

TREND ALERT
HAIR SAVER

If you've applied dry shampoo, it's too late. Why you need to be using hair primers now

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MOST WANTED
FRESH AND CLEAN

The unexpected ingredient that will change your post-shower routine

page 3



THE KIT



Diving for gold

Canada's Rio-bound diving squad open up about their sisterhood, struggles and poolside beauty secrets

BY NATASHA BRUNO | PHOTOGRAPHY BY KAYLA ROCCA

Strength, flexibility, coordination and grace: These are just some of the skills competitive divers need to jump off a springboard and perform a range of somersaults, pikes and twists in mid-air before disappearing into the water with barely a splash. Perfecting a world-class routine worthy of the Olympics takes years of dedication and practice, something Roseline Filion, Pamela Ware, Jennifer Abel and Meaghan Benfeito understand. The seasoned divers from Quebec known as the Fab IV (the nickname has its own Twitter handle) will be wearing the maple leaf at the 2016 Rio Summer Games, representing Canada in both individual and synchronized

events. Abel and Ware will compete in the women's 3-metre springboard events, while Benfeito and Filion will dive off the vertiginous 10-metre platform.

For nearly a decade, the foursome have been training and travelling the world together for competitions. Devoted full-time to their sport, they train intensely for up to six hours on a typical weekday. To get through that grind, they turn to each other for motivation. "It's easier to [travel for competitions] and go to the pool every day when you have your best friends beside you," says Abel. Filion concurs: "They're my sisters."

While gearing up for Rio, the athletes have signed on

as brand ambassadors for Gillette Venus, a natural fit since camera close-ups come with the territory. "There are so many people watching you on the board," says Filion. (It's also easier to grab onto clean-shaven legs in tight positions like tucks, explains Benfeito.)

During a diving trials competition at the Toronto Pan Am Games Sports Centre last month, the squad took a rare time out to talk about overcoming insecurities and the long road to Rio.

Continued on page 6

CELEB BEAUTY
PRETTY FAMOUS

Top Hollywood glam squads reveal how to recreate the best red carpet looks

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GETTY IMAGES: CELEBS



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KAIA NATURALS THE TAKESUMI DETOX DEODORANT, \$21, KAIANATURALS.COM



MOST WANTED

Black magic

Deodorant: not the sexiest of beauty products, yet probably the most used, to the relief of everyone within sniffing distance on public transit. But natural options have lagged in innovation—until now. A small Canadian company with big ideas has harnessed the de-stinkifying powers of bamboo charcoal (a.k.a. takesumi) in a range of clear deodorant sticks made with 99 per cent natural ingredients, and free of aluminum and parabens. Charcoal's toxin-binding properties are well documented and usually put to use in medical situations such as overdoses, in water filters

and, lately, in purifying skincare. Here, it's called upon to curb bacteria that mix with sweat (which actually has no smell), thereby reducing odour and regulating moisture—without clogging up sweat glands, like antiperspirants. As with all natural deodorants, the wise carry one around for reapplication when needed, but this stick's staying power passed the sniff test on a warm holiday weekend. With luscious scents like mint and lime, cold-pressed rose and citrusy bamboo, you'll be the most popular transit rider around. —Rani Sheen. Photography by Paul Weeks.

TREND ALERT PRIME TIME

At this point, we're familiar enough with face primers to know that they create the perfect canvas for makeup. But did you realize your hair could benefit from primer too? Used alone or as a "base coat" on towel-dried hair, hair primers are the pros' secret to a perfect hairstyle. "I use primers to hydrate and to even out hair's porosity, so that you can layer products on top evenly and blow-drying is easier," says Wren Grondzik, a New York-based Bumble and Bumble stylist. Primers also work wonders for smoothing out wiry greys, which, as Grondzik explains, are "rougher and have more bend." More and more primers have been hitting store shelves, so there's now a match for every hair type, from coloured to curly. Check out our top picks.

—Natasha Bruno



Damage control

Infused with six hydrating oils and detangling wheat protein, this softening spray protects dry and brittle strands from excess breakage.

BUMBLE AND BUMBLE HAIRDRESSER'S INVISIBLE OIL PRIMER, \$31, SEPHORA.CA



Colour cure

Ensure your dye job doesn't go down the drain. This silky cream fills in colour-leaking raised cuticles and shields hair from pigment-altering UV rays.

AG CLASSIC BB CREAM TOTAL BENEFIT HAIR PRIMER, \$26, SALONS



Shape shift

For girls (or guys) with curls, this creamy formula with frizz-fighting sugar crystals and moringa oil disciplines and defines natural texture.

REDKEN CURVACEOUS CURL REFINER, \$25, SALONS



Texture boost

This styling aid evens out the hair's surface by sealing the cuticle for more manageability, and it also locks in a glossy shine.

SCHWARZKOPF PROFESSIONAL OISIS+ UNDERCOAT PRIMER FOUNDATION, \$26, SALONS



ONE-MINUTE MIRACLE

Dear Almay Age Essentials Lip Treatment: This is my perennial dilemma: I have an incredibly kissable baby and I love to wear lipstick. As a result, little blond Charlie can occasionally pass for a redhead. Luckily, your formula—rich in peptides, collagen and hyaluronic acid—defines the contours of my mouth so that my colour stays put. Since you also target fine and vertical lines, my lips are almost as smooth as baby Charlie's. *Kisses, Laura deCarufel*

ALMAY AGE ESSENTIALS LIP TREATMENT, \$10, DRUGSTORES

FITNESS GYM REFRESH

To paraphrase Rihanna, there's a lot of working out to be done. Here are the coolest new ways to break a sweat



Yoga your way

Add these to your workout dictionary: Spynga (spin and yoga), Piyo (Pilates and yoga) and Piloxing (boxing and Pilates). Toning yoga moves are blended with cardio to make the most of an exercise session and develop strength and agility. The latest instalments of fusion fitness? Yoga for beer lovers—Brewga, if you will—at Big Rock Brewery in Calgary and Vancouver; and Rage Yoga classes, for those who need to vent (swearing is encouraged,) in Calgary's Dickens Pub. bigrockbeer.com/brewga, rageyoga.com



High intensity intervals

Orangetheory Fitness operates across the country and with the premise that if you keep your heart rate above 84 per cent of your maximum rate for 12 to 20 minutes of work, you'll increase post-exercise oxygen consumption and calorie burn. (So your body thinks it's still at the gym when it's really on the couch.) The routine involves indoor rowing, treadmill and weight training to burn 500 to 1,000 calories. orange-theoryfitness.com



Obstacle courses

Gyms like Corfit in Calgary or the Pursuit OCR in Toronto are designed for adults to unleash their inner child—they're essentially glorified jungle gyms. Monkey bars, ropes and obstacles challenge endurance, speed and strength, and there's the option to take classes targeting specific aspects of the workout: for instance, stability or flexibility. cor.fit, pursuitocr.com



Foam rolling

The Gwyneth-Paltrow-approved practice involves massaging the fascia, the body's thin layer of connective tissue—or, as Goop refers to it, a "secret organ." The approach—using a foam roller to stretch out the tissue—promises to realign the body, improve ease of movement and eliminate bloating and toxins. Stott Pilates in Toronto incorporates foam-roller routines in its Total Barre classes, but this workout is also at-home-and app-friendly. stottpilates.com



TRX Suspension Training

Developed by a Navy Seal, this suspension-training workout uses body weight and looped straps (similar to gymnastic rings) to create an unstable surface and fire up different muscles, particularly the ones around the core. Goodlife Fitness offers TRX Team Training across the country. Purchase a set of suspension trainers (the straps) and the moves can be recreated at home or outside. goodlifefitness.com

—Veronica Saroli

Q+A ACE BEAUTY

Wimbledon 2016 has wrapped (we were rooting for you, Milos and Eugenie!) but we're still crushing on the players' fresh-faced, athletic beauty. Makeup artist Nina Westbury, who works with Dior, knows a thing or two about that:

The B.C.-based Brit spent five years as Wimbledon's official makeup artist for players, TV hosts and VIPs.

We asked her how to look like a Williams.



What was working at Wimbledon like? "There is nothing like the All England Lawn Tennis Club—I can't look at strawberries and cream without reminiscing. I got to work with the Williams sisters, Billie Jean King, Steffi Graf, John McEnroe, Martina Navratilova and Andy Murray."

Which looks were you most often called upon to do? "Athletes don't tend to wear makeup when they're competing, so I made them up when they were being interviewed. I had to have all the right makeup to have the players looking cool and calm after sweating away on the tennis court."

What do you take into consideration when doing an athlete's makeup? "Generally, athletes have things on their mind other than makeup, so the look must be neutral and quick. Ladies like to look natural, pretty and healthy, so a little Dior Rosy Glow for the cheeks and neutral eyeshadow. For the men, it's important to control shine."

Is there a standout product that works on everyone, athlete or not? "Dior Airflash Foundation (which sprays on!) is perfect whether you're on TV or playing on the court. It's long-lasting, sweat-proof, and quick and easy to use." —Rani Sheen



POST-GAME GLOW ESSENTIALS
ART DECO MOST WANTED EYESHADOW PALETTE IN BROWN, \$29, SHOPPERS DRUG MART. **DIOR** ROSY GLOW HEALTHY GLOW AWAKENING BLUSH, \$54, THEBAY.COM. **LIFE BRAND** CLEAR ACTION OIL ABSORBING SHEETS, \$8, SHOPPERS DRUG MART

THE KIT

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CELEB BEAUTY

Star power

They're behind some of the best looks to grace a red carpet, and they're ready to share their secrets. Meet three of the boldest names in the beauty biz

NAIL FILES

Manicurist Tom Bachik is on call 24/7 for top celebs like Jennifer Lopez, Blake Lively and Selena Gomez—he gave us an inside look at that red carpet life

BY RANI SHEEN

He creates intricate nail looks for film festivals, awards shows and music videos—even on private jets—but L'Oréal Paris global nail designer Tom Bachik is as laidback as Southern Californians come. A former graphic artist, Bachik switched careers when his wife heard celebrity manicurists were in high demand. Several years (and legions of stars) later, Bachik's wife has been proven right.

What's your favourite event to work? “Music videos allow me to be the most creative, because the celebs tend to push the boundaries with their look. Film festivals are the most glamorous, especially when you get to join in, like I did at Cannes!”

What's it like to work with a famous client? “Actually, I don't find much of a difference, other than I have to be very flexible. I'm pretty much on call 24/7, as they can have crazy schedules that change constantly. But I find it's always better to treat a super-famous person the same as a non-famous person—no one likes a kiss-butt.”

You often work with Jennifer Lopez. How does she like her nails to look? “She's always pushing the boundaries and changing her look for every occasion—pretty much a nail artist's dream come true. Jen expects her nails to look perfect and has a general direction of what she wants, but expects her glam team to bring the latest and greatest colours and ideas.”

Selena Gomez has gorgeous nails right now—what was her inspiration for them? “Selena has beautiful hands

From left: Selena Gomez, Jennifer Lopez and Blake Lively.



and nails. For her tour we wanted to enhance the length a bit. We created an elegant long almond shape and overlaid them with gel for strength. You can only imagine the stress a tour can have on nails. It isn't really possible to have a manicurist on tour, so Selena has to find a nail tech at various stops along the way. Then we get them back in shape when we can find time together.”

Susan Sarandon looked stunning at Cannes. What do you keep in mind when doing a manicure for a mature woman? “More than age, I consider how confident they feel about their hands and, of course, their style preference. Usually, with mature hands, I choose colours that are tonally similar to the skin—a shade lighter or darker so the look is deliberate but subtle.”

What are your top three nail looks of all time? “One fun look was crazy pink and black corseted nails for Pink for a photo shoot. I extended the length of her nails, then pierced them and sewed them up like a corset. Another was with Beyoncé, when we shot four videos in two days. For ‘Upgrade You,’ I did super-long stiletto gold nails with hand-painted leopard print to match her incredible eye makeup. The most recent is the vintage Versace-inspired nails for JLo in the ‘I Luh Ya Papi’ video.”

What's been your most stressful celeb moment? “As I was about halfway to Victoria Beckham's house, my wife, Liz, called and asked why my kit was at home. Thankfully, I was running early. I googled the local beauty supply store, grabbed the necessities and pretended nothing ever happened. Don't tell her!”



L'ORÉAL PARIS LE VERNIS À L'HUILE IN VERT ABSYNTHE, \$10, DRUGSTORES

GET THE LOOK: BLAKE LIVELY'S GOLD-DUSTED NAILS

Bachik reinterpreted the gold-dusted nails he recently did for the star at the Cannes Film Festival. Here's how to DIY the look.

1. Paint your nails with two coats of a solid colour—we love this unexpected khaki green shade—and allow to mostly dry.



2. Take a gold glitter polish and wipe most of the polish off the brush. Holding it vertically, use the tip to dust the base of two nails. Repeat with chunkier gold glitter polish to add depth.



3. Seal the look with a glossy topcoat.



Kristen Stewart rocks the ultimate smoky eye.

SMOKE SHOW

Kristen Stewart's go-to smoky-eye expert Beau Nelson tells us how it's done

BY CARLY OSTROFF

Makeup artist Beau Nelson is known for doing the best smoky eyes out there, often with a colourful twist. One standout example: the burgundy eye that the Alberta-born New Yorker—who works regularly with Gigi Hadid, Chrissy Teigen and Nicole Richie—did for Kristen Stewart for the Met Gala in 2013. He used scarlet cream shadow as a base underneath maroon shadow, along with lots of black liner and mascara. His top tip for a truly dramatic eye: Smudge black eyeliner right into the lashes and rim the inner lash line as well. “Kristen is very brave with her beauty choices,” says Nelson. That night, he knew she wouldn't have much time to get ready, so he got creative. “I had taken a picture of her and photoshopped three different looks on her, and she chose one.” The finished look is high-impact and killer for nighttime. “I think a smoky eye makes her feel really strong, sexy and powerful,” says Nelson. “That is kind of like armour.”



IN HIS KIT

1. “For a really smoky eye, carry the same shade of shadow around and underneath the eye.”

NARS DUAL-INTENSITY EYESHADOW IN SUBRA, \$36, NARSCOSMETICS.COM

2. “Pretty much every makeup artist uses this mascara—why mess with a good thing?”

L'ORÉAL PARIS VOLUMINOUS MASCARA IN CARBON BLACK, \$7, DRUGSTORES

3. “I apply this with a large powder brush, even though it's a cream.”

CHANEL SOLEIL TAN BRONZE UNIVERSEL, \$54, CHANEL BEAUTY COUNTERS

4. “I love this for the red carpet because it has rose oil in it, so it looks natural on the skin but still sets the makeup.”

CHARLOTTE TILBURY AIRBRUSH FLAWLESS FINISH SKIN PERFECTING MICRO-POWDER, \$58, CHARLOTTETILBURY.COM

5. “For cleaning brushes, I lay these wipes flat, rub the brushes back and forth over the textured surface, and put them in my little holder to dry.”

CETAPHIL GENTLE CLEANSING CLOTHS, \$12, DRUGSTORES

PONY PARADE

When you're Gwen Stefani's hair guy, you do a lot of ponytails. We asked Danilo how to take our post-gym style to the next level

BY RANI SHEEN

Many of us throw our hair into a pony when we can't be bothered washing it, but Gwen Stefani elevates the look to something special; she wears it straight, curled, blunt, colour-dipped and, of course, with a vintage-y pompadour. “It's one of her iconic looks,” says her close friend and long-time hairstylist Danilo, who is Pantene's global ambassador. As we chat in the hip Mondrian Hotel in his hometown of L.A., he explains that a ponytail is a very good way to “refresh” an A-list face by pulling his temples up. (And it's cheaper than a facelift.) “There are so many ways to finish a ponytail,” he says. “Gwen is willing to try anything.” Here, he shares the genius in the details.

PONY DOS AND DON'TS

Do blow dry strategically

“I'm not a big fan of round brushing—I think it's torturous on the hair. I flip the head upside down and blow the hair with a paddle brush in the reverse direction to wherever I want it to go, then I sweep it back.”

Don't flat-iron your whole head

“Concentrate on what's going to be out: the tail and the top. Don't spend much time on the rest of it. Blow everything straight and just flat-iron the part that is going to hang out.”

Do add volume with product

“I use volume spray and fullness spray and dry it in—usually I'll put it all over because I want all the hair to have that volume. I don't do much back-combing—it isn't really necessary, and, if anything, I do it with a brush and not a comb. It's called French lacing when you pile hair up with the brush; it doesn't damage your hair, and it's very airy and full.”

Do place your pony with purpose

“It's really important with your ponytail to decide where you want that line to go. If you comb the hair up from the jaw, it's flattering on everyone's face.”

Do play with your pony

“Try everything! Whenever you're in the bathroom just throw it up and see what it shows you.”

Don't make it too high

“I don't usually like it when you can see the ponytail from the front. It's a little too *I Dream of Jeannie*. In most cases it's a little chicer and simpler to see it in profile.”

Do invest in hooked elastics

“I'm a big fan of hooked elastics as opposed to stretchy ones because those lose the tautness. But when you brush hair back and use hooked elastics, it stays with no mess.”

WRAPPED PONY

“This is the classic wrap-it-around—it gives a better finish.”

“This one is brushed straight back with a pompadour finish. I set the bottom for a kick—the curl is just in the tail.”

BOB-FRONT PONY

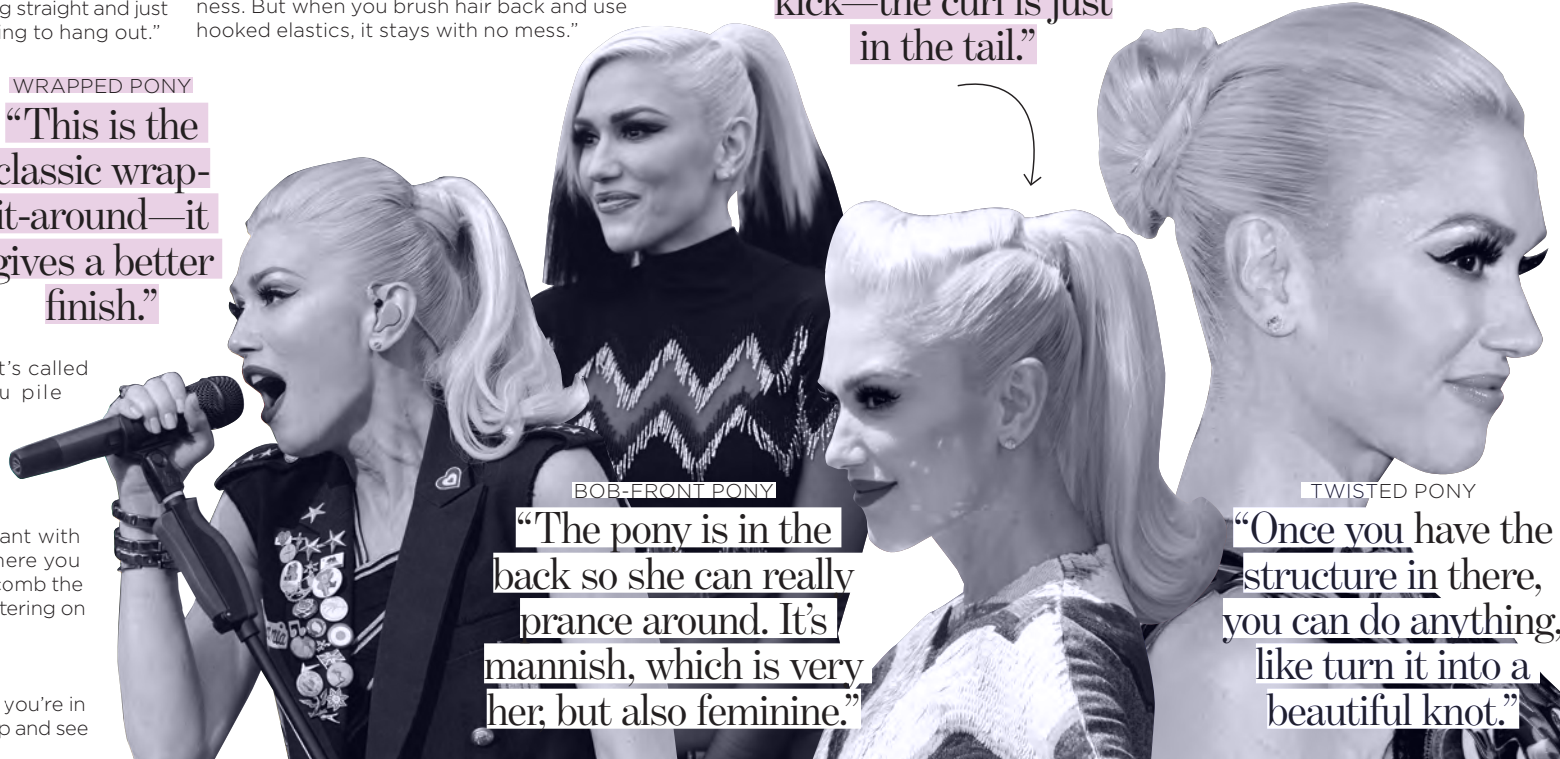
“The pony is in the back so she can really prance around. It's mannish, which is very her, but also feminine.”

TWISTED PONY

“Once you have the structure in there, you can do anything, like turn it into a beautiful knot.”



PANTENE VOLUME HIGH LIFTING HAIR-SPRAY, \$6, DRUGSTORES. BABYLISS PRO NANO TITANIUM CURLING IRON, \$85, TRADE-SECRETS.CA. HAIR BUNGEE HOOKED ELASTICS, \$13, HAIR-BUNGEE.COM.



Daisy daze

From rosy-hued pieces to accessories that pile on the petals, summer is the season to unleash some flower power



Blue belle
These iridescent paillette florets are anything but garden variety.
NINE WEST
CLUTCH, \$115,
NINEWEST.CA

Stay grounded
Slip on the coolest—and easiest—shoe of the summer.
ALDO SHOES, \$55,
ALDO SHOES.COM



Petal to the metal
Pink petals blossom out from a sparkly centre on these trendy dangles.
H&M EARRINGS, \$7, H&M



Breezy babe
An eyelet mini-dress is the best way to beat the heat.
H&M DRESS, \$80, H&M



Daisy dream
Fresh grapefruit, blackberry and pear notes mix with jasmine, blue wisteria and coconut water, for a light and airy summery scent.
MARC JACOBS
DAISY DREAM
EDT, \$90 (50ML),
SEPHORA.CA



Sunny days
See the world through rose-framed glasses.
C4 EYEWEAR X SUSIE WALL SUNGLASSES, \$125,
ARITZIA.COM



DAISY MARC JACOBS



THE FRAGRANCES FOR WOMEN

MARCJACOBSFRAGRANCES.COM

OLYMPIC SPECIAL

Diving for gold

Continued from cover

ROSELINE FILION, 29

Hometown: Laval, Que.

Starting out: A two-time Olympian, Filion was a gymnast until she watched a Canadian diving performance during the 1996 Atlanta Games. "I saw Annie Pelletier from Montreal winning a bronze medal, and I told my parents I wanted to be just like her," she says.

Challenges overcome: As a teenager, Filion had a difficult relationship with food. "I was never anorexic, but I used to hate food because it would make me uncomfortable. I wasn't eating the right things for my body," she explains. For the past eight years, Filion has been working closely with a nutritionist. "It's about education," she explains. "If I fuel my body right, the machine will go fast. It was a big learning process, and now I feel really confident."

Pool-beauty strategy: Filion loves the ease of eyelash extensions, but diving and her non-stop travel hinder upkeep. "It's a lot to take care of when you're away because they're always falling off." Constantly plunging into chlorinated water also leaves her skin dry and blotchy. "The pools are always different," she says. "Sometimes you get to another country and you don't even know if that's chlorine in there. You have crocodile skin." To help soothe it post-swim, she slathers on a good moisturizer. "There's never enough cream!" she says.

PAMELA WARE, 23

Hometown: Greenfield Park, Que.

Starting out: The youngest of the troop and a first-time Olympian,

Ware started on her career path with a challenge from her father 17 years ago.

"I was playing in a public pool with my sister, and my dad told us that if we did a front flip, he'd buy us a Popsicle, and if we did a back flip, he'd bring us to Dairy Queen," she says. Ware nailed both—at six years old—and a lifeguard who witnessed the scene gave her family the number of a diving club.

Challenges overcome: Today, even after years of practically living in a bathing suit, Ware still struggles with discomfort when she slips one on. "I don't like my hips. I think that's every female's problem—they don't like something about their body," she says. But she doesn't let her discomfort get in the way. "Diving is my passion. I'm always going to go for what I love, so I put on a bathing suit every day."

Pool-beauty strategy: To protect her fine hair from the effects of chlorine, Ware has embraced the swim cap, shampoos only every two to three days and rinses her hair right after swimming. "My hair stopped growing at one point so I've been wearing the cap for a year now," she says. "My natural oils came back, my hair is a lot healthier, and it started growing again."

"I saw Annie Pelletier from Montreal winning a bronze medal, and I told my parents I wanted to be just like her."

SARAH WELLS COLLECTION TOP, \$25, WINNERS; GAPFIT PANTS, \$50, GAPCANADA.CA



ROSELINE



PAMELA

JOE FRESH TOP, \$16, JOEFRESH.COM.

ON THE COVER: OLD NAVY ACTIVE TOP, \$20, OLDNAVY.CA; GAPFIT LEGGINGS, \$50, GAPCANADA.CA

JENNIFER ABEL, 24

Hometown: Montreal

Starting out: Abel started diving at the age of four, following in her brother's footsteps. "I was doing synchronized swimming but wanted to be exactly like my brother," she explains. "I asked my parents to put me into diving and they did." At 16, Abel burst onto the international scene at the 2008 Beijing Olympics, becoming one of the youngest Canadian divers to compete on the world stage.

Challenges overcome: Described as the girlie-girl of the group by her teammates, Abel has struggled with her textured hair. She previously used chemical straighteners to smooth out her kinks, but after experiencing major hair damage, she chopped it off in 2014 and started from scratch. "I cried so much. It's very hard," she says, explaining that she's working on the self-confidence to let her curls go free. "I'm just not there yet. It's not long enough, so I always have my hair tie." To help it get to a happy length, Abel has adopted a breakage-reducing regimen. "I started wearing my bathing cap because I want it to grow healthier and faster, and I have a silk pillowcase."

Pool-beauty strategy: Chlorine leaves Abel's dark skin ashy and lips parched, so a standby moisturizer and lip balm are key. As part of her natural hair routine,

Abel works a shea butter pomade into her hair after a shower at the pool, combs it through, then puts her hair up.

MEAGHAN BENFEITO, 27

Hometown: Montreal

Starting out: Originally a competitive swimmer, Benfeito started diving at the age of seven after she got hooked on the excitement of flying through the air. "In the last five minutes of every swim practice they would bring us to the diving boards. The adrenaline felt really cool," she says. Benfeito was also captivated watching now-retired Olympians Alexander Despatie and Émilie Heymans, who trained at the same pool.

Challenges overcome: Benfeito has had a rough season, leading to self-doubt about her abilities. Luckily, a pep talk from an exec at Diving Canada helped her rebound and unlock the door to Rio. "The fact that he believed in me and came to talk to me completely turned the switch back on," she says. "Usually when the boss comes and speaks to you, it's a problem. But at that moment, I was like, 'Okay. I got this!'"

Pool-beauty strategy: On competition day, Benfeito never hits the diving platform without a Shellac pedicure (regular polish doesn't hold up against the water's impact) because cameras are always zooming in on her feet. "I have my own machine at home!" she says.

ALL-STAR BEAUTY

Post-dip like a pro with these essentials



GILLETTE VENUS SWIRL RAZOR, \$20, DRUGSTORES. GARNIER FRUCTIS GROW STRONG FORTIFYING SHAMPOO, \$6, DRUGSTORES. CLINIDERM SOOTHING CREAM, \$30, DRUGSTORES. CND SHELLAC POLISH IN DENIM PATCH, THROUGH SALON SERVICES ONLY. LISE WATIER HYDRAFORCE HYDRA PROTECT LIP BALM, \$20, LISEWATIER.COM. MAMA'S LIFE PRODUCTS ALL NATURAL LAVENDER SHEA BUTTER, \$15, MAMASLIFEPRODUCTS.COM

SHOPPING

FIND THE SWIMSUIT THAT'S PERFECT FOR YOUR BODY

If you're **H-SHAPED**
Straight up and down

Look for this: Lots of straps or busy prints add curves, while high necklines flatter a small chest



MIKOH, \$360, MIKOH.COM



ERES, \$335, BARNEYS.COM

If you're **X-SHAPED**
The classic hourglass

Look for this: Side cut-outs highlight curves while plunging necklines show off perfect proportions



OYE, US \$350, OYESWIMWEAR.COM



FLEUR OF ENGLAND, \$270, FLEUROFENGLAND.COM

If you're **V-SHAPED**
Full bust with narrow hips

Look for this: Asymmetrical tops taper broad shoulders and vertical stripes lengthen the torso



FANTASIE, \$185, FANTASIE.COM



SOLID AND STRIPED, \$220, SOLIDANDSTRIPED.COM



OLD NAVY ACTIVE TOP, \$20, OLDNAVY.CA, JOE FRESH PANTS, \$29, JOEFRESH.COM

JENNIFER



GAPFIT TOP, \$45, GAPCANADA.CA, OLD NAVY ACTIVE LEGGINGS, \$33, OLDNAVY.CA

“The fact that [an exec at Diving Canada] believed in me and came to talk to me completely turned the switch back on. Usually when the boss comes and speaks to you, it’s a problem. But at that moment, I was like, ‘Okay, I got this!’”

MEAGHAN



Designers Dean and Dan Caten agree that if they were athletes, they’d compete in gymnastics—but for the time being, they’re content to stand atop the fashion podium.

NATIONAL PRIDE

Dean and Dan Caten’s nostalgic take on Olympic style

Dean and Dan Caten, the Toronto-raised, Milan-based designers of Dsquared2, are known for over-the-top runway presentations that pile on glamour like it’s mozzarella at the local pizzeria. So when Hudson’s Bay came knocking with an offer of Olympic proportions—revamp Canada’s opening-ceremony looks for the 2016 Rio Olympics and Paralympics—they jumped at the chance. “Our goal is to make the athletes look their best and make them look modern and cool,” Dan says, citing the work that Ralph Lauren and Stella McCartney have done for their respective home teams. “When you feel good about the way you look, it improves your spirits and gives you a better persona.”

Ensuring that the athletes—nearly 500 of them, of all body types—felt confident in the Brazilian heat was the main challenge. That concern translated into stretch-wool trousers and satin-nylon-blend jackets, a uniform that mixes crisp athletic-wear with 1920s references. “We referred to earlier Olympic looks where the logo was straightforward and the maple leaf was simple,” says Dan, and Dean calls it “almost nostalgically vintage” and “neo-classically Canadian.”

As for how dressing athletes for the Olympics compares with dressing Beyoncé for that other huge sporting event, this year’s Super Bowl, the designers were humble. “We’re excited about doing both of them, but they have different sentiments. Dressing Beyoncé was hugely emotional, but on a different level. This is about being part of the history of our country, so it’s a little deeper.”—Veronica Saroli

PANTS, \$140. SHIRT, \$85. HAT, \$30, ALL THEBAY.COM

MOVING FORWARD

How these inspiring athletes are conquering obstacles

BY NATASHA BRUNO

Struggles are an inescapable part of life. If anyone can teach us about how to dust ourselves off and get back up, it’s professional athletes. Here, three Olympic hopefuls share their stories and how they managed to move onward and upward.

Who: KIRSTEN SWEETLAND, triathlete and Red Bull brand ambassador

Training schedule: Twenty to 35 hours a week. Sweetland’s two to eight hours of daily activity are divided into interval training for swimming, biking and running, with a gym routine mixed in. She takes a month off a year.

Biggest struggle: A painful stomach parasite and bacterial infection Sweetland contracted by swallowing contaminated water while competing in 2014. She was out for a year and is still on multiple antibiotics. “The infection that I got caused neurological changes,” she says. “It made me emotionally unstable—like I wasn’t myself. I’ve had a lot of [setbacks,] but none like this.”

Pressing forward: “The lesson I took away from this was just how much internal strength I have that I didn’t know was there. I now have the confidence to deal with pretty much anything.”

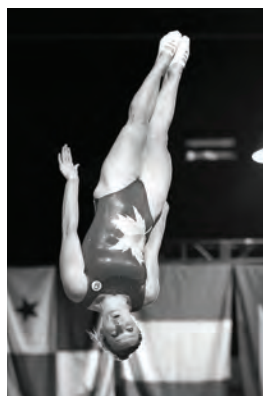


Who: ROSIE MACLENNAN, trampolinist and Tide brand ambassador

Training schedule: Thirty-six to 40 hours a week. Weekly, MacLennan does nine practices on the trampoline, two strength and conditioning sessions with a trainer, two Pilates classes, interval training, cardio and stretching.

Biggest struggle: Accepting her body. “I have more curves than the average trampolinist and at times thicker than a lot of them too,” says MacLennan. “That made me self-conscious.”

Pressing forward: “My mom’s been a great sounding board. We had a talk and she was like, ‘Do you want to be the skinniest girl on the trampoline, or do you want to be the best? Because they don’t necessarily go hand in hand.’ She helped me reframe how I look at my body and realize that being powerful was integral to my sport. My thicker legs and bubble butt give me my advantage.”



Who: STEPHANIE LABBÉ, goalkeeper for national soccer team and Always brand ambassador

Training schedule: Labbé is on the soccer field for two hours every day, hits the gym a few times a week, meditates daily and receives regular physio and massage therapy.

Biggest struggle: Managing mental stress and worrying too much about the critics. “As a goalkeeper, we’re the last line. If we make a mistake, it almost always results in a goal. Everybody notices, and we get a lot of criticism for that.”

Pressing forward: “Focusing on what others thought took up a lot of my energy. I’ve had to really work on that. In the past year, yoga and meditation have come into my life. They have brought me back to focusing on myself and on what I can control: the effort I put in, being a good teammate and person, and just doing my best regardless of the result.”



If you’re **A-SHAPED**
Smaller top and curvy lower half
Look for this: Off-the-shoulder tops and inverted-triangle patterns balance out fuller hips



FLAGPOLE, \$505, FLAGPOLESWIM.COM

FOR LOVE AND LEMONS, \$185, FORLOVEANDLEMONS.COM

If you’re **O-SHAPED**
Waist is widest
Look for this: High-rise bottoms and hourglass designs create the illusion of a narrower waist



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AMAIO, \$550, AMAIOSWIM.COM



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