



PHOTOGRAPHY BY AARON WYNIA

LEFT: **MONSE** TOP, \$1,600, [SAKS.COM](#). RIGHT: **ELIZABETH AND JAMES** TOP, \$360, DRESS, \$510, [NEIMANMARCUS.COM](#)

1 | RAID YOUR FRIENDS' CLOSETS

Author Grace O'Connell discovered her summer style in a surprising way

I've never had a coherent fashion identity. There was the summer of crop tops, the junior high thrift shop stage, that year I wore nothing but skater dresses (thank you, Topshop student discount). I remember being 13, creeping into my 19-year-old sister's room when she was out (at parties! with boys! the glamour!) and sneaking her slip dresses. I worshiped her and thought her clothes, as an intrinsic part of her, might cast some kind of spell on me, a suburban tween with a fashion sense honed in malls and crumbling arcades. Turns out that style doesn't transfer through proximity—or genetics, apparently.

Almost two decades later, I'm living in Toronto, not so far from the suburbs, but it feels like I've ventured into a new country. I feel at home in the city, but not in my closet. I keep trying to re-invent, to find signature pieces, but a part of me is still the unsure 13-year-old, wanting to turn to a considerably cooler older sister.

So I decide to parlay the optimism of summer into a new approach to fashion. My sister lives out of town (and has suffered enough), so I consult my two most stylish friends, Tracy and Dani, who each agree to prop up my fashion confidence like an invisible spike heel by lending me their favourite outfits.

I start with Tracy, who is effortless cool personified. She forged her fashion identity as an only child in a small farming town and now wears badass boots, drapey sweaters and high-waisted

pants she has made in China. Tall and willowy with artfully mussed, coal black bed-head, she looks like a bartender in some Sundance-sweeping indie movie. And yet she's the most easy-going person I've ever met and will make you laugh until you can't breathe.

Tracy loans me one of her favourite pieces: a pink-on-black floral dress. Cropped mid-calf, it's *My So-Called Life* by way of *The Craft*. I pull it on, not quite sure how I feel in it, and head to my local breakfast spot. I'm fidgeting uncomfortably through eggs over easy when my boyfriend runs into childhood friends. While he leaps up for hugs, I pull my coat on over the dress without thinking about it. I retreat into my own controlled version of myself, worried about what these people will think about me. I don't feel like myself in this dress, which looks delicate on Tracy, but makes me feel like a frumpy cast-off from *Little House on the Prairie*.

A few days later, I try Dani's look. Her vintage style, defined by throwing a leather jacket over dresses that nip in at the waist, still has an undercurrent of the tough girl who snuck across the Windsor-Detroit border to party and knows how to shoot a rifle. She's my protector, the one who

“Dani would help you move, and bury a body—plus she can execute perfect winged liner.”

will kick a guy's ass if he does me wrong. She'd help you move, and bury a body—plus, she can execute perfectly winged eyeliner.

She lends me a black mini-dress and a long, geometric-patterned sweater. I feel half-naked in the short hemline, but as I leave my house, I realize I also feel prettier than I have in ages. I'd happily walk into any bar in the city right now—I'd voluntarily run into an ex-boyfriend. At my local watering hole, I sidle up to the bar and order something called a Violet Hour. I stand up a little straighter, look around the room a little more. This is the opposite of that hopeless feeling I normally have in front of my closet, searching for some version of me that feels good.

When it comes to clothing, I realize, a tiny risk can reap real emotional rewards. Maybe my friends already knew that; maybe that's why they offered up clothes they love—something so personal—without blinking. And maybe my sister knew that, too: Even though she grumbled, she never outright banned me from her closet. Style and taste may change, but it's nice to know that I can still wrap myself in the confidence that comes from the women I love and who love me—and that it's as easy as borrowing a sweater.

2 | LIGHTEN UP

Sheer makeup-bag essentials for when it's too hot to move

Growing up, I often spent the summer at my grandparents' house in Malta. Walking home one day, blanketed by the blazing heat, all I could think of was rinsing off. I stepped under the cold water and realized I was sweating in the shower, the droplets from my skin mixing with the stream above. This summer, I'm all about lightweight products that let my skin breathe. —Sade Lewis



TOOL KIT
VICHY MINERAL 89 DAILY SKIN BOOSTER, \$40, [VICHY.CA](#). **PHILOSOPHY** TAKE A DEEP BREATH NIGHT GEL-BALM, \$49, [SEPHORA.CA](#). **VEIL** SUNSET LIGHT PRIMER SERUM, \$45, [VEILCOSMETICS.COM](#). **NARS** LIQUID GLOW MOTION BLUSH IN TORRID, \$38, [SEPHORA.CA](#)

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3

Juice up your beauty haul

Fresh-squeezed essentials selected by beauty director Rami Sheen

A. Sun splasher

Soak life back into pool-parched hair with this fine mist of strand-feeding olive wax, glow-giving castor oil and softening rosemary and calendula.

PHYTO PLAGE PROTECTIVE SUN OIL, \$29, MURALE

B. Citrus spritz

Wizard perfumer Francis Kurkdjian blended sparkly mandarin and pomegranate with sultry summer-night jasmine sambac and orange blossom, plus a pow of patchouli.

ELIE SAAB LE PARFUM RESORT COLLECTION EAU DE TOILETTE, \$115 (90 ML), HUDSON'S BAY

C. Screen time

With its featherlight texture and intoxicating tropical-flower scent, this sunscreen will make you feel like you're lounging somewhere very, very expensive.

INSTITUT ESTHEDERM ADAPTASUN SUN CARE LOTION SPF 20, \$69, ESTHEDERM.CA

D. Fuzzy peach

This chalky pastel peach polish is shot through with the merest hint of copper shimmer. Match fingers

to toes for maximum angelic effect.

CHANEL LE VERNIS IN COQUILLAGE, \$32, CHANEL.CA

E. Glisten up

If you've never slathered your limbs (and maybe your hair) in this nourishing, glow-imparting, dry oil, which just got an update of antioxidant tsubaki oil for its 25th birthday, the time is now.

NUXE HUILE PRODIGIEUSE MULTI-PURPOSE DRY OIL, \$46, SHOPPERS DRUG MART

F. Spray paint

Tangerine blush is surprisingly flattering, especially on sun-warmed skin. Mist a shot or two on moisturized cheeks and blend quickly.

SEPHORA COLLECTION PERFECTION MIST AIRBRUSH BLUSH IN DREAM IN TANGERINE, \$25, SEPHORA.CA

G. Fruit glaze

Let your lips shine bright like a tangerine-tinted diamond with this glossy mix of moisturizing buriti oil and pH-adjusting coral pigment.

CLARINS INSTANT LIGHT LIP COMFORT OIL IN TANGERINE, \$25, CLARINS.COM



4 | SAY GOODBYE TO HELMET HEAD

This one-minute miracle is perfect for bike season

The editor: Jillian Vieira, fashion editor

The problem: After the a.m. commute, which obligates the safety of a bike helmet, my day-two hair completely falls flat. **The quick fix:** The mousse-like consistency of Ouai's dry shampoo foam offered a different experience from the typical aerosol versions of dry shampoo, but it came with one main advantage: I could better target where I wanted to reverse the helmet head. After massaging in the product at my roots, I was left with totally refreshed, conditioned hair, a just-washed scent and none of that visible powder.

Ouai DRY SHAMPOO FOAM, \$35, SEPHORA



Clinical Formulations
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The Ordinary.

The concept of hydration always confused us so we took matters in our own hands and developed several hydration products to confuse everyone even more.

For skin to feel comfortable and smooth, both oil and water contents need to be in check which is why oily skin can actually feel dry. The Ordinary offers three solutions focused specifically on the topic of hydration.

Hyaluronic Acid 2% + B5 uses HA to increase water retention so skin feels comfortable and looks plump. It's suitable for all skin types (30ml/\$6.80).

100% Plant-Derived Squalane offers non-oily, lightweight surface oil supplementation for dry skin conditions (30ml/\$7.90).

Natural Moisturizing Factors + HA offers a protective barrier against surface hydration loss through an array of amino acids, triglycerides, urea, ceramides, phospholipids, glycerin, saccharides, sodium

PCA and hyaluronic acid which are components found in the skin and collectively referred to as Natural Moisturizing Factors (yes, NMF is not a made-up product name but the very specific scientific name for the protective skin hydration barrier made up of these compounds). NMF is found in all skin types and is suitable for all skin types but highly recommended for dry skin (30ml/\$5.80).

Too much info? In short, oily skin that feels dry should use HA; dry skin should use HA and Squalane; all skin types can use NMF; and if your skin feels good as is, you don't need any of this stuff.

PS Some people have suggested that "hydrators" add water to skin and "moisturizers" add oil. It's all made-up name-ology mumbo-jumbo. Since when did "moisture" not refer to water? We judge a product based on what it offers and not what it's called or what random Internet pseudo-articles by ultra-sophisticates suggest.



Hyaluronic Acid
2% + B5
\$6.80



100% Plant-Derived
Squalane
\$7.90



Natural Moisturizing
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Mississauga.

YORKVILLE
1240 Bay St.
Off Bellair St.

EXCHANGE TOWER
130 King St. W, CL18
(Coming Soon)

**THE
ABNORMAL
BEAUTY
COMPANY.**
DECIEM



theordinary.com



5 Rethink crochet. A mini dress looks particularly fresh with an on-trend nautical twist. **TANYA TAYLOR** DRESS, \$435, TANYATAYLOR.COM



11 Find your perfect LWD. The little white dress is a summer must—all the better if it's crafted from crisp, white cotton. **LEFT: ELIZABETH AND JAMES** TOP, \$360, DRESS, \$510, NEIMANMARCUS.COM. **RIGHT: MONSE** TOP, \$1,600, SAKS.COM



12 Get a head start on fall's hottest trend. We'll all be in red come September. **MARCO DE VINCENZO** DRESS, \$1,605, TOP, \$1,035, MARCO-DEVINCENZO.COM. **CONVERSE** SHOES, \$65, CONVERSE.CA

6 OWN YOUR BODY HAIR

Shave it, shape it, let it be—it's up to you, as Anum Riaz writes

I was about 13 when I noticed my body hair becoming coarser and darker. Kids at school had made fun of me for my facial hair, so I knew that to avoid embarrassment I needed to get rid of the hair on my arms and legs. The first time I shaved, I felt so relieved.

My mom wasn't happy about it. She didn't understand why I cared so much, because she had grown up in Pakistan, and all the girls around her were going through similar hair growth. She was not going to take me to get my hair removed, so I used to steal disposable razors from my older sister out of desperation, until I got my first job and could start buying my own supplies.

Later, when I went to get waxed at a local salon, the South Asian lady waxing me made a comment about my underarm hair in Urdu. I felt very awkward. I've always felt judged by white people, so maybe I'm just over that, but being judged by South Asian people stings—you'd think they would understand the struggle. After that experience, I decided that laser would be the route to go. I still shave my arms as the hair isn't that dark.

I prefer a body with no hair for myself—and in Islam, both men and women are expected to remove or groom body hair—but I feel conflicted because I recognize that by doing so, I'm giving into the idea that women having body hair is disgusting, particularly women of colour. It makes me want to not remove my hair as a protest, but I genuinely like the feeling of my body being hairless. It's just hair; it doesn't need to be this political. —As told to Stacy Lee Kong



TOOL KIT **GILLETTE VENUS** COMFORTGLIDE WITH OLAY, \$15, DRUGSTORES. **PHILIPS SATIN-TOUCH** PRECISION EPILATOR, \$40, SHOPPERS DRUG MART. **NAIR** NOURISH CRÈME FOR LEGS AND BODY, \$13, DRUGSTORES. **SCHICK** SENSITIVE CARE RAZOR, \$12, DRUGSTORES



7 Invest in a dress so beautiful that you'll wake up thinking about it. **CHRISTOPHER KANE** DRESS, \$5,105, CHRISTOPHERKANE.COM

8 | Protect yourself with high-SPF sunscreen

(Even if, like Veronica Saroli, you're really not a sun person)

On the cusp of high school graduation, I took part in the drunken, burnt-to-a-crisp ritual that is grad trip. My schooling had not prepared me for the dread that is boarding a plane headed to the Dominican Republic alongside hordes of other hormonal teenagers, because that's something you learn in the book of life. It was hell, but I had signed up for it. When we arrived, I dove immediately into my book, the title of which would become prophetic: *When You Are Engulfed in Flames* by David Sedaris. I finished it by day two. Thanks to fanatical sunscreen use, I swapped my darkened hotel room for the beach, where I soaked up the sand and surf with my friends and created memories I'll cherish forever. Just kidding—it was beach umbrella or bust. I actually scared a cute guy when what he assumed to be a mountain of towels on a chair turned out to be a sunscreen-glazed, fully covered human. At least I avoided turning the tender pink hue that so many on the trip adopted and then shed in flaky strips. Do I regret my week in the sun? No. There were plenty of fun times, which I'm not going to tell you about because that would embarrass too many people. Would I do it again? Also no.



TOOL KIT **GARNIER OMBRELLE** ULTRA LIGHT ADVANCED BODY CONTINUOUS SPRAY SPF 60, \$20, DRUGSTORES. **COPPERTONE** CLEARLY SHEER LOTION FOR FACE SPF 60, \$5, DRUGSTORES. **BANANA BOAT** DRY BALANCE CLEAR ULTRAMIST SPF 50+, \$12, DRUGSTORES. **AVENE** HIGH PROTECTION ULTRA-LIGHT MINERAL LOTION SPF 50+, \$28, DRUGSTORES. **SUN BUM** SPF 50 FACE CREAM, \$13, SHOPPERS DRUG MART. **SHISEIDO** SPORTS BB 50+ IN MEDIUM, \$48, THEBAY.COM. **MYCHELLE** SUN SHIELD CLEAR STICK SPF 50, \$17, BEAUTYBOUTIQUE.CA



10 Bare your shoulders in a light-as-air frock in a pretty print. **APIECE APART** DRESS, \$515, NET-A-PORTER.COM

9 | SMELL DIVINE

Summer scents to spritz well into fall

◀ The zesty vibe is courtesy of sandalwood and citrusy lime and yuzu, while sea salt and violet create a relaxed, beachy mood. **PINROSE** SUN SAINT EAU DE PARFUM, \$88 (50 ML), SEPHORA.CA

◀ Vanilla brings the deliciousness while frozen Italian mandarin and pear sorbet add an icy edge. **VIVA LA JUICY** GLACE EAU DE PARFUM, \$99 (50 ML), HUDSON'S BAY

◀ Cherry blossoms and blackcurrant do the fruity lifting while mandarin leaves impart citrusy zing. **MARC JACOBS** DAISY EAU SO FRESH KISS EAU DE TOILETTE, \$108 (75 ML), SHOPPERS DRUG MART

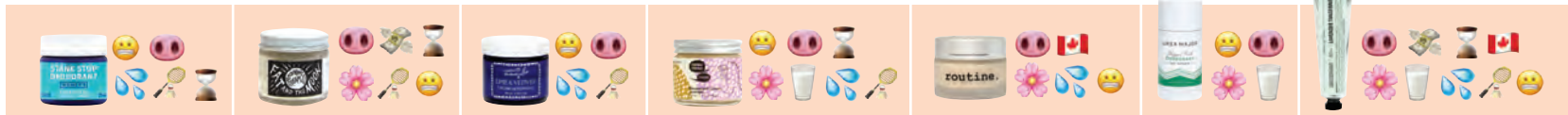


14 | Give your armpits a break

Jessica Hotson takes the season's top natural deodorants for a spin

Like most awkward teenagers, I was mortified by the fact that I sweat. One summer, I made my mom take me to Walgreens during a family trip to Florida so I could buy a not-available-in-Canada industrial-strength medical-grade antiperspirant that a camp friend had told me about. I don't think I had a pit stain until September. In fact, I didn't really sweat properly for years after. I began to worry that I was taking years off my life through chemical exposure, so I gave myself a cooling off period where I didn't wear anything—I wanted to give my pits time to breathe.

I started noticing how my sweat and body odour would change from day to day—there was workout sweat, hangover sweat, period sweat, heat sweat and, of course, stress sweat, and each one felt and smelled slightly different. My body seemed to be communicating with me through my sweat, and I paid attention. Now I no longer tell my pits to shut the hell up; I've found a new love and respect for them. That said, no one wants to reek: So I embarked on a quest for the perfect natural deodorant and test drive basically all of them so you don't have to.



FATCO LAVENDER + CLARY SAGE STANK STOP DEODORANT, \$12, FATCO.COM. **FAT AND THE MOON** DEODORANT CREAM, \$25, LIKEVGENERAL.COM. **CAPTAIN BLANKENSHIP** LIME AND VETIVER CREAM DEODORANT, \$22, THEDETOXMARKET.CA. **MEOW MEOW TWEET** LAVENDER DEODORANT CREAM, \$21, WELL.CA. **ROUTINE** THE CURATOR DEODORANT, \$28, ROUTINECREAM.COM. **URSA MAJOR** HOPPIN' FRESH DEODORANT, \$24, PETALANDPOST.COM. **LEAVES OF TREES** LAVENDER TANGERINE DEODORANT, \$18, LEAVESOFTREES.COM

- Smells nice
- Spreadable creamy texture
- Dries right away
- Stands up during sports
- Stays strong under stress
- Passes the end-of-the-day sniff test
- Reasonable cost per wear
- Stays dry all day
- Made in Canada

LEGEND

15 | UPDATE YOUR WATERPROOF MASCARA STASH

You don't have to be sunny all the time. Laura deCarufel shares a moment of summer melancholy

It wasn't always the bad house in the neighbourhood. For a hundred years, it was occupied by generations of the same family, until the final daughter moved into a nursing home and sold it to a guy who turned it first into a drug den, then a prostitution house, where on summer nights women paced the porch, ashing into beer bottles and calling out to construction workers or dads out to buy milk. Most recently, it was home to a rotating group of broken-looking men and women who always seemed to be tumbling out of taxis, swearing. They had a fighting dog, a mastiff with a blood-soaked eye. He was the one who knocked over the heater that caught the blanket, which sparked a fire so hot it took the roof off in an hour. Everyone survived; the house did not.

That evening, the excavator showed up, its metal jaws snapping lazily at the burnt wood. The neighbourhood gathered: fathers and sons with matching fauxhawks; the grandmother who talked with a hand in front of her mouth because she was shy about her teeth; the elderly couple who walked hand-in-hand by the lake every morning; the widow with startlingly blue eyes in a kind, pink face. We were the new couple on the street—the ones who had moved from Toronto with our toddler, our dream of a backyard, our thousand-dollar stroller. Gently, they tolerated us. Together, in silence, we watched the house come down.

The rain started with a drop or two, then burst into showers, the first downpour of the summer where you're soaked

within seconds of turning your face to the sky. The machines stopped; people slammed indoors. My dress dripped swirls along the staircase of our new house. Downstairs, the radio came on; the cat cried for her dinner; our child sang his nursery rhyme in his pure, sweet warble.

In the mirror, mascara flecks mingled with ash, the grit of real life. It was that rare moment of electric clarity, when you're both outside yourself and terrifyingly in tune, thrumming along with something bigger. The voice, unbidden, that comes in those moments, and says, "This is real, don't let it slip." The voice that says, "This time, listen." For a moment, I held it like an offering: the storm-darkened sky, the broken house swollen with memory, the sooty rivulets from the rain, but not just the rain.



TOOL KIT **RIMMEL LONDON** WATERPROOF SCANDALEYES RELOADED MASCARA, \$9, DRUGSTORES. **BUXOM** WATERPROOF LASH MASCARA IN BLACKEST BLACK, \$25, SEPHORA.CA. **CHANEL** NIMITABLE WATERPROOF MASCARA IN VERT PROFOND, \$41, CHANEL BEAUTY COUNTERS. **TEEZ** BULLETPROOF MASCARA CURLING, \$32, THEBAY.COM. **LOREAL PARIS** LASH PARADISE WATERPROOF MASCARA, \$14, DRUGSTORES. **COVERGIRL** PROFESSIONAL WATERRESISTANT BLENDABLE BROW PENCIL IN MIDNIGHT BROWN, \$7, DRUGSTORES. **BROWGAL** EYEBROW GEL, \$28, THE HUDSON'S BAY. **ARTDECO** LONGWEAR WATERPROOF GEL CREAM FOR BROWS IN DRIFT WOOD, \$19, SHOPPERS DRUG MART. **MARCELLE** WATERPROOF ULTIMATE VOLUME MASCARA IN BLACK, \$12, DRUGSTORES

16 | Suit up

The latest workout wear travels from barre to brunch

The fitness boom has had a fashionable effect: You'll want to live in this sporty gear until Labour Day.



LACOSTE TOP, PRICE UPON REQUEST, LACOSTE.COM. **NIKE** TOP, \$35, NIKE.COM. **FRANK AND OAK** SHORTS, \$80, FRANKANDOAK.COM. **APRIX** SHOES, \$250, APRIXFOOTWEAR.COM

17 | Dare to go atomic blonde

Bleaching my hair made me feel like a rock star. But when the celebs who inspired my look started shaving their heads, the real manic panic set in

BY CARLENE HIGGINS

My journey to white blonde began a year and a half ago. My near-black hair was looking blah, as if years of dyeing it dark had left a stain. Plus, my roots had finally reached peak grey, creating an embarrassing skunk effect at the three-week mark between colour appointments. I decided it was time to kill the high-key contrast by going blonde. I treaded slowly at first, lifting my colour one level every six months. But then I grew tired of waiting. Inspired by Kristen Stewart’s pieceny platinum bob and Zoë Kravitz’s white-blonde braids, bright as LED light bulbs, I boosted the bleach wattage.

I loved the Debbie Harry look; it freed me of that staid mom-lob effect I was so eager to shed. I felt sexier, cooler. Compliments rolled in, and I even got carded for the first time in 10 years. Plus, I no longer needed to use styling products to get my fine hair to stay when I swooshed it to one side, because it had lost all its slippiness.

The downside: The feel of my hair changed radically. Lathering with the same fancy shampoo and conditioner as before felt...gluey. It clumped into a bird’s nest so wiry I was scared to run even a Tangle Teezer through it before I blow-dried. I switched to washing with lavender-tinted products to keep brassiness at bay, but they weren’t moisturizing enough. “I’ve had a really hard time finding purple shampoos and conditioners that don’t leave your hair feeling like straw,” said Justin Anderson, colourist to current blonde Katy Perry and co-creator of a replenishing line called dpHUE. “I’m not sure what my

clients hate more: straw-like hair or brassy tones.” I could relate. I played mixologist and blended the purple formulas with heavier treatments, but that just made my roots greasy. For a while, I used the 10-minute pre-wash Olaplex treatment, which noticeably repairs the hair bonds broken by the bleach, but I got lazy. My maintenance slipped.

Around that time, Perry appeared on the *Ellen* show, sporting a sheared-on-the-sides cut reminiscent of Brad Pitt in *Fight Club*. “I don’t know if you’ve ever dyed your hair blonde—too blonde—and sometimes your hair falls out?” she sweetly asked her host, by way of explaining her crop. That made me wonder about the real story behind Stewart’s sudden buzz cut. “Bleaching whittles the hair to a thinner strand, making it weaker,” explained Aura Friedman, one-third of Kravitz’s crack three-colourist team. Friedman noted that Kravitz’s recent pixie cut was inevitable, too, given her fragile natural hair texture. I found this extremely worrying, given that pseudo-bangs caused by breakage had begun emerging along my forehead—and I definitely don’t have the bone structure to pull off a celebrity crewcut.

I shared my mounting fears with my colourist, Stacey Staley, owner of Blonde salon in Toronto. “The ‘chemical haircut’ is caused by pushing the hair too far too

fast,” she said. “If you overlap on the bleach [by applying it on parts of the hair that have already been bleached], you increase the risk of breakage.” The fact that I already had highlights when I went platinum was likely the culprit. While damage prevention is initially in the hands of the colourist—Staley uses seven types of lighteners for different hair types, and applies them with utmost precision—the onus, I’ve learned, is mostly on the blonde herself. Every pro I’ve spoken with recommends using Olaplex religiously, and Friedman coaches her clients on a whole host of best practices to avoid breakage (see right).

I was taking careful harm-reduction notes, but I had to wonder if it was all coming a little too late. Had I passed some sort of damage threshold, like Perry, Kravitz and Stewart? I’m not sure. But I’m still not ready to go back to anything that looks natural. When I look in the mirror I see brighter skin, brighter eyes. Everything looks more alive. Ride or dye, as they say.



A-listers Katy Perry, Zoë Kravitz and Kristen Stewart show off their bleached crops.

DAMAGE CONTROL Celebrity colourist Aura Friedman’s pro tips for preventing the bleach-induced “chemical haircut.”

1. Wash hair only once a week, using a cleansing milk and conditioning mask (yes, every wash).
2. Use purple conditioners rather than purple shampoos as those can be drying.
3. Once out of the shower, gently blot hair with a towel (no rough rubbing).
4. Apply a detangling spray and heat protecting product before using a blow-dryer.
5. Blow-dry on low or medium heat and make sure hair is 80 per cent dry before touching it with a brush.
6. Sleep on silk pillowcases to minimize friction.
7. Plan colour touch-ups every four to six weeks—too often causes breakage; waiting too long can cause banding (bands of uneven colour).

TOOL KIT
OLAPLEX NO.3 HAIR PERFECTOR, \$36, OLAPLEX.COM. **SHU UEMURA** ESSENCE ABSOLUENOURISHING OIL-IN-CREAM, \$69, SHUUEMURA.CA. **DPHUE** COOL CONDITIONER, \$32, ULTA.COM. **JOICO** BLONDE LIFE BRIGHTENING VEIL, \$20, SALONS. **REDKEN** COLOUR EXTEND MAGNETICS MEGAMASK, \$25, REDKEN.CA

FIRST LIGHT
The author’s hair evolution from dark brunette to bright blonde



PHOTOGRAPHY: GETTY IMAGES (PERRY, KRAVITZ, STEWART)

THE KIT X L'ORÉAL PARIS



Out of office

Whether you’re poolside, beach-bound, or en route to cottage country, these summer beauty essentials are the loveliest way to embrace the season. Create a gorgeous glow, add vibrant pops of colour, then go forth into the sunshine

1. Ocean liner

Black liner is a classic, but summer is the season to push your beauty boundaries. Try an on-trend graphic eye in one of six poppy aquatic shades, including teal and sea glass green. Creating your masterpiece is a breeze with an easy-to-use felt tip pen applicator.

L'ORÉAL PARIS INFALLIBLE PAINTS LIQUID EYELINER IN ELECTRIC BLUE 302, \$12.99

2. Bright side

Bold lips and sun-kissed skin go together like a glass of rosé and a juicy beach read. Swipe on any of these 13 high-intensity shades and the smooth, glossy colour will stay put. Bonus: The precise applicator allows for on-the-go touch-ups.

L'ORÉAL PARIS INFALLIBLE PAINTS LIP COLOUR IN ORANGE ENVY 322, \$12.99

3. Hide and seek

Consider this concealer your desert island pick: available in eight shades, you can use it to camouflage, correct and highlight, while the quick-dry finish, airy texture and buildable pigment make it easy to customize your lit-from-within glow.

L'ORÉAL PARIS PRO GLOW CONCEALER IN NUDE BEIGE 03, \$14.99

4. Sun life

Bronzers typically impart a shimmer, which is a dead giveaway that your tan may be faux. This one is matte and blends seamlessly into the skin so it looks like you spent time in Capri—not in front of your bathroom mirror.

L'ORÉAL PARIS GLAM BRONZE MATTE BRONZING POWDER IN GOLDEN BRONZE 06 (LEFT) AND BLOND SUN 00, \$15.99 EACH

5. Ring pop

This high-shine lacquer—infused with four nourishing oils including argan and rose—makes nails feel as chic as they look. At-home manis look polished and profesh thanks to the innovative, patented brush and pigment-rich formulas that deliver saturated colour with a single coat.

L'ORÉAL PARIS COLOUR RICHE VERNIS À L'HUILE IN ORANGE TRIOMPHE 444, \$9.99

6. Splash guard

Summer means being ready for anything, from impromptu park picnics to rogue cannonballs. This next-gen waterproof mascara has you covered wherever your day takes you. The precise-dosing applicator prevents clumps, while the high-tech wand ensures dramatic definition and major volume.

L'ORÉAL PARIS VOLUMINOUS MILLION LASHES WATERPROOF MASCARA IN BLACKEST BLACK 630, \$12.99

Available at
SHOPPERS
DRUG MART





18 | CHECK OUT THIS COOL COLLAB

Lululemon enlisted the most hyped-about woman in fitness, Taryn Toomey, to create a dreamy collection

The thing about being a fitness instructor and collaborating with Lululemon on a capsule collection is that you have the power to bring back a favourite pair of pants from the archives. Such was the case when Taryn Toomey worked on a dreamy mauve- and moss-tinted 11-piece line of slouchy tanks and leggings with the Vancouver-based athletics brand, available in select Toronto and Vancouver boutiques. “I swear I have not put another pair of workout pants on in four or five years,” she says about the original pair’s allure.

Prior to creating The Class four years ago—it’s “a 65 or 75-minute cathartic movement experience” involving repetitive calisthenics available in locales like Vancouver, Nantucket and New York—Toomey did stints at Dior and Ralph Lauren, so slipping back into the fashion realm was easier than, say, her signature workout. “The whole experience was so supportive, I just felt free of the frustration,” she says.

Toomey made the switch to fitness, where her sessions are frequented by hyper-toned women like Christy Turlington Burns and Naomi Watts, because she needed more fire and ferocity in her life. “I’ve always been a pretty spicy girl who has needed movement in order to just ground and settle myself,” she explains in her notably smoky voice. The collection’s muted colours and elegant draping may skew meditative West Coast woman with glutes as hard as a wad of cash, but like the woman who made them, the clothes are lit. —*Veronica Saroli*



LULULEMON TARYN TOOMEY COLLECTION BRA, \$52, WRAP, \$88, LULULEMON

19 | UPGRADE YOUR GARDEN PARTY

Top chef Chuck Hughes shares his barbecue tips

Chuck Hughes has earned himself rock-star status in Canada’s food game. He owns two of Montreal’s top restaurants, Garde Manger and Le Breunner. He’s starred in hit shows such as *Chuck’s Day Off* and *Chuck’s Eat the Street*. He won *Iron Chef* (his ingredient? Lobster. His dish? Lobster poutine.) We recently sat down with Hughes while he was in Toronto to promote his latest venture, as the headlining chef of the Big Festival, a U.K.-born music and food festival, which arrives in Canada for the first time August 18 to 20, in Burl’s Creek, Ont. (Musical acts include Weezer, Ben Harper & the Innocent Criminals and the Strumbellas, while Rob Gentile and Vikram Vij are among the food headliners. Tickets are at thebigfestival.ca.front-gatetickets.com.) In person, Hughes is completely charming and totally down-to-earth. We chatted about all things festival and food. —*Sarah Chan*

What’s on your ideal summer barbecue menu? “You need a piece of meat, whether it’s steak or chicken—really simple is great. But, for me, the sides are everything, like summer corn on the cob grilled-out. Instead of just doing the regular butter, spice it up with sour cream, chili flakes and lime. I like to go all out. For me, summer barbecues need potato salad. There’s so many ways to amp it up. Add fresh horseradish, celery leaves (I like to put them in everything!)—the possibilities are endless.”

What about dessert? “The ultimate summer dessert has to be strawberry shortcake, which you could probably do on a barbecue, but I wouldn’t suggest it!”

What’s in your barbecue tool kit? “Good seasoning. I’m not a fan of marinating. If you’re



going to spend top dollar on a great piece of beef and then put it in your fridge to marinate for five hours, you’re basically killing all the natural flavour. To me, all a good steak needs is salt and pepper and maybe a little roasted garlic.”

Anything else? “A good, clean grill. A lot of people have barbecues that they never clean, but they’ll say, ‘It adds flavour!’ No, it doesn’t. Step it up a bit.”

What makes the Big Festival different from other summer music festivals? “There are a lot of great music festivals and there are a lot of great food festivals. Combining both is sort of unheard of until now. The emphasis is that it’s really family-friendly but without losing the cool factor. There’s going to be bands and musicians for kids and for adults—a little bit of everything, and we’re going to be out in the woods surrounded by music and surrounded by food.”

How are you involved? “I’m there the whole weekend from start to finish. All the chefs are going to be doing cooking demos, cooking classes and seminars. I’m even going to be presenting bands on stage!”

HIGHLIGHT REEL *Chuck Hughes’s summer soirée playlist*

1. “Weezer. They’re a band I listened to a lot when I was younger, and they’ve come back. ‘The Sweater Song.’ So good.”
2. “I’m in Toronto so I’ll throw in some Drizzy Drake. ‘O to 100’ gets me pumped.”
3. “Barrington Levy’s ‘Here I Come.’ A classic reggae song.”
4. “Something from my softer side: I’m going to say Audio Slave ‘I Am the Highway.’”
5. “Tragically Hip, but I can’t choose one song—I just can’t do that.”



THIS IS JUST MY FACE: TRY NOT TO STARE BY GABOUREY SIDIBE, \$33, BOOKSTORES

20 | READ THIS

Gabourey Sidibe is speaking up for herself in her new book

BY VERONICA SAROLI

As Gabourey Sidibe details in her new memoir, *This Is Just My Face: Try Not to Stare*, she had an unusual upbringing. Her parents married for a green card; her dad is a polygamist; her mother sang on subway platforms to make a living; she suffered from depression and an eating disorder; she worked as a phone sex operator (briefly, then moved on to management); and recently underwent weight-loss surgery. Yet, she remains lighthearted, funny and honest. We chatted with the 34-year-old about feminism, her book—which took three years to write—and how to get what you want.

You lived with your aunt Dorothy Pitman Hughes, a founder of *Ms. Magazine*. Did that shape your views on feminism? “It actually

kind of didn’t. I was interested in the adults in my life just as much the average kid, which is zero. But I remember thinking that she lived on her own, had this big house and didn’t have a husband around, and I felt like I didn’t have to be married in order to live in a nice house; I didn’t have to be in a partnership in order to be successful. She didn’t sit me down and teach me feminist ways or anything like that.”

You wrote about making the switch from working with a stylist who doesn’t specialize in plus-size fashion to one who does, Marcy Guevara. Tell me about making the change.

“I really appreciated someone who is familiar with my body. There are simple things, like we [know] to hide this because this protrudes too much, or we’ll do this because if you wear Spanx for too long it’s going to hurt. Once I was at a photo shoot and I had to wear a see-through top and the stylist was a very thin woman who just doesn’t wear a bra. I wasn’t comfortable talking to her about what see-through shirt is going to look best around my body, when it’s not something she ever had to consider. So there is a comfort level with Marcy that I don’t have to explain.”

What was a moment where you really stated, “I want what I want”? “The thing about being a woman is that your entire existence is to please somebody else. You have to sacrifice in a way that men just don’t. Well that feeling, that basic need to just be cool about everything, is doubled when you’re a black woman. My entire existence has been about being out of the way and doing everything I can for other people. There are times where I need something, and I’m too afraid to ask for it because I don’t want to be called a bitch.”

I was shocked at your chapter about not initially getting paid for *Precious*. “The way actors get paid is through managers and agents. But it was just me, so they kept forgetting to pay me. I was really grateful and appreciative of the opportunity of being in a movie and I felt I couldn’t say, ‘Hi, I need to get paid.’ So I said, ‘Listen, I need money.’ They were like ‘Well, it’s Friday, and nobody is at the office right now. Can it wait until Monday?’” And it took so much strength and courage to say it couldn’t. And nobody called me a bitch, and nobody called me difficult.”

CONTEST ALERT!

Real talk: You’re going to be busy this summer, whether your plans include heading to a rollicking music festival or relaxing horizontally in your backyard. The last thing you want to worry about is keeping your hair out of your face. Enter to win the ultimate Goody prize pack, valued at \$115+, which offers all the season’s most essentials hair tools and accessories. Head over to thekit.ca for a chance to win a prize pack, which includes a Clean Radiance Brush, Ouchless Elastics and—for when you’re feeling ambitious—a Simple Styles Fancy Fishtail Kit (plus more!).



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ILLUMINATING PRIMER, \$16, AND POLKA DOT MAKEUP SPONGE, \$5.29 (2 PACK)

2. COVER STAR

Perfect your canvas with hydrating, antioxidant-packed foundation.
DAILY BOOST FOUNDATION IN PORCELAIN, \$18

3. BRONZE MEDAL

Bring warmth to your cheeks and temples.
BRONZER DUO IN SUNKISSED, \$12

4. LIGHTS ON

Bring light to the tops of your cheekbones, bridge of the nose and just above the upper lip.
HIGHLIGHTER STICK IN PINK PEARL, \$10

5. TIME TO SHINE

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WATCH, \$19

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COCKTAIL HOUR

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Enhance and even out your complexion.
MATTE SHEER TINT IN PORCELAIN, \$16

2. FRESH POWDER

Mattify the T-zone (and bring along for touch-ups).
OIL ABSORBING POWDER IN LIGHT, \$12

3. PERFECTLY DEFINED

Fill in brows and brush them up to frame your face.
BROW PENCIL IN BROWN, \$8

4. JEWEL BOX

Add some sparkle with delicate jewellery.
NECKLACE, \$24, AND TEARDROP EARRING SET WITH STUDS, \$16 (PACK OF 4)

5. LIP LOVE

Layer on moisturizing tinted lip balm in a juicy shade.
TINTED LIP BALM IN DRAGONFRUIT, \$12

6. LASH OUT

Curl lashes and apply two coats of nourishing mascara.
EYELASH CURLER, \$5, AND HYDRA LASH ARGAN OIL MASCARA, \$12

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