THEKIT

 $Fashion\ spotlight: Can\ Marc\ Jacobs's\ new$ collection save his career? PAGE 9







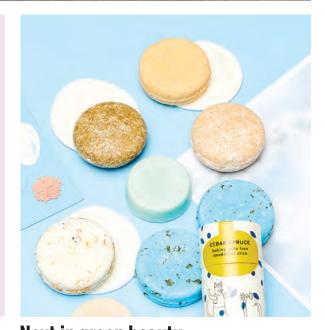




Buy the right puffer Fashion tips to make the jacket look stylish, not suburban PAGE 11

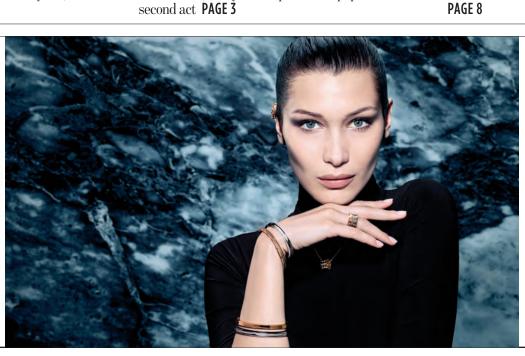


Party time What's new, Carly Rae Jepsen? The pop star on her second act PAGE 3



Next in green beauty Inside the booming industry's surprising new trend





BVLGAR I

YORKDALE SHOPPING CENTRE



THE KIT X INDIGO

Holiday treats for all

Stop by Indigo to find perfectly thoughtful gifts for everyone on your list-including you

1. The Insta queen Appoint your BFF as official photog of your

next girlfriend getaway FUJI FILM INSTAX SQUARE SQ6 INSTANT CAMERA IN BLUSH, \$159.95.

2. The cool teen This glittering weekender will make sure she has stars in her eyes. FASHION ANGELS DUFFLE

3. The sports fan Au revoir, jersey. Support your husband's love of hockey with style. INDIGO MENS CANADIAN ICE HOCKEY PATCH HAT, \$24.50.

4. The colleague

gift exchange. INDIGO MARQUISE FLORAL TEACUP SET, \$20.

5. The techie

With a new lightweight design, this eReader is also waterproof so you can hop into the tub to finish your novel. KOBO FORMA, \$299.99.

6.The artsy kid

Support your niece's musical flair with a groovy guitar. **HAPE** FLOWER POWER GUITAR, \$49.95.

7. The best host

Score an invite for life after gifting this luxe candle. INDIGO POURED GLASS CANDI E IN CRACKI ING

8. The motherin-law

Even a woman who has everything needs this chic jewellery roll. TRAVEL ROLL IN JOIE FLORAL PINK, \$39.50.

9. The work wife

This inspiring memoir is the perfect fodder for Monday morning coffee-

BECOMING BY MICHELLE

10. The great guest

Forget dull favours! Send your guests home with a sweet ornament





1. Divine bath soak

A hectic party season calls for serious self-care. **KISMET** CHILL ESSENTIALS KIT, \$35.

2. Creature comforts

Your fave reading nook is about to get cozier. INDIGO JOIE FAIRISLE READING SOCKS, \$34.50.

3. Lounging luxuries

The fur is faux, but the delight this sleeping bag brings is so real. INDIGO FAUX FUR GREY FOX EARS SLEEPING BAG, \$149.50.

4. Satifying read

Invite "the most likeable woman on the Internet"

into your kitchen

CRAVINGS: HUNGRY FOR MORE BY CHRISSY TEIGEN, \$39.99.

5. Festive fun

This sequin-embellished tell-all game will have you laughing—and blushing.
RAVENSBURGER YEAH/ NOPE, \$24.95.

6. Plush add-on

This elegant raw-edged scarf is the perfect cold weather accessory. LOVE & LORE BIAS OMBRE BOUCLE SCARF IN SHADOW, \$39.50.

7. Skin saver

Using a jade roller is the only way to make sure time spent binging This Is Us is also productive. KITSCH CRYSTAL FACIAL ROLLER IN ROSE QUARTZ, \$42.

8. Must-have handbag

This crave-able bag will bring your party circuit full circle. MATT & NAT KATE MINI BAG IN EMERALD, \$125.

9. Page turner

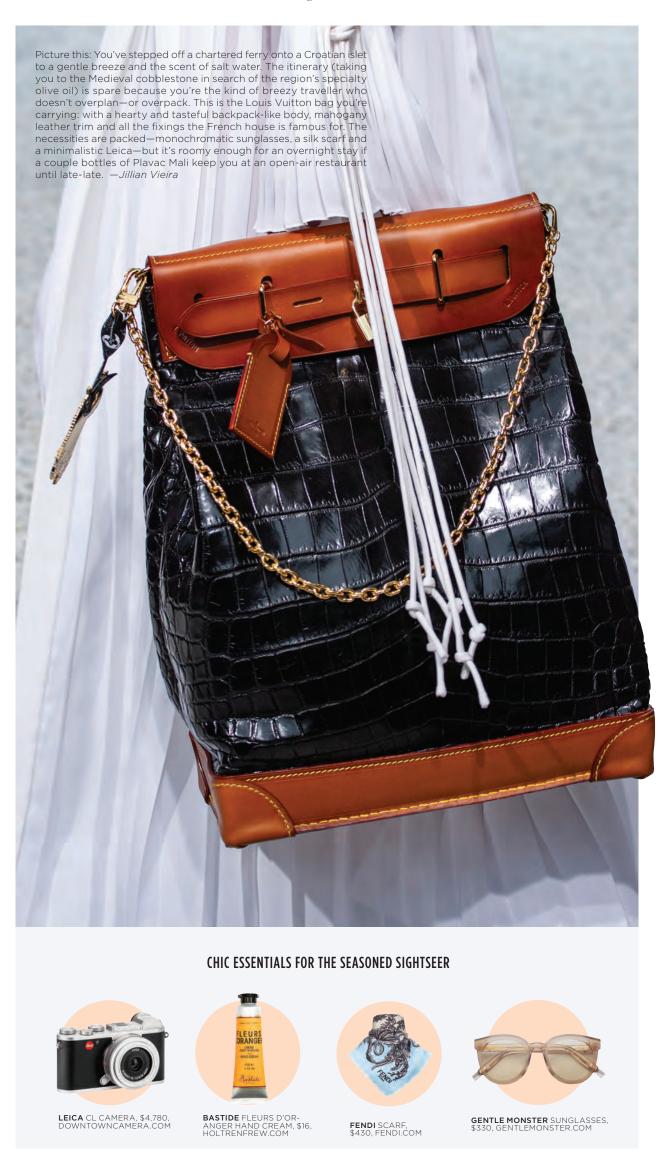
Spend the night in with this hilarious and emotional read by everyone's fave actress. THIS WILL ONLY HURT A LITTLE BY BUSY PHILIPPS, \$35.99.

10. Mood setter

You will win Holiday DJ of the Year with this retro-chic set-up. CROSLEY CRUISER TURNTABLE, \$119.95.

Winning weekender

Wade into wanderlust with the ideal travel companion: a sumptuous Louis Vuitton handbag that's fit for the essentials



The first time Carly Rae Jepsen romanced herself

The first time you got your heart broken, the first time you took a risk, the first time you felt truly free... Life's inaugural experiences have a way of leaving the most indelible marks. In our My First series, we ask inspiring women to share a meaningful "first," something that helped shape who they are today.

We caught up with Canadian songstress Carly Rae Jepsen during her recent stop in Toronto for the unveiling of Hudson's Bay and Saks Fifth Avenue's holiday windows. Jepsen, whose new single, "Party for One," is an ode to self-love, recounted the moment she learned the importance of seducing herself, bubble baths, wine and all.

I had just gone through a breakup. I was in a hotel in Sweden, far away from everything I was used to, and single for the first time. I'd always had somebody I could check in with and tell about the craziness of my day, so I never felt like I was far away from home. I felt isolated in a strange new way.

I tried really hard to turn it around. I ordered wine to the room, then went out for dinner and had pasta and brought a book. I basically tried to romance

myself—I decided I wasn't going to be sad about [being alone]; I was going to embrace it. It's been a big learning curve for me in the past couple of years to enjoy time on my own and breathe easily in the comfort of myself.

Now, I have many parties for one—I sometimes prefer them to being social. It doesn't mean I don't love a party, too, but it's hard to trump getting to be my messy, ugly self at home with pizza, pyjamas, face masks, whatever music I want to listen to, and

no conversation. That's becoming its own little weird comfort place.

For me, a good party for one usually involves some kind of delicious crap food and maybe even a dance-off all by my lonesome, if I'm having a really good night. I'm sort of fascinated to know what everyone's version of a party for one is. That's why I wanted so many different characters in the video for the song: You've got the girl who's really into fitness but is smoking cigarettes when no one is watching.

getting down with her freaky self. Including a dildo in the video was my idea! I wanted to make it clear that women of all ages

It's a journey, but I think romancing yourself is really important because you first have to like yourself. Otherwise, why put bubbles in the bath? Why do all the little things that make you feel good, if you don't feel you're worthy of it? — As told to $Katherine\ Lalancette$

THE KIT X STILA



BRONZED GODDESS

Score a sculpted, gilded eye with Stila's latest show-stopping collection

Just as contouring your face can make all the difference (hello, cheekbones!), you can make your eyes pop with some strategic sculpting, too. By layering different textures, shimmer—and even a surprise swipe of contrasting colour—this bronze look is anything but basic. Sarah Lucero, Global Director of Creative at Stila, explains how this ultimate bronzey look can come together in minutes.



1. START WITH **ALL-OVER LID** COLOUR



Achieve a sultry sheen courtesy of the Stila Vivid & Vibrant Eye Shadow Duo in Smoky Quartz, \$26; just blend the pigments from the metallic foil over your eyelid.

2. LAYER UP



Add a pearly gleam over top with the Stila Shimmer & Glow Liquid Eye Shadow in Vivid Smoky Quartz, \$31, using your fingertip to tap and blend from your lash line to your crease.

3. ADD SOME **EYE-CATCHING** COLOUR

Give this gilded eye an unexpected modern twist with a contrasting colour: the Stila Shimmer & Glow Liquid Eye Shadow in Vivid Garnet, \$31. Just trace the applicator tip on your top and bottom lash lines. Bonus: it complements a berry lip, too.



4. UPGRADE WITH SPARKLE

To add glitz to the inner part of your lid, reach for the eyeshadow duo from step one, and apply a bit of the glitter side with your fingertip.

5. ADD A DRAMATIC TOUCH

Finish with a few coats of the Stila Huge Extreme Lash Mascara, \$30, for maximum glamour.



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



And you've got [an older woman] want pleasure!

PHOTOGRAPHY BY RILEY STEWART | BEAUTY DIRECTION BY KATHERINE LALANCETTE

activist Anubha Momin

"I'm like Samson," says Anubha Momin with a laugh. "I feel like my power is in my hair." It makes sense then that that the magnetic writer, comedian and activist has really, really long hair to match the lengthy list of projects she has on the go. She's recently returned to her Toronto home-base after years spent living in Iqaluit, blogging and supporting northern communities, while also working as a consultant for Netflix. Now, at age 32, she's pitching her own comedic drama TV shows and working with producer Miranda de Pencier.

"A lot of our human history is in our hair: It has to do with ethnicity, religion, genetics," explains Momin about why she thinks hair is a complex issue for most of us. "We are still dealing with very Euro-centric ideals of hair. Women, especially women of colour, often struggle with their hair being very

'different.' Loving your hair is a start to loving your genetics."

That's why the raven-haired creator takes care of her stands with hydrating olive oil, regular masking and microtrims every six to eight weeks.

It's also why she's known for her eye-catching hairstyles. "I make it a goal to learn a new hairstyle every once in a while. Bless YouTubers who make you feel like you can do anything," Momin says of the roster of braids she has in her styling arsenal.

Her go-to holiday move is a little flashier, however. "I've bought vintage pins and little broaches to use as hairpins," she explains. "When you're trying to look glamorous, throwing in a hair accessory brings you to the next level."

So with Momin as our holiday muse (and who better?) we created three beautifully simple ways to add a little charm to your next party style.



As seen on the runway at Dolce & Gabbana, this modern spin on a classic '90s look adds put-together polish to sleek hair. "There's something regal about this style," says Momin. "The headband is like a velvet crown. It seems like something Kate Middleton would wear"—if she didn't have an actual crown coming her way.



FINISH WITH A BOW

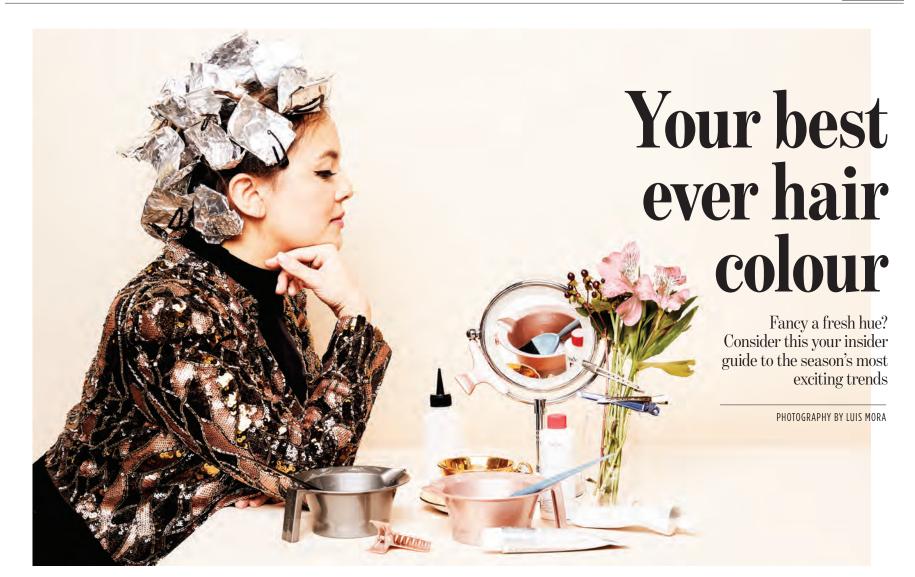
"This is the simplest way to elevate the look of a low ponytail," says Momin. Celebrities like Mandy Moore, Christina Hendricks and Margot Robbie agree they've all rocked romantic bows on recent red carpets.





MAKE A BOLD STATEMENT

"Barrettes are a really easy way to make it look like you thought about your hair," says Momin. Plus, for the days between washes, bold barrettes like those used in Christian Siriano's Fall 2018 show can add a purposeful touch, while helpfully sweeping back flat bangs. "And suddenly it's fashion, right?" says Momin, with a laugh.



Parlez-vous hairstvlist?

Make sure vou get vour dream colour by brushing up on salon buzzwords in our dictionary for dve-hards

BY WING SZE TANG

BALAYAGE

The what: Balayage, which derives its name from the French word for "to sweep," is a highlighting technique that has been around since the 1970sand you've surely seen the sun-kissed results. It's been trending ever since Sarah Jessica Parker sparked a modern balayage revival. "SJP was the first to bring the look to pop culture in Sex and the City," says Jason Lee, celebrity stylist and founder of Jason Lee Salon in Toronto.

The how: "Balayage is not a look. Balayage is a technique," explains Lee. Specifically, the technique calls for applying lightener to the surface of the hair freehand with a colouring brush, as an alternative to traditional foiling. "The colourist is literally sweeping the lightener onto the hair. It gives a soft-to-stronger gradient look,' explains Lee. "It's very natural and grows out well.'

BONDER

The what: If you're wondering how to go blonde without frying your hair, the magic phrase is "bond builder." original, and still the most famous, hair bonder is Olaplex, which launched in 2014, earned raves from Kim Kardashian (nonsponsored, no less) and spawned a whole new category of hair treatments. At the

salon, the bond builder can be placed right into the lightener, strengthening your hair during the colouring process. Beyond Olaplex, other hair bonders on the market include Wellaplex, L'Oréal Professionnel Smartbond, Redken pH-Bonder and Schwarzkopf Professional Fibreplex. The how: First, a chemistry lesson: Bleaching, colouring or heat-treating your hair breaks its disulfide bonds, which it needs to stay supple and strong. The key ingredient in Olaplex acts like a rewind button to undo damage: It immediately re-forms those disulfide bonds by crosslinking single sulfur hydrogen bonds.

BRASSY

The what: "Brassy" sounds a little flattering when used to describe a brazenly self-assured personality. But in hair care circles, it means hair has an unwanted tinge of yellow, orange or red (à la brass, the copper-zinc alloy.) Brassiness happens when you lighten or bleach your hair without removing all the underlying warm pigments, which can show up again later as your colour fades. "Brassiness can also happen from hot tools. Especially with blondes, flat-irons can really bring the yellow out—it's like cooking the hair," says Celene Dupuis, hair colour ambassador for Redken Canada and founder of Revamp Salon Company in Saskatoon.

The how: Brassiness in blondes typically appears yellow, while brassiness in lightened brown or black hair skews orange or red. You have a few options for keeping your cool: You could ask your salon pro for hair toner, which is basically a demi-permanent translucent colour or glaze. (Toner can be used to cool or warm up your shade, depending on what you want.) At home, you can neutralize brassiness with tinted, colour-correcting products.

Blondes can go for purple-depositing hair masks or shampoos like Redken's Color Extend Blondage Shampoo, while brunettes can reach for blue-tinted products. Colour theory 101 explains why this works: Violet sits apposite vellow on the colour wheel, and blue opposite orange, so they cancel each other out

HAIR CONTOURING

The what: Given the popularity of contouring as a makeup technique, it's no wonder it's become a buzzword in hair colour, too. The purpose is about the same: It's a way for your colourist to use lighter or darker shades (a.k.a. highlights and lowlights) around your face, to help create the illusion of custom-shaping it.

The how: "As hairstylists, our general rule of thumb is to create the look of an ideal oval-shaped face, whether through cutting or hair contouring," says Lee. For example, with hair contouring, adding a bit of "shadow" around a rounder face can help slim it out, he explains.

The what: "Ombré" is French for "shade" or "shadow." and in hair, it refers to a graduated blending from one colour to another. typically from dark to light. "'Ombré' is the most searched hair colour term on the internet Drew Barrymore on the February 2012 cover of InStyle totally made that huge" says Dupuis

The how: "There are so many techniques to make sure it blends really well—there's no excuse for a bad ombré." savs Lee, who generally favours using multiple methods when colouring, like a combo of baby lights (super-fine, 2-3 mm highlights), balayage and some ombré to create the most interesting and chicest results. In addition to different techniques, you can also pull off

this trend with different colours, like pastels or rose gold. "You can update ombré, so it's not just brown roots and blonde ends," explains Lee.

HIGHLIGHTS AND LOWLIGHTS

The what: Highlights and lowlights add dimension to your natural or base colour. Highlights break up the monotony by lightening select strands, while lowlights create contrast by going a couple tones deeper than the rest of your hair.

The how: While highlights and lowlights are nothing new, there are now many different ways to achieve them, including traditional foils, and freehand techniques like balayage and hair painting. The latter is similar to balayage, but doesn't involve the sweeping motion, so the strokes can create a more distinct highlight.

WARM AND COOL TONES

The what: When people ask, "What colour should I dye my hair?" step one is a consultation that considers things like skin colour and eye colour, to steer you toward a hair shade that's warm, cool or neutral. Hair hues are considered warm if their undertone leans toward yellow, orange or red, or considered cool if there's some purple. green or blue underneath. "Typically, people with fairer skin look really nice in warmer tones. People with medium or darker skin look great in cool tones," says Dupuis. The how: "I also think we can totally break those rules-you can wear whatever you want, though your makeup will have to change to support the look. "You can use your makeup palette to balance your overall look. For instance, if you're very fair but opt for a rule-breaking cool hair shade like platinum, you can bring back warmth to your skin with bronzer, blush or a brighter lipstick.

Hot heads

Presenting the top shades of the moment. Clip out these celeb photos and run, don't walk, to the nearest salon



1. CREAMY VANILLA

Following last year's platinum craze (remember when it seemed every celeb simultaneously reached for bleach?), blondes are warming up a bit. Vanilla, a.k.a. the new platinum, literally outshines its predecessor, as ashy tones absorb light rather than reflect it. It's also easier on the hair since the peroxide doesn't have to sit as long.

2. MAHOGANY BROWN

A blonde balayage is good and beachy for summer, but brunettes may want to consider opting for more tonal highlights in the colder months. Woven through lengths, rich ribbons of cognac or chestnut add subtle dimension to dark hair while proving wonderfully low-maintenance (i.e., no need to worry about root touch-ups).

3. PRETTY PENNY

A smidge deeper than strawberry yet not quite copper, the red of the moment looks like it was pulled right out of a Renaissance painting (are you more of a Titian red or a Venetian blonde?) For maximum impact, take your cue from Hollywood's reigning redheads and flaunt the hue sans highlights or lowlights.

4. ROOTY BLONDE

We're not talking a mere centimetre or two here, but rather true verging-on-ombré regrowth. It's the hair equivalent of wearing sneakers with a designer dress: a badge of effortless cool. So, go ahead and cancel those monthly standing appointments, your roots are fashionable this season.

5. BLACK COFFEE

Nothing makes a statement quite like single-process black. It's bold (think: Joan Jett), it's mysterious (think: Sade), it's just plain badass (think: Angelina at the 2000 Oscars). But while darker skin tones can usually get away with the real thing, light and medium complexions might want to fake it with an espresso shade to avoid looking washed out.

6. BURNISHED BRONZE

A cross between brown and blonde, bronde is still trending, though it's inching ever so closer to the brunette end of the spectrum lately. If you're a serial bleacher, it's a great way to give your strands a break without going all the way brown. And if you're a brunette, it'll yield you the brightening boost of blonde with much less damage.

— Katherine Lalancet<mark>te</mark>



SHINING STARS

'Tis the season to sparkle, so we've tapped Canadian fashion tastemakers to reveal how they plan to turn up the shine on their holiday style this season. Plus, they share the glitziest gifts they'd love to give and receive this Christmas.



THE EDGY SOPHISTICATE CLAIRE LIU

Growing up in Taiwan and moving to Vancouver when she was 12 years old, Claire Liu loved fashion from an early age. While in high school, classes in fine arts stoked her creativity, inspiring her to dress herself in inventive ways and style her friends' outfits, too. It was in 2013 that Liu had an epiphany: "'Why not start a blog and share my outfits in my spare time?" So she picked up her first (expensive) camera and started the fashion blog Von Vogue, with a mission to "make my new camera worthy." By day, she works as an engineer-intraining in telecommunications, and in her spare time, she shares her unique and edgy style sense with her 100,000+ Insta followers, characterized by artful layering, interesting details, and plays on proportion.

How would you describe your holiday style?

"I like to wear sweaters and cozy stuff to keep me warm, like a brown coat or a white cable knit. For a party, I look for something that's fun: something sparkly, with different textures."

What is your holiday jewellery style? "I usually try to keep things minimal, and a necklace is my go-to-statement piece. I like to keep it simple, which can bring out the beauty of the necklace."

What are some tips for adding jewellery into a holiday outfit? "Just try many different styles, because you never know what kind of style will suit you. Try a piece or two with

different outfits and see if you like the outfit with the jewellery. It really depends on your personal style."

What are some holiday style trends you're looking forward to adding to your wardrobe? "I like to add faux fur accessories, like a faux fur scarf so I can add interest to my outfit, but I can also remove it easily if I don't want to be too fancy."

What are some of your favourite holiday traditions? "I like to go to the Christmas Market in Vancouver. My boyfriend and I will go and have some mulled wine and check out the traditional German bakeries and other handmade wares."

ON CLAIRE'S TO-GIFT LIST



For my grandma: "I'd like to gift this pair of earrings to my grandma, who always took care of my family when I was little. These earrings would match perfectly with her elegant style, and navy is her favourite colour."

PANDORA MIDNIGHT STAR STUD EARRINGS, MIDNIGHT BLUE CRYSTAL, \$60



For my mom: "The minimalist design of this necklace is perfect for my mom to wear every day. The reversible side has many tiny heart details. It's a way to tell her how much I love her!"

PANDORA HEARTS OF PANDORA BAR NECKLACE, CLEAR CZ, \$100



For my cousin: "My youngest cousin got into her dream school this year, so I think this would be a perfect gift to reward her."

PANDORA SMOOTH PANDORA ROSE BRACELET, SIGNATURE PADLOCK, CLEAR CZ, \$220



For my niece: "Although she might be too young to wear it, my one-year-old niece will know that she will forever be our little shining star when she's ready to wear it."

PANDORA CELEBRATION STARS NECKLACE, CLEAR CZ, \$100



For my aunt: "I'd like to gift these to my aunt, who always gets the fun going and is so kind to everyone. She loves anything sparkly and I think this would be perfect for her to wear every day."

PANDORA TWIST OF FATE EARRINGS, CLEAR CZ, \$100



What is your favourite holiday tradition?

"On Christmas Day, my close family gets together, we go for brunch at my parents' place and we give each other gifts. We all sit down and wait for my dad to give the gifts in the order he wants. We all wear pyjamas, put on Christmas music, and it feels like we're still kids. For me, it's a perfect family moment."

ON CAMILLE'S TO-GIFT LIST



For my mom: "She doesn't wear a lot of jewellery, but my mom always wears a bracelet and this simple style would be perfect for her. I also love the heart, which shows her I love her."

PANDORA SMOOTH SILVER PADLOCK BRACELET, REGAL HEART, \$85



For my sister: "My little sister is a mom and she needs jewellery that's baby-proof. These earrings would be perfect for her because they have a little sparkle but they also fit really close to the ear."

PANDORA FOREVER PANDORA EARRINGS, CLEAR CZ, \$60



For my friend Julie: "Like me, Julie has a tomboy side and she doesn't wear that much jewellery. I chose this bracelet for her because it's small but really cute. I also like that it's adjustable, because she's very petite."

PANDORA SPARKLING STRAND BRACELET, CLEAR CZ, \$60



For my best friend: "My friend Karo loves subtle fashion with a sporty edge and she always wears a lot of rings. This one looks like one of the rings she already owns but it's just a little bit different."

PANDORA BEADED WISH RING. \$40



For my grandmother: "She always wears red dresses at Christmas and for special events... so why not jewellery?! I think she'd love this pendant, plus, July is my birth month, so it's a two-for-one gift."

PANDORA JULY DROPLET, SYNTHETIC RUBY, \$50

On Camille's wish list





PANDORA LUMINOUS DROPS



PANDORA SHINING WISH



PANDORA LIMITED-EDITION CIRCLE OF SEED NECKLACE, PANDORA SHINE & CLEAR CZ, \$305





How would you describe your holiday style? "Ten years ago, I went all out with crazy dresses, but lately I'm going for a look that's really polished and super chic. I'm inspired by sleek and simple red carpet dresses in nude tones, pale pink, beige and black. I always look for that chic dress that I can wear again and again, but will still look amazing in 10 or 20 years."

What is your take on wearing

jewellery for holiday parties?
"I try to wear subtle jewellery and I love anything that has pearls. I often wear deep V necklines, so I'll stack a bunch of necklaces. I like something simple for my dress, and then have fun with my accessories."

What are your tips for incorporating jewellery into a holiday outfit? "Stick to what you love and also choose something that you're going to be comfortable in all night—if you're dancing all night, you want to be comfortable. And

don't be afraid to mix gold with silver and rose gold. Try to get out of that box a little bit."

What are some holiday style trends you're looking forward to adding into your wardrobe? "Lately, I love the mix of a feminine/masculine outfit—wearing a men's suit with nothing underneath, like Lady Gaga did recently. I love when you mix genders, because it's not something we're used to seeing."

What are some of your favourite holiday traditions? "On Christmas Day, my close family gets together, we go for brunch at my parents' place and we give each other gifts. We all sit down and wait for my dad to give the gifts in the order he wants. We all wear pyjamas, put on Christmas music, and it feels like we're still kids. For me, it's a perfect family moment."



PANDORA ROSE MESH BRACELET, \$185, WITH PANDORA SIGNATURE HEART CHARM, PANDORA ROSE, \$75, AND PANDORA SIGNATURE HEART CHARM, \$60; PANDORA STERLING SILVER MESH BRACELET, \$75, WITH PANDORA CROWN

SHOP EVERY PIECE AT CA.PANDORA.NET

THE KIT X FAIRLIFE

Comfort chic for the soul

Keep cozy this fall with this delicious soup recipe from fairlife product collections



Channel your inner domestic

goddess and whip up this Creamy Southwestern Soup recipe on a chilly evening when you need a little TLC in the form of a hot, homemade meal. We love this recipe because it uses fairlife—a brand-new milk product available in Canada that offers 50% more protein and 50% less sugar than regular milk, while also remaining lactose-free (bye bye, tummy trouble!). The best part? fairlife is just as delicious whether on its own, in your coffee, or in a tall glass alongside your midnight snack.



Creamy Southwestern Soup

Ingredients:

- 2 tbsp extra virgin olive oil
- 1 medium onion, peeled and chopped
- 2 cloves garlic, peeled and pressed
- 3/4 tsp chipotle chili pepper seasoning
- 1 ½ tsp taco seasoning
- 2 flame-roasted peppers, chopped (equivalent of 1 x 370ml jar)
- 1 tsp chicken bouillon
- 3 cups fairlife 3.25% ultrafiltered, lactose free whole milk
- 1/4 cup all-purpose flour
- salt, to taste

Hot tip: use 2% milk instead of whole milk to scale back on the creaminess.

Cooking Instructions:

Add the olive oil, onion, garlic, chipotle, and taco seasonings to a large saucepan over medium heat. Cook, stirring often, until onions are soft and translucent-about 5 minutes.

Add roasted peppers, chicken stock and bouillon. Bring to a boil and reduce to simmer for 5 minutes.

Blend until smooth using an immersion blender. If using a regular blender, process until smooth and return mixture to saucepan. Once blended, heat to a gentle simmer.

In a bowl or large measuring cup, whisk together fairlife 3.25% ultrafiltered, lactose free whole milk and flour until smooth. Very slowly, pour into saucepan while whisking. Gently simmer 5-8 minutes until thickened.

Season with salt to taste and garnish as desired (we love diced avocado. tortilla chips, sour cream, chopped red bell peppers or sharp cheddar cheese). Serve hot. Enjoy!



How to ace eco chic

With the environment's future at stake, we look at simple ways to reduce waste in our daily lives—starting with our beauty products

> BY KATHERINE LALANCETTE PHOTOGRAPHY BY LUIS MORA

A UN climate report recently revealed we only have 12 years to act before global warming reaches a point of no return and catastrophe becomes inevitable. Twelve years. That's all we get to try to fix this mess, which means going green is no longer some crunchy hippie quirk; it's downright imperative.

But the thing about being eco-friendly is that it can be intimidating; the antithesis of friendly, really. Do you have to overhaul your entire life? Will your home forever reek of compost? "Remember that progress is better than perfection," says Hayley McKenzie, the co-founder of Unwrapped Life, a zero-waste beauty brand based in Calgary. "Over time, tiny efforts will add up to make a big impact."

How to start reducing waste? A good first step is to look at the trash you produce on a daily basis, from the Starbucks cup that fuels your morning to the face wipe that gets you ready for bed. Here, we map out concrete steps to minimize waste, whether you're just getting started or looking to go full-throttle.

The Eco Novice

"It's all about baby steps!" says Julianne Robicheau, the co-founder of eco + amour, a sustainable living boutique in Toronto. She encourages rookies to simply "do as much as they can." Start by checking your city's website to see what can go in your recycling bin and learn about composting initiatives in your neighbourhood. Disposing of things correctly can go a long way in reducing your ecological footprint, whether it's carrying an empty recyclable shampoo bottle (check for that three-arrowed triangle symbol) from the bathroom to the blue bag in your kitchen or slipping used Kleenex in the compost bin (yup, those can be composted).

Once you've got the disposal thing down pat, take a look at what you're actually throwing out. Odds are you're using a lot of these things for less than an hour before tossing them, when they could easily be replaced with reusable alternatives. For example, try to BYOB (that's "bring your own bags") to the grocery store, carry a stainless-steel straw in your purse, take your travel mug to the coffee shop and use dryer balls instead of sheets.

On the personal care front, you might want to consider switching out your plastic toothbrush for a sustainable bamboo one, buying a metal safety razor, using washable cotton rounds to remove your makeup and swapping tampons for more sustainable period products. "It doesn't have to be 'if you don't bring your own mug, you're not getting coffee," says McKenzie. "When you start any habit, it takes time to get into the routine, but once you tackle one thing, then you can move on to another."

The intermediate do-gooder

If you're ready to kick things up a notch, consider bulk shopping. Bringing your own containers to fill up on food, home care products or cosmetics cuts down on single-use plastic and often saves you money. "It doesn't matter if it's an old Dove bottle or a fancy jar you got at Ikea," says Robicheau, whose boutique allows customers to stock up on everything from green dish soap to luxe face cream. "The idea is just to be more sustainable. We're not expecting people to make these drastic changes and have only one jar of garbage at the end of the year.'

Speaking of garbage, the intermediate level is a great time to get serious about recycling. Look for programs that recycle items cities often don't. TerraCycle, for example, collects everything from sheet masks and coffee capsules to light bulbs and batteries. Some brands or retailers, including L'Occitane, Nespresso and Staples, will also recycle your empties if you drop them off in-store or mail them in. Plus, there are often added incentives: At M.A.C you can score a free lipstick if you bring back six finished products.

Now, a side note on recycling (and spoiler: Things are about to get bleak): As diligent as you may be about keeping your recyclables out of the trash, a lot of them don't actually get recycled, winding up in landfills and oceans instead. This has become an even bigger issue since China, where a lot of paper and plastic used to be shipped for processing, ceased importing these materials at the start of this year. "Everyone thinks that when you put something in the blue bin, it's going to be recycled, but that's not true," says Arden Teasdale, the other half of Unwrapped Life. "There's no away. Things don't go away." So your best bet is to limit wasteeven the recyclable kind—altogether.

The green guru

This is where buzzwords like "zero-waste" and "packageless" come into play. The idea is to cut out packaging as much as possible. If it can't be avoided, always choose glass or tin over plastic. "These can be recreated into something of equal quality, but plastic is always downgraded," says Teasdale. This also explains why companies producing goods are often less inclined to use recycled plastic. The quality isn't as good and the colour choice isn't as attractive because tinted plastic can only be dyed darker, making it especially challenging to find buyers for pigmented plastic. And if no one is willing to buy the recycled materials, they often

to solids. "I had a moment where I was in the shower and I looked down at all of the plastic bottles, and I was horrified," says McKenzie. The epiphany sparked the idea for Unwrapped Life's waste-free shampoo and conditioner bars, though her partner had reservations. "I have heavily processed hair, so I was like, 'there's no way this is going to work for me," says Teasdale. "But I was blown away. I've tried every high-end salon brand out there, and these solid shampoos

make a difference. Instead of discarding clothing after a season or two, consider investing in more ethical options, going thrifting or participating in clothing swaps. "Anything you can do to limit your use of virgin materials is going to help curb the waste we're producing," says Teasdale. Whether it's fashion, food or anything else, it's about being a little more mindful. "Start asking questions about the items you use every day," says McKenzie. "They may seem totally innocent, but once you dive into it, you might find they have a negative impact on the planet."

just don't get recycled. One way to go packageless is to switch

and conditioners truly stack up." The way you shop for clothes can also

Green means go

These six beauty essentials are as pretty as they are planet-friendly



This deodorant is natural (no sketchy chemicals here), convenient (a nifty stick instead of the jars many green alternatives come in), effective (plant oils and mineral powders leave you feeling oh-so fresh) and 100 per cent

MEOW MEOW TWEET GRAPEFRUIT BAKING SODA-FREE DEODORANT STICK, \$27, THEDETOXMARKET.CA



Plastic toothbrushes can't easily be recycled, but this chic alternative is as green as it gets. The handle is carved from bamboo, and the bristles are made of 67 per cent renewablesourced raw material and then coated with natural activated charcoal to fight odour and bacteria.

BKIND BIODEGRADABLE BAMBOO TOOTH-BRUSH, \$8, BKIND.CA



Mix this powerful powder (it's packed with beta-carotene and vitamins A and C) with a bit of water or face oil to whip up a moisturizing face mask. The best part? You can bring in the reusable glass bottle at eco + amour to fill it up when you run out

ROBI LUXURY SKIN CARE FACE MASK IN MANGO, COCONUT & AUSTRALIAN PINK CLAY, \$18, ECOANDAMOUR.COM



Drenched in natural nourishing wonders like organic honey and jojoba oil, these unbleached bamboo cleansing cloths leave skin squeaky clean yet supple. Once you're done with one, throw it in the compost bin or plant it in the ground. It biodegrades in 90 days!

KAIA NATURALS JUICY BAMBOO FACIAL CLEANSING CLOTHS, \$16 FOR 30, KAIANAT-URALS.COM



These shampoo and conditioner bars rely on French green clay to soak up oil, matcha green tea to energize the scalp and shea and cocoa butters to hydrate hair. Apply them on wet hair and work them through your strands before rinsing.

UNWRAPPED LIFE THE STIMULATOR SHAMPOO + CONDITIONER, \$35, UNWRAPPEDLIFE.COM



Massage this solid serum along your face to allow its oils and butters to melt into your skin. The formula soothes sensitive skin with calming chamomile while protecting it from free-radicals thanks to antioxidant-rich mushroom extract.

LUSH FULL OF GRACE SOLID SERUM, \$17. LUSH.CA



It's been 25 years since the groundbreaking Spring 1993 grunge collection that Marc Jacobs designed for Perry Ellis changed the course of fashion. Then, last week, Jacobs opened up a time capsule, launching a revamped collection dubbed Redux Grunge: A painstaking, note-for-note reproduction of 26 of the iconic outfits. Fabric was sourced from the same mills, and the details duped right down to the accessories and the edgy styling, complete with laconic hair and day-old smudgy makeup.

Jacobs jolted the fashion world with that original youth-quake collection, in which he sent glamorous supermodels Kate Moss, Naomi Campbell, Christy Turlington and Kristen McMenamy down a New York runway in baggy beanie hats, plaid slip dresses, upcycled flannel, combat Docs and Birkenstocks with socks.

The collection, inspired by the nascent Seattle indie music scene, was reviled at the time by nearly all the industry's top critics. It was also ridiculed by the "real" grunge pioneers, who laughed at the idea of people spending money for their thrifted looks.

But over time, the whole scenario has completely flipped, and Jacobs's collection is now hailed as the seminal moment that the

glossy, overblown '80s gave way to street style and attitude. The former New York Times fashion reporter Cathy Horyn, who panned it originally, ate her own words a few years ago, admitting that the cabal of tastemakers at the time missed the real meaning of the collection.

Soon after the original presentation, Jacobs was fired for defying the Perry Ellis American sportswear ethos. Today, however, the house of Perry Ellis is part of the grunge resurrection project, opening its archives and crosspromoting the collection. Jacobs's team had to scour e-Bay and vintage sources to recreate those original outfits. Which is ironic, because that original collection was based on flannel shirts that Jacobs himself found for a dollar in bins on New York's Lower East Side. before then replicating their slouch in silk.

So, is this all a stunt? Donatella Versace had a hit this past spring when she reissued classic Gianni Versace designs. And brands such as Saint Laurent, Pucci, Balenciaga and Jil Sander have all, over time, offered select vintage "re-editions." Even Miuccia Prada mined her own archives once.

Though Marc Jacobs has always been a divisive figure in fashion, this revisiting of his biggest success has the feel of a Hail Mary pass. His label has been on a steady death watch for several years, suffering through dozens of international store closures, including his flagships on New York's Bleecker Street. Bernard Arnault, the CEO of LVMH, which holds a majority stake in Jacobs's label, famously said after the 2016 election that he was more worried about Marc Jacobs than he was about Trump. From a high-water mark of nearly \$1.3 billion, and a rumoured IPO that never came to pass, and the label now loses some \$79 million each year on total sales of about \$395 million in 2017. The affordable Marc by Marc Jacobs line has been folded into the main collection, where prices have been lowered.

Now 55, Jacobs was on the edge of 30 when he first came to fame. He rode high for many years in between, designing for both for his own label, which always closed NY Fashion Week with a bang, and for Louis Vuitton. He has been through all the traumas of a modern life in fashion, including rehab and scandals (he posted a shot of his bare butt once), and he is now sober and a fitness fiend. He left LV in 2013, after an incredible 16-year run, where he was known for grown-up, wearable sportswear and accessory collaborations with artists such as Stephen Sprouse and Takashi Murakami.

Even with rumours and layoffs swirling, Jacobs

has come back to the design board the past few seasons with a fierce, fresh energy. He is less commercial now than ever before: There is a fiddling-while-Rome-burns energy to his wholehearted embrace of the '80s over the past few seasons. Fall 2018, for example, was almost full costume. The silhouettes were so overstated, the bows so big, the polka dots and the poufs recalling the heyday of Princess Diana. It was grand theatre—and highly influential—but a finger in the face of profits. Then Spring 2019 got even bigger and bolder, leaving many critics puzzled.

Has he done it again? Has he shocked the

fashion crowd out of their current athleisure coma? Is he way ahead of the rest of us? Or is he rooting around frantically for, that most dreaded word, relevance? After decades of making extremely wearable clothes for cool-girl fans and muses such as Sofia Coppola and Winona Ryder and Chloë Sevigny, Jacobs is clearly trying to say something, at full volume, right now.

this Redux Grunge collection feels quite smart: He is showing off his range. Like his fashion instincts,

Jacobs himself mashes up high and low culture, pairing cheesy with authentic. His media-savvy proposal to Char Defrancesco earlier this year lives on in a charming Instagram video: Jacobs commissioned a flash mob to serenade his beau with a Prince medley at a Chipotle before he dropped to one knee.

Similarly, Redux Grunge is a social-mediadriven promotion. On Marc Jacobs's Instagram feed, as well as on those of his original and current models, you can find the Juergen-Teller-shot lookbook imagery comparing then and now. He made some genius casting moves, going deeper than just It-girl Gigi Hadid, and bringing in legacy faces such as Lily McMenamy, the daughter of Kristen; Dree Hemingway, daughter of Mariel; Ella Richards, daughter of Marlon Richards and Lucie de la Falaise, granddaughter of Keith Richards and Anita Pallenberg; and Coco Gordon Moore, daughter of Sonic Youth's Kim Gordon and Thurston Moore. He also deployed his current muses. Slick Woods and Adut Akech in the project.

Most importantly, however, the pieces themselves are highly covetable. With upper prices around \$1,600 for a suede overcoat, dresses hovering in the \$725 range and R. Crumb replica T-shirts hitting \$165, it is an almost-affordable trip down memory lane. If this reboot can take some stress off his bottom line, and catapult him back into the conversation, is it so wrong to canni-

balize one's own work?

Of course not. The pieces, especially the Carnaby Street striped suit with cropped pants, feel intensely modern. The little beanie caps look just as cute on Gigi and Adut as they did on Naomi and Christy. I was too young to afford the clothes the first time around and I am probably too old to wear them now. But we could certainly all do with a bracing dose of Marc Jacobs's brand of irreverence at the moment.

At a time when designer logo sweatshirts cost \$1,500 plus—Balenciaga, I'm looking at you bringing back the original s-t disturber collection somehow makes perfect, perverse sense.

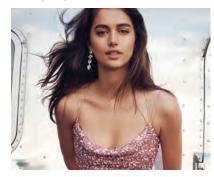
The fashion hallmarks of the '90s: As counterpoint, pared down

streetwear, sheer touches and lots of plaid

THE KIT X EVER NEW

Perfect your party outfit

This holiday season, get glam with Ever New



Your social calendar is packed, but there's no need to stress. With a few perfect outfits, you'll be able to RSVP yes to glamour, and send kind regards to whatto-wear anxiety. Ever New's winter collection, aptly named Twilight Opulence, has wear-everywhere pieces packed with pretty prints, flirty silhouettes and bold hits of colour. Whether you're looking for a red-carpet-worthy gown or a swish coat to layer over it, the Melbourne-based design-forward brand has the sophisticated staples you need for the season

Our top holiday picks



The classic stunner

This vintageinspired silhouette assures that holiday red feels anything but typical. For maximum glamour, pair with a velvet ankle boot and a deep maroon lip.

MELODY SATIN SPLIT FRONT DRESS, \$219.99

The showstopper

A posh occasion, like a New Year's Eve wedding, calls for an equally elegant gown. While everyone else shows up in black, you will turn heads in this standout sequined showpiece.

POLLY MAXI DRESS, \$269.99 (ALSO AVAILABLE IN NAVY)



The ultimate



party ensemble. JOSEPHINE FUR LINED COAT, \$239.99 (ALSO AVAILABLE IN BLACK)

The romantic touch

Florals are for winter, too; espe cially when-like all of the brand's moody flower prints-they're painted in Ever . New's Melbourne studio. Layer this dress over skinny jeans for a casual holiday get-together or dress it up with tights and classic black pumps for your office party.

BAILEY HALO NECK SKATER DRESS, \$169.99



The menswear must-have



The versatility of a checked, double-breasted blazer is what keeps us coming back to the chic staple, season after season. To win holiday cocktail dressing, go full '90s and wear this check grey blazer with a slip dress, kneehigh boots and hoop earrings.

LAURA CHECK BLAZER, \$129.99

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Join us for an evening of shopping,

Editor's picks and enjoy a **special offer** The Kit readers.

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RSVP: WWW.EVERNEW.CA/THEKIT



surprises and sweets.

Check out our

5 p.m.-9 p.m.

MIRACLE MAKER

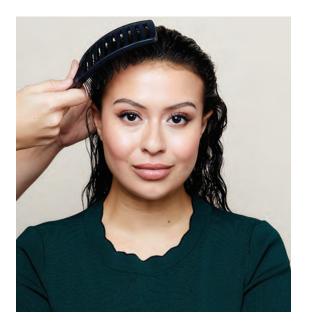
Fact: Life's better when your hair is perfectly on point. Another fact: Life is so busy. WetBrush is your secret weapon for healthy Insta-ready hair that's almost as easy to style as a double-tap. A few strokes of these genius brushes will detangle any hair texture smoothly—protecting your strands from breakage and setting you up for a glossy finish. To prove it, we invited three of our favourite Toronto style stars to break down some feed-stopping WetBrush looks.

Want even more inspiration?

Follow @WetBrushCa to get the latest Canadian need-to-know tips and tricks

MEET: TALENE FRANCIS-PRETTIE

This cool girl knows that curls can need a little extra love. The social media boss's first step to getting event-ready? The ultra-easy Detangling Comb. **Her style inspo:** "I like subtle shine without having to apply heavy products, so I also use the WetBrush Shine Enhancer brush on the ends of my hair."



Stylist Jodi Urichuck, who created the look, says: "I used the curved Quick Dry WetBrush on her wet natural curls to bring her texture back for voluminous, shiny curls."



"I specifically like the Detangling Comb when I'm coming out of the shower. I don't have to worry about ruining my curls trying to get the knots out," says Francis-Prettie.



"I love that my natural curls feel subtly styled without being overdone. I'm really happy with how it turned out," says Francis-Prettie.

MEET: TORRI WEBSTER

Actress and traveller Torri Webster is always on the run, so she craves a quick fix for boosting volume and gently detangling her blonde locks. **Her style inspo:** "Having windblown, beautiful hair is my everyday goal, and WetBrush really helps me get that."



"I have really thin hair, so I need a brush that really gets down to the root and brings it up to create true volume, like the Heatwave Blowout brush," says Webster.



"I need a brush that will cut through those tangly moments and help me get flawless-looking hair that doesn't look forced or like I spent 45 minutes doing hair in the morning," says Webster.



Hair stylist Misty Fox, who created the look, says: "Torri's look here is timeless because it's a balance between lived-in, pretty and polished—all at the same time."

MEET: BRIGETTE TRUONG

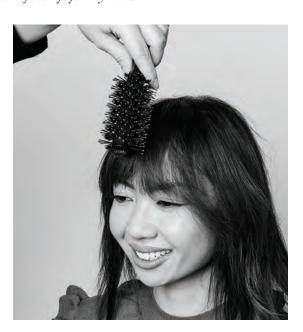
An entertainment host with killer style, Truong looks to add natural body to her hair—so that her fine strands can stand up to her bold personality. Her style inspo: "I wish I could wake up every day with an effortless chic vibe. WetBrush is like an instant face lift for my hair."



"I am guilty of putting my nair through the ringer on set, and I was blown away when I put the Shine Enhancer brush through it," says Truong.



"It's all about creating texture and movement with WetBrush. The result is easy, tousled, rock 'n' roll hair!" says stylist Jodi Urichuk, who used these brushes to create Truong's look.



"Without having to use too many products, I was impressed with the body the Epic Helix gave my roots. WetBrush encourages you to have fun with your hair," says Truong.

GIVEAWAY ALERT!

Score a range of WetBrush products, perfect for every hair type, so you can create a gorgeous style of your own.

TO ENTER, SIMPLY: 1. Follow @WetBrushCa on Instagram 2. Follow @torriwebster, @brigittetruong and @talenefp 3. Follow @TheKit and like the WetBrush post

SHOP THE LOOKS

FOLLOW US! Instagram @WetBrushCa Facebook WetBrush Canada

You definitely need a cropped puffer

It's the jacket claimed by the street-style set, but the season's It outerwear is surprisingly easy for mere mortals to pull off. Here are three ways to do it

BY JILLIAN VIEIRA

TREND: MAJOR METALS

High-shine rose gold or muted pyrite hues offer up pretty polish to more sporty silhouettes.

WHY WE LOVE IT: The jacket's abridged length lets you ease in to the colder season. Wear it mostly zipped for maximum impact.

CLOCKWISE FROM TOP: ALICE AND OLIVIA, \$540, ALICEANDOLIVIA.COM. RICK OWENS, \$1,471, MYTHERESA.COM. MAJE, \$824, MAJE.COM





WHY WE LOVE IT: If you live in black, choose a brightly hued coat. Since you can take it on and off throughout the day, it's an easy intro to making a colour statement.

FROM LEFT: **ARMANI EXCHANGE, 2 MONCLER 1952,** \$1,632, BARNEYS.COM. **\$318,** ARMANIEXCHANGE.COM. **GAP,** \$160, GAPCANADA.CA



weekend wear when you spend the most time in your coat, zipping from spin to family dinner. For ultimate dressed-down style, pair it with jeans, a turtleneck and heeled ankle boots.

CLOCKWISE FROM TOP: BACON, \$1,075, SAKSFIFTHAVENUE. COM. **HOUSE OF HOLLAND**, \$2,010, HOUSEOFHOLLAND. CO.UK. **GUCCI**, \$3,903, MATCHES-FASHION.COM

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a colour statement.

TREND: CHECK MATE

Double down on two of the season's most omnipresent trends: prim plaid and puffers.

WHY WE LOVE IT: A patterned coat brings personality to weekend wear when you spend the most time in your coat, zipping from spin to family dinner. For ultimate dressed-down style, pair it with jeans, a turtleneck and heeled ankle boots.

075, SAKSFIFTHAVENUE. DM. **HOUSE OF HOLLAND**, \$2,010, HOUSEOFHOLLAND. CO.UK. **GUCCI**, \$3,903, MATCHES[.]



Claiming her space

As a trans woman with Waardenburg Syndrome, YouTube star and activist Stef Sanjati refuses to be erased

BY JENNIFER BERRY

You might recognize Stef Sanjati from Canadian designer Hayley Elsaesser's runway shows or social feeds (the two are longtime collaborators; Sanjati famously walked in her Spring 2019 Toronto Fashion Week show with the words "F--k Doug Ford" scrawled on her stomach in protest of the Ontario premier's policies). Perhaps you're one of the 600,000 YouTube subscribers or 200,000 Instagram followers joining Sanjati on her journey from a confused 13-year-old in a tiny Canadian town to the proud 22-year-old Toronto-based transgender activist she is today. Or, there's a good chance you spotted her in Rimmel London's new global #IWillNotBeDeleted campaign taking a stand against beauty cyberbullying alongside other global beauty influencers and Rimmel brand ambassadors, "You have to

Cara Delevingne and Rita Ora. As a transgender advocate, Sanjati has a passion for self-love that is immediate and undeniable. And while she credits the internet with so much positivity in her life—she says she found her community there—it's also a place where she's had to deal with online harassment for being transgender or because of the physical characteristics of her Waardenburg Syndrome, a genetic condition that causes her to have wider-set facial features, hearing loss and pigmentation loss in her hair, skin and eyes. For Sanjati, rising

above cyberbullying, refusing to be ousted from places she belongs, and combatting pressure to delete images of herself because of criticism, something 1 in 4 of 11,000 women surveyed by Rimmel says they've experienced online, begins and ends with radical self-love.

We spoke to 22-year-old Canadian representative of the campaign, about her personal experiences with beauty $cyber bullying, what the \,\#IWillNotBeDeleted \,\, campaign$ means to her and how young people can learn to love themselves, too.

On what visibilty means to her

"As a transgender person, there [are a lot of forces] in the world trying to erase us from history or exclude us from conversations," Sanjati says about why remaining visible is so important to her and why image deletion because of beauty bullying is a

problem that needs to be addressed. "Social media is a place where people have voices, and they can share their stories, solidify a place in history and help others understand the truth of their situation; beauty bullying is one aspect of those larger cultural issues, and it's important

that we talk about it," she says, adding that addressing beauty bullying is a great segue into deeper conversations about

On why using the "block" feature isn't a sign of weakness, it's self-care "I don't know if it's a long-term solution, but it's important that young people understand it's okay to shut [trolls] out because they're not offering anything constructive," Sanjati says about dealing with cyberbullies. "So if you're being maliciously targeted by somebody, its okay to block them; it doesn't mean

you're weak."

On the importance of finding your community

"You have to take care of yourself and create a space where you feel safe; that's the first step," says Sanjati about first blocking people who are harassing you, if that's what feels right. "From there, I would suggest young people seek out other people like themselves that they can relate to, or that have maybe been harassed for the same thing. If you're a young trans person, look

for other trans people who talk about that experience. If you're a young person with any kind of syndrome or disability, look for people who have that experience that come through on the other side and tell you it's going to be okay," she adds. "It really will be okay; you just have to find an example of that and that will make you feel so much better," Sanjati says, explaining that she might have celebrated her own differences even earlier in life if she'd searched for people like herself sooner.

On looking past the physical

"The first step in finding a place of confidence with your differences is acknowledging and understanding that you are not the only one with that difference," advises Sanjati. "And it's important not to fixate just on the physical," she says.

On leading by example through radical self-love

"Bullying of all kinds comes from a place of pain; it doesn't come from a place of malice—bullies don't do these things for no reason. They do it because something about you being comfortable with yourself makes them feel wrong," says Sanjati of her experience with bullies. "I've been bullied for everything under the sun, and it always comes back to an issue or insecurity they have with themselves." Sanjati advises against lashing back at trolls when they are cruel, despite the knee-jerk reaction to do so. "That doesn't solve anything because it won't help that person reach a place of peace, which is really where they need to be to stop hurting other people."

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