



**MONTH'S BEST**  
**STAR STRUCK**  
*Out-of-this world luxury lipstick*  
*page 3*



**MADE IN CANADA**  
**REGAL ACCESSORY**  
*How a Saskatoon jewellery-designer adorned the Queen*  
*page 6*



BACKSTAGE AT STELLA MCCARTNEY FALL/WINTER 2014. PHOTOGRAPHY: PETER STIGTER

# THE FALL SKIN GUIDE

## REACH PEAK PERFORMANCE

*Recent advances mean skin care is more effective than ever, but only if used properly. Here's a guide to getting the most from each pump, squirt and spritz*

BY RANI SHEEN

We're in the middle of a skin-care boom. Powerful new formulas and ingredients from space-age labs and remote forests are flooding the shelves of drugstores, boutiques and department stores alike. If you've ventured into the realm of antioxidants, retinoids, ceramides, serums, essences and leave-on masks, you know that a targeted, layered skin-care routine can yield great results, but chances are it could be working harder for you. Whether you're looking to smooth fine lines, tighten pores or rehydrate parched skin, here's how to get the best performance out of every cream, serum, mask and treatment in your bathroom. Your skin says thanks in advance.

*Continued on page 4*

## FACIAL VALUE

*How to know if your aesthetician is maximizing your treatment time*

BY JILL DUNN

At their best, facials cleanse more deeply than you ever could, shrink pores, create a glowy increase in circulation, minimize fine lines and melt stress away. At their worst, they're a considerable waste of money, and can even leave your skin in worse shape than before you stepped foot in the spa. When you're literally putting your face in someone else's hands, you want to make sure they're up to snuff.

While there are a lot of excellent college-level aesthetics certification programs in Canada, the troubling truth is in that as yet, in most provinces, there

aren't any governing bodies enforcing the day-to-day practices (they check-in on hygiene, but not necessarily techniques). A lot of the policing comes down to the hiring practices of individual spas, that rely on word of mouth and the skill of their aestheticians for repeat business. That said, there are ways to weed out the amateurs from the pros.

### Pre-treatment pow-wow

First and foremost, a great facialist will be upfront about what to expect. This is a time to pipe up about the results you want. "They should do a thorough

written consultation with you and map or analyze your skin," says Annet King, L.A.-based director of global education for The International Dermal Institute and Dermalogica. "They should be asking you questions and answering your questions." This should include recent medical history, any medications you're using, if you've got allergies or are sensitive to steam, and even your music preference. Any "add-ons" (like a specialty eye treatment) and related costs should be discussed in advance.

*Continued on page 5*



# AERIN

THE FRAGRANCE COLLECTION



SEPHORA



ANNA SUI LIPSTICK  
\$29 EACH, SHOPPER'S  
DRUG MART

THE MONTH'S BEST

## Star lip enterprise

If you happen to arrive at Tokyo's elegant Isetan department store right as the doors open at 10 a.m., you will be treated to a breathtakingly luxurious experience. As you walk through the quiet aisles, neatly suited salespeople behind every handbag and jewellery counter bow deeply as you pass, in a solemn gesture of service and welcome. When you reach the beauty hall, ornate displays showcase objects that warrant such reverence, especially in the plush area dedicated to American designer Anna Sui, whose makeup line has been made in Japan since 1998. We may not have the same shopping experience

here in Canada, but we can partake in the line's new shooting-star-shaped lipsticks, destined for pride of place on a vanity. If you can bear to actually use them, you'll find the oil-rich formula glides on easily, despite its unusual outline, and leaves a quietly glossy finish. Those ridges soften with use to resemble a traditional bullet, but you'll always have the memory of the pristine sculptural form spiralling out of its filigree-plastic case. Some experiences are just too beautiful to forget.

—Rani Sheen. Photography by Adrian Armstrong.

TWEET OF  
THE WEEK

“Q: when did suede become the official fabric of spring?  
A: spring 2015!”

@ManRepeller

BEAUTY MATH

Silver eyelids and pumped-up lashes add up to a mod-meets-futuristic look we love



A HEAVY-METAL HUE LIKE STILA MAGNIFICENT METAL'S FOIL-FINISH EYESHADOW IN COMEX PLATINUM, \$42, SHOPPERS DRUG MART



AN AMPLIFYING MASCARA LIKE L'ORÉAL PARIS VOLUMINOUS MISS MANGA MASCARA, \$11, SHOPPERS DRUG MART



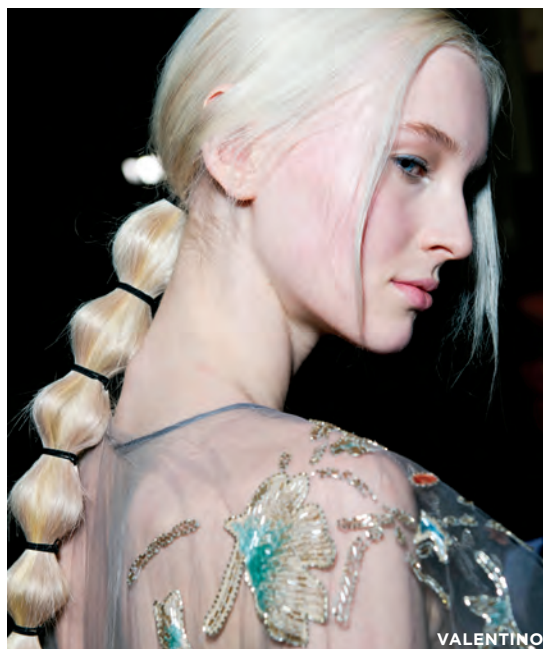
Modern Family's Sarah Hyland rocks silver shadow and mega lashes at the Teen Vogue Young Hollywood Party in Beverly Hills. Apply a metallic-foil shadow to the upper lid, bringing the colour to the inner corners and along the lower lash line to brighten the eyes. Finish with two or even three coats of mascara for maximum impact. —Natasha Bruno

TALKING POINT



### SCI-FI SKIN CARE

Two new lines ask clients to give up their genetic info via cheek swab in pursuit of a velvety epidermis: the U.K.'s Geneu DNA (which produces a microchip to monitor skin's antioxidant and collagen levels) and SkinDNA, from Australia (which merely offers up a skin profile alongside its unguents). Watchdogs don't always approve of cosmetic promises to harness the double helix. Last June, L'Oréal was busted by a U.S. consumer protection agency for "unsubstantiated claims" about the gene-targeting power of its Génifique line. So, it's back to the lab. The company just received a licence to develop Episkin, reconstructed human skin cells meant to replace live animals in cosmetic tests. Which is kind of weird, but also kind of good. —Denise Balkissoon



VALENTINO



BAND OF OUTSIDERS

ONE TREND, TWO WAYS

### PRIZE PONIES

It's time to elevate the good old ponytail. This season, it shed its role as the default fix for bad hair days, transforming into a chic look that works for day or date night.

**1. Bubble tails at Valentino** Hairstylist Guido Palau designed a polished but playful banded ponytail with a late-sixties spin. He used volumizing foam on damp hair to build height at the crown, then blow-dried it straight. Parting hair in the centre, he pulled lengths back into a low pony that covered the ears, then added elastics two inches apart, pulling the hair out between the bands for a puffed effect.

**2. Rebellious texture at Band of Outsiders** Inspired by free-spirited photojournalist Lee Miller (1907-1977), stylist Didier Malige went for a dishevelled tail. After misting conditioning spray on damp strands, he used his fingers to work in René Furterer dry shampoo while rough-drying hair to create a rippled wave. He backcombed the crown and mid-lengths, then secured the side-parted pony high on the neck, leaving a few pieces loose. —Natasha Bruno



HERBAL ESSENCES BODY ENVY VOLUMIZING MOUSSE, \$4, SHOPPERS DRUG MART, LOBLAWS, RENÉ FURTERER NATURIA DRY SHAMPOO, \$20, SEPHORA.

STYLE THERMOSTAT

Chanel

Not only was the Paris fashion week show packed with top models, its finale was a women's rights protest.

George Clooney

The actor married the smart and stylish Amal Alamuddin, who sported Alexander McQueen on their big day.

The West Clan

The family arrived in matching attire at Paris Fashion Week, with North sitting front row at Balenciaga and Givenchy.

Amanda Bynes

Not only was the star arrested for DUI, but TMZ reports she's been kicked out of fashion school for cheating and showing up high.

Sears Canada

With the CEO announcing his resignation and the selling off of its Canadian shares, things aren't looking good for the store.

Continued from page 1

# Make it work

Scientific developments are one thing, but knowing how to use these skin-care secret weapons is quite another. Here's an expert guide to all you need to know—from what goes on first (serum!) to where to spend and where to save (sunscreens!)

BY RANI SHEEN  
PHOTOGRAPHY BY GEOFFREY ROSS

## CLEANSERS

Adding water makes any cleanser more effective. "When you cleanse, do it at a sink and not with a damp washcloth in front of the TV," says dermatologist Dr. Julia Carroll.

GENTLY CLEAN DRY SKIN WITH **CLARINS** EXTRA-COMFORT CLEANSING CREAM, \$44. **CLARINS**. COM. BRIGHTEN AND CLARIFY WITH **EMINENCE** ORGANIC MONOI AGE CORRECTIVE EXFOLIATING CLEANSER, \$44. **EMINENCEORGANICS.COM**. CLEANSE OILY SKIN WITH OIL, LIKE **SHU UEMURA** POREFINIST ANTI-SHINE FRESH CLEANSING OIL, \$38. **SHUUEMURA.CA**.



## SPEND vs SAVE

Not everything in your skin-care routine must cost the earth



SIMPLE PROTECTING LIGHT MOISTURIZER SPF 15, \$17, **DRUGSTORES**. **CHANEL** LE LIFT SERUM, \$170, **CHANEL**. **COUNTERS**. **PONDS** GOLD CREAM CLEANSER, \$9, **DRUGSTORES**. **SKINCEUTICALS** RESVERATROL B E ANTIOXIDANT NIGHT CONCENTRATE, \$165, **SKINCEUTICALS.COM/CANADA**

**Save: Sunscreen** "Sunscreens can be purchased at the drugstore," says Rouleau. "Since they must be government-approved, all companies go through the same process."

**Splurge: Serum** "Serums are great splurges. They contain high quantities of performance ingredients to truly effect change," says Rouleau. "Because drugstore serums are less expensive, the concentration of active ingredients is lower."

**Save: Cleansing** "For cleansers I think drugstores are fine,

unless you have a particular condition," says Carroll. "Basic ingredients do the job. In fact, sometimes more expensive brands add scents or botanicals to products in an effort to appear more luxurious. These ingredients can be irritating to many skin types."

**Splurge: Antioxidants** "We should spend more money on antioxidants, especially vitamin C," says Carroll. "It has to be ascorbic acid—not like a vitamin C capsule that you get at the health-food store. It increases collagen production, decreases pigmentation and protects you from sun damage."

## MINI MAKEOVER

### GOLDEN ARCHES

Beautiful brows are the perfect complement to glowing skin. Read on for three cool ways to style them

BY EMILY MACCULLOCH

Lately, a starlet's rise to fame is closely linked to the calibre of her eyebrows. Cara Delevingne is the most obvious winner of the MYB (most valuable brow) award, but other contenders include Lily Collins, Camilla Belle and Rita Ora. These much-publicized brows have mounted a strong case for tossing out your tweezers, and there are plenty of options for your brow style. "They are the starting point for beauty because of their ability to change how other features on your face are perceived," says Anastasia Soare, celebrity brow expert and founder of Anastasia Beverly Hills. "For example, thicker eyebrows slim the face." One quick online search for "celebs without eyebrows" (be forewarned: It's not pretty) will give you a good idea of how important they are. We've broken down the top brow trends to get your arches in shape.



## Full & dark

**The trend:** The light hair/dark brows combo has long been a trendsetting look, from Madonna in the 1980s to modern-day bold-browed babe Rita Ora. Filling in your arches so they're darker than your hair can add definition to your face and enhance your eyes.

**Get the look:** Stay true to your natural brow shape but experiment with a darker shade, especially for the evening. Soare says, while Maribeth Madron, global eyebrow expert for Maybelline New York, says you should determine how much filling-in your brows need. "If you have gaps or need more structure, start with a sharpened wax-based pencil and make short strokes in the direction of hair growth, then set with brow powder," she says.

Consider colour and texture carefully. "Use cooler tones if your eyebrows are on the ashier side and warmer tones if your brow hairs are warmer in tone," says Mary Dang of Eye Love Brow & Beauty Bar in Toronto. "On oily skin you should use powder and waterproof gels as they're long-wearing, while people with drier skin types can use pencils, powders or gels."



PHOTOGRAPHY: GETTY IMAGES (CELEB)

## Light & bright

**The trend:** Take a look at any fashion season's runway photos and you'll always find a handful of futuristic bleached brows (this fall, it was Marc Jacobs and Alexander Wang). While bleach might be better left to the runway (unless you're Miley Cyrus or Lara Stone), filling your brows with a lighter colour can actually make them appear fuller, and accentuate your cheekbones.

**Get the look:** "We don't typically recommend bleaching the brows because of breakage and the hair turning orange," says Soare. "Use a tinted brow gel to temporarily lighten brows without damaging them." Or dip a spoolie brush in concealer and run it through your brows to get that lightened look, minus the commitment. Even a slight change in colour will make an impact. "Using shades one to two tones lighter will help soften your facial features if you have a really strong look," says Dang.

Madron, who warns that a literally bleached brow should not be a DIY project, has some useful make-up advice: "This look is best paired with a smoky or dramatic colour eye."

## ANATOMY OF A GREAT FACIAL

Continued from page 1

### What to expect

When you hit the sheets, a sequence of seven steps generally make up a facial treatment. Step one is thorough cleansing, followed by manual exfoliation, steam, extractions (if required), mask, facial massage and prepping the skin to go back out into the world (by toning and moisturizing).

### Expert extractions

Extractions are the main way to tell how experienced your skin-care pro is. "Extractions should be painless, and the skin should be prepped prior," says King. "No metal comedone extractors, just good technique and hygienic gloves, tissues and gentle pressure." One sign of poor technique is if your head feels like it's being pushed into the bed. "Extractions should be done lightly and with a 'picking up' motion to minimize pressure," says Kristen Ma, co-founder of Pure + Simple Spa in Toronto. "A downward motion that pushes your face and head down is a sign that they aren't doing them properly." After extractions, your skin should be disinfected with a toner.

### Feel for fluidity

A good treatment becomes great when the facialist has "good hands," which create that blissfully tactile experience. "You should feel confident in their touch," says King. "It should be mindful and paying attention to your needs. I think of it like a rhythm or melody. It should start off light, then deepen, especially in the tension areas, and then finish off light again. You should feel light as a feather and be transported somewhere else."

### Proper beginnings and endings

"If an aesthetician did not wash my face at the beginning, I would leave immediately," says Ma. Equally, the facial should finish with proper toning and moisturizing (ideally with eye cream and lip treatment) to protect skin from the environment after all the stimulation, exfoliation and extraction. This should include sunscreen if you leave in daylight hours.

### Realistic results

After treatment, your skin should be more compliment-worthy: calm, hydrated and radiant, lines softened, and your pores should be clear. You should see a brighter colour due to better blood flow in the complexion. If you're trying to treat acne or dark spots, you'll see an improvement but will need a series of treatments (once or twice a month) over a three-month period to see significant changes.

### Post-treatment care

When it comes to post-facial product peddling, real pros kindly suggest, not push. "A client is never 'obliged' to buy products from anyone," says King. "But treatments alone aren't going to make as much impact if the products you are using aren't right for your skin. You can always start with a sample." A good spa will follow up with you a few days later to see how your skin has responded. The bottom line: "You should walk away thinking: Did I learn something? Did they customize my treatment according to my needs that day?" says King. "Did I feel very well taken care of from start to finish?"

## Order of Operations

The key to getting the best results is using your skin care in the right order



**1. Cleanse:** Any product works better on a clean surface that's free of makeup, debris and pollution particles, so don't rush this step. "Use a sonic brush to properly and gently clean the skin, so that you're priming the canvas," says Alster. **JURLIQUE** PURELY BRIGHT CLEANSER, \$32, **JURLIQUE.CA**

**2. Protect:** Layer an antioxidant serum (look for vitamin C, idebenone or licorice) underneath sunscreen to boost your protection. "The way I describe this to my patients is like a sweater and a jacket," says Carroll. "It's photo-damage prevention." **DERMALOGICA** C-12 PURE BRIGHT SERUM, \$120, **DERMALOGICA.CA**

**3. Hydrate:** Keep the formula light so it sinks in properly. "Apply your moisturizer, wait five minutes and touch your skin," says Rouleau. "If you can still feel the heaviness, then it very well may be too rich." **LISE WATER** MOISTURIZING EMULSION, \$69, **LISEWATER.COM**

**4. Sunscreen:** Protect your skin every day—even if it's not sunny. Over time, the damage from UV rays adds up and you won't like what you see. "People may be commuting for long distances and not realize how much sun they get through the car window," says Natseh. **OLAY** COMPLETE DEFENSE DAILY UV MOISTURIZER SPF 30, \$18, **DRUGSTORES**

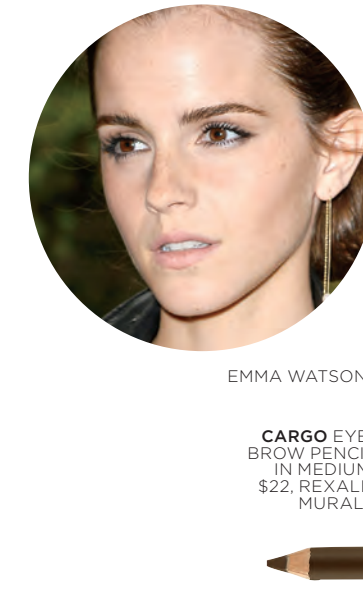
**1. Cleanse:** Cleaning your skin is especially important at night, even if you don't wear makeup. "It gets so dirty from the streets, there's so much dust on everyone's face, and it gets rid of dead skin," says Clark. **GARNIER** CLEAN+NOURISHING CLEANSING OIL, \$11, **DRUGSTORES**

**2. Treat:** At night, it's all about repairing the skin while it's in rest mode with a treatment specific to your needs. "We may have people who are acne-prone use an anti-acne product. We may have people who have blotchy skin use a lightening product," says Alster. "For people who want something for anti-aging, it can be a prescription retinoid acid." **ESTÉE LAUDER** ENLIGHTEN DARK SPOT CORRECTING NIGHT SERUM, \$72, **ESTEE.LAUDER.CA**

**3. Moisturize:** The thickest formula should be the final layer. "Moisturizer provides protection and acts as a sealant to hold the other products into the skin," says Rouleau. **LOREAL PARIS** AGE PERFECT CELL RENEWAL NIGHT CREAM, \$36, **DRUGSTORES**

## NEW GUIDE COMING SOON!

HEAR FROM SKIN GURU TATA HARPER IN OUR NEW DIGITAL SKIN-CARE BEAUTY ISSUE OUT OCT. 15! DOWNLOAD THE APP FROM THE APPLE STORE OR VISIT **THEKIT.CA/GUIDES**



## Brushed up

**The trend:** Whether your brows are Cara Delevingne thick or Emma Stone slender, an instant way to update them is to brush them straight upward. Seen this season on the Balmain and Richard Chai Love runways, it opens up the face and creates a more polished look, as demonstrated by the enviable arches of Emma Watson and Arizona Muse.

**Get the look:** "Brushing your brows up really creates lift and opens up the eye area," says Dang. This look is the "brow of 2014," says Madron, who describes the effect as "clean around the perimeter, defined with pencil and brushed upward for a feathery, organic look."

If you're filling in your brows, brushing them up is the last step, but it can be done on its own. Use a brow gel or wax to brush the hairs downward, then take a spoolie or brow mascara and brush directly upward, says Madron.





**MADE IN CANADA  
FIT FOR A QUEEN**

*Meet the jewellery maker from Saskatchewan with a regal following and a heart of gold*

Rachel Mielke launched her accessories line, Hillberg & Berk, in 2007 from her kitchen table in Saskatchewan. Since then, she's scored a coveted partnership with W. Brett Wilson on CBC's *Dragons' Den* and was commissioned by the lieutenant governor of Saskatchewan to design a piece for Queen Elizabeth. The Queen has already worn the brooch, made of 18-karat white gold with Madagascar tourmaline, a white freshwater pearl and 300 diamonds, twice this year.



THE BROOCH CREATED FOR QUEEN ELIZABETH AND A LEGACY COLLECTION PENDANT, \$995.

Hillberg & Berk's commitment to charity also shines. This fall the Hillberg & Berk Foundation launched an endowment award for women attending the Paul J. Hill School of Business at the University of Regina. The company is also participating in the Great Jewellery Heist, a fundraiser for the Bridgepoint Active Healthcare hospital ([bridgepointhealth.ca](http://bridgepointhealth.ca)), where it will auction two pieces from The Legacy collection. "It's made from the same lot of Madagascar tourmaline that we used to craft the brooch for Queen Elizabeth," says Mielke. Talk about the royal treatment. —Vanessa Taylor

**FRAGRANCE**

# Uptown girl

*Aerin Lauder might be cosmetic royalty and a charity gala regular, but she's happiest—and gets her best ideas—when she's off the grid*

BY RANI SHEEN

Aerin Lauder is an uptown Manhattan fixture. The granddaughter of cosmetics pioneer Estée Lauder spends her weekdays overseeing her luxurious beauty, jewellery and homewares lines from her plush Madison Avenue office. Vignettes of the season's fabrics, china and jewels sit pretty next to framed artwork by 44-year-old Lauder's two sons, now in their teens.

Aerin (who is worth \$1.2 billion U.S., according to *Forbes*) can be found sitting front row at Oscar de la Renta

and Michael Kors shows at New York Fashion Week, walking the red carpet at the Metropolitan Museum of Art ball and attending uptown charity galas in a chic rotation of city-best gowns. But she's a country girl at heart.

"We go back and forth—we spend weekends there and holidays," she says of her East Hampton home. "I love to do nothing and to be outside. I just came back from a trip to China, and I missed the fresh air. I went for a two-hour walk the second I got back."

She likes to zone out and digitally detox on her pastoral weekends, though that's when many of her creative inspirations strike—emails full of ideas start flooding her colleagues' inboxes on Sunday nights. It seems natural, then, that her two new fragrances, Waterlily Sun and Iris Meadow (both \$125, at Sephora and Holt Renfrew), sprang from memories of lush outdoor vistas. With her mood boards and new scents strewn across her desk, she took us on a vicarious trip from a splendid Parisian garden to an imaginary field full of blooming wildflowers.



**Garden view**

"Waterlily Sun was inspired by a trip I did with my parents when I was a little girl, to Paris. We went to Giverny, which was Monet's garden, and I remember going through the gate and it was like this magic garden—all lush and green lily pads. It wasn't necessarily a smell; it was more of a visual experience. So the fragrance is obviously very green with a water lily accord and jasmine. It feels lush and dewy."



**Meadow sweet**

"The working name for Iris Meadow was 'A Room with a View' because it was really about something beautiful to look at. The inspiration behind it was the idea that no matter where you are, if you see a field of wildflowers, it just kind of stops you. You're like, 'That's so magical, that's so beautiful.' It could be in Europe, it could be in Canada, it could be in the United States. It's that moment of natural beauty, escape and fantasy."



AERIN LAUDER AMONG ARTWORK AND FAMILY MEMENTOES

Rani Sheen is *The Kit's* beauty editor. Follow her on Twitter at @ranisheen

PHOTOGRAPHY: GETTY IMAGES (QUEEN)

**NO MAN'S LAND**

**STRANGE EMPIRE**

**MON 9**

[cbc.ca/strangeempire](http://cbc.ca/strangeempire) 9:30NT

CBC

#FallforCBC



## HOW TO GET DRESSED STICKY FINGERNAILS

One writer investigates the new high-fashion falsies and finds that stick-ons are no longer just for kids

BY INGRIE WILLIAMS

Spotting incredibly elongated and embellished manis on Beyoncé, Rita Ora and Nicki Minaj at the 2014 MTV Music Video Awards, I glanced down at my short, bare nails and wonder if I needed to go the distance. To keep my budget in check, I resisted the urge to dial up my fave nail spot and decided to take the situation into my own hands. The drugstore aisle is flush with DIY options for a stylish 30-something, but still, can fake nails can work in real life?

For the record: Public nail maintenance is one of my biggest pet peeves, but being short on time before an important event I busted out a package of printed imPRESS nails on the subway. The process proved transit-friendly thanks to peel and stick tabs secured on each nail. (This is a major advancement over Lee Press-On Nails. The popular 1980s offering required the application of individual adhesive pads.)

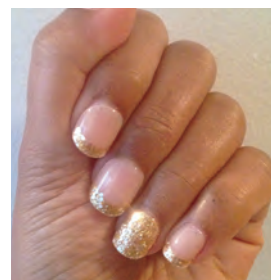
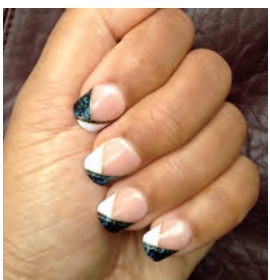
With my set, the trickiest part was selecting the appropriate nail size. Not to brag but I have pretty large nail beds, so finding a perfect fit for all 10 digits took some time. My seatmate, a mature woman sporting long pink nails Adele would approve of, was mesmerized and deemed the results “very cute.” Agreed! The geometric design appeared high-end, the gloss factor was off the charts and the

nails felt very secure. However, the initial length and shape were much too long and blunt for my preference and a few edges felt sharp. Left untouched they looked theatrical, and flashing them around made me want to adopt a New Jersey accent. But all that was quickly remedied by trimming and filing (at home!).

Once I tapered them to a short squoval that still displayed a healthy portion of the design—something to keep in mind if the graphic element is only at the tip—I put those babies through the wringer and was pleasantly surprised.

They didn't interfere with daily tasks as much I had feared (relying on the pads of my fingertips, I put on hosiery and contact lenses unscathed) or with work (i.e., copious amounts of typing). They even managed to survive two hot yoga classes and post-yoga showers. At first, I felt a little silly taking my Flo-Jo nails to flow class, and I found them more distracting than my grunting neighbour, but the self-consciousness and diversion faded after a few sun salutations.

The verdict: Few beauty upgrades can boast of being easy and impressive while requiring little investment of time and money. My fake nails were fab while they lasted and I'll definitely be popping on a pair once in a while, but they won't become part of my everyday style.



**BROADWAY NAILS IMPRESS PRESS-ON MANICURE IN WINKWINK, \$11, WALMART. KISS GEL FANTASY KIT IN ROCK CANDY, \$11, WALMART.**



EOS X RACHEL ROY LIMITED EDITION 3-PACK LIP BALM (INDIAN SUMMER, ST. BART'S SUNRISE AND ALOHA HAWAII), \$11, SHOPPERS DRUG MART

## COOL COLLAB

### WANDER BALMS

Fashion designer Rachel Roy summers in St. Bart's and has dressed Michelle Obama, but she likes to scan the drugstore aisles as much as the next girl. Find her there with her new EOS line

BY NATASHA BRUNO

With two clothing labels, the striking half-Indian, half-Dutch designer has made her mark on the fashion world over the past 10 years. A fixture on the Manhattan social scene, she counts Michelle Obama, Diane Sawyer, Penélope Cruz and BFF Kim Kardashian as clients.

#### Style for a steal

Now, we can get a piece of her style for mere pennies (\$4, to be exact) as the beauty product enthusiast has teamed up with Evolution of Smooth (a.k.a EOS) for a limited-edition lip balm collection. Roy was already a fan—she likes being able to feel around in her bag and pull out the spheres without too much rummaging. “And it's always hard for me to gift something to my kids' teachers,” she says. “These are so universal.”

She's not the only one who enjoys the balms' organic, paraben- and petroleum jelly-free formula. “My little dog finds them and eats them. I just say, ‘Hey, at least they're gluten-free.’”

#### On a journey

The pink Summer Fruit balm was already a permanent resident in her handbag, but to come up with some new scents and colours of her own, Roy decided to draw on her favourite beach destinations. Strawberry-kiwi Aloha Hawaii was inspired by childhood memories. “I grew up in Northern California so that was one of the closest beaches you could go to on vacation. Although my parents didn't have that much money, they always made it a point to travel.” Pink grapefruit-scented St. Bart's Sunrise is named for the luxe getaways she can now indulge in. “I know it's a lot to give a little sphere of lip balm, but I really do believe in surrounding yourself with things that make you happy.”



## Rachel Roy's drugstore haul

#### Skin MVP

“I use Aquaphor to combat getting ashy. I can apply it very quickly, and it prolongs pedicures because it keeps my feet softer at night.”



**EUCERIN AQUAPHOR SKIN PROTECTANT OINTMENT, \$10, SHOPPERS DRUG MART**

#### Lacquer love

“I don't have to use expensive brands. I'm more of an OPI girl.”



**NICOLE BY OPI NAIL LACQUERS, \$11 EACH, SHOPPERS DRUG MART**

#### A good clip

“I really love clips to hold your hair back. Ponytails are good, but they tend to leave a kink.”



**SALON CARE PROFESSIONAL BUTTERFLY CLAMPS, \$4, SALLYBEAUTY.COM**

#### Bon-voyage hairspray

“I travel with Elnett. It holds hair really well.”



**L'ORÉAL PARIS ELNETT HAIRSPRAY, \$15, AT DRUGSTORES**

## INTERVIEW

# Fierce fashion

Each season of *Dragons' Den* requires Arlene Dickinson to wear the same outfit for 250 hours, so it's important she chooses a killer ensemble

BY ALEX LAWS

Everybody's favourite cutthroat investment show *Dragons' Den* returns to our screens on Oct. 15, in preparation for which Arlene Dickinson has carefully selected an outfit she will wear for every episode. It's important she makes the right choice: she'll be wearing it for 250 hours. Here, Dickinson, the CEO of Venture Communications and YouInc, shares how she gets dressed for work and play.

#### How do you go about choosing your outfits for *Dragons' Den*?

I work with a stylist each season and she pulls a bunch of pieces for me to try on. We pare it down to a few top choices, and then the camera tests begin. We make sure to choose a classic, stylish look, and not something too bold with geometric patterns, for example. The outfit also has to work with what the guys have on. People seem to notice that I wear the same thing in each episode, but they don't notice that the guys do too. It's not fair!

#### What are the key things you like to keep in mind when choosing an outfit?

I want to be current and comfortable. Current because it defines the season, as we are shooting in spring for a fall/winter airing. And, needless to say, the outfit can't be uncomfortable. Often during pitches I have to walk out on set and try things out like bicycles, drum sets, motorcycles and golf carts, or play volleyball, basketball, golf and more. It's not easy doing all that in high heels either.

#### What are your favourite pieces in this season's ensemble?

I really liked the pants this year—leather is always comfortable and chic. And the necklace from Mark Lash is such a standout piece. I have to admit my shoes weren't the most comfortable, but they were beautiful and fun.

#### Do you prefer new or established designers?

I like both. I am no size 2 and I wish more was available from Canadian designers in normal sizes, but having said that, they are all great if we can give them time to create. It's sometimes a scramble with timelines.

#### How important to you is it to wear Canadian?

Very important. I try hard to find at least one great piece that is Canadian to wear each season.



This year I had gorgeous jewellery from Canadian designer Mark Lash, a stunning brooch from Dsquared2 that I pinned on my jacket sleeve and a lovely black jacket with cream trim from Montreal-based designer Marie Saint Pierre.

#### What's your process when getting dressed?

I start with the Spanx. Hah! I start with the trousers, then the top and then the jacket. Shoes are always last. I am short so to me they are the final piece that makes me say, “Yes, this outfit totally works from head to toe.”

#### How is getting dressed for TV different from getting dressed for real life?

For TV I have a wardrobe assistant who makes sure I haven't put anything on inside out, or forgotten a piece of jewellery. Both of which I am likely to do. Also I get constantly brushed for lint or any flying makeup powder, which helps. You are hyper-aware that you are wearing something that will be examined and spoken about, and just like everyone else I do want to look my best. TV can be hard on how a person appears, but luckily I have grown thick skin.

#### Do you get bored of wearing the same thing?

Yes and no. Yes from a fashion sense, for sure; and no from a get-down-to-business sense. The real tough decision isn't about my clothes each day because, thankfully, it's always the same. The tough decision is whether or not to invest in the person (and idea) standing in front of us.

The new season of *Dragons' Den* starts Oct. 15 at 8 p.m. on CBC.



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