

We invited artists to share the destinations that most inspire them.
Send your holiday OOO as a message in a bottle PAGE 5

Photography by Christine Flynn

Bare necessities
Gifts for gallivanter

Really, travel is the greatest gift. Exploring somewhere you've never been, absorbing the new sights, sounds and smells, gets the synapses firing and creates core memories. Going somewhere nice to do just nothing provides blissful escape from the mundane stresses of daily life.

However, travel does require some preparation, and functional, well-designed items can make everything easier, cozier, more efficient. If you have a regular globetrotter in your life, these useful yet delightful presents will be the bow on top of their travel package.



This down fleece is an essential layer for plane travel, but we predict you'll wear it near-constantly off the tarmac, too: on mountain hikes, as a protection against evening beach breezes, even Davos?
PATAGONIA JACKET, \$375.
[PATAGONIA.CA](https://www.patagonia.ca)




You don't always want to pack your entire skincare routine, but you also don't want to undo 10 years of a 10-step routine in one long weekend either. These genius RoC capsules each contain a single serving of hydrating elixir.
ROC MULTI CORREXION® HYDRATE + PLUMP SERUM CAPSULES, \$36,
[WALMART.CA](https://www.walmart.ca)




Made in Italy, this water-repellent canvas backpack is just as minimalist and elegant as one would expect from The Row. (Also chic, the colour is referred to as "Dune.") Pair this with a white T-shirt, linen pants, leather sandals, and go.
THE ROW BACKPACK, \$1,760,
[SSENSE.COM](https://www.ssense.com)



You will never, ever go wrong with a Chelsea boot. This one, from Italian luxury brand Moncler, is the Platonic ideal of a Chelsea boot. The leather is basically butter, the blue stripe adds a sporty vibe and the rubber lug sole is chunky perfection.
MONCLER BOOTS, \$1,185,
[MONCLER.COM](https://www.moncler.com)




Alhambra, celebrating luck since 1968



Van Cleef & Arpels

Haute Joaillerie, place Vendôme since 1906



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VIP lounge

The holidays demand serious couch time, but why not ditch the sweats and laze about in one of these swishy sets?



Cat's pyjamas These gold PJs with their whimsical blue-spotted leopards are fancy *and* fun. **BP**, PYJAMAS, \$75, [NORDSTROM.CA](#)



Raspberry ripple Our EIC swears this silky set has improved her mornings immensely. **BY CATALFO** PYJAMAS, \$159, [BYC.CATALFO.COM](#)



Wrapped up Understated, sophisticated, super soft: ultimate comfortable elegance. **SKIMS** PYJAMAS, \$212, [SKIMS.COM](#)



Ruffled feathers *This* old thing? Pull off hostess with the mostest in this truly divine set. **SLEEPER** PYJAMAS, \$273, [THE-SLEEPER.COM](#)

Table read

Curling up with a hot new coffee table book is a cherished holiday treat



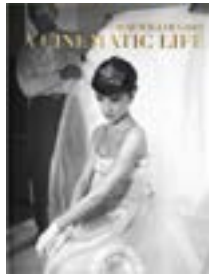
Proof that simplicity is best (and that the dusty bottle of crème de menthe at the back of the shelf really has to go), this guide to building a dependable roster of cocktail offerings zeroes in on just five bottles: gin, whiskey, sweet and dry vermouth and Campari. (Plus bubbly.) From the B.C.-based founder of Ampersand Distilling Company, it's useful, straightforward and will take your *cinq à sept* to new heights.

THE FIVE-BOTTLE BAR: A SIMPLE GUIDE TO STYLISH COCKTAILS BY JESSICA SCHACHT (TOUCHWOOD EDITIONS), \$28, [CHAPTERS.INDIGO.CA](#)



To step into the Hay flagship in Copenhagen is to be immediately inspired to make every aspect of your life more efficient, functional and, most of all, attractive. Hex-shaped, powder-coated-metal nested trays for knick-knacks; candy-coloured notebooks and sticky notes; curving furniture that holds a room together. Twenty years since Hay began, the ongoing legacy of founders Rolf and Mette Hay is summed up in this vibrant book sure to delight every design nerd.

HAY BY ROLF AND METTE HAY (PHAIDON), \$68, [AMAZON.CA](#)



Bob Willoughby was the first photographer to shoot behind-the-scenes images of the stars in the '50s, and many of the results are collected here: a pensive, smoking James Dean reviewing his script on the set of *Rebel Without a Cause*; Jean Seberg reading the *International Herald Tribune* in bed for *Bonjour Tristesse*; Marilyn Monroe beaming a megawatt, fuchsia-lipsticked smile between takes of *Hollywood Party*. Iconic.

BOB WILLOUGHBY: A CINEMATIC LIFE BY BOB WILLOUGHBY (CHRONICLE CHROMA), \$62, [AMAZON.CA](#)



Chris Hadfield's bestselling book needs no introduction, but its new outfit does: Montreal artist Dan Climan was tasked with designing a special edition cover for it, guided by images from space that Hadfield shared, for Indigo's 25th anniversary. The result is just as striking as the anecdotes (like the time he broke into a Space Station with an army knife) and wisdom (always prepare for the worst) contained within.

AN ASTRONAUT'S GUIDE TO LIFE ON EARTH BY CHRIS HADFIELD (RANDOM HOUSE OF CANADA), \$28, [CHAPTERS.INDIGO.CA](#)

TEXT: EDEN BOILEAU (PYJAMAS), RANI SHEEN (BOOKS); PHOTOGRAPHY: TSINA/STEVEN BUSBY (OKUMA)



Time to shine

Canadian actor Erika Okuma helps *Workin' Moms* bid farewell and preps to go home for the holidays

By Sarah Laing

Erika Okuma went ice skating with some friends over the weekend.

"We went to a rink, and had the full-on experience," says the Canadian actor and writer of her festive outing. "And then we got out, and it was 24 degrees and sunny."

That bit of seasonal cognitive dissonance is courtesy of the fact that Okuma, a six-time Gemini-award nominee who you'll know from *Rookie Blue*, *The Sleepover* and *Workin' Moms*, has been living in Los Angeles for many years.

"Even though there are palm trees in the background, there's fake snow and lights and garlands," she says. "In some ways, I'm actually more in the spirit here than I have been at home. Maybe I just pay more attention these days to the marketing? Who knows, but I love it." But to be clear: She will be home in Vancouver for Christmas, as she is every year.

Come January 3, the seventh—and final—season of the CBC-gone-international Netflix sensation *Workin' Moms* will premiere, an ensemble dramedy about women attempting the sometimes impossible juggling act of career, family and friendship. For Okuma, who plays supremely confident publishing exec and brand new parent Sloane Mitchell, it's particularly bittersweet.

"It became so much more of a gift than I could ever have imagined," says

Okuma, who joined the cast in season 5 and has since also written three episodes. "There really is a camaraderie there between these women and these characters." When they wrapped for the final time, Okuma was surprised by the strength of her feelings.

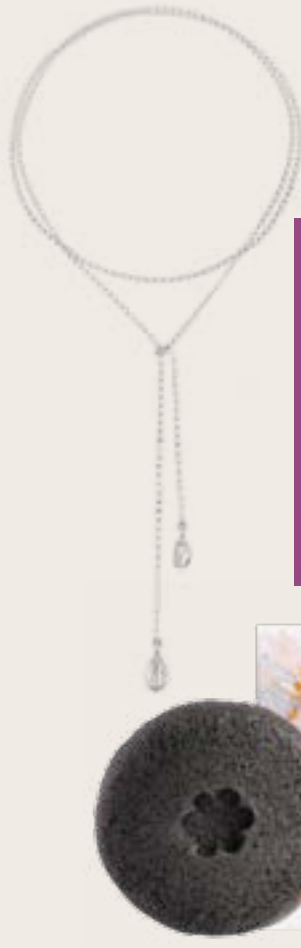
"I was sad to say goodbye to this character, and working with so many women," Okuma says, nodding to the fact that the show is stacked with female talent.

Okuma found it particularly inspiring to observe Catherine Reitman, the show's creator and executive producer, who also writes for and stars in the series. "It's been perfect to have a front row seat in how to do it, and she does it really well," says Okuma. "She's not precious about anything, and she's got everyone's best interests at heart when it comes down to serving the story."

Once *Workin' Moms* has sailed, Okuma will move on to a feature film that she's written, *Out Come the Wolves*, which begins shooting in the spring. "It's being directed by Adam MacDonald, who was a scene partner of mine on *Rookie Blue*," she says.

Until then, she'll enjoy the holiday season, palm trees and all. "I pride myself on finding that perfect thing for that perfect person," Okuma says. "I enjoy the hunting, and I've gone down many a rabbit hole looking at things."

ENUKA'S GIFT PICKS



"I would be thrilled to receive *anything* from Omi Woods jewelry, so I know their pieces will make gorgeous gifts. I've had my eye on this Cowrie Infinity Necklace for some time, so let's be honest, this one's for me!"

OMI WOODS NECKLACE, \$165, [OMIWOODS.COM](#)



"Eye Buy Art has been my go-to art source since its inception in 2009. With an ever evolving, curated selection of amazing works, you can always find something unique and special to gift from here. I'm currently loving these vibrant pieces, from deaf visual artist, Peter Owusu-Ansah."

VIOLET PARADISE BY PETER OWUSU-ANSAH, FROM \$650, [EYEBUYART.COM](#)



"Source Organics is a treasure trove of clean, organic beauty products that my sensitive skin loves. I'm sharing that love with the gift of self-care! Specifically, these luxe konjac sponges from Wyld."

WYLD CHARCOAL KONJAC SPONGE, \$15, [SOURCEORGANICS.COM](#)



Falling for Christmas (Netflix)

Lindsay Lohan is back, and we couldn't imagine a more fitting return for the star of *The Parent Trap* than playing a spoiled heiress who suddenly suffers from amnesia and recovers in a rustic, cozy lodge helmed by a hunky innkeeper played by Chord Overstreet, whom you might remember as Sam from *Glee*. It's silly, self-aware and the perfect way to kick off your holiday viewing.



Inventing the Christmas Prince (Hallmark, W Network, StackTV)

Devastated that Netflix's long-running *A Christmas Prince* series has come to an end? Us too. Luckily, Hallmark is here to fill the square-jawed hole in your heart with this charming tale of a rocket engineer whose precocious daughter is convinced that her mom's mean boss is "the Christmas prince," a fictional character dreamed up as a bedtime story.



Christmas on Mistletree Farm (Netflix)

When an embittered, Scrooge-esque new widower inherits a farm—as you do—it's only meant to be temporary. This may shock you, but...the longer he stays there, the more his heart thaws, aided and abetted by his sweet children, who want to stay in the picturesque West Midlands idyll forever. As a fun change of pace, this one's a British holiday rom-com!



Three Wise Men and a Baby (Hallmark, W Network, StackTV)

Well, here's a chapter of the Christmas Story we haven't read: The one where, per the trailer, "Three brothers discover a baby. What can possibly go wrong?" What, indeed? Call us psychic, but if this is anything like the '80s classic *Three Men and a Cradle* (duh), we're seeing lots of diaper-related gags in our shared viewing future—and we're here for it. —S.L.

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FUTURE PERFECT

Using cutting edge technology in its development, this scent steps into the future with just one spritz



When Spanish fashion designer Paco Rabanne presented “12 Unwearable Dresses in Contemporary Materials” in 1966, he revealed garments made from such unorthodox materials as metal mesh, knitted fur and plastic. His avant garde approach was seen at the time as radical and futuristic while nodding to the past; one of his minidresses, made of square and rectangular aluminum plates connected by metal rings allied to chain mail while still looking space-age.

For as much as he disrupted fashion, he did the same with perfumery when he created his first women’s scent Calandre, which was a futuristic metallic rose with a bottle encased in metal, which was 20 years ahead of its time. And it had an evocative racy brief: inspired by sex on the hood of a car. Paco Rabanne Pour Homme followed which pioneered fougere, a fragrance family that would end up dominating the category.

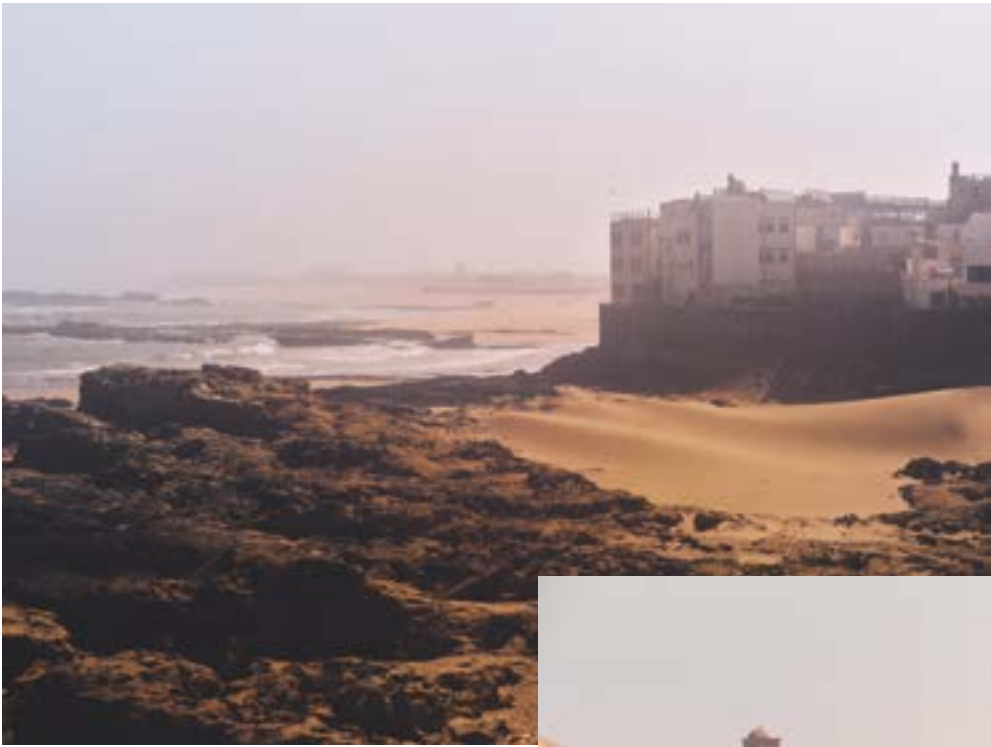
And the brand continues its trailblazing legacy today with Phantom, inspired by a world where everyone can be themselves, to step outside the ordinary and celebrate a world where different is beautiful. But what makes it truly futuristic? By combining luxury craftsmanship of perfumery with new-tech. To do this, the brand put together a dream team of top tier perfumers from IFF: Loc Dong for his daring creativity, Juliette Karagueuzoglou for her unparalleled knowledge of natural material and master perfumers Anne Flipo and Dominique Ropion for their skills at fine tuning powerful, long lasting scents.

Their challenge was to create a scent that boosted sexiness, confi-

dence and energy. Alongside their own expertise and creativity, they used augmented creativity, a revolutionary process that applies artificial intelligence, neurosciences and algorithmic tools to their work. It allowed the team to reach beyond their knowledge and intuition, and was used for the first time in a Paco Rabanne fragrance. After experimenting with unexpected scent pairings, selecting the precise ingredients that evoke sexiness, confidence and energy and fine tuning their doses, they landed on a mind-bending blend that combines a zippy green flash of lemon with creamy lavender.

The secret ingredient boosting the note of lemon is a vintage molecule by the name of styrallyl acetate, which has radiant green fruity facets that activate a sense of energy; ten times the usual amount in perfumes was used. It is combined with natural materials of lemon peel, patchouli heart with an apple twist and vetiver heart. As for the lavender, it’s a custom blend made for Paco Rabanne using lavandin heart grown in Grasse, France, sustainable lavender oil and organic lavandin absolute enfleurage using an extraction technique from the 18th century rebooted for today.

Completing this retro-futurist vision is the bottle. Beyond the covetable silver, robot-shaped vessel is the fact that it’s the first connected bottle. Embedded in the spray cap is a contactless communication NFC chip; touch the robot’s head with your smartphone and you’re immediately connected to the Phantom universe featuring interactive filters, personalized playlists, augmented reality and more. The future is now.



Lawrence Cortez's photos of Essaouira, taken during a summer 2022 trip to Morocco. "These images are a timestamp, a documentation of the nostalgic mood I fell in the city during the brief moments I took these photos."



LAWRENCE CORTEZ

This past summer, Toronto photographer Lawrence Cortez travelled to Morocco on a whim. He spent four days in the North African country, visiting three different cities, including Essaouira, a charming port city on the Atlantic coast, known for its golden beaches and ancient medina (old city) that is designated as a UNESCO World Heritage site.

“Stepping into the ancient city was a feast for the eyes,” says Cortez, who selected these images of Essaouira as among the favourites that he’s taken. “These images to me are a memoir of the serene ambiance and the pleasant gleaming sunlight that shone over the walled city from dusk till dawn.”

Marrakech was another trip highlight: “The old medina has a bustling atmosphere with seemingly endless souks, that one can easily lose track of time. With grand Moroccan architecture and roads lined with beautiful topiary, the city is truly an unforgettable experience and a sure destination on any bucket list.”

As a creative spirit, Cortez finds inspiration everywhere. When it comes to travel, he says, film is an important influence, particularly when it depicts a destination with “mystery and wonder.” Most recently, he cites the “astounding visuals” of *Dune* (2021), directed by Denis Villeneuve and lensed by cinematographer Greig Fraser, as stoking his desire to pack his bags. “The movie built an enchanting desert narrative of endless sand dunes paired with Brutalist architecture that makes me want to plan a trip to Jordan and the U.K.”

Ultimately, Cortez says, for him, travel is about connection. “When travelling, I love to wander off the beaten path and take in local recommendations. I often ask locals their favourite restaurants and areas of their city. Travelling offers an expanse of knowledge to feed creativity. It’s always inspiring to see the art, architecture, nature and the culture of a place as it teaches me new ways to approach my photography and life in general.”

Escape Artists

Making memories is one of the greatest gifts you can give yourself. Here, three Canadian photographers share unforgettable moments from their travels



Places with feelings

The art of Kitty Holland

Wild horses nuzzling in Iceland, the drama (and symmetry) of a black lava beach, a moody glimpse of an uncharacteristically foggy Santa Barbara Pier—these stunning photographs are part of Holland’s new series about places that stay with you. “the places and moments that are more than themselves,” as the artist puts it. These prints (from \$425, katherinehollandstudios.com) make the perfect gift for design lovers and travel obsessives alike.



CHRISTINE FLYNN

“The thing that draws me in the most is beauty in the unexpected,” says Christine Flynn, a celebrated mixed media artist and photographer. “When I make travel plans, what excites me is exploring new places but also finding the secrets spots, the underrated panoramas, or better yet: the undiscovered. Beautiful landscapes, historical architecture, majestic wildlife, a poetic fleeting moment like a sunset or a crashing wave—there’s something cool and unpredictable to shoot everywhere if you go looking for it.”

Flynn embraces the unexpected in many areas of her life. In 2020, she and her family—husband Niall, two kids and a dog named Charlie—moved from Toronto to Prince Edward County to both embrace a slower pace of daily life and to be nourished by the proximity of natural beauty. Since the move, Flynn has added to her already impressive resumé: She and Niall recently opened Russ & Co., an exquisitely designed cocktail bar in Picton that serves as a hub for the region’s growing creative community.

As much as she loves home, Flynn describes herself as a “true wanderluster: I could literally be lured anywhere with the promise of an excursion, but what never fails to tug at my heartstrings are ocean views and dramatic landscapes. And by design, most of the places I travel to happen to be locations I can photograph for my artwork.”

The piece, “Bull” (right)—which is part of a series that captures North American bison and wintry wildlife—has special significance for Flynn. “It’s from one of my first solo shows,” explains the artist. “I had made the trip out to Yellowstone and Alberta specifically in search of bison, and the experience of snowmobiling around, taking in the magic with my camera, was unforgettable.” “Nazare,” the artwork on this issue’s cover, will appear next May in a solo show on waves.

Many destinations live in Flynn’s heart, but she says that Iceland remains one of her very favourites. “I think everyone needs to go there to see nature’s masterpiece,” she says. “It’s the ever-changing landscapes, the rich moss-covered gorges, the lava fields, the black sand coastlines, the wild horses, the mythical abundance of waterfalls—the list goes on.”



Artworks by Christine Flynn, “Bull” (left) and “Mountain Gorge” (above). “Most people find this spot searching for the ‘secret pool,’” says Flynn about the captivating Icelandic ravine, “but if you explore a little bit further and keep hiking, you end up in the middle of a moss-covered gorge with birds soaring through the waterfalls. It’s awe-inspiring.”

ON COVER: The famous Nazaré waves in Portugal, as captured by artist Christine Flynn. “It’s been a lifelong dream to photograph this iconic 100-foot wave,” says Flynn. “It did not disappoint.”

N°5



Editor gift guide

The Kit created a glorious team Slack channel to crowd-source wish-list ideas. Here's what we'd love to receive this year



Laura deCarufel
EDITOR-IN-CHIEF

For the first time in years, I'm hosting a holiday party, and I can't wait. On the menu: oysters, champagne cocktails, and my 8-year-old's punch recipe (intriguing!). I'm excited for a big night—and then I'll be horizontal til the New Year.



Elissa C Rossow made me think about fashion differently. The sustainably minded designer makes most of her pieces—including her beautiful vests—made-to-order in her Montreal atelier.

ELISSA C ROSSOW TRENCH VEST, \$455, ELISSA-C-ROSSOW.COM



I've long been drawn to the warmth and majesty of gold, but lately the cool simplicity of silver feels like something new. I love the idea of seeing this ring on my finger every day—so elegant.

HERMÈS OSMOSE RING, \$740 (SMALL), HERMES.COM



I've worn eyeliner since I was 15, and this is the best one that I've found. The extreme precision of the "micro liner" is the selling point, but the long-lasting effect is also sensational.

SHISEIDO MICROLINER, \$28, SEPHORA.COM



Isn't this the perfect party shoe? The block heel allows for dancing, the placement of the silver strap suggests an affinity with the on-trend Mary Jane, and the sparkle—well, the sparkle is sublime.

ALDO SHOES, \$98, ALDOSHOES.COM



Galaxies away from the drab neutral-coloured skullcaps we often end up reaching for in the depths of winter, this mohair-blend hat is cheerful, buoyantly fluffy and feels feather-light on the head.

HEIRLOOM HATS BEANIE, \$118, HEIRLOOMHATS.COM



This Canadian brand's soft, flexible cases are compostable, made from flax byproduct and plant-based biopolymers. There's a huge range of colours and prints, like these '70s shrooms.

PELA PHONE CASE, \$69, PELACASE.CA



I often daydream about hosting soirées in my imaginary double-height library-cum-salon draped with tinsel. Naturally, I host flawlessly in peacock-hued satin flats.

SLEEPER SLIPPERS, \$390, THE-SLEEPER.COM



I'm never not searching for the next best rosy-neutral lip colour. This fits the bill. The floral-embossed case makes it eminently giftable.

GUCCI GLOW & CARE SHINE LIPSTICK IN THEY MET IN ARGENTINA, \$58, SEPHORA.CA



Rani Sheen
FEATURES DIRECTOR

I'll be taking my 4-year-old to see *The Nutcracker* ballet this year—I have magical memories of seeing it in London as a child with my mum and granny (my grandpa sent me my own box of chocolates to open at intermission), and I can't wait to carry on the tradition. I hope he likes it!



Renée Tse
SHOPPING EDITOR

It's been a busier-than-usual few months, so I'm looking forward to winding down, practising some self-care and spending quality time with the family, whether it's cooking a feast or bingeing holiday Hallmark movies together.



This all-in-one hair dryer, curler and straightener (?) seems like it could be the ultimate tool to help even me (read: a brush-and-call-it-a-day kind of girl) get the hairstyles of my dreams.

DYSON AIRWRAP, \$750, DYSON.CA



Rick Owens's infamous Brutalist aesthetic meets the essence of the Dr. Martens shoe in these towering platform boots that will add an extra level of coolness to any of my wintry looks.

DR. MARTENS X RICK OWENS BOOTS, \$1,010, DRMARTENS.CA



With pearls adorning the top of their '90s-inspired frames, these black cat-eye sunglasses are the definition of timelessness and glamour. I know I'll be sporting them for years to come.

CHANEL SUNGLASSES, \$850, SELECT CHANEL BOUTIQUES



I can already picture myself wearing this cropped polo sweater from Canadian e-boutique New Classics, curled up at the cottage pretending I'm in a Nancy Meyers rom-com.

CIAO LUCIA SWEATER, \$460, NEWCLASSICS.CA



A third of the weight of most dutch ovens, this pot features a non-toxic, non-stick coating and a roasting rack to yield a yummy crisping effect for a perfectly golden roast chicken.

OUR PLACE PERFECT POT IN STEAM, \$220, FROMOURPLACE.CA



This bag makes my heart race: the croc-embossed chocolate leather, the cool triangular shape. It's large enough to lug daily essentials, but dainty enough to tote around in the evening.

STAUD REY BAG IN BROWN, \$430, SSENSE.COM



My feet are longing to slip into these fluffy clogs. They're made of wool to keep your toes cozy and outfitted with a sturdy sole should you decide to take them outside for a spin.

PARACHUTE SHEARLING WOOL CLOGS, \$139, PARACHUTEHOME.COM



I love how this blend of musk, pink peppercorn and powdery iris exudes warmth while still feeling soft and airy. It reminds me a bit of a vintage slip dress: chic, sexy and a little nostalgic.

DIPTYQUE FLEUR DE PEAU EAU DE PARFUM, \$277 (75 ML), NORDSTROM.CA



Katherine Lalancette
BEAUTY & LIFESTYLE DIRECTOR

My holiday plans are as follows: Eat, see people I love and spend loads of time horizontal with a great book or rom-com. Can't wait. See you all in the New Year!



EDEN BOILEAU
PRODUCTION DIRECTOR

This holiday, I'm looking forward to being lazy with my teenage daughter, snuggling up to watch our favourite shows, baking delicious treats and filling her stocking, which I will do until she's...well, forever.



I picture this delightful 100 per cent pure cashmere scarf providing warmth—and cheer—throughout the long cold season to come. Rani Sheen's cute turquoise beanie above would be the perfect complement.

AUTOGRAPH CASHMERE SCARF, \$189, MARKANDSPENCER.COM



Musk and amber are my two favourite fragrance notes, and lo and behold, Jo Malone's current "scent of the season" combines the two with a dash of zippy juniper. Reviewers are already begging for it not to be seasonal.

JO MALONE MIDNIGHT MUSK & AMBER COLOGNE, \$215 (100 ML), JOMALONE.CA



I am always, always cold, and looking for another layer to slip on. I'd love to warm up in this 100 per cent cotton fisherman knit sweater made with patterns inspired by original Irish cable designs.

L.L.BEAN SWEATER, \$195, LLBEAN.CA



I'm dying to try all six scents in Moroccanoil's newly expanded body collection (hand wash, body lotion, shower gel), but I'm sure my loyalties would still lie with the brand's cult-hero original fragrance.

MOROCCANOIL BODY LOTION IN FRAGRANCE ORIGINALE, \$32, SEPHORA.COM



I'm always looking for timeless statement jewellery to add to my collection. Designer Faris du Graf creates unique sculptural pieces that are perfect party convo-starters, like these artful silver and pearl earrings.

FARIS EARRINGS, \$175, SSENSE.COM



This is a festive ornament of a bag that will add sparkle to any outfit. The combination of whimsical design, trendy geometric shape and luxurious leather make it a perfect holiday accessory.

SELF PORTRAIT BAG, \$450, SIMONS.CA



This endlessly versatile Smythe tux vest is an investment piece that will take you from day to evening in seconds. Dress it up with silk trousers or down with distressed denim.

SMYTHE VEST, \$695, SHOPSMYTHE.CA



Let's be honest, this kibble bowl is more for your own viewing pleasure than for your sweet pooch. A bowl of such beauty will make an elegant addition to any style of decor.

PORTMEIRION PET BOWL, \$57, WAYFAIR.CA



Elena Viltovskaia
CREATIVE DIRECTOR

I'm one of those people who cannot wait to start playing holiday tunes and watching my favourite Christmas movies. I lean hard into the notion that this—the season of twinkling candles and glittering parties—is the most magical time of the year.

PHOTOGRAPHY: ERIN LEVON; RILEY STEWART (LALANCETTE)



A SPECIAL INTEREST SECTION BY MEDIAPLANET

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2023 Beauty Trends and Why to Consider Hyaluronic Acid Dermal Fillers

Dermal fillers provide another option to help Canadians achieve their desired look.

Tania Amardeil



Sarah Arseneault
Nurse Practitioner
Specializing in
Dermal Filler

We all want to feel like the best version of ourselves, and for many Canadians, that includes looking like our best selves. You know that fresh, revitalized look you get when you've just returned from vacation — with your skin glowing, eyes bright, looking well-rested and refreshed? Or perhaps you dream of turning back the hands of time, before fine lines, wrinkles, sagging, and changes in skin elasticity and smoothness set in. You're not alone in wanting to look like your best self every day, and thanks to trusted and reputable brands like Restylane, getting the look is more achievable than ever.

Restylane offers a broad range of hyaluronic acid dermal fillers to provide personalized, natural-looking results. The company's products have been used in Canada for more than 25 years and have a legacy of safety and efficacy, with 50 million treatments worldwide. As Canadians increasingly want to look like their best selves without overdone or unnatural-looking results, Restylane's products are having a moment in the beauty world.

Dermal fillers are cosmetic injectables, commonly made up of hyaluronic acid, a naturally occurring substance in your skin. When hyaluronic acid fillers are injected, they can help reduce signs of aging, such as wrinkles and folds and restore volume loss in your face.

No matter your skin type, age, gender, or current treatment plan, Restylane Skinboosters can help refresh your look. Designed with patented NASHA® technology, this dermal filler uses a unique form of hyaluronic acid and naturally integrates into the skin to noticeably improve skin smoothness, elasticity, and appearance in the face (lower cheek/jawline), upper neck, and back of the hands.

Restylane Skinboosters is perfect for Canadians seeking that natural, refreshed look. The array of products in the line allows practitioners to deliver personalized, natural-looking results and help Canadians achieve the most in-demand and top-requested beauty looks. And what are those trending looks, exactly?

To learn more about the Restylane portfolio of hyaluronic acid dermal fillers or to find a doctor right for you, visit restylane.ca.

This article was supported by Galderma.

Sarah Arseneault, a nurse practitioner specializing in dermal filler and @beautoxbabe on Instagram, shares more on some of the current and upcoming trends in the beauty world and what patients are asking for in her clinic.

Here are the top beauty trend picks:



Trend #1: #CleanLook

#CleanLook has been trending on social media this past year and is set to be a top beauty trend in 2023. This trend is all about natural beauty and clear skin. Say goodbye to heavy makeup and puffy lips — 2023 is all about looking effortlessly beautiful and enhancing your natural features.

"Patients now want less of a huge change and more to look like themselves and almost like they haven't had anything done," says Arseneault. "They don't want to look like they've been injected, with overly filled cheeks or lips. They just want to look refreshed."

Trend #2: Smooth skin

Part of the #CleanLook trend is smooth, hydrated, elastic skin. Restylane Skinboosters can help people get beautiful skin that glows from the inside out with subtle enhancements. It's important to remember that filler does more than just fill — it also helps to improve the skin's appearance.

Trend #3: Bright eyes

Begin with restoring volume loss in the temples and cheeks, the supporting structures to the eyes. Then treat the hollows under the eyes for an immediate refresh to the entire face.

Trend #4: Lifting

A lifted look on the face is fresh and youthful. Putting hyaluronic acid dermal fillers like Restylane in the hairline or cheeks can help to achieve this look.

Trend #5: Gone is the "Instagram look"

As with the #CleanLook trend, natural-looking results are a key trend and goal for many Canadians. Arseneault stresses the importance of finding a skilled and reputable practitioner who will take the time to listen to your needs and of making sure they're using reputable products that are safe and effective.



THE ORIGINAL

STABILIZED HYALURONIC ACID DERMAL FILLER

Restylane aesthetic treatments for your own unique beauty.

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Restylane is a family of dermal fillers. Ask your healthcare practitioner if Restylane is suitable for you.

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THE KIT X REMINGTON

COOL TOOLS

Style meets function with these must-have gifts.

Let's be real: The best holiday gifts are the ones that you can—and will—actually use on a regular basis. This year, Remington® has you covered with a selection of giftable hair care tools that will delight anyone on your gift list.



For on-the-go types

People with busy schedules or those who struggle to get out the door on time every morning will love the Remington® Shine Therapy™ AC Hairdryer. The ultra-quiet tool dried hair 50 per cent faster (versus a standard 125V, 60Hz DC motor Remington dryer), while also working to reduce frizz. This dryer also boosts hair shine thanks to a built-in micro-conditioner, protein-packed keratin-infused grill and antioxidant-rich Argan oil. It's so much more than your average hair dryer!

REMINGTON SHINE THERAPY AC HAIRDRYER, \$50, WALMART.CA



For trendy BFFs

Make sure your stylish bestie can always complete their coveted looks with the award-winning Pro 1™ Multi-Styler Twist & Curl™ Technology. They'll be able to switch up their hairstyle and effortlessly create beachy waves, bouncy curls or pin-straight strands. Innovative ceramic-titanium twisted plates make it possible to do it all with ease, while a heat control sensor prevents damage and colour fading.

REMINGTON PRO 1™ MULTI-STYLER TWIST & CURL TECHNOLOGY, \$60, WALMART.CA



For no-fuss moms

Most of the time, the last thing moms want—or have time to do—is to fuss around with their hair. The Remington® Shine Therapy™ 1" Straightener takes all the hard work out of achieving a sleek, shiny and straight style. Even better? The tool's ceramic plates are infused with good-for-you haircare ingredients like argan oil and keratin to nourish and protect your hair at the same time.

REMINGTON SHINE THERAPY 1" STRAIGHTENER, \$45, IN WALMART STORES



For the men in your life

What do you get the hard-to-shop-for men in your life? Well, how about a little bit of everything? Try the Remington® Virtually Indestructible™ All-in-One Grooming Kit. It features an array of durable and handy accessories, including a full-size trimmer, a nose, ear and detail trimmer, five beard and stubble combs and an adjustable haircut comb. He'll never be left searching for a grooming tool again.

REMINGTON VIRTUALLY INDESTRUCTIBLE ALL-IN-ONE GROOMING KIT, \$50, WALMART.CA

This content was created by The Kit; Remington funded and approved it.

Save yourself



Too many gifts, too much travel, unpleasant table talk. Boundaries are here to protect you from holiday stress

By Rani Sheen

Somewhat unpopular opinion: "The holidays are like the perfect storm for stress, burnout and resentment." But it's actually a very positive and useful one, especially when it's coming from Melissa Urban, author of *The Book of Boundaries*, who hears all about this from loyal followers and fans who seek her advice via Instagram and TikTok.

Urban, who is also co-founder of the wildly popular Whole30 program, wrote her book based on her own experiences of stress, burnout and addiction. It's a highly engaging and useful guide to setting boundaries—complete with scripts of what to say in a variety of common conflict situations—that you'll find yourself lending to one people-pleasing friend or relative after another. In a moving early paragraph, Urban writes that the first boundary she ever set literally saved her life, wherein she told a close friend she couldn't be around drugs anymore. The book is proof that it worked, and that boundaries in all areas of life can make challenging situations bearable, and even pleasurable.

Which brings us back to the holidays. So why the slightly Grinch-y take on what's supposed to be the most wonderful time of the year? Well, it's exactly that expectation that causes the stress. "Parents feel pressure to create the 'perfect' day because of divorce, family expectations or not having seen each other as often because of COVID," Urban says. "Gift-giving practices leave us depleted of time, energy and money. Family members you don't see often bring opportunities for conflict around politics or religion. There are pressures and unhealthy conversations around food, alcohol and diet

together. I also set limits around where and for how long we travel for the holidays, so we can create the space my husband I want with just our son. Even small limits, like 'I'm going to bed at 9 p.m. tonight even if you're still up playing board games' can bring huge reprieve whether you're the host or a guest."

Read on for more of the most common stress points for the holidays and how to set healthy boundaries so you can actually enjoy the season.

relationship plans. But Aunt Mary, you just got back from Florida, how was it?" You can also use this as a teaching opportunity, if you have capacity. "Please don't push people about getting pregnant. You never know if someone is struggling with infertility or miscarriage—I know you wouldn't want to bring up something painful, so it's better not to ask." If they continue to tease you about your relationship status, career choices or give other unwelcome "feedback," your red-level boundary is to excuse yourself from the conversation, room or gathering."

Food and drink
You've been enjoying drinking less and aren't sure how to avoid the "house cocktail," trays of champagne and constant wine pours at dinner. "This is where you embrace 'No, thank you' as a complete sentence. Often, we think all eyes are on us and everyone is going to make a huge deal if we're not drinking, but over the last 13 years of helping people hold boundaries around alcohol, that is rarely the case. When offered, just say, 'No thanks' or 'Not tonight.' If they ask why, you can answer with a non-answer, because honestly it's none of their business. Try, 'I'm just not feeling it,' 'I'm not in the mood tonight' or 'I'm not drinking right now.' Pro tip: Take your own non-alcoholic festive beverage (like kombucha, sparkling tea or a bottled mocktail) to events, so you don't feel left out—and bring extra, because I always find many people are happy to have a zero-proof alternative."

Holiday travel
Family members ask to stay with you or expect you to host for the holidays, which is a tiring thought. How to say no? "Have these conversations and set the expectations well ahead of time (you should see a theme emerging here). Proactively say, 'We wanted to let you know we're not going to host Christmas this year,' or 'We're not travelling or receiving guests for the holidays.' If they ask why, keep it simple: 'We've decided we want a quieter holiday' or 'We want to spend the weekend with just the four of us this year.' Be wary of offering excuses here—you think they're going to back up your boundary, but other people might hear them as a problem to solve. (So when you say, 'We just don't have the space right now,' they reply with, 'I don't mind sleeping on the couch.') If they push back, you can acknowledge their disappointment while still holding your limit. You can also ease the blow by offering to help them find a nearby AirBnB or hotel, and let them know what you are willing to do ('We're not hosting, but we'll plan on coming to your house for a few hours in the afternoon'), or offering a non-traditional way to celebrate, like doing Christmas with Grandma and Grandpa the week before or after."

Gifts
You don't have the money or energy to buy stuff for everyone from teachers to distant relatives. What to do? "One of the central tenets of my boundary practice is that 'you can do it any way you want.' I went no gifts with anyone in my family or friend circle and stuck to it hard, but if that doesn't feel right, spend time thinking about the limit that would feel best to you. Maybe you gift only to kids under 12, or you enact a price limit on all gifts, or you round up folks for Secret Santa so you only have to buy one gift. You could tell everyone you're donating to a charity they'd appreciate in their name. You could suggest everyone contribute a set amount to a vacation fund, or make a very specific list of two or three things you know your kid needs (to avoid a dozen new toys you know they'll be bored with next week). You can also make exceptions wherever you want—I do send cash or a gift card to all of my son's teachers, because teachers are nothing short of heroes."

Pro tips Melissa Urban on managing your energy—and when to just say no

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Holiday parties

The invites are piling up. You feel like you can't say no to the ones for work or clients, and you don't want to say no to the ones from good friends. How do you manage your energy?

"First of all, you can say no wherever you want, and I need you to feel empowered to do that if it serves you. I love holiday parties, but if my chronic illness is flaring, I might need to turn down everything—no matter what—that week. Second, remember you have more options than just 'go' or 'don't go.' Can you accept but tell the host, 'I can only stay for an hour,' pop in late so you have time to unwind between work and the event; or make a show of gladhanding with key clients and staff, then slip out the door when the booze starts flowing more freely? If you do say no, remember you don't need to justify or over-explain or even offer a reason at all. Try, 'Thank you for the invite—I won't be able to attend, but I hope you have fun,' or simply RSVP your polite decline."

Family gatherings

There's that uncle who always asks why you're not married/pregnant/CEO yet. How to avoid that awfulness?

You can head this off before the holidays by telling family, 'We can't wait to see you, but please don't ask us when we're getting married. I know you mean well, but it makes both of us uncomfortable and it's not helping. We'll tell you if we have any news.' If you don't see some family members often, task your mom or sister with spreading the word: 'Jordan and Sam will be here soon, and we're not going to ask them about having a baby, okay? Not even in jest—just give it a rest this year.' If you're confronted with it any way, interrupt it with a boundary, then quickly change the subject. 'Oh, please don't—we're not going to talk about our

The holidays are like the perfect storm for stress, burnout and resentment.

The new glamour

Healthy, effortless hair—that's the dream, right? Hollywood pro Bridget Brager shares her lessons

By Katherine Lalancette



Pony up

Bridget Brager's tips for the season's top look

"The snatched ponytail is so in," says Brager, of the extremely tight ponies favoured by Kendall Jenner, Bella Hadid and other stars. Brager recommends starting on second-day hair, which will naturally have more hold, and raking through a bit of Rodan + Fields's Define + Curl Cream. Even though it's technically made to enhance tendrils, it doubles as an all-in-one styling cream and will help you get a super smooth finish. Brush your hair back until it's totally sleek, then secure it with a ponytail holder. Brager swears by hooked elastics for getting an extra-tight, bump-free pony. Finish with a little oil for added shine and a blast of hairspray to set and secure.

PHOTOGRAPHY: GETTY IMAGES



THE CURLING IRON
Brager is a fan of T3's interchangeable curling irons, so she can select the barrel best suited to the look she wants to create. For more volume, she suggests holding your barrel horizontally, whereas if you want longer, leaner waves, it's best to hold it vertically.

T3 WHIRL TRIO INTERCHANGEABLE CURLING IRON SET, \$308, NORDSTROM.CA



THE ELASTICS
Hairstylists swear by hooked elastics (also called bungees) like these to create a sleek, snatched ponytail or bun. In a pinch, you could even MacGyver your own with a plain elastic and two bobby pins. As Brager says, "No saggy ponytails on my watch!"

FRICOLOR PONYTAIL HOOKS, \$17 (40 PCS), AMAZON.CA



THE OIL
One of the best-loved products to come out of Brager's collab with Rodan + Fields, this lightweight, multi-tasking oil does it all. It serves as a pre-shampoo scalp and hair treatment, a pre-styling heat protectant or a post-blow-dry shine-enhancer. A modern essential.

RODAN + FIELDS OIL TREATMENT, \$74, RODANANDFIELDS.CA

THE KIT X RIMMEL

FOREVER ICONIC

Your favourite fashion-forward—and wildly affordable—beauty brand is now cruelty free!

No matter your age, Rimmel has likely been a staple in your drugstore basket at one point or another. Match Perfection Concealer? A revelation, combining the power of a concealer with the illumination of a highlighter. Those Scandal'eyes Waterproof Eyeliners? Had them in about 10 colours, and every single one of them did not move an inch once they set.

But the best part about Rimmel? It's still one of those go-to brands, whether you first discovered it a decade ago or you newly stumbled across one of its products in a viral TikTok. (And yes, we're still obsessed with that concealer and those eyeliners.) That perfect marriage between affordability and innovation—and just the right

amount of staying on-trend while delivering quality every time—Rimmel is still firmly a fan fave.

And it hasn't rested on its laurels, either. Case in point: Rimmel is now Leaping Bunny approved, meaning Cruelty Free International has awarded Rimmel its gold standard certification. It's a big deal! To get this seal of approval, Rimmel—which operates in 80 countries worldwide—had to meet very strict criteria around animal testing through its entire supply chain. The brand also made a strong commitment to ending animal testing entirely in the beauty industry.

To celebrate this news, we've rounded up a few of our top Rimmel essentials.

THE SIGNATURE SHADOW: THE WONDER'CLOUD EYESHADOW

Hello, all day wear! These eyeshadows have a unique whipped texture, which makes them a blendable, fool-proof dream to apply. Once the shadow is where you want it, it stays where you put it thanks to an in-built primer. Adios, creases!

RIMMEL WONDER'CLOUD EYESHADOW SPICED PETAL, \$12, SHOPPERSDRUGMART.CA



THE CONCEALER PHENOMENON: THE MULTI-TASKER CONCEALER

This recently launched wonder is already a Rimmel cult classic and with good reason. Consider it your one-and-done step to flawless skin. This lightweight liquid concealer will cover up blemishes and acne scarring, brighten dark circles and any areas of hyper-pigmentation. Build to your perfect level of coverage with this hydrating, long-wear formula that won't smudge, flake or cake.

RIMMEL MULTI-TASKER CONCEALER, \$13, SHOPPERSDRUGMART.CA



THE INSTANT CLASSIC: KIND & FREE MOISTURIZING SKIN TINT

You've almost certainly seen this one on TikTok, but if not: This viral skin tint is the hero from Rimmel's Kind & Free line. It's Rimmel first foray into clean makeup, and is vegan, free from mineral oil and fragrance, and 77 per cent of the ingredients have a natural origin. Delivering a lightweight coverage for that highly-sought-after 'no-makeup makeup look' with just the right amount of glow, this one's an instant staple.

RIMMEL KIND & FREE MOISTURIZING SKIN TINT, \$11, SHOPPERSDRUGMART.CA



THE ULTIMATE LIP SHINE: OH MY GLOSS! LIP GLOSS

If you love a glossy, juicy pout, you're probably already a huge fan of Rimmel's glosses. It uses something called its proprietary "Gloss Lock" technology to serve shine that lasts for up to six hours. The truly miraculous part? These glosses are also ultra-moisturizing, thanks to vitamin E and Argan oil. It is available in 14 amazing shades, and you'll want every one of them!

RIMMEL OH MY GLOSS! LIP GLOSS, \$11, SHOPPERSDRUGMART.CA



THE LASH LOVER: KIND & FREE MASCARA

Also from Rimmel's clean line up, this mascara does not compromise on performance. It boasts a 36-hour performance! Vegan and cruelty-free, it uses a natural wax infused with biotin to deliver length and volume — all using a brush made from earth-friendly bio fibres.

RIMMEL KIND & FREE CLEAN VOLUMIZING AND LENGTHENING MASCARA, \$12, SHOPPERSDRUGMART.CA



This content was created by The Kit; Rimmel funded and approved it.

Find these products and more at rimmellondon.com

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A FRAGRANCE
BEYOND THE LINES



EAU DE PARFUM
A NEW INTENSITY