

THE Kit

BEAUTY &
FASHION

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FIT KIT

7 high-style accessories
to stash in your gym bag
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TOP 7 FIT AND FABULOUS

what we want this week

Resolve to keep fit this year? Us, too. Make your kit beautiful by stashing these accessories in your duffle



ASK JEANNE

"I'm going on a few job interviews and thinking of buying a high-end bag in a logo print. I work in a creative field. What kind of impression will this make?"—Ella

DEAR ELLA:

Let's face it, in any field where image is so important, you'll get people mercilessly scrutinizing your style. But I think it could be rather crazy-making for you to start getting neurotic and over-think things.

Perhaps you should question your own true feelings about these bags. Do you think expensive bags are status symbols? Certainly, many people perceive them as such.

If you do, perhaps you're keen on conveying certain things about yourself: the idea that you have the means to purchase such a costly bag, or that you're savvy enough to know that importance of a particular designer. You have to really ask yourself whether there's some kind of hidden agenda or whether you just adore this bag and want to own it.

If, after soul-searching, you decide it's just the bag you love, plain and simple, then go for it. If the people who are interviewing you look down their noses at your style sense, then you probably don't want to be working for them.

I have mixed feelings about logo prints. Some are a little too in-your-face for my taste. But then there are some that are quite striking. In fact, I've found myself coveting more than a few lately. Nowadays, most people realize that not all fancy logo-print bags are the real deal; many are counterfeit and, in some cases, impossible to distinguish from the real ones. So you might have potential employers guessing whether you're successful enough to afford an authentic designer handbag, or whether you're the type of trendsetter who would settle for a knock-off.

I'd like to think that creative types aren't judgmental, but unfortunately, they often are, especially those involved in the fashion milieu. Hopefully, your credentials and charisma will override any negative feelings your potential employers may have about expensive, logo-print accessories.

If this particular bag makes you feel good, maybe it could help give you an added boost of confidence during your interview. I wouldn't second-guess it. You've got to trust your own aesthetic, especially if you work in a creative field, and just go with your fashion gut.

Jeanne Beker is contributing editor to the *Toronto Star* and host of Fashion Television Channel. On Twitter @Jeanne_Beker. Send questions to askjeanne@thekit.ca.



Margherita Missoni carries a logo tote



1. WORK YOUR 'DO
Tame messy fly-aways without weighing hair down—perfect for when you need to be in and out of your spin, Pilates or yoga session lickety-split. **Göt2b** Playful Pomade, \$8, shoppersdrugmart.ca, walmart.ca

2. WASH 'N' GO
Sweaty hair need a rinse? This staggered-tooth comb is designed to glide through freshly washed hair and remove excess water to speed up drying time. **Goody** Quickstyle water-wicking comb, \$8, walmart.ca

3. PLAYING FOOTSIES
Relieve your feet and stay blister-free with cushy sport socks. **Gap**, \$9, gapcanada.ca

4. CLEAN & CLEAR
Rid your face of pore-clogging sweat, oil and makeup in seconds. Namaste. **Yes to Tomatoes** blemish-clearing facial towelettes, \$10, shoppersdrugmart.ca

5. SO FRESH
Morning workout? After waking up your muscles, awaken your senses with a post-shower dose of these fresh, floral-fruity-woody toilettes. **Biotherm** Eau d'Energie and Eau De Paradis eau de toilette, \$54 each (100 ml), biotherm.ca

6. BEST FOOT FORWARD
Keep your feet fit during and after exercise with a cute pair of look-at-me sneaks that are durable, flexible and provide ample support. **Reebok** Crossfit Nano 2.0 runners, \$120, sportinglife.com

7. IN RECORD TIME
Gauge your progress and keep track of heart rate, pace and distance no matter the challenge. Designer sports watch, \$80, winners.ca

—NATASHA BRUNO
PHOTOGRAPHY BY DANIEL HARRISON

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radar



MARCELLE'S BELLE

Were you a *Pan Am* fan? We spent months loving the look of the midcentury stewardesses, from their perfect bobs to their blue pencil skirts. The show has been cancelled but we'll still get our fill of our favourite high-flying gal. Canadian actress Karine Vanasse (*Colette*) is the new face of Canadian staple beauty brand Marcelle, which celebrates its 80th anniversary this year. We couldn't be happier. —Glynis Mapp



SMELL LIKE LETO

If you're lucky, the new fragrance **Hugo Red** may be all it takes to turn the man in your life into a heartthrob worthy of **Jared Leto**. We fell for Leto in the 1990s TV series *My So-Called Life*; now that he's the fragrance muse for **Hugo Boss** we're smitten again. Contrasting notes of "liquid heat" (grapefruit and rhubarb) and "solid chill" (cedarwood and hot amber) energize this spritz. Sizzle! Eau de toilette, \$98 (150 ml), at The Bay, Holt Renfrew and Murale in March. —Janelle Wilson

MRS. O KNOWS STYLE

We're looking forward to another term's worth of Michelle Obama's outfits—she'll undoubtedly go down in history as one of America's most fashionable first ladies. According to *The New York Times*, this is thanks to the first lady's firm stance on her style: Mrs. O told her advisers years ago she didn't want any push-back on her sartorial choices. A woman who knows her own mind and taste? That's real style. Mrs. O's signature take on eclectic elegance includes mixing designers like Jason Wu and Isabel Toledo with preppy, casual pieces from J.Crew. —Nadine Anglin



Michelle Obama

LULULEMON GIVES

Its yoga pants changed the way we dress for the gym (and brunch, sorry). Now, the Canadian founders of Lululemon want to change design education in British Columbia. Chip and Shannon Wilson have given \$36-million to build The Chip and Shannon Wilson School of Design at Kwantlen Polytechnic University in British Columbia. Students of the school will be able to test design prototypes, research fabrics and display their special creations in a state-of-the-art gallery space. The school is scheduled to be ready by September 2015. —G.M.

the edit

web Get more beautiful ideas at thekit.ca/beauty



SPOTTED

TICKLED PINK

Do like designers this spring and embrace all shades of pink, from punchy, Day-Glo fuchsia to sheer, subtle peony to near-neon raspberry

—DEBORAH FULSANG



BE MY VALENTINE

Who wouldn't have a crush on this polish? It has the power to banish winter greyness in a fabulous, feminine swoop. **Chanel** Le Vernis in Fracas, \$27, limited edition, at Chanel counters, chanel.ca



PUCKER UP

Go delicate or go dramatic, just be sure you dress your pout in pink. There's a rose to suit every skin tone. **Dior** Addict Lipstick in Espiègle, \$31, at Dior counters, dior.com



CHEEKY GIRL

Blush demurely or create a couture-inspired contour with this luxe cream colour. **Yves Saint Laurent** Crème de Blush in No. 7 Red Agate, \$52, Holt Renfrew, The Bay, Sephora and Murale



PRESS-ON PINK

A little practice makes today's press-on nails a no-fuss beauty solution when time is of the essence. **Broadway Nails Impress Press-On Manicure** in Big Flirt, \$8, impressmanicure.com

one minute-miracle



GORGEOUS LIKE GAGA

I had the pleasure of Lady Gaga's company recently and took away this end-of-day beauty tip from the makeup-loving superstar: "Wash your face, do your thing, but when you're done, you must massage some almond oil into your skin. Right after you rub it in, put on your moisturizer. Then go to sleep, wake up and call me and tell me how (expletive) fabulous your skin looks."

—DEBORAH FULSANG

THE AGE CHALLENGE

HOW TO HIT THE SPOT

This versatile print has popped up on blouses, slouchy T-shirts and head-to-toe on Hollywood's trendiest. We look to the stylish set for tips on how to wear it



Smart Set chiffon blouse, \$35, smartset.ca



Cheryl Cole, 29

SEEING SPOTS

This head-to-toe polka dot outfit takes a nautical palette and gives it a playful spin. The look works because Cheryl Cole has broken up the print with two base colours.



Nicole Richie, 31

POINT TAKEN

Richie shoes us how to sport polka dots with a rock and roll edge. Pairing her relaxed tee with leather trousers, a fringe bag and layered necklaces adds to the casual look.



Monica Bellucci, 48

STYLISH, PERIOD

Who says this print needs to be cutesy? Styled with a sophisticated floral pencil skirt, black and white polka dots match nicely with almost every other print.

GAME CHANGERS



Old Navy visor, \$13, tank, \$30, interlock jacket, \$40, oldnavy.ca

Form over function? How 2012. Thanks to you, these brands are raising their game with gear that looks great and suits your needs

BY VANESSA TAYLOR ■ PHOTOGRAPHY: CARLYLE ROUTH

Whether you're a pro at dancer's pose or can barely touch your toes, enter 2013 with a cache of cool gear to make using that new gym membership, getting outdoors or rediscovering the benefits of yoga a fashion-inspired adventure.

With innovative fabrics, feminine silhouettes and exciting new colours, you can feel the burn in style with this year's exercise essentials.

WHAT YOU WANT

If your husband's XXL T-shirt and your old, stretched-out jogging pants aren't giving you a pep in your step on the way to the gym, we've found the cure. Your fitness modus? Say goodbye to boxy cuts and uninspiring colours.

"Sometimes the fit for women's exercise apparel is just the men's design in a feminine colour. The phrase 'pink it and shrink it' is common in the industry," says Julia Handleman, senior designer for Roxy Outdoor Fitness.

Fusing performance wear with trends is the basis of the brand Electric Yoga. The line is full of clean-looking, fuss-free garments in bold colours. "The designers choose colours that lift your spirits and that jump start your adrenaline," says Janice Fleming-Gole, whose company Morega distributes Electric Yoga in Canada. It's paramount these pieces are fashionable and functional, serving both you and the type of exercise you do.

"If I am going to a barre class, where I want to make sure the instructor can correct my form, I will choose closer-fitting styles. Runners may choose garments with reflective details that make them more visible when out at night," says Handleman.

For winter outdoor activities, skip heavy garments that are bulky and hinder mobility.

"Warmth is key: Go with form-fitting pieces with stretchy, breathable fabrics that won't restrict your movement," says Spencer Orr, vice-president of design at Canada Goose.

"You want to layer items so that you can add and remove pieces when necessary."

WHAT YOU NEED

Moisture-wicking fabrics, standard flat seams that reduce chafing and other features are all the rage in exercise gear.

Electric Yoga includes leggings with built-in knee support along with yoga pants that have a rubberized grip on the foot to prevent slipping while you perfect downward dog. (It also means you can practice without a mat).

Another essential: compression sleeves, worn to enhance blood flow and keep muscles warm throughout a work out and the cool-down period that follows, says Fleming-Gole.

Nearly 3 million people have created custom Reebok shoes since it launched YourReebok in November 2012. The program allows shoppers to choose colour, comfort, fitness features and more to create a personalized shoe.

Canada Goose credits customer requests for its new winter skirt. "It's a perfect lightweight layering piece for over tights and offers added warmth before a yoga class or after a day on the slopes," says Orr.

Running, hiking and skiing are also made safer thanks to fitness clothing with Ultraviolet Protection Factor. "All clothing offers varying degrees of protection from the sun, but fabrics that have a UPF rating have been tested so that you know exactly how much protection you are getting, says Handleman.

HOW BRANDS LISTEN

T-shirt rubbed out under the armpit? New running shorts on the fray?

Fitness brands are stepping up their game by using your feedback to improve their products. Instead of waiting until end of season to see which items haven't sold, activewear firms are reading your thoughts on social media platforms such as Facebook and Twitter and making changes accordingly.

"After we launched the Canada Goose Hybridge Lite Collection, our Facebook followers posted on that they wished the products had more air permeability," Orr says about the label's lightweight jackets which launched in 2011 and revamped with even more user-inspired items in 2012—the Hybridge Lite Hoody and Hybridge Lite skirt.

"Thanks to customer feedback, we made the pieces more wind-resistant."

Roxy's new line of fitness clothing (in stores this month) is designed for women by an all-female team of designers.

Using feedback from fit models and querying athletes on fit and function, fitness apparel companies are taking product performance and innovation to a new level.

"There's nothing worse than having to tug at your clothing while you are working out," says Roxy's Handleman. After all, we all want the same thing: great fitting (and looking) performance pieces that get you excited to exercise.

Follow @vanessa_tweets

HAIR: LAURA SZLICS. MAKEUP: VANESSA JARMAN

Perfect skin starts here

Taking good care of your skin is easy when you have the pampering products you need to do the job well. And once you start, you'll realize the full benefits of indulging in proper skincare—and keep coming back for more. Here are some of the best dry-skin fixers around. Ready, set, luxuriate!



Vichy Liftactiv Serum 10
Now in a larger size, this magic-making wonder serum tackles wrinkles, promotes firmness and minimizes pores. Get back the radiance. \$75

Shiseido Bio-Performance Super Corrective Serum
No one has time for fine lines, dullness and sagging. Fight all three—and clarify, too—with this high-octane serum that yields both resilience and firm results. \$75

StriVectin-AR (NIA-114 + Retinol) Advanced Retinol Night Treatment
Wake up even more beautiful with this anti-aging multitasker that harnesses niacin to boost Retinol's power to work hard for your skin. \$120

Clinique Repairwear Laser Focus Wrinkle Correcting Eye Cream
Plump and smooth lines while refining your whole eye area. Your eyes truly will be the window to your soul in just four weeks. \$65

Estée Lauder Advanced Time Zone Age Reversing Line/Wrinkle Creme SPF 15
for Normal/Combination Skin
Get light, silky smooth skin with just the right amount of moisture. Use this after your moisturizer.

Benefit Foamingly Mad Hatter
Rid your skin of both dryness and oil with this soft, gentle lather. Clean skin is just a wash away.

FORM + FUNCTION

Break a sweat in style with these totally functional, completely fashionable separates

—VANESSA TAYLOR



Roxy seamless nylon-elastane rashguard, \$72, roxy.com



Electric Yoga down-blend ultra light jacket, \$239, electric-yoga.com



Canada Goose Black Hybridge Lite Skirt, \$250, canada-goose.com



Roxy polyester-spandex shorts Horizon, \$50, roxy.com



Electric Yoga seamless knee brace leggings, \$99, electric-yoga.com

ON THE COVER: Electric Yoga ultra light down-blend vest, \$179, electric-yoga.com. Gap Fit jersey long-sleeve zip-up shirt, \$55, and nylon-blend pants, \$55, gapcanada.ca



Roxy neoprene hoodie, \$138, roxy.com. Electric Yoga ultra light down-blend vest, \$179, electric-yoga.com. Gap Fit jersey long-sleeve zip-up shirt, \$55, and nylon-blend pants, \$55, gapcanada.ca. Old Navy Active sneakers, \$21, oldnavy.ca

SPECIAL ADVERTISING FEATURE



Advanced Time Zone Age
Wrinkle Crème SPF 15
Protection Skin
Moist, long-lasting hydration
Amount of reviving freshness.
Repair serum. \$72

Clean Facial Wash
Remove makeup and impurities with
gentle. Soft, smooth and super-
easy short step away. \$24

Prevage Anti-Aging + Intensive Repair
Daily Serum
Support your skin's natural repair process while
you shield it from the elements. This serum
contains powerful antioxidants to help restore
your youthful glow. \$275

Biotherm Blue Therapy Serum
Reduce the appearance of up to eight years of
accumulated skin damage in just one month with
this wrinkle- and dark spot-correcting serum. \$95

Lise Watier Age Control Supreme La Creme
Feel great in your own skin. Get smooth, soft
and supple with this luxe cream that delivers.
Rich and emollient—perfect for our Canadian
winter. \$46.80

NeoStrata Anti-Aging Serum Fruit
and Peptide Stem Cells
Fruit and peptide stem-cell technology is at
work here, preventing sagging and dramatically
diminishing wrinkles and fine lines. \$75

Etival Laboratoire
Ener-C Gel Cleanser
Refresh dull skin while you wash away makeup
and the day's grime. This gentle, exfoliating gel
cleanser leaves skin alive and wide awake. \$18

AVAILABLE AT



THE FIX

COLD COMFORT

It's a beauty secret of starlets and has kick-started a career or two. But we love cold creams, a skincare staple, simply because they keep our skin soft and hydrated **BY** JILL DUNN

No Hollywood dressing table—or starlet for that matter—was ever without a requisite jar of cold cream. Famous faces such as Rita Hayworth fronted ads for Woodbury cold cream in the 1940s, and who could forget those famous Noxzema commercials of the 1990s that kick-started the careers of Rebecca Gayheart and Malin Akerman?

The beauty basic was likewise a staple on our grandmothers' and mothers' vanities. And for all you beauty geeks, did you know cold cream was responsible for the invention of another iconic beauty must? In 1924, the facial tissue Kleenex was developed to remove the emollient cream as part of every woman's cleansing and beautifying regimen.

In our modern times, the tried-and-true product retains its merit. When the temperature dips and your skin craves intense hydration, adding a cold cream to your regimen is a smart, back-to-basics strategy.

Cold creams are designed to lock in moisture and act as a barrier on skin, and because of their oils, most lather to milky suds that cleanse and leave skin soft. They hydrate and remove makeup, too, making them brilliant multitaskers.

Nothing is more nostalgic, and effective, than cold creams, says Dr. Tina Alster, director of the Washington Institute of Dermatologic Laser Surgery and professor of dermatology at Georgetown University Medical Center. "Cold creams are still effective for treating dry skin," she says, "although some may not find them as elegant to use because they are thicker, water-in-oil emulsions—so they don't spread as quickly onto skin as some of the newer cleansers and moisturizer formulas."

While cold creams are often considered too thick for oily skin, they're perfectly suited to the parched conditions of many winter complexions. So let's get back to basics.



5 WORTH TRYING



GO NATURAL
While traditional cold creams trap moisture in the skin by creating a physical barrier of mineral oil or petrolatum, this au naturel version lets skin breathe thanks to its hero ingredient, beeswax. Sweet almond oil also soothes and softens. This cream is designed primarily as a moisturizer, not as a cleanser. **Weleda Cold Cream**, \$18, weleda.ca



TRIED, TESTED, TRUE
While you won't find a litany of lofty claims on the label of this cold cream, you will get a tried-and-true classic that cleanses, removes makeup and moisturizes at the same time. Women (including celebrity fans like Kylie Minogue) have declared their loyalty to the inexpensive but effective formula. **Pond's Cold Cream**, \$11, at drugstores



SENSITIVE SKIN SOOTHER
Looking for lush beauty luxury? Leave it to the French. This cold cream formula relies on thermal spring water from Avène's famous healing water springs in Avène, France, to balance skin. Say goodbye to the irritation you get from other creams. This formula is so gentle, it's easily tolerated on even the most sensitive of skin types. **Incroyable! Avène Cold Cream**, \$21, at drugstores



THE ICON
This crème has been around for 101 years and was one of the first water-in-oil formulas to hit the market. With its rich emollience, it shields skin from environmental aggressors—biting winter winds, pollution—and holds moisture in the skin. It's fantastic on rough spots like elbows, knees and heels. **Nivea Crème**, \$11, at drugstores



THE UPGRADE
Say hello to a classic formula that will give you new results. In addition to the tried-and-true traditional cold cream ingredients like lanolin and mineral oil, this luxurious cleansing balm is packed with oils and herbs (like clove, eucalyptus and chamomile oils) to melt away makeup and offer intense hydration to skin. **Eve Lom Cleanser**, \$55, murale.ca

COMING SOON

THE KIT'S NEW INTERACTIVE MAGAZINE

We have a surprise for you: The February issue of *The Kit* interactive magazine has a whole new look.

We can't wait to share the show-stopping interactive features, how-to videos, slideshows and easy, inspiring ideas for looking your best every day.

It's even more digital and

how-to-itive. And it's free.

Watch this space every week for a sneak preview.

The full February 2013 issue of *The Kit* interactive magazine is available January 30. Read it online at TheKit.ca. Download the free app on your Apple, Android or Kindle device.

Follow **@thekit**



Tina Fey and Amy Poehler

web Watch the awards with us at **thekit.ca**

GOLDEN GIRLS

Set your fashion scrutiny detector to maximum in preparation for the 70th annual Golden Globe awards on Sunday, Jan.13. Which designers will dress hosts and comediennes Tina Fey and Amy Poehler? (We're betting on multiple gown changes throughout the night). And who will make our best-dressed lists? Visit TheKit.ca on Monday, Jan. 14 to get the wrap-up.

—Nadine Anglin



CLOCKWISE FROM TOP: Leigh Lezark poses for The Coveteur's camera; a Karl Lagerfeld inspired fashion doll; Chanel shoes, bag and fragrance



CLOSET OF THE WEEK

Leigh Lezark

DJ, model; New York

BY THE COVETEUR



web

Go inside Leigh's chic closet at thecoveteur.com/leigh_lezark

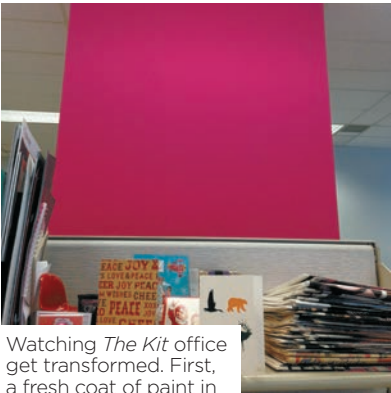
Leigh Lezark is a name to know. You can find the New Yorker spinning tracks at global fashion week after-parties (she's part of DJ trio The Misshapes) or sitting front row at the season's top shows. But more often than not, you can spot her walking her dachshund Edie in the East Village. Lezark is a style anomaly and we love her for it. She's a Bocce Ball gold medalist (don't ask her how), loves nothing more than a little black dress paired with a black pump and is the lucky owner of a limited-edition Jeremy Scott for Longchamp bag (he gives them out at his shows, if you can get in). But it's Lezark's shoe collection (working lightbulb heels and Chaneles made with a fake gun) that really stop traffic. But since she's a longstanding Les Fidèles De Chanel (a.k.a brand ambassador) we're really not surprised.

THE KIT ON Instagram

Visit us at instagram.com/the_kit and go behind the scenes of The Kit. See our candid pictures from photo shoots, events and more.



Using our pretty new stationery to send out thank you in the new year



Watching *The Kit* office get transformed. First, a fresh coat of paint in *Kit* pink!



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Creative Director
Caroline Bishop

Assistant Art Director
Salina Vanderhorn

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Colleen Henman

Editors
Nadine Anglin,
Deborah Fulsang,
Glynnis Mapp,
Vanessa Taylor

Publisher, The Kit
Giorgina Bigioni

Chief Content Officer
Doug Wallace

Direct advertising
enquiries to:
Associate Publisher
Kelly Whitelock
(kw@thekit.ca)

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Mercedes-Benz

Bobbi Brown Extra Eye Repair Cream, \$80 (15 ml), Extra Hand Cream, \$35 (50 ml), Extra SPF 25 Repair Balm, \$110 (50 ml), and Extra Repair Serum, \$124 (30 ml)

Darphin Stimulskin Plus Divine Lifting Cream, \$390 (50 ml)

Lancôme Visionnaire Advanced Skin Corrector, \$100 (30 ml)

Shiseido Bio-Performance Advanced Super Corrective Serum, \$125 (50 ml)

NEW! StriVectin-AR Advanced Retinol Night Treatment, \$120 (50 ml)

NEW! Estée Lauder Advanced Time Zone Wrinkle Eye Cream, \$63 (15 ml)

EXCLUSIVE! Rodial White Brightening Serum, \$98 (30 ml)

NEW! Biotherm Blue Therapy Serum, \$65 (30 ml)

NEW! Clinique Repairwear Laser Focus Wrinkle Correcting Eye Cream, \$55 (15 ml)

NEW! Guerlain Orchidée Imperiale The New Cream, \$470 (50 ml)

Erno Laszlo Firmarine Eye Serum, \$115 (15 ml)

get gorgeous
SKIN

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