

ACCESSORIES

KICK OFF

The five shoes you need this spring

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FASHION TOP BANANA

The inside scoop on the season's best workwear

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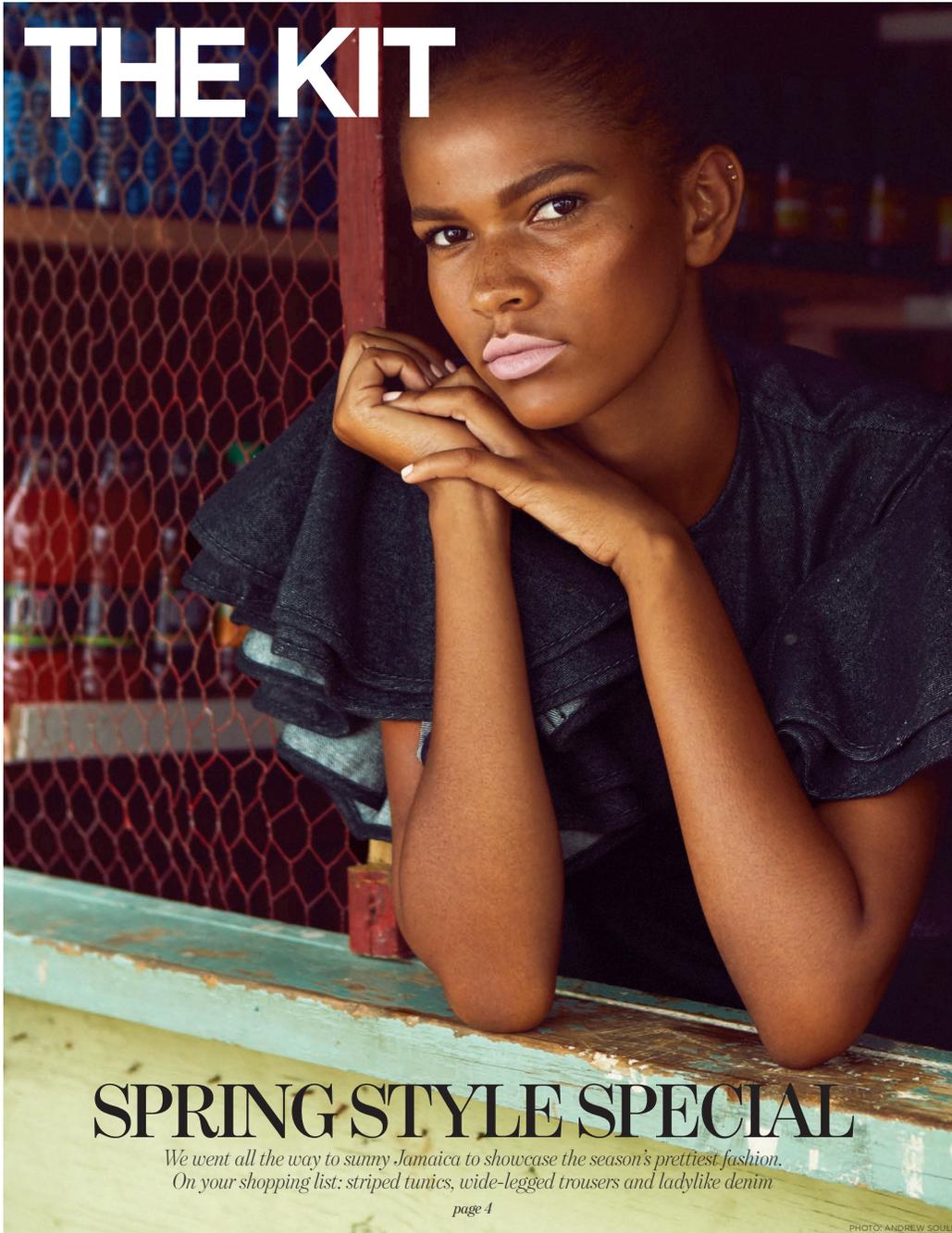
FIRST PERSON MANE APPEAL

Pondering the power of hair

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THE KIT



SPRING STYLE SPECIAL

We went all the way to sunny Jamaica to showcase the season's prettiest fashion. On your shopping list: striped tunics, wide-legged trousers and ladylike denim

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PHOTO: ANDREW SOULIE

STAY CONNECTED



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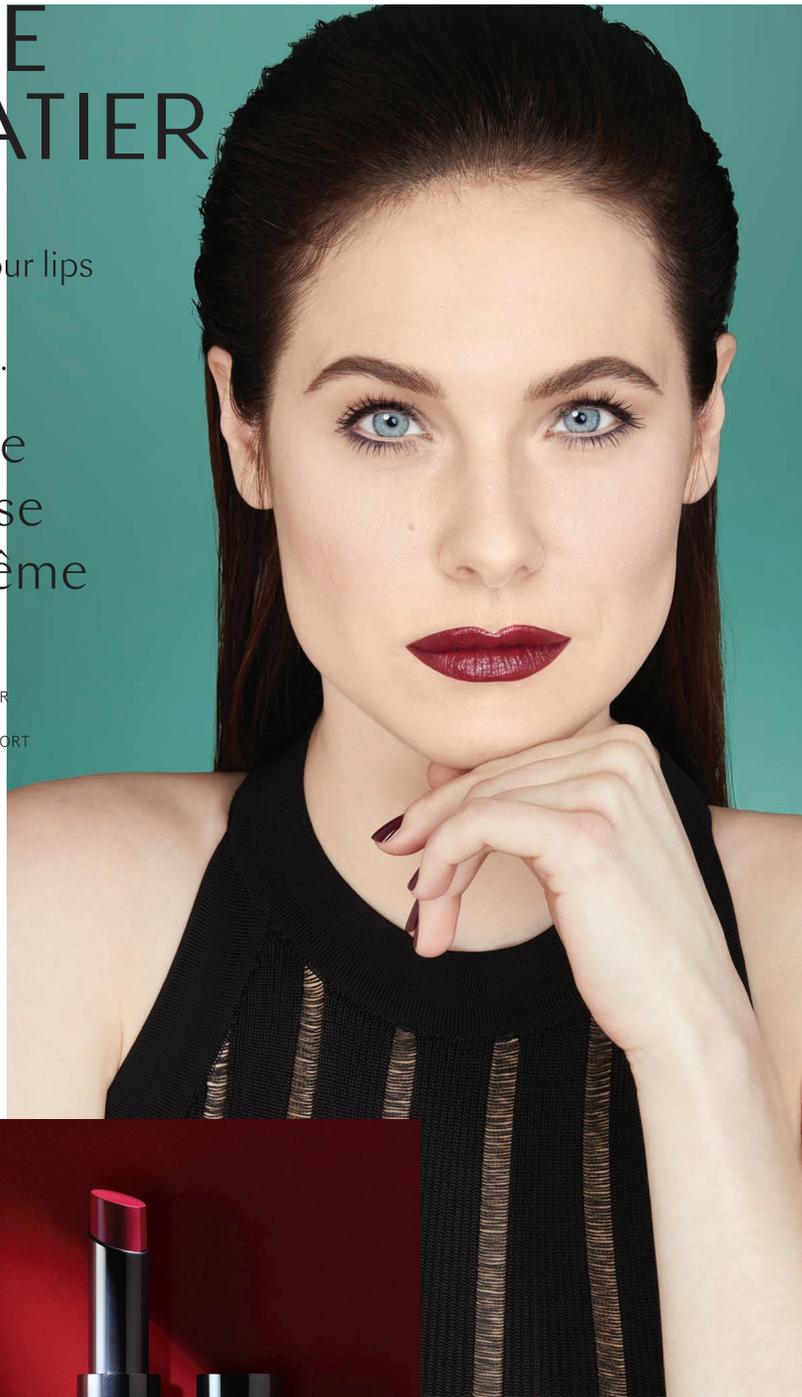
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ACCESSORIES

Best spring shoes

Here's what you need to know about spring's five essential shoe styles: The ladylike look is back, luxurious touches are key, and socks—yes, socks—kick up almost all the season's notice-me footwear

PHOTOGRAPHY BY MAYA FUHR



1. THE LAVISH LOAFER
Amplify your workday slip-ons with details like laser cutting.

VIA SPIGA SHOES, \$265. NORDS FROM, WINNERS SOCKS, \$6, WINNERS.CA SMYTHE PANTS, \$395, SHOPSMYTHE.COM

2. THE ANKLE-WRAP FLAT

There's nothing prettier than big, beautiful bows in a bright hue.

SAM EDELMAN SHOES, \$130 HUDSON'S BAY, WINNERS SKIRT, \$80, WINNERS.CA

3. THE ROUNDED HEEL
Pair these go-go classics with sassy fishnets for a cool update.

HILFINGER COLLECTION SOCKS, \$10, TOMMY.COM SOCKS, STYLIST'S OWN.



4. THE FANCY SHOWER SLIDE

These wear-anywhere sandals pull double duty when paired with a varisty sock.

VINCE CAMUTO SHOES, \$100, VINCE-CAMUTO.CA PINK TARTAN PANTS, \$295, PINKTARTAN.COM SOCKS, STYLIST'S OWN



5. THE KITTEN HEEL

Forget its rep: The teeny-tiny heel is current, cute and comfortable.

TIBI SHOES, \$495, TIBI.COM COS DRESS, \$35, COS

FASHION DIRECTION: JILLIAN VIEIRA, CREATIVE DIRECTION: JESSICA HOTSON. SHOT ON LOCATION AT THE FAIRMONT ROYAL YORK IN TORONTO



PHOTOGRAPHY: GETTY IMAGES (MODELS)

FASHION WORK IT

At Banana Republic, designers look back to go forward

BY JILLIAN VIEIRA

You'll find Banana Republic's archive down a few flights of stairs at the brand's Tribeca headquarters in New York. Its stacks include a trove of carefully catalogued thrift store finds, eBay gems and previous season's looks that reveal the brand's evolution from 1980s safari-clothing outfitter to today's modern workwear destination.

The archives aren't just a self-congratulatory token: The extensive collection of clothing, which spans the past 40 years, acts as a rich source of inspiration for the current design team. Sonia Martin, vice-president of women's design, explains that a collection always begins with an outing to the archive. "You pull the pieces, look at them and decide to do something based on it," she explains, rifling through a few slip dresses from the early 2000s. "We're always trying to work in a free way because the answer is on the rack."

This spring, the answer was a throwback to Banana Republic's '90s heyday when utility jumpsuits and suede jackets were as ubiquitous as today's athleisure trend.

"We started loving all the minimal layers and natural colours—the simplicity of it," says Martin. Rather than create carbon copies of the classics, Martin says her approach is to "deconstruct and re-imagine." That translates into a contemporary offering imbued with vintage vibes.

This season's modern perspective came from Martin's team's travels to the Indian cities of Jaipur, Delhi and Goa where they took in everything from the local craftsmanship and ancient architecture to the vibrant flora that punctuates the country's Himalayan region. The mash-up of old and new shines in the details: Laser-cut scalloped dresses pay homage to India's famous archways; traditional sari dressing informs the asymmetric play on stripes; and saturated indigo hues celebrate its revered history of textile innovation. "I think we design something unique, without a single point of reference," says Martin. "We always talk about how we're designers but actually craftspeople, always working with our hands."

SHOP THE COLLECTION



BANANA REPUBLIC JACKET, \$550, DRESS, \$160, SACS, \$24, SHOES, \$138, BANANA REPUBLIC



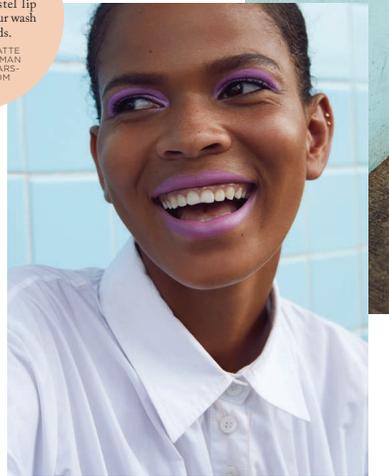
ONE-MINUTE MIRACLE

Dear Charlotte Tilbury Dry Sheet Mask: You're like a sexy spy. Unlike typical sheet masks drenched with serum, your super-soft fabric is dry, so once you're in place, hooked behind my ears, I'm free to go about my business without worrying about you sliding off. Your high-tech, Montreal-developed "biomimetic vector" technology pushes peptides, vitamin B₃ and plant stem cells into my skin to smooth, hydrate and boost radiance. And you're good for three uses. Consider this mission successful. *Yours, Rani Sheen*

CHARLOTTE TILBURY DRY SHEET MASK, \$27, HOLT RENFREW



BEAUTY NOTE
 Be bold this spring and pair a chalky pastel lip and matching colour wash across your lids.
NARS VELVET MATTE LIP PENCIL IN ROMAN HOLIDAY, \$35. NARS-COSMETICS.COM



FASHION
Follow the sun

Escape to Montego Bay with Jamaican model-to-watch Alexion McDonald as she shows off spring's freshest takes on tried-and-true classics

PHOTOGRAPHY BY ANDREW SOULE | FASHION DIRECTION BY JILLIAN VIEIRA



1. The white pant—a marker of the new spring season—feels relaxed in a slouchy trouser shape.
DIANE VON FURSTENBERG BODY SUIT, \$328. PANTS, \$458. HUDSON'S BAY
2. Crisp whites break free from the 9-to-5 with extra-long sleeves and knit detailing.
OPENING CEREMONY DRESS, \$65. B. BRIAN ATWOOD SHOES, \$210. HUDSON'S BAY
3. A voluminous topper is the perfect foil to shapely flares.
BEAUFILLE TOP, \$710. PANTS, \$845. 424 FIFTH SHOES, \$129. HUDSON'S BAY
4. An asymmetrical spin-in bright contrasting shades—turns expected stripes upside down.
DIANE VON FURSTENBERG DRESS, \$748. HUDSON'S BAY
5. Heavyweight denim adds toughness to cascading frills.
BEAUFILLE TOP, \$895. HUDSON'S BAY
6. A silky slip heads in a fresher direction with a spirited water-colour print.
HORSES ATELIER DRESS, \$610. 424 FIFTH SHOES, \$99. HUDSON'S BAY

HAIR AND MAKEUP: WENDY RORUNG FOR MOROCCANOIL / NARS. MODEL: ALEXION McDONALD FOR SAINT MODELS. BEAUTY DIRECTION: RANI SHEEN. ART DIRECTION: SONYA VAN HEYNINGEN
 SHOT ON LOCATION IN FALMOUTH AND MONTEGO BAY, JAMAICA. THANKS TO THE JAMAICA TOURISM BOARD AND MELIA BRACCO VILLAGE



Clockwise from left: Melia Braco Village's private beach; the resort's oceanfront rooms overlook luxe beach loungers; refreshments at the ready in Old Fort Craft Park.



go off-road and visit Stush in the Bush, about an hour from Falmouth. Stush, which is run by a couple who lives on the property in a rustic one-bedroom home, offers tours of their organic farm capped with a vegetarian lunch in the garden served with fresh juice blends such as sorrel and ginger. [Stushinthebush.com](#)

DO Witness a wondrous natural phenomenon at the phosphorescent Luminous Lagoon, best experienced at night. Millions of microscopic organisms in the lagoon light up when disturbed by the gentle wake of your tour boat—said to occur in only three places in the world. [Glisteningwaters.com](#)

SEE The area is rich in history and culture. Visit Montego Bay Cultural Centre in Sam Sharpe square to view rotating exhibits on Rastafarian culture and works by contemporary artists. [Montego-bayculturalcentre.org](#)

SHOP In Montego Bay, pick up a locally made resort-ready simple linen slip dress or tunic at Schatzie Boutique or pack a Tortuga Rum Cake as an edible souvenir. [Schatzie-td.com](#)

TRAVEL
HOW IWANDER
Venture off the beaten path and discover Jamaica's hidden gems

Jamaica's northernmost swath is home to one of the country's most lively stretches: the hip strip in Montego Bay, where tourists flock to take in its souvenir-draped, live-reggae-bar charms. But if you explore the region—from former sugar-cane-trading town Falmouth, to the lush Martha Brae river and exclusive hotel-dotted Ocho Rios—you'll discover wonderful vignettes of local life, staggering natural wonders and tucked-away dining gems.

Spend an evening in your resort finery dining at the treehouse-style Gazebo restaurant at GoldenEye Hotel, where Ian Fleming famously wrote his Bond novels, then lunch in shorts the next day; grab a flaky pastry pocket filled with beef, chicken, veggies or soy in aromatic gravy at mini-chain Juici Patties, ordering it sandwiched between two pieces of soft, sweet coco bread for a local carb-on-carb delicacy. Then doze off your lunch while lounging on baking-soda-fine sand: People-watch at pristine, popular Doctor's Cave Beach, or keep to yourself at the private, tiny, tree-lined Good Hope Beach if you're holed up at its nearby sister Good Hope Villa—a, well, good place to stay with friends or family.

When you've had your fill of sun, take a coastal drive and stop to buy a soda at a tiny shack store in one of the fishing villages along the shoreline, where men play dominos between trips out to sea to catch marlin, wahoo and mahi mahi. It's a true glimpse of life, undisturbed—as are the street markets of Falmouth, where locals flock to stock up on clothes, produce and homewares every Wednesday at the "bend-down market." Buy a bag of fresh sugar cane and chew on the juicy, sweet stalk as you wander across the town square and marvel at the pastel-coloured low-slung homes that line the quiet streets. These small wanderings add up to a full and satisfying experience—read on for more ideas. —Rani Sheen

STAY

A newly renovated resort complex of townhouses and low-rise suite buildings, Melia Braco Village sits pretty on a beachfront stretch of Rio Bueno. The first Jamaican outpost for this Spanish resort company, it's an all-inclusive that feels much more boutique hotel than anonymous high-rise with its airy balcony rooms and sophisticated communal spaces. Sip a Red Stripe in a rocking chair on Jigger Bar's patio, dine on Angus steak in cushy, crystal-lit splendour at 876 Prime or snack on jerk chicken pizza at Jamaican-Italian hybrid resto Rasta Pasta. Make time for an 80-minute Island Vibes body treatment at YHI Spa, where locally grown Blue Mountain coffee is used for a thorough yet gentle exfoliation—all the better for showing off some skin at one of the resort's spacious pools or stretches of private beach. [Melia.com](#)

EAT

For a Jamaican farm-to-table experience,

Take WEIRD as a compliment :)

Lauren, age 11



girlpowered.ca

FIRST PERSON

At loose ends

Alyssa Garrison muses on strength, dye jobs and the power of hair



I started adding colour to my hair as soon as my mom would let me—even then I knew that my natural blonde highlights weren't enough for my bold personality. As I grew, so too did my sense of adventure. I got my first purple streaks when I was 15, a look that reflected my Vans-wearing, drama-kid persona at the time. As I started to explore my sexuality and shifted my identity along the spectrum from straight to gay to bi, my hair followed suit, bouncing between long and short, light and dark and once even half shaved—the result of a DIY undercut in my partner's bathroom. After a breakup, I almost always do a massive hair change, and if I'm feeling down, I often hop in the shower and add a wash of colour to my mane to boost my mood.

That's not to say my hair has always been a source of fun. There's a surprising amount of judgment on

people who show off their locks like a peacock. I get asked to show ID everywhere, despite being over 25, and strangers constantly tell me, "I would never dare do something like that to my hair!" Not taking your hair seriously seems to translate to not being taken seriously. In my case, that's particularly true when it comes to men. There's something about a girl with wild hair that really seems to get under a guy's skin. I once went on a date with a man who disliked that my hair was a brighter pink than the first time we met, and who proceeded to tell me that I was too confident, and

"There's something about a girl with wild hair that really seems to get under a guy's skin."

that maybe he'd like me better with brown hair. In fact, most of the guys I've dated have at some point asked me to accept my "natural" colour, to stop with the wild parade of changing shades, to be more "normal." They felt comfortable suggesting which shades they liked best and which they didn't like at all, or, if the first round of dye was too dark, to comment that they looked forward to it fading. They wanted to know what I "really" look like, without all that pastel.

The worst part about these criticisms was they found a way to filter into my mind, much like my own irrational fear of bleach chemicals sinking into my brain. For a time, I was afraid to change my hair, paralyzed by the risk of making the wrong choice and rendering myself unattractive, unwanted and alone.

Standing tall Alyssa Garrison, the social media star behind @randomactsofpastel, shows off the style created for her by Simon Miller, KMS global style council ambassador.

But this year, I'm in a different headspace. After shedding my last relationship and travelling around California alone for three months, the idea of seeking someone else's approval has rapidly slid to the bottom of my list. My hair has grown longer and my colour darker, and I've rediscovered how mixing up a new bowl of dye and hoping for the best connects me to my childhood self, the root of who I am. My most recent ex-boyfriend told me that if I cut my hair short, he would lose all interest in me—even after we were together for a year. What kind of love is that? After years of looking free, while feeling trapped, I've learned to love myself again, damage and all—and I've realized that your hair belongs only to you, no matter how you cut it.



TOOL KIT

Coloured hair requires extra care. Be gentle and still get results with this power trio

KMS COLORVITALITY SHAMPOO, \$21. MOISTREPAIR ANTI-BREAKAGE SPRAY, \$23. HAIRSTAY WORKING SPRAY, \$23. KMSHAIR.COM



**EXPERT ADVICE
HAVE A GOOD HAIR DAY EVERY DAY**

Simon Miller, KMS hair pro, shares his top five tips for a confidence-boosting mane

Simon Miller has a unique take on what makes a good hair day. "You know those days when you know your hair is on point the second you leave the house and from that moment on you just feel confident? You don't even have to check it again," he says. "That has less to do with the perfection of a style and more to do with your hair just making you feel confident." That said, the KMS global style council ambassador has a few tricks up his tattooed sleeve to help you feel great about your hair.

- 1. It starts in the shower**
"Shampoo is for the scalp and conditioner is just for the ends—no exceptions!"
- 2. Be gentle**
"A lot of people dry their hair too roughly and it damages the cuticle. Towel-dry it, scrunch it, and instead of wrapping it tightly in a towel for six hours in your apartment, clip it up with leave-in conditioner. That way it's still drying, but it's keeping it softer."
- 3. Don't over-dry**
"Let your hair air-dry as much as possible with some product in it and smooth out the ends if needed."
- 4. Embrace natural texture**
"I'm a huge advocate for learning to work with what you have. You just have to find the style and products that work for you."
- 5. Allow your hair to change**
"I'm going to get hippie now! Hair is one of the few art forms that lives in a fourth dimension, and that's time. As I'm cutting hair, it's growing, which means it's already changing. A style has to be thought of as a time traveller. What's it going to look like in six hours?"

PHOTOGRAPHY: INSTAGRAM.COM / @RANDOMACTSOFPASTEL (OPPOSITE PAGE)

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TRAVEL
A real trip
Rani Sheen discovers the surprising joys of voluntourism in Kenya

I've always had a healthy skepticism about voluntourism. Privileged, untrained Westerners descending on developing countries to "help" seems misguided at best, insulting at worst. And recently, a couple of probably well-meaning but ultimately self-aggrandizing celebrities have intensified my qualms: Megan Markle released photos with crowds of children in Rwanda, usefully timed to improve the British public's impression of her as she announced her romance with Prince Harry; Tom Hiddleston delivered a self-congratulatory Golden Globes acceptance speech about his time in Sudan.

So when I set off on a trip to Kenya's remote Maasai Mara area with the aid organization We, which has brought basic necessities like clean water and health clinics to communities that lacked them and organizes trips for visitors like me to meet local communities and pitch in on builds, I wasn't totally convinced that my presence there would actually help anyone on the ground.

By day two, I wasn't proved wrong: I struggled to plaster a wall of what would be a classroom, flicking a soupy mixture off a trowel so ineptly that each blob slid down onto the floor as

a crowd of actual builders and curious teens looked on. But in the even more remote hut-dotted hillside community of Irkaat, I did a slightly more effective job of filling the gaps between bricks for another classroom in the making. Irkaat recently received a clean-water-sourcing borehole funded by Brita's Canadian arm—a game changer for the community, which previously relied on polluted river water for drinking, cooking and bathing. In one fell swoop, the borehole virtually eliminated water-borne diseases like cholera and typhoid fever, and since fetching buckets of water is traditionally female work, it allowed the girls and women used to hauling the buckets up and down the punishingly steep hills to go to school or work instead. After the build, I realized how photos like Markle's come to be: Tiny children swarmed me, and we smiled goofily at each other as we tried to communicate in a blend of English, Swahili and the universally understood high-five.

Next, I visited Kisaruni girls' high school (established in 2011), where three recent graduates, all coincidentally named Mercy, led me around their campus proudly, explaining that

Just in time for World Water Day (March 22), every purchase of a Brita x Me to We on-the-go filter bottle (\$20) helps fund a borehole in Kenya that pulls clean water from under the earth and draws it to a tap where the nearby community can collect it. There, a family uses four buckets a day. Here in Canada we pour through 17 each.

They woke up at 4:30 a.m. to study because their teachers had told them that waking up any earlier would be bad for their health. We chatted about our favourite books, they asked me about my job, and I saw that what I could offer was a window into another place, another way of life, just as they were doing for me.

The last of my cynicism fell away as I was hanging out of an open-sided truck on day five, my hair matted with red dust, waving wildly at a small girl who was springing a solid 500 metres to the curb to scream "Jambo!" (hello) at me as I sped by. She probably went to one of the schools I had been attempting to build classrooms for. Our shared joy at coming into each other's orbit for a second took my too-cool-to-voluntour breath away.

PHOTOGRAPHY COURTESY OF BRITIA.WE

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DELVING INTO THE TABOO SUBJECT OF THINNING HAIR IN WOMEN



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Glynis Ablon, M.D., FAAD, Associate Clinical Professor, UCLA.



Actual Viviscal patient courtesy of Glynis Ablon, M.D., The Ablon Skin Institute (ASI) Research Center.

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