



TREND
GOLDEN EYE
Master the notice-me metallic lid for Diwali
page 2



MOST WANTED
PARTY ON
Fashion baggage for glam nights out
page 2



TEST DRIVE
ALL ABOUT THAT BASE
Friends give foundations the tone test
page 7

THE KIT

SOUTH ASIAN EDITION



FIRST PERSON

FRINGE BENEFITS

To bang or not to bang—fall's hottest hair trend prompts the perennial question. One writer fights the fringe, while celebrities offer a convincing case for making the cut
page 6

MOST WANTED

Dancing queen

Georgia May Jagger knows a thing or two about a good night out—makes sense, considering her rock-legend pedigree. For her first collaboration with British design house Mulberry, Jagger created the ultimate evening carryall: a handy pouch with a top handle and chain strap that resembles a shrunken bucket bag. “It had to be small and compact but big enough to fit all my stuff,” explains the model. “I also wanted to be able to wear it cross-body, so it’s ideal for dancing.” Jagger’s styling advice: “I’d go for one of the bright-coloured styles and add a bandana around the strap to make it more fun!” See you under the disco ball. —Vanessa Taylor. Photography by Adrian Armstrong.

CELEBRATE

HAPPY DIWALI!

The countdown begins as the Festival of Lights (also known as “Deepavali”) takes place in early November. Noted as India’s biggest festival, Diwali celebrates the victory of light over darkness which of course lends itself to plenty of fireworks in the celebrations.

INSTA OF THE MONTH

therealkareenakapoor

Films don't decide my whole life. They are just a part of who I am. What I do in my personal life should be of no concern to the filmmakers or the fans.

OCT. 16, 2015.

sonamkapoor

Thank you #safgala for the lovely gala! My date for the night!! @anilskapoor

OCT. 4, 2015.

Head to thekit.ca every Friday for a roundup of the best beauty and style Instagrams

TALKING POINT

PRIYANKA AND ABC'S MULTI-ETHNIC REP

By now you have probably heard about India's major export on prime-time TV—Bollywood actress Priyanka Chopra, who is the first South Asian to anchor a major prime-time drama. *Quantico* premiered in late September, 2015, and is part of ABC's much publicized efforts to create a multi-cultural presence. However, what seems like a noble idea, in the existing roster of the recycled television talent pool, is diluted by the obvious ticking of boxes that is taking place on the show. Muslim/Hijabi? Check. Gay and Jewish? Check. A bi-racial FBI student? (Chopra's character, Alex Parrish, is half Indian.) One more check. But is this a genuine effort to connect with a varied audience or a much more strategic ratings-grab on ABC's part? A little bit of both, I would surmise. —Hina P. Ansari



ONE TREND, TWO WAYS

GOLDEN EYE

Turn up the glamour this Diwali with heavy metal makeup

1. Smoky gold at Reem Acra

Inspired by rock 'n' roll icon Stevie Nicks, makeup artist Mark Carrasquillo swept gold shadow on the upper lid, in inner corners and below the eyes, then smoked it up with dark brown shadow in the crease.

2. Glitter happy at Tadashi Shoji

Makeup artist Pep Gay created spangled eyeliner by applying false-lash glue in the shape of a sharp wing across the upper eyelid, then tapping yellow-gold glitter overtop. By contrast, the rest of the face was fresh, with a clear glossy lip and curled, mascara-free lashes.

—Natasha Bruno



YVES ROCHER TOP COAT FOR EYE MAKEUP IN METALLIC EFFECT, \$15, YVESROCHER.CA. LIT COSMETICS LIBERATE SIZE #4 SOLID, \$14, LITCOSMETICS.COM

Amazon India Fashion Week

Maybelline New York has replaced M.A.C as the official sponsor for Amazon India Fashion Week which where recently held in New Delhi.

H&M

H&M just opened their first South Asian store in South Delhi on October 2, 2015, making it their 60th global boutique.

Colombo Fashion Week Resort

Season 3 of Colombo Fashion Week wrapped in Sri Lanka, with the fashion and design community aiming to position themselves for global exposure.

Dhaka best home show

In November, Home Fest Dhaka, Bangladesh's first home show will exhibit 17 model rooms showcasing style ideas for various living spaces.

KiK

German retailer KiK was ordered to pay \$1 million USD for the September 2012 Karachi garment fire which killed 254 and injured 55.



FASHION

What to wear tonight

You should be as excited about your clothes as you are about your plans. Here's how to upgrade your fall going-out outfit with three new celebrity-inspired looks

BY INGRIE WILLIAMS

Remember when your going-out fashion equation was just A + B + C? For years, dark jeans, a nice top and pointy pumps were the answer, but now there's a whole new going-out alphabet. While fantastic frocks still abound—the best featuring sharp silhouettes, bold colours and daring prints—there's a new freedom in eveningwear. When Ashley and Mary-Kate Olsen appeared at the 2015 CFDA Fashion Awards to accept the Womenswear Designers of the Year trophy in flat shoes and diamond earrings, they gave us all the go-ahead to merge serious comfort with evening chic. Kendall Jenner has since taken up the luxe-casual mantle by pairing A-list accessories with classic blue jeans. On the dressier side, Sonam Kapoor has championed the uniform of a matching crop top and skirt, while at the 2015 Met Gala, Sienna Miller, in sparkly Thakoon, showcased the evening possibilities of a dramatic suit. To celebrate the sartorial shift, we present three new formulas to work into your repertoire, so you can spend less time standing in front of your closet and more time at happy hour.



BLUE JEANS BABE

Always find yourself turning to jeans after hours? We're with you! At the moment, high-rise skinnies feel the most now. Skip the traditional moto or blazer in favour of a long layer, the season's must-have shape. (A kimono jacket, cape and trench can all work as long as the fabric drapes.) Say yes to menswear-inspired shoes in an elevated silhouette—a pair with high sheen delivers as much polish as heels.

BANANA REPUBLIC DRESS, \$160, BANANAREPUBLIC.CA. FRAME JEANS, \$298, ARITZIA.COM. LOEFFLER RANDAL SHOES, \$568, SHOPBOP.COM



SOME ENCHANTED EVENING

The five most memorable going-out looks of the past 20 years



High meets low
Sharon Stone proved you can wear a white shirt anywhere when she paired her Gap button-down with a Vera Wang ball-gown skirt at the 1998 Oscars.



Jean genius
Britney Spears (and former flame Justin Timberlake) committed to the head-to-toe denim look at the 2001 American Music Awards.



Wrap star
At the height of her 2007 blond ambition, Victoria Beckham fell hard for the must-have of the moment: a skin-tight Hervé Léger bandage dress.



Red hot
Sizzling colour and a killer shape make Lupita Nyong'o's Ralph Lauren 2014 Golden Globes dress instantly iconic.



Chic silhouette
Kiernan Shipka was the picture of modern elegance at the 2015 Emmys in an off-the-shoulder Dior Haute Couture peplum dress and slim black trousers.



JOIN THE GLITTERATI

Going the monochromatic route is the latest way to shine bright in a metallic tone. Strike a balance between ladylike chic and modern glamour with flowing yet fitted silhouettes—we love a luxe crop top paired with a pleated skirt. With heels, any colour can be the new black: Don't be afraid to throw an unexpected hue into the mix.

JONATHAN SIMKHAI TOP, \$180, THEOUTNET.COM. MARSHALLS SKIRT, \$40, MARSHALLS. GIUSEPPE ZANOTTI HEELS, \$1,435, BROWNSSHOES.COM



SUIT YOURSELF

Pretty meets powerful as embellished trousers and a cropped jacket redefine the pantsuit. Stick to clean lines and lean into luxe textures and rich tones—there isn't a woman alive who can't wear red like a boss. Choose both classic accessories, such as pointy-toe pumps, and playful pieces, like an eye-catching clutch.

MANGO JACKET, \$160, SHOP.MANGO.COM. ZARA PANTS, \$26, ZARA.COM. EDIE PARKER CLUTCH, \$1,755, HOLT RENFREW

TREND

SMOKY EYE 2.0

Rounded shapes, monochrome washes and curved lines on the fall runways reignite the classic beauty look

BY TRACEY HO LUNG



PERFECT CURVES

THE LOOK:
Opaque shadow in clean, rounded shapes.

THE SHOWS:
At Dior, makeup artist Peter Philips created kidney shapes in striking opaque jewel colours. At Derek Lam, Tom Pecheux applied taupe shadow in a curved arc.

THE INSPIRATION:
Pecheux was inspired by the way Lam designs his clothes. "Derek is quite minimal—he's not one of those designers who like to put too many things on one silhouette," says Pecheux. "It's really graphic, so you see the eyes right away."



PRO TECHNIQUE:
Use a damp foam applicator to press shadow on for an opaque finish.

BEST FOR:
Almond-shaped eyes and monolids (without a visible crease, usually on people of Asian origin) are a great canvas for graphic shapes.

TOOL KIT
SEPHORA COLLECTION CONFETTI SPONGE TIP APPLICATOR, \$9, SEPHORA.CA
DIOR 5 COULEURS COSMOPOLITE IN ECLECTIC, \$70, DIOR COUNTERS
LISE WATIER OMBRE VELOURS SUPREME IN FUME VELOURS, \$25, LISEWATIER.COM



SHADOW PLAY

THE LOOK:
A wash of shadow that rises up into the brows.

THE SHOWS:
At Chanel, Pecheux used deep charcoal powder, starting just above the crease and blending it up into the brows. At Marc Jacobs, François Nars applied silver shadow on every square millimetre between the lash line and brow.

THE INSPIRATION:
The typical smoky eye uses various shades to add dimension, but here, unusual placement adds definition. "It brings the focal point to the eyes in an interesting way," says Julie Cusson, makeup artist for Chanel. The transparent texture keeps it looking modern.

PRO TECHNIQUE:
Choose a sheer shadow and use a brush with a rounded tip, for a diffused effect. Key words: blend, blend, blend.

BEST FOR:
Round eyes gain depth; close-set eyes are elongated by shadow continuing to outer corners.

TOOL KIT
QUO PROFESSIONAL ALL OVER SHADOW BRUSH, \$25, SHOPPERS DRUG MART
CLARINS OMBRE MATTE EYESHADOW IN CARBON, \$24, CLARINS.COM
CHANEL ILLUSION D'OMBRE VELVET IN FLEUR DE PIERRE, \$41, CHANEL COUNTERS



LINE ART

THE LOOK:
Curving lines of eyeshadow.

THE SHOWS:
At Giorgio Armani, makeup artist Linda Cantello created a softly rounded line of grey shadow known as a "banane" that hit just above the natural crease. At Elie Saab, Pecheux brushed on deep charcoal shadow above and below the eyes, ending in two separated lines at the outer corners.

THE INSPIRATION:
The 1960s curve at Armani was inspired by the designer's love of an elongated eye shape (he hates winged liner) and awareness of how the makeup looks in profile, when the models walk past



the audience. "I liked the idea of making it less fashiony and more about embellishing the eye," says Cantello.

PRO TECHNIQUE:
Use an angled brush to draw the lines, and soften them with a clean shadow brush. For greater control, dampen the brush or try a cream shadow.

BEST FOR:
Deep-set, hooded and mature eyes will benefit from the lifting effect.

TOOL KIT
ARMANI RUNWAY PALETTE, \$185, GIORGIO ARMANI COUNTERS
ARTDECO EYE DESIGNER EYESHADOW REFILL IN DARK SILVER GREY, \$14, APPLICATOR, \$18, SHOPPERS DRUG MART

*BY
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HAIR SPECIAL

My big bang theory

They may frame the face and refresh any hairstyle, but they’re also a huge beauty commitment. *Anne T. Donahue* on why she won’t be seduced by fall’s ubiquitous fringe



Backstage at Bottega Veneta Fall 2015, hairstylist Guido Palau was reportedly running around cutting bangs on “anyone who would let him.” If he’d tried the same thing on me, I’d have quietly taken out a restraining order.

Don’t get me wrong: I’ve tried them. We’ve all tried them. For a select few, they become a way of life. For the rest of us, they’re destined to become a painful memory.

This season, fashion is trying to make bangs happen. The recurring bane of my beauty existence is the hip new thing according to Céline, Saint Laurent and Rebecca Minkoff, as well as Bottega Veneta, where models channelled the late ’60s and early ’70s with bangs plucked from Laurel Canyon’s folksy heyday. Frankly, they should’ve stayed there. Not since the blond box-dye disaster of 2006 have I endured such hair tragedy—and I know I’m not alone.

But bangs aren’t making a comeback, because they’ve never really left. A consistent contender in the hair game since the Victorian era, they’ve maintained a firm hold on the beauty world for roughly 90 of the past 100 years. They’re a rite of passage, the eternal question and the fastest way to change

our lives (and faces) without doing very much at all. They’re the maker or breaker of hairstyles, and they will absolutely make your forehead break out.

I don’t have a childhood memory without bangs. But as I got older, started to care and grew up in the years before salon-quality straighteners (read: I attempted to use an actual iron), my bangs became my nemesis. So I spent a summer slicking them back with butterfly clips and enough Dep to keep the gel industry afloat. I found myself in eighth grade bang-free and feeling alive. High school and a centre part would be mine.

They weren’t, but it was fine. By the early 2000s, I’d begun aspiring to look like Kirsten Dunst, Aaliyah and Mischa Barton with their side-swept bangs, shaping them with my new grown-up ceramic flat-iron (before scrunching the rest of my hair with whatever product made me look “beachy”). I was boho and freewheeling—so freewheeling that after watching one too many Yeah Yeah Yeahs videos, I brought blunt bangs back into my life just like Karen O. I was an original.

I wasn’t. The advent of music downloading brought with it easy access to independent artists, so those of us trying to separate from our former Abercrombie-wearing selves embraced the hair trend that united (at least aesthetically) Jenny Lewis of Rilo Kiley, Leslie Feist and Chan Marshall, a.k.a Cat Power, among many others.

Unfortunately, when I cut this set of bangs I also attempted the “modern-day mullet.” It didn’t help that my face is round, my hair is super-fine, and by then I’d dyed it a shade best described as chicken-fat yellow. It was bad, and it was now 2007. Trying to make leggings and denim skirts work in harmony was hard enough—I needed to let the bangs go.

So I grew them out, along with the rest of my hair. And by 2009, I’d even learned how to curl it without scrunching, wearing it in loose waves like Zooey Deschanel herself...which is how I justified bangs one last time.



Clockwise from top left: Bangs stormed the fall runways at Saint Laurent, Burberry Prorsum, Monisha Jaising and Céline.

They worked for about a year, until I cut my hair into a bob and my bangs went on strike. Due to humidity, the wrong product or bad luck, I was no longer channelling Brigitte Bardot—I just had a bunch of hair stuck to my forehead. By 2013, the dream had finally died.

It didn’t help that my face is round, my hair is super-fine, and by then I’d dyed it a shade best described as chicken-fat yellow.

After two years of growing my hair out, my former bangs are now chin-length, and the feeling of accomplishment and certainty will never be rivalled by the fleeting euphoria of believing I look like a post-makeover Anne Hathaway in *The Devil Wears Prada*. Because I didn’t. And I never will.

So Fall 2015 can have its bangs. Even if Guido Palau himself offers me a haircut.

ONLINE GET MORE GROW-OUT TIPS AT THEKIT.CA/HAIR-GROW-OUT/



BANG ON

If you do fall for the “new” fringe, these handy inventions eliminate the emergency over-the-basin bang wash.

AMIKA MIGHTY MINI TITANIUM STYLER, \$32, SEPHORA.CA. CONAIR INFINITI PRO ULTIMATE HAIRBRUSH, \$40, SHOPPERS DRUG MART. LIVING PROOF NO FRIZZ HUMIDITY SHIELD, \$26, SEPHORA.CA

THE FIVE STAGES OF FRINGE

It takes five minutes to cut bangs—and five months to grow them out. We asked Phyto artistic director Anthony Cristiano how to make a smooth transition

BY VERONICA SAROLI

Stage 1: Blend well
Start the growing-out process with soft, lash-grazing bangs that round into your cheekbones. “When you grow your bangs out, you’ll want to re-proportion your haircut so the hair starts blending together,” advises Cristiano. It helps to take the weight out of the bangs at this point (don’t try this at home).

Stage 2: Switch directions
Think creatively when using hair accessories to keep too-long bangs off your face. “Switch up the parting and shift the weight,” Cristiano suggests. “Do something more asymmetric: Tuck one side back and leave one side forward, or put a headband or barrette in an unexpected spot.”

Stage 3: Put a pin in it
When pinning bangs back, try prominently positioning one long black bobby pin or stack up three to five small ones on one side. “It makes a little statement,” Cristiano says. “You don’t want to look like you’re growing your bangs out, but like you’re creating a look.”

Stage 4: Braid it
Crown braids work well with shorter lengths, and you can play with the placement to make it modern. “If it’s done well, you can make it look very edgy, but it can go *Little House on the Prairie* fast.” Try braiding one side of your bangs into the hair above the ear and leaving the other side loose.

Stage 5: Play the (middle) part
Once your bangs reach your cheekbones, you can separate them with a centre part so the hair doesn’t flop into your eyes. Then it’s time to visit the salon. “Cut everything else up to restore the proportion and bring the front back into line with the rest of the haircut.”

A CENTURY OF FRINGE

All bangs accentuate your eyes and bone structure, but there are a multitude of styles to choose from. Here, a few of our all-time favourites

BY VERONICA SAROLI



Anna May Wong, 1924
Rounded in the centre and square at the edges, this fringe accentuates the Chinese-American actor’s heart-shaped face.



Bettie Page, 1950s
The smooth, rounded look of the American pin-up star’s bangs was likely achieved with a curling iron or roller.



Saira Banu, 1965
Thanks to ample helpings of spray and gel, this unique fanned-out fringe became the iconic calling card for this Bollywood screen goddess.



Debbie Harry, 1978
The Blondie singer’s tousled platinum shag disguises her grown-out, pushed-to-one-side bangs.



Princess Diana, 1981
The British princess was famous for peeping coyly up through her feathered, eyebrow-grazing fringe—as demonstrated at her wedding.



Aaliyah, 1995
Long, ultra-shiny side-swept bangs require a conditioning mask and a powerful hair dryer—the late R&B singer made it look so smooth.



Michelle Obama, 2013
The U.S. First Lady’s bangs journey was widely reported upon—here, the longer length pushed to one side draws attention to her sculpted cheekbones and strong brows.



Taylor Swift, 2014
The pop star’s ever-present fringe blends perfectly into her textured waves—she’s used a curling iron to create the same beachy effect in the bangs as in the lengths.



Kate Middleton, 2015
The British royal’s new centre-parted bangs open up her face and bring out her eyes.

TEST DRIVE

ALL ABOUT THAT BASE

Seven friends put fall's new foundations to the shade-matching test

BY ANUPA MISTRY
PHOTOGRAPHY BY STEFANIA YARHI

When I started wearing makeup 15 years ago, there were only a few companies that explicitly catered to women of colour, and they were really only options if you lived in a big city and already knew about them. I didn't. It took years to forget that one day I went to school looking downright ghoulish after experimenting with my lighter-skinned mum's foundation and powders.

If only I'd been able to get my hands on makeup from Fashion Fair, a brand started in 1969 by Eunice W. Johnson, founder of the Ebony Fashion Fair show, which featured the work of African-American designers and models. Or Iman Cosmetics, created by the supermodel turned business mogul in 1994, or Vasanti Cosmetics, launched in 1999 by three South-Asian-Canadian women.

Finding a perfect makeup match is still a daunting prospect for women of all colours, but now that more mass and specialty lines have arrived—or expanded their shade ranges—there's real hope for finding a foundation that fits. Mixed Chicks, a cult haircare line for women with textured hair, recently got into the makeup game with double-ended foundation and bronzer sticks, designed to be mixed and matched to provide a custom solution. Make Up For Ever, the god of HD foundation, recently expanded its shade range to a whopping 40 in an upgraded formula that stands up to the intense detail of 4K video technology making its way to screens everywhere (including the iPhone 6 Plus). It also added a stick formula that offers more moisture and coverage, in 15 shades. Coming in at 22, 24 and 23 shades, respectively: a new highly pigmented, semi-matte foundation from Marc Jacobs Beauty; a flawlessly opaque formula from Too Faced; and M.A.C.'s new super-lightweight, water-based foundation, with the added bonus of SPF 30.

"Foundation has gotten a lot better in terms of shade matching and technology," says Robert Weir, a Toronto makeup artist. Better-quality formulas are more consistent in their colour, which addresses a common mismatching problem caused by products that get darker throughout the day due to oxidization. "The better ones—which aren't always expensive; drugstore brands have come a long way—won't oxidize." Weir recommends women of colour buy more than one shade to address variations around the T-zone. "It's nice to have two—at least that's what Iman says!"

To test drive the latest shades, I called up six friends with different skin tones and asked Weir to help us get flawless. With a mountain of new foundations to play with and a photo booth set up on the patio, we chatted about our experiences (and struggles!) and pursued the dream of finding makeup that matches.



ANUPA



MAKEDA



GAYNA



NEHA



NANA ABA



AMINA



HANNAH

PHOTO BOOTH

Meet the foundation party guests, and find out which shades made their cut

Anupa, 30

"I'm a recent foundation convert but I've never been matched. Right now I wear Make Up For Ever. I get three to four shades darker in the summer, so I need to switch it up with the seasons." **Perfect match:** Mixed Chicks Bangin' Bronze. "It's so weird that the most limited range would be the perfect match, but I suppose it proves that foundation is really trial and error."

Gayna, 37

"I don't like to wear makeup! I'm very minimalist so I want the easiest solution."

Perfect match: Marc Jacobs Beauty Ivory Medium. "This feels so light, like it completely disappeared."

Neha, 35

"A few months ago, I bought YSL's Touche Éclat as a treat. Before that I was using Make Up For Ever because I found a great match." **Perfect match:** Make Up For Ever Y405. "I like the stick over the liquid because it's novel to me."

Nana ABA, 37

"I can wear the darkest shade in some ranges, but then I'm the church lady with the weird skin that doesn't match

her hands. I'm ready for something better than what I'm wearing now." **Perfect match:** Make Up For Ever R540, a new shade in the lineup.

Makeda, 30

"I don't wear foundation. When I've tried, it's been a wrong match, and I feel like I'm wearing Halloween makeup." **Perfect match:** Make Up For Ever Y535. "Come at me! I feel truly prepared for life when I put on my eyebrows, but this is a nice finishing touch."

Amina, 22

"I normally wear Make Up For

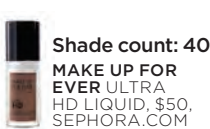
Ever, Lancôme and Clinique foundation—I'm a makeup junkie. I'm excited about the new Marc Jacobs, which feels great—actually, it doesn't feel like anything. This shade is called Cocoa Light, which is perfect because I am a cocoa light!" **Perfect match:** Make Up For Ever Y445. "It's a much better price point and a better match."

Hannah, 28

"I have zero tolerance or patience for foundation, but right now I wear 100% Pure." **Perfect match:** M.A.C NC15. "SPF? Sign me up!"

Product hit list

Looking for your own perfect match? One of these new foundations might be just the ticket



Shade count: 40
MAKE UP FOR EVER ULTRA HD LIQUID, \$50, SEPHORA.COM



Shade count: 5
MIXED CHICKS IN THE MIX QUICK STICK, \$30, MIXEDCHICKS.NET



Shade count: 23
M.A.C STUDIO WATERWEIGHT FOUNDATION, \$40, MACCOSMETICS.CA



Shade count: 24
TOO FACED BORN THIS WAY FOUNDATION, \$55, TOOFACED.COM



Shade count: 22
MARC JACOBS BEAUTY RE(MAR)CABLE FULL COVERAGE FOUNDATION CONCENTRATE, \$69, SEPHORA.COM

HEALTH

LIFE, INTERRUPTED

Breast cancer can strike at any age. Three women under 40 tell their stories and explain how the disease and its treatment changed the ways they see themselves

BY KRISTEN VINAKMENS

Imagine dealing with the trauma of a cancer diagnosis, chemotherapy and radiation treatments, and recovery, all while you're trying to date, plan a wedding, have a baby or establish your career—milestones when self-image is top of mind. According to the Canadian Cancer Society, 18 per cent of new breast cancer cases are among women under the age of 50. Meet three women who recently navigated those choppy waters.

Life stage: Starting a career

Sarah Taylor-Haddad was 26, a newlywed and a fashion designer for Garage Clothing in Toronto when she found out she had breast cancer. Her first thought was: "What am I going to do about work? In the fashion industry, we're workaholics." Her second was about the prospect of losing her dark brown hair, which, at the time, flowed down to her waist. Once it started falling out during chemotherapy, she asked her husband to shave it off. "It's hard to see yourself like that, but eventually you just get used to it. You really have no choice." The hardest part was losing her eyebrows and eyelashes. "That really defines your face," she says. "Your hair on your head is fine—you can wear a hat."

Taylor-Haddad, now 28, finished cancer treatment four months ago and is now undergoing monthly hormone-therapy injections that put her in a state of "medical menopause." "It's definitely not what you expect in your 20s, to feel like you're 80 years old," she says. After a few months of downtime, she went back to work in August. Her hair has started to grow back, and she's sporting a pixie cut. The experience has given her a renewed sense of empathy, as well as self-acceptance. "I'm not as judgmental about people," she says. "I'm also not concerned about my weight and stuff like that. As long as I'm healthy, that's really all that matters."



Life stage: Having babies

While breast-feeding her baby son, Jackson, Tamar Mandel of Toronto found a lump in her breast. Her doctor downplayed Mandel's alarm, saying breastfeeding women can have "all kinds of weird lumps and bumps." But she had it checked out, and her fears were realized. "Everybody was shocked, since I'd just turned 30," she says. Six weeks later, she had a lumpectomy. Now she is in chemotherapy, taking care of Jackson and her three-year-old daughter, Sadie, with the help of a supportive husband and family. "My first thought was, 'How do I get through this and not affect the kids?' That's always been the focus—to maintain some kind of normalcy for them."

Mandel took the loss of her hair in stride. Her breasts are a different story, and not just because she had to wean Jackson right away. "My one boob looks kind of weird. I call it my 'Dr. Seuss Boob.'" She's looking forward to a double mastectomy and reconstruction. "It's a constant reminder—looking down and seeing that scar." In her last round of chemo, Mandel is focusing on the positive: "I never used to leave the house without mascara. Now, I don't have eyelashes. But it's actually improved how I feel about my appearance. I don't have the luxury of those add-ons anymore, so I've learned to like myself without them."



Life stage: On the dating scene

Playing the dating field was challenging for Calgary graphic designer Nancy MacEachern, but never more so than after she was diagnosed with breast cancer at 38. As she struggled through chemotherapy, a mastectomy and radiation, she opted to take almost a year off from work to recover. Dating, too, went on the back burner. "You just want to get through it, so [dating] isn't really on your radar," she says. Now 40 and in remission, MacEachern is back at work and on the dating scene—with a different perspective. "Before, I would go on lots of dates with lots of different people and maybe give somebody a chance," she says. "But you begin to realize that you have to make decisions that are going to make you happy. I became even pickier, and that became frustrating."

The physical changes from the treatment and the hormone therapy that she'll undergo over the next 10 years have also had an impact. "Now, I've got this short hair that I would never have, and I've got one boob. There's a whole different baggage level, so I'm working through that now." Her self-image has already shifted, though. "I have never felt more beautiful or like my body was stronger than when I was bald, scarred and 'sick.'"



"I have never felt more beautiful or like my body was stronger than when I was bald, scarred and 'sick.'"

THE LAST STEP

Radiation tattoos, which are small marks that outline the target area for treatment, can be unwanted reminders of the experience for many cancer survivors. "Patients see removing their radiation tattoo as the final step to a full recovery," says Toronto plastic surgeon Dr. Sean Rice, who offers free removal during October. A cutting-edge laser, the PicoSure, hits the pigment with a super-short blast of energy, smashing it into pieces tiny enough to be absorbed by the body. One or two quick and (nearly) painless treatments often do the trick. —Andrea Janus

BEAUTY BOOSTS

Cancer treatment affects your whole body, most visibly your hair. "I've seen clients who had extremely wavy hair end up with straight hair [when it grew back]," says Justin German, Pantene Pro-V stylist and ambassador for the brand's annual Beautiful Lengths campaign, which encourages women to donate hair or money to make wigs for cancer patients. "But generally speaking, after a while it balances itself out." Skin and nails, too, withstand a lot. Here's how to give yourself some TLC.

1. Rock the crop. Slicked, choppy or pixie, short hair can be more fun than long. "Some of my favourite crops are the ones that grow out naturally from a shaved head," says German. "You can't cut them that perfectly."

2. Stimulate growth. Supplements such as Viviscal and vitamin B can boost scalp health and help hair grow faster. German advises maximizing your washing routine with a scalp rub. "Massaging the scalp will help stimulate blood flow and encourage hair growth."

3. Keep it simple. Protect fragile skin at all times with a good sunscreen, says Agnes Fallen, a Toronto makeup artist, breast cancer survivor and volunteer with Look Good Feel Better. And look for an ultra-gentle cleanser, serum and moisturizer.

4. Nurture your nails. Revive brittle tips by massaging cuticles with a rich cream or oil to stimulate growth, says Fallen, who likes vitamin E, jojoba and almond oils.

5. Line and define. As brows and lashes grow back, Fallen uses taupe pencil to fill in sparse brows, and dark brown cream liner to define the eyes. "The emphasis of liner on the lash line really helps to give the illusion of fuller, darker lashes."



1. **AG HAIR** USE LOVE CARE BB CREAM, \$26, CHATTERS.CA (50 CENTS GOES TO RETHINK BREAST CANCER)
2. **VIVISCAL** MAXIMUM STRENGTH, \$60, SHOPPERS DRUG MART
3. **COCOON APOTHECARY** MOISTURIZING SERUM, \$48, CAUSEMETICS.CA (\$10 GOES TO THE CANADIAN BREAST CANCER SUPPORT FUND)
4. **ORIGINS** MAKE A DIFFERENCE HAND TREATMENT, \$25, THEBAY.COM (\$4 GOES TO THE BREAST CANCER RESEARCH FOUNDATION)
5. **NUDESTIX** EYEBROW STYLUS PENCIL AND GEL IN DIRTY BLONDE, \$28, SEPHORA.CA

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