant to give her a contract after they told her she was over the hill. I asked her how now, at 70, she navigates the emotional terrain of aging. She said that instead of glorifying the past, she looks for what the present has to offer. That sentiment has become a lifeline for me. It's also sparked my curiosity: Are there good things I have access to only now because of my age? Sometimes I think, "As a woman? No, sucker." But that can't be. I can't let it be. My 47 years of being a woman should only increase my value, to myself and to the world, and I have to start believing that—and living it.



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You should love your underwear

Underthings are often afterthoughts, but your world can turn on the right pair of panties. We turned to our team to test five of the most popular categories. These are the ones that made the cut

BY JILLIAN VIEIRA | PHOTOGRAPHY BY LUIS MORA

Let's talk about underwear. You gotta wear them every day, and yet it can seem near impossible to find ones that don't come with some sort of drawback. Itchy, unbreathable fabric; barely there, what's-the-point coverage; and perhaps the worst offender, a too-tight fit that cuts into your skin. Whether you're looking for a pair of no-slip seamless, classic cotton or some sexy skivvies you can wear on the day-to-day, we've got you (literally) covered.

THE BEST SEXY LINGERIE FOR EVERY DAY

The tester:
Poonam Chauhan,
assistant art
director

THE BIG ASK

"I've always thought that beautiful, well-designed underthings, usually tucked away in the depths of my underwear drawer, deserve to see light of day more than once in a blue moon. Where, oh where, are the flirty but practical undies that make me feel confident and comfortable?"



THE TOP PICK: EBERJEY

"At a first glance, this pair's lack of colour and plain appearance didn't do much for me. But after slipping them on, the insanely comfy material was undeniable; the velvety smooth fabric hugged my hips perfectly. These panties checked off that practicality point—I could see them seamlessly fitting into my busy lifestyle. Now I'm thinking I'll order myself a lifetime supply."

\$33, REVEROUGE.CA



THE RUNNER-UP: SIMONE PÉRELE

"Right off the bat, I thought the rich, jewel-toned blue set off my skin tone perfectly. And the extra-wide lace panelling looked really flattering on. The waistline was higher than I'm used to, but it somehow felt like a comforting hug on my tummy. My only criticism was the lace at the bottom, which was a little snug and cut into my legs. Overall, they're a definite re-wear."

\$84, SIMONE-PERELE.COM



THE THIRD-PLACE FINISH: FORTNIGHT

"I was so eager to give this pair a try—the lace detail is to die for. They're thin and lightweight, but also very smooth, which felt amazing on my skin. I was also intrigued by the high waistline—perhaps the highest I'd tried. The verdict: They made my waist look tiny and gave me an hourglass silhouette, but on my body, the waist to hip ratio just wasn't quite right, so after a while, it became a bit uncomfortable to wear."

\$63, FORTNIGHTLINGERIE.COM

THE BEST SHAPEWEAR

The tester:
Jennifer Berry,
digital editor

THE BIG ASK

"My hope on this journey toward as smooth a midsection as possible was to find a high-rise brief that stays put while holding in any extra loving without suffocating my internal organs—or causing said wobbly bits to burst out the top of the seam. Talking about shapewear, by the way, is also an exercise in body acceptance and I'm here for it."



THE TOP PICK: SPANX

"Spanx earned its holy grail status for a reason—they're simply the best. The undies do their job of smoothing any less-than-taut areas without making you feel like you're in an actual sausage casing (point for dignity). Did I mention they're 100 per cent seamless? The rise is a titch lower than the other pairs, but they hit at just the right point of the midsection so as to not cut one's tummy in half in an awkward place."

\$26, THEBAY.COM



THE RUNNER-UP: ROSA FAIA

"The Rosa Faia pair ticked nearly all of the boxes—namely superb tummy control—except for one issue that knocked it out of the first place running. They're seamless on the tush, but not at the waist, which caused a bit of that extremely sexy-feeling spillover; perhaps not the best for formfitting outfits."

\$44, ANITA.COM



THE THIRD-PLACE FINISH: ADDITION ELLE

"These knickers lived up to their promise of an hourglass figure—extra points for being a range that's size-inclusive. The catch? They were plagued by the dreaded shapewear roll-down wherein the waist starts to creep down slowly as you wear them. Nevertheless, I could see myself busting these out again under jeans."

\$25, ADDITIONELLE.COM

THE BEST PERIOD-PROOF UNDERWEAR

The tester:
Oana Cazan,
associate art
director

THE BIG ASK

"Since this was my first foray into the precarious world of period-proof underwear, I was looking for comfort, an easy-to-clean construction and the kind of solid protection I'm used to from more traditional menstrual methods."



THE TOP PICK: KNIX

"I decided to give this pair's ultra-thin liner the ultimate test on my heaviest day—and I have to say, it did not let me down. The construction also sucked in my tummy just a touch, which I found helped my cramps and bloating significantly. This particular pair felt like a freer alternative to pads and tampons, especially because they were super easy to wash."

\$25, KNIXWEAR.CA



THE RUNNER-UP: THINX

"This pair had more surface area to the liner itself, so I felt a bit more assurance putting them on. An added bonus: The lacy waistband felt like a major upgrade during my cycle—no more granny panties! From a functional standpoint, though, I had to keep pulling up said waistband throughout the day. But they were reliable protection-wise, so I plan on putting them in my rotation again next month."

\$43, SHETHINX.COM



THE THIRD-PLACE FINISH: DEAR KATE

"I wasn't exactly sure about wearing a nude panty during my period, but with the largest surface area liner of the three, I was willing to give it a shot. While this pair felt great on, I noticed half-way into my day that crimson started peeking through on the other side. But despite having to use a tampon for extra safety, I would still wear these again, just maybe on a lighter day."

\$50, DEARKATES.COM

THE BEST SEAMLESS HIPSTERS

The tester:
Sarah Chan,
collab coordinator

THE BIG ASK

"My wardrobe almost singularly consists of dresses, so I'm on the hunt for the perfect pair that would offer the ideal amount of under-skirt coverage without leaving any obnoxious underwear lines."



THE TOP PICK: LULULEMON

"The first thing I noticed about this pair was how soft they were—you can definitely feel the quality that Lulu is known for. They fit so seamlessly against my skin and for someone who has a bigger behind, I appreciated that these didn't leave me with an annoying wedgie when I was on the move. For that reason, I would absolutely recommend them to a big-booty friend!"

\$18, LULULEMON.COM

THE BEST COTTON UNDERWEAR

The tester:
Jillian Vieira,
fashion director

THE BIG ASK

"Ever feel like the underwear section rarely speaks to you as a grown woman? Same. The styles are either too cutesy and girlish or, with all the criss-crossing straps and mesh paneling, leave me asking, 'How exactly do I put that on?' I'm in the market for something in the middle—those classic pairs you can count on from Monday to Friday."



THE TOP PICK: VICTORIA'S SECRET

"Want to feel like you're not wearing underwear at all? Found 'em! I was dubious of this pair's extra-wide, Calvin-Klein-inspired elastic waistband—would it dig in? No—it just provides extra insurance against wedgies. The shape offered the perfect amount of coverage, too—ideal for lounging in and under my fave pair of boyfriend jeans."

\$11, VICTORIASSECRET.CA



THE RUNNER-UP: AERIE

"This pair featured ultra-plush fabric on the thicker side, so I decided against wearing them with my work uniform. They did, however, fill another need in my wardrobe: sleeping. Comfort levels were off the chart and paired with an oversized tee, they're the next best thing to sleeping nude."

\$16, AE.COM



THE RUNNER-UP: SOKOLOFF

"I was pretty pumped to be sporting a Canadian lingerie designer, doubly so that this particular pair is made of recycled fibres. The ultra soft and breathable fabric was a plus, as was the grown-up raspberry hue. My only grievance was the elastic band, which cut in ever so slightly around my hippest area."

\$26, SOKOLOFFLINGERIE.COM



THE THIRD-PLACE FINISH: TRUE & CO.

"I really liked the feel of this pair—super smooth, soft and thin, so that I could wear them under pretty much anything, no underwear line in sight. My one critique is that they had a tendency to roll down throughout the day, but after a couple quick adjustments, they got the job done."

\$17, THEBAY.COM



THE THIRD-PLACE FINISH: LA VIE EN ROSE

"I could've done without this bikini's extra-modest bum coverage and whimsical, floral pattern (see above grown woman objection), but the pair's comfort level was off the charts: the kind of underthing you want to live in when it's that time of the month."

\$10, LAVIENROSE.COM

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