

THE KIT

Fall shopping report: The dreamiest slip dress, best boots and the \$11 mascara that will blow your mind

All grown up

Sure, a patterned suit is a lot of look. But as our creative director discovers, it's also the perfect fashion shortcut to looking—and feeling—like a total boss

PAGE 4

PHOTOGRAPHY BY KAYLA ROCCA



Practical magic

Do you love the smell of your shampoo? **Rani Sheen** makes the case for obsession-worthy suds

My infatuation with Aveda shampoo scents started with my roommate. We were in our 20s and living four people to a three-bedroom flat in college-land Toronto—things were not luxurious. But a few times a week, usually before we went out to the dive bars, and sometimes with a boy who had a crush on her waiting patiently on the couch, she would spend a full two hours locked in our (communal) bathroom, emerging in a cloud of delectable herby, floral scent that called to mind a dewy meadow at dawn. Her freshly blown-out hair emitted more of it with every flick. It wasn't perfume, it was shampoo, and it was a fragrant revelation.

I soon realized that she was spending big chunks of money (that should have been going to student loan payments) at Aveda, that pre-green-beauty-trend juggernaut that brought the whiff of essential oils and plant essences to malls and neighbourhood salons and really set the standard of fantastic smelling hair—in my opinion.

She would emerge in a cloud of delectable herby, floral scent that called to mind a dewy meadow at dawn

I quickly developed my own Aveda habit that continues to this day. Smooth Infusion's bergamot, rose and sandalwood currently holds court in my shower; Brilliant's citrus, clary sage and clove scent is my all-time favourite. One hairstylist-prescribed purchase of Sap Moss was a disaster—my hair had never looked shinier but the earthy smell did *not* bring me joy and thus I felt there was no point to using it at all. I do have various other brands on the shelf—a Bumble and bumble here, a Kerastase there—but if I need a really good hair-smell day, nothing else will do.

Furthermore, I will not sully that precious scent with lesser-smelling styling products—from gel to hairspray, I layer on Aveda like I'm building a fragrance outfit. I'll catch a whiff throughout the day and feel a little thrill of pleasure. Sometimes people will tell me that my hair smells great, which I maintain is the best compliment in existence.

CONTINUED ON PAGE 4

A bra for every body

FIND YOURS AT HUDSON'S BAY AND THEBAY.COM



SHOP THEBAY.COM

1. This seamless, strapless bra will stay put and perfectly support sizes from 34B to 42H. WACOAL \$85

2. Whether you choose crossback or strapless, this chic mesh bra makes a statement. Sizes 32B to 36DD. DKNY \$54

3. Make sure to show off a hint of this fashion-forward teal lace bralette. Sizes 34B to 38D. MAIDENFORM \$43

HUDSON'S BAY



CONSCIOUS COLLECTION



Cool collab

Calling all Angel Chen fans! This month, H&M launches its first capsule collection by a Chinese designer, featuring Chen's signature bright colours and East meets West design ethos. Standout details include dragon and crane prints, sporty 3D logos and faux-fur accessories. #ANGELCHENxHM will be in select stores and online September 25.

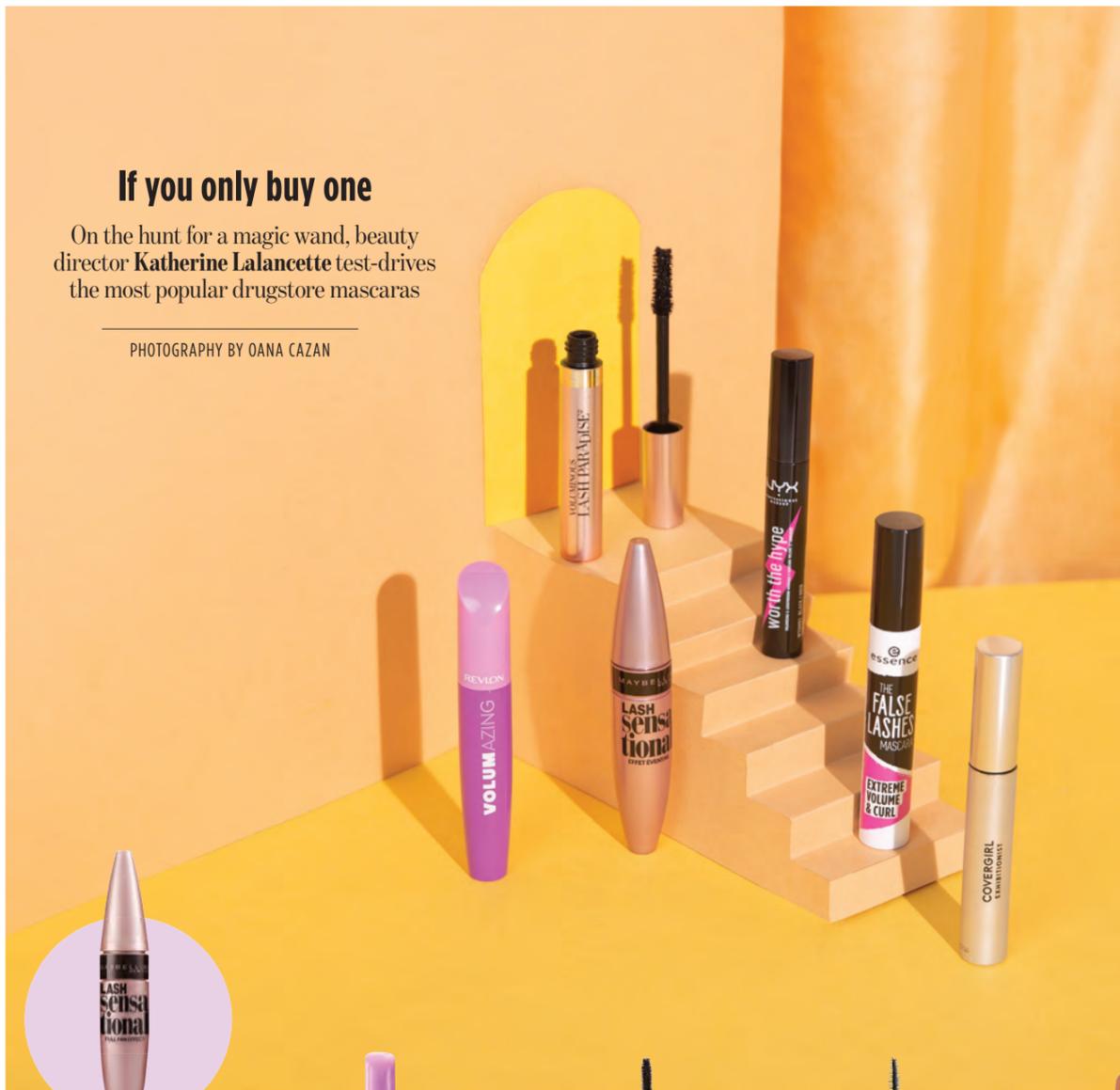
Follow H&M on WeChat to be one of the first to hear about new collections, events and what's new at H&M. Scan the QR Code to enter our exclusive Angel Chen contest!



If you only buy one

On the hunt for a magic wand, beauty director **Katherine Lalancette** test-drives the most popular drugstore mascaras

PHOTOGRAPHY BY OANA CAZAN



IF YOU ONLY BUY ONE DRUGSTORE MASCARA, GO FOR...

Try as I might, I couldn't find a single thing to dislike about this mascara. It fans lashes out like crazy, never flakes and washes off like a dream (no aggressive rubbing required!). I even opted to forgo liner because it framed my eyes so well. That's when I knew: It was the one.

MAYBELLINE NEW YORK LASH SENSATIONAL WASHABLE MASCARA, \$11, MAYBELLINE.CA



IF YOU'RE A SOFTY

This ultra-creamy pick safeguards against stiffness, which is important to me because I like my fringe to look inviting, like it wouldn't scratch you if we were to butterfly kiss.

REVLON VOLUMAZING MASCARA, \$10, WALMART.CA



IF YOU LOVE A CLASSIC

Makeup artists consistently cite this oldie but goodie as a must-have and I can totally see why: It builds up effortlessly without ever going spidery.

L'ORÉAL PARIS VOLUMINOUS ORIGINAL MASCARA, \$10, SHOPPERSDRUGMART.CA



IF YOU'RE NOT THE SUBTLE TYPE

Not for the faint of heart, this formula leaves lashes looking long, dark and v. dramatic. It also layers up sans clumps so you can swipe on as much as you like.

NYX COSMETICS WORTH THE HYPE VOLUMIZING & LENGTHENING MASCARA, \$10, NYXCOSMETICS.CA



IF YOU WANT TO PUMP UP THE VOLUME

Thick is an understatement. A single pass of the wand practically tripled my fringe's fullness. Bonus points for the stellar staying power.

COVERGIRL LASHBLAST VOLUME BLASTING MASCARA, \$9, WELL.CA



IF YOU'RE LOOKING FOR A DEAL

It's five bucks and it's amazing. Length, volume, separation—you name it, it does it. And did I mention it costs less than your latte?

ESSENCE LASH PRINCESS FALSE LASH MASCARA, \$5, SHOPPERSDRUGMART.CA

Model citizen

How Doutzen Kroes is using her fashion clout for good

BY LIZ GUBER

When Doutzen Kroes starts talking about elephants, you can't help but feel goosebumps. The Dutch supe fell in love with the creatures four years ago on a trip to Kenya with her family and has been fighting to protect their dwindling population ever since. "I'm mesmerized by them—their family structure, their complex emotions," she says over the phone from Amsterdam. When Kroes learned that an elephant is killed every 15 minutes, she decided to act.

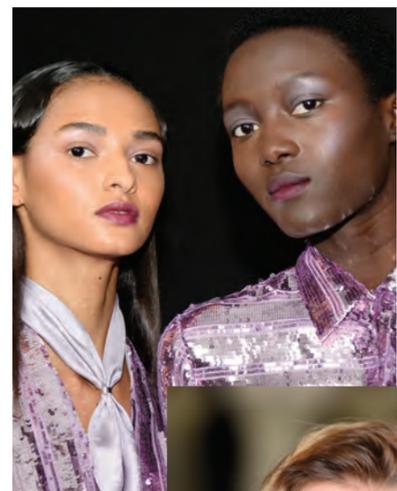
Kroes works with The Elephant Crisis Fund, an initiative to end the ivory trade that threatens the species. To help the ECF meet its goal of raising \$10 million (at the time of our call, they've already hit \$8 million), she leveraged her fashion industry connections—including Holt Renfrew—as part of the #KnotOnMyPlanet campaign. Holt Renfrew recently hosted a charity shopping weekend, with the goal of raising \$200,000. The luxe retailer has tapped ethical Canadian brand Kotn to create a line of tees and sweatshirts, with 100 per cent of proceeds going to the ECF. Shoppers walked away with a tote designed by Kroes and her model friends Behati Prinsloo and Anja Rubik.

Kroes shares that the project made her feel like she has a purpose. "Before this, what did I really do for the world? When it's just about clothes, it sometimes feels shallow. But the fashion industry has such a big reach and influence. We can do so many good things."

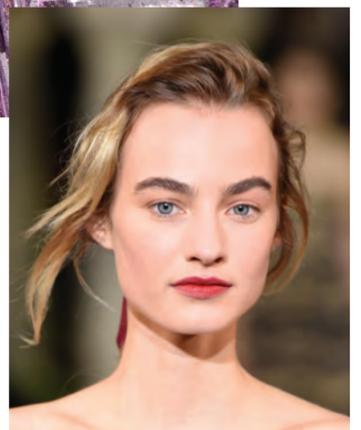
On her most recent trip to Kenya, Kroes felt the impact of her work up close. "We went to an orphanage and there was one elephant that walked straight to me by the fence and put his trunk all over my face. It was such an incredible moment. It was almost like he was saying thank you. At least that's how I took it."



Doutzen Kroes in a Kotn shirt; totes featuring designs by Kroes and two fellow super-models.



Purple and pretty at Sally LaPointe; a twist on traditional red at Oscar de la Renta.



Rubbing off

The season's stained mouth trend urges lips to live their best life

This might be the most low-maintenance makeup look of all time: a smudged lip colour that appears to have been applied hours ago. Maybe it even endured a meal, some coffee, a few smooches, who knows! The mystery is part of the appeal. At Sally LaPointe, a deep plum hue was pressed into models's lips, spilling over ever so slightly, while the brick red at Oscar de la Renta didn't quite make it to the edges. Opposite approaches, same disregard for precision. To score a similar effect, slick on your lippy, then wipe it and forget it.

—Katherine Lalancette



RMS BEAUTY LIP2CHEEK IN SMILE, \$45, THEDETOX-MARKET.CA. **M.A.C** POWDER KISS LIPSTICK IN P FOR POTENT, \$23, MACCOSMETICS.CA. **GLOSSIER** GENERATION G SHEER MATTE LIPSTICK IN CRUSH, \$20, GLOSSIER.COM



SMYTHE BLAZER, \$795, PANTS, \$495, SHOPSMYTHE.CA, VINCE TOP, \$320, NORDSTROM.COM, STUART WEITZMAN SHOES, \$490, STUARTWEITZMAN.CA

Fine print

Each issue, we're taking a major fall trend for a spin. This week, our creative director, **Jessica Hotson**, tries out the season's joyous printed suit

Before I had my baby, Faye, last year, I could describe my work wardrobe in three words: neutral sack dress. I never wore a pattern, rarely wore a colour. Then, while I was on mat leave, my wardrobe morphed into an array of comfy sweats, often covered in spit-up and worn thin from constant re-washing. When I thought about returning to work, I found myself dreaming of wearing proper clothes again. But when I opened my closet and revisited those sack dresses, my heart sank. I had changed so much since having Faye, and I wanted my wardrobe to reflect that. What would Jess 2.0 look like?

Turns out that she would wear a full-on floral suit. (Who knew?) Patterned suits made a statement on the Fall 2019 catwalks of Erdem, Peter Pilotto and Jonathan Simkhai, but when I first saw them, they looked made for the runway, not

my reality of the breathless daycare dash. I had evolved my wardrobe to wearing pants, T-shirts and blazers (to cover up stains on said tees), but still, a slim-fitting floral suit was a fashion leap. I slipped on this Smythe suit with some trepidation, but before I had finished buttoning the blazer, I knew I had found my new look. I felt like the best version of me: powerful and ready to command a room.

I also looked like myself—a creative who is also a grown-up. Having a baby means that you're in for a lot of adulting. Sack dresses didn't fit my new adulting personality, but a staid daytime suit didn't either. A bold yet polished blazer and trouser was the perfect sartorial solution for the version of me who is up at 5 a.m. with my baby and the version of me who leads important meetings. At home and at the office, I'm a boss—and now I look like one.



ANDREW GN BLAZER, \$3,425, PANTS, \$1,780, MATCHESFASHION.COM, MOTHER OF PEARL TOP, \$568, PANTS, \$641, MOTHEROFPEARL.CO.UK, ARIES BLAZER, \$1,052, PANTS, \$668, ARIESARISE.COM, MANGO BLAZER, \$90, PANTS, \$60, SHOP.MANGO.COM



HELLESSY

JONATHAN SIMKHAI



PETER PILOTTO

PREEN BY THORNTON BREGAZZI

ERDEY

Practical magic

Continued from cover...

All of Aveda's scents are created in its Minneapolis Botanical Aroma Lab—just take a closed-eye moment to imagine what it smells like in there—by in-house perfumer Guy Vincent and his team, who source the raw flower and plant ingredients, test them for quality and compose the blends. Associate perfumer Kate Rosso said that when she started at the brand, it took her six months before she produced something that “smelled like Aveda.”

The company knows it's onto a good thing with its “pure-fumes.” This year, it's highlighting its three iconic shampoo scents: Shampure, which is made up of 25 ingredients and spun off into candles and body oil; the retro-feeling Cherry Almond, which contains neither cherry nor almond, which don't have a strong scent, but is a blend of 38 natural ingredients designed to replicate the combo; and Rosemary Mint, which is more self-explanatory and a joy to find in a hotel's amenity kit.

Shampoo scents are important in the drugstore aisles, too. “To this day, we get calls and comments asking to bring back the original Herbal Essence (no ‘S’ back then) scent from the early 1970s!” says Rachel Zipperian, Herbal Essences principal scientist. In the animated commercials of the time, the fragrance was described as a “fragrant blend of herbs and wildflowers” including juniper and birch leaves, and the brand capitalized on its popularity by putting out scratch-and-sniff print ads in the early 1970s.

Creating a fragrance for a shampoo is not the same as designing a perfume. “While the sky is the limit with an eau de toilette or eau de parfum, there are cultural expectations of what shampoo needs to smell like. As a perfumer, you are working within a somewhat limited spectrum because shampoo needs to signal ‘clean,’” says Dennis Maroney, a perfumer at IFF (International Flavors and Fragrances), who cites apple and coconut as the two classic shampoo notes you'll always see on shelves.

Complicating the process, different cleansing agents and bases affect the way fragrance notes interact. And the way a shampoo smell behaves over time has to be taken into account. “I consider a shampoo scent successful when it delivers at all of the four ‘magic moments’ of the consumer experience: When you first smell the shampoo in the bottle; during the process of washing your hair in the shower or bath; while drying, blow-drying or styling your hair—friction or heat will help the scent diffuse; and at random moments during the day when you or others smell your hair,” explains Maroney. He can design a scent to be “linear,” or consistent throughout the day, or for it to evolve over time, for example from fresh at first wash to warm at last whiff.

Hairstylist Jason Lee, owner of Jason Lee Salon in Toronto and a regular on *Cityline* and *ET Canada*, has spent the past few years developing his own line of luxury haircare products that will launch internationally in 2020. He spent a year on its fragrance alone, which he wanted to represent his muse—an amalgam of his salon clients, who are cool, modern women who live in the city and travel a lot. He discovered that this was difficult to communicate to a perfumer in France over the phone. “We went through three or four different fragrance houses just not getting it,” he says. “Each time you're going through 50 to 75 submissions. And from each of those submissions you go down a different rabbit hole—for instance, if one has a peach scent

to it, you could increase or decrease that peach.”

There was also the question of how much fragrance to put in. “I think that a lot of marketing people believe that the more intense it is, the more people are going to like it. But the big trend that I'm finding is that people don't want anything too potent. I didn't want this to be something that would fight with women's personal fragrances.”

He turned down an easier option that was offered: copy a famous perfume! “They might say, ‘Do you want Thierry Mugler Angel?’ There's one shampoo from a luxury brand that I use in the salon, and I'm like, ‘Oh, that's Coco Mademoiselle.’”

Once they narrowed down the proposals and received samples to try, Lee and his partner, Anthony Pennino, would try them in the shower and on clients in the salon until they found what they wanted. The final specimen is a “crisp, whimsical and strong” composition of clean citrus and fresh floral notes anchored by cedar wood and musk base notes. “One U.K. retailer called it ‘exquisite,’” says Lee proudly.

I'm excited to try it. But I know in my heart that no shampoo scent will ever take the place of my beloved Aveda—I would bathe in it if I could. (Well, I can. And do.) “It's important that my hair smells great because I usually wear it down and I don't wear perfume of any kind,” says my friend Emillie, who started it all for me with her cloud of Shampure. “I get compliments on it all the time. People literally lean in and smell my hair.” I know, because I'm one of them.

Best smellers

We conducted an informal survey on the best-smelling shampoos of all time, and here are the fragrant contenders



AVEDA SHAMPURE NURTURING SHAMPOO, \$21, AVEDA.CA, MAUI MOISTURE HEAL & HYDRATE + SHEA BUTTER SHAMPOO, \$11, WALMART.CA, THE BODY SHOP BANANA TRULY NOURISHING SHAMPOO, \$11, THEBODYSHOP.COM, SHEA MOISTURE JAMAICAN BLACK CASTOR OIL STRENGTHEN & RESTORE SHAMPOO, \$10, WALMART.CA, MOROCCANOIL MOISTURE & SHINE SHAMPOO, \$30, MOROCCANOIL.COM, MATRIX BIOLAGE HYDRASOURCE SHAMPOO, \$26, CHATTERS.CA

Easy does it

How Katie Kolodinski turned a collection of slip dresses into a global brand

BY LIZ GUBER | PHOTOGRAPHY BY ALEXIS BELHUMUR

The Silk Laundry shop in Montreal might just be the prettiest boutique in Canada. It's the kind of white-walled, light-infused space that feels like an art gallery—but instead of paintings, it houses deceptively simple essentials like slinky slip dresses and button-downs that are all made from molten-looking silk. But it's the fitting rooms that really take the cake. Founder Katie Kolodinski wanted to bring back a piece of her Australian backyard with her when she relocated to Montreal, so the change rooms feature stunning floor-to-ceiling displays of silk flowers. So how did Silk Laundry, an Australian-born brand, find its way into Montreal's Little Burgundy neighbourhood? Here's the story: Founder and creative director Kolodinski grew up in Thunder Bay, Ont., but moved back to her native Australia at the age of 18 to study psychology. After graduating, she did "a little bit of everything" from fashion illustration to floristry to picture framing. Her fashion design career started with a lingerie line, SJ, that continues to be successful to this day. Silk Laundry began as a side project with just four pieces five years ago.

Within the first year, Kolodinski had 60 stores in Australia carrying Silk Laundry. Today, the brand has three standalone stores (two are in Australia) and a staff of 17. Kolodinski set up shop in Montreal after deciding to move back to Canada to be closer to her family and now works out of an office space above the shop. She attributes the demand for her line to the simplicity of the clothes. "They're just really wearable. We do different colours and prints each season and people come back and buy the same things over and over again. These are pieces that you can wear forever."

Real deal

"The fabrics and the quality are so beautiful, but you can't see that in the photo. You can't tell how the dresses are finished on the inside online. When we started our first store, people were finally able to see it. It was a touch point that led to really healthy commerce growth."

Bestseller

"The '90s slip is the thing that everyone wants. It's a very simple thing, but we nailed it."

Instagram fatigue

"Instagram is not how it used to be. I just had Chrissy Teigen wear Silk Laundry; if that happened a few years ago it would have gone crazy, now it doesn't matter. Everyone needs to have something else because the bubble is only going to last for so long."

"People come back and buy the same things over and over again. These are pieces you can wear forever."

I think about working a 9-to-5, where I could work for someone else and switch off at the end of the day."

Daily routine

"I sleep four and a half hours a night, maximum. I'm up at 5:30 every morning with the kids. As soon as I drop them off at school, I come straight to work. I have a coffee and then I work until I pick my kids up again. Then it's dinner, bath, bed."

Night owl

"Once the kids are asleep I have a conference call that could go until 1 in the morning. I get



Katie Kolodinski in her boutique in Montreal's Little Burgundy neighbourhood.

Success at a cost

"It's been a slow growth, sustainable and realistic. I don't necessarily see the brand or myself as successful. My perspective is: I'm tired. I work so much and I know all the hard work I've put into it. I'm humbled by it, but it's my job and my life. It takes a lot of sleepless nights and sacrifice. Almost every day

the most done between 6 in the evening and 1 in the morning because I can go back and forth between my team in Australia and the factory in China very easily. The days are a bit slower and I get distracted."

Greatest reward

"I don't think I would give up what I've built and what I've been able to do for the people in my company. I love being able to employ people and give them the gift of travel and to develop their own careers. It's a pretty cool position to be in."

Dream team

"Finding the right people to work with can be difficult. I don't want anyone working for me who doesn't want to be here. You don't really know until you've hired someone what their work ethic or attitude is going to be like. Generally I have a pretty good instinct. I have hired people on the spot and they're still with me, and that's pretty amazing."

Pride and joy

"It's actually an SJ Lingerie bra that I designed a couple of years ago. I haven't shown it to anyone. I have 50 sitting in storage in Australia. I don't want to put it online because I don't want it to get knocked off. It's the most beautiful thing, but no one will ever see it."

SHOP THE COLLECTION
No one ever regretted investing in elevated basics



The slip dress
\$290, SILKLAUNDRY.CA



The blazer
\$345, SILKLAUNDRY.CA



The camisole
\$150, SILKLAUNDRY.CA



The shirt dress
\$385, SILKLAUNDRY.CA

THE KIT X LAURA MERCIER

5-Minute Makeup

Pressed for time in the morning? You're not alone—our readers told us they wanted to see makeup ideas that can be done in five minutes, so we've partnered with Laura Mercier Global Makeup Artist Michel Coulombe to bring you pro tips for achieving gorgeous beauty looks in a flash. Head to thekit.ca to watch these and more video tutorials.

Office-appropriate taupe smoky eyes

STEP 1 Apply Laura Mercier Caviar Stick Eye Color in Rosegold on eyelids as a base and blend with Crème Eye Detail Brush.

STEP 2 Add definition by applying Caviar Stick Eye Color in Au Naturel on lids, up to the crease and blend.

STEP 3 Deepen colour by applying Caviar Stick Eye Color in Khaki on outer corners and along lash line, blending with Crème Eye Detail Brush.

STEP 4 Line upper lashes using Longwear Crème Eye Pencil in Black.

STEP 5 Apply Caviar Volume Panoramic Mascara to upper and lower lashes and fill in brows with Eye Brow Pencil.



Easy, polished coral makeup

STEP 1 Apply Laura Mercier Tinted Moisturizer all over face, using your fingers.

STEP 2 Set with Translucent Loose Setting Powder, using Velour Puff to press powder onto T-zone, around nose and on chin.

STEP 3 Coat lashes with Caviar Volume Panoramic Mascara.

STEP 4 Using Cheek Color Brush, apply Blush Colour Infusion in Peach on apples of cheeks and blend up and out. Dust a little blush on eyelids using Eye Crease Brush for a monochromatic look.

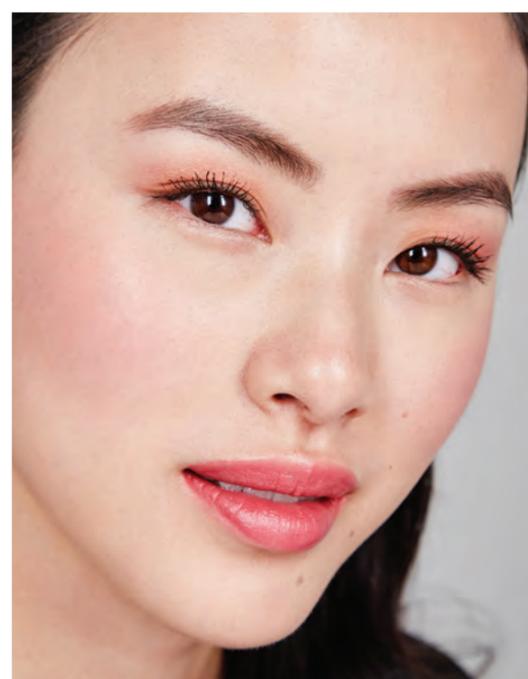
STEP 5 Apply Rouge Essentiel Silky Crème Lipstick in L'Orange on lips and blot with your finger. Tap a small amount of the lipstick onto cheeks with your finger for a pop of colour.



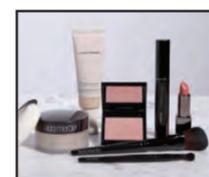
TOOL KIT



Laura Mercier Eye Brow Pencil, MSRP \$31, Caviar Volume Panoramic Mascara, MSRP \$32, Caviar Stick Eye Color, MSRP \$35 each, Longwear Crème Eye Pencil, MSRP \$32, Crème Eye Detail Brush, MSRP \$33, thebay.com or sephora.ca.



TOOL KIT



Laura Mercier Translucent Loose Setting Powder, MSRP \$48, Velour Puff, MSRP \$19, Tinted Moisturizer, MSRP \$56, Blush Colour Infusion, MSRP \$38, Caviar Volume Panoramic Mascara, MSRP \$32, Rouge Essentiel Silky Crème Lipstick, MSRP \$37, Cheek Color Brush, MSRP \$58, Eye Crease Brush, MSRP \$38, thebay.com or sephora.ca.

Fall boot report

Don't sob over summer's end—fall boots are here to add a shiver of excitement to cool weather style. We're betting that these three trends have the longevity to take you well into falls of the future

BY LIZ GUBER



ALEXANDER MCQUEEN

LACE-UP

There's a gothic Victoriana vibe to this style. The best part? They can be dressed down with dark-wash denim or lend some romantic edge to a midi dress. For extra styling points, pair them with dark, patterned tights.



CLOCKWISE FROM TOP LEFT: **BY FAR**, \$690, BYFAR.COM; **YUUL YIE**, \$640, THEBAY.COM; **STUART WEITZMAN**, \$390, STUARTWEITZMAN.COM; **MARGUES ALMEIDA**, \$973, BROWNSFASHION.COM



ANTONIO MARRAS

CREAM

At once timeless and oh-so-now, a leather boot in a light creamy colour has never been more covetable. Wear a slouchy, tall pair with a midi skirt or with jeans tucked into boots, as seen on the Celine runway.



CLOCKWISE FROM TOP LEFT: **LE CHATEAU**, \$225, LECHATEAU.COM; **JIMMY CHOO**, \$1,156, NET-A-PORTER.COM; **ZARA**, \$219, ZARA.COM; **LOQ**, \$700, MYTHERESA.COM



MICHAEL KORS COLLECTION

SNAKESKIN

Led by It-brand Paris Texas with its structured, knee-high version, snakeskin is the boot statement of the season. A tall boot makes the most of this trend, but ankle-height iterations are everywhere, too.



CLOCKWISE FROM TOP LEFT: **ALEXANDER WANG**, \$1,059, NET-A-PORTER.COM; **BROTHER VELLIES**, \$792, BROTHERVELLIES.COM; **PARIS TEXAS**, \$315, FARFETCH.COM; **ALDO**, \$140, ALDO SHOES.COM

THE KIT

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THE KIT X GAP

Denim Days

For its 50th anniversary, Gap has revisited its vast fashion archives for a very special collection. The result? A new generation of styles and fits of denim and cords that pack some serious style—and nostalgia. Here's how we'd wear three iconic silhouettes from three influential decades.

The '90s Easy Fit Jean
It doesn't get more effortlessly cool than a high-rise, light-wash mom jean. Double up on denim with a cropped jacket for the ultimate Canadian tuxedo.

*'90S CROPPED ICON DENIM JACKET, \$98; AUTHENTIC WHITE POCKET TEE, \$34.95; *'90S ORIGINALS HIGH RISE JEANS, \$89.95



The '80s Worker Jean
The high-waist, wide-leg fit of this structured jean is endlessly flattering. Elevate the utility vibe with a crisp cotton blouse.

STRIPED PUFFY BLOUSE, \$59.95; *'80S WORKER HIGH RISE WIDE-LEG JEANS, \$89.95



The '70s Flared Cord
We love the rich hue of these flares. Keep the rest of the look retro-chic with a sleeveless turtleneck and denim jacket with subtle cord detailing on the collar.

*'70S CORD-COLLAR ICON DENIM JACKET, \$98; RIBBED SLEEVELESS MOCKNECK SWEATER, \$49.95; *'70S PIONEER HIGH RISE FLARE CORDS, \$89.95

Shop these looks at gapcanada.ca



Ask The Kit: How do I deal with my chin hairs?

The most effective solution might surprise you, writes editor-at-large **Kathryn Hudson**

Now that I'm middle aged (how I hate that term!) I seem to have all kinds of new chin hairs popping up. Am I crazy? My skin is so sensitive that I have just left them alone, for fear of a rash or having more grow as a result, but they really bother me. What should I do?
—Joyce, Toronto

I interviewed Gwyneth Paltrow a few years ago in London in a posh hotel suite. She was just as poised as you'd expect, radiating a measured charm that managed to make her seem both appealing and unattainable. Simply put, it's difficult to feel your best when sitting next to her—more difficult still when you return to your hotel room afterward and realize that a giant wiry chin hair had sprung forth, seemingly overnight. Did she notice it? I wondered. (A Goop-acknowledged whisker would surely be the chicest of all facial hairs, though.)

My point? You're not alone. A friend of mine cringed as she told me how her husband recently reached over to brush what he thought was a loose hair off her neck, before realizing the inch-long follicle was firmly rooted there.

And you're also most certainly not crazy: These unwelcome errant hairs often crop up with increasing frequency as we approach menopause. "There is a drop in estrogen produced by ovaries around the time of menopause, which leads to bothersome signs and symptoms," explains Dr. Lindsay Shirreff, who is an obstetrician and gynaecologist in the Mature Women's Health and Menopause clinic at Mount Sinai Hospital in Toronto. "Many women experience things like hot flashes, night sweats and vaginal dryness—but hair changes, like hair loss and excessive hair growth, are common during menopause and post-menopause." (I know, it doesn't sound like the funnest ride at the fair, but we've all got a ticket, so we may as well wait in line together.)

"Estrogen is usually what contributes to the production of thinner or lighter hair," continues Shirreff. So as that tapers out, it leaves a larger proportion of testosterone in the body. "It's

thought that this is what gives women darker hair on the face, including the upper lip and chin."

There are other times when hormonal fluctuations might occur: Your estrogen levels fall right after you have a baby, for instance, and your hormones can become unbalanced for a variety of health reasons. "Before you attribute your hair growth strictly to menopause," cautions Shirreff, "it's important to make sure that hair changes aren't due to medical conditions or medications, so you should see your doctor before seeking any hair removal treatment."

An endocrinologist should advise you on more complex hormone issues, but Shirreff says they often counsel their patients around hair removal plans, like waxing or laser, once any complicating factors have been ruled out. "And only those women who are bothered by the hair," adds Shirreff, explaining that many of her patients are so annoyed by hot flashes and night sweats that they are focused on getting those under control before they bother tackling pesky chin hairs. (In case any of those other symptoms have kicked in, she recommends carrying a fan, using moisture-wicking sheets, maintaining a healthy weight, refraining from smoking, reducing alcohol consumption—sorry!—reducing stress and giving hypnosis and acupuncture a shot.)

But as Shirreff mentions, there are as many ways to remove hairs as there are chin hairs themselves. I'll zero in on a few that I think are most feasible for you, given your history of sensitive skin, which I think rules out depilatory creams, which rely on chemicals to dissolve hairs, and at-home waxing, which needs to be done properly and at the right temperature to minimize skin irritation. Electrolysis is a popular and well-established option, in which each individual hair is zapped to destroy the follicle—the downside is that it requires several sessions and isn't permanent. Laser, according to most of the dermatologists I've spoken with over the years, is a gold-standard hair-removal solution. It is expensive and requires several

appointments—but in the hands of a skilled professional, laser will remove most of the hair for good. The main issue, however, for these in-office options is that they don't address the reality that some chin hairs will likely continue sprouting as you age, leaving you with whiskers to remove.

Plucking, of course, is an established option for people who need to occasionally yank out a few errant hairs. But if you've ever tried, you know it can be hard to see under your own chin, and harder still to make sure you've gotten every last one—especially if your vision isn't perfect and you're not in the possession of a mega-magnifying mirror. (Which I would advise any sane person against. They just aren't good for the soul.)

So, I'm going to suggest you opt for the most skin-sensitive option: shaving. You don't need to reach for your husband's disposable Bic. There are now a range of sleek, big-in-Japan facial razors for women like you who would like to quickly and easily rid themselves of a bit of facial hair—including peach fuzz. Some even say it helps exfoliate and leaves glowing skin behind. Sure, hairs will grow back after a few days, but shaving only takes a couple of seconds and could easily be rolled into your regular weekly skincare routine without too much drama; less certainly than a trip to the local waxer. (As for the old worry that hair grows back thicker, that simply isn't true. It merely feels more stubbly at first because the pointed tip of the hair was removed.)

A lovely friend of mine has been devoted to her cute little razor for ages. "After decades of making appointments at a salon or trying at-home waxes, I realized that shaving is incredibly simple and fuss-free," she explained when I asked her what she loves about the routine. "There's no mess and no redness after. It's like a beauty secret men have been hoarding for years."

Send your pressing beauty and style questions to Kathryn: ask@thekit.ca.

CHIN UP
Shop the best hair removal tools



SEPHORA COLLECTION SHAVE & SMOOTH FACIAL RAZOR, \$21. SEPHORA.COM



SHISEIDO FACIAL RAZORS, \$7 (3-PACK), AMAZON.COM



TRIA HAIR REMOVAL LASER PRECISION, \$345. TRIABEAUTY.CA



TWEEZERMAN SLANT TWEEZER PRETTY IN PINK, \$29. WELL.CA



NICKA K EYEBROW RAZORS, \$9 (3-PACK), WALMART.CA

PHOTOGRAPHY: LUIS MORA (HUDSON)



THE BASIC ONE: EVERLANE

The lowdown

Everlane's bodysuit features a low scoop back, a bikini bottom and wide straps. It's got an open, rounded neckline and is made from double-layer Supima cotton. Per Everlane's transparent manufacturing practices, this bodysuit is made in Kandi, Sri Lanka, at a leading ethical manufacturer. It comes in four colours and goes up to size XL.

The review

I liked the softness of the cotton fabric and the flattering width of the straps. Because of the low scoop in the back, this is a step-in style bodysuit, meaning no pesky snaps on the bottom—a bonus for me, but not so fun come bathroom time. It also features a full fabric bottom, something this thong-hater appreciates. The only negative? You really can't wear a bra with this bodysuit; the scoop back nearly went as low as the waistband of my jeans.

Would I wear it again?

Maybe. I would size down for more support. And I tend to favour styles with a slightly higher back.

EVERLANE, \$40, EVERLANE.COM



THE FANCY ONE: REFORMATION

The lowdown

Reformation's Heather bodysuit features a Ren-faire sweetheart neckline, long sleeves and a thong cut. It's made from Tencel and spandex and feels unbelievably soft. True to the brand's sustainability ethos, the piece is made in Los Angeles using water- and carbon-saving methods. Sizes go up to XL.

The review

The cut of the neckline is quite special—and I've yet to find any dupes elsewhere. This is also the softest, most pleasant material out of all the suits in this review. The only negative? The thong bottom—I prefer mine full coverage for comfort. Oh, and it's pricey, but that might be explained by the sustainable business model.

Would I wear it again?

Oh, yes. This bodysuit, which is really more like a fancy top with a thong attached, is going into my wardrobe rotation. Even though I should have sized down, it still fits reasonably well.

REFORMATION, \$120, THEREFORMATION.COM



THE CASUAL ONE: KNIX

The lowdown

Knix's The Every Body bodysuit features adjustable straps, a built-in bra with removable cups and full coverage on the bottom. Instead of snap closures, there are hooks similar to a bra clasp. It's made from a mix of nylon and spandex, mimicking the feel of athletic wear. It runs up to size XXL.

The review

Putting this bodysuit on for the first time felt like squeezing myself into a giant rubber band. The under-band of the built-in bra pulled tightly against my ribs, even though the rest of the bodysuit fit well. I didn't love the placement of the straps. For my proportions, they fell at an odd spot and squeezed the flesh near my underarms in an unflattering way. My co-workers shared that they thought the bodysuit looked like a sports bra.

Would I wear it again?

Yes, but likely on a weekend or in a more casual setting. The sports-bra-like elements render it too casual for some occasions. If only it had a square neckline and slightly farther-apart straps!

KNIX, \$95, KNIX.CA



Style editor Liz Guber in her kitchen wearing the Reformation bodysuit.

Strong suits

In a quest to find the perfect bodysuit, Liz Guber took six of the most popular for a test drive. Here's how they compare

When it comes to the canon of great wardrobe classics, I believe that the bodysuit deserves a place right alongside the basic building blocks like the perfect white T-shirt or a pair of blue jeans. There's just something easy about a bodysuit. It solves the tuck-or-no-tuck dilemma of regular shirts and it makes all those beautiful A-line skirts and wide-leg trousers shine. So I decided to try to find the best bodysuits out there, from Everlane to Reformation.

The mission: to try different silhouettes—thin straps, wide straps, long sleeve, scoop back and low-cut to see what I, personally, liked best and to share my findings. Personal preferences in bodysuits (or any clothing item, for that matter) are just that, personal. Low back or high? Thong or something more full coverage? It's a bit like picking an airplane seat—everyone has a preferred side. These reviews will inevitably be skewed toward my body type (and my own unique mix of hangups with it) and how I like to dress. Still, I hope a more in-depth look at fit, material and coverage will be helpful and no matter which style you ultimately end up with, you find the bodysuit as indispensable and outfit-saving as I do.



THE SEXY ONE: AMERICAN APPAREL

The lowdown

This cotton spandex bodysuit features a very low front with a wrap detail. It has a full-coverage bum, no snap closures and long sleeves. It comes in 14 colours and runs up to size XL.

The review

As a long-time fan of AA's bodysuits, I usually go for its more covered-up high-neck and turtleneck styles. If you're like me, be warned: This bodysuit's neckline goes deep. That said, I like wearing this for parties and my favourite way to wear it is underneath a buttoned-up blazer, which gives the illusion of going shirtless thanks to the low front—a great look.

Would I wear it again?

Yes. It's fantastic on its own (well, with bottoms, of course), or as a layering piece.

AMERICAN APPAREL, \$41, AMERICANAPPAREL.COM



THE SPORTY ONE: LULULEMON

The lowdown

Lululemon's Arise bodysuit is made for yoga, but I took this for a spin with a pair of jeans. It's made from sweat-wicking, four-way stretch, shape-retaining fabric. It boasts a low back, a scoop front and a thong bottom. It runs up to size 12.

The review

This athletic bodysuit was a dream to wear. The fabric felt downright buttery. I hardly noticed any tugging or digging in. I could see how this might be great for yoga for some, but I do have some concerns about the low back and scoop front. I like my bodysuits to be bra friendly, and this one simply wasn't designed for that.

Would I wear it again?

Probably not. Despite the amazing feel of the fabric, this bodysuit wasn't exactly what I need for day-to-day wear.

LULULEMON, \$98, LULULEMON.COM



THE "I CAN'T BELIEVE IT'S A BODYSUIT" ONE: WILFRED

The lowdown

This T-shirt-style bodysuit is made from viscose and elastane for a super-stretchy fit. It has a thong cut and a crew neck with tight cap sleeves. It runs up to size XL.

The review

The softness of this bodysuit almost rivaled that of the one by Reformation, however the material came off shiny and borderline see-through up close. The fit was tight without squeezing me in too much. Mostly, this bodysuit just looked like a plain black tee worn tucked in. If that's the look you're after, it's a winner. And I don't need to tell you how I feel about the thong cut.

Would I wear it again?

A solid maybe! It fit well and it looked reasonably good.

WILFRED FREE, \$50, ARITZIA.COM



MaxMara

A food-filled affair

RELISH The Foodie Event at Cloverdale Mall will serve up celebrity chef cooking demonstrations, activities for the whole family, tasty treats and more!

On September 14 and 15, RELISH The Foodie Event will take over the north parking lot at Cloverdale Mall in Etobicoke. You'll learn cooking tips from top chefs, fill up on goodies from food trucks and tents, sample artisanal delights at the Tastemaker's Marketplace, keep kids busy with workshops and watch food-themed art battles! Plus, so much more: Visit cloverdalemall.com for the Celebrity Chef stage schedule and dishes, as well as details on all the action. Read on for highlights of what to expect from this delicious weekend.

TRY AN ARTISANAL TREAT

Explore locally made delicacies, from small-batch bitters to honey to mouthwatering cookies, at the Tastemaker's Marketplace, curated by BRIKA. Plus, pick up some fresh flowers at Lou-Lou's Flower Truck.



Ontario Honey Creations



Damien's Sauces



Crumblee's Cookies



Nolaa Granolaa



Kinsip House of Fine Spirits



COOK LIKE A CHEF

Chefs Cory Vitiello, Rob Gentile, Grant van Gameren and Shahir Massoud will appear on the Celebrity Chef stage for delectable cooking demonstrations and meet and greets. We asked van Gameren and Gentile for their top tips and food favourites.



GRANT VAN GAMEREN
Entrepreneur – Bar Isabel & Bar Raval

What's the one meal you could eat for the rest of time?

"Kung Pao chicken."

What's your late-night junk food of choice?

"Pizza Gigi. Large, thin-crust, well-done double pepperoni, with three garlic dips and three Cokes."

What's one thing most home cooks don't do that would make their food 1000x better?

"Use more salt—kosher salt instead of table salt. And finish with Maldon sea salt."

What's the best food and drink pairing of all?

"Sherry and blood sausage."

What are you most looking forward to at this event?

"Interacting with the guests and hopefully teaching them a few useful tips they can use in their own kitchen."



ROB GENTILE
Chef Director – The King Street Food Company

What's the one meal you could eat for the rest of time?

"A simple pasta pomodoro. Fresh, hand-cut tagliatelle made using fresh-farm eggs, garden-ripe tomatoes for sauce finished with pure, raw, first-press olive oil and fresh basil."

What early professional kitchen disaster did you have to overcome?

"When I was a young sous chef, I was responsible for preparing lamb racks for a large catering event. I misjudged the temperature of the oven and ended up overcooking everything. Years later, that misstep is burned into my memory as a reminder to be meticulous, pay attention to every detail and take your time."

What's your late-night junk food of choice?

"My wife is from Quebec, so I love a good poutine."

ENJOY A FOOD TRUCK FEAST

Nibble on international dishes from Indian street food to gourmet grilled cheese from the lineup of food trucks and tents.



FEATURED FOOD TRUCKS

Alijandro's Kitchen*:

Middle Eastern-Mexican fusion cuisine.

*Saturday only.

Crêpe Street:

Sweet and savoury crêpes and milkshakes.

Delight Bite:

Burritos, tacos, quesadillas and poutine.

Dogg Shoppe T.O.:

Upscale hot dogs and loaded fries.

Espeto Brazil:

Brazilian street food.

Harry's Burgers:

The juiciest and most flavourful burgers in the city. Co-owned by Grant van Gameren, Robin Good-fellow and Nate Young.

Holy Cannoli:

Traditional Sicilian cannoli, fresh filled with sweet ricotta cream.

Los Vietnamita*:

Mexican-Vietnamese fusion cuisine.

*Sunday only.

Meltdown Cheesery:

Gourmet grilled cheese sandwiches.

The Arepa Republic:

Venezuelan arepas and empanadas.

The Kathi Roll Express:

Globally influenced Indian street food.

Tim Hortons:

Fresh-brewed coffee in exchange for a donation to the Tim Horton Children's Foundation.



Meltdown Cheesery



The Kathi Roll Express



Holy Cannoli



The Arepa Republic

GET CREATIVE

At the Little Foodsters tent, kids will have fun making bento lunchboxes filled with fresh fruits, veggies, a sweet or salty treat and fun-shaped sandwiches.

Presented by



Plus, Chef Cory Vitiello will lead a fun workshop with aspiring mini chefs. They'll learn to plate veggie sushi rolls and vegetarian rice paper and lettuce wraps. Saturday and Sunday at 1:30 p.m. in the Little Foodsters tent. Pre-registration required. Head to cloverdalemall.com for details.



RELISH The Foodie Event runs September 14 and 15, from 11 a.m. to 7 p.m., in the north parking lot at Cloverdale Mall, 250 The East Mall, Etobicoke. Visit cloverdalemall.com