

THE KIT



The Santa Monica Proper Hotel.
Photo: The Ingalls

After the excitement of the holidays, it's time to restore body, mind and spirit—whether that's a pilgrimage to the birthplace of wellness, a sumptuous staycation or simply lounging in luxurious sleepwear on your sofa

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INSPIRED BY JANE AUSTEN'S CLASSIC NOVEL

SENSE AND SENSIBILITY

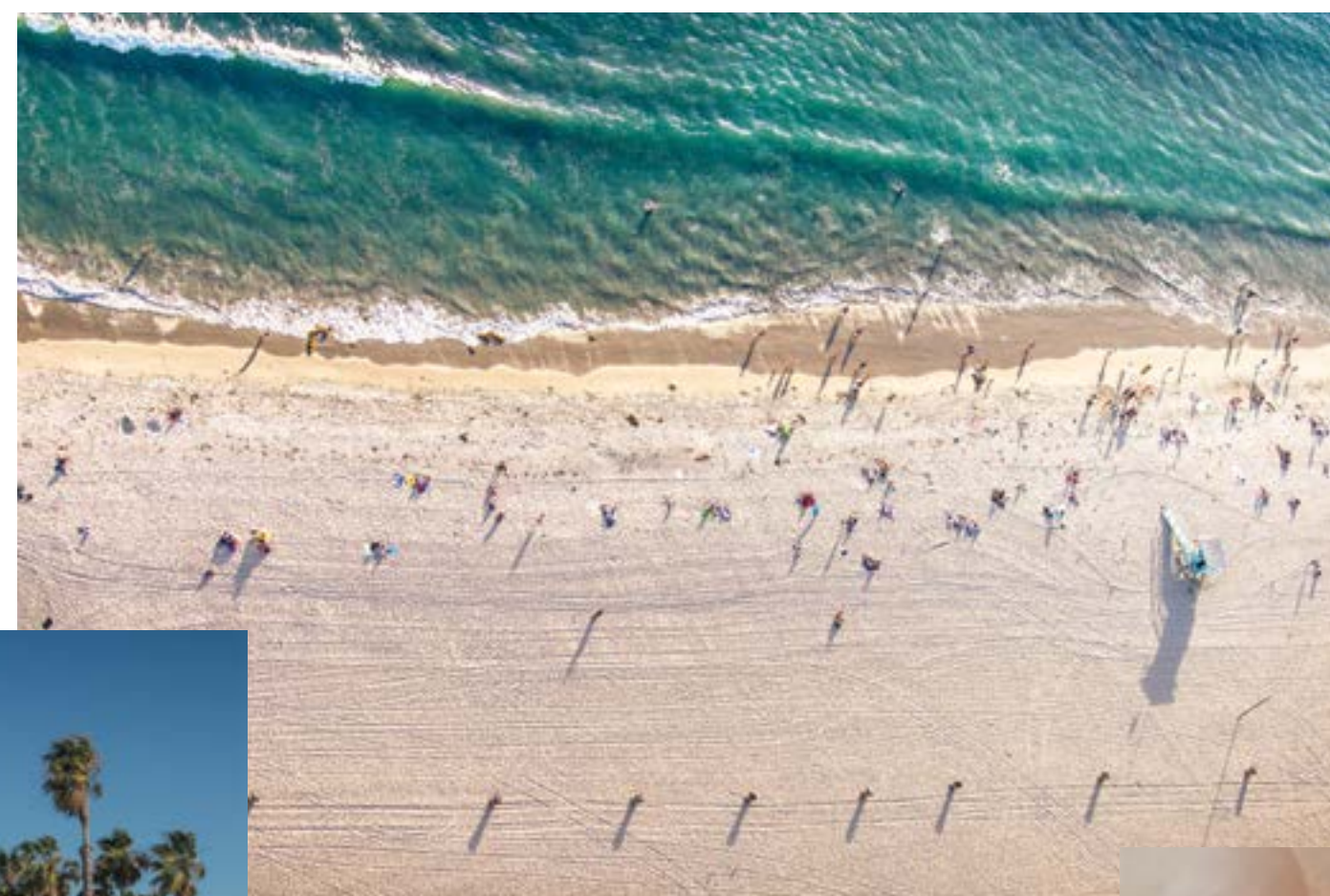
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2025 SEASON

SENSE AND SENSIBILITY
BY KATE HAMILL
BASED ON THE NOVEL BY JANE AUSTEN

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Scenes from Santa Monica and the Santa Monica Proper Hotel.

Good vibes only

In a SoCal haven abundant with sunshine, status smoothies and serenity, all roads (and bike paths) lead to wellness

By Olivia Stren

If all great cities have their cinematic love letters and satires, Los Angeles' is the 1991 romantic comedy *L.A. Story*. A moment in that film wanders to mind: Steve Martin emerges from his home, walks purposefully to his car, drives for about two seconds to his neighbour's house and gets out. The streetscape is lavished in sunshine and decorated with palm trees, but the pedestrians are as rare a sighting as snowflakes or, say, bread baskets.

The punchline is as clear as a SoCal day: This is not a place you want to be walking or, worse, be seen walking. Locals do their walking in the privacy of the Hollywood Hills, not blithely on city streets.

Except if you head west of Los Angeles to Santa Monica. In this city, which sprouted into a seaside resort town in the early 20th century, everyone is walking, running, lunging, box jumping, kettlebell swinging, slack lining and downward dogging, seemingly at all times of day.

Southern California has long been a plain air laboratory for healthy living, exercise trends and fad diets, but Santa Monica has emerged as the birthplace of wellness. While Google is based in Silicon Valley, Gwyneth Paltrow's Goop empire is headquartered in Santa Monica.

As soon as I check into the recently opened Santa Monica Proper Hotel, with interiors courtesy of design darling Kelly Wearstler, I can feel my adrenal system taking to a lounge and ordering a mocktail. The lobby spills into the living-room-like Palma restaurant, where guests mindfully sip matcha amid easeful nubby textiles, potted palms and a sun-bleached palette of creams and tans.

Every detail is divined to downregulate your nervous system, a valentine to the coastal setting: A wooden reception desk is carved with seashell-like striations; oak floors are patterned after an open beach umbrella; and in the spacious guest rooms, radial upholstered headboards evoke Pacific sunsets.

I pedal my way to the actual beach with Erik Hines, a guide from Bikes and Hikes LA. Santa Monica is eminently bikeable, it turns out. Last year, while unveiling a new network of curb-protected bike lanes and Dutch-style intersections, then mayor Gleam Davis declared, "Watch out, Amsterdam! We're going to be the bike capital of the world!" But as we wheel through the grand boulevards fringed with towering palm trees, this doesn't feel like Northern Europe. "Santa Monica is like Beverly Hills by the beach," Hines says, as we roll along Ocean Avenue.

Beverly Hills, with its gated mansions and manicured hedges, is famously grandstanding in its wealth, all artifice and gilded flash. But Santa Monica, which is also egregiously expensive, let's be honest, feels more intimate, cozy and accessible, even if it isn't. "In Beverly Hills, it's 'Do I belong here?' and in Santa Monica it's 'I belong here,'" Hines says, exhaling with relief. Quite frankly, so do I.

Even the squirrels strike me as especially tight-bodied, as if they, too, are tracking macros and belong to beach volleyball leagues.

I think of an Instagram meme that resonated: "My toxic trait is that every time I travel somewhere, I think I should move there." Santa Monica's toxic trait is that it convinces you that you should, and somehow could.

If I did live here, I'd surely spend a great deal of time at Palisades Park, which stretches to spectacular effect atop sandstone bluffs. Here, locals in weighted vests speed-walk the path, past views of sea, mountain and sky. Even the park's squirrel community strikes me as especially tight-bodied, as if they, like everyone else here, are tracking macros, have functional-medicine doctors on speed dial and belong to beach volleyball leagues. (The city is the birthplace of beach volleyball as a two-person sport; the first permanent nets were installed at Santa Monica Beach in the 1920s.)

Santa Monica is also home to the Original Muscle Beach, where exceedingly fit people swing on travelling rings with the agility of circus performers or vervet monkeys. One man, Mr. Hong, takes several turns at the rings and then tells me he comes nearly every day. He's 86 years old, he tells me twice (because I don't believe him the first time)—a fact that

could be believable only in Santa Monica. "It's all about the PMA!" Hines remarks, gazing at the surf. I have no idea what he's talking about. "Positive mental attitude!" he chimes.

I didn't come to Santa Monica with a self-care agenda. But all roads—and bike paths and travelling rings, etc.—lead to wellness here. Even my Uber drivers tell me about their plant-based diets, and one cheerfully shares that a Netflix documentary on this topic, *Forks Over Knives*, changed his life. I wander streets embroidered with crystal shops, organic teeth-whitening bars and independent bookstores where literary categories are not, say, "parenting" but "maternal malaise."

Santa Monica tourism blogs suggest cultural visits to the Santa Monica History Museum or the St. Monica Catholic Church. But I pilgrimage to another house of worship: the cult grocer Erewhon, a Californian gastronomic Vatican, where instead of altars, pews and bastioned walls there are aisles of adaptogenic chocolates, liposomal supplements and celebrity-collab status smoothies.

Grain-free crowds dressed in Alo yoga wear, the kind of people who might have complicated feelings about seed oils, gather around the "tonic bar." They gaze at the smoothie menu in hushed, devotional wonderment, the way some might behold the Sistine Chapel. I order the \$22 strawberry probiotic smoothie and it is a creamy, sweet, tart delight.

I'll admit that when I arrived in Santa Monica, my mood and morale were not in peak form. But after a day of sipping the sunshine, the smoothies and the PMA, my winter *mal de vivre* begins to lift, like the fog off the Santa Monica mountains.

I take my improved mood to the mall—in this case, the adorable red-clapboard Brentwood Country Mart. Gwyneth Paltrow grew up traipsing around the mart and opened Goop's first store here in 2017. A radiant clerk almost tempts me into buying a \$300 balm made from wild-foraged Sicilian olives, because all of this wellness can rock a person's judgment.

Instead, I pay a visit to the Proper hotel's Recovery Suite, outfitted with a private outdoor sauna and ice bath. I cold-plunge and detoxify and surf a dopamine high. But all of this was weeks ago now, these feel-good roads to wellness now relegated to memory lane. I'm still in recovery.

Olivia Stren travelled as a guest of Visit California and Santa Monica Travel & Tourism, which did not review or approve this article.

Snowed in

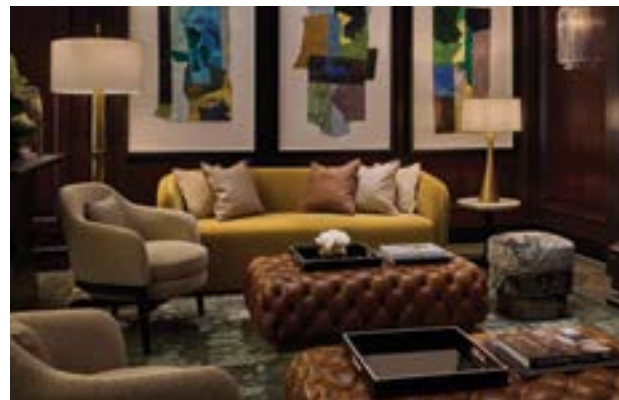
Escape the holiday flurry with a soul-soothing staycation at one of Canada's coziest hotels

By Jennifer Berry



The Ritz-Carlton, Toronto

You don't mess with the classics. A blend of timeless, discreet luxury and opulent modernity, this is the kind of hotel you want to move into. After checking in, a visit to the newly opened Lano Cafe + Wine Bar, tucked within the grand lobby, is a must. Its name is short for "Milano," so expect a tasty homage to Northern Italy. (By the way, the lobby also got a makeover by renowned designers Chapi Chapo this fall, so give yourself time to linger.) After a cornetto and a cat nap, get dolled up and indulge in dinner at Toca or Epoch. Both have new menus, but the former, which offers Italian fare, has a "cheese cave." Dedicate some me time to the Ritz's Spa MyBlend, which recently introduced personalized Wellness Journeys for the mind, body or skin. The bespoke visits last around four hours and include an hour of hydrotherapy and a healthy bento box lunch. Bliss. RITZCARLTON.COM/TORONTO, \$686-\$5,488 PER NIGHT



Rosewood Hotel Georgia, Vancouver

This five-star downtown retreat reopened in June after a five-month makeover that gave its restaurants and suites an elegant facelift. Along with the renovation came a brand-new food and bevvy experience: The Georgia Bar, a moody, sexy Art Deco-esque space where you might meet a gorgeous stranger, or cosplay as one with your partner. Enjoy a mixologist-created cocktail and a few "Caviar bumps" at the dramatic, U-shaped Arabescato Orobico marble-top bar, surrounded by mahogany wood, plush velvet and rich leather. A visit to the Rosewood's Sense spa is mandatory; this month, they're offering a couples' massage package that includes two glasses of bubbles. Whatever treatment you indulge in, leave plenty of time for lounging at the hotel's 52-foot saltwater pool, which looks like it was plucked from *The Great Gatsby*. ROSEWOODHOTELS.COM/EN/HOTEL-GEORGIA-VANCOUVER, \$763-\$8,260 PER NIGHT



Auberge Saint-Antoine, Quebec City

Enchanting historic architecture + picturesque views + Michelin-level food = staycation perfection. (It's just math.) If you're looking to nestle in for the holidays in a Hallmark-movie setting, minus the fake flurries, Quebec City is the ultimate destination. The family-run Auberge Saint-Antoine, a historic hotel with two Michelin keys, is ideal for a soothing sojourn. Fine dining is at your fingertips here, and during the festive season, enjoy a Caviar & Champagne evening at the hotel's Bar Artefact (which displays ancient relics unearthed during a recent excavation dig on site). The next morning, head to the sumptuous on-site spa for a facial glow-up using products from Canadian skincare lines JB Skin Guru and GM Collin. Saint! SAINT-ANTOINE.COM, \$300-\$1,500 PER NIGHT

What's the science behind the particular pleasure induced by a hotel stay? We'd argue the joy of a plush king-sized bed, be-robbed room service breakfasts and swoon-worthy spa visits increases exponentially when it's in your own city, nary a social commitment in sight. Who needs plans when there are lobby bar martinis to be slurped, rom-coms to be watched, frites on fine china to be nibbled and decadently deep tubs to soak in, and no snowy streets to brave. Winter is the best time to cocoon indoors, so swaddle up in 500-thread-count sheets and hunker down—we can be social butterflies come spring.

Sleep chic

There's nothing like a luxurious new set of pyjamas to put you into ultimate relaxation mode



Take your sleepwear to socialite status with this retro-chic ensemble from cult-favorite brand Sleeper. Adorned with white bows and playful pink ostrich-feather trim, this set ensures you'll feel fabulous whether you're lounging about or baking up a storm.

SLEEPER PYJAMAS, \$771.
FAREFETCH.COM



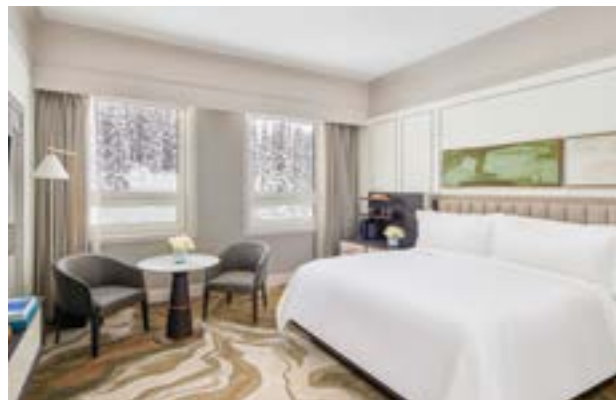
Soft, stretchy and anti-pilling, this cotton set is made for stylish lounging. Personalize it with your initials for a bespoke bedtime vibe—or gift it as a perfect matchy-matchy family surprise.

KIP PYJAMAS, \$238.
SLEEPINKIP.COM



Add a splash of opulence to your night-wear wardrobe with this Art Deco-inspired crushed velvet bronze set from luxe loungewear brand Olivia von Halle. Embellished with Swarovski crystal buttons, it's effortlessly chic for holiday gatherings at home.

OLIVIA VON HALLE PYJAMAS, \$1,050.
OLIVIAVONHALLE.COM



Fairmont Chateau Lake Louise, Lake Louise

If you're planning a winter retreat in Banff's Lake Louise hamlet, this iconic lakefront property is an easy choice based on the turquoise water views alone. They know how to do charming winter traditions the luxury way—we're talking horse-drawn sleigh rides, guided evening snowshoeing, the most elevated après at the Ice Bar on the lakeshore and, new this year, a starlit "social skate" on the lake. After all that wintering, a visit to the lobby-level spa is crucial. The newly renovated haven has a treatment menu inspired by the surrounding natural elements, like the Glacier Lift facial that sculpts and refreshes the skin. Before enjoying a facial, massage or manicure, get grounded in the spa's intimate, earthy Tea Garden. And if you're visiting next year, plan to soak in the sprawling thermal bath facility slated to open in summer 2025.

FAIRMONT.COM/LAKE-LOUISE, \$899-\$1,299 PER NIGHT



Honeyrose Hotel, Montreal

The recently opened Honeyrose Hotel is the perfect landing pad when hibernating in la Belle Ville. It has two restaurants and a café, including a jaw-dropping fifth-floor terrace open in the spring and summer, and its crown jewel, the French bistro The Commodore, which looks like it was plucked from the movie *Casino*. In fact, the hotel's Art Deco-style interiors give "vintage Vegas" in the best possible way, with ornate crystal chandeliers, pink velvet upholstery and gold accessories. A filthy martini is a must, and the restaurant is cooking up special holiday and New Year's Eve menus. If you're craving a moment of wellness, pop to nearby Bota Bota to enjoy the spa-on-a-boat's hot and cold water circuit. Otherwise, settle into your plush robe and slippers and let the reality TV marathon commence.

HONEYROSEMONTREAL.COM, \$439 AVERAGE PER NIGHT



Mysa Nordic Spa & Resort, Prince Edward Island

Perched in picturesque St. Peters Bay, P.E.I.'s first Nordic spa and resort is made up of cabins dotting the shoreline and a Scandinavian-inspired hot-cold-rest thermal experience powered by a low-emission wood chip boiler. What could be more decadent than rolling out of bed, taking coffee on your private deck and then strolling a few steps to the baths? There's a menu of massages and body treatments on offer at the spa, and a restaurant where you can enjoy a farm-to-table meal showcasing local bounty. If you really want to amp up the cozy, spark up your cabin's fireplace. This December, a Weekday Wellness package for two includes a one-night stay, two thermal experience passes, a bottle of wine or bubbles and a charcuterie board for \$499.

MYSANORDICSPA.COM, \$349-\$499 PER NIGHT

THIS LUXE DESTINATION DESERVES THE TOP SPOT ON ANY WELLNESS VACAY

Whether you're a water baby, spa enthusiast or a devoted foodie—Dubai really has something for everyone



In the midst of a harsh Canadian winter, there's nothing quite like a sunny getaway to boost your mood and lift your spirits. As you plan your dream escape this year, there's no better place to book than Dubai, the only city in the world where the best of everything is a possibility. And with nonstop flights from Toronto, Montreal and Vancouver with Air Canada and Emirates, it's never been easier to get there.

With its famous shopping, entertainment and dining options, this effervescent city boasts a full calendar of can't-miss events year-round, giving visitors plenty to celebrate whenever they arrive. In recent years, Dubai has emerged as a leading wellness destination, with mindful-

ness, sleep retreats and rehabilitative spa culture making it an easy, accessible and surprisingly affordable choice for a holistic and luxurious wellness-driven escape.

Dubai has embraced all modalities of wellness, offering a buffet of possibilities that cater to every preference including recovery retreats, self-care travel, culturally specific traditions, and healing and social wellness program experiences with friends, your partner or family. And the best part of choosing Dubai as your winter wellness destination is that you can focus on your journey while still appreciating all of the world-renowned cultural, shopping and dining facets of the city.



At Dubai's first resort solely dedicated to sustainability—the Retreat Palm Dubai MGallery by Sofitel—the concept is embodied in every single detail. Raya Wellness health spa stands at the heart of this restorative retreat, as a temple of wellness offering organic products, rejuvenating experiences and on-site yoga and fitness classes.

If you're in the mood to take your travels from the sea to the desert, look no further than the Timeless Spa at the Al Maha Desert Resort. Known for its Arabian-style treatments including the signature Middle Eastern aromatherapy massage, the Marriott-owned hotel guests its own elegant, Bedouin-inspired suite complete with a private pool for the ultimate secluded escape.

It's no secret that the hotels of Dubai are nothing short of extraordinary; those looking to immerse themselves in a complete environment of wellness have plenty to choose from. Take The Lana, the home of Dior's first spa in the UAE which has two exclusive "Diorituals" you can only get here.

Not far away from there, SIRO One Za'abeel has been described as Dubai's first fitness and recovery hotel, seamlessly integrating wellbeing into its overall offerings with sleep-optimized rooms and innovative facilities like the Fitness Lab and the Refuel Bar. The Bulgari Resort Dubai on Jumeirah Bay Island, meanwhile, brings its signature style of Italian sophistication to the Bulgari Spa and Fitness Centre. At SLS Dubai, the Ciel Spa elevates wellness routines with a state-of-the-art fitness centre, the world's highest overflow pool and an IV therapy facility, while Park Hyatt Dubai offers guests close proximity to the Dubai Creek Golf & Yacht Club.

By the same token, Dubai is a global leader in



world-class accommodations that prioritize sustainability. As part of its ongoing journey of promoting sustainable tourism, the city introduced the Dubai Sustainable Tourism (DST) stamp as a way to encourage and recognize hotels that exhibit exceptional commitment to its 19 Sustainability Requirements. To minimize your carbon footprint while you travel, book your stay at one of Dubai's eight Gold Tier hotels, elegant escapes with eco-conscious charm that include Sofitel The Obelisk, Pullman Dubai Downtown and La Ville Hotel.

Dubai's many private beaches and stunning beach clubs are also a great draw for Canadians, instantly transporting them into another world. Gigi Rigolatto Dubai at J1 Beach, joins locations in Paris and St. Tropez to offer a unique blend of pool-time luxury and exceptional Italian dining. At Sirene by Gaia, a picturesque beachside setting embodies the beauty of a summer in Greece with its authentic Mediterranean flavours. In typical Dubai fashion, there's always something new in the works and the latest beachfront experiences are no exception. 2025 will see a new Zuma enticing you to spend the day lounging by a pool, with access to a private beachfront.

This destination truly has endless amounts of natural beauty nearby and the inherent wellness benefits that come with time spent outside to experience. There are plenty of stunning desert and mountain escapes to immerse yourself in with luxury operators like Sonara and Platinum Heritage, which offers authentic safaris. Imagine hitting the sand in Series 1 Land Rovers through the Dubai Desert Conservation Reserve and getting a taste of the Bedouin nomadic life at Al Marmoom Bedouin Experience.

Bab Al Shams is no lesser than a private paradise. Its Desert Pool Villas are defined by a



minimalist aesthetic where function meets organic architectural form—there's really no roughing it here.

Like the plethora of globally inspired spa treatments available, the gastronomy scene in Dubai is equally eclectic. Drawing inspiration from cuisines around the world with plenty of options that prioritize sustainable and healthy dining for the wellness-minded traveller. For foodies, there's no better endorsement than a recognition from Michelin. The Michelin Guide's Dubai selection has exploded in recent years, serving 35 types of cuisine. Take Avatara Dubai, the world's first and only vegetarian Indian Michelin Star fine dining experience (good to know: Avatara easily caters to vegan and gluten-free diets on request), Al Muntaha, offering Michelin-starred French and Italian cuisine by chef Saverio Sbaragali, and La Dame De Pic, where the world's most-decorated female chef combines creative techniques with unexpected ingredients for an exquisite experience.

Another notable must-try is The Guild, the winner of the Opening of the Year Award and a stunning homage to New York City brasseries with multiple concepts so beautiful, you need to see it all in person. In keeping with global sustainability efforts, the Michelin Green Star, which highlights restaurants leading the way through their sustainable practices, has been awarded to the innovative kitchens at Teibel, Boca and LOWE.

To make your dream Dubai getaway a reality this winter, be sure to plan your trip early to lock in the very best accommodations, wellness experiences, dining reservations and event tickets.

Visit visitdubai.com to start planning your winter holiday today.





Ports of inspiration

Chanel brings its whimsical, nautical-themed Cruise 2024 collection ashore in Hong Kong

By Renée Tse

We also previewed the Imagine an Elsewhere exhibition, which features 16 collaborative works by 35 HKDI students across diverse design disciplines. The show is running until the end of the year.

After riding up a 60-metre escalator to an aerial platform floating above the campus, we settled in our seats to watch the collection make its way through the corridors. The front row was made up of Hong Kong's biggest actors, such as Chow Yun Fat and Carina Lau, as well as Chanel ambassadors Penélope Cruz and Whitney Peak. Like Marseille, Hong Kong is a vital port city, which befits the seaside-inspired collection. The sporty ready-to-wear pieces, nautical motifs and fisherman-inspired silhouettes were paired with intricate net-like jewellery and shimmering sequined bags reminiscent of fish scales. The craftsmanship was undeniable, but what stood out most was the effortless wearability of each piece.

"It's a different energy here in Hong Kong, having the show in this educational environment, where the younger generation of designers are learning and honing their crafts, so eager to express their creativity," said Fala Chen after the runway presentation. "Some of these students were sent to Marseilles to watch the Chanel show and they came back with so much to say in their art."

The night concluded with a pulsing after-party at the iconic Shaw Studios, a vast film production facility. Bathed in sunset hues, panoramic screens set the stage for performances by Angèle and Sébastien Tellier. With dim sum canapés in one hand and a cocktail in the other, it was impossible not to feel a palpable excitement for the future.

Hong Kong, long a financial hub, has focused on creativity and innovation in the past decade, all while preserving its rich heritage through food, culture, art and film.

You could say the same about Chanel. Since 1919 in Deauville, the French fashion house's Cruise collections have celebrated artisans and craftsmanship. This November, Chanel chose to bring its Cruise 2024 collection to the Hong Kong Design Institute (HKDI).

Dedicated to education and creation, HKDI is nestled in Tin Kung Leng, a neighbourhood beyond the city's usual tourist trails. Much like Le Corbusier's Cité Radieuse in Marseille, where the Cruise collection was originally unveiled, HKDI is a collaborative space for students and visitors to engage in meaningful dialogue in an urban environment. This event marked the beginning of a three-year partnership between Chanel and HKDI, designed to enhance the students' learning experience and nurture their potential.

I felt an unmistakable energy on the day of the show. The expansive venue transformed into a fashionable hub, with immersive activations throughout. In one room, *Modern Flirt* screened, a short film showcasing the Cruise collection by award-winning French director Audrey Diwan, starring Hong Kong actress Angela Yuen and French actor Benjamin Voisin. At the heart of the space, guests took in Radio Chanel, a live broadcast where emerging artists talked creativity with house ambassadors such as Caroline de Maigret and major figures from the Hong Kong scene, such as actress Fala Chen and radio host Wong Chi-Chung.



Five Minutes with Fala Chen

The Hong Kong-turned-Hollywood actress starred in Marvel blockbuster *Shang-Chi and the Legend of the Ten Rings*. Next up is the psychological thriller *The Ballad of a Small Player* with Tilda Swinton. We caught up with Chen after the show.

Which Cruise pieces could you see yourself wearing in Hong Kong? "These outfits are perfect for Hong Kong. I really love the colourful knitted cardigans with the belt and the tweed jackets. It always gets cold in Hong Kong during the winter; a tweed jacket is enough."

Which piece stood out for you most? "I love the swimsuits—feminine, boyish, classy. I'm not a swimmer, but I'd love to rock it at the beach."

What's your favourite Chanel memory? "It was 2012, my first visit to Paris; I was filming a show called *Triumph in the Skies*. I remember walking into a store and buying my first piece of Chanel. It's a black, structured jacket—I still have it and I feel like I can wear it with everything."

What's in your Hong Kong Black Book? "Tai Kwun used to be a prison complex, but they've kept the old Hong Kong architecture and turned it into a creative hub with galleries and restaurants. I love The Chinese Library, where you need to order the lobster and Peking duck. I like sitting on a barstool on the balcony overlooking the courtyard and people-watching."

PHOTOGRAPHY: CHANEL

THE KIT X TRESEMME

FILM STYLIST-APPROVED HOLIDAY HAIRSTYLES YOU CAN *ACTUALLY* ACHIEVE AT HOME

Right this way for salon-worthy festive hair looks that won't break the bank

As much as we wish we could sit down for a glossy salon blowout before every holiday event, our jam-packed holiday schedule (not to mention our wallets) would simply never allow for it. Thankfully, with the help of a few salon-quality products and some expert hairstylist advice, you can achieve hair looks at home that are just as stylish as your favourite blowout and way more affordable (don't mind if we do). TRESEMME's Keratin Smooth Weightless Collection will be your hair styling MVP

this holiday season: it features mineral oil-free formulas that are made with keratin to provide the perfect base for weightlessly smooth hairstyles on all hair types. Plus, the products lock out 90% of frizz and provide heat protection up to 230°C. Oh, and did we mention the collection smells absolutely fabulous? We caught up with top Canadian hairstylist Angie Hunt to get her recommendations for the best holiday hair looks for the season, plus her expert tips for achieving them.



TRESEMME Keratin Smooth Weightless Leave In Lotion, TRESEMME Keratin Smooth Weightless Heat Protect Spray, TRESEMME Keratin Smooth Weightless Silk Serum

NEW YEAR'S DAZZLING SLEEK BLOWOUT

Super chic and inspired by the latest runway trends, this sleek look is the ultimate way to level up any bob or lob for a festive occasion. Ideal for a glitzy New Year's Eve party or even a merry girl's night out, this look feels so current.

Get the look: "Start with damp hair and evenly work through with *TRESEMME Keratin Smooth Weightless Leave In Lotion*—this heat-activated product will help combat frizz for a silky, sleek look," says Hunt. "For added heat protection, prep damp hair with the *TRESEMME Keratin Smooth Weightless Heat Protect Spray*. Then, using a small round brush, curl the ends outwards while blow drying. Once dry, use a flat iron or curling iron to flip out the ends." Hunt recommends finishing off with the *TRESEMME Keratin Smooth Weightless Silk Serum* on your ends for added shine that won't weigh you down.

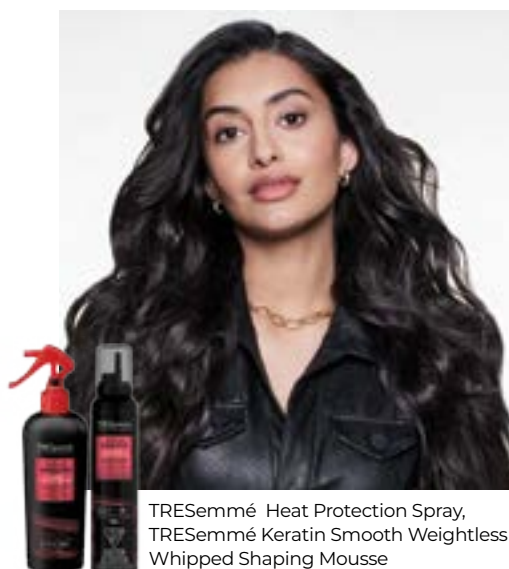


TRESEMME Keratin Smooth Weightless Finishing Hairspray

FESTIVE FRENCH ROLL

Day-old hair? No problem. This elegant French Twist thrives on second-, third-, or even fourth-day hair, making it the perfect low-effort, high-reward holiday hairstyle. Whether you're heading to the office party or a last-minute dinner, this messy yet playful look exudes effortless elegance. Leave it slightly undone for charm, and add a vintage brooch for an extra touch of festive bling.

Get the look: Start with a low pony and twist traveling upwards while tucking in and hiding the elastic and securing with pins. Tuck the ends inside of your twist for the rolled look. The secret to making this style last all night is to lightly spray the *TRESEMME Keratin Smooth Weightless Finishing Hairspray* each step of the way, which will provide a smooth, flexible hold all while fighting frizz "and" providing you with 48-hour humidity protection. For your finishing touches you can spray and lightly pinch and pull out a bit here and there if your roll needs softening.



TRESEMME Heat Protection Spray, TRESEMME Keratin Smooth Weightless Whipped Shaping Mousse

WINTER WONDERLAND WAVES

These romantic, airy waves have big impact but they're so easy to achieve. The key is to embrace your natural texture and amp up the fluffy, voluminous look with a couple easy-to-use products. This no-fuss style is perfect for extra cold days when you know you'll need to throw on a toque on your way to the party—its charm is in its relaxed, undone feel.

Get the look: "Prep damp hair with the *TRESEMME Heat Protection Spray*," says Hunt, explaining that this protects hair against friction. "Roughly dry your hair and just before it has completely dried, add the *TRESEMME Keratin Smooth Weightless Whipped Shaping Mousse* and braid it"—doing so will lock in the style, she explains. "Let your hair fully dry before loosening it with your fingers," which will create a perfectly imperfect mused look that will hold all night long. Bonus: this style is a great option for colour-treated hair that needs a little extra care.

The Kit created this content, TRESEMME funded and approved it.

THE KIT ON THE TOWN

HOW THE KIT FÊTED THE CONCERT OF THE ERA

The Kit hosted Toronto's most stylish fans for an exclusive pre-concert celebration of beauty, friendship, and Taylor Swift magic.



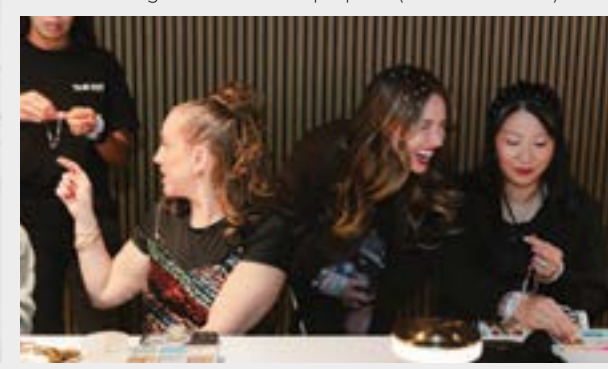
Guests snacked in style with BOOMCHICKAPOP.



Swifties were greeted to Our Pop Up Era (The Kit's Version).



As a special touch, guests were invited to share their timeless love stories on Bumble's "Share Your Love Story" wall, leaving behind heartfelt messages for fellow Swifties.



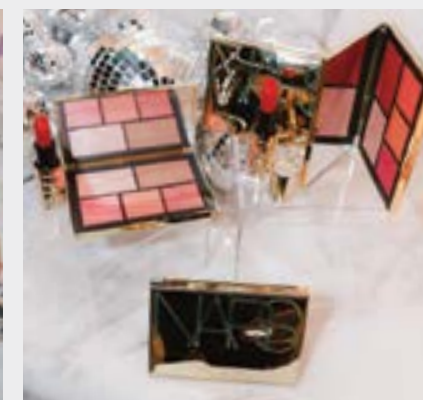
The Bumble "Bedazzled Bracelets" station invited guests to craft sparkling friendship bracelets, creating personalized keepsakes to celebrate the night.



The TRESEMME styling station offered editorial-inspired hair looks, helping guests get concert-ready with glamorous, era-themed touches.



Beautiful Swifties dazzling with the Stila Shimmer & Glow Liquid Eye Shadow.



NARS created bold, captivating makeup looks on Day 3, setting the stage for an unforgettable night.



Guests indulged in era-inspired mochi donuts from Isabella's Donuts, adding a sweet touch to the celebration.



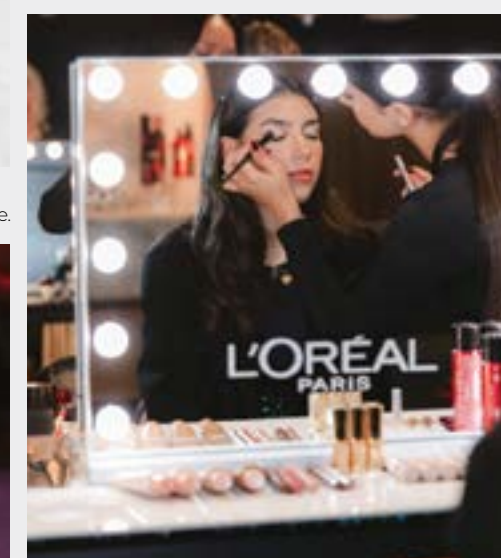
After getting glammed, guests had the chance to snap photos and capture their stunning looks in the photobooth.



Glam press-on nails by OPI and KISS completed Swifties' looks for the ultimate concert-ready style.



Casamigos and Ramsbury Gin served up era-inspired cocktails, with Barbet sparkling water offering a bubbly touch.



Flawless makeup looks powered by L'Oréal Paris on Day 2 of the Pop Up.

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