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How to look expensive now

Forget OTT maximalism. The new luxury is all about cool minimalism that looks breezy—but costs a fortune

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MANSUR GAVRIEL FALL 2018
PHOTOS: GETTY IMAGES



Bedtime upgrades

Six stylish ways to spruce up your sleepwear

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Live like Coco

Pack your best pair of ballet flats and check out Mlle Chanel's most cherished Parisian spots

BY RENÉE TSE

Although she never slept there, Gabrielle "Coco" Chanel considered the apartment above her boutique her true home. She created there and hosted parties. Decorated in an East-meets-West style, the apartment is now closed to the general public, but contains all the symbols that were dear to her throughout her life: Gold and crystal (the foundations of Chanel's aesthetic), her treasured lion sculptures (she was a Leo), sheaths of wheat in various forms (a reminder of her childhood) and Coromandel screens (a beloved gift from her great love, Arthur "Boy" Capel, which represented her fascination with Chinese objects). Even today, these symbols reverberate in the collections. Although you can't get access to her former home, The City of Lights still has traces of her everywhere.



Mlle Chanel in her apartment (above), and on the rue Cambon by the Chanel flagship boutique.



GRAB SWEETS AT ANGELINA

226 rue de Rivoli

Founded by Austrian confectioner Antoine Rumpelmayer in 1903, Angelina is one of Paris's most-beloved tea rooms. Named after his daughter-in-law, this was (and still is) a famous rendezvous point for French high society, including Mademoiselle Chanel herself, who apparently had her own special table. What to order? The African Hot Chocolate and a Mont Blanc, which has been the long-standing favourite delicacy since opening day.



SHOP AT 31 RUE CAMBON

31 rue Cambon

Walking into Chanel's flagship boutique is like stepping into the interior of a music box. Every wall of the salon is lined with mirrors—very avant-garde back in the 1920s—because Chanel wanted her pieces to reflect endlessly around the shop. The mirrored staircase (where she famously sat to survey the scene below) leads up to the designer's second-floor former apartment, while the third floor is taken up by the workshops where Karl Lagerfeld currently holds court.

DE-STRESS AT CHANEL AU RITZ SPA

15 Place Vendôme

Tucked into the lower level of the Parisian hotel, the only Chanel spa in the world is a sanctuary for those looking to escape into a total state of bliss. Awaken your five senses in one of the five private rooms that feature Chanel's signature beige and black decor and her much-adored Coromandel-inspired screens. Choose one of the many luxurious treatments from the Chanel Sublimage line—ranging from 20-minute beauty touch-ups to three-hour personalized full body and skincare treatments—with sophisticated beauticians who blend Western and Eastern techniques. It's just what you need after a day of shopping and museum hopping.



REST YOUR HEAD AT HOTEL RITZ PARIS COCO SUITE

15 Place Vendôme

Although the Coco Suite at the Ritz Paris isn't the exact room Chanel stayed in, she did take up residence at the hotel in 1936 and stayed until she passed away in 1971. She first lived in a suite that overlooked Place Vendôme, but then moved to a more modest room, which overlooked her shop on rue Cambon, after World War II. Today, you can stay in the glam honorary suite located on the second floor of the hotel for 18,000 € (about \$27,300 CAD) per night (#yolo). Decorated in the late designer's signature black and beige style, the space is also accented with numerous exclusive portraits, sketches and photos.



LOUNGE LIKE COCO



FROM LEFT: NEST FRAGRANCES CANDLE IN WHITE CAMELLIA, \$56, AMAZON.CA. MIZUKI CHOKER, \$725, SAKS FIFTH AVENUE. CHANEL PARIS-VENISE HAIR AND BODY SHOWER GEL, \$62, PARIS-VENISE BODY LOTION, \$69, CHANEL.COM. MORGAN LANE PYJAMA TOP, \$310, BOTTOMS, \$360, NET-A-PORTER.COM

Even in the prim and proper context of a L'Oréal Paris junket (Heard became a spokesperson for the brand this past May), her rebellious side shines through. "I feel humbled to be among a group of women that are known not because they can sell shampoo, but because they stand for something, because they have a voice," she says of her new gig. "It felt very organic for me, of all people, the most well-behaved woman [laughs]." Sitting back in a black Saint Laurent suit and white tee, lobes decked out in mismatched earrings, lob ruffled just so, she goes on to passionately discuss films, feminism and why she's sick and tired of women having to apologize for their looks.

How do you feel about the current place of women in the film industry? "We make up more than half the population, over half the ticket-purchasing and movie-going populations, yet we make up barely 30 per cent of the speaking or named roles in films. We're so chronically under-represented in this industry, and we're not even taking into consideration the content within those roles. We're not taking into consideration the pressures put on [women] in regard to their sexuality or their age."

What do you think needs to change? "In order to make it a fair, more diverse place for, say, our daughters, we need to pick up the cameras and tell our own stories. We need to support each other. We need to demand closer to 50 per cent inclusion in crews. We need to demand equal pay and not be afraid to be called a bitch in doing so. We need to challenge these things."

You're part of a great female ensemble cast in your upcoming film *Her Smell*. What was it like shooting that? "It was wonderful to walk on set and be surrounded by an almost entirely female crew. The movie isn't about women's rights or picketing or suffrage, it's about these women on tour, in a band, struggling with life and love and success and fame and everything that goes along with it. It's a story about humans and we just so happened to be women and that is cool as hell to me. And it was really exciting to do it with such an amazing group of actresses like Cara Delevingne, Agyness Deyn and Ashley Benson, at the helm of which is Elisabeth Moss, who is a powerhouse."

What's your relationship with beauty? "As women, we understand inherently the apology that will be expected of us to answer for our looks. Good or bad, there's always an apology expected of us. The expectations—and the excuses we [are forced to] make—are frustrating for women. I guess you can call me a lipstick feminist. I'll always wear lipstick. I don't feel like I need to in order to be strong, and no one better tell me I have to, but I damn well like to."

AMBER'S BEAUTY TOOL KIT



"Lashes and lipstick, that's all I need."

L'ORÉAL PARIS INFALLIBLE 2-STEP LIPSTICK IN INFALLIBLE RED, \$14, UNLIMITED MASCARA (LAUNCHING IN NOVEMBER), \$17, L'ORÉAL-PARIS.CA



Rebel with a cause

The unapologetic Amber Heard on film and lipstick feminism

BY KATHERINE LALANCETTE

Let's not tiptoe around it: Amber Heard is a badass. When Hollywood big wigs said her bisexuality would ruin the actress's career, she held her girlfriend's hand in front of the paparazzi. When she received a multi-million-dollar settlement from ex-husband Johnny Depp after he tried to destroy her credibility following accusations of domestic abuse, she donated all the money to charity. Bottom line: Don't try to stifle Amber Heard.

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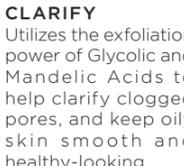
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Losing sleep

When it comes to finding a cure for insomnia, there is truly no rest for the weary. **Leah Rumack** tries out the latest sleep gadgets in her search for slumber

PHOTOGRAPHY BY LUIS MORA

Casper ads were taunting me. Everywhere I went, a picture of a bed-in-a-box mattress and adorably well-rested cartoon people reminded me that I didn't sleep well last night, or the night before, or for the 20 years before that. I glared at them on the subway with every bit of laser-focused resentment that a chronic insomniac could muster from above the black craters under her eyes.

It was all so tiring. So Casper won. I got one of their stupid memory foam "springy comfort layer" mattresses. And okay, it wasn't stupid. It was awesome. It was a very comfortable place to lie awake at 3:17a.m., which I've been doing for most of my life on far inferior mattresses, thanks to a magical combination of anxiety, sleep apnea and chronic pain. But it ignited my inner Arianna Huffington, whose bestselling book *The Sleep Revolution* is part of a massive sleep industrial complex of self-examination and accompanying products that's sprung up like so many cursed counted sheep to address the Western world's sleep deficit.

I was an insomniac way before it was gentrified (I see you, lavender pillow spray sold at bookstores!). I've done cognitive behavioural therapy and hypnosis. I've spent more than one night sleeping in a lab while wires monitored my every twitch and I've taken every natural and unnatural sleeping aid on the market. Now I just want a robot to cuddle with.

Sadly, I can't get my hands on a Somnox sleep robot—an only-a-little-creepy \$915 heavy cushion that expands and contracts as if it's breathing and also functions as a sound machine. Somnox caused quite the buzz when it was announced last spring, but it isn't actually available until next month, so I settle for some new non-moving pillows and a tricked-out sound machine. I test out a Leesa pillow, which thanks to being full of "ventilation channels" stays cool and eliminates the need to wake up and flip your pillow all the time. I like the coolness, but I miss the support of my heavier memory foam pillow. Then I sample the Floating Comfort Pillow by Mediflow, which is basically a water-filled pillow. While it still doesn't upstage my go-to memory foam, the Floating Comfort's, well, comforting heaviness is actually great back support when I'm lying on my side, so it earns a regular spot in my boudoir.

Next, I fire up the Sound+Sleep SE (Special Edition, natch) sound machine, which is a chic little tear-shaped tabletop number that wouldn't look out of place in an Apple ad. And while it's definitely not my first time at the sound-machine rodeo—I've not slept without some sort of white noise for years—this baby is next-level. It has 64 sounds to choose from—everything from Whale Party and Paddle Boat Ride to the more classic Crickets and Wind or Fireplace—and has an adaptive mode, which means a microphone picks up the level of noise in the room and then automatically adjust its volume level to drown it out. My air purifier—which mostly existed for its noisemaking ability—gets unceremoniously banished to the basement.

Now for the stupid meditation. I've tried various breathing and progressive relaxation techniques for years, but I've never had a fashionable light from Paris to help me. The Dodow is a bedside device that looks kind of like a round cellphone. It projects a rhythmic growing and shrinking light halo on the ceiling, which you match

your breathing to. The light gradually slows down, slowing your breathing with it. I settle in optimistically with the Dodow for our maiden voyage to the sweet land of slumber. Breathe in...breathe out... No, wait, is it breathe in on the light and out on the dark? Yes, definitely. No, definitely not. Ugh! I'm even a failure at my relaxation light! I have to turn on my lamp and read the instructions again, which is definitely not relaxing. But after I get the hang of it, I end up using Dodow (we're on a first-name basis, he often falls asleep nestled in my bosom after all) about four times a week, sometimes in the middle of the night when the sheer panic about not being able to sleep starts to set in. Thanks to the pulsing lights, I'm convinced my neighbours think I'm conducting alien séances (am I?!). But the light helps. Sometimes.

For my last trick, I visit Soul 7, a wellness spa in Toronto that uses frequency technologies to help with various mind and body imbalances, including sleep problems. Pulsed Electro-Magnetic Field (PEMF) technology is Health Canada approved (I'm not totally sure for what, but likely alien séances) and these types of treatments, which use sound and light to affect your brainwaves and nervous system, are popular in other parts of the world, particularly Eastern Europe. My hour-long Sleep Well session takes place in a dark room in a meditation egg called a Neuropod that uses a trippy combo of sounds, vibrations, pulsing lights and guided meditation to set me on the virtuous path to blessed rest. Afterwards, I feel relaxed and dopey,

but am unconvinced that it could have any lasting effect. The "energy practitioner" encourages me to come back to complete a full package of six sessions.

Her: "Cells...healing...energy!"

Me: "Uh huh."

And then a funny thing happens.

Even though I only get my usual five hours of broken sleep for the next few nights, I don't feel as miserably exhausted as usual. I even feel...energetic? Did the voodoo beats work?!

"Oh hi!" I write brightly first thing Monday morning, trying not to sound like someone who spends \$100 an hour to hang out in a vibrating egg in Yorkville. But instead of signing up for more sessions, I get my hands on one of the take-home devices that they sell at Soul 7. I'm now the proud owner of a David's Delight by Mind Alive, which is not, however it may sound, a sleep-inducing sex toy. The small device comes complete with earphones that emit diurnal beats and trippy glasses that flash lights so you can tune your brainwaves at home. I don't use it every night—mustn't make Dodow jealous—but it nestles happily in my tickle trunk of sleep aids, which I rummage through whenever the need arises, which is still often.

So, am I a champion sleeper yet? Oh, a girl can dream. But my bedroom is packed with products that are all devoted to the cause—I've built a shrine to sleep perfection. Or is it a prison? I'm not sure which.

I'll tell you when I wake up.

Boudoir basics

Set the tone for a cozy night's sleep with an elevated bedtime wardrobe that is as beautiful as it is comfortable. The key? Sumptuous natural fibres that breathe and layer easily



1. THE SLEEP SHIRT NIGHTIE, \$260, INTO THE BEDROOM.COM. 2. SLIP SILK EYE MASK, \$59, URBANOUT-FITTERS.COM. 3. OLIVIA VON HALLE CAMISOLE SET, \$360, OLIVIA VON HALLE.COM. 4. KOTN ROBE, \$90, HOLT RENFREW. 5. THE ELDER STATESMAN CASHMERE SOCKS, \$190, ELDER STATESMAN.COM. 6. AGNONA TOP, \$1,940, NET-A-PORTER.COM

Slumber party

Meet your new bedtime beauty essentials

Get a free sample here: topbox.ca/free-sample/



This deeply nourishing cream swaddles skin in moisture, without a hint of greasiness. No more sticking to your pillow case!

NIVEA CARE INTENSIVE NOURISHMENT NON-GREASY CREAM, \$16, SHOPPERS-DRUGMART.CA



A drizzle of this calming soak (a blend of lavender, chamomile and clary sage) in your tub helps you drift off to dreamland sooner.

THE WHITE COMPANY SLEEP BATH SOAK, \$50, NORDSTROM.COM



Let this repairing treatment work while you slumber and wake up to stronger, smoother hair.

ALTERNA HAIRCARE CAVIAR ANTI-AGING RESTRUCTURING BOND REPAIR LEAVE-IN OVERNIGHT SERUM, \$48, SEPHORA.CA

Sleeper hits

We tested the buzziest bedding to bring you three sets that are worth the hype



FOR SOFTNESS: BROOKLINEN LUXE

The cost: \$193/four-piece set
The colourways: 17 options including neutrals, stripes and prints
The fabric: Sateen-weave cotton with a 480-thread count
The review: With a silky touch—but lighter and less slippery—these sheets deliver joyful, heady vibes. They wrinkled slightly after a wash (which the instructions advise you do before using to avoid colour transfer) but smoothed out nicely after a night.



FOR COOLING: ENDY

The cost: \$120/four-piece set
The colourways: White
The fabric: Sateen-weave cotton with a 480-thread count
The review: Hot-blooded sleepers, rejoice! This crisp set feels cool to the touch and maintains that comfortable quality no matter what an AC-less night might throw at it. As an added bonus, the fitted sheet's extra-wide elastic band (and rubberized inside) means those perfectly placed corners stay put.



FOR LIGHTNESS: CASPER AIRY LINEN

The cost: \$300/four-piece set
The colourways: White, off-white, mint, and dark grey
The fabric: Belgian flax linen
The review: There's something breezy about linen sheets that makes you feel like you're on vacation at an eco-chic resort. The lightweight fabric breathes, but is warm enough to hold its own when the duvet is pried away in the night. These sheets are cozy, but still cool.

The new luxury

Now that fur is gauche, what's the new way to look expensive? Carefully curated fashion that's not as simple as it looks

BY OLIVIA STREN

Some of those shoes likely made their way to Mansur Gavriel's recent Fall 2018 runway show at New York Fashion Week this past September. The brand, helmed by Floriana Gavriel and Rachel Mansur, is beloved for its citified, crisp minimalism. Models floated down the runways in plushest shearling, double-faced cashmere coats and dresses, all in matching shades of crème and nougat, while alpaca silk knitted pants were paired with cashmere sweaters and mini bags in the tenderest pink of a Ladurée macaron.

There can, of course, be nothing more seductive than scarcity, and part of the bags' allure is how difficult they can be to procure. Mansur Gavriel launched in 2013 with what is now considered the first post-recession It-bag—a cultish bonded leather drawstring bucket bag—slung around celebrities like Sienna Miller, Garance Doré and Reese Witherspoon. “Luxury depends on how rare something is or how rare it can be made to seem,” says Steele. Mansur Gavriel cannily traffics in this business of desire, keeping production low—and waitlists long.

But if the waitlists are long, the clothes, in their pallor, do not look long for this world. These clothes aren't meant to participate in the lowly realities of life like public transit and pasta sauce. The looks are built only to survive in some pristine, well-managed parallel universe—the kind without salad dressing or children. A snowy, voluminous cashmere coat from The Row's Fall 2018 collection is a master class in this kind of egregious impracticality. (It looks expensive because it is expensive: The coat costs almost \$13,000.)

Gwyneth Paltrow, unrelentingly loved and loathed for her rarefied lifestyle, is the ultimate pin-up for this one-palette look. (Goop's ethos was described in the *New York Times* as such: “that having beautiful things sometimes costs money; finding beautiful things was sometimes a result of an immense privilege.”) Forever photographed in her white kitchen, Paltrow is dressed to match in cotton poplins and cashmeres in freshest shades of crème fraîche and almond milk, her appropriately named Italian Match kitchenware in the background, the sun filtering in, as golden as her hair. (I know this, by the way, because her cookbooks are sitting on my non-white countertops probably somewhere near the salad dressing and my toddler.) There is no luxury in chaos.

Luxury lives above the fray, in the finery and precision of detail. It calls to mind an incident I had about five years ago, when I was sent on fabulous assignment to interview Oscar de la Renta at his villa in the Dominican Republic. I was there with a passel of other women—journalists and publicists—who were all glamorous enough to make me feel like a bag lady. At some point before the interview, I was chatting with a publicist who was immaculately turned

out in a de la Renta dress and a chignon. Mid-conversation, she extracted a tiny bottle from her clutch, threw her head back and dropped what looked like contact solution into her eyes. It wasn't Opti-free, though, it was some kind of hard-to-come-by solution meant to whiten the whites of her eyeballs. Models use it, she explained, before photo shoots and strutting down catwalks. “It makes you look younger and brighter!” she said, smiling, the whites of her eyes more dazzling than your average klieg light. Until that moment, the luminosity of my eyeballs had been the only thing that wasn't causing me anxiety. Dolly Parton once said: “It costs a lot of money to look this cheap!” Well, it also costs a

lot of money and time and energy to look expensive. I like to indulge in the ultimate luxury of fantasy—that one day, I will own one of those all-white cashmere outfits and it will match my countertops—and my eyes.

“Luxury depends on how rare something is or how rare it can be made seem.”



The sleek looks at the Fall 2018 Mansur Gavriel show define this edited style.

As a child, I loved getting sick so I could skip school and watch television. I remember my favourite lineup: *Flintstones*, thrillingly followed by *The Young & the Restless*. I learned words like “yabadabadoo,” “vasectomy” and “imposter.” I also learned that the best way to know if a character had a mansion and a uniformed maid (and likely some kind of vodka and pill dependency) was if they were draped in furs and jewels. Wilma Flintstone wasn't rich, but she longed to be, if only for the chance to wear a sabre-toothed tiger coat.

These days, however, viewing furs and diamonds as markers of status seems properly prehistoric. Real fur has gone the way of the Stone Age. Designer Stella McCartney, a pioneer in sustainable fashion since launching her eponymous line in 2011, debuted “fur-free fur” in 2015, sending models down the runway in blanket coats made of synthetic pelts shinier than pumas glossed in moonlight. Today, capital-F fashion houses like Gucci, Versace and Burberry have also eschewed the use of fur—the ban in itself a symbol of refinement and ethical hauteur. Even *haute-fourrure* house Fendi debuted faux fur in its Fall 2018 shows, treating chiffon to replicate the look of mink. “It used to be that there were clear markers of materials that were expensive—like fur and jewels,” says Valerie Steele director and chief curator at the Fashion Institute of Technology in New York. “In my mother's generation, you'd say, ‘That's a mink coat, that's expensive!’ Today, the markers of luxury vary depending on the group. For a lot of poor people, Trump looks like a rich person. For a lot of rich people, he looks like a vulgarian.”

Luxury is no longer a one-size-fits-all proposition, but rather it is as richly double-faced as a Loro Piana

cashmere coat—or as deliriously multicoloured as the Versace-lined closets in *Crazy Rich Asians*. “Now, you could have a closet packed with wild and crazy Gucci, or you could have a beautiful, pure closet with a handful of expensive, in-perfect-condition minimalist things from The Row,” says Steele.

A vignette involving New York socialite and style icon Babe Paley pops to mind: Her hair is grey, her suit is grey and she is slipping into a grey Town Car on Fifth Avenue. (Surely the clouds and the surrounding buildings were also grey, conspiring differentially to match her look.) Nothing, to me, bespeaks of more luxury than this kind of considered tone-on-tone look, perhaps by dint of its extravagant orderliness. If sleekly matching your top to your skirt (and your Town Car) suggests a rarefied minimalism, it also alludes to a hidden abundance, to the privilege of time and the sumptuousness of choice. “It implies that you have entire other outfits in other colours—and pale colours up the luxury quotient,” says Steele. “They're like what we used to call ‘limousine shoes’—the sort of high-heeled shoes you'd be trashing if you had to ride in the subway. It never fails to amaze me to see women in beautiful, incredibly expensive high heels walking in the rain to fashion shows. You go, ‘Well, you can kiss that \$800 pair of shoes goodbye.’ But it doesn't matter, because there are 20 more where that came from.”

Shop the trend

How to score that head-to-toe luxurious look. Hint: Keep the palette chicly edited



THE ROW COAT, \$12,818, NET-A-PORTER.COM



CASASOLA PANTS, \$850, NET-A-PORTER.COM



CHLOÉ TOP, \$2,330, CHLOE.COM



RETROUVAÏ NECKLACE, \$7,105, RETROUVAÏ.COM



JIL SANDER BAG, \$1,735, SSENSE.COM



MALONE SOULIERS SHOES, \$1,175, FARFETCH.COM



FENDI WATCH, \$1,515, FENDI.COM

A VERY FASHIONABLE MAKEOVER

Welcome to our new office! When *The Kit* recently moved into the buzzy *Toronto Star* newsroom, we called on star interior designer and design consultant Suzanne Dimma to create a stylish visual identity for our brand using exclusively products from IKEA. The result? A revamp of the highest order.

Expert eye: Suzanne Dimma shares her starting point

THE BEFORE: "The space was a bit indistinct. (Sorry!) We had parameters—we couldn't touch the ceilings or paint the doors, and we had to keep the wall-to-wall carpet."

THE VISION: "Clean, classic, and fresh with maximum storage. Sophisticated but approachable."

THE APPROACH: "An office space needs to reflect the company's philosophy. Since *The Kit* is about fashion and beauty, I felt that the office needed to feel more polished and sophisticated. Of course functionality is key, and you have to consider how the team works best—I've always found that working in a more inspiring space can lead to more inspired work. The *Kit* office is mostly open concept and shares the area with other publications, so it also needed to have its own distinct look and feel."

THE AFTER: "Simply by redecorating, the space feels brighter and happier. It also shows what a phenomenal resource IKEA is."



The space: Living room

"The dark wall, the LANDSKRONA double sectional sofa and the classic striped STOCKHOLM 2017 carpet creates a more intimate space in this corner," says Dimma. "It feels inviting."

STOCKHOLM 2017 rug, flatwoven, handmade striped, white striped grey, \$379



The space: Publisher's office

"I love the idea of a standing desk! The prettiest part, though, is the vignette on the dividing wall where we placed a BESTÅ storage unit with grey doors flanked by two soft grey BALISAR chairs," says Dimma. "Topped with a large-scale piece of art in pale pink, it creates a welcoming living room feel."

BESTÅ Storage combination w doors/drawers, white, Lappviken light grey, \$220



The space: Large boardroom

"We knocked down the wall between two small rooms to make a single large boardroom," says Dimma. "Now everyone on the team can gather together for meetings, which is key to creating a unified vision. The biggest impact came from lining the long wall with a row of BESTÅ units. The continual surface creates handy storage space and lends a sense of polish. I chose the pale grey fronts with white cabinets to keep the look fresh. By painting the wall behind the console the same pale grey as the cabinets, the space feels considered."



The space: Small boardroom

"IKEA is creating some wonderful new products that riff on mod designs from the '70s—they're super chic! The retro SUNNERSTA bar cart fits neatly in the corner of the room and adds a decorated layer. It's ideal for holding a coffee or water service."

SUNNERSTA utility cart, white, \$39.99



GLATTIS tray, brass color, \$19.99
GRADVIS vase, grey, \$19.99



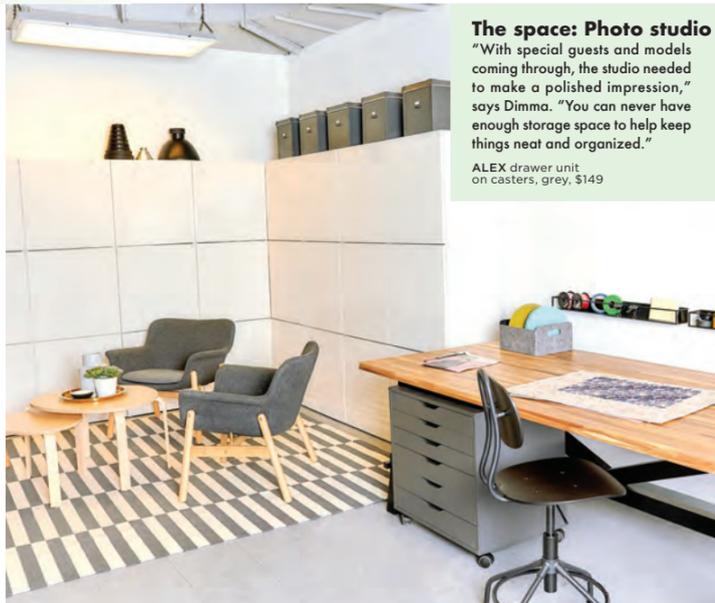
RANARP work lamp, off-white, \$39.99



The space: Beauty closet

"The white FJÄLKINGE shelves are sturdy, modern and classic all at once," says Dimma. "Simply lining the walls in the same shelving units makes the space feel custom. I also love the trio of dark grey EKET boxes placed in a row up the column. They add a bit of contrast in the all-white space and create more vertical storage in the middle of the room."

FJÄLKINGE shelf unit with drawers, white, \$200. EKET wall-mounted shelving unit, light grey, \$25 each



The space: Photo studio
"With special guests and models coming through, the studio needed to make a polished impression," says Dimma. "You can never have enough storage space to help keep things neat and organized."

ALEX drawer unit on casters, grey, \$149



SEKTION/GRIMSLÖV
Off-White Kitchen
Priced from
\$99 /lin.ft.

Hey, good cookin'.

Kitchen Event on until November 5th.



The Beautiful Possibilities.



From left: It girls Brianna Lance, Athena Calderone and May Kwok wearing pieces from the Conscious Collection

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H&M's latest collection debuts design-forward recycled velvet and cashmere

BY TARA MacINNIS

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The way those two sources of inspiration collide, one form and one function, is at the centre of every Conscious Collection. H&M strives to produce pieces that don't force sacrificing style while on the hunt for sustainable clothing. And as Rockefeller reminded the room in her pre-lunch toast, "Whatever it is we eat or wear, we need to ask the right questions and understand who grew our food and who made our clothes and celebrate and protect the bounty of Mother Nature."



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Why it works

Fashion director **Jillian Vieira** breaks down the beauty of an on-point street-style look. This week: a sunny outfit that eases the transition into crisp-weather dressing



JENNY BIRD EARRINGS, \$95, JENNY-BIRD.CA. REBECCA TAYLOR TOP, \$620, REBECCA-TAYLOR.COM. DAVID YURMAN CLIFF, \$3,095, DAVIDYURMAN.COM. GIANVITO ROSSI SHOES, \$1,195, GIANVITOROSI.COM. MARNI BAG, \$2,295, MARNI.COM. SEA SKIRT, \$495, NET-A-PORTER.COM

No other season demands a particular colour palette more than autumn. The changeover is almost instantaneous: Summer's soft and sweet tones are hurriedly eclipsed by Bordeaux and burnt orange. The genius in the above look, worn so masterfully by Italian stylist Ada Kokosar, is that it bridges the previous season's levity with sweater weather. The eye is immediately drawn to Kokosar's yellow skirt. Taking on the audacious hue in your wardrobe can be challenging, but the key is to lean into its boldness. By flanking it with those stark-white ankle booties and perfectly draped cerulean (all hail the French tuck!), you let the colours sing together. Finish things off with some mixed-metal jewellery and a thoughtful bag and you have one heck of a workday-to-weekend outfit.



The scary truth about boardroom Botox

Can non-invasive cosmetic treatments save your career?

BY SYDNEY LONEY | PHOTOGRAPHY BY LUIS MORA

“One patient told me that all the people being hired in her company were younger, and she felt pressure to fit in,” says dermatologist Dr. Katie Belezny.

Every six months, Allana Davis has a little work done. Sometimes it's to refresh the fillers under her eyes so she looks less tired, sometimes it's a quick shot of Botox to plump up the Cupid's bow around her lips, or to smooth out the faint hint of a furrow between her brows. The Toronto business owner and makeup artist, who is only in her mid-30s, took the plunge and got cosmetic-procedures about six years ago—and she did it for her job.

“I feel the pressure to maintain my appearance and keep looking ‘refreshed,’” she says. “I need to attract 16- and 17-year-old clients, so I see these procedures as an investment in my career.”

While the quest for eternal youth (or the next best thing, *looking* eternally youthful) isn't new, one of the underlying reasons behind it is people are increasingly worried that every telltale line is putting their jobs at risk.

“There is pressure—and a double standard—for many professional women to demonstrate they have the experience to be a senior leader in an organization, but not look the age commensurate with that experience,” says one senior executive at a mid-size company whom I spoke with. In her early 60s, she started with Botox, then added fillers and “skin-tightening” treatments into her regimen. She goes in every three to six months to keep up her “refreshed” look. She was also, however, resolute about her request for privacy, since she doesn't want her colleagues to know she's had work done in an attempt to blend in with her younger co-workers.

“Patients tell me they feel that appearing younger gives them an advantage at work,” says Dr. Katie Belezny, a Vancouver dermatologist and clinical instructor in the Department of Dermatology at UBC. “Even if it's simply about feeling more confident, that alone can be a major career benefit. One patient told me that all the people being hired in her company were younger, and she felt pressure to fit in.”

Howard Lende has felt that pressure. “I'm in real estate and, like a lot of businesses, it's people-oriented,” the Toronto realtor says. “And what do people look at? They look at your face. It's a two-second test when you meet someone.” Lende, who is in his 50s, has tried several non-invasive proce-

dures over the years: Thermage for skin tightening, IPL for age spots and injectables for fine lines. He says having the procedures keeps him confident—and competitive. “You know when everything feels perfect, you're dressed great, have great shoes on—it just gives you more energy,” he says. “Your face is like part of your wardrobe, and in this business it's your calling card. With just a few subtle changes, nothing too invasive, you feel better, hold your head up higher, walk stronger.”

Naturally, all of this skin tightening and wrinkle eradicating comes

at a cost. Botox, which lasts up to four months, can start at around \$450 a session, while fillers start at around \$600, IPL at \$500 and microneedling (to stimulate collagen production) starts at around \$900. Davis says it's worth it. “I don't want to erase everything,” she says. “And I'm very open about having it done, which I think is important because it helps normalize it. In the end, I want to look like myself, and these procedures allow me to age a little more gracefully. In this industry, I don't have a choice.”

Davis explains that many of her executive clients also have cosmetic procedures done out of a perceived need to “stay relevant and look ‘fresh and approachable’ at work.” Several of her clients joke that they've got a standing “lunch date with Lisa” in their office calendars. It's code for what is, in fact, an appointment at DLK on Avenue, Dr. Lisa Kellett's cosmetic dermatology clinic in Toronto.

Many non-invasive treatments literally can be done over a work lunch hour without anyone knowing, says Kellett, who has noticed a steady increase in people booking procedures in order to look as well rested as their younger colleagues. “People are staying in the workplace longer, and society has changed,” she says. “Fifty today isn't what 50 used to be. And when the work is done well, you shouldn't see it. If you're 50, you should look like a good 50—you don't want to look 20.”

Both Belezny and Kellett see patients who invest in minimally invasive treatments to prolong their careers across a variety of industries, from tech to advertising to entertainment. Many start the process around age 35, but women as young as 20 will also come in for “preventative” treatments in hopes of warding off the aging process. “Neuromodulators like Botox or Dysport are especially common because they're easy, non-invasive ways to start and, if you don't like it, the effects disappear,” Kellett says.

Of course, we know this heightened interest in

fillers and injectables has a lot to do with social media sites, where you can scrutinize pics of high-school friends for signs of crow's feet (come on, you've done it, too). Celebrities who appear immune to aging is another factor. “Jennifer Lopez is 49 and she looks as fresh and vibrant as ever, which sets the bar higher for everyone else,” Kellett says. But a growing number of people are seeking surgical procedures not because they want to feel more attractive, but to simply be more employable.

It seems ageism is rampant in the workforce. Recent research by a U.S. staffing company found that roughly one in four employees make judgments about their co-workers' job capabilities based solely on their age. And heaven forbid you're over 40 and looking for a job. Australian researchers found a third of people 45 and older experience some form of age-related discrimination during their job searches.

Hollywood is riffing on the problem. *Younger*, now in its fifth season with a sixth in the works, is about a 40-year-old woman passing herself off as 26 to land a job at a magazine where 30 is considered borderline geriatric. In the show's first episode, Liza (played by Sutton Foster who, according to Wikipedia, was born in 1975) is admonished by a friend: “Nobody wants to hire a 40-year-old has been.” Of course, Liza just needs a quick makeover (highlights, fuchsia lipstick and remembering to say “hashtag” a lot) to mask the extra 14 years she has on her co-workers. In real life, it's not so easy. Women in particular are beginning to feel that covering a few grey strands no longer cuts it, especially if they want to switch careers in a competitive hiring market—or simply keep the jobs they have.

Many women are opting for a more aggressive approach. Lynne Mitchell* is a company vice-president in her 50s who had a mini facelift to tackle the signs of aging on her neck. “The neck is a tricky thing,” she says. “It can be very aging, like the hands.” There was some swelling, but not much bruising and, because the stitches were hidden in her hairline, she was able to return to work after two days.

“I feel more confident,” she says. “If you can take a few years off here and there, then why not? Now when I'm out in public, I generally feel I look good—over 55, but good!” Still, Mitchell says it's important to be realistic about the results. “If you're looking for a miracle to stop aging, don't do it, because you'll never be satisfied,” she says. “I got my neck done and then more aging happened elsewhere on my body, so it's really impossible to stay on top of it with surgical procedures.”

Belezny says that even though patients tell her they want to “look younger,” she tries to shift the conversation away from anti-aging. “I prefer to focus on specific personal goals to help people feel great and rejuvenated whatever their age,” she says.

Maybe a similar shift in focus will eventually make its way into the boardroom—before “willing to get Botox” becomes an implicit part of the average job description.

*Name has been changed

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THE FIRST TIME ALY RAISMAN FOUND HER VOICE

How the Olympian summoned the strength to speak out against her abuser

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

Olympic gymnast Aly Raisman was one of 150 women who gave a victim impact statement at the sexual assault trial of former Team USA doctor Larry Nassar this past January. Here Raisman recounts how she gathered the courage to speak out against Nassar, who began

molesting her when she was 15. “Imagine feeling like you have no power and no voice,” she told her abuser in court. “Well you know what, Larry? I have both power and voice, and I am only just beginning to use them.” Raisman, who is using that voice to support #FaceAnything, an Olay initiative encouraging women to be authentically themselves, shares how she found strength.

In 2015, a few years before the Larry Nassar story broke publicly, I was using my voice to report the abuse, but people weren't listening to me. It was tough, but I kept talking about it because I knew it was right.

If you're facing abuse, know that you matter—your voice matters. If somebody is hurting you, it's not your fault. It's the abuser's fault. Whenever you find the courage to tell someone, do it and don't stop until you get answers. Nobody deserves to feel unsafe.

No matter how hard it is, you're not only fighting for yourself. You have to hold the people around you accountable because they're just going to keep doing it to others. It's very hard to get everyone to understand abuse, but the #MeToo movement caused a shift.

It can be very hard to talk about, especially publicly.

I've been writing in a journal about what I'm grateful for. Meditating, therapy and talking to people I trust helps, too. It's important to try new things. I did my first runway show today for Olay's #FaceAnything event and I wasn't wearing any makeup, which was empowering.

I was born physically strong and very driven. But having a lot of muscles doesn't mean that you're mentally strong. It's the same with being fearless—it doesn't mean you're not afraid, it means you're doing it because it's the right thing to do.

—As told to Katherine Lalancette



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