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# THE KIT

## BOLD SPIRIT

Actor and singer Zendaya is a stylish force to be reckoned with. We talked to her about self-expression, social media and the complicated politics of hair

PHOTO: GETTY IMAGES

BY NATASHA BRUNO

Hollywood's famous faces have the world's best makeup artists at their disposal—but Zendaya Maree Stoermer Coleman doesn't need anyone's help. The 19-year-old American singer, actor, dancer and model does her own makeup for most major red carpets. Her

teacher? YouTube. "I just watched a lot of makeup tutorials and videos," Zendaya explains over the phone during her lunch break from filming *K.C. Undercover*, the second Disney Channel show she's starred in. "You add a layer of freedom to your look when you start to do things for yourself."

In January, beauty giant CoverGirl noticed Zendaya's flawless DIY looks (and the fact that

she's gathered 25.5 million followers on Instagram) and snagged her as its latest spokesmodel. "I've always been outspoken—ever since I was in elementary school," she says. That bold streak is obvious on the red carpet: She's rocked a David-Bowie-inspired mullet wig at the Grammys, a chic bowl cut at the Met Gala, cornrows at Paris Fashion Week and an intricate braided look for her cameo in Beyoncé's *Lemonade*.

Zendaya's experimentation has brought her both fan adoration and self-validation, but her ever-changing look also landed her in the middle of a racial debate last year. *Fashion Police* host Giuliana Rancic criticized the teen for wearing dreadlocks to the Academy Awards, commenting that her hair likely "smells like patchouli oil or weed."

*Continued on page 5*



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# THERE IS **NO** SUCH THING AS A HEALTHY **TAN**

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Your skin never forgets. The damage from long term UV ray exposure cannot be undone and leads to premature aging of skin, wrinkles, brown spots, and potentially skin cancer and melanoma.

## So why not prevent it?

- Wear sunscreen with a UVA/UVB SPF of 30 – everyday
- Re-apply sunscreen every 2 hours if exposed to sun
- Wear a broad-brimmed hat
- Wear UV protection sunglasses
- Wear sun protective clothing
- Avoid tanning beds

## Facts:

- ! Melanoma is one of the only cancers with rates on the rise in Canada
- ! Melanoma is one of the most common cancers in young adults aged 15-29
- ! If detected early, melanoma is treatable

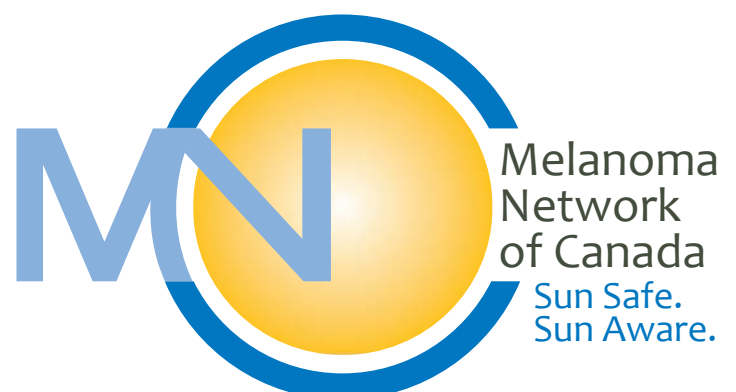


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MOST WANTED

# Lip service

As we become more difficult to surprise and delight, beauty companies are looking for ever more creative ways to hold our attention. These sponge-tipped lip oils are the latest innovation to make us smile. A blend of natural oils (peach kernel, sweet almond and cranberry) with poppy-bright pigments (in 10 shades), they smell like apricots, blackberries or citrus and leave a semi-sheer, semi-glossy, fully pretty finish on the lips. Consider the gloss category disrupted.—*Rani Sheen. Photography by Paul Weeks*



LANCÔME JUICY SHAKERS, \$28, LANCOME.CA



## THE AMATEUR NOSE

*A Toronto pie maker sniff-drives a rhubarb-inspired scent*

### THE NOSE

Charlene Dalton, manager of the Pie Commission

### THE SCENT

Hermès Eau de Rhubarbe Écarlate, \$149 (100 mL), thebay.com

### THE NOTES

Rhubarb, red berries, white musk

### THE VERDICT

“Rhubarb is very subtle. When we’re baking rhubarb pie, I can smell it only if I pass the oven—not from across the room. This scent brings me back to going to the farm with my parents. When you smell red berries, straight away you think of summer and being outside; you smell the flowers, the strawberries.”

## THREE MAKES A TREND BRAIDED PONIES

Time to add some interest to your beat-the-heat ponytail with a few well-placed plaits. At Hervé Léger’s spring show, the look was “angelic, ethereal and dreamy,” explained hairstylist Orlando Pita, who created braided bangs backstage. After making a deep side part, Pita applied defining cream to the front section for grip, then French braided along the hairline and behind the ear. He then gathered the loose hair and secured it in a pony. To finish the look, he pulled out a few face-framing wisps. “It has control with the braid, but the little bits represent fluidity.”

—Natasha Bruno



Braided bangs add a romantic touch to a low ponytail.

TRESEMMÉ SMOOTH & SILKY ANTI-FRIZZ SECRET CRÈME, \$6, DRUGSTORES



A side plait woven into a bouffant pony adds a bohemian feel.

FEKKAI SHEER HOLD HAIRSPRAY, \$25, SHOPPERS DRUG MART



Slick, thin-to-thick double Dutch braids nail tomboy polish.

RENÉ FURTERER STYLE GLOSSING SPRAY, \$25, SALONS



NANCY GONZALEZ BAG, \$3,670, SAKS FIFTH AVENUE, SHERWAY GARDENS

### DESIGNER TALK

#### ONE OF A KIND

“Luxury is having options: I’ve already designed 5,900 different shapes of bag—that’s not including material or colour. I want that wow reaction that someone can’t control!”

—Nancy Gonzalez

The Colombian handbag designer, who has just opened her first Canadian boutique in Saks Fifth Avenue at Sherway Gardens, is known for bold hues and one-off styles.



### CULTURE

#### KEEP CALM + COLOUR ON

Yves Saint Laurent was one of the greatest designers of the 20th century, and colouring is awesome. On these two facts, we can all agree. So kick back after a long day at the office with the *Yves Saint Laurent Coloring Book*—a whimsical new collection of the iconic designer’s sketches, assembled from his storied career. Then create a fitting tribute to the man who eschewed trends (bringing us tuxedo dressing for women!) and celebrated diversity in the fashion industry long before most by colouring *outside* the lines. —*Kathryn Hudson*

YVES SAINT LAURENT COLORING BOOK, \$13, ARSENAL PULP PRESS



### NEWS

#### BE BEAUTIFUL INSIDE AND OUT

Your do-good to-do list for the weekend? Get your brows done. Yes, actually. It’s your last chance to contribute to Benefit Cosmetics’ month-long global philanthropic event, in which every dollar raised from its brow waxes is donated to women’s charities. Keep up the look at home using the brand’s new line of brow products—from super-precise pencils to brow conditioners to stay-put-forever cream gels—that launches next month. The best news: The shades are bang on for every hair colour. —*K.H.*

BENEFIT COSMETICS GIMME BROW BROW-VOLUMIZING FIBER GEL IN 3, \$30, BENEFITCOSMETICS.CA



BEAUTY

# Spring fever

Keep things cool with the hottest trends of the season: glossy skin, sleek hair and high-energy hits of colour. Here's how to make these bold looks work beautifully

BY RANI SHEEN | PHOTOGRAPHY BY AARON WYNIA



2

### GRASS-GREEN LINER

Vivid green is an unexpected twist on black liner. Use a liquid or cream to paint a solid line with a squared-off end for a high-fashion take on a classic cat-eye.

BETH RICHARDS SWIMSUIT, \$320, BETHRICHARDS.COM

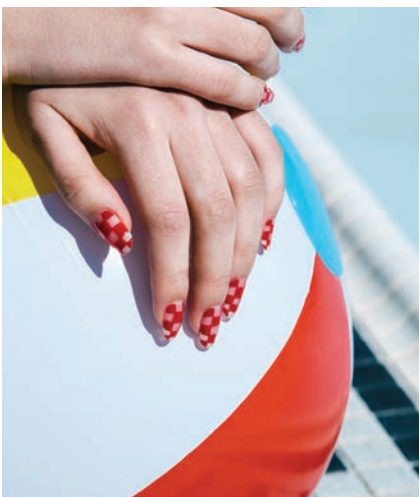


1

### TWISTED BRAIDS

These twists are an eye-catching way to style long, glossy hair. Separate hair into two low pigtails, and divide each one into two pieces. Twist both pieces in opposite directions and wind them around each other tightly, twisting as you go. Secure with an elastic and let go—they'll untwirl into a loose, pretty twist.

HUNTER JACKET, \$275, HUNTERBOOTS.COM



3

### CHECKERBOARD NAILS

This look is graphic, punchy—and tricky to do at home. Take your favourite cherry-red polish to the most talented manicurist you know and ask for a checkerboard pattern on a clear base.



4

### TIGHT PLAITS

The simple single plait gets a sophisticated twist this spring. Blow hair smooth and add gloss with a serum, brush back into a mid-height ponytail, then plait the tail and secure the end. For a runway-ready finish, use loose pieces of black elastic to wrap the top and bottom, tie off and snip the ends.

WILFRED FREE TOPS, \$45 EACH, ARITZIA.COM

HAIR AND MAKEUP: SUSANA HONG FOR PIM.CA/ORIBE. HAIR AND MAKEUP ASSISTANT: CIA MANDARELLO FOR PIM.CA. MANICURE: NAKED BEAUTY BAR. MODELS: KENNA FOR ELMER OLSEN MODEL MANAGEMENT AND MICHELLE KRUMOV FOR SUTHERLAND MODELS. CREATIVE DIRECTION: JESSICA HOTSON. FASHION DIRECTION: JILLIAN VIEIRA

5

### WRAPPED PIGTAILS

This runway-inspired look starts with slick, glossy hair, so use a wet-look gel or pomade at the top. Separate into two low pigtails fairly close together and tie with elastics, leaving a loose piece beside each, close to the parting. Wrap the loose pieces completely around the elastics and pin the ends in place.



6

### SHINY SCARLET LIP

A high-gloss red lip looks brilliant in the sunlight. Paint lips carefully using a brush and high-pigment lipstick, then top with high-shine gloss—and be sure to drink through a straw!

NIKE SUNGLASSES, \$185, NIKEVISION.COM. LEVI'S JACKET, \$148, LEVI.COM

### Tool kit



1. PANTENE PRO-V COLOR REVIVAL CC SHINY SPRAY, \$6, DRUGSTORES



2. NYX VIVID BRIGHTS LINER IN VIVID ENVY, \$10, NYXCOSMETICS.CA



3. MISSLYN NAIL POLISH IN RED CARPET, \$10, SHOP-PERS DRUG MART



4. KIEHL'S SMOOTHING OIL-INFUSED LEAVE-IN CONCENTRATE, \$36, KIEHL'S.CA



5. SCHWARZKOPF OSIS! WET LOOK POMADE, \$22, SALONS



6. TEEZ COSMETIC SUGAR RUSH SEALED WITH A KISS LIP DUO IN POPPY PERFECT, \$28, THEBAY.COM





PROFILE  
**BOLD SPIRIT**  
*Continued from cover*

Zendaya fired back on Instagram with a thoughtful, headline-making post that schooled Rancic on the politics of black hair. “Ignorance irritates me the most, but I try not to be ignorant in my response,” she says now. “I’m representing different types of beauty by wearing different looks. So many women can look at me and see themselves, simply because of what my hair looks like.”

We spoke to Zendaya about self-expression, finding her voice and the powerful life lessons she’s learned.

**You appeared in Beyoncé’s visual album *Lemonade*. What was that experience like?** “I’m obsessed with Beyoncé—anyone who knows me knows that I’m a diehard fan. It was incredible being part of something that I think was more than just a Beyoncé video: It was a female empowerment video; it was a black women empowerment video; it was a socially conscious and aware video. It touched on so many different topics that are important, and I appreciate that she uses her platform to talk about things that make people uncomfortable.”

**You’ve spoken out about everything from racism to body shaming. Why is that**

**important to you?** “I remember that at school, my friends and I felt like they weren’t doing enough for Black History Month. So we picked different powerful black women throughout history and set up an entire presentation. We presented it to the principal and asked if we could do an assembly. It’s always been something that I’ve been aware of. I’ve realized the magnitude of the platform I have and all the things that I can do with my voice—it’s so strong, your voice. When you’re in the position that I’m in, you’re supposed to use it for great things.”

**Child stars often have trouble finding their identity as they grow up. Is that something that you’re conscious of?** “You watch, learn and try not to make those same mistakes. I think a big part of it is a support system: the people you have in your inner circle that you keep near and dear. The people who are around me are the people that I’ve been with since before any of this got started. They have my back and no motives. Friends of mine have had hard times with their parents simply because of terrible situations; their parents want their money and all these crazy things. I’m very lucky in that sense.”

“You’d be surprised how many celebrities—grown women—still don’t have that confidence yet. It’s a process.”

**Speaking of that support system, you’ve given your family credit for your confidence. What would you say to someone who doesn’t have innate confidence?** “Confidence is not something that happens overnight. Nobody wakes up one day and is extremely confident—that’s just not how life works. Everybody in the world is dealing with it. You’re definitely not the only person who is struggling to find out who they are. You’d be surprised how many celebrities—grown women—still don’t have that confidence yet. It’s a process and it goes at different paces, so don’t rush yourself.”

**How do you deal when someone irritates you?** “I try to think of what they’re dealing with, because even people who are being rude and crazy have a story. They have something they’ve been through that I don’t know about.... I get irritated all the time, but I’m a teenaged girl.”

**ZENDAYA’S BEAUTY RULES**

**Skincare must** “Make sure you take off your makeup before you go to sleep. It’s the number one rule: Night is when your face restores itself.”

**Melt-proof makeup trick** “I used to think powder wasn’t important, but I’ve realized it’s necessary to set your foundation and concealer.”

**Beach bag essentials** “Sunscreen for sure: I’ve realized how important it is. Mascara—I don’t like going in the water, so CoverGirl Super-Sizer Fibers is good for me. And a good lip balm: The Colorlicious Oh Sugar! tinted lip balm can go on lips and cheeks and it doesn’t feel like you’ve put too much on your face.”

**COVERGIRL COLORLICIOUS OH SUGAR! LIP BALM IN JELLY, \$10, SUPER-SIZER FIBERS MASCARA, \$10, DRUGSTORES**



PHOTOGRAPHY: GETTY IMAGES (ZENDAYA)

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KURT VILE & THE VIOLATORS • GLASS ANIMALS • THIRD EYE BLIND  
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FROM LEFT:  
CHLOÉ, OSCAR  
DE LA RENTA AND  
TANYA TAYLOR



WILFRED FREE TOP, \$75, ARITZIA

MARCIANO TOP, \$118, SHOP.GUESS.CA

GAP TOP, \$55, GAPCANADA.CA

THREE MAKES A TREND

# OFF-THE-SHOULDER TOPS

**THE LOOK**  
We’re loving the easy, breezy feel of this seen-everywhere style. Sun-warmed shoulders are the season’s hottest erogenous zone.

**ON THE RUNWAY**  
’70s cool at Chloé; Spanish-inspired flounces at Oscar de la Renta; seaside stripes at Tanya Taylor.

**HOW TO WEAR IT**  
Pulling off this look requires balance. Mellow out with a floaty, boho style and medium-wash flared jeans. Or, for a sexier look, play up the clean lines with slick culottes and a pair of crisp white sneakers.  
—Jillian Vieira

SHOPPING

## HERE’S YOUR NEXT INVESTMENT BAG

Whether you’re looking for a notice-me piece or an updated classic, the spring collections offered exciting options. These are our five favourites

BY RENÉE TSE

GUCCI



**QUIRKY COOL**  
Gucci designer and current fashion-world darling Alessandro Michele puts his own spin on the house’s once-iconic GG monogrammed pattern with this playful *trompe l’oeil* effect.  
**GUCCI**, \$4,540, GUCCI.COM

CHRISTIAN DIOR



**FUTURISTIC ELEGANCE**  
Kendall Jenner made a splash during Paris Fashion Week when she toted this bag around the shows. When a space-age vibe meets refined design, the result is the ideal spring statement piece.  
**DIOR**, \$4,800, DIOR BOUTIQUES

MARNI



**SCULPTURAL CHIC**  
This bag is perfect for the busy woman on the go: It’s luxe (that leather!), fashion-forward (that blue!) and also roomy enough to pack your 9-to-5 essentials, from lipstick to lunch.  
**MARNI**, \$2,797, NET-A-PORTER.COM

FENDI



**MODERN MINIMALISM**  
Amp up your outfit with this ladylike structured handbag, which moves easily from meeting to martinis. Bonus: You can customize it in python, floral appliqué or (almost) every colour in the rainbow.  
**FENDI**, \$3,240, SAKSFIFTHAVENUE.COM

COACH



**TEXTURED FLORALS**  
The classic saddle shape of this shoulder bag ensures longevity, while the punchy patterns—courtesy of the tea rose appliques—guarantee double takes. Garden variety? Think not.  
**COACH**, \$900, COACH.COM

## MAKEUP EYE ON THE PRIZE

Meet Charli XCX, pop star and beauty warrior

Charli XCX is a self-described “mercurial girl,” especially when it comes to her makeup. That’s why the 23-year-old British pop star is excited to be the face of Make Up For Ever’s Aqua XL Eye Pencils, which come in 20 shades, from lemon yellow to iridescent indigo. “The pencils last the whole time I’m on stage and don’t run or drip,” she says at the New York launch party. And if you’ve ever seen XCX—who favours non-breathable-latex outfits—command a stage, you know that’s saying a lot.

When we meet, XCX (born Charlotte Aitchison) is

sporting a four-shade, cat-eye-shaped shadow look that spreads across her lid like a blue morpho butterfly. In fact, she says, such transformative looks are a cosmetic version of liquid courage. “When I’m on stage, makeup makes me feel like a badass,” she explains. “Like a warrior.” Considering she has just launched her own label, Vroom Vroom Recordings, because “there aren’t enough female execs in the industry, and I really wanted to be one of those people,” it sounds like she’s ready for battle.

—Veronica Saroli



MAKE UP FOR EVER  
AQUA XL EYE  
PENCILS IN D-62,  
M-92 AND M-30, \$25,  
SEPHORA.CA





FIRST PERSON

# Cheat day

Train for a marathon or lie on a treatment table?  
*Olivia Stren weighs her fat-reduction options*

A close friend of mine, a successful surgeon and mother of two young children, recently said to me, “I’m in the best shape of my life.” During her maternity leave, she formed a Studio Lagree fitness habit. During my maternity leave, I honed a cookie-eating habit. I have partaken in exactly one Pilates class in the past year.

I can say with confidence that I am not in the best shape of my life. However, in excuse making, I’m an Olympian—I’m too exhausted to exercise, it’s still chilly out, surely bunny-board-book reading is exertion enough. I did order Tracy Anderson’s postpartum workout DVD, but it’s currently reposing, still in its packaging, somewhere in the house. Locating it would be a workout in itself.

All this to say that I leaped (metaphorically, *bien entendu*) at the prospect of getting toned whilst reclining—which is how I found myself lying on a table at Toronto’s SpaMedica clinic, having my abdomen slicked with ultrasound gel and massaged by an octet of bipolar electrodes. The procedure in question: Venus Freeze, a non-surgical treatment designed to tighten skin and reduce fat and cellulite.

I’m certainly not alone in my desire to have a slimmer physique without the hassle of going under the knife or to the gym seven days a week. According to recent research, 7 million body-fat-reducing or skin-tightening procedures were performed in North America in

2014 (200,000 of those, totalling \$100 million, were performed in Canada). “The average Canadian patient is a woman who has had one or two children and doesn’t want a surgical procedure but does want to see more results than she can find through diet and exercise,” says cosmetic surgeon Dr. Stephen Mulholland. “She is generally middle-income, working and college-educated.” Mulholland owns SpaMedica, which takes up most of a city block and offers a smorgasbord of non-surgical body treatments.

As I peruse the list of body-slimming, fat-cell-destroying options like a dessert menu, I wonder if I’ve ordered the right one. There’s SculpSure, Liposonix, VelaShape, Vela Smoothe, BodyFX, Zerona, Accent and Exilis, among others.

“Maybe I should try Zeltiq CoolSculpting instead?”

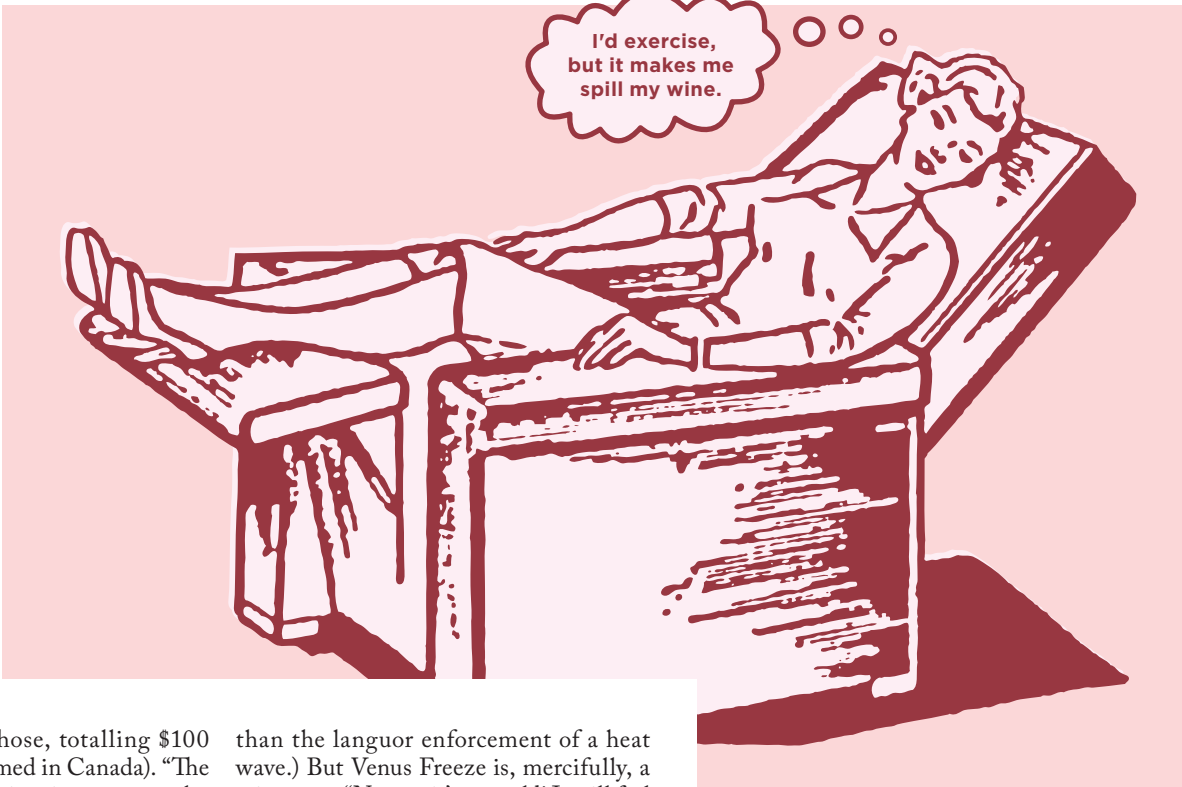
“No, you’re not fat enough,” says Claudia Nicoara, a delightfully no-nonsense senior medical aesthetic consultant with the impassive, I’ve-heard-it-all mien of the seasoned therapist. I’ve never been so thrilled to be deficient in something. But as she pinches the problem area underneath my belly button, she assures me that I am adequately untuned to qualify for Venus Freeze, a perfect postpartum option.

I should pause here to say that if I’m not a gym person, I’m even less of a cold person. (There’s nothing I love more

than the languor enforcement of a heat wave.) But Venus Freeze is, mercifully, a misnomer. “No, no, it’s not cold! It will feel like a hot-stone massage,” says Nicoara. Here’s the skinny on it: Pulse magnetic fields and radio frequency work together to cause controlled thermal damage to the skin. Higher temperatures cause a kind of dermal injury, which kick-starts the body’s natural self-repair mechanisms. In turn, the rush of collagen and fibroblast formation improves the skin’s elasticity and tightness. The treatment also works to improve blood flow, dispatching more vitamins, minerals and oxygen to the cells, helping to flush toxins and smooth texture.

Each treatment takes about an hour, and during the hours I spend lying on the bed, having my unfit body parts massaged with radio frequency currents oscillating 100,000 times per second, my mind oscillates between whether or not I should take up some form of actual fitness. As the Venus Freeze furnishes me with fresh collagen, elastin and fibroblasts, I’m also getting a fresh supply of workout-related guilt.

Nicoara tells me that I’ll see the best results weeks after the treatment is over. She’s right. This tune-up hardly turns me into Elle Macpherson, but after the recommended eight sessions, I do see an appreciable difference. I look as if I’ve taken up regular swimming, or even Pilates. But with all the time I’ve spent supine at the spa—and making my way to and from appointments—I could almost have trained for an Ironman race. I was warned that the Venus Freeze could not perform miracles. But the miraculous has occurred: This body treatment has inspired me to take my body to the gym and hire a personal trainer. But I’ll start next week. I’m exhausted.



## ON THE MENU

*A guide to the latest non-invasive ways to shape up*

**To tighten loose skin after pregnancy or weight loss**  
**Venus Freeze, Forma Plus, Exilis** all use radio frequency to heat the skin’s lower layers and stimulate regeneration.  
**Cost:** \$1,500 to 2,000 per large area

**To destroy fat cells permanently**  
**CoolSculpting** freezes fat cells and eliminates them.  
**SculpSure** heats fat cells to kill them off.  
**BodyFX** uses electroporation or high-voltage pulses.  
**UltraShape** uses ultrasound to destroy fat.  
**Cost:** \$1,000 to 2,000 per zone

**To reduce cellulite and tighten skin**  
**VelaShape 3** combines infrared light, radio frequency, pulsed vacuum suction and massage rollers to stimulate stubborn fat cells so they metabolize out of your system.  
**BodyFX** uses radio frequency and vacuum pressure to stimulate the cells.  
**Cost:** \$1,500 to \$2,000 per large area



## ONE-MINUTE MIRACLE

### Dear Head & Shoulders Cooling Relief Shampoo:

I didn’t think we’d hit it off. My type normally has glossy gold packaging—maybe I’m too superficial. But your generous lather made me tingle and your fresh, cooling peppermint oil (like the gum I chewed in high school) got me going first thing in the morning. My scalp was soothed (thanks, tea tree oil!) and my hair was left super-soft: a refreshing reminder that assumptions can get in the way of love.

*Kisses, Kathryn Hudson*

HEAD & SHOULDERS COOLING RELIEF 2 IN 1 SHAMPOO, \$6, DRUGSTORES



“The rise of selfie culture has made many Canadians self-conscious about fullness under the chin.”

## COSMETIC TREATMENTS

### CHIN UP

*Forget turtle-necks: Enter a new non-surgical way to target the double chin*

When Peggy Olson began gaining weight during the first season of *Mad Men*, actor Elisabeth Moss wore a series of facial prosthetics to give her a double chin (it was only later that viewers, and Peggy herself, learned that she was pregnant with soon-to-be-married Pete’s baby). While Moss could simply peel away that extra chin after filming, the rest of us aren’t so lucky.

That’s why the chin-challenged will be celebrating the launch of the first injectable approved by Health Canada to treat “moderate to severe” fat under the chin. Toronto dermatologist Dr. Vince Bertucci, who was involved in the clinical trials for Belkyra, says that nearly every week a patient asks him about what to do for a double (or triple) chin. “It is often resistant to exercise and diet,” he says. “This, coupled with the rise of selfie culture, has made many Canadians self-conscious about fullness under the chin.”

A double chin is generally caused by genetic factors or aging. You can’t spot-train your chin to whip it into shape, so the only way to get rid of that “submental fat” used to be invasive and expensive liposuction or surgery. A Belkyra treatment involves multiple injections under the chin about 1 cm apart. It usually takes between two and six treatments (ranging from \$1,000 to \$1,500), at least a month apart—and, as with any injectable, be prepared for pain, swelling, bruising, numbness and redness.

The treatment is a synthetic form of deoxycholic acid, a molecule our bodies produce to help with the breakdown and absorption of fat. When injected under the chin it destroys the fat cells, so the results are permanent. While it seems like this could be used to spot-treat a wish list of other problem areas, Bertucci said it has not been tested nor approved for use beyond the chin. Yet.

—Andrea Janus

when more is better

*These cuties know how to work a double chin*



## THE KIT

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