THURSDAY, MAY 4, 2017 TORONTO STAR



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SKINCARE LET'S GLOW

"Sometimes it takes two to tango—or in this case, to stimulate the skin's genes to behave as they did when they were younger." page 4



FIRST PERSON NATIONAL STATEMENTS OF A STATEMENT OF

Olivia Stren reflects on her maverick mom's sacrifices, stubbornness and singular fashion sense

One of the first times my husband met my mom, he noticed an award perched on a living room shelf at my parents' house. "You were an actress?" he asked, already knowing the answer. She promptly corrected him in a stage voice: *"Jetais une* star!"

My mom first took to the stage in her native Morocco at the age of 13. Acting, she often told me was an outlet, an escape from what I'll summarily and reductively call "a difficult childhood." The costumes were part of what she loved about the theatre. In Jean Racine's *Andromaque*, she wore Grecian-style dresses—all billowy, drapey, gossamer confections. And as a peasant girl in an Alfred de Musset play, she wore blouson-

sleeved, voluminous-skirted robes paysannes.

In her late teens, my mom left Morocco and moved to Paris, attended the Sorbonne and graduated with a degree in French literature. But throughout her 20s, she continued to work as an actress in theatre and television in France and also in Lebanon (at the time, Beirut was touted the Paris of the East) before immigrating to Canada, where she met my dad. When they married, her wedding dress—with its blouson sleeves and fresh, airy drape—was inspired by the romance of her *Andromaque* costume, undoing the seams between life and theatre, presentation and performance, clothes and costume. *Continued on page 3*

FRAGRANCE THAT'S INTENSE A scent for when you want to stand out

page 3



EXPERT ADVICE EASY DOES IT Can being mindful help your skin? This life coach says absolutely page 4

THE KIT MAGAZINE

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CLOCKWISE FROM LEFT: **ELIZABETH ARDEN** FOUREVER BRONZE BRONZING POWDER IN MEDIUM 01, \$45, THEBAY.COM. **CHANEL** PLISSÉ LUMIÈRE DE CHANEL ILLUMINATING POWDER, \$76, CHANEL.CA. **GIVENCHY** PRISME BLUSH IN PASSION, \$55, SEPHORA.CA. **QUO** BLUSH DUO IN JUST BLUSH, \$16, SHOPPERS DRUG MART. **M.A.C** PEARLMATTE FACE POWDER IN OH MY, PASSION! \$38 (AVAILABLE MAY 18), MACCOSMETICS.CA

FACIALS ATYOUR FINGERTIPS

Sometimes you just want a skin pick-me-up between errands. These new in-and-out treatments fit the bill



POWER PLANTS The treatment: Caudalie Vine[Activ] facial, 50 minutes, \$120, Caudalie boutique spas in Montreal and Toronto, caudalie.ca

You get a lot of bang for your buck here-except the bang is a stress-relieving, detoxifying caress. Your deep-cleanse

starts with a fluffy foam, followed by a grainy exfoliation boosted with a Clarisonic brush, while warm steam blows across your face, preparing the skin for extractions. The purifying continues with a mask of pink clay, papaya and coffee. The most luxurious step is the slathering of new Vine[Activ] Overnight Detox Oil, an earthy smelling blend of grape-seed, rose hip, carrot seed, neroli and lavender oils. It kicks off the massage: first on the face, starting with two jade rollers, then onto the neck, shoulders, arms, feet and lower legs. The products detox your skin, the experience detoxes your frazzled mind. -Eden Boileau

LASER SHOW



The treatment: IPL facial, 30 minutes, \$120, Blitz Facial Bars in Toronto and Brooklyn, New York, blitzfacialbar.com

Don't expect a private room with whale music at this minichain's five facial bars, which are lined with reclining chairs

for communal pampering. Recently, IPL (intense pulsed light) facials have been introduced to the roster. This darkspot obliterating, collagen-boosting, wrinkle-smoothing laser treatment is administered by a licensed medical aesthetician who will tweak the treatment to suit your skin. Cleansing, exfoliation and/or masks and moisturizer bookend the main event, which feels like a warm metal plate is being held to your face and lit up with a flash-it's not the most comfortable but it's not painful. A series of treatments is recommended, but when you can pop in on your lunch hour, that's entirely doable. -Rani Sheen

HYDRATION BOOST



The treatment: Power Hyaluronic Facial, \$120, 60 minutes, Caryl Baker Visage locations in Ontario and Calgary, carylbakervisage.com

Canadian entrepreneur Caryl Baker brings beauty to 32 shopping centres across the country. The newest treatment goes all

in on the hydrating, plumping, fine-line-reducing powers of hyaluronic acid. Featuring products by Spanish line Skeyndor, the facial starts with an exfoliating cleanser, followed by a series of concentrates, gels and masks with varying sizes of hyaluronic acid particles, to enhance absorption. Polarized water-remixed H₂O to help the molecule penetrate-is spritzed throughout. There's no steam or extractions, and you never quite forget that there's a bustling storefront outside, but after a lymphatic drainage massage has left skin lifted and dewy, you'll feel as if you were lounging under a waterfall. -R.S.

(MANTED) WRIGHT (MOST KRIST' DIRECTION: L H



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ROBERTO CAVALLI NECK-LACE, \$1,100, ROBERTOCA-VALLI.COM

SHOP THE TREND Channel '70s boho luxe

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ROOTS

BAG, \$268 ROOTS.COM

FIRST PERSON My mother, style rebel

Continued from cover

The Toronto my mother met in the early '70s was not the dynamic Drake-approved city it is now. She couldn't even find endives in the supermarkets, she'd often tell me mournfully of those gastronomically, culturally desertic days.

If my mom had left Paris and its prosceniums behind, her love of costume remained. She always wore long, full, dramatic skirts patchwork, flouncing, tiered, lace-trimmed, embroidered, pleated. (Her wardrobe is more abundant of tier than most tango dancers.) Her clothes were as much an expression of her otherness as they were a point of pride in being different. (She even outfitted me in these dresses; there is a photo of me, at age 3, sitting on a tricycle, in a flowing prairie-style dress, just moments before it got tangled in the trike's wheels and torn to shreds.)

These loose dresses and skirts may be in the air du temps again today, breezing down the runways at Chloé, Vita Kin and Ulla Johnson, but my mom has continued wearing hers as they've floated in and out of fashion. She flouts fads and conventions, resenting them as expressions of sameness and lack of imagination. Her aversion is both ideological and physical: She doesn't want to be defined by trends anymore than she wants to be literally confined by a pair of skinny jeans. She's always liked free-spirited clothes that, she once told me, "engaged with nature"-like when the spring breeze engulfs a skirt, letting it catch flight and giving it a life of its own. But it now occurs to me that her sartorial choices might have served another purpose.

"Her clothes were as much an expression of her otherness as they were a point of pride in being different."

After she moved to Canada, she continued to work on and off (as a French teacher, in translation), but she mostly worked at raising me and my sister. She never adopted the practical T-shirt-and-denim momiform or today's yogapant-and-high-bun two-step. If her wardrobe was a sort of revenge against the emotional flatness and colourlessness of the Toronto she encountered decades ago, it was also, it occurs to me now, maybe a protest against the sometimes girdling routine of motherhood, a display of loyalty to her more vivid past lives. Despite the many heart-filling joys, there can be an airlessness to the routine of motherhood-I have a toddler, I know. Perhaps her clothes—inviting as they've always been of air and change-were a way of breathing out and rescuing her identity. After more than 45 years in Toronto, my

with daughters Tallulah Belle Willis and Scout Willis; Willow Smith and Jada Pinkett Smith; Diana Ross and Tracee Ellis Ross; Isabella Rossellini and Elettra Rossellini Wiedemann; Kaia Gerber and Cindy Crawford; Andie MacDowell and Rainey Qualley; Dakota Johnson and Melanie Griffith; Liv Freundlich and Julianne Moore; Meryl Streep and Louisa Gummer. mother still feels like she's from elsewhere difference, itself, tangled up in her identity. Last

Clockwise from top left: Demi Moore

IN THE GENES

difference, itself, tangled up in her identity. Last Christmas, on my parents' street in midtown Toronto, everybody (oddly and maybe objectionably) installed enormous inflatable Santa Clauses on their front lawns—a gesture, I'm guessing, of festive community. My mom, instead, erected a not-so-petite Eiffel Tower in front of her house, lighting it up like a Christmas tree every night. That shining one-ofthese-things-is-not-like-the-others mini-tower standing amidst this lineup of bloated matching plastic Canadian Tire Santas basically told the story of my childhood.

Growing up, when fitting in feels like the only goal worth pursuing, I might have preferred my mom to sometimes play a different role, one that was easier for me, that occasionally involved her choosing the Santa over the Eiffel Tower, the jeans over the big jupe. But if my mother's way of dressing instilled anything in me, it was that fitting in might in fact be a lowly goal. After all, fashion should be about fantasy and reinvention and escape. My mom is now in her 70s and continues to wear her long, theatric signature skirts. She had a doctor's appointment recently, and I met her in the waiting room, where the physician wondered aloud if my mother was heading to the opera afterwards. She was, in classic form, sporting a dramatic, fine-wale-corduroy skirt that she bought in Paris many moons ago. She wore it with a little sweater. Sequins were involved (they usually are). She still favours what sparkles—like une star.



THE FRYE COMPANY SHOES, \$530, THEFRYECOMPANY.COM



COMING ON STRONG How a classic scent got an intense makeover

BY VERONICA SAROLI

Generally speaking, things these days are really... intense. Instead of taking a chill pill, French fashion house Paco Rabanne decided this spring was a good time to turn up the dial on its salty vanilla-based scent Olympéa with a new version, Olympéa Intense. This isn't out of the ordinary for the brand founded by one of fashion's most notable *enfants terribles*, who came to be known for his flamboyant and futuristic metal couture pieces during the 1960s. "The whole idea is trying to capture the DNA of the original Olympéa," says its perfumer Loc Dong at the launch of Intense in Paris. Here's how he did it:

1. Focusing on its essence "It's about highlighting the character that already exists, plus, if there's room, bringing newness," says Dong. He achieved that by deepening the sensuality of the salty vanilla heart and highlighting it by adding feminine, mysterious orange flower and "cool and happy and sparkling" white pepper.

2. Turning up the tension Dong heightened the tension between the notes to further amp up the fragrance, the same way the right balance of salt and pepper enhances the flavour of a dish. "Imagine you have a lot of freshness and a [dark vanilla] background contrasting together—you get tension," he says. "The brand of Paco Rabanne is about tension and boldness. And tension is also intense."

3. Reinventing beloved classics

A believer in perfume evolution rather than revolution, Dong did not want to reinvent the wheel, but to use familiar notes in new ways and combinations to do something even more creative. "In perfumery you still use

In perfumery you still use vanilla, you still use rose, you still use jasmine—how do you combine them? How do you make them different?" says Dong, likening the process to a fashion designer draping a dress or a sleeve slightly differently every time. "By using new technology of course—today we have a delivery system where you can instantly feel what [the note] is—but the craftsmanship still exists."



FACE TIME

Brazilian model Luma Grothe had an intense reaction to being tapped to embody Olympéa, a mischievous and clever Greek goddess, in the fragrance's ad campaign—she burst into tears. She explains why playing this role has affected her so deeply. "Actually, it has changed me a lot to be Olympéa. Because she's this powerful woman and, yes, she's beautiful, but she's empowered because of her razor-sharp brain. Before I was very timid and very scared of putting my ideas out there, and since I started this I've been like, 'This is very interesting; I'd like to be more like that, do the things I want to do, and show my ideas.' So I think now I have a lot in common with her."



EXPERT ADVICE Positive vibes

Gabrielle Bernstein, life coach and Oprah fave, talks us through the aging process—mindfully, of course

BY VERONICA SAROLI

Gabrielle Bernstein is a regular on Oprah's Super-Soul Sunday and has uplifted the masses with her bestselling book, The Universe Has Your Back, but she admits she still falls prey to obsessive negative thoughts like the rest of us. She makes the solutions sound so easy, funny even, but when it comes to aging-the visible signs that time is flying by and our mortality is undeniable-things get trickier. "We try to control time by playing God in our own lives," says Bernstein, who is beauty brand Philosophy's wellness ambassador. First things first: We should probably stop doing that. Here, Bernstein shares four ways—beyond deep breathing—to stay grounded.



"Focus more on taking care of yourself than on what's happening to you."

Control the narrative

"There are so many stigmas placed upon aging, and those belief systems create a story. If you shift your perception about it, you'll have a better experience," says Bernstein. You have the power to make your story pan out how you want it to. "People will treat you the way you treat yourself."

Think positive thoughts

When nagging feelings about sagging skin, fine lines or, say, your youth waving goodbye barrel in, "you need to deactivate that thought," says Bernstein. "Shift the momentum from going down a negative road to going down a positive road." Take a moment, "witness the thought without judgment and laugh about it." Next, replace it with a new, more positive one.

Take good care

"Focus more on taking care of yourself rather than on what's happening to you," says Bernstein, who believes that the quality of her skin, hair and body have improved since she started focusing on self-care practices like eating well and watching stress levels. "The happier you are the more beautiful you are."

Stay present

Stop chasing after the illusion that the next thing will bring happiness and focus on what's thriving in the present. Rather than harp on the could-haveshould-haves, harness positive present energy. "That is what allows us to cultivate more of what we want," Bernstein explains.

SKINCARE

TREATYOURSELF

Pile on the peptides, shower in ceramides and bathe in morning dew: This next-level skincare goes the extra mile to care for mature skin

BY RANI SHEEN

CONCENTRATE This concen-

trated serum is inspired by a study that isolated "exceptional skin agers" (people who are often told they look 10 years younger than their age) and examined how they do it (spoiler: They protect their skin from the sun, they don't smoke and they are also genetically blessed). To help the rest of us reach the level of that blessed almost 10 per cent of the population, the hydrating concentrate increases cell repair and wound healing, which slows with age, with its carob seed extract and a peptide designed to work synergistically with its sister Micro-Sculpting Cream.

OLAY REGENERIST MIRACLE BOOST CONCENTRATE, \$45, DRUGSTORES

PEEL This professional-grade exfoliating solution zooms in on wrinkles, loose skin, large pores and dull skin tone with a whopping 25 per cent exfoliating ingredients, including glycolic acid, gluconolactone and papaya enzymes, plus peptides. There are no buffing beads or grains—you just apply it, let it sit for 15 minutes, rinse and follow with a soothing moisturizer. It's not for very sensitive skin. but it's also not as irritating as it sounds.

NEOSTRATA ANTI-AGING PEEL SOLUTION, \$78, DRUGSTORES

SERUM Sometimes it takes two to tango—or in this case, to stimulate the skin's genes to behave as they did when they were younger. Pour the activator into the serum and shake to create a fresh batch of the skin-damagerepairing liposome complex and red-grape-ferment cocktail.

PHILOSOPHY TIME IN A BOTTLE \$85, SEPHORA

CREAM This new addition to Korean skincare brand Belif's lineup looks to Finland for the star ingredient in its new youth-preserving moisturizer: pure peat from the isolated tundra of the Lehtosuo region. The black, earthy substance contains more than 80 herbs and minerals harnessed here for their anti-inflammatory, skin-cell-renewing, elasticity promoting properties. And don't worry—it doesn't smell like Finnish dirt.

BELIF PEAT MIRACLE REVITAL CREAM, \$71, THE FACE SHOP

OLAY



CAPSULES The skin is made up of 50 per cent ceramides. lipids that help it stay supple. smooth and serene, and adding them topically can help shore up aging skin's own stores. These fragrance-free capsules contain more (and more variety of) ceramides than Elizabeth Arden usually uses, plus cholesterol and tsubaki oil to help prevent moisture loss.

ELIZABETH ARDEN AMIDE ADVANCED CER CAPSULES, \$98, HUDSON'S BAY



ONE-MINUTE MIRACLE MOM TO THE RESCUE

Mothers can be some of the most bluntly honest creatures around, so we asked a few Kit staffers to choose exciting new products for their moms and get their reviews



YOKO NISHITOBA

associate art director

Mom to: Aimee Nishitoba





WHY THIS PRODUCT

"For as long as I can remember, my

mom has been applying the same face

cream every single day and has been

telling me to do the same to prevent

wrinkles. She has nicer skin than

some people my own age, so I guess

it works! I knew she'd get a kick out of

the bubble-tea-style cream."

LOUISE'S ROUTINE

"I used the cream on my face twice

a day-in the morning and in the





SANDRA VIEIRA Mom to: Jillian Vieira. fashion editor

AVON TRUE LIP

COLOUR IN FAIREST NUDE, \$10, AVON.CA

WHY THIS PRODUCT

"Back in the early 2000s, I watched my mom embrace the extra-glossy lip look that would come to define the decade. It looked on trend back then, but now I think she'd look beautiful in a less in-your-face finish. I'm hoping an easy crayon will convince her to make the switch."

SANDRA'S ROUTINE

"I found the nude colour works well for everyday."

"I had to use quite a bit of pressure on my lips to get the colour to adhere.

HE KIT

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ESTÉE LAUDER REVITALIZING SUPREME+ GLOBAL ANTI-AGING CELL POWER EYE GELÉE, \$68, ESTEELAUDER.CA VIVISCAL GORGEOUS GROWTH DENSIFYING SHAMPOO AND CONDITIONER, \$20 EACH, VIVISCAL.CA WHY THIS PRODUCT WHY THIS PRODUCT "My mom only ever uses her Clinique "My mom has mentioned—a few times-how lush her hair was three-step system. I suggested this prior to having me, after which it product to her because she doesn't use eye cream at all, and I thought thinned considerably. So, to prove a wand applicator would be easy to I can pay it back, I opted for thickuse. She won't use any type of product ening hair products.' that's too finicky to apply. YOKO'S ROUTINE JUDY'S ROUTINE

"I put it on during the day after face cream and before foundation and also at night before going to sleep. The gold tip feels really smooth, so the gel goes on gently to the skin, and the eye gel feels cool where I applied it."

"The button that released the product was tricky to control. I would hold the wand up to my eye and press the button, but I couldn't see how much product was coming out.

'The product weighed my hair down, so I had to tease my hair more-I think it was because the dispenser deposited too much.

"This fit into my

regular showering

routine with ease.

"I have dry skin, and it wasn't quite thick enough to make my skin feel as moisturized as I'd like.



BEST PART

"I loved the texture of it. I've never used a product that came in pearls like that, so that was neat. It made my skin feel tightened and almost like silk.'

"The colour was nice and the applicator operated smoothly and easily."





ROOM FOR IMPROVEMENT

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For the mom who'll appreciate a more personalized present, try a chic timepiece with a **customizable touch-screen face** and dial. These smart styles also automatically **adjust to new time zones, take voice commands**, and **track activities**.

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FITBIT Blaze **\$299.95** 810351029700

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Because mom is full of heart, what better choice than a streamlined style with a **built in heart-rate monitor**? This style also keeps **track** of floors climbed.





FITBIT Flex 2 \$129.95 816137021111 try a style with slim, interchangeable bands, silent alarms and swim-proof technology.

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FITBIT

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FITBIT

Silver lariat \$99.95 Rose gold band \$129.95 Flex 2 fitness tracker sold separately. 816137021562 and 816137021623

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