

# THE KIT

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## The ultimate party lip

The perfect red is a holiday must-have, alongside statement shoes and champagne. Inside, makeup artist Jodi Urichuk delivers her essential tips to own the classic look  
**PAGE 3**

PHOTOGRAPHY BY LUIS MORA



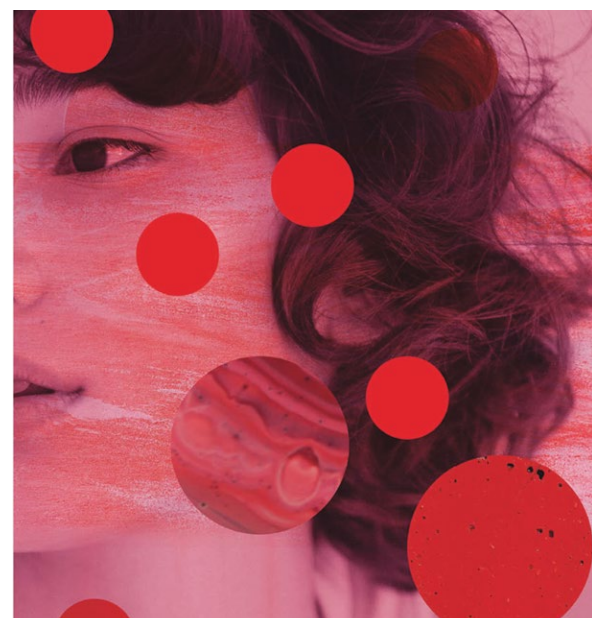
### Master modern party style

With just a touch of seasonal glitz, these chic dresses are the answer to holiday glamour  
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### Luxury that's *actually* worth it

Treat yourself with our editors' picks for essential over-the-top splurges  
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### Clear complexion cheat sheet

Adult acne is on the rise. Here's everything you need to know about beating breakouts  
**PAGE 7**





## London rules

Calling all cool girls: Cara Delevingne captures the bold spirit of the hottest fashion capital with a vibrant new fragrance

London’s chic set has a new favourite scent: Burberry Her, a fruity and floral fragrance fronted by Brit It girl Cara Delevingne. Together, both juice and model perfectly embody the adventurous attitude of the world’s most exciting city. At the launch event, Cara Delevingne shared what she loves most about her hometown.

### What was it like growing up in London?

“Growing up in London was a wonderful experience. To be a Londoner you defy rules, it doesn’t matter who you are. The thing I love about the London attitude is that it’s so bold—people are not afraid to say what they think. This is the place where people change things.”

### How would you describe a true Londoner?

“You don’t have to be born in London to be a Londoner. I think that there are people out there who are more of a Londoner than I am. I think it’s just an essence of discovery, being open to exploring new things in London. There is so much to explore here, whether it’s a new gallery or going to the theatre or discovering new music, as music is such an amazing big thing here in London. There are constantly things going on. London is alive, always. You just have to open your eyes to find it, and that’s what makes you a true Londoner.”

### Can you tell us more about Burberry Her fragrance?

“Burberry has done a really good job with Her. It’s very fresh and natural smelling but also musky. It feels like it’s edible which I really like about it. I didn’t know what to expect at first, especially with such a classic masculine bottle. You don’t know what’s going to come out. I was so pleasantly surprised that it was so fresh.”



‘Growing up in London was a wonderful experience. To be a Londoner you defy rules, it doesn’t matter who you are.’



BURBERRY HER  
EAU DE PARFUM,  
\$107 (50 ML),  
SEPH.ME/2RJT6Y

### Base note:

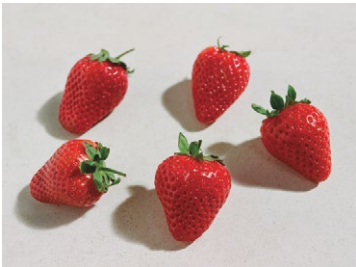
Musk

**Visit:** After all, Soho, the new nightclub for those in the know, which boasts a dance floor packed with pheromones and the city’s most beautiful people. The door isn’t marked, so look for the unassuming “a a” on the outside wall and expect a playlist heavy on the disco, funk and techno.

Visit [ca.burberry.com/burberry-her/](https://ca.burberry.com/burberry-her/)

## Black book

Plan a super-chic day by pairing select notes from Burberry Her with London’s top hot spots



### Top notes:

Red and dark berries

**Visit:** The Ritz London, which offers a very British afternoon tea, complete with jewel-box custard and berry tartlets. Select one of the 18 loose-leaf teas, relax among the chandeliers in the Palm Court and enjoy the live harp music. After all, in order to subvert tradition, you must first understand it.



### Heart note: Jasmine

**Visit:** Hyde Park, London’s largest Royal Park, which is rich in both spectacular florals and rock history: iconic Brit bands like the Rolling Stones have played concerts here. Stroll by the 40-acre Serpentine lake, then pop into the Serpentine Gallery, which is home to London’s buzziest contemporary art.



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# Her

## Eau de Parfum



# BURBERRY





# Getting lippy

Makeup artist Jodi Urichuk breaks down how to master the season’s must-have red

BY KATHERINE LALANCETTE

You’d usually find Jodi Urichuk behind the scenes working her magic on models and actors. But with her rock ‘n’ roll aesthetic and impossibly cool bangs, we knew the Toronto pro was just the person to step in front of the camera and offer a fresh take on festive red. “Whenever I put on red lipstick, I feel different,” she says. “It’s like wearing a pencil skirt; you have a bit more swagger.” As the Foo Fighters blared from the speakers (Urichuk’s request), she whipped her hair around and demonstrated just how much swagger the hue can deliver.

### ON THE RED OF THE SEASON

“I’m loving a powdery matte finish that is buffed out around the edges. The trend right now is definitely more smudged out. I’m 43 years old, though, so I like a bit more definition. I compromise by blurring the lip line with a small brush. I also like playing with texture, like adding powder shadow on top.”

### ON THE IMPORTANCE OF PREP WORK

“If you’re going to do a matte red, your lips have to be flawless, because any dryness will really show up. Always exfoliate and hydrate. I like doing lip masks overnight, and then applying a balm under my lipstick. You want something that’s moisturizing, but not shiny.”

### ON APPLYING THE COLOUR

“I do a little shading, going slightly darker in the corners. I blend it out like crazy after so that it’s subtle, but I like keeping the middle lighter for a plumping effect. And with a matte look, I’ll usually dust a little translucent powder around the edges to soften things up.”

### ON MAKING IT LAST

“It used to be that, when you wore a red lip, it would get all over your face or it would come off on your glass. But now, there are great formulations that really stay put. For added lasting power, you can fill in your lips with a matte pencil, apply your lip colour, then blot and reapply.”

### ON COMPLETING THE LOOK

“The tone-on-tone trend is really big right now. Red shadow probably isn’t something you’d do often, but it’s nice to step out of your comfort zone. It doesn’t have to be perfect. I like it a bit messy. I added some eye gloss and went minimal with liner and mascara, choosing brown instead of black.”

## Get the look



**BITE BEAUTY**  
AGAVE SUGAR  
LIP SCRUB, \$20,  
SEPHORA.CA



**CHANEL ROUGE**  
ALLURE LIQUID  
POWDER IN  
RADICAL, \$46,  
THEBAY.COM



**CHARLOTTE  
TILBURY** LIP  
CHEAT IN KISS ‘N’  
TELL, \$27, CHAR-  
LOTTETILBURY.CA

## Dressing up

Forget everything you know about clichéd over-the-top holiday style. This season, we’re delighting in the beauty of perfectly pared-down party dressing

BY JILLIAN VIERA



**MODEST SPARKLE**  
Much like the holiday consumption maxim, sparkles should also be worn in moderation. Look for flashes of metallic or shiny finishes on modern silhouettes, like a blazer dress.

FROM LEFT: **FLEUR DU MAL**, \$1,304, FLEURDUMAL.COM; **MARC CAIN**, \$500, MARC CAIN; **ZARA**, \$100, ZARA.COM

### TOUCH OF VELVET

Give the lustrous fabric a try in an elegant jewel-toned palette. Rich juniper, classic black and warm Dijon suit the season beautifully.

FROM LEFT: **A.L.C.**, \$1,025, NORDSTROM.COM; **RIXO**, \$540, RIXO.CO.UK; **SALONI**, \$1,025, SALONILONDON.COM



### WINTER WHITES

Forget the old Labour Day rule: Snowy shades on clean, modern shapes make for an elegant party pairing.

FROM LEFT: **SOLACE LONDON**, \$630, SOLACELONDON.COM; **STELLA MCCARTNEY**, \$2,970, STELLAMCCARTNEY.COM; **ROLAND MOURET**, \$1,790, ROLANDMOURET.COM



## THE KIT X STILA



## THE EXAGGERATED EYE

Stila’s bold shades are the only encouragement you need to embrace this go-to party look

If scrolling through Instagram’s ever-elaborate makeup trends has inspired you to level up, this rainbow ombré eye is for you. For a sophisticated take that’s perfect for holiday soirée season, it’s all about shade selection: Instead of brash primary colours, go for chic gemstone-inspired hues that flatter each other—and you. We tapped Sarah Lucero, Global Director of Creative at Stila, for every step you need to create this enviable eye.



### 1. GO FOR THE FULL SPECTRUM EFFECT

Pick up the Shimmer & Glow Liquid Eye Shadow in multiple hues, \$31 each. Our favourites for this look include Vivid Labradorite, Vivid Jade, Vivid Smoky Quartz, Vivid Garnet, Vivid Amethyst and Vivid Sapphire. Start with the cool-grey Vivid Labradorite in the inner corner of your eye, and blend by tapping with your fingertips, or the flat side of the eyeshadow’s applicator.



### 2. ACHIEVE OMBRÉ

Then, apply the Vivid Jade just beside the pigments you’ve laid down, creating a half-moon shape. Have extra pigment left over on your fingertip? Just tap it onto your lids to blend the shades.

### 3. WORK YOUR WAY OUT

Repeat the previous step as you apply more hues—Vivid Smoky Quartz, Vivid Garnet and Vivid Amethyst, in that order—gradually moving toward the outer edge of your eye.



### 4. FINISH STRONG

Use a stroke of the boldest shade, Vivid Sapphire, on your outer corner. Trace the deep blue on your lower lash line, too.

### 5. COMPLETE THE LOOK WITH LASHES

Last but not least, complete your eye look with a high-drama mascara like 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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# Jaw-dropping gifts

These extravagant editor-approved indulgences may have next-level price tags, but they’re guaranteed to thrill like only true luxury can



### 1. THE \$230 FRAGRANCE DIAGNOSTIC IN PARIS

Nearly a dozen perfume bottles used to line my vanity, their juices—some powdery, others peppery—as different as their shapely vials. Then, one sunny spring day in Paris, I came upon Nose, a fragrance concept store on the fringes of the 1st arrondissement. Inside, it was nothing like department store perfume corridors bustling with eager salespeople and sexy advertisements; instead, walls are lined with hundreds of brandless apothecary bottles lit by the warm glow of copper pendants. The shopkeeper let me eye the flasks for a few moments before inviting me to the counter for a “fragrance diagnostic.”

More than an hour later, as I worked through an olfactory round-robin of niche scents between intermittent breaths of cool, Parisian air, I’d found the one: a bergamot-and-juniper-based juice inspired by Ernest Hemingway’s late nights in the City of Light. It’s masculine and warm, and entirely me. Now, every time I wear the scent, head held a little higher when strangers ask me what that gorgeous fragrance is, I’m assured that the round-trip ticket, a hotel stay and the bounty of canelés I devoured while traipsing along the Rive Droite were entirely worth it. —*Jillian Vieira, fashion director*

THE NOSE, 20 RUE BACHAUMONT, PARIS.



### 4. THE \$4,150 CAMEL COAT

While I know the value of classic wardrobe staples—a pair of perfectly tailored slim black pants, a grey cashmere crewneck sweater, a slightly oversized crisp white Oxford shirt—it’s often trend-driven items with quirky details and of-the-moment colourways that end up in my cart. A quintessential camel coat is the piece I keep telling myself to invest in, and yet my closet is a sea of petal pink wool toppers and merlot teddy coats.

Trend pieces provide only a fleeting sense of sartorial joy—the first couple of wears are invigorating and then it’s onto the next. Sliding on Max Mara’s 101801 Icon Coat, however, is entirely the opposite feeling. Like the world’s most luxurious adult swaddle, it wraps you up in quiet wool and cashmere decadence that feels exciting every time you slip its oversized silhouette over your shoulders. Walking down Central Park South towards the iconic Plaza Hotel in it, I felt like I was in on the secret of other well-appointed Manhattan women: a chic investment like this will always be in style. —*Jennifer Berry, digital editor*

MAX MARA COAT, \$4,150, MAX MARA



### 6. THE \$16,700 WATCH

Smartwatches—for all their convenience—are a little too concerned with connectivity. Moving into 2019, I’m fixating on savouring every moment in our lightning-speed culture. So I’m drawn to the elegance of this classic wristwatch—souped up in 18k rose gold with piles of diamonds and an alligator band—peeking from underneath my cashmere sweater. One look at the exquisite dial, hands ticking seamlessly along, is a sweet reminder to slow down. —*Renée Tse, The Kit Chinese editor*

TIFFANY & CO. METRO 2-HAND 28MM, \$16,700, TIFFANY.CA



### 2. THE \$700 SILK PYJAMAS

I never intended to have a practical life. I wanted to be a writer, surely the most impractical choice, if my grandmother’s tsking was any indication. But through a series of very wonderful and important decisions, I have grown into what often feels like “the most practical person on earth.” I have a job I work hard at, I am a responsible mother to two growing boys, I call into conference calls a minute early and order toilet paper online because it’s cheaper.

And yet...

Those are the words that sometimes haunt me when I fall into bed at night. They don’t keep me awake, of course, because I’m too tired for that—but they do sit in the void where whimsy and wonder used to be.

Late one night, when packing lunches as my husband folded laundry, I decided that it was cheaper to invest in soul-satisfying, deliciously impractical loungewear than to sign up for a lifetime of life-coaching, which surely wouldn’t feel nearly as soothing as pure silk anyway.

Enter Asceno, a crushingly chic line of sand-washed silk loungewear separates worn by the likes of Cate Blanchett and her globe-trotting style cohort. These are PJs so cool that a high fashion buying director wore them to London Fashion Week. She might as well have worn runway pieces: these jammies cost more than \$700 for the set.

And yet...

The ruby red pair I unbox and slip on, the exact shade of ripe pomegranates, feels like a million. The wide cuffs and tuxedo waistband make me feel put together, a refreshing break from always just holding it together. The mother-of-pearl buttons reflect the light of the TV as I stream Netflix. The silk isn’t boudoir-slippery: It’s breathable and comfortable.

After I roll out of bed one Saturday, my crimson silk rumped beautifully, my four-year-old son looks me up and down and asks me if I’m going to work. I could be. In these, I could be going downstairs to make pancakes (some with blueberries and some without so no one cries) or I could be drinking bourbon with fellow writers in Tunisia after staying up all night.

In these gloriously elegant and completely unnecessary pyjamas, I am not just dressed for bed; I am dressed for anything. —*Kathryn Hudson, executive editor*

ASCENO TOP, \$367, BOTTOMS, \$341, SHOPBOP.COM



### 5. THE \$46 SHOWER SCRUB

Two years ago, I moved an hour out of the city and joined the commuting class—which means I set my alarm for a rather ghastly 5:30 a.m. Some days that feels like death, but I’ve focused on creating lovely rituals for myself so that I ease into the morning like Catherine Deneuve shrugging on a perfect trench (I mean, *ideally*). This coffee scrub from new line Céla—created by Toronto spa legend Céline Tadrissi—is a favourite recent addition to my routine. I use the exfoliator on my elbows, hands and feet, delighting in the luxe texture and divine scent of dark-roasted coffee beans and raw sugar. It’s a beautiful way to wake up—and a very welcome assurance that caffeine is coming soon. —*Laura deCarufel, editor-in-chief*

CÉLA BLACK GOLD SUPREME COFFEE SCRUB, \$46, THISISCELA.COM



### 7. THE \$255 HAIR AND BODY OIL

When I was little, my mother taught me to slather myself in baby oil upon exiting the shower, insisting it was as essential a part of daily hygiene as brushing one’s teeth. It was only later that I realized not everyone partook in this post-bathing ritual. Some years later, I’ve outgrown the powdery newborn smell of the Johnson’s classic, but I still yearn for the glide of oil against wet skin. To me, nothing connotes luxury quite like lazing around in a robe while my limbs marinate. It’s wildly inconvenient and therefore thrillingly hedonistic. And just when I thought things couldn’t get more decadent, I met Frédéric. He’s French and smells divine. Or rather, he makes me smell divine—like roses, cinnamon and incense all at once. His is no baby’s oil. It’s pure woman: strong, sensual and unabashedly self-indulgent. More than that, I’ve been revelling in the small, delicious moments of languor it provides, when my bathroom’s all steamy and the chaos can’t come in. It’s just me, my extravagant body oil and a world of possibility. Mom would be proud. —*Katherline Lalancette, beauty director*

FRÉDÉRIC MALLE PORTRAIT OF A LADY HAIR & BODY OIL, \$255, HOLTRENFREW.COM



# Get the party started

This is the year you rule the holiday soiree circuit. First: Find the perfect dress at Marshalls and make it the building block of your wardrobe. Then add bold accessories for seasonal sizzle and hit the town in style



**SHOP THE LOOK**  
SHOES, \$99.99  
BLAZER COAT \$79.99  
BAG, \$24.99  
DRESS, \$49.99  
COAT, \$79.99



HANDBAG, \$59.99  
SHOES, \$135  
BLAZER, \$29.99  
DRESS, \$39.99

## THE LOOK

Office-party chic

**THE KIT STAFFER**  
Poonam Chauhan,  
assistant art director

**How would you describe your holiday style?**  
"For most of the year, I tend to go for quite simple yet oversized silhouettes and experiment with colour and fabric. Around the holidays, I love layering as much as I can. It's practical and it also allows me to work toward achieving the epitome of chic, Parisienne. I just threw this on' layering goals. Removing or adding a layer can really affect my whole mood and change my outfit from office to party instantly."

**What is your favourite thing about wearing a party dress?**  
"I love wearing party dresses during this time of year because I'm obsessed with jewel tones, and the richness of the colours and textures in holiday dresses makes me feel so regal. Most of the time I dress pretty casually and never too girly, so when I wear a party dress I feel ultra-feminine and elegant, and I love that feeling and the contrast between the two."

**How do you dial up the impact of a party look?**  
"A fun, bold bag makes a huge difference for me—I love the idea of a structured tote as an unexpected alternative to the classic sparkly clutch. Statement earrings always allow me to add some edge, and fancy stilettos or statement flats are key to perfecting your outfit. I also love to add a bold or even metallic lip during the holidays."

**What do you like best about this look from Marshalls?**  
"I love the lime green colour of the dress and the velvety fabric. The blazer gives it more of a relaxed vibe which makes the outfit more me and the shoes are so bold and fun that you don't even have to suffer in pain with heels."

## THE LOOK

New Year's Eve elegance

**THE KIT STAFFER**  
Caitlin Kenny, digital director

**How would you describe your holiday style?**  
"My day-to-day style is very casual and a hint athletic, so the holidays give me a chance to get a little girly. I happily swap my flats for heels—I love a sleek boot for a nice meeting-in-the-middle—and even find myself reaching for festive red lipstick."

**We hear a lot about day-to-night dressing, especially during the holidays. Why is versatility important to you?**  
"In the month of December, with so many parties falling after work, the Kit team does a lot of party prep in front of the office's bathroom mirrors. I get through the season by picking minimalist dresses (dark, simple and decidedly unbedazzled) so I can wear them by day, and then spruce them up with fun accessories (I'm open to a little dazzle in the shoe department) for night."

**What is your favourite thing about wearing a party dress?**  
"I spend most months of the year dressing for function—'what shoes can take me from spin class to my morning meetings?'—but when it comes to getting ready for a holiday party, it's when I finally let the mood guide me. The season is all about joy and celebration—and I love to embody both by having a little fun with my outfits."

**What are your favourite ways to accessorize a party dress?**  
"Showing up in a bold, playful coat makes me feel completely pulled-together. I also love a sleek clutch in a neutral hue that fits all my party essentials."

**What do you like best about this look from Marshalls?**  
"There's something about a long, flowy dress that feels so instantly glamorous (also, I'm that fool who will push bare legs for as long as possible, so calf-covering fabric is a blessing). Also, I love navy blue as a stand-in for classic black. It's equally timeless and versatile, but with a bit more character."



DRESS, \$99.99  
BAG, \$222  
SHOES, \$99.99



**SHOP THE LOOK**  
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SHOES, \$49.99  
DRESS, \$69.99  
(POLKA DOT)  
SHOES, \$69.99  
(FEATHER)





Why I refused to give up on style  
Fashion helped preserve Carolyn Pioro’s dignity after a devastating injury

PHOTOGRAPHY BY LUIS MORA

When I was a kid, my mom kept a little milk calendar folded up in her closet. Every day, she’d write down what she wore to her job as an office administrator. It was important to her—she didn’t want to repeat outfits when meeting with the same people—so I always saw fashion as something very deliberate and thoughtful, something you had agency of and could use to better yourself.

I spent my 20s finding inspiration in magazines and crafting outfits around those images, even though I was a waitress and an aerial circus performer and couldn’t afford much. I’d just gotten a new haircut one day and was walking down Bloor Street when the Holt Renfrew doorman stopped and greeted me. I felt like I had made it in the city!

Then, my life suddenly changed: I sustained a big fall while training on the

flying trapeze and I completely severed my spinal cord.

About four months later, I was on bedrest in acute care in a rehab facility in Toronto. I was partly able to believe that I was sick, that I would get better. But when I was presented with a wheelchair, I had to confront that this was my body now.

One day, one of the nurses looked at me and said, “You know you’re not going to be wearing jeans anymore. It’s almost like you’re retired—you’re just going to wear sweats and yoga pants.” That was devastating.

I used to feel confident throwing on a tank top for a night out, showing off my toned back and arms, which were strong from circus training and rowing. Now I have a soft little pouch of a stomach because the muscles are paralyzed. Being told I was

going to live in sweatpants was about more than fashion. I’d had so much taken out of my life, so much changed forever. I was not going to let anyone take anything else from me.

From rehab, I went to an assisted living environment. Attendants and support workers came into my apartment unannounced at different times during the day. Often I was meeting someone for the first time and I had to be like, “Alright, here’s my crotch; this is where I need help.” After a few years, I was accepted for “direct funding” from the government, which allows you to become a self-manager. It meant I could hire attendants who wanted to be here, which helped me become more confident.

I’ve always had a very supportive family—I wouldn’t be where I am now without them. But now I don’t have to rely on them in the same way. They can come over for a visit or a birthday party—not because they have to get me out of bed in the morning or because my floor needs cleaning.

When I was finally off bedrest, we got rid of my winter coats. They didn’t stretch and, of course, I couldn’t move my arms behind my back to get them on because I can only shrug my shoulders. The first time I tried to get one on, I was with my brother, and he put it on over my head. It reminded me of when hockey players get their jerseys pulled over their heads in fights. It was comedy gold.

I wasn’t dejected—I just needed a solution. A friend introduced me to Toronto designer Izzy Camilleri [of IZ Adaptive clothing brand]. She made me the winter coat I’m wearing now and, despite the fact that it’s going on 10 years old, it’s still my favourite coat. The back can be slipped off easily and the sleeves come off separately as well.

Her clothes fit so well for someone who is seated all day. She drafts the pants and jeans higher up the back, so you’re not worried about your pants slipping or having your skin exposed. Everything is comfortable. Everything makes sense.

I now buy most things online, because

there’s no way to try on pants in stores. I have to be in my bed and it takes a bunch of extra steps, like transferring to my chair with an overhead lift. Of course that infrastructure isn’t available in stores.

I wore lots of colours before being injured. But since then, I’ve become more spartan with my choices. I still like to have fun hair or shoes, but otherwise, I stick to a palette of black and greys. Too much colour or ruffle overwhelms me, making me feel like a toddler in a stroller.

I got tattoos to replace my rings and accessories. Accessorizing yourself is a very personal ritual, but it felt really weird to ask someone to adorn me with rings and necklaces—it made me feel kind of like a Christmas tree. So I’ve adapted. I keep the same earrings in and wear nail polish. These simple things are more permanent—and they’re my choices; I don’t have to keep asking.

For the past year, I’ve also been getting my eyelashes and lips tinted. I felt sensitive about asking an attendant to apply my mascara if we were just going down to get a coffee. I don’t want to have to explain why I want to look put together—I just want to.

I’ve had to show my body to so many people over the years. Often, it’s a body that I’m not 100 per cent comfortable with. I joke that it took away my dignity long ago, but it would never take my vanity. Honestly, my vanity helped me in many ways: to eat healthier, to take better care of my skin, to make sure I’m sitting level in my wheelchair, so I don’t get a pressure sore—but also so I look more assured with good posture.

I have to make an accommodation for a body shape that is “different” from the norm. It’s taken me 12 years to grapple with that. There’s a lot of talk about “Oh, a seated model took part in New York Fashion Week!” It still feels a bit like tokenism to me. Not that it’s totally disingenuous, because there is some effort present, but inclusivity isn’t sticking yet. I hope it will. But for today, it’s still a moment, versus a movement. —As told to Kathryn Hudson

“I have to make an accommodation for a body shape that is ‘different’ from the norm. It’s taken me 12 years to grapple with that.”

One Of A Kind



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THE KIT COLLAB

Done deal

The can’t-miss Black Friday and Cyber Monday deals you need to know about

There’s nothing we love more than a good deal, so it comes as no surprise that Black Friday and Cyber Monday are top of mind for us every year. To get you ready to stop, drop and shop, we’ve rounded up the best deals on the products and brands we have our eyes on. Happy shopping!

**SHARKNINJA**

Keep your eyes peeled for impossible-to-pass-up discounts on products from the ultimate name in innovative home goods that make adulting easy \*and\* fun. SharkNinja appliances—including their iconic Shark ION™ Robot R72 and Ninja Foodi pressure cooker—will be discounted at select retailers from Black Friday to Cyber Monday. Now those are some seriously justifiable grown-up purchases.

**SHARK ION™ ROBOT R72, \$360**  
**NINJA FOODI, \$330**

A collection of SharkNinja products including a pressure cooker, a robot vacuum, and a slow cooker.

A pair of patterned leggings and a black sneaker.

**REEBOK**

The iconic activewear brand has some amazing deals up their fleecy sleeves for you, so it’s the perfect time to grab a new pair of chic sneakers or those cozy track pants you’ve been eyeing. Score 40% off online at reebok.ca (with some exclusions) along with great deals and door crashers in-store from November 19 to 25. Plus, the deals continue online from November 26 to December 2.

**REEBOK LUX BOLD LEGGINGS IN OIL SLICK, \$75, REEBOK GURESU 2.0, \$100, REEBOK**

**REVLON**

Black Friday is the ultimate excuse to stock up on your must-have beauty products. Revlon is offering an exclusive in-store discount on select items, because the only thing better than new makeup is new makeup scored at a discount. Head to save.ca/coupons to get in on the deal.

**REVLON VOLUMAZING™ MASCARA, \$12, SHOPPERS DRUG MART**  
**REVLON SUPER LUSTROUS™ LIPSTICK IN MATTE IS EVERYTHING, \$11, SHOPPERS DRUG MART**

A collection of Revlon beauty products including mascara, lipstick, and a lip gloss.

HAIR AND MAKEUP: ASHLEY READINGS/PLUTINO GROUP



# Seeing spots

Acne is annoying, but adult acne is infuriating. Here, we break down unexpected ways to get your skin into the clear



## The ultimate pop star

Celeb dermat Dr. Pimple Popper tells us how to squeeze—if we really must

BY KATHERINE LALANCETTE

Dr. Sandra Lee is to Pop-aholics what Lady Gaga is to her Monsters. More than 4 million fervent fans subscribe to the SoCal dermat's YouTube channel, watching intently as she squeezes out pus from patients' various body parts: a blackhead inside someone's ear, a cyst the size of a newborn's head on the back of a man's neck... the pustule possibilities are endless. She's even nabbed a show on TLC, which documents her extraction adventures. We caught up with the doc to discuss all things pimple popping, including why we're so obsessed with it and when it's actually okay to do it.

**Why do you think people are so fascinated with pimple-popping videos?** "I think there are a few reasons, but ultimately I think it makes a lot of people happy and relaxed. There's a sense of completion, of cleansing. It calms people who have some obsessive-compulsive tendencies. People who tend to pick at their own skin when they're stressed say that watching my videos really helps them keep their hands off their own face. Some people actually watch my videos if they're having a panic attack, or to help them sleep. Believe it or not, my videos are bedtime lullabies to many! I also think they give some people a little rush, similar to what you might feel riding a roller coaster or watching a scary movie. And I think it's fascinating for many people to see what can come out of the skin of a regular, normal, healthy human."

**When is it okay to pop a pimple?** "Well first off, you really should not pop anything on your face. However, I know most of you will end up doing it, so at the very least, please remember to 'Know when to pop, and know when to stop.' If you really must pop at home, wait until it has come to a white or yellow 'head.' If the pimple has a head, at that point it is the easiest to extract, with the least risk of scarring because the bump is very superficial to the surface of the skin."

**What's the right way to do it?** "Sterilize the area first and be sure to have clean tools, hands

and surroundings. You'll want to make sure you wash your face before with warm water, or better yet, take a steamy shower to really open up the pores. Then, use your fingers or the comedone extractor I often use in my videos to place pressure on the skin immediately surrounding the whitehead and push the contents out. If you're using your fingers, increase traction by wrapping clean tissue paper around them. A whitehead should come out pretty easily if it is ready, but if the pimple is not popping, there's definitely a time to give up because forcing it and continually pushing and squeezing will only irritate your skin and cause swelling, redness and pain, on top of increasing your risk for local infection and scarring."

**What should you put on a pimple post-extraction?** "I would recommend applying a topical corticosteroid and/or a topical acne spot treatment, like one of my products that contain maximum strength salicylic acid or benzoyl peroxide. You can also use an antibiotic [product] or cool compress if you want, or just try to leave the area alone. A spot treatment can help you keep your hands off."

**What are your top tips for keeping skin clear?** "Having a consistent routine is crucial to keeping your skin clean, healthy and breakout-free. You should also be choosing products with the right acne-fighting ingredients. Salicylic acid works to exfoliate the surface of the skin and helps unclog pores, treat blackheads and whiteheads, and soothe any redness or irritation. Benzoyl Peroxide is a strong anti-bacterial ingredient that kills the bacteria that causes more inflammatory papules and pustules. Finally, SPF, SPF, SPF! I can't stress this enough. Everyone should be applying and reapplying sunscreen. If you have acne-prone skin, you should choose a chemical sunscreen so it won't clog your pores or irritate your breakouts. SPF will also

keep hyperpigmentation left from old breakouts from darkening in the sun. In general, make sure you're washing your face twice a day and washing your pillowcases and sheets frequently because they can be a home for acne-causing bacteria."

**What are your tips for treating or preventing acne scarring?** "Biggest tip? Don't pick at your skin! The most important thing you can do is to prevent acne scarring in the first place because once you have it, some acne scarring can be extremely difficult, even impossible to reverse. Know that the depth of skin inflammation is directly related to your risk for permanent acne scarring. So, if you have a more severe form of acne, with deep cysts and bumps under the skin, this is the type of acne you should really seek treatment for because it's the type that's most likely to lead to scarring. Whether you extract a pimple or not, I would suggest using a spot treatment. It's the best way to target an area or specific breakout, speed up the healing process and really help you keep your hands off of it. Technically, brown or red spots left after an acne breakout aren't considered 'acne scarring' because they're usually not permanent. You can speed up the resolution of these spots by using an exfoliating ingredient like salicylic acid or retinol."



**TOOL KIT**  
SLMD RETINOL SERUM, \$52, **DR. PIMPLE POPPER** ACNE SPOT TREATMENT, \$32, SLMDSKINCARE.COM, **DR. PIMPLE POPPER** COMEDONE EXTRACTOR, \$26, SHOPDRPIMPLE-POPPER.COM

## Your green guide to zapping zits

You've tried the classic chemical ingredients. These are eco-alternatives to consider

BY ERINN STEWART

Stars, they're just like us: They get pimples, too. Find out how celebs banish blemishes



Emma Stone



The Oscar-winner has spoken out about having skin that's both acne-prone and super sensitive. Stone turns to good old tea tree oil to gently banish breakouts.

**THE BODY SHOP** TEA TREE OIL, \$13, THEBODYSHOP.CA

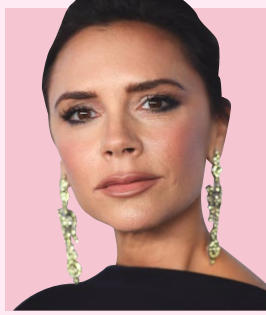


Mindy Kaling



The actress praises this blue-light device for treatment of her adult acne. She'll use the zit zapper to banish pesky spots before a talk show appearance.

**TRIA** POSITIVELY CLEAR ACNE CLEARING BLUE LIGHT, \$220, TRIABEAUTY.CA



Victoria Beckham



The designer praises celeb skin guru Dr. Harold Lancer for sorting out her skin issues. On top of following the doc's advice to eat more salmon, Beckham uses his eponymous range of skincare.

**LANCER** RETEXTURIZING TREATMENT, \$124, LANCERSKINCARE.COM

At the first sign of a pimple, it's a common to reach for lotions and potions. But it may be useful to consider the ingredient list. Dr. Mariesette Santiago, a Toronto-based naturopathic doctor and green beauty expert explains, "When your skin is acne-prone, it tends to be inflamed and irritated, so staying away from chemical and synthetic ingredients can be helpful at not overstimulating it." Take benzoyl peroxide, for example. This powerful ingredient helps kill bacteria, but in doing so, it can irritate and dehydrate

### TEA TREE OIL

**What it is:** Derived from the leaves of tea tree plants, which are native to Australia, this essential oil (also referred to as melaleuca oil) is touted for its strong antibacterial properties.

**How it works:** This topical antiseptic is a medicine cabinet staple and has more than 100 compounds that work to battle acne-causing bacteria found on skin. "Because it's so effective at destroying bacteria," Santiago says, "it's a great alternative to benzoyl peroxide." Plus, it's non-comedogenic, meaning it won't gunk up pores.

**Downsides:** "Using only pure 100 per cent tea tree essential oil on your skin is very potent and can aggravate your skin," Santiago explains. So pure tea tree oil should be diluted in a carrier oil or mixed with other ingredients.



**EARTH LUXE** TEA TREE OIL, \$17, EARTH-LUXE.CA, **DERMALOGICA** BREAKOUT CLEARING FOAMING WASH, \$28, SEPHORA.COM

### MANUKA HONEY

**What it is:** Native to New Zealand and Australia, manuka honey comes from bees that pollinate manuka plants, jelly bushes and golden tea trees. Compared to regular honey found in grocery stores, it's packed with more nutrients, says Julie Clark, a holistic aesthetician and founder of Province Apothecary. Honey's medicinal use can be traced back to Ancient Egypt, where it was used to treat infections, ulcers and burns because of its anti-inflammatory and antimicrobial properties.

**How it works:** This soothing multi-tasker works efficiently to reduce redness and congestion. Plus, it is a gentle exfoliator, which "promotes skin regeneration, repairs cellular damage and minimizes scarring," Clark explains.

**Downsides:** Since it's naturally hydrating, you don't need to worry about this ingredient drying out your skin, but you do need

to be mindful of possible allergies. Make sure to do a spot test and watch for swelling, redness or itchiness before slathering it on your face.



**VOBATHCO** MANUKA HONEY & COCOA ANTIOXIDANT MUD MASK, \$55, ETSY.COM, **ANTIPODES** JULIET SKIN-BRIGHTENING GEL CLEANSER, \$44, AMAZON.CA

### NATURAL SALICYLIC ACID

**What it is:** Derived from willow bark and wintergreen plants, natural salicylic acid is an alternative to synthetic salicylic acid, one of the most popular and effective skin-clearing ingredients.

**How it works:** According to Thomas, natural salicylic acid has the same effects as the lab version, meaning it will successfully unclog and clear pores as well as stimulate cell renewal. Thomas claims, "It's great, but for me it is not enough," going on to say that it's even more effective when combined with other powerful ingredients such as antioxidants and antibacterial essential oils.

**Downsides:** Like its synthetic counterpart, it can be drying, so it's best to look for products that combine it with hydrating ingredients. For example, Caudalie's Vinopure collection, where salicylic acid from wintergreen is a star ingredient, uses moisturizing grape water to combat dehydration.



**CAUDALIE** VINOPURE SKIN PERFECTING NATURAL SALICYLIC ACID PORE MINIMIZING SERUM, \$59, CAUDALIE.COM, **ODACITE** MINT + GREEN TEA HYDRA-PURIFYING TREATMENT MIST, \$39, THEDETOXMARKET.CA

### BENTONITE CLAY

**What it is:** "Bentonite is a volcanic ash deposited in sea water," explains Clark. It has been used as a beauty treatment for centuries. Legend has it even Cleopatra was a fan, concocting face masks out of clay

skin. "We believe it should only be used under [a dermatologist's] control," states Mathilde Thomas, co-founder of French skincare brand Caudalie.

The good news is that there are subs for these popular pimple-banishing chemicals that can work wonders on skin. The bad news is that, while natural, they aren't perfect either.

Without further ado, meet five alternative ingredients that you should consider adding to your arsenal of breakout-battlers.

from the Nile River.

**How it works:** "Bentonite clay draws toxins out of the skin," Clark says, adding that, when combined with water to create a mask, this clarifying and anti-inflammatory ingredient "binds to bacteria within pores, thus extracting it from the deeper levels of the skin."

**Downsides:** When left on too long, the clay can irritate or dehydrate skin. Like with any product, Santiago encourages you to follow the directions on the package and only leave it on for the suggested amount of time.



**AZTEC SECRET** INDIAN HEALING CLAY, \$15, AMAZON.CA, **PROVINCE APOTHECARY** DETOXIFYING + CLARIFYING CLAY MASK, \$58, PROVINCEAPOTHECARY.COM

### COD LIVER OIL

**What it is:** Like the name suggests, cod liver oil comes from the liver of cod and is high in good-for-you omega-3 fatty acids as well as antioxidants and vitamins A and D. Not a fish eater? This ingredient is commonly consumed in liquid or capsule form.

**How it works:** This nutrient-rich oil serves up many benefits for the skin. Clark shares that the omega-3 fatty acids reduce inflammation, vitamin A works to restore healthy skin cells, vitamin D regulates sebum production and the antioxidants fight free-radical damage. The combination of these, she says, "reduces scarring, inflammation and balances oil secretions."

**Downsides:** If you take this product according to guidelines, there are no significant drawbacks. However, some people may be put off by the strong taste and the fact that it can cause gas.



**BE BETTER** EXTRA STRENGTH COD LIVER OIL WITH VITAMIN D3, \$6, WELL.CA, **ASCENTA** NUTRASEA COD LIVER OIL, \$23, VITAMART.CA

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# Why I refused to give up on style

Fashion helped preserve Carolyn Pioro’s dignity after a devastating injury

PHOTOGRAPHY BY LUIS MORA

When I was a kid, my mom kept a little milk calendar folded up in her closet. Every day, she’d write down what she wore to her job as an office administrator. It was important to her—she didn’t want to repeat outfits when meeting with the same people—so I always saw fashion as something very deliberate and thoughtful, something you had agency of and could use to better yourself.

I spent my 20s finding inspiration in magazines and crafting outfits around those images, even though I was a waitress and an aerial circus performer and couldn’t afford much. I’d just gotten a new haircut one day and was walking down Bloor Street when the Holt Renfrew doorman stopped and greeted me. I felt like I had made it in the city!

Then, my life suddenly changed: I sustained a big fall while training on the

flying trapeze and I completely severed my spinal cord.

About four months later, I was on bedrest in acute care in a rehab facility in Toronto. I was partly able to believe that I was sick, that I would get better. But when I was presented with a wheelchair, I had to confront that this was my body now.

One day, one of the nurses looked at me and said, “You know you’re not going to be wearing jeans anymore. It’s almost like you’re retired—you’re just going to wear sweats and yoga pants.” That was devastating.

I used to feel confident throwing on a tank top for a night out, showing off my toned back and arms, which were strong from circus training and rowing. Now I have a soft little pouch of a stomach because the muscles are paralyzed. Being told I was

going to live in sweatpants was about more than fashion. I’d had so much taken out of my life, so much changed forever. I was not going to let anyone take anything else from me.

From rehab, I went to an assisted living environment. Attendants and support workers came into my apartment unannounced at different times during the day. Often I was meeting someone for the first time and I had to be like, “Alright, here’s my crotch; this is where I need help.” After a few years, I was accepted for “direct funding” from the government, which allows you to become a self-manager. It meant I could hire attendants who wanted to be here, which helped me become more confident.

I’ve always had a very supportive family—I wouldn’t be where I am now without them. But now I don’t have to rely on them in the same way. They can come over for a visit or a birthday party—not because they have to get me out of bed in the morning or because my floor needs cleaning.

When I was finally off bedrest, we got rid of my winter coats. They didn’t stretch and, of course, I couldn’t move my arms behind my back to get them on because I can only shrug my shoulders. The first time I tried to get one on, I was with my brother, and he put it on over my head. It reminded me of when hockey players get their jerseys pulled over their heads in fights. It was comedy gold.

I wasn’t dejected—I just needed a solution. A friend introduced me to Toronto designer Izzy Camilleri [of IZ Adaptive clothing brand]. She made me the winter coat I’m wearing now and, despite the fact that it’s going on 10 years old, it’s still my favourite coat. The back can be slipped off easily and the sleeves come off separately as well.

Her clothes fit so well for someone who is seated all day. She drafts the pants and jeans higher up the back, so you’re not worried about your pants slipping or having your skin exposed. Everything is comfortable. Everything makes sense.

I now buy most things online, because

there’s no way to try on pants in stores. I have to be in my bed and it takes a bunch of extra steps, like transferring to my chair with an overhead lift. Of course that infrastructure isn’t available in stores.

I wore lots of colours before being injured. But since then, I’ve become more spartan with my choices. I still like to have fun hair or shoes, but otherwise, I stick to a palette of black and greys. Too much colour or ruffle overwhelms me, making me feel like a toddler in a stroller.

I got tattoos to replace my rings and accessories. Accessorizing yourself is a very personal ritual, but it felt really weird to ask someone to adorn me with rings and necklaces—it made me feel kind of like a Christmas tree. So I’ve adapted. I keep the same earrings in and wear nail polish. These simple things are more permanent—and they’re my choices; I don’t have to keep asking.

For the past year, I’ve also been getting my eyelashes and lips tinted. I felt sensitive about asking an attendant to apply my mascara if we were just going down to get a coffee. I don’t want to have to explain why I want to look

**“I have to make an accommodation for a body shape that is ‘different’ from the norm. It’s taken me 12 years to grapple with that.”**

put together—I just want to.

I’ve had to show my body to so many people over the years. Often, it’s a body that I’m not 100 per cent comfortable with. I joke that it took away my dignity long ago, but it would never take my vanity. Honestly, my vanity helped me in many ways: to eat healthier, to take better care of my skin, to make sure I’m sitting level in my wheelchair, so I don’t get a pressure sore—but also so I look more assured with good posture.

I have to make an accommodation for a body shape that is “different” from the norm. It’s taken me 12 years to grapple with that. There’s a lot of talk about “Oh, a seated model took part in New York Fashion Week!” It still feels a bit like tokenism to me. Not that it’s totally disingenuous, because there is some effort present, but inclusivity isn’t sticking yet. I hope it will. But for today, it’s still a moment, versus a movement. —As told to Kathryn Hudson

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### THE KIT COLLAB

# Done deal

The can’t-miss Black Friday and Cyber Monday deals you need to know about

There’s nothing we love more than a good deal, so it comes as no surprise that Black Friday and Cyber Monday are top of mind for us every year. To get you ready to stop, drop and shop, we’ve rounded up the best deals on the products and brands we have our eyes on. Happy shopping!

#### SHARKNINJA

Keep your eyes peeled for impossible-to-pass-up discounts on products from the ultimate name in innovative home goods that make adulting easy \*and\* fun. SharkNinja appliances—including their iconic Shark ION™ Robot R72 and Ninja Foodi pressure cooker—will be discounted at select retailers from Black Friday to Cyber Monday. Now those are some seriously justifiable grown-up purchases.

SHARK ION™ ROBOT R72, \$360  
NINJA FOODI, \$330

Shark ION™ Robot R72 and Ninja Foodi pressure cooker.

Reebok Lux Bold Leggings and Reebok Guresu 2.0 sneakers.

#### REEBOK

The iconic activewear brand has some amazing deals up their fleecy sleeves for you, so it’s the perfect time to grab a new pair of chic sneakers or those cozy track pants you’ve been eyeing. Score 40% off online at reebok.ca (with some exclusions) along with great deals and door crashers in-store from November 19 to 25. Plus, the deals continue online from November 26 to December 2.

REEBOK LUX BOLD LEGGINGS IN OIL SLICK, \$75, REEBOK GURESU 2.0, \$100, REEBOK

#### REVLON

Black Friday is the ultimate excuse to stock up on your must-have beauty products. Revlon is offering an exclusive in-store discount on select items, because the only thing better than new makeup is new makeup scored at a discount. Head to save.ca/coupons to get in on the deal.

REVLON VOLUMAZING™ MASCARA, \$12, SHOPPERS DRUG MART  
REVLON SUPER LUSTROUS™ LIPSTICK IN MATTE IS EVERYTHING, \$11, SHOPPERS DRUG MART

Revlon Volumazing mascara and Super Lustrous lipstick.



# BLACK FRIDAY BEAUTY

## Plus, our Super Spend Your Points Event

\*See details below

### CULT CLASSIC ▶

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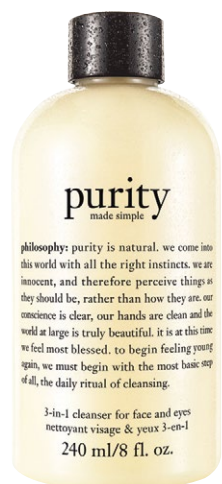
~~\$66~~ \$33



### ▶ DEEP CLEAN

A standout skincare tool, the Clarisonic Mia Smart Cleansing Device de-puffs, minimizes pores and visibly redefines contours.

~~\$299~~ \$184



### ▶ SO PURE

The Philosophy Purity Cleanser is a classic for good reason. Let's start with three: The formula is a 3-in-1 wonder which acts as a makeup remover, cleanser and toner; it features 12 essential oils to calm and soothe; and it's gentle enough to be used on the delicate eye area and on sensitive skin.

**\$20; \$32 value.**



### EXCLUSIVE

### ▶ LUXE LOOK

Exclusive! Restore skin to optimum radiance while you sleep with the Lancôme Génifique Black Friday Skin Set. It features the innovative Youth Activating Night Cream (50 mL) and the fast-acting Youth Activating Serum (30 mL).

**\$149; \$231 value.**



### EXCLUSIVE

### ▶ PARTY TIME

File this under holiday beauty essential: The Pür Minerals Celebration Set includes a standout blush palette and soft, angled brush for flawless application.

**\$22; \$55 value.**



### EXCLUSIVE

### ▶ FRESH START PERFECT PAIR

File the Smashbox Always On Mini Matte Duo under "dream stocking stuffer": this set of liquid lipsticks delivers punchy colour in a lightweight, non-drying formula. The pink and mauve shades are ultra wearable—they could move from desk to dance floor in a flash.

**\$12**

### EXCLUSIVE

### ▶ INSTANT RADIANCE

Bourjois Paris Healthy Mix Anti-Fatigue Foundation is a 16-hour radiance booster fortified with powerful ingredients including Vitamin C, Vitamin B5 and Vitamin E.

~~\$35~~ \$25



### GORGEOUS GLOW ▶

Create a covetable "just back from the tropics" complexion with this Benefit Mini Set. The product trio includes the iconic Hoola Matte Powder Bronzer for Face, the super-handly Hoola Quick Contour Stick and the dreamy, soft-focus Watt's Up highlighter.

**\$20; \$31 value.**

### NEW & EXCLUSIVE

### LIGHT AS AIR ▶

The world's most exciting pop star introduces Ariana Grande Cloud, a fruity floral gourmand spiked with lavender blossom and vanilla orchid.

With every purchase of the \$59 eau de parfum (100 mL), receive a free pair of fluffy white ear muffs.



### FESTIVE FUN ▶

The Biotherm Advent Calendar is the chicest way to get into the spirit of the season. Each day, discover a new mini skincare essential, including the legendary Blue Therapy Cream.

~~\$99~~ \$70



Shop in-store and online at [shoppersdrugmart.ca/beauty](https://shoppersdrugmart.ca/beauty)

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