

THE
Kit
BEAUTY &
FASHION



Julianne Moore, 53, at the *Map to the Stars* press conference on Sept. 9, 2014 in Toronto. Photography: Vera Anderson/WireImage/Getty Images

THE AGE ISSUE

BALANCING ACT

They rule everything from mood to appetite to sex drive, so when hormones fall out of whack, your skin shows it. Experts tell us how to manage the damage

BY JANINE FALCON

Hormones are wicked fun when you're around, say, Idris Elba or Chris Hemsworth, but when it comes to their effect on skin—break-outs, pigmentation, signs of aging—the thrill factor goes way down. Hormonal imbalances have a profound, often unwelcome impact on our skin throughout our lives, but especially in our teens, during pregnancy and at menopause. We asked a dermatologist, a holistic facialist and a hormone expert how to navigate the seismic shifts and help our skin resist the consequences.

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BEAUTY

BABY TALK TO PILLOW TALK

Supermodel Doutzen Kroes spills on working while pregnant, breastfeeding selfies and those Charlie Hunnam fantasies

BY RANI SHEEN

“Doutzen is running about 20 minutes late for her interview—she has to breastfeed her daughter.” This message, delivered by an assistant in the lobby of the James Hotel in New York in September, serves to highlight the fact that Dutch supermodel Doutzen Kroes, 29, has not let a little thing like pregnancy affect her career trajectory. The second-highest-paid model in the world, according to Forbes (she earned \$8-million in 2014 from her contracts with L'Oréal Paris, Victoria's Secret, H&M, Emilio Pucci and Miu Miu), she trails only fellow mom-of-two Gisele Bündchen, a powerhouse who pulled in \$39-million.

It's six weeks since Kroes gave birth in the Netherlands to daughter Myllena Mae, her second child with Dutch DJ Sunnery James (son Phyllon is three), and the day after the launch party for Calvin Klein's Reveal fragrance. The face of the campaign, she wore a clingy black slip dress to face a gauntlet of cameras; her two-hour appearance was the longest she'd been away from her baby. “In the beginning it was like, ‘I can't do this; I don't want to go!’ But then I made it work, travelling with her,” says Kroes. “It was actually really nice to be back at work. Doing my hair and makeup and feeling pretty again.”

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LINE WE LOVE

BAGS OF STYLE

Aritzia's new accessories have designer appeal

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WEEKEND UPDATE

LACE UP

The season's hottest heels are elegantly revealing

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*The event at this location is on now until November 7th.



LINES WE LOVE

Lady bags

Vancouver-based retailer Aritzia is well known for its classic, well-made in-house clothing brands Wilfred, Talula and TNA, and now it's adding two new luxury handbag lines to its shelves this fall.

With a discreet embossed logo and little embellishment, these handbags are Aritzia, upgraded. Their simple silhouette and supple napa leathers have the clean lines of designer bags, but without the extra zeros. The team drew inspiration from the European luxury handbag market, where the focus is on craftsmanship instead of flashy brand names or celebrity endorsement, and it shows. Smaller cross-bodies will be winners among the younger set, but oversized totes, huggable clutches and chic backpacks offer options for stylish 9-to-5ers.

"We saw a ton of people selling handbags under \$100 and a ton over \$1,000, but there were very few players in the middle," says Verna Brown, merchant director at Aritzia. That sweet spot has allowed Brown to include meticulous design details and finishes like the utilitarian hardware on the day-oriented "modern essentials" line Six Eleven (the address of the HQ in Vancouver).

Auxiliary, the second line, features polished totes with handstitching, painted edges (a smooth finish that helps reduce cracking over time) and sleek custom-designed hardware. "The definition of auxiliary is 'providing supplementary or additional help and support,' and isn't that what your handbag does for you?" says Brown. We couldn't agree more.

—Vanessa Taylor. Photography by Adrian Armstrong.

FROM LEFT: AUXILIARY TOTE, \$398, SIX ELEVEN BACKPACK, \$475, AUXILIARY CROSS-BODY (IN GREEN AND TAN), \$250, ARITZIA.COM

TWEET OF THE WEEK

Me: "Did you have any children out of wedlock?"

My father: "I don't know, look around for other green haired girls"

@lenadunham discusses family lineage with her dad Oct. 23, 2014.

BEAUTY MATH

Highlighted cheekbones and soft, loose curls add up to an elegant look we love



A BLUSH AND BRONZER DUO LIKE TARTE COLORED CLAY BRONZER BLUSH, \$36, SEPHORA.CA

CHUBBY HOT ROLLERS LIKE T3 VOLUMINOUS HOT ROLLERS 1.5 INCH, \$20 (2 PACK), SEPHORA.CA



=



There was nothing scary about the beauty look of *American Horror Story* actor Jessica Lange at *Elle's* 21st Annual Women in Hollywood Awards in Beverly Hills. For bombshell curls, wrap two-inch sections of hair around heated rollers from ends to roots, and secure each one with a clip. Let them cool for 10 minutes before removing, then gently brush out the curls and tousle with your fingers. Using a large brush, apply a bronzer-blush with tan and plum tones to cheekbones for instant contouring and a warm glow.—Natasha Bruno

TALKING POINT



IS BEAUTY REALLY A PAIN?

The self-improvement trend has gotten a bit out of hand recently. In late October, a 24-year-old British woman went to Thailand to get a silicone backside for one-third of the \$10,850 it would have cost at home, but a resulting infection cost her her life. (Even if that bum lift had gone well, recovery involves four weeks of lying face down.) News flash: Plastic surgery is surgery. Meanwhile, Tiny Harris, the wife of rapper T.I., permanently turned her brown eyes "ice-grey," despite the fact that the lenses she had inserted have a reputation for causing blindness. (Then there's Renée Zellweger, who chose eternal youth over, well, having her own face.) Twenty-seven per cent of Canadians are considering cosmetic enhancement, according to plasticsurgerystatistics.com, with breasts and wrinkles being the key areas. I say just spend that money on a fair trade Canadian diamond: It's also forever, and nobody gets hurt.

—Denise Balkissoon



FALL'S BEST NAILS FOR MORE MANICURE TRENDS VISIT THEKIT.CA/RUNWAY-NAIL-TRENDS/



PRABAL GURUNG



ZIMMERMANN

ONE TREND, TWO WAYS

BURGUNDY SPELL

Subtle nail art in this classic fall shade sets a sophisticated mood.

1. A single stripe at Prabal Gurung

To amp up a simple nude manicure, manicurist Jin Soon Choi added sleek maroon lines just off-centre on the middle three nails. Use a skinny striping brush for control and precision.

2. Chevron moons at Zimmermann

Starting at the sides of the nail, manicurist Sunshine Outing painted on oxblood polish in opposite diagonal directions, leaving the moon bare, then filled in the space at the tip with the same colour. She repeated with a second coat, then finished it with a matte topcoat.—Natasha Bruno



SALLY HANSEN STRIPPING BRUSH, \$6 (PART OF I HEART NAIL ART TOOL KIT), SHOPPERS DRUG MART, ZOYA PROFESSIONAL LACQUER IN SAM, \$11, AT SALONS



Alexa Chung & Harry Styles

Both were left off the nominees list for Britain's Most Stylish award from the British Fashion Council, despite winning in the past.

André Leon Talley

The former *Vogue* editor's contract as artistic director at Zappos has come to an end, though he promises something bigger lies ahead.

Goldie Hawn & Kate Hudson

Mom and daughter got matching pink highlights for breast-cancer awareness month. "Wearing pink proud," Hudson wrote on Instagram.

Naomi Watts

Joining Julianne Moore, Karlie Kloss and Eva Longoria, the actress is L'Oréal Paris's newest face. Look for her campaign in early 2015.

Julia Roberts

The Oscar winner has erred on the side of "no facelift" and still been granted great roles, despite pressure from Hollywood and beyond.



THE AGE ISSUE

What to do when hormones hit

Continued from page 1



Breakout performance

The biggest challenge for 20-something skin is typically oiliness and adult acne, whether you were prone to teen breakouts or are experiencing a new and unexpected case of pimples along the jawline on formerly flawless skin. “It’s hormonally differently from teen acne, an evolution of the hormones that we don’t fully understand,” says New York City-based dermatologist Dr. Doris Day. Excess androgen is the main hormonal cause, “exacerbated by stress and poor diet,” according to Kristin Ma, author of *Beauty: Pure + Simple* and co-founder of Pure + Simple spas across Ontario. Night owls take note: Lack of sleep is a factor, too. It jacks up levels of the stress hormone cortisol, which we also like to hold responsible for excessive carb consumption, another acne trigger.

THE SOLUTIONS

1. Investigate retinoic acid

Day recommends prescription retinoic acid (such as Retin-A) twice weekly to reduce acne and smooth skin by increasing cell turnover, plus a milder, non-prescription retinoid formula in between, which might seem counterintuitive since they’re often labelled as wrinkle reducers. “I like to put people on a retinoid as a teen and have them stay on it for the rest of their lives. It’s good for helping to prevent skin cancer, wrinkles, pimples, everything.” Other clarifying ingredients include exfoliating glycolic acid and salicylic acid, and astringent sage.



1. **NEUTROGENA RAPID WRINKLE REPAIR SERUM**, \$26, DRUGSTORES



2. **PURE + SIMPLE PURE SKIN FACE OIL**, \$33, PUREANDSIMPLE.CA

2. Don't fear oils

Ma suggests using jojoba oil to temper a greasy complexion, because it tricks skin into producing less sebum. Though we think of oil as causing breakouts, plant and synthetic oils vary wildly, and she assures us that this one won't make you break out. “Jojoba is a similar consistency to our natural oil, so it lubricates without clogging pores.”



Stress case

In our 30s, we're still dealing with hormonal breakouts, but now our collagen and elastin production begins to slack off and sun damage from younger years starts to show. As well, many of us are thinking about having kids: Pregnancy can cause melasma, or patches of pigmentation on the upper lip or cheeks and forehead, which are exacerbated by sun exposure. “Just five minutes of UV exposure on a cloudy day and it starts to show up as a shadow,” says Day. “It can get pretty dark.” Even if you're not on the baby train, melasma can result from taking hormonal contraceptives for five years or more.

Career-and-family-related stress kicks in, too. “Accelerated aging, dryness, eczema or irritation is usually related to stress and high levels of cortisol,” says Dr. Sara Gottfried, author of *The Hormone Cure*. And that nice glass (or three) of wine you have to wind down each evening isn't your friend. “Alcohol raises cortisol levels, causing more accelerated aging of the skin.”

THE SOLUTIONS

1. Up your sun protection

Even if you weren't religious with sunscreen in your teens and 20s, it will still bring huge benefits if you start now. “You can still turn a lot of sun damage around,” says Day. Topical vitamin C can help fade hyper-pigmentation from melasma and sun spots and boost collagen production.

2. Soothe inflammation

“Anti-inflammatory ingredients such as aloe vera and rosewater are incredibly therapeutic,” says Ma, who advises stacking your regimen with calming elements to cool aggravated skin. “They both add moisture to the skin and have anti-aging actions.”

THE SECRET TO LONG-LASTING MAKEUP
PRO DANCERS SHARE THEIR TIPS AT **THEKIT.CA/MAKEUP-WITH-STAYING-POWER**



1. **GARNIER OMBRELLE ULTRA-FLUID LOTION FOR FACE** IN SPF 60, \$17, DRUGSTORES



2. **DERMA E SOOTHING TONER WITH PYCNOGENOL**, \$18, WELL.CA

Time sensitive

For some—is that the *Jaws* soundtrack we hear?—perimenopause arrives (attacks?) around age 45, bringing with it our old friends breakouts, along with hot flashes, flushing and rosacea, all of which are related to inflammation, notes Day. Collagen and elastin production slows even further. Retinoids and alpha-hydroxy acids such as glycolic acid are still essential to an anti-aging routine, but they may become more irritating as your skin matures and becomes drier and more sensitive, so try using a milder formula. Unhealthy eating habits take their toll now, so opt for olive oil, walnuts and avocado, all rich in healthy fat, and fewer carbs and processed foods. “And no soda, period,” says Day. Not even soda water. “Carbonation can affect how you absorb other nutrients, and that can affect skin.” The good news: “You'll see a difference in your skin within a week.”

THE SOLUTIONS

1. See a dermatologist

You can improve skin's texture with hydrating hyaluronic-acid products, but you might want to go above and beyond. Most dermatologists offer no-commitment consultations to discuss options for fillers, Botox and lasers to tighten skin and smooth lines.

2. Go gently into your skin care

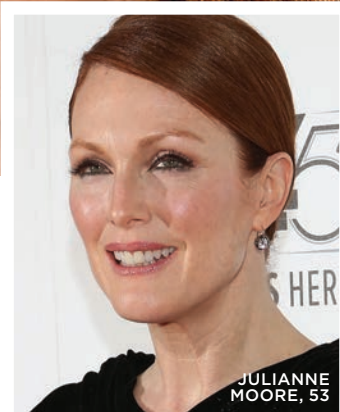
Seek out plant ingredients with powerful yet soothing properties. “Camellia oil is anti-inflammatory and a remarkable antioxidant, and it prevents moisture loss,” says Ma. “Lavender is a wonderful ingredient for mature adult acne because it disinfects and encourages cell regeneration.”



1. **LIVE CLEAN ANTI-AGING RECOVERY BALM**, \$23, WALMART



2. **JURLIQUE HERBAL RECOVERY ADVANCED SERUM**, \$60, JURLIQUE.CA



Big shift

This decade brings a seismic hormonal quake. “At menopause, under the influence of less estrogen, collagen production drops at a rate of 2 per cent per year for the rest of your life,” says Gottfried. “That’s on top of a 30 per cent dip in the first five years after your final menstrual period.” What this means: thin, sagging and wrinkly skin. At this point, diet is crucial. “Eat more protein, which helps to prevent the destruction of collagen,” says Gottfried. “Take supplements that are important for collagen production, including magnesium, vitamin D and copper. Omega-3s make your skin firmer and younger; fish oil contains polyunsaturated fats that replenish the fats your skin loses as you age.” Anti-oxidant-rich green and yellow vegetables and lots of water are also key.

THE SOLUTIONS

1. Seek ceramides

These essential fatty acids keep our skin moisturized and supple and become more important as we age. “If you have something like eczema or atopic dermatitis where ceramides [are genetically imbalanced], looking for ceramides in your products can be very helpful,” says Day. “If you’re very prone to acne, you probably want to avoid them, though.”



1. **ELIZABETH ARDEN FLAWLESS FUTURE POWERED BY CERAMIDE MOISTURE CREAM BROAD SPECTRUM SUNSCREEN SPF 30**, \$60, SHOPPERS DRUG MART



2. **DR JART WATER FUSE WATER-MAX SLEEPING MASK**, \$48, SEPHORA.CA

2. Sleep it off

“Skin rejuvenation takes place during sleep,” says Gottfried. For extra hydration overnight, Day suggests trying a sleeping mask, which you leave on while you snooze, to help any serum layered underneath to penetrate better.



Dull moment

After the major hormonal shift in our 50s, we're left with the after-effects in our 60s and beyond. “Estrogen production slows down even more dramatically in our 60s, making signs of aging more pronounced,” says Ma. Lack of radiance can also become cause for concern, as skin's microcirculation becomes more sluggish, dulling the complexion. If you find yourself paying more attention to anti-aging skincare promises, beware of hyped ingredients that haven't been proven. “There's not enough controlled research on stem cells,” says Day. “One day it'll be the norm, but I don't think what we're using now is consistently reliable. It needs to be refined further, studied further. I don't think it's dangerous; I just don't think it does anything or is worth the money.”



THE SOLUTIONS

1. Tweak your topicals

Day says active ingredients like retinoids and glycolic acid are trusted staples that can be used into the 70s and 80s, even if you're worried about your skin becoming more sensitive as it gets drier. “If you find that you get more sensitive, you can reduce retinoid use, but I find that people who have been using it consistently over time tend not to get sensitive,” says Day. “Just up the moisturizer on top.”

2. Oil the machine

Ma brightens a dimming complexion with “wonderfully emollient” vitamin-C-rich rosehip oil. Aside from helping parched skin retain precious moisture, all facial oils have a surprise bonus effect: “I think of essential oils and facial oils as part of aromatherapy,” says Day, who likes to work with all of her clients' senses. “They can improve mood, which can improve your hormones.” Well, that's practically a prescription for Idris Elba.



1. **ROC RETIN-OX CORREXION 5-IN-1 SKIN PERFECTOR**, \$39, SHOPPERS DRUG MART



2. **DARPHIN THE REVITALIZING OIL**, \$55, HOLT RENFREW

GET THE LOOK: RADIANT IN RED



Pick up these little beauties to create a stunning look that will have them lining up under the mistletoe.

(from left to right)
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SHOPPERS
DRUG MART



WEEKEND UPDATE

The strappy heel

Even though fall is full of cozy knits and midi skirts, celebrities of every age and style stripe are wearing strappy sandals that flash some foot

BY VANESSA TAYLOR



1 JULIANNE MOORE



2 GWEN STEFANI



3 ROSIE HUNTINGTON-WHITELEY



4 KATE WATERHOUSE



5 RIHANNA



6 OLIVIA PALERMO

1. Snake charmer
For the ultimate in fuss-free outfits, we look to Julianne Moore in this boxy tee-and-culottes combo, where the sexy strappy heels are the pièce de résistance. The multi straps and snake print inject that downtown vibe to her overall look.

2. Weekend warrior
Gwen Stefani treats her overalls more like a slim pair of jeans, with the bib folded down and the hems cuffed, and these laced-up heels steal the show. The red and khaki colour palette looks best with weekend casuals, or neutral shades in dressier ensembles.

3. Wild lines
When it comes to more is more, this bold outfit on Rosie Huntington-Whiteley is a fave. Chain, leather and leopard print are not for the faint of heart, but the look can be pulled off by sticking with a strict palette. This also works well because she highlights only her legs.

4. Lovely lace
If you need to kick that classic LBD into high gear as on Kate Waterhouse, this is the season to focus on your shoes instead of layers of jewellery. The intricate slim straps (that read like skinny laces) are ideal detail.

5. Feminine frills
In these pointy-toe heels with lace-up detail, Rihanna strikes that perfect balance of feminine without being fussy. If your outfit has any sweet embellishment, a strappy heel instantly adds a grown-up flavour.

6. Rainbow bright
Olivia Palermo focuses almost exclusively on her well-planned colourful extras. The chic trench-style dress boasts clean lines, but her fabulous heels (complete with tassels) that are the outfit maker.



The It item
The best part of this style is the busy straps—so don't hide them away under a wide-leg trouser or long skirt. Pair them with cuffed slouchy denim or a midi pencil skirt to create the most flattering lines.

CALL IT SPRING HEEL, \$40, CALLITSPRING.COM



ONE-MINUTE MIRACLE

Dear PreVage Anti-Aging Neck and Décolleté Cream:

I can't thank you enough for your help taking care of the delicate skin on my décolleté. Until I met you and your tightening polymers and hydrating shea and palm butters, I just smoothed whatever was left of my facial moisturizer on my neck. But now, I take the extra 30 seconds to apply the rich emulsion, which leaves me with a slightly iridescent glow and in the long run helps to avoid the crepey chest area that runs in my family, saving me from turtleneck purgatory.

Yours, Alex Laws

ELIZABETH ARDEN PREVAGE ANTI-AGING NECK AND DÉCOLLETÉ FIRM & REPAIR CREAM, \$138, SHOPPERS DRUG MART

PRESS PLAY

BRIGHT-EYE BASICS: EYELINER EDITION

Fake eight hours' sleep with tightliner



JOIN THE NAVY
Using a technique called "tightliner," use a navy waterproof eyeliner pencil (which will help counteract redness) to draw along the upper waterline, just beneath the lashes.



DRAW IT OUT
Concentrate on the outer half of the eye for subtle definition.



LASH HELPER
Curl lashes to widen eyes. The liner gives such great definition that you could skip mascara.

TIGHTLINER TIPS
WATCH THE VIDEO AND GET TOP PRODUCT PICKS AT THEKIT.CA/GUIDES



FROM REBEL BRIDE TO GREAT-SKIN PRIDE

It's a beautiful time to be a woman, says Stephanie Seymour, mother of four and the 1990s' hottest model

BY ALEX LAWS

They don't come hotter than 46-year-old Stephanie Seymour. The supermodel played the the rebel bride in then-boyfriend Axl Rose's *November Rain* video in 1992, but that fire burned out; she's now married to Peter Brant, one of America's richest businessmen. A smoking-hot appearance in Jason Wu's Spring 2013 campaign reignited her career and now she is joining Estée Lauder as the face of the Re-Nutriv line and launching a lingerie label, Raven and Sparrow. At the family's private art gallery in Connecticut, where there is a 41-foot Jeff Koons puppy sculpture made of flowers, she talks skin-care secrets, the pressures of aging and bedtime rituals.

When did you first realize the importance of skin care?
"I was trained at a very young age to take good care of myself. My mother was a hairdresser and really, really into skin care. She was very much ahead of her time in that way. She never got a spot of sun on her face. And this was when no one was using sun block. My father used to tease her about it: 'What the hell are you doing up there for two hours in the bathroom?!' But I look at her now and her skin is flawless."

How has your routine evolved over time?
"I've realized that the time you spend in the bathroom, that ritual you create with yourself...really makes you feel good. As I get older I need a lot more firming products and serums, and hydration. I am the queen of serums and I love the Re-Nutriv one. Your skin just drinks it and you get an immediate result."

What do you use most?
"I try to do several masks a week. I cover from the décolletage, the neck, all the way up, the area a lot of women neglect. And my lingerie line kind of feeds into this because I'm very into my nightly ritual: I'll take a bath and maybe I'll do a hair mask. And at the end of it, I put a pretty nightgown on. It's probably the time of day I feel best and most feminine."

Do you find that there is a big emphasis on age today? Do you feel it yourself?
"Yeah, a little bit. I try not to think about it. I try to take care of myself. It is what it is. We all age. But this is a beautiful age for a woman. In their late 30s, 40s, 50s, 60s, women really blossom. And to look through fashion magazines and only see 20-year-old girls... Even when I was 20 years old I didn't get it! I always liked the diversity and I'm glad that the public is responding to that."

What makes you happy?
"Well, besides seeing my children [ages 10 to 23] do well, which is probably the thing that makes me the happiest, I get great pleasure from gardening, and I listen to a lot of country music. And I like being out in nature. We have a beautiful lake across the street here. I go swimming there all the time completely by myself. I think that's why I like gardening too—I like to have a little bit of solitary time because I have four children, a husband, a busy life. That's probably one of the reasons why my nightly ritual is so important to me: because it's only for me. And I really need that time to just feel rejuvenated and at peace."

We're surrounded by art that you collect, and we're talking about beauty. Is there a link between the two?
"There's always, obviously, been a huge link between fashion and art. There's an artistry of makeup and an artistry of hairdressing. I think these are creative people and it's a creative process, which can produce great things that end up becoming works of art. I do a lot of my colour swatching—for my lingerie line, for decorating, for paints or upholstery for my houses—with makeup. I go to the counters and there are so many variations of colours. I'm able to play with the palettes, which for me links it to all different forms of creativity."

TRAVEL AND ACCOMMODATIONS FOR ALEX LAWS WERE PROVIDED BY ESTÉE LAUDER. ESTÉE LAUDER DID NOT REVIEW OR APPROVE THIS STORY.



DRESSING UP
WHY I QUIT RED LIPSTICK
A makeup devotee goes bare-faced on the eve of her 32nd birthday

BY REBECCA PERRIN

I like to browse my collection of fire-engine red and deep burgundy lipsticks in the morning, selecting a pop of colour to bring my face to life. Often, I also wear glossy black liner drawn thick above my lashes. I love wearing makeup and always have, ever since I used my paper route money to buy my first Revlon blush at age 10. I even spent some time as a counter makeup artist at Holt Renfrew. But on the eve of my 32nd birthday, I decided to go makeup free. As I move further into my 30s I find I'm wanting to cultivate confidence from within rather than from the outside as I did in my teens and 20s.

Before #wakeupcall, #feelingnuts and #ALSicebucketchallenge, there was #nomakeupselfie, a U.K.-founded social-media campaign for cancer research that saw Beyoncé, Jennifer Lopez and Miley Cyrus (and more than 168,000 other Instagrammers) expose their makeup-less faces. It mirrored a trend toward barely-there makeup on the runways, which peaked in September when Marc Jacobs sent models including Joan Smalls and Karlie Kloss down his Spring 2015 catwalk with only moisturizer on their faces—dark circles showing and all. François Nars, perhaps the world's strongest supporter of vivid pigment, was the makeup artist. The nerve!

To prepare for forgoing my liner, lipstick—and even BB cream—I indulged in a very long, very hydrating facial. While getting ready for my birthday dinner and drinks, I debated cheating with a dab of concealer, but settled for eye gel and lip balm. I paired a cuffed grey sweatshirt and jeans with suede

heels; this is where my lipstick would have come in handy: to dress up my fairly average fashion sense.

I felt self-conscious as soon as I walked into the bar at the swanky Shangri-La Hotel in Toronto; I believe it's polite to decorate for an occasion and I felt underdressed without my swipe of red. But my lack of makeup didn't earn any remarks from my guests, and the feeling fled once conversation (and drinks) got under way.

As I got more comfortable with going barefaced, I started to wonder whether my commitment to cat eyes means I'm succumbing to an expectation that women should be beautiful, ornamental. "It's not due to some grand conspiracy by men that women wear makeup," said Dr. Gad Saad, with great certainty. A professor of marketing at Concordia University, he wrote an article titled "Why Do Women Apply Facial Cosmetics" in *Psychology Today*. "If women gain a sense of liberty by indulging in the no-makeup movement, great! If you decide to negate this as part of your arsenal of tools to make yourself more attractive, that's natural." That's far from the last word on the matter, though it did make me realize it's not liberty I feel when I'm wearing red lipstick, but desirability.

Since my birthday experiment I've been wearing less makeup, in part because of the extra time I gain in the morning. I've also noticed that my blue eyes pop a little more when they're not competing with the rouge. But I'm not throwing out my M.A.C Ruby Woo just yet. To everything there is a season, and this season my bare face feels just right.



FRESH LOTUS EYE GEL, \$56, SEPHORA.CA; NARSSKIN LUMINOUS MOISTURE CREAM, \$72, HUDSON'S BAY; MAYBELLINE GREAT LASH CLEAR MASCARA, \$7, DRUGSTORES; KARI GRAN LIP WHIP, \$17, FRESHFACED.CA



DOUTZEN KROES

Bare truths

Continued from page 1

Call it a sign of a pro-working-mother movement or a privilege reserved for the genetically blessed, but Kroes has had the most celebrated pregnancy in recent memory. In her third trimester, she posed for photographer Patrick Demarchelier for a baby-bump shoot in *Glamour's* September 2014 issue, and at four months along, she bared (almost) all to shoot the steamy Reveal campaign. "You never really see my front; you see my side," she points out. "I had more curves and more boobs, and that part was amazing. When you can't really tell yet, you just feel really sexy."

It's just as well—in the TV commercial, *Sons of Anarchy* actor Charlie Hunnam watches Kroes undress through a high-rise window. Kroes wasn't familiar with Hunnam's work, and when she looked him up, she realized that he was slated to star in *50 Shades of Grey*; he later backed out citing scheduling conflicts. "I think he would have been perfect for that," says Kroes, "knowing what he can do." She emphasizes that he was a perfect gentleman, offering her a robe after every take. "He didn't make me feel awkward, being pregnant, he was really gentle and really nice. It's

definitely the most fun shoot I've ever done. The fact that we were seducing through the window, that's like a fantasy that never happens. Well, it never happened to me."

In post-birth mode, however, that fantasy is pretty far from her mind. "I mean, my husband is really sweet about it, but right after, I don't feel sexy," she says. "All you think about is feeding the baby and giving her attention."

Kroes, who is reaping the calorie-burning benefits of breastfeeding in the first few months before she gets back to her ballet barre workouts, was an early adopter of the breastfeeding selfie. She posted a picture of herself feeding her son on Instagram in 2011, but the phenomenon became a hot-button topic this year when the social media app briefly deleted a Winnipeg woman's account after she posted her own photo. Models Gisele Bündchen, Natalia Vodianova and Jaime King have all posted feeding pics, not to mention Olivia Wilde's breastfeeding photo in the same *Glamour* issue as Kroes's bump shoot. "It's nice to show the world that it's normal and we don't have to hide," says Kroes. "I totally nurse in public and I don't feel like I need to cover anything. I mean, I don't want people to see my nipple, but people don't even look when you do it."

In less than a month, Kroes will swap her nursing bras for "Angel" wings and elaborate lingerie to walk once again in the annual Victoria's Secret runway show (she announced this, ironically, via Instagram), but in the meantime it's less body glitter, more baby powder. "With my second child, it's almost impossible to even take a shower in the morning—I wake up with my two kids," she says. "But it's so much fun, so good. I feel so rich."



COOL COLLABS
PARENTAL ADVISORY
Adult influences make their way into children's closets thanks to a handful of new designer collaborations

BY JESSICA DEFREITAS

MINI FASHION MAVEN
Collection: Kate Spade & Jack Spade Love Gap Kids
Pint-sized takes on playful; Kate and Jack Spade designs arrived at Gap last week. The limited edition line, inspired by the Spade collections for men and women, features statement sweats, camo and circle skirts—all trends found on this season's runways.

Perfect for kids like: Suri Cruise
She often wears playful items—bright headbands, bold prints and colourful tights. There's no doubt this eight-year-old would mix and match pieces from this collection perfectly.

GIFT BOW HEADBAND, \$25, STATEMENT SWEAT-SHIRT, \$45, COLOUR-BLOCK SKIRT, \$47, GIFT BOW BALLET FLATS, \$65, GEO CAMO JACKET, \$135, GAPCANADA.CA



PATTERNED TROUSERS, \$30, BAT TOP, \$20, WOOL BALACLAVA, \$15, WOOL WAISTCOAT, \$30, HM.COM



FANTASY LAND
Collection: All for Children
With H&M and UNICEF's All For Children collection arriving in stores late last month, kids can dress up year-round. This fantasy line blends dress-up and activewear in its design and features woodland-animal-inspired clothing and accessories, such as a sweatshirt with bat wings for boys and a pink lizard-shaped bag for girls. Twenty-five per cent of sales will go toward UNICEF.

Perfect for kids like: Zuma Rosedale
Known for his quirky-cool style—he has mom Gwen Stefani to thank for that—this six-year-old could definitely rock items from this collection without a fuss.

MOMMY-INSPIRED
Collection: Kardashian Kids
With urban-inspired pieces like a studded biker jacket, a sequined bodysuit and a peplum top with leather sleeves in the line, Kardashian Kids makes matching mother-daughter dressing a breeze. Designed for girls up to 24 months and available at Babies R Us, this is for children with busy social calendars.



HARPER SEVEN BECKHAM WITH DAD DAVID BECKHAM

Perfect for kids like: Harper Seven Beckham
This tot's stylish mommy always has her dressed in the cutest ensembles. We think the sequined bodysuit and leather flare skirt would be a hit with her.

LEOPARD PRINT HEAD WRAP, \$8, BLACK WOOLEN LEOPARD DROP WAIST JACKET WITH FAUX FUR COLLAR, \$45, BABIESRUS.COM



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THIS HOLIDAY'S HOTTEST GIFTS

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NEW & EXCLUSIVE

EYE STUDIO SAMPLER, \$39
Our top selling Mascara set is back! Featuring a travel size version of Benefit They're Real Liner. Try all 7 items and redeem the certificate for the full size version of your choice!



GREAT GIFT

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GIORGIO ARMANI SI, EAU DE TOILETTE, 50mL, \$80 - EXCLUSIVE
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GREAT GIFT

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