

# THE KIT



## Ultimate hair upgrade

Make this an autumn goal: To look in the mirror, swish your hair around your shoulders and think, “Oh, yessss.” Check out our guide to the top products, innovations and inspiration so you can cross it off your list tomorrow **PAGE 7**

PHOTO: GETTY IMAGES

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**The future of shopping**  
This Canadian brand is shaking up the style system **PAGE 6**

**A life-changing decision**  
“Before my surgery, I could see my future: me, morbidly obese, unable to move.”  
**PAGE 10**



**The best royal meet-cutes**  
Wait—who met their future husband in a bar? **PAGE 10**

SERPENTI

**BVLGARI**  
ROMA

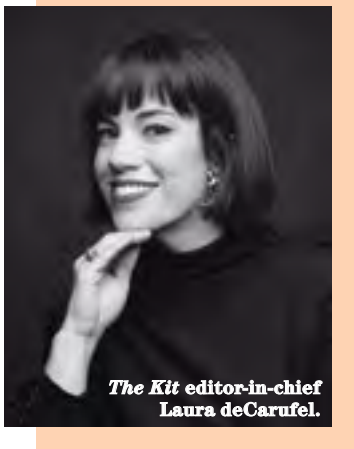
YORKDALE SHOPPING CENTRE



# Starry night

Snaps from our exclusive reception—in partnership with the *Toronto Star*—before the TIFF premiere of *A Star Is Born*

Between flutes of champagne before the show, guests indulged in canapés and enjoyed makeup touch-ups from P1M artists before swinging by our portrait studio to score a celebrity-worthy shot by *The Kit*'s award-winning photographer, Luis Mora.



The Kit editor-in-chief Laura deCarufel.



From left: *The Kit*'s fashion director Jillian Vieira, art director Celia Di Minno, digital editor Jennifer Berry and beauty director Katherine Lalancette.



From left: John Boynton, president and chief executive officer, Torstar, and publisher, *Toronto Star*; Lynne Munro, VP, promotions and partnerships; Grace Chambers, senior marketing manager, Indigo; Susy Brown, marketing director, Estée Lauder Canada. Below: Mario Chiofalo, marketing director, Hudson's Bay, with wife Tonie Granata.



Above from left: Mary Nedakis, brand manager, Laura Mercier; Stacey Najman, marketing manager, H&M; Melissa Evans-Lee, national director, marketing and customer experience, QuadReal Property Group, Bayview Village; Jessica Stevenson, general manager, Nude by Nature.

## Storming the festival

The Oscar buzz is the only thing louder than the sobs of the audience at the TIFF *A Star Is Born* premiere

Lady Gaga and Bradley Cooper touched down at the Toronto International Film Festival for the North American premiere of *A Star Is Born*, the most hotly anticipated film at the festival, and Cooper's directorial debut. Cooper plays the lead—a fame-weary rock star who drinks to cope with the glare of celebrity—alongside Lady Gaga, who captivates as a singer-songwriter rising to stardom.

Onstage at the premiere, Cooper praised co-stars Dave Chapelle and Sam Elliott. Gaga, he said, "gave everything" to the role.

"This was the most special, creative experience of my life," an emotional Gaga told the crowd. "I have to say, with all those tears in my voice and in my eyes, that I love each and every one of you, and I'm so proud and honoured and humbled and very grateful to be here today."



Left: Lady Gaga in Ralph & Russo at the *A Star Is Born* Toronto press conference. Above from left: Anthony Ramos, Lady Gaga, Bradley Cooper and Dave Chappelle at the press conference.



Talk of the town Bradley Cooper and Lady Gaga's chemistry is the true star of the film.

Above: Cooper and Gaga (in Armani Privé) on the TIFF red carpet.

Left: Gaga at the premiere's after-party in Ralph & Russo.

Below: Gaga (in Giorgio Armani) with Lukas Nelson (Willie's son!), who produced and co-wrote the film's soundtrack.



PHOTOGRAPHY: GETTY IMAGES (CELEBRITIES)



### MAJOR EARRINGS AT VICTORIA HAYES

"These are crazy and amazing. Cramazing? Anyway, let's all book tickets to Palm Beach." —Laura deCarufel, editor-in-chief



### SWEET SLIP DRESSES AT HILARY MACMILLAN

"I've gone on and on about my love for the slip dress (it's perfect, don't fight me on this), and this icy-blue version from Hilary MacMillan, no doubt affordable, would be a lovely addition to my wardrobe." —Jillian Vieira, fashion director



### MAJOR MESSAGING AT HAYLEY ELSAESSER

"Hayley Elsaesser compels you to re-imagine what fashion can—and should—look like. So much of that lies in her brilliant casting of outspoken 'real women' models who take her original, cheeky prints and put a personality behind them." —J.V.



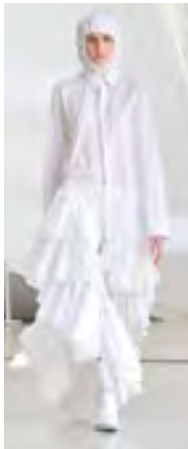
### A PARED-DOWN LINEUP AT WRK DEPT

"We're used to the theatrics from Montreal streetwear brand Wrk Dept, but this collection, which explored the concept of dissolution, was decidedly more restrained—and I'm into it. Just Canada's most promising up-and-comer keeping us on our toes." —J.V.



### TENNIS BALL GREEN AT WIL STUDIOS

"Slime green is happening whether you like it or not (I like it), and the slightly softer take on the trend at WIL Studios takes a true tennis ball neon green and makes it totally wearable. And while WIL is a menswear brand, I'd rock this neon green windbreaker like it was made for me and me alone." —J.B.



### THIS MIKHAEL KALE LOOK

"It's a sign of our chaotic times that this Victorian-governance-meets-the-asylum look feels so right now. It's also a testament to Kale's sartorial skill that it doesn't feel like a costume. Lose the head covering, add high-top Converse and be the most stylish person at the soiree." —L.D.



JOUER LIP TOPPER IN ROSE GOLD, \$20 SEPHORA.CA

## Prelude to a kiss

How my fling with disco ball lips turned into something serious

BY NABRA BADR | PHOTOGRAPHY BY LUIS MORA

We see our fair share of cosmetic loot, but every now and then a product stands out from the pack and gives us those "first lipstick" jitters. Welcome to *Kit Crush*, the series where we wax poetic about the latest beauty goodies to make us swoon.

### THE CRUSH

Regularly lauded in the beauty blogging world, this Lip Topper from L.A. brand Jouer (that's French for "play," so you know you're in for a good time) vows to add extra glitz to your fave lip colours. It takes your lipsticks to the next level and basically doubles your lipstick wardrobe in one fell swoop. I don't know about you, but just writing that sentence makes me giddy.

### THE LOVE STORY

Glosses, glazes, lacquers...I'm a fan of all lip enhancers. Nothing gets me excited like opening up a fresh tube of goop and gliding it all over my pout. I've been in the market for the perfect lip topper for a while now, something that would set off just

the right amount of shine without compromising the colour of my lipstick underneath. Lo and behold, this little guy (finally!) made its way to Sephora Canada and into my heart. Jouer bestows twinkling shine without a (gross) chunky feeling. Loaded with nourishing wonders like vitamin E and jojoba and coconut oils, it also delivers deep hydration (because nothing cramps a lip look quite like flakes and cracks). My initial reaction upon twisting the cap off was "Yumi!" The sweet vanilla scent brought me back to my Lip Smacker days, when I spent half the time applying my balm and the other half sniffing it.

Okay, so how does it wear? Like a bedazzled early aughts dream, I'll have you know. I'm talking dazzling glimmer with none of the grit, i.e., you can't feel the actual flecks of glitter at all. I tried the rose gold shade and quickly became infatuated with its pretty pink radiance. I've gone right back to my Lip Smacker ways, compulsively slicking this on and sneaking in the occasional whiff. I may or may not have the other shades sitting in my shopping cart.

## You, even better

Reveal a flawless complexion (now and later!) with a nifty foundation that comes in 56 shades. Powered by skincare, it actually evens out your skin tone over time. The future is looking bright. Previewing at Sephora.



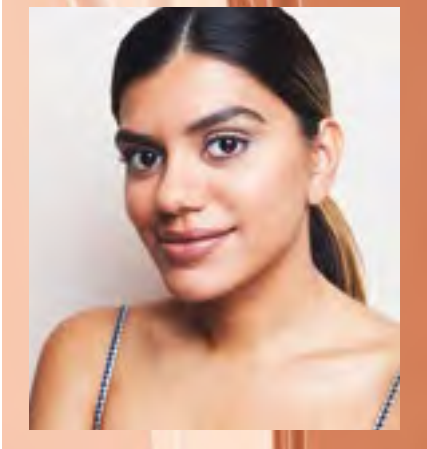
### MEET GLORIA

**Perfect match:** Even Better Makeup SPF 15 in Buff  
**Pro tip:** Build your glow from within by prepping your complexion with Clarifying Lotion Twice a Day Exfoliator.

ON GLORIA: EVEN BETTER MAKEUP SPF 15 IN BUFF, BEYOND PERFECTING SUPER CONCEALER IN MEDIUM #20, ALL ABOUT SHADOW PALETTE - BEST OF BLACK HONEY (SEPHORA EXCLUSIVE), DRAMATICALLY DIFFERENT LIPSTICK IN CANOODLE (NEW)

**MEET POONAM**  
**Perfect match:** Even Better Makeup SPF 15 in Natty  
**Pro tip:** The vitamin C in Even Better gradually fades dark spots, age spots and acne scars.

ON POONAM: EVEN BETTER MAKEUP SPF 15 IN NATTY, BEYOND PERFECTING SUPER CONCEALER IN MEDIUM #20, ALL ABOUT SHADOW PALETTE - BEST OF BLACK HONEY (SEPHORA EXCLUSIVE), DRAMATICALLY DIFFERENT LIPSTICK IN CANOODLE (NEW)



### MEET JHONELLE

**Perfect match:** Even Better Makeup SPF 15 in Spice  
**Pro tip:** Once you've used Even Better's non-streaking formula to create a flawless canvas, all you need is a striking swipe of Pop Splash Lipgloss.

ON JHONELLE: EVEN BETTER MAKEUP SPF 15 IN SPICE, ALL ABOUT SHADOW PALETTE - BEST OF BLACK HONEY (SEPHORA EXCLUSIVE), POP SPLASH LIPGLOSS + HYDRATION IN LATTE POP AND ESPRESSO POP



No parabens. No phthalates. No fragrance. Just happy skin.

Even Better Makeup SPF 15 is available in a whopping 56 shades to suit 99.5% of all skin tones. Your own perfect match awaits! CLINIQUE EVEN BETTER MAKEUP SPF 15, \$37. PREVIEWING AT SEPHORA AND CLINIQUE.CA





# FALL BRA REPORT

Since every woman’s body is uniquely beautiful, every woman needs something different from her bra. Hudson’s Bay is the ultimate destination for bras that (actually) work for every body type. Embracing your shape starts here

## THE BRA: T-SHIRT EASE

We all know we walk a little taller and smile a little brighter when we’re confident that we look just the way we want to. The simple yet essential T-shirt bra creates the foundation for that feeling. The right T-shirt bra is the key to elevating a casual-chic look. Smooth and supportive for every shape and size, these bras are the reliable “best friend” of your undergarment collection.

ABOVE FROM LEFT: NEW AND EXCLUSIVELY OURS: Vanity Fair Beauty Back full-coverage bra for a smooth back with unique 4-way stretch for a sleek look. SIZES 36B-42DDD, \$46

Wacoal Basic Beauty contour bra, seamless with lightweight spacer fabric. SIZES 32C-40G, \$76

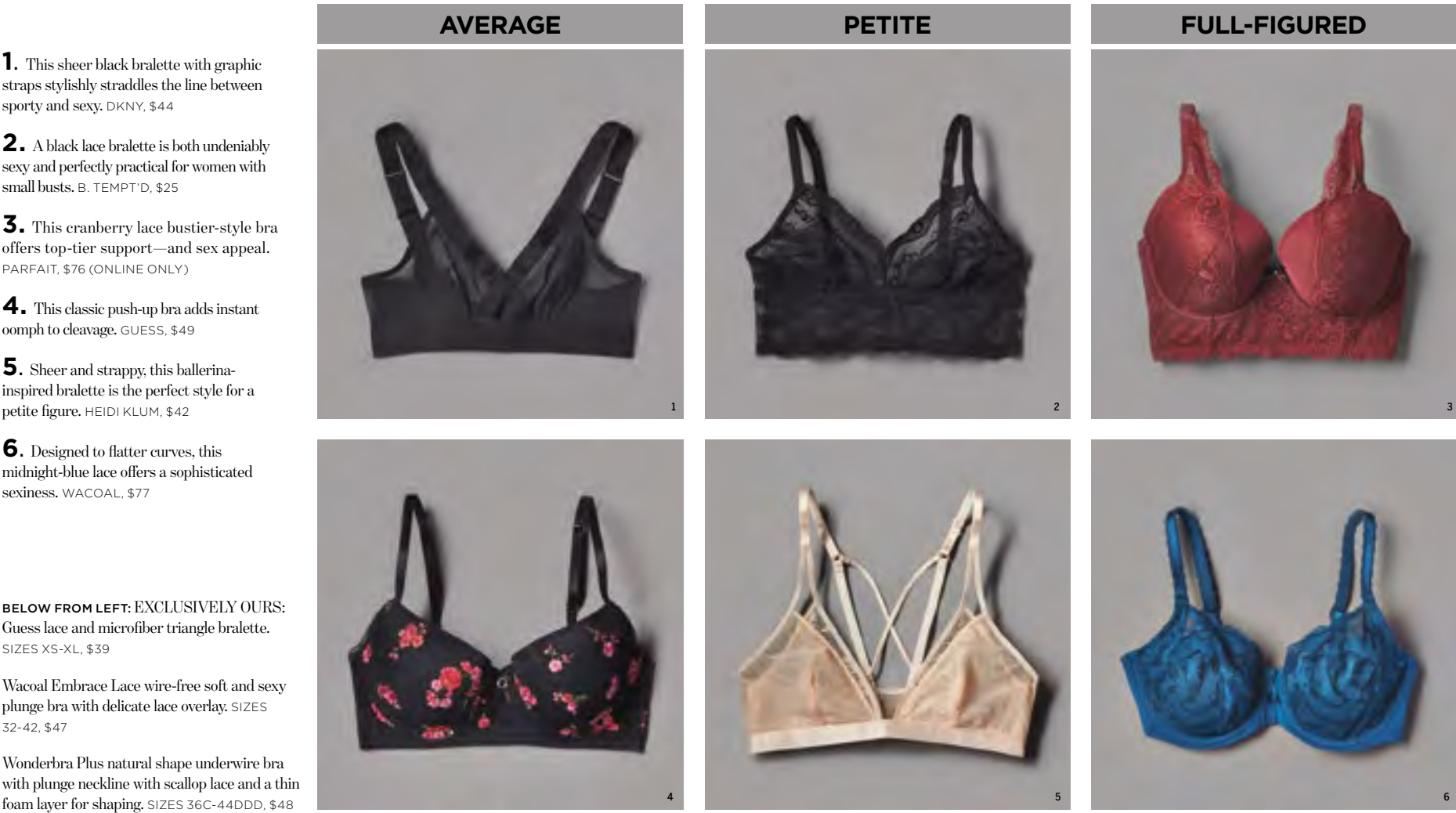
Triumph moulded soft cup: Tailored and non-wired, this bra provides a natural shape. 32A-40B, \$38

- 1. It’s always sunny skies in this icy blue bra with lace accents. Bonus: The cup shape makes it a perfect partner for a for V-neck tee. MAIDENFORM, \$47
- 2. The daring scoop on this structured bra with full-coverage cups adds a racy touch. B. TEMPT’D, \$55
- 3. Perfect for fuller figures, this bra has genius extra fabric on the sides for a seamless finish. BALI, \$50
- 4. Simple doesn’t need to mean boring—for evidence, see this cranberry-coloured bra with pretty floral details. WONDERBRA, \$29.99
- 5. Delicate lace details and a blush hue make this bra a cut above on the fashion front. WACOAL, \$65
- 6. This black seamless bra has beautiful shape and lift to keep curves in all the right places. WONDERBRA, \$46



## THE BRA: SEXY CHIC

Sexy can *look* a lot of ways, but it starts and ends with how you feel. Whether it’s meant to be glimpsed as part of your outfit, shown off to your date or worn just for yourself, a sexy bra helps imbue you with that extra-special confidence. Find your perfect sheer bralette or classic push-up, and go forth to take on the world





# Make it ultra luxury

Nancy Won reports from Dubai, the surreal new style capital

It's just past midnight and I'm standing at the bar with a girlfriend, finishing our martinis when, right on cue, a server appears with a fresh tray of champagne. As we sip, the server glances down at my friend's feet. "I like your socks!" he says. The three of us stare down at her woolen striped reading socks. "Thank you!" she laughs. "I never fly without them!"

Clearly this isn't some swish cocktail bar or hip art party. No, tonight we're taking our Dom Pérignon at 35,000 feet, aboard a 13-hour Emirates flight from Toronto to Dubai. My friend and I have, for the time being, abandoned our cushy (fully reclining!) business class seats to indulge in unlimited champers in the onboard lounge because... well, unlimited champers! To say that we're unaccustomed to this kind of VIP flying would be an understatement (hi, we're both freelance writers), so on one hand, we're being shameless about our champagne-soaked selfies game, but on the other, this level of pampering seems almost appropriate given our destination's ultra luxe rep.

It's hard to believe that 50 years ago Dubai was a small cluster of settlements along the Dubai Creek. And then oil happened. The ruler at the time, Sheikh Rashid, was clever—he recognized that oil eventually runs out. So he invested the revenue back into the city. His big idea: transform Dubai into an irresistible playground for the world's elite to keep the cash flowing long after the oil taps out. Today, modern-day Dubai—all futuristic skyscrapers glinting in the desert sun—is the largest city in the United Arab Emirates, one of the most exciting luxury markets globally and among the top 10 high-end travel destinations in the world. Not too shabby for a tiny strip of desert that was little more than a tumbleweed town less than a generation ago.

When our plane lands in Dubai, we are eager for our first look at the famous City of Gold. It's impossible not to notice the countless cranes criss-crossing the sunset sky. Our hotel is located in the still-developing Culture Village district, which, compared to the ultra modern neighbourhoods of Emirates Hills, Dubai Marina and downtown, is a dusty construction zone. But I'm



Just 50 years ago, the glittering metropolis of Dubai was merely a dusty strip of desert towns.

not complaining—we're staying at the five-star Palazzo Versace, which is a straight-up palace. A jaw-dropping 1,400,000-square-foot estate, the Palazzo looks like it could have been plucked directly from Renaissance Florence. Alas, nothing comes easily. The hotel opened in grand fashion in November 2016 (Donatella threw a glamorous bash attended by top models and royals), but the project had actually been delayed for eight years thanks largely to the 2008 recession. Like every luxury market, Dubai was hit hard. Construction ground to a halt, projects were abandoned and the once flush emirate had to turn to neighbouring Abu Dhabi for a \$20 billion bailout.

But never write off a city famous for rising out of the desert in the blink of an eye. The opening of the gloriously OTT Palazzo Versace, in all its filigreed opulence, is obviously a good sign. The World, an ambitious man-made archipelago of 300 private islands arranged in the shape of a world map, is back in business after lying dormant for nearly a decade (apparently Lindsay Lohan is designing her own island). Then there's Expo Dubai 2020: Set to open on October 20, 2020, the epic world fair is expected to draw up to 100 million visitors to the region and boost the economy by nearly \$40 billion.

The global personal luxury sector is showing signs of recovery as well, expected to reach \$420-428 billion this year according to Bain & Company's spring 2018 luxury update. The number one factor is the Chinese consumer, but a close second is the so-called "millennialization" of luxury,

which focuses on a younger customer, technology and mobile shopping. And while the Middle East isn't on the tear that China is (rising rent, high education costs and the new VAT tax have kept growth at a steady 2 per cent,) the U.A.E. does have one of the largest young populations in the world—who are richer and savvier than their global counterparts.

Net-a-Porter recently announced plans to launch in the Middle East with an Arabic language site and shiny, new Dubai-based distribution centre by the end of 2019. According to Alison Loehnis, president of Net-a-Porter and Mr Porter, in an interview with WWD, the region represents 7 per cent of the e-tailer's business and boasts a higher per cent of EIPs (extremely important people) than the rest of the world. It will be the fourth global distribution centre for the Yoox Net-a-Porter Group after London, New York and Hong Kong.

Amina Mohamed, a Canadian PR rep who moved to Dubai from Toronto in 2015 and is head of communications for a major luxury retailer, says that the pace of growth, even post-recession, has been impressive. "The whole city has transformed," she says. "There are so many malls that didn't exist before, all the major fashion houses have set up shop." And they're all competing for the attention of the region's affluent elite. "When I got here, I was astonished at how people consume luxury," says Mohamed. "The purchasing power is insane, not only with the local community but tourists as well. Dubai is a huge hot spot for people coming from all over just to shop." I witness this truth

during a visit to the truly enormous Dubai Mall. At first glance the throngs of shoppers don't look particularly glamorous—locals in workout clothes, parents pushing strollers, streetwear-obsessed millennials travelling in packs, tourists dressed like tourists—but on closer inspection every single person is lugging multiple shopping bags from the likes of Chanel, Louis Vuitton and Burberry. Everyone is here to spend.

As Dubai gears up for another potential boom, the international community will be carefully watching how the government handles social issues and human rights concerns, particularly those pertaining to the estimated 250,000 foreign workers who represent the massive labour force required to build a modern-day Shangri-La. Over the past four years, the U.A.E. has issued a series of decrees designed to protect migrant workers, including protection from contract substitution (where workers receive lower wages than they were promised which has led to forced labour in the past), and new laws that make it easier for workers to change employers.

In 2016, the U.A.E. also appointed its first Minister of State for Happiness. Ohoud Al Roumi is one of nine female ministers in the country's 31-member cabinet, and is responsible for programs and policies to achieve a happier society for all residents, not just the 1 per cent. Happiness may not be easy to measure, but according to the 2018 World Happiness Report, the U.A.E. ranks 20th among countries for overall happiness and 19th when it comes to the happiness of foreign-born residents (beating out the United Kingdom, Japan and France).

"Life here is a lot more relaxed," Mohamed tells me. "When I think about Toronto, I remember it being super hectic and spending a lot of time stuck in traffic. In Dubai, even though there's a lot going on, it's a much slower pace and better quality of life." It's an interesting point, especially in the context of luxury. Because, unlimited champers aside, doesn't true luxury have more to do with peace of mind than it does dollars and cents?

"I want Dubai to be number one," the city's current ruler, Sheikh Mohammed (Rashid's son) famously said in 2007. "Not in the region, but in the world. Number one in everything: high education, health, and housing." Those are big dreams for a city as young as Dubai, but as we drive across the massive concrete highway that stretches over the original tiny Dubai Creek, skyscrapers reaching into the sky behind us, I think, for a second, that this town might actually do it. I hope it does. I'll take that kind of luxury over bubbly any day.

*Travel and accommodations for Nancy Won were provided by Emirates. Emirates did not review or approve this story.*



## Talk shop

As bricks-and-mortar biz decelerates, these innovators aim to shake up the consumer experience—and disrupt the entire retail game

BY JILLIAN VIEIRA | PHOTOGRAPHY BY LUIS MORA

### MEJURI

Think of fine jewellery as a special occasion, man-gifting-you-a-delicate-box kind of transaction? With the money and buying decisions firmly in women's hands, this old cliché just doesn't resonate anymore. Enter Mejuri: a Toronto-based jewellery brand that's cut out the middlemen to create dainty pieces you can actually afford. "When we approached this business, I was really thinking of what the supply chain looks like," says Noura Sakkiha, a third-generation jeweller and Mejuri's co-founder. "It doesn't sound super sexy, but it's one of the things that empowers us to be gutsy." And bold they've been: Re-evaluating the traditional model has meant passing on mega savings to the buyer (we're talking \$62 for a pair of solid gold hoops) and a swiftness that allows them to be responsive to the trends. A design concept becomes a reality—as in, a ready-to-be-sold style—in just four weeks. "Going direct to consumer is not just about cost," says Sakkiha. "It's about understanding the consumer, their relationships and really personalizing the experience for them." And shoppers are responding: In just a few years, what was a dot-com shop and a single showroom in Toronto has amassed fans across the world and an Instagram following nearing 250K.

CLOCKWISE FROM TOP LEFT: MEJURI NECKLACE, \$279; EARRINGS, \$146; BRACELET, \$215; EARRINGS, \$171; RING, \$75. MEJURI.COM



### PUBLIC GOODS

Consider this the Costco model for the green beauty set. A reasonable yearly membership fee lets you in on a myriad of clean home and personal products for much less. The range of "obsessively formulated" goods covers everything from bar soap and bath mats to tree-free toilet paper and dental floss. And unlike their drugstore counterparts whose flashy packaging is meant to jump off shelves, Public Goods' smart, minimal branding aims to blend in and complement your home.

PUBLIC GOODS ARGAN OIL, \$12; LAUNDRY DETERGENT PODS, \$9; TOOTHPASTE, \$6. (ALL WITH \$75 YEARLY MEMBERSHIP); PUBLICGOODS.COM



### FAME AND PARTNERS

This custom eveningwear brand is proving that, even in the Amazon Prime age, shoppers are willing to exercise a bit of patience if it means scoring exactly what they're looking for. Eschewing steep prices and the notion that a bridesmaid dress has to be a one-time wear, Fame and Partners lets you completely customize occasion wear top to bottom. Hoping for a jumpsuit with a more tapered leg that cuts off at the ankle? What about an added capelet or sweetheart neckline? In one order, you can switch up the fabric, the sleeves and the silhouette to your liking, with the final piece arriving in about six weeks.

FAME AND PARTNERS JUMPSUIT AND DRESS, STARTING AT \$270 EACH; FAMEANDPARTNERS.COM





ULLA JOHNSON

1



# Hair trend report

Get a head start on fall with sparkling colour, the style of the season and a game-changing beauty breakthrough

BY KATHERINE LALANCETTE

## Dream weaver

Brush up on your braiding skills, the must-try look this season. From breezy, bohemian creations to sleek modernist styles, a plethora of plaits made their way down the fall runways. There were intricate woven updos like the goddess-like chignons paired with gold-leafed lids at Ulla Johnson, and fun, rockabilly braided buns at Naeem Khan. Minimalists like Jil Sander, Alexander McQueen and Negris LeBrum took a sculptural approach, nixing any sign of frizz for graphic impact. Bottom line: Whether you're into pared-down polish or yearning for a Grecian moment, there's a braid for that this season.



## Time traveller

A revolutionary product vows to turn the clock back on grey hair. We asked Christelle Fogelgesang, Phyto's director of scientific communication, to walk us through the future

**What is Phyto RE30?** "It's the first product to repigment hair at the root. It's not hair colour, but rather a treatment that stimulates hair's natural repigmentation."  
**How does it work?** "The RE30 peptide reactivates melanin [the substance that gives hair its colour] production and protects against future loss of pigment. Purple tulip extract restructures the hair fibre to make it stronger and more supple."  
**How long does it take?** "A study showed a repigmentation of 38 per cent of grey hair after three months of use. Recommended usage consists of eight sprays a day applied on a dry or wet scalp."  
**How did this discovery come about?** "After six years of research, we found the most potent anti-grey-hair peptide. To do this, we screened and tested 76 of them."  
**PHYTO PARIS PHYTO RE30, \$59, PHYTO-CANADA.CA**



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5

### 1. THE RETRO BRAID

Keep prairie-girl plaits smooth by running leave-in cream through damp hair before styling.

**AMIKA FIRST BASE MOISTURIZING STYLING CREAM, \$33, LOVEAMIKA.COM**

### 2. THE BRAIDED UPDO

Reams of braids meet the retro pompadour, proving that, sometimes, more is more. Secure this style with firm-hold hair spray.

**REDKEN FORCEFUL 23, \$20, SHOPPERS-DRUGMART.CA**

### 3. THE ACCENT BRAID

Who ever thought pigtails could look this cool? A lightweight smoothing oil provides the perfect foundation for this edgy hairstyle.

**OUAI HAIR OIL, \$35, SEPHORA.CA**

### 4. THE FISHTAIL BRAID

Tied up with a dainty ribbon, a fishtail is the height of romance. Mist your lengths with texture spray for ethereal wispieness.

**HAIR RITUEL BY SISLEY PARIS VOLUMIZING SPRAY, \$110, HOLTRENFREW.COM**

### 5. THE SLICKED PLAIT

Polish your strands with a dollop of high-gloss wax before creating a quirky off-kilter plait à la Jil Sander.

**ORIBE STAR GLOW STYLING WAX, \$58, NORD-STROM.COM**



Clockwise from left: Lorri Goddard's A-list clientele includes Reese Witherspoon, Emmy Rossum, Chloë Grace Moretz and Mary Kate and Ashley Olsen.

## Dye heart

Lorri Goddard is an alchemist. If you spot shimmering strands of gold on a red carpet, chances are they were her doing. Many of Hollywood's most fabled blondes (think Reese, Rosie, Charlize, Mary-Kate and Ashley, etc.) entrust their tresses to her distinct brand of magic because Goddard specializes in the kind of lived-in colour that naturally evokes time spent frolicking on sandy beaches. "I like to look at nature and paintings to get inspired," she says. "I study the way light is reflected and shows different layers of colour." We caught up with MoroccanOil's celebrity colourist to chat about her signature layering technique and her tricks to achieving the most natural-looking colour.

**You're known as the queen of bleach. Can you share your best blonde secrets?** "It's a matter of layering and designing the colour for the person involved. If you look at those hues, you see different subtle baby-blond moments, and subtle honeys. I believe there isn't a skin tone that cannot have at least a taste of honey, whether it's a few highlights around the face, or for lighter hues, a few lowlights around the ear or back area just to give a little flavour."  
**You also have some stunning brunette clients like Emmy Rossum and Rachel Bilson. What are your top tips for brown hair?** "For so many years, we've been programmed to have the same colour [all over], but that's not a natural brunette. I like to look at a four-year-old girl's hair in the summertime on a lake. It's hair that's being slightly exposed to the elements, and that creates layers of colour. No colour is completely one colour. Layering

tones is what creates a beautiful, natural look."

**What about really dark hair?** "Inky, dark brunette to cover grey is something I think women should stay away from. When people are trying to keep red out of their hair, a lot of times the colour will continue to go darker or ashier. It's a very unnatural and unflattering look. A few little lighter threads around the face with a really dark gloss will give you not necessarily a highlight but a 'shine light.'"

**Are there any looks we should avoid?** "Severe ombre. It was so fun for a while, but it's definitely not a fresh look anymore. To transition to a modern look, I do something I call a 'draft light.' It's a very fine intro to the highlight that's not quite to the scalp and is very childlike. It goes a bit thicker towards the bottom, so there's still a beautiful ombre highlight but it doesn't feel so half and half. It really blends it out nicely."

**How do you recommend maintaining hair's health and tone after colouring?** "MoroccanOil, with their Color Continue line, has devised a super-amazing pH-balanced shampoo. pH is a very important factor with hair colour. If you have water or shampoos that are alkaline, it depletes the colour completely. And one of my other favourites [from the line] is the Protect & Prevent Spray because it has UV protection, and we all know the sun affects the way hair colour lasts."



**MOROCCANOIL COLOR CONTINUE SHAMPOO, \$30, PROTECT & PREVENT SPRAY, \$35, MOROCCANOIL.CA**



THE KIT X CLOVERDALE MALL

# RELISH The Foodie Event

Come to Cloverdale Mall for a two-day celebration of all things food. Shop for organic produce, see celeb chefs prepare signature recipes, and eat—and eat—fabulous food truck delights.



FEASTO



BUSTER'S SEA COVE



FUNNEL CAKE DREAM



KATHI ROLL EXPRESS



THE AREPA REPUBLIC



LOS VIETNAMITA



APA'S KITCHEN



JERK BROTHERS



CRÊPE STREET



MELTDOWN CHEESERY

## FEATURED FOOD TRUCKS:

**Meltdown Cheesery:** Gourmet grilled cheese sandwiches and mac and cheese.

**FeasTO:** Handmade dumplings and Asian-inspired snacks.

**The Arepa Republic:** Venezuelan arepas, grilled corn flatbread filled with options like chicken, fish, beef, pork, avocado, black beans, cheese and sweet plantain. (Sunday only)

**The Kathi Roll Express:** Globally-influenced Indian street food. (Sunday only)

**Jerk Brothers:** Authentic Caribbean cuisine: jerk chicken, oxtail, beef patties.

**Apa's Kitchen:** Asian fusion cuisine, from burritos to baos.

**Buster's Sea Cove:** An array of seafood: fish tacos, seafood rolls.

**Funnel Cake Dream:** Funnel cake desserts, topped just the way you like them.

**Los Vietnamita:** Mexican and Vietnamese fusion.

**Crêpe Street:** Sweet and savoury crepes, plus a variety of milkshakes. (Sunday only)

## TASTEMAKERS MARKET



**Thorpe's Organic Market:** A fourth-generation market gardener who has been farming organically for more than 20 years.

**TK Preserves:** Small-batch local and seasonal pickled vegetables and fruit preserves.

**Nourished Roots Market Garden:** A micro farm located north of Acton that never uses chemical pesticides or fertilizers. (Sunday only)



## GOURMET GALLERY

Check out fun food-themed art from Etsy vendors



THETOPHATCAT ▲



PLANETSLUSHY ▲



RENEELEIGH ▲



## Food fun!

At Metro's **Food, Baby** station kids can create fun and healthy snacks with fresh ingredients. Getting kids to eat healthy snacks is a daily parenting challenge, but these easy treats will get kids excited to repeat them at home.

\*Activity may not be exactly as shown

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## MEET THE CHEFS



### ANNA OLSON

Anna Olson is a pastry chef, cookbook author and host of *Bake with Anna Olson* on Food Network Canada

**Q What are you most excited about for this event?**

**A** I love connecting with people around food. In addition to sharing my recipes, I look forward to tasting other dishes!

**Q What's your all-time favourite dish to make for your family?**

**A** It really depends on the time of year, because I love to cook with the seasons. So this time of year, I love making fruit pies.

**Q When did you know you wanted to be a chef?**

**A** While I grew up loving cooking and baking, it wasn't until after a brief career in baking that I realized I could become a chef.

**Q What's your best advice for nervous cooks?**

**A** Time and patience are your friends. Most mistakes in cooking and baking happen when you rush. Slow down, put on your favourite playlist and find your 'happy place.'

**Q What is your ultimate comfort food?**

**A** My decadent secret indulgence is movie theatre popcorn, extra butter.



### MASSIMO CAPRA

Massimo Capra is a restaurateur, cookbook author and frequent food TV guest

**Q What are you most excited about for this event?**

**A** It's great to see what's happening in the culinary world, speaking to people about food.

**Q What's your all-time favourite dish to make for your family?**

**A** Rabbit in sauce.

**Q When did you know you wanted to be a chef?**

**A** At the early age of 15.

**Q What's your best advice for nervous cooks?**

**A** Relax, you'll get the chance to mess up again tomorrow!

**Q What is your ultimate comfort food?**

**A** Chicken dumpling soup.

### Anna's Spinach, Mushroom and Parmesan Squares

1tbsp (15 mL) extra virgin olive oil  
1/2 lb (225 g) sliced cremini or button mushrooms  
1/2 cup (50 g) finely diced shallot (or 1/2 medium onion)  
2 cloves garlic  
2tbsp (30 mL) dry white vermouth  
1tsp dried oregano  
4 oz (125 g) cream cheese, at room temperature, cut in cubes  
3/4 cup (175 mL) sour cream  
3/4 cup (75 g) grated parmesan cheese  
1/2 cup (65 g) dry breadcrumbs  
2 large eggs  
1 large egg yolk  
1/4 tsp fine sea salt  
1/4 tsp black pepper  
1/4 tsp ground nutmeg  
1 pkg (300 g) frozen chopped spinach, thawed

1. Preheat the oven to 350F (180C). Lightly grease and line the bottom and sides of an 8-inch (20 cm) square pan with parchment paper.  
2. Heat a medium sauté pan over medium-heat and add the oil, followed by the mushrooms and shallots (or onions). Sauté until any liquid has evaporated, about 8 minutes. Stir in the garlic, vermouth and oregano and continue to stir until the vermouth has evaporated, about 2 more minutes. Remove from heat.

3. In a large mixing bowl, beat the cream cheese by hand to soften it and then beat in the sour cream (you can switch to whisk here to make sure it's completely smooth). Stir in the parmesan, breadcrumbs, eggs, egg yolk, salt, pepper and nutmeg until evenly combined.

4. Drain the thawed spinach and squeeze out any excess liquid. Add to the cream cheese mixture and stir well, breaking up the spinach to make sure it is well blended (it can be dense after squeezing). Stir in the mushroom mixture and spoon into the prepared pan, spreading to level it.

5. Bake for about 30 minutes, until the centre springs back when gently pressed. Let cool in the pan on a wire rack for at least 20 minutes before slicing to serve. Serve warm or at room temperature.

### Massimo's Tuna & White Bean Salad

1 1/2 cups white cannellini (kidney) beans  
6 tbsps (90 mL) olive oil  
2 tbsps (30 mL) red wine vinegar  
1 red onion, thinly sliced  
1 cup cherry tomatoes, halved  
1 cup (50 g) diced cucumber  
2 tbsps parsley, chopped

Salad Dressing  
6 tbsps (90 mL) olive oil  
2 tbsps (30 mL) red wine vinegar  
salt and pepper to taste

1. Place the red wine vinegar and olive oil in a small jar with a lid. Season well with salt and pepper.

2. Shake to combine the ingredients and set aside.

3. Place the tomatoes, parsley, onions and cucumber into a bowl. Add tuna and beans to mixture.

4. Stir thoroughly to combine and pour over the dressing.

5. Gently toss everything together. Stir the salad gently as the beans will break up if you are too vigorous.

6. Serve and enjoy!

## RELISH EVENTS

### When/Where

**Saturday, September 29 and Sunday, September 30**

From 11 a.m. to 7 p.m. daily. North parking lot at Cloverdale Mall, 250 The East Mall. Free admission. Rain or shine.

### Celebrity Chef Food Demonstrations and Meet & Greets

#### Anna Olson—September 29

Featured recipe demonstrations:  
11:30 a.m. Spinach Mushroom and Parmesan Squares  
2 p.m. Carrot Cake Sandwich Cookies

#### Massimo Capra—September 30

Featured recipe demonstrations:  
11:30 a.m. Tuna and White Bean Salad  
2 p.m. Cavatelli with Salsiccia

### Indulge in the finest food truck fare

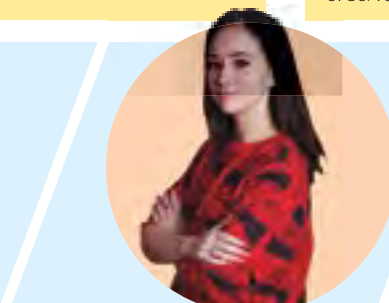
Meltdown Cheesery  
FeasTO  
Jerk Brothers  
Apa's Kitchen  
Buster's Sea Cove  
Funnel Cake Dream  
Los Vietnamita



The Arepa Republic  
The Kathi Roll Express  
Crêpe Street  
and our Tastemakers Market vendors including Nourished Roots Market Garden, TK Preserves and Thorpe's Organic Market



Explore our Gourmet Gallery



Enjoy the tunes of DJ Josephine Cruz a.k.a. JAYEMKAYEM

### metro

#### Food, Baby

Kids activity sponsored by Metro #cloverdalekidz



# Choose life

Jodi Isenberg was 350 pounds, a diabetic and a smoker. The future looked bleak. Then she made a decision that changed everything

I'll be 50 in less than six months. But on Sept. 5, 2013, I was reborn. That was the day I chose to live. That was the day I had gastric bypass surgery.

I've been a food addict since I was a child. Carbs, sugar and fat were my diet staples. I also loved to eat in volume, in secret. A box of Kraft Dinner is supposed to serve four people? I'd polish it off on my own, alone. I thought nothing of eating a Double Big Mac, the biggest fries I could get my hands on and apple pie, at midnight. Food was my friend. It never, ever let me down. But in my 40s, it was letting my body down. At 44, I was 350 pounds and a Type-1 diabetic on insulin. I was winded all the time, completely sedentary, and I was scared I was going to die.

Then, one afternoon six years ago, I bent over to pick up an earring I dropped on my bedroom floor, and felt a twinge. When the pain came, it was unbearable. An emergency MRI determined I had herniated three discs in my back and pinched two nerves in my leg, which caused permanent nerve damage in my right foot. I spent three weeks in bed.

That was my wake-up call. If the extra weight hadn't created my back issues, it certainly wasn't helping me recover. My family doctor asked me if I wanted to do "the surgery"—a gastric bypass (otherwise known as bariatric surgery), in which a small pouch is inserted into your existing stomach, which then is connected to your small intestine, bypassing most of your stomach, restricting the amount of food you can eat in one sitting. After countless failed diets, thousands spent on weight-loss programs that never worked for me and fighting the pressure to have a "normal" figure, I gave in and took the

"I keep a picture of myself from five years ago on my fridge to remind myself of how far I've come."

Within a few months, I became a patient of the Ontario Bariatric Network and I've never looked back. The day I met my surgeon, I quit smoking (on his advice) and I got my butt to every appointment in the year leading up to the procedure. I promised

myself that I would take every bit of help offered in order to be successful in this journey, both pre- and post-surgery.

And I'm proud to say I have. Over two years, I lost 150 pounds, and I've kept it off. I've gone through about five entire wardrobe overhauls—now, I'm able to wear clothes in styles I never thought I'd ever fit into, and I can wear my hair shorter now that my face isn't as full. I still catch my silhouette as I pass a mirror and wonder who that person staring back at me is. I started to do Aquafit regularly a year ago, the final piece I needed to add to my post-surgery life. Now, three times a week, I bounce around in the water, loving how it helps me move my body and keep my heart healthy. Am I afraid

of wearing a bathing suit in public, with my Jell-O arms and excess skin that people can see when I step out on the pool deck? No way. I've earned those battle scars.

I forget that some people didn't know me before my body changed, so I'm still amused when I share my story and people say, "You would never know." The weight came off well, lucky me. But sometimes people tell me, "I know someone who had that surgery and they gained all their weight back." My response is, "Then they must have not done the work needed to succeed." The bariatric program is designed so amazingly well that you're given all of the tools you need to do your best. But re-routing your insides can't fix your mind. There's no magic to weight loss; if you want to take weight off—any weight—it takes work. I work hard at keeping my weight off every single day. I keep a picture of myself from five years ago on my fridge, to remind myself of how far I've



come, and to remember that that person, the bigger version, is always inside me. The surgery is a major, life-changing commitment, and it takes tremendous discipline to be successful. But trust me when I tell you, it was worth it. Worth giving up cookies, cake, chocolate, ice cream, croissants, Diet Coke, smoking, alcohol—all of it.

Before my surgery, I could see my future: me, morbidly obese, with massive health issues, unable to move, and my poor husband pushing me around in a wheelchair. I actually didn't think I'd even get to see my 50th birthday. Now, I wake up every day excited to see where this journey will take me. It was the best decision I could have ever made for myself.

I chose to live. To live my best life. So, hey, 50... bring it on. I'm ready.



## The sweetest royal meet-cutes

Inspired by the return of the rom-com, we rounded up the top six most romantic royal couple beginnings

BY SARAH LAING

### THE ROYAL COUPLE WHO MET ON A BLIND DATE

Prince Harry and Meghan Markle

How did Prince Harry and Meghan Markle meet? It was a set-up! (The non-catfish kind, FYI). While the couple have never revealed the identity of the "secret friend" who connected them in 2016, *E!* News confirmed that it was Violet von Westenholz. Von Westenholz is a long-time member of the prince's inner circle, and she and Markle met via their mutual involvement with Ralph Lauren. After announcing their engagement in November 2017, His Highness famously told the BBC that he had never heard of her when he and Markle met up for their blind date in the summer of 2016, and Markle said she "didn't know much about him." The rest, of course, is Givenchy-clad royal wedding history.

### THE ROYAL COUPLE WHO MET WHEN HE WAS HER TRAINER

Princess Victoria and Prince Daniel

The heir to the Swedish throne met her now husband when a friend suggested she join his gym. According to *Hello!*, regular dude Daniel Westling became Princess Victoria's personal trainer (for at least one session) in the spring of 2002, and they were first pictured kissing that summer. They were married a few years later and now have two children together.



### THE ROYAL COUPLE WHO MET WHEN SHE WAS HIS TOUR GUIDE

Prince Christian of Hanover and Alessandra De Osma

Everyone loves a vacation romance, and the royals are no exception: Prince Christian of Hanover just married a Peruvian woman he first met when she was his tour guide in Lima. The German prince met Alessandra de Osma, also a lawyer, when he was visiting Peru in 2005, but the couple didn't begin dating until 2014. They actually had their wedding ceremony in Lima shortly before Harkle's big day earlier this year.

### THE ROYAL COUPLE WHO MET IN A BAR

Prince Frederik of Denmark and Princess Mary

Back in 2000, an Australian woman named Mary Donaldson had her fortune read in Sydney. "You will meet a foreign man and become a star," the tarot reader told her. Two weeks later, Donaldson skipped a farewell party and instead went to a bar packed with Olympic revellers. A man claiming to be on the Danish Olympic team chatted her up, and they ended up talking until 4 a.m. That man was Prince Frederik of Denmark. He and Princess Mary are now married with four children.



### THE ROYAL COUPLE WHO MET AT SCHOOL

Prince William and Kate Middleton

You've seen the Lifetime movie, so you know that Will and Kate met at university. Or did they? According to royal biographer Katie Nicholl, the couple may have actually met via mutual friends *before* they attended St Andrews University. Middleton may have been a "commoner" but she did go to one of England's ritziest private schools, and many of her friends moved in royal circles. Either way, it took a while for them to become a couple. According to *Vanity Fair*, Wills used to see Middleton jogging and eventually asked her to join him at his table in the dining hall. Even after that, they both dated other people for most of first year and only became more than friends after the prince saw Middleton modelling in a lingerie runway show. The story goes that he cornered her at the after-party, they kissed, and the rest (plus or minus a breakup along the way) is happily ever after.



### THE ROYAL COUPLE WHO MET IN MONTREAL

Queen Elizabeth's grandson Peter Phillips and Autumn Kelly

When a charming Kelly guy asked for her number at the 2003 Montreal Grand Prix, Autumn Kelly had no idea "Peter" was actually Peter Phillips, grandson of the Queen of England. Five years later, they walked down the aisle of St George's Chapel. The really weird thing? Earlier that same day, she'd accepted a job offer to work in England, anyway, so they never even had to be long-distance. As Phillips has said of their relationship: "It was fate."

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### The black boot

Ankle boots and autumn are the sartorial equivalent of sheet masks and Sunday night: an essential pairing. Consider these pillowy soft flat and heeled options your day-to-evening combo.

**LEFT:** FRANCO SARTO HARMONA, \$195  
**RIGHT:** FRANCO SARTO NEWTON, \$150



### Style spotlight

## Franco Sarto

Franco Sarto boasts a sensibility that is both aspirational and approachable—words that apply equally well to the brand's eponymous founder. The experience of wearing these shoes is like slipping on a piece of Italy—and (bonus!) their perfect fit makes them ideal for navigating cobblestones.

### The pointy toe flat

The cool girl shoe earns extra fashion mileage with a subtle metallic heel and a high walkability score for its cushioned comfort.

**BOTH:** FRANCO SARTO STARLAND, \$130 EACH



### The statement flat

A twist on the party shoe: This trendy trio pairs perfectly with any LBD—and its practical heel height means you can rule the dance floor long past midnight.

**LEFT:** FRANCO SARTO VINCENZA, \$130 **MIDDLE:** FRANCO SARTO SAVANNE, \$130 **RIGHT:** FRANCO SARTO SAVANNE 2, \$140



# HUDSON'S BAY

## Your fall shopping list

The new fashion season calls for shoes that pull double-duty: Divine to look at and delightful to wear. Let's hear it for comfortable shoes that attract double takes, like this chic selection from Clarks

### The Western boot

Bring one of the runway's hottest trends to life with these supremely wearable boots imbued with cowboy cool. Chunky stacked heels offer balance; innovative impact-absorbing footbeds provide outstanding support; and inside zippers guarantee a perfect fit.

**TOP:** CLARKS COLLECTION VERONA PEACH, \$170. **NEAR RIGHT:** CLARKS COLLECTION ADDIY KARA, \$170. **FAR RIGHT:** CLARKS ARTISON MAYPEARL FAWN, \$170



### The black heel

Meet your closet superhero: walkable ladylike heels with just the right amount of edge. For the office, a low heel dressed up with trendy velvet signals that you're a power player. Turn heads on the weekend with a stylish ankle boot anchored by a sturdy heel.

**LEFT:** CLARKS ARTISAN LINVALE VENA, \$130  
**BOTTOM:** CLARKS ARTISAN CHRYSSA ELLA, \$190



### The Chelsea boot

Harness the power of London cool with the world's most comfortable Chelsea boot. Cushiony soft, these boots epitomize versatility: Wear them with jeans to the pub or with tights and a mini for a night on the town.

**BOTH:** CLARKS COLLECTION NETLEY ELLA, \$180

SHOP THEBAY.COM





# Hair trend report

Get a head start on fall with sparkling colour, the style of the season and a game-changing beauty breakthrough

BY KATHERINE LALANCETTE

## Dream weaver

Brush up on your braiding skills, the must-try look this season. From breezy, bohemian creations to sleek modernist styles, a plethora of plaits made their way down the fall runways. There were intricate woven updos like the goddess-like chignons paired with gold-leafed lids at Ulla Johnson, and fun, rockabilly braided buns at Naeem Khan. Minimalists like Jil Sander, Alexander McQueen and Negris LeBrum took a sculptural approach, nixing any sign of frizz for graphic impact. Bottom line: Whether you're into pared-down polish or yearning for a Grecian moment, there's a braid for that this season.



### 1. THE RETRO BRAID

Keep prairie-girl plaits smooth by running leave-in cream through damp hair before styling.

AMIKA FIRST BASE MOISTURIZING STYLING CREAM, \$33, LOVEAMIKA.COM



## Time traveller

A revolutionary product vows to turn the clock back on grey hair. We asked Christelle Fogelgesang, Phyto's director of scientific communication, to walk us through the future

**What is Phyto RE30?** "It's the first product to repigment hair at the root. It's not hair colour, but rather a treatment that stimulates hair's natural repigmentation."

**How does it work?** "The RE30 peptide reactivates melanin [the substance that gives hair its colour] production and protects against future loss of pigment. Purple tulip extract restructures the hair fibre to make it stronger and more supple."

**How long does it take?** "A study showed a repigmentation of 38 per cent of grey hair after three months of use. Recommended usage consists of eight sprays a day applied on a dry or wet scalp."

**How did this discovery come about?** "After six years of research, we found the most potent anti-grey-hair peptide. To do this, we screened and tested 76 of them."

PHYTO PARIS PHYTO RE30, \$59, PHYTO-CANADA.CA

### 2. THE BRAIDED UPDO

Reams of braids meet the retro pompadour, proving that, sometimes, more is more. Secure this style with firm-hold hair spray.

REDKEN FORCEFUL 23, \$20, SHOPPERS-DRUGMART.CA

### 3. THE ACCENT BRAID

Who ever thought pigtales could look this cool? A light-weight smoothing oil provides the perfect foundation for this edgy hairstyle.

OUAI HAIR OIL, \$35, SEPHORA.CA

### 4. THE FISHTAIL BRAID

Tied up with a dainty ribbon, a fishtail is the height of romance. Mist your lengths with texture spray for ethereal wispiess.

HAIR RITUEL BY SISLEY PARIS VOLUMIZING SPRAY, \$110, HOLTRENFREW.COM

### 5. THE SLICKED PLAIT

Polish your strands with a dollop of high-gloss wax before creating a quirky off-kilter plait à la Jil Sander.

ORIBE STAR GLOW STYLING WAX, \$58, NORDSTROM.COM

NAEEM KHAN



ZIMMERMAN



NEGRIS LEBRUM



JIL SANDER



## Dye heart

Lorri Goddard is an alchemist. If you spot shimmering strands of gold on a red carpet, chances are they were her doing. Many of Hollywood's most fabled blondes (think Reese, Rosie, Charlize, Mary-Kate and Ashley, etc.) entrust their tresses to her distinct brand of magic because Goddard specializes in the kind of lived-in colour that naturally evokes time spent frolicking on sandy beaches. "I like to look at nature and paintings to get inspired," she says. "I study the way light is reflected and shows different layers of colour." We caught up with MoroccanOil's celebrity colourist to chat about her signature layering technique and her tricks to achieving the most natural-looking colour.

**You're known as the queen of bleach. Can you share your best blonde secrets?** "It's a matter of layering and designing the colour for the person involved. If you look at those hues, you see different subtle baby-blond moments, and subtle honeys. I believe there isn't a skin tone that cannot have at least a taste of honey, whether it's a few highlights around the face, or for lighter hues, a few lowlights around the ear or back area just to give a little flavour."

**You also have some stunning brunette clients like Emmy Rossum and Rachel Bilson. What are your top tips for brown hair?** "For so many years, we've been programmed to have the same colour [all over], but that's not a natural brunette. I like to look at a four-year-old girl's hair in the summertime on a lake. It's hair that's being slightly exposed to the elements, and that creates layers of colour. No colour is completely one colour. Layering

tones is what creates a beautiful, natural look."

**What about really dark hair?** "Inky, dark brunette to cover grey is something I think women should stay away from. When people are trying to keep red out of their hair, a lot of times the colour will continue to go darker or ashier. It's a very unnatural and unflattering look. A few little lighter threads around the face with a really dark gloss will give you not necessarily a highlight but a 'shine light.'"

**Are there any looks we should avoid?** "Severe ombré. It was so fun for a while, but it's definitely not a fresh look anymore. To transition to a modern look, I do something I call a 'draft light.' It's a very fine intro to the highlight that's not quite to the scalp and is very childlike. It goes a bit thicker towards the bottom, so there's still a beautiful ombré highlight but it doesn't feel so half and half. It really blends it out nicely."

**How do you recommend maintaining hair's health and tone after colouring?** "MoroccanOil, with their Color Continue line, has devised a super-amazing pH-balanced shampoo. pH is a very important factor with hair colour. If you have water or shampoos that are alkaline, it depletes the colour completely. And one of my other favourites [from the line] is the Protect & Prevent Spray because it has UV protection, and we all know the sun affects the way hair colour lasts."



MOROCCANOIL COLOR CONTINUE SHAMPOO, \$30, PROTECT & PREVENT SPRAY, \$35, MOROCCANOIL.CA



Clockwise from left: Lorri Goddard's A-list clientele includes Reese Witherspoon, Emmy Rossum, Chloë Grace Moretz and Mary Kate and Ashley Olsen.