

THE
Kit
BEAUTY & FASHION



PAGE 3
WELL-HEELED

How to wear a shoe-bootie this fall



PAGE 5
GOLDEN HOUR

Keep time stylishly with a gilt watch



When the weather gets cool, dry and dreary, your skin changes, too. Keeping your face fresh this fall is easy as pie if you make a few small tweaks to your skincare routine.

Page 4

discover nature's secret to healthy-looking skin for Mom and baby

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ask jeanne HOW TO GIVE YOUR MAN A MAKEOVER

Dear Jeanne,
I don't really like the way my husband dresses. His pleated pants look dated and his puffy winter coat doesn't show off his sexy runner's physique. What can I do?—Kristy

Dear Kristy,
Somehow, the notion of “dressing your man” sounds a tad old-fashioned to me, though Lord knows there are untold guys out there who really do need the help.

I think the modern approach to helping your fellow look and feel more stylish is to encourage him to cultivate a personal sense of style—one with some oomph that transcends the pleated pants and puffy jacket. Obviously, your husband is somewhat image conscious: You say he has a sexy runner's physique, so he evidently works at being buff. He's going to look especially great in some cool new clothes.

Dropping the hint that you find chic menswear to be a turn-on might help. Stock up on men's style magazines and say you've been fantasizing about how amazing he'd look in some of the great men's fashions out there. Suggest what you'd like to see him in. Of course, a shopping outing together would always be nice, if you can manage to get him out there without the kicking and screaming.

Sometimes the problem is as simple as not wanting to spend on themselves. But with great fashion available at reasonable price points—labels like H&M, Zara, J.Crew and Moon all having great menswear—great style is not reserved for gents with big bucks to spend.

If he's near Toronto, Off the Cuff offers some wonderful, gently used

threads at prices that won't break the bank.

You may never be able to turn your husband into a fashion die-hard, but once he gets a taste of what great style can do for the soul and the psyche, he's bound to want more. Shower him with attention and compliments and then ask him out to a romantic dinner—and pick up the tab.

Dear Jeanne,
How do I wear chunky knits without looking frumpy?—Cecilia

Dear Cecilia,
Great style is often a matter of proportions. Chunky knits are sumptuous, but we always run the risk of overdosing on too much of a good thing.

The best approach is adhering to the old adage “everything in moderation.” If you're going for a chunky knit sweater or poncho, wear something trim underneath. Team a chunky knit top with a leggings, skinny jean or pencil skirt, rather than a fuller pair of slacks or an A-line skirt. Wear your cape or cardigan open over a body-hugging little dress. Juxtaposition usually works well. Or cinch a big wool sweater coat with a belt, if your waistline can take it.

If you feel you can't handle too much in the way of chunky knits, try going with some colourful knit accessories, like a scarf or shawl. That way, you'll nod to the trend without looking like you're drowning in it.

Jeanne Beker is a contributing editor to the *Toronto Star* and the host of FashionTelevision Channel. Send questions to askjeanne@thekit.ca. Follow @Jeanne_Beker on Twitter.



Sharp-looking tweed coats were a hit at Michael Kors Fall 2012 runway—perfect essentials for your man's closet.



Chic and roomy knits over slimming skirts at the Sportmax Fall 2012 runway show.

one-minute miracle BOOSTER SHOT



BY DEBORAH FULSANG

Burning the candle at both ends? Time to reach for the vitamin C. We're not talking juice shots—although those would do wonders, too. What we are advocating is spiking your moisturizer with a dose of vitamin C powder.

Miracle 10 offers Super C, a stable form of the free-radical fighting vitamin (l-ascorbic acid), which dissolves into a cream or gel. Mix one part Super C to three parts facial moisturizer. You can Add this booster shot to your eye cream for subtle firming, skin-brightening and refining results. \$92, miracle10.com



Give your beauty regimen a boost with other vitamin rich essentials. Search “vitamin” on TheKit.ca

WHAT WE WANT THIS WEEK

TOP THE KIT LIST 7



HONEYCOMB CUFF

This weekend, a bold cuff is the only jewellery you need. This graphic piece will easily mix with your wardrobe—we like it styled with a cropped blazer or boxy knit tee. Attitude black-and-gold cuff, \$20, sears.ca

ACE YOUR FACE

Love multitaskers? Say hello to Stila All Day Foundation and Concealer. The foundation—boosted with botanicals to channel age-defying oxygen to your skin—features concealer in its cap, plus a mirror on top, and a brush and spatula to make touching up and making up a breeze. In 16 shades, \$57, stilacosmetics.com



INVESTMENT BAG

Spotlighting its trademarked H logo as clasps, Hermès Drag Up bag pulls inspiration from an English horse-drawn coach. A 1964 model reissue, the structured silhouette and saddle-stitched craftsmanship create timeless appeal. Leather Drag Up bag in Cinnamon, \$10,050, hermes.com

LOW-TECH GLAM

Embrace a little low-tech and recreate runway-hair volume with a few well-placed Velcro rollers. Pop them and some setting lotion into almost-dry hair, then go about your getting-ready business. Once you're ready for lipgloss, remove them and toss your big-girl waves about. Stylize Self-Holding Volume Rollers, \$17 (31-piece set), shoppersdrugmart.ca



WELL-HEELED

These emerald peek-a-boo platforms pair well with navy, camel and chocolate brown. Wear with textured tights and a pencil skirt for the office or shorts for an evening out. Diesel Riley leather heels, \$345, canada@diezel.ca



INSTANT GLITZ

Perfect for the office, evening and everything in between, a spangled cardigan adds instant glitz for a feminine finish. Try it layered over a plain T-shirt and jeans or a printed dress. Jones New York wool-cotton sequin front cardigan, \$149, thebay.com



SKIN SAVIOUR

Like you needed another reason to love one of our favourite hand creams, Aveda Hand Relief—with hydrating plant oils, antioxidant vitamins A and E, and a killer scent—will direct \$4 for every tube sold supports cruelty-free development through The Breast Cancer Research Foundation. \$22, aveda.com

on the cover

SAVING SKIN

No doubt your skin is feeling the cooler temperatures and the drop in humidity. It may not be dire, but you’re starting to dehydrate, and you’ve probably lost most of your summertime glow. But we can fix all that without overhauling your entire skincare routine. Making one or two changes from the following six can set you—and your skin—free.

BY JANINE FALCON

CHANGE YOUR CLEANSER

Switch to a softening cleanser that preserves skin’s natural moisture as it de-grimes. That’s the first step to more comfortable skin. The less you strip skin, the fewer products you’ll need to use to put the moisture back. An oil cleanser is an excellent alternative even if you’re oily; it will remove every trace of dirt and makeup and leave skin soft and bright.

TRY: Korres Milk Proteins Foaming Cream Cleanser is a soap-free, cream-to-foam wash enriched with water-binding milk proteins. \$26, shoppersdrugmart.ca. Shu Uemura Skin Purifier Ultime8 Sublime Beauty Cleansing Oil is a mineral-oil-free blend of eight botanical oils including olive, jojoba, safflower and camellia. \$98, holtrenfrew.com



REMEMBER TO EXFOLIATE

Regular exfoliation helps keep skin smooth and free of dry patches that can hinder moisturizer absorption. Exfoliating pads are quick and convenient, and you can swipe them over neck, décolleté and the backs of your hands.

TRY: Serious Skincare Glycolic Gommage Extreme Renewal is a mask-exfoliant combo. Glycolic, lactic, phytic and malic acids gently encourage lazy dead cells to take a hike, and a polishing scrub buffs the skin as you rinse. \$39, theshoppingchannel.com. Philosophy the Microdelivery Triple-Acid Brightening Peel pads employ mandelic acid (more gentle than AHAs) as well as brightening azelaic and phytic acid for radiant skin. \$88 for 12 individually wrapped pads, thebay.com



GET DOWN WITH TONERS

Formulated with skin-conditioning ingredients, toners prep cleansed skin for whatever you apply immediately afterward, while skin is still moist. (Damp skin absorbs ingredients faster.)

TRY: Nuxe Gentle Toning Lotion Face and Eyes contains rosa damascena water and glycerin to soothe skin and help it retain moisture. \$20, thebay.com. Elizabeth Arden Visible Difference Gentle Hydrating Toner attracts moisture with sodium hyaluronate, calms with chamomile extract, and refreshes with witch hazel. \$24, canada.elizabetharden.com



ADD A POTENT CONCENTRATE

Slipping a serum into your routine is one of the most effective ways to up your skincare game without replacing everything you use. The right concentrated brew of ingredients will give skin a considerable boost, so you might not need to change from your regular moisturizer—at least not until the first deep freeze.

TRY: La Roche-Posay Hydraphase Intense Serum doses skin with soothing thermal spring water as well as hydration-enhancing hyaluronic acid, arginine and serine. \$39, at drugstores. Darphin Vitalskin Emulsion infuses skin with antioxidants, hyaluronic acid, caffeine and extracts that kick up skin’s natural energy. \$94, murale.ca



GO FROM DAY LOTION TO DAY CREAM

If light lotion was your warm-weather go-to, try a cream moisturizer now that cooler breezes prevail.

TRY: La Mer The Moisturizing Soft Cream is a lighter version of cult favourite Crème de la Mer. It contains the same energy-boosting Miracle Broth, rich in nutrients and antioxidants, but melts into skin with a satisfying hydrating finish that belies its weightless texture. \$170, holtrenfrew.com. Origins Make a Difference Plus+ Rejuvenating Moisturizer targets thirsty skin with caspase-14, an enzyme that helps skin self-hydrate. \$49, thebay.com, sephora.com, origins.com



USE A NIGHT CREAM

Night formulations plump with extra-moisturizing ingredients while your sleeping skin is in repair mode. You won’t believe your glowing skin in the morning.

TRY: Olay Regenerist Micro-Sculpting Cream Fragrance-Free is acknowledged as a superior moisturizer that firms and smoothes. We love the unscented version. \$40, olay.ca. Burt’s Bees Intense Hydration Night Cream is a 99%-natural formula that looks to clary sage for its excellent ability to attract and hold onto moisture. \$30, shoppersdrugmart.ca

SHOPPING

FASHION

WATCH OUT

Right on schedule to coordinate with fall's rich palette, the newsiest timepieces have been tricked out in warm rose gold and deep brown details. Contrast is what makes these watches stand out. Look for bands in metal and supple leather or a chain-link style that combines the different shades into one striking strap. **BY** INGRIE WILLIAMS





Roots stainless-steel and ceramic Granville watch, \$195, roots.com



Kate Spade rose gold-plated metal, leather and mother-of-pearl Cooper Wrap watch, \$215, holtrenfrew.com



Michael Kors embossed leather strap with rose-gold stainless-steel case, \$300, at Michael Kors boutiques, The Bay, Holt Renfrew and independent retailers



Calvin Klein metal and leather watch, \$390, at select The Bay stores and independent fine jewellers, ck.com/watchesandjewelry



Fossil stainless-steel link bracelet watch with white stones, \$190, at thebay.com

news

TWIN SCENTS

It's a full house in the perfume market, but **Mary-Kate and Ashley Olsen** are adding their sister power to the mix by teaming up with Sephora to create a fragrance for their signature Elizabeth and James label. Due out March 2013, this debut fragrance is a step up from their previous line of body sprays for young adults. Whether it's boho chic, sleek minimalist or a combination of the twins' distinct styles, the spritz details will be revealed at a later date. Stay tuned at TheKit.ca.—*Erin Richardson*



BETSEY GETS REAL

Colourful designer **Betsey Johnson** confirmed that she and her daughter Lulu will star in their own reality series airing on the Style Network next year. The spunky designer with the wild, wild hair shot the first episode at her 70th birthday party this month, a fancy soirée that also included a personal serenade from Johnson's longtime friend and music icon, Cyndi Lauper.—*Nadine Anglin*



BIG WINFOR PLUS MODELS

Plus-size clothing availability has only recently been embraced by major labels and design houses—but that's about to change. Ralph Lauren has signed its first plus-sized model to star in its latest ad campaign. **Robyn Lawley**, a statuesque, size 12 beauty announced on *Good Morning America* that she's thrilled to be addressing size stigmas. "There are so many plus-sized models in New York doing well and it's only going to get better," she said on the show.—*N.A.*



You Should by Ceri Marsh will return.

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THE KIT GIRL

NAME Carol Lee
CITY Vancouver
OCCUPATION CEO of Linacare Cosmethery, educator
DESCRIBE YOUR STYLE Bohemian, but not a hippie; stylish with an edge."

Carol Lee tears up recalling the day she told her grandfather she got into Harvard Business School. "He only got to grade three," she says. "He taught us that education is the path to a better life."

It's advice that Lee has followed rigorously, committing herself to the constant pursuit of knowledge—after earning her masters of business administration at Harvard University—through roles on the Vancouver Board of Trade, the faculty advisory board of University of British Columbia's Sauder School of Business, as vice-chair of the B.C. Asia Pacific Trade Council and as president and CEO of Linacare Cosmethery.

When asked how she bounces, sartorially speaking, from board meetings to cosmetic conferences to the numerous charity events she attends, Lee says she has the chops of someone accustomed to switching social gears. "I dress to suit the occasion," she says.

On her own time, Lee appreciates high fashion and devours magazines and websites looking for inspiration, but is playful in her interpretations of it all.

When she's in New York City, she likes foraging for hardware like buttons and buckles at M&J Trimming, and the Linacare uniforms were inspired by a vintage coat that belonged to her cherished aunt. But it's never about keeping up with the trends—or the Joneses.

"I'm stylish but I try to be practical," she says.

Carol Lee is wearing an Anna Sui dress, Latitude Femme boots, Mossimo watch from Target, Maria Rudman bracelets, Blue Ruby earrings and a necklace from a street vendor in Los Angeles.



GET SMART

For Carol Lee, chic means always looking pulled-together **BY** KATE MACLENNAN



BEAUTY SECRETS

Nars Blush in Orgasm, \$32, at Sephora locations, narscosmetics.ca

FASHION STAPLES

Roberto Cavalli Python-print silk-georgette dress \$2,995, net-a-porter.com. Roberto Cavalli at select Holt Renfrew locations.



"I adore Isabel Marant. It's always young, fresh and effortless." **Isabel Marant** Stars Light glass crystal necklace \$175, net-a-porter.com. Étoile Isabel Marant at select Holt Renfrew locations.

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LONG BOBS WE LOVE

The "lob" haircut (long bob) is a great transition style. See our gallery for some celebrity inspiration. kit2it.com/lobswelove



GOING FOR BROCADE

Stylish women in their 50s like Demi Moore look beautifully classic in a brocade print. Our expert explains how to work the look. kit2it.com/rich-brocade

KIT GIRL PORTRAIT AND FAVOURITE SHOP: JOSHUA MCVEITY. CELEBRITY AND KITCA GETTY IMAGES



STYLE ROLE MODEL

Carine Roitfeld (above) and Jane Birkin. And "my late Aunt Vera. She was glamorous even at age 82."



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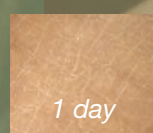


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