

CANADA **E**

ELLE™

MAY 2018



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CHOPRA**

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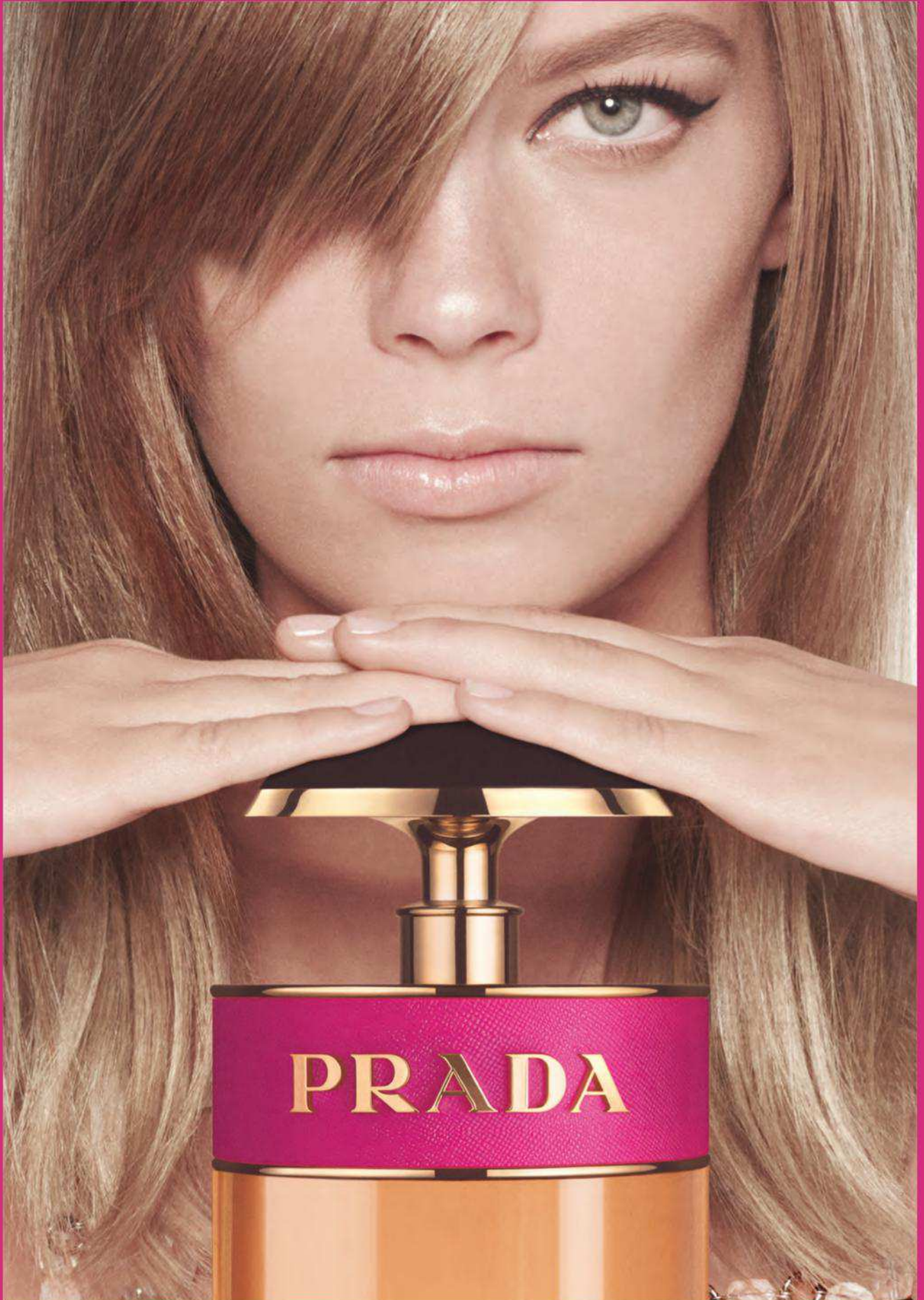


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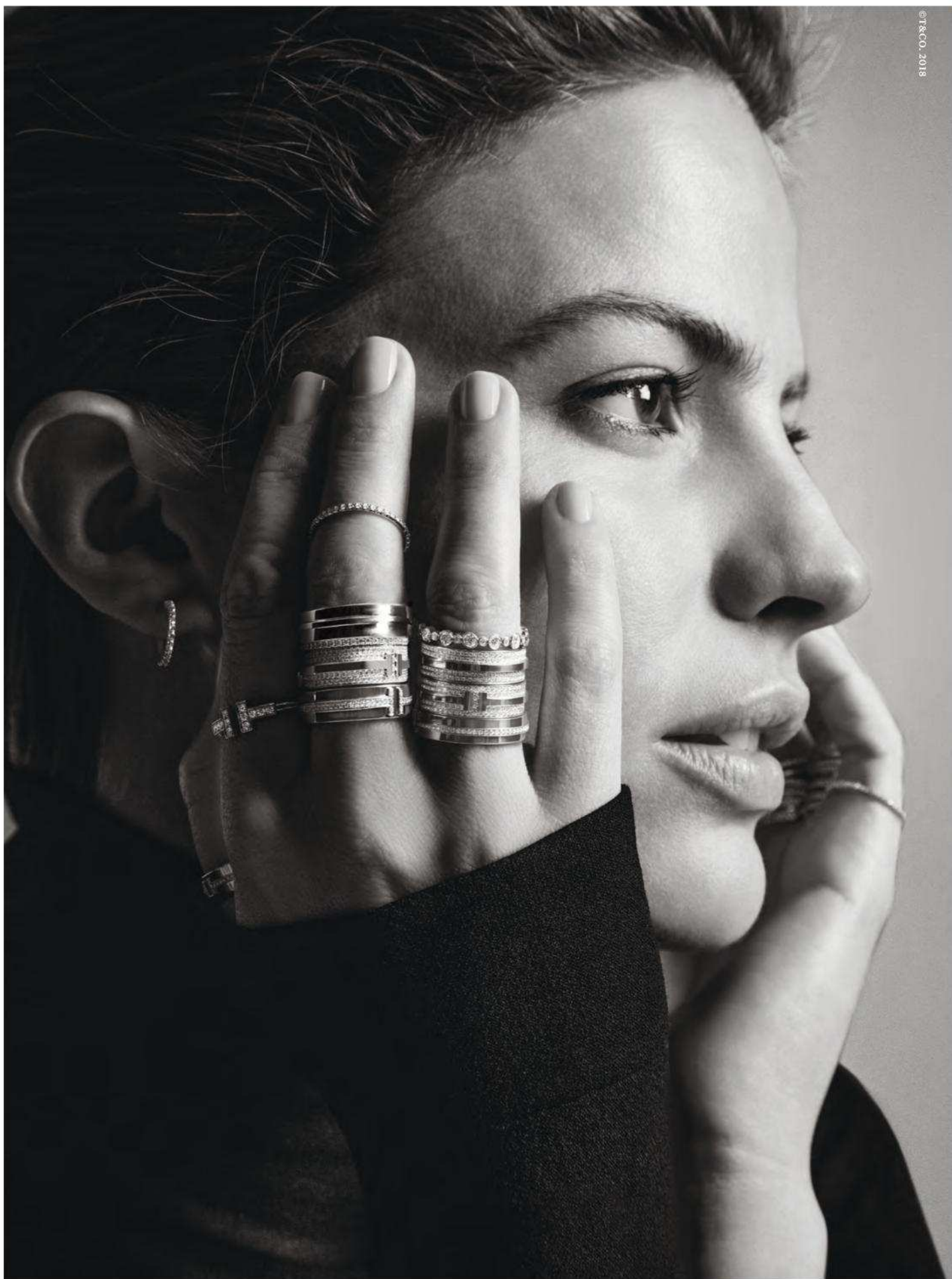
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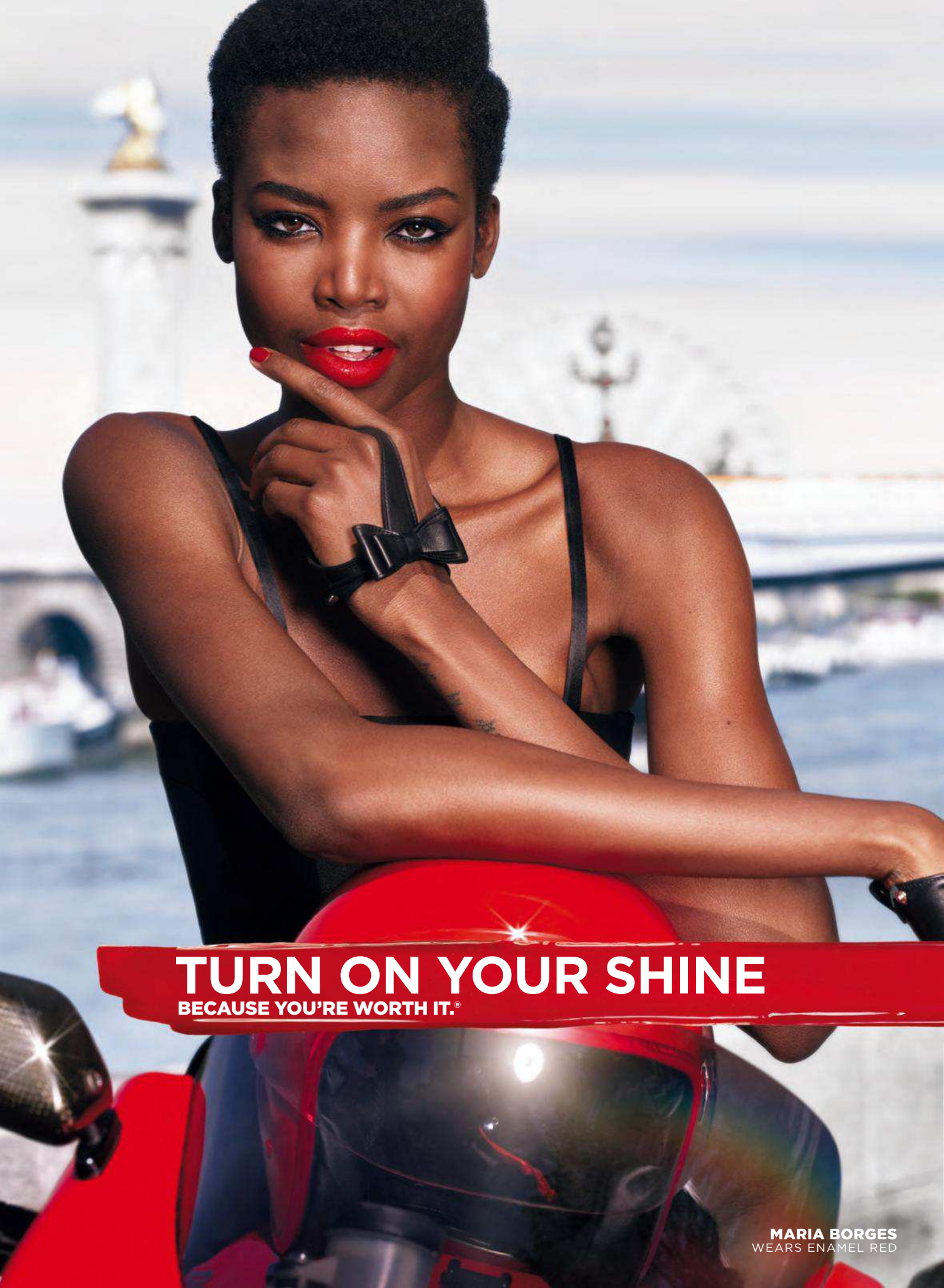
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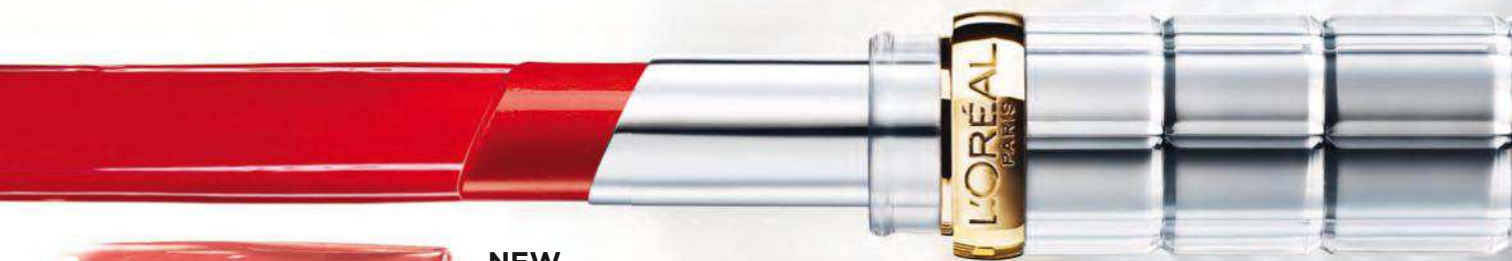
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STORYBOARD

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SALAD DAYS
We swear our lunchroom is just as chic as the Campari Canada HQ in Toronto. Also, we look *just* as elegant as Grace Mahary when we eat (p. 68).



EXTENSION (RE)CORD
No, managing editor Carli is not applying to be the next bachelorette—she was just feeling the extensions she tested out for our hair video on ELLECanada.com.



ROYAL TREATMENT
Our invitation to the royal wedding must have gotten lost in the mail, but that hasn't stopped us from celebrating. For more on Meghan and Harry, turn to p. 52.



BALANCING ACT
Market editor Elaine (very, very carefully) places the final touch on our accessories shoot (p. 25).



ICH BIN EIN BERLINER
Style editor Liz blends in while attending the Marc Cain show in Germany (p. 34).

LEAN BACK
Cover star Priyanka gives her best "Angelina Jolie leg" while posing for our shoot in Brooklyn. For our full convo with the actress, see p. 42.



HERE COMES THE SUNSET
Peru has the best scenes for no-filter pix, si? For more, turn to p. 91. □

TEXT, CARLI WHITWELL; ALL PHOTOS BY ELLE CANADA STAFF



Get a behind-the-scenes look at each issue as it happens by following us on Instagram @ELLECanada.



42

Priyanka Chopra is just like you: She needs ice cream when she's feeling down.

MAY 2018

CANADA
ELLE

30

Modern jewellery: These aren't your grandma's heirlooms.



COVER STORIES

- 25 **ACCESSORIES** Get ready to dig through your closet: That old logo tote is cool again.
- 30 **STYLE SCOOP** The new long-term relationship in your life is with jewellery.
- 32 **STYLE** If Rihanna says it's chic, it must be, right? Examining the appeal of micro-sunglasses.
By Clara Young
- 42 **CELEBRITY** Priyanka Chopra gets real about staying ambitious and being her own person.
By Sarah Laing
- 79 **BEAUTY** A deep dive into all things hair. (Hot tip: Don't go blond in one day.)

STYLE & FASHION

- 33 **STYLE** What goes around always comes back around, even with It bags.
- 34 **SHOW NOTES** Berlin provided the perfect backdrop for Marc Cain's fall/winter 2018 collection.
By Liz Guber
- 57 **FASHION** Fringe isn't just for the music-festival circuit anymore; every way to style pastels this spring. ▷

PHOTOGRAPHY: NINO MUÑOZ (P. CHOPRA); EMBROIDERED SHIRT (SAINT LAURENT) AND NYLON, CUPRO AND SPANDEX CAMISOLE (UNICLO); 18-KARAT-GOLD-PLATED-STERLING-SILVER NECKLACE, MEJURI (\$91, MEJURI.COM)



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Louis Vuitton Blossom Collection

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79

Upgrade your hair routine.

FEATURES

- 37 **RADAR PROFILE** A one-on-one with *A Wrinkle in Time* director Ava DuVernay. (You'll never guess what she taught Oprah.) *By Sarah Laing*
- 40 **FOCUS** Art-appreciation advice and a cool playlist.
- 48 **PSYCHE** What exactly is *sisu*, the Finnish word that's taking the self-help world by storm? *By Hannah Nathanson*
- 52 **ZEITGEIST** All the reasons we can't stop obsessing over Meghan and Harry's upcoming nuptials.
- 91 **TRAVEL** You've probably never heard of this hidden beach town in Peru. *By Natalie Nanowski*
- 94 **DECOR** Terrazzo is back, and you're about to start seeing it everywhere. *By Carli Whitwell*
- 95 **LIFESTYLE NEWS** How to translate the runway trends for your home, plus this season's super-saturated colour trends.

BEAUTY & WELLNESS

- 84 **BEAUTY BUZZ** This month's new & noteworthy must-haves.
- 85 **BEAUTY EDIT** The products we're coveting now.

EVERY MONTH

- 13 **STORYBOARD**
- 19 **CONTRIBUTORS**
- 20 **LETTER FROM THE EDITOR**
- 22 **LETTERS**
- 56 **ELLE ONLINE**
- 96 **HOROSCOPE**
- 97 **SHOPPING GUIDE**
- 98 **OVERHEARD**



68

There's more to pastels than millennial pink.



ON THE COVER

Priyanka Chopra is wearing a dress and a top by Fendi and rings by David Yurman. **Photography** Nino Muñoz **Art direction** Jed Tallo **Styling** Isabel Dupré (Lalaland Artists) **Makeup** Patrick Ta (Greyscale Management) **Hair** David von Cannon (The Wall Group) **Manicure** Yuko Wada (Atelier Management)

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THE NEW SENSATION





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LAURA GULSHANI ILLUSTRATOR

The gig “My dad constantly reminds me that good things take time,” says Gulshani. The illustrator, from Mississauga, Ont., tested her patience painting the intricate royal-wedding plate for “When Harry Met Meghan” (p. 52). **Will and Kate who?** “How cute were Prince Harry and Meghan holding hands and giggling on that sofa?”



PATRICIA KAROUNOS EDITORIAL ASSISTANT

The gig Scarborough, Ont., native Karounos is ELLE Canada’s newest—and most pop-culture-obsessed—team member. “Greta Gerwig is my dream interview. I would love a peek into her creative mind.” **Fave accessory** “My wardrobe is pretty neutral (read ‘a lot of black’), so my pink Chelsea boots add the perfect pop of colour.”



ISABEL DUPRÉ STYLIST

The gig Parisian turned New Yorker Dupré was the creative eye behind the luxe surfer-chic styling of our cover star Priyanka Chopra. **More is more** “It’s better to be overdressed than underdressed.”



GRACE MAHARY MODEL

The gig Edmonton’s own Mahary—who now calls NYC home—stars in our pastels-for-the-office fashion shoot, “Candy Inc.” (p. 68). **Making a difference** “I hope to change the narrative of [developing] countries by using my platform to highlight their positive potential.”



NATALIE NANOWSKI WRITER

The gig Warning: Reading Torontonian Nanowski’s account of one of Peru’s hidden beaches in “Surf City” (p. 91) may cause extreme wanderlust. **Oh, the places you’ll go** “Check out Nicaragua. San Juan del Sur is a hip beach town that is filled with Canadian expats and has amazing poutine.” □

LETTER FROM THE EDITOR

MAY 2018



AS A MAGAZINE EDITOR, I'm constantly obsessing over details. I have spent more time on thesaurus.com searching for the perfect word to describe a pair of trousers than I have actually shopping for trousers. When we're putting the finishing touches on an issue at deadline time, I patrol the wall where all the new pages are pinned up, monitoring how the magazine is coming together. Does that juicy feature have a stop-and-stare headline you just can't flip past? Does the cover font add precisely the right pop of colour? I do this because I know that little things, even a single word (should we really be describing spruce blue as a "saturated" shade?), add to the entire experience, from photos to captions to grammar.

Details matter in fashion too. Accessories act as the punctuation marks for an outfit. An extraordinary handbag, a delicate gold pendant necklace or even just a

great red lipstick is how a style sentence is finished. Take the edgy yet elegant Off-White c/o Jimmy Choo collaboration stilettoes (page 75), which serve as a very bold exclamation point to anything worn with them. This month's Accessories Special (page 25) brings you some of the best accent pieces on the market, from monogrammed slides to a checkerboard backpack.

The accessory I'm most excited about is the teeny-tiny '90s-era-with-a-twist sunglasses that have been popping up on runways from Alexandre Vauthier to Alexander Wang to Balenciaga (page 32). No, these micro-shades won't forgivingly cover pre-coffee puffy eyes in the morning; nor will they do much in the way of quality UV protection. And...their size seems to be best suited to supermodels. But that doesn't matter at all to me. I love that they show more of your face to the world. Having nothing to hide is the best accessory of the year. Period.

A handwritten signature in black ink that reads "Vanessa X". The signature is fluid and cursive, with a large 'V' and a long 'X' at the end.

Vanessa Craft
Editor-in-Chief

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What do you want to see in the magazine?
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DAVID YURMAN

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ELLE LETTERS



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Love reading
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THIS MONTH'S BEST

LONELY PLANET Thank you for "The Social Network" [ELLE Relationship, April 2018]. Your article helped me understand the grieving process I'm going through as I lose touch with many friends. It helped me understand that when your friends get married and have children, or when you're no longer working with colleagues who were also friends, things change. I'm lucky to be surrounded by very good, close friends—but there is still a mourning and sadness in my heart for the ones who got away. **Suzanne Henrion, Gatineau, Que.**

FAN FOR LIFE I'm sitting at the hairdresser's reading ELLE Canada and sipping my coffee while the blow-dryer hums. I've opened the pages of this magazine countless times over the years, and I've never tired of the reads and fashion. Through all of life's triumphs and challenges, I've always loved learning how to fix this or that and how to add just enough style to my wardrobe that my wonderful, beautiful daughters still take a second look at their mom and say "You look good!" Thanks, ELLE Canada. **Carolyn B, email**



This month's best letter wins a Nude by Nature Touch of Glow Highlight Stick, Natural Wonders Eye Palette and Natural Glow Loose Bronzer (valued at \$107).

TWEETS

@vansin12

I can't express how much I loved the article and cover with Gabrielle Union. It was refreshing, empowering, full of strength, love and realness.

@flavourandflare

More books to put on my never-ending #readinglist & possible films to see from this @ELLECanada article!

@kayjaybarrie

Huge round of applause @ELLECanada for your feature "Body Language" in your February issue. Happy to see women taking charge with this and making changes!

@chouse17

May take this advice in @ELLECanada and resist the temptation to take selfies during #kusama2018 and just immerse myself in the experience.

@SharryAsh_

I almost never buy magz but when I saw @ELLECanada "love yourself" [issue], I had to grab it. True self-love needs a louder voice in this world.

Send us your letters via email at ELLEletters@ELLECanada.com or snail mail at ELLE Canada, 25 Sheppard Ave. W., Suite 100, Toronto, Ont., M2N 6S7. Include your name and address. Letters may be edited.



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Nostalgic logos are enjoying a renaissance thanks to irresistible takes by Louis Vuitton, Gucci and Max Mara. If it looks vintage, it's in.



ACCESSORIES SPECIAL

NEW ADDITIONS

Accessories take centre stage. Which ones are on your list?

STYLE

NEWS, SHOPPING & RUNWAY TRENDS



Rubber sneakers, Adidas by Stella McCartney (\$361, at stylebop.com)



Polyurethane backpack, Aldo (\$45, aldoshoes.com)



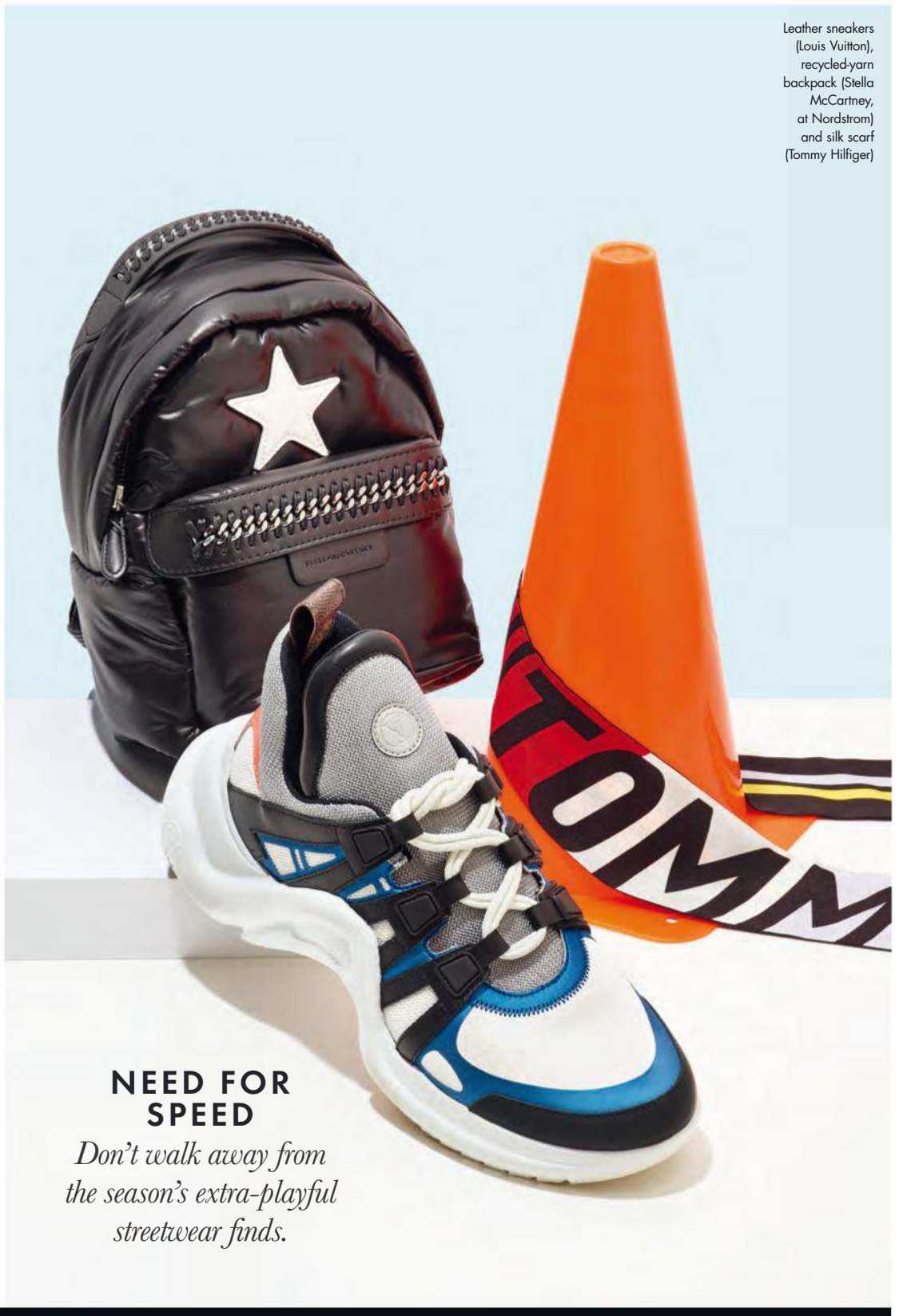
Acetate sunglasses, Le Specs (\$118, at mytheresa.com)



Plexiglas, brass and crystal earrings, Miu Miu (\$385, at ssense.com)



Nylon and rubber sandals, Suicoke (\$265, at ssense.com)



Leather sneakers (Louis Vuitton), recycled-yarn backpack (Stella McCartney, at Nordstrom) and silk scarf (Tommy Hilfiger)

NEED FOR SPEED

Don't walk away from the season's extra-playful streetwear finds.



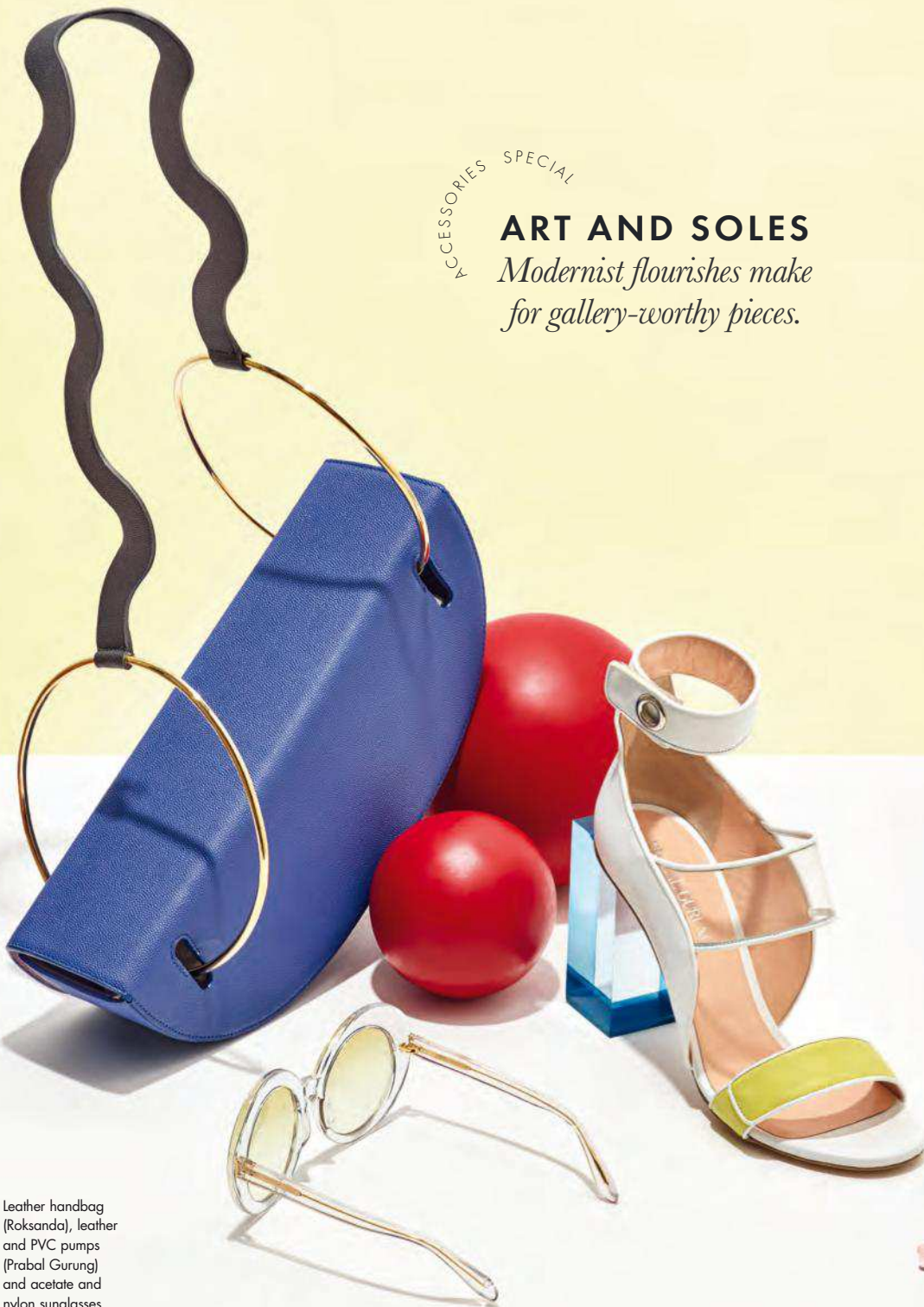
DREAM TEAM

Two luxury-streetwear power players, Virgil Abloh (of Off-White) and Heron Preston, co-designed a bag this season. The clear top-handle carryall bears the signature of both brands—Abloh's quotations (the bag is emblazoned with "Collaboration") and Preston's logo ("style" in Cyrillic font)—and packs double the hype. (From \$1,231, off-white.com)

ACCESSORIES SPECIAL

ART AND SOLES

Modernist flourishes make for gallery-worthy pieces.



Leather handbag (Roksanda), leather and PVC pumps (Prabal Gurung) and acetate and nylon sunglasses (Linda Farrow). Resin spheres, marthasturdy.com



Recycled-resin and concrete earrings, Dconstruct Jewellery (\$50, at oneofakind onlineshop.com)



Satin heels, Zara (\$79.90, zara.com)



Sterling-silver and 24-karat-gold ring, Julie Bégin (\$625, juliebeginjewellery.com)



Faux-leather tote bag, Mango (\$70, mango.com)



Satin slides, Coliac (\$732, at themodist.com)



ON DISPLAY

Toronto's Bata Shoe Museum will play the final (and only North American) host to *Manolo Blahnik: The Art of Shoes* (May 16, 2018, to January 6, 2019). The travelling exhibit features 200 pairs of shoes—some dating back to the '70s—from the designer who redefined luxury footwear. Think of it as educational window shopping. ▷

ACCESSORIES SPECIAL

THE PALM DOT COM

Nothing says spring quite like organic materials and botanical prints.



Straw handbag (Eugenia Kim), jacquard mules (Stuart Weitzman) and brass bracelet (Mulberry). For details, see Shopping Guide.



Rose-gold-metal necklace, Lucy Folk (\$960, lucyfolk.com)



Rice-paper hat, Tilley (\$120, tilley.com)



Leather sandals, Geox (\$170, geox.com)



Leather and straw handbag, 3.1 Phillip Lim (\$722, at farfetch.com)



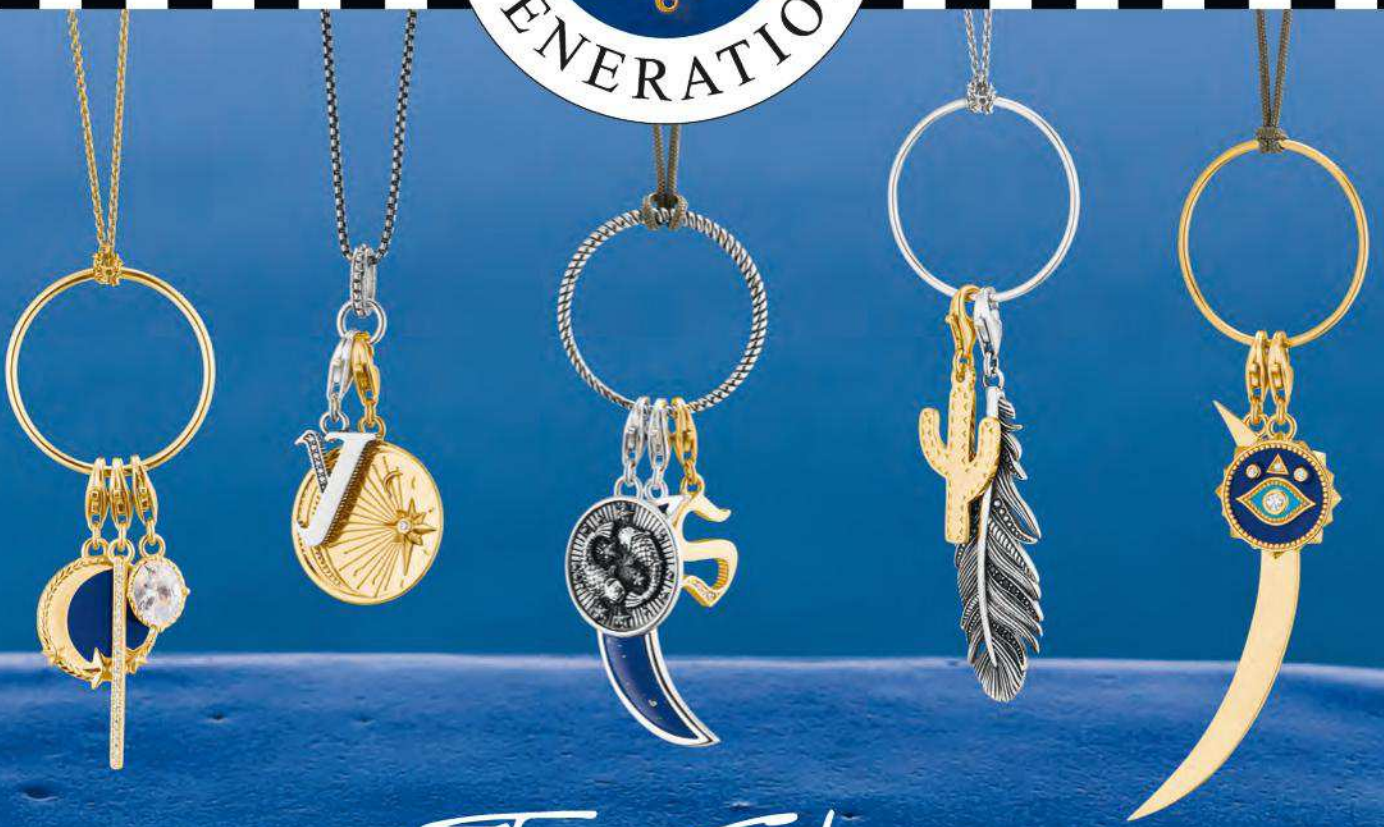
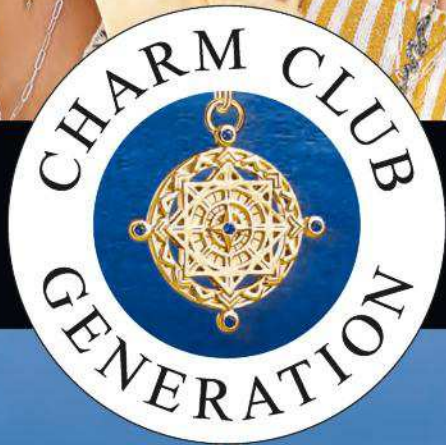
Metal and polyester earrings, BaubleBar (\$49, baublebar.com)



LUNCH OPTIONAL

Simon Miller, the label known for delightfully unusual and highly coveted bags, brings a new shape this spring: a clutch made to look like a paper lunch bag. The quirky piece is crafted from lambskin or goatskin that crinkles just so when the bag is rolled up and comes in look-good-enough-to-eat shades like mango and caramel. (From \$442, simonmillerusa.com) □

CONTACT: 1 866 461 9862
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Thomas Sabo



Platinum and diamond necklace, Tiffany & Co. (price upon request, tiffany.ca)



Reed Krakoff

THIS JUST IN

“Welcome to bring-a-friend-to-work day!” jokes Reed Krakoff, Tiffany & Co.’s recently appointed chief artistic officer, at the company’s 5th Avenue headquarters in New York. Krakoff is joined by a swarm of international editors eager for the unveiling of his first collection. Dubbed Paper Flowers, the fashion designer’s fine-jewellery debut takes inspiration from the delicate shapes of petals. Earrings, necklaces and pendants resemble blossoms that have been deconstructed and put back together in unexpected ways. “Tiffany has a long history of florals, but this is a way that feels industrial and much more modern,” explains Krakoff. Look closely at some pieces and you can see the pin holding the petals together—an example of this technical-meets-natural mix. Along with a new aesthetic for the iconic brand, Krakoff is also championing a new mindset: Luxury doesn’t have to be formal. There’s an emphasis on wearing fine jewellery—like earrings made up of diamond and platinum petals—every day rather than keeping it hidden in a velvet box awaiting a black-tie gala. “Nothing is standard; nothing is what we’ve done before,” he says. “The idea is to re-look at everything and try to make it as addictive as possible.” Mission accomplished.



Platinum, diamond and tanzanite earrings, Tiffany & Co. (price upon request, tiffany.ca)

ACCESSORIES SPECIAL

WHAT’S COOL, CUTTING EDGE AND IMPORTANT IN JEWELLERY

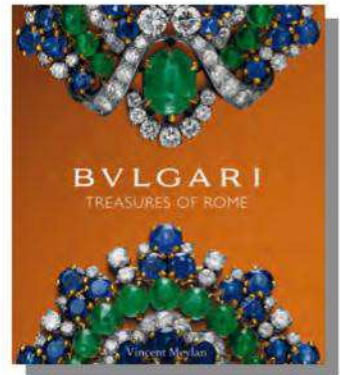
SCOOP

IT TAKES TWO

Toronto-based fashion designer Andrew Coimbra teamed up with long-time friend and fellow 6ixter Corrine Anestopoulos, the founder of edgy-feminine jewellery brand Biko. The result? The Magma Studs, rhodium and Lucite earrings in abstract shapes and contrasting colours. They’re also modular, so wear them as you wish—as studs, long and dangling or mismatched. “Andrew and I design for the same person: someone comfortable in their skin who thrives on the excitement of unexpected details,” says Anestopoulos. Here’s hoping this won’t be the last joint effort.



Rhodium and Lucite earrings, Biko (\$125, ilovebiko.com)



READ THIS

This spring, 134-year-old jeweller Bvlgari is releasing a book that takes a glittery trip through the house’s archives and celebrates its Roman origins. Its 300 pages chronicle everything from the creation of iconic pieces—like the Serpenti bracelet, which was inspired by ancient mythology—to tales of memorable clients. Two standouts are Dorothy Taylor, an American heiress turned Italian countess, and Richard Burton, who bought many a bauble for his on-again, off-again love, Elizabeth Taylor.

A Bvlgari ruby and diamond necklace from the 1930s





★ EDITORS' PICK ★

L.A.-based jewellery designer Annie Costello Brown sketches and hammers every single one of her artful creations, some of which are inspired by the oblong shapes and meandering lines of Matisse paintings. These statement earrings are crafted from silver, gold and oxidized brass for a satin-like sheen and are best paired with swept-back hair and an oversized button-down. (From \$63, anniestellobrown.com)



Pieces from the Dior à Versailles, Pièces Secrètes collection (prices upon request, dior.com)

FIT FOR A QUEEN

VICTOIRE DE CASTELLANE, DIOR'S CREATIVE DIRECTOR OF FINE JEWELLERY, HAS TAKEN CUES FROM VERSAILLES FOR SEVERAL SEASONS, AND FOR HER LATEST COLLECTION SHE WAS PARTICULARLY FASCINATED BY THE BAROQUE PALACE'S HIDDEN PASSAGES AND SECRET BOUDOIRS. A CLOSER LOOK AT THE RUBELLITE PENDANT, WHICH IS DRIPPING WITH DIAMONDS, REVEALS A SPOOKY SKULL MADE FROM SPINELS AND YET MORE DIAMONDS. THE RINGS HOLD SECRETS TOO: AN OVERSIZED GREEN BERYL OPENS LIKE A TRAP DOOR ON ONE, WHILE AN OPAL RING FEATURES A GOLD-CLAD DRAWER AS IF TO HOLD TINY LETTERS FROM A TINY MISTRESS. MADAME DE POMPADOUR WOULD APPROVE.

DIGITAL DISRUPTERS These buzzy online jewellery brands are putting women first.



MEJURI Noura Sakkijha co-founded Toronto-based Mejuri nearly five years ago with the ambition of democratizing the jewellery industry. The direct-to-consumer approach means that the brand can listen to women's demands (thanks to social media) and turn around a new product, like dainty hoop earrings, in just four weeks. But don't call it fast fashion—the brand sources most of its ethical diamonds within Canada and produces mainly in Toronto. Mejuri is best known for its engravable necklaces and subtle constellation-dotted zodiac pendants, which are delicate enough to be worn with anything. (From \$38 to \$489, mejuri.com)



WWAKE Vancouver native Wing Yau launched her fine-jewellery label in 2013 and quickly gained attention for her understated opal and diamond pieces. "Our product is for someone who wants to break from the tradition of heirloom jewellery," says Yau, now based in New York, where the line is produced. Everything is made to order, and the brand has seen a growing demand for customization, like swapping out diamonds for birthstones. For Yau, who presented larger opals this season, each piece is personal. "Big or small, jewellery wears beautifully over time and will collect all your memories." (From \$60 to \$7,663, wwake.com)



AURATE After Sophie Kahn's newly purchased faux-gold ring turned her finger green, she worked with pal Bouchra Ezzahraoui to launch a digital-first fine-jewellery brand that cuts out the middleman (to keep prices lower) and has an emphasis on quality. All the materials, from rubies to gold, are ethically sourced, and everything is produced in New York City. "It's jewellery made for women by women. You don't need to break the bank, and you don't need a guy [to buy it]," says Ezzahraoui. Aurate is constantly adding new styles—from black-diamond-studded bar earrings to sculptural gold-vermeil chokers. (From \$65 to \$3,600, auratenewyork.com) □

TEXT: LIZ GUBER; PHOTOGRAPHY: GEOFFREY ROSS (BIKO EARRINGS)



MAISON MARGIELA

Beyoncé in 2018; Neo and Trinity in 1999's *The Matrix*

PRADA GURUNG



Millie Bobby Brown



Metal rimless sunglasses, zeroUV (\$15, shopzerouv.com)

ACCESSORIES SPECIAL

SMALL PACKAGES

All eyes are on micro-sunglasses this season. Clara Young wonders why we are suddenly obsessed with this retro look.



Gigi Hadid (above, left) and Rihanna were early adopters.



PRADA

ELLE INSTA-POLL



WE ASKED:

Are you team oversized sunglasses or team micro-sunglasses?

THE RESULTS:

Readers overwhelmingly preferred big shades. (Perhaps to hide from the paparazzi?)

THIS SUMMER'S SHADES are perched on our noses, yes, but also between the past and the present. At Maison Margiela, Prada and Louis Vuitton's spring/summer shows, the sunglasses were '50s futuristic: a throwback to crazy-lady cat-eyes tweaked with a bit of *Tron*. The techno-rockabilly look is compact but elongated with a quirky upsweep that hints at an expansive, even bohemian, sense of fun—not clean and lean à la *The Matrix*. Less whimsical but of similar diameter and geometry are the Off-White c/o Virgil Abloh sun specs. "I've been seeing micro-sunglasses everywhere since last year—on fashion bloggers, at the shows—I feel they're very '90s," says Florencia Oriot of Paris vintage shop Chinemachine. She swears that every time she gets a pair in, she sells them right away. Kanye West is certainly on board with the teensy trend. "He sent

"THE LIFE CYCLE OF AN IT BAG," UZ GUBER; PHOTOGRAPHY, IMAXTREE (RUNWAY) & GETTY IMAGES (ALL OTHER IMAGES)

“THE SMALLER MATRIX STYLE COMPLEMENTS A LONGER, NARROWER FACE, WHILE THE CAT-EYE VERSIONS ARE BEST FOR A ROUNDER FACE. THEY’RE MEANT TO ACCESSORIZE, SO BE BOLD AND ROCK RED OR WHITE ACETATE VERSIONS TO REALLY POP SOME COLOUR INTO YOUR EVERYDAY ALL-BLACK WARDROBE.”

— Brian Etcovitch,
Vintage Frames Company, Montreal

me a whole email, like, ‘You cannot wear big glasses anymore. It’s all about tiny little glasses,’” recalled Kim Kardashian on a recent episode of *Keeping Up with the Kardashians*, claiming he forwarded her “a million” inspo photos.

Mini-sunglasses revivalists don’t take the look all the way back to the Eisenhower era; they give credit to Kurt Cobain and his oval white-rimmed night goggles. Other glasses, like the ones at Prabal Gurung, have such shrunken ovoid frames that they barely cover the eyes, which makes one ask what these sunglasses are for if they don’t shield from prying eyes or ultraviolet rays. They’re even more high fashion when not opaque but, rather, lightly tinted so the eyes are totally visible. At Prada, the cat-eyes are so abbreviated that they’re sharp at the corners and, consequently, slightly dangerous. But Bella Hadid, Kendall Jenner and Rihanna don’t seem to care: They’re gigantic fans of tiny shades, which are the ocular version, if you will, of the itsy-bitsy, teeny-weeny yellow polka-dot bikini, minus the yellow and the polka dots but with all of the minimalism. Lethally angled and best worn with eyes peeking over the top, this season’s sunglasses are admittedly not for everyone. “It depends on your face,” says Oriot sagely. “They don’t look good on me, but they look good on rounder faces.” Also key: the right frame of mind. □

Kate Moss carries the OG Balenciaga City bag in 2003, and Kendall Jenner stepped out with the graffiti version in 2017.



THE LIFE CYCLE OF AN IT BAG

What goes around comes around.

There are certain bags that are immune to trends—a quilted Chanel or a woven Bottega Veneta comes to mind. Then there are the more ephemeral styles that skyrocket to It status only to be toppled by the next big thing. Here, we track how a bag goes from runway rookie to must-have.

STAGE 1 Design “A luxury bag, in its truest sense, is a bag that stands the test of time in both quality and design,” says Myriam Schaefer, the creative eye behind some of the most memorable bags of the past two decades. The Parisian designer, who now runs her own eponymous line of high-end bags, created one of Balenciaga’s most iconic accessories—the City bag—in 2001.

STAGE 2 Endorsement After the City debuted on Balenciaga’s fall 2001 runway, Kate Moss started carrying the studded textured-leather purse, causing it to sell out. It wasn’t the first time star power helped catapult a bag to mainstream mania. Gisele Bündchen single-handedly put Mulberry bags on the map when she walked in the house’s spring/summer 2003 runway show carrying a multi-buckled tote that went on to be named after the supe. More recently, fashion’s reigning wunderkind Alessandro Michele brought Gucci’s classic Dionysus back to relevance with his tricked-out takes on the flap-bag style.

STAGE 3 Thrill of the chase In 2005, all 8,000 of Chloé’s Paddington bags sold out before they even hit stores, thanks to the brand’s strategic celebrity gifting. (Fact: Kate Bosworth can sell a lot of leather purses.) The same year, Marc Jacobs’ Stam bag (named after Canadian model Jessica Stam) was so popular, department stores closed their waitlists. In 2017, on fashion search engine Lyst, hits for Gucci bags were at a high—Marmont and Dionysus took the spots for first- and fifth-most-searched bags, respectively.

STAGE 4 The move on Once a style goes mainstream, many flock to the next rising trend. In 2008, it was Proenza Schouler’s PS1 satchel. Designed to be an anti-It bag, the utilitarian style dethroned the celebrity-endorsed stalwarts of the early 2000s, ironically. In more recent years, shoppers have left their prized old-school luxury totes in the dust (bags) and turned to buzzy Insta-famous brands like Cult Gaia and Simon Miller.

STAGE 5 The resurgence For proof that fashion is nothing if not cyclical, look no further than the Dior Saddle bag. The early-2000s style, last seen in the crook of Paris Hilton’s arm, made an unexpected appearance on Dior’s fall/winter 2018 runway following its resurgence among models and influencers. “With the hyper-fast pace at which trends come and go, thanks to the effects of social media, people are longing for classic heritage pieces with a sense of nostalgia,” says Rati Levesque, chief merchant at luxury resale site TheRealReal, where demand for vintage Saddles has doubled this year. Levesque also predicts that, with the imminent departure of Phoebe Philo, Céline’s forgotten Luggage tote is bound to come back to relevance. “Iconic styles made their mark on history for good reason, and these bags will always be relevant,” adds Schaefer. To her point, after a hiatus from the spotlight, the City bag has found a new generation of adopters—Kendall Jenner among them.



HOW TO CHOOSE A BAG FOR LIFE “I believe the convenience of a bag infinitely enhances its beauty. A good bag should be weightless. I also make sure to design bags that can be easily packed without sacrificing their shape or wearability. There’s an inherent statement a handbag makes that defines every woman, making it the single piece in her wardrobe that she should not compromise on.” — Myriam Schaefer

Denim bag, Myriam Schaefer (\$2,900, at Holt Renfrew, holtrenfrew.com)

Liz Guber discovers the most fashionable parts of the Berlin underground.

BELOW THE SURFACE

SHOW

Marc Cain fall/winter 2018

LOCATION

The German fashion house tapped into Berlin's under-the-radar vibe by holding its show in a tunnel between two metro stations beneath the city's bustling Potsdamer Platz.

SOUNDTRACK

New-wave hits like Blondie's "One Way or Another"



MIX IT UP

Not to be outdone by the location, the clothes on the runway were a riotous display of bright orange, fuchsia and electric blue. And since puffer jackets know no dress code, they were wrapped around waists or paired with sequined minis and striped knee socks. Hoodies and chunky-knit sweaters lent blazers and sweeping midi-coats a laid-back feel. A sharp tuxedo dress with sparkly lapels was a particular standout.



PAINT THE TOWN

The brand worked with German-Peruvian street artist Nasca Uno, who, along with fellow artists Moe79, Leifi and Riots1394, transformed the venue's bare grey concrete pillars with graffiti art, light installations and murals.



MODEL BEHAVIOUR

At the show rehearsal, a runway coach urged the typically stone-faced models to smile and dance down the runway. During the finale, set to Su Kramer's "You've Got the Power," the mood was downright ebullient.

TO THE CLUB

The afterparty was held behind the runway space, where guests sipped champagne and hit the sunken dance floor.

DISCO DAYS Creative director Karin Veit combined Studio 54 glamour with Berlin's legendary underground club culture for a show that was equal parts rave and runway spectacle. Showgoers were led down a staircase to a neon- and black-lit tunnel and had to show their invites—glow-stick bracelets—to be let into the inconspicuous venue.



PHOTOGRAPHY: ISTOCK (TORN PAPER & POLAROID FRAMES) & LIZ GUBER (SEATING WITH SWAG BAGS)

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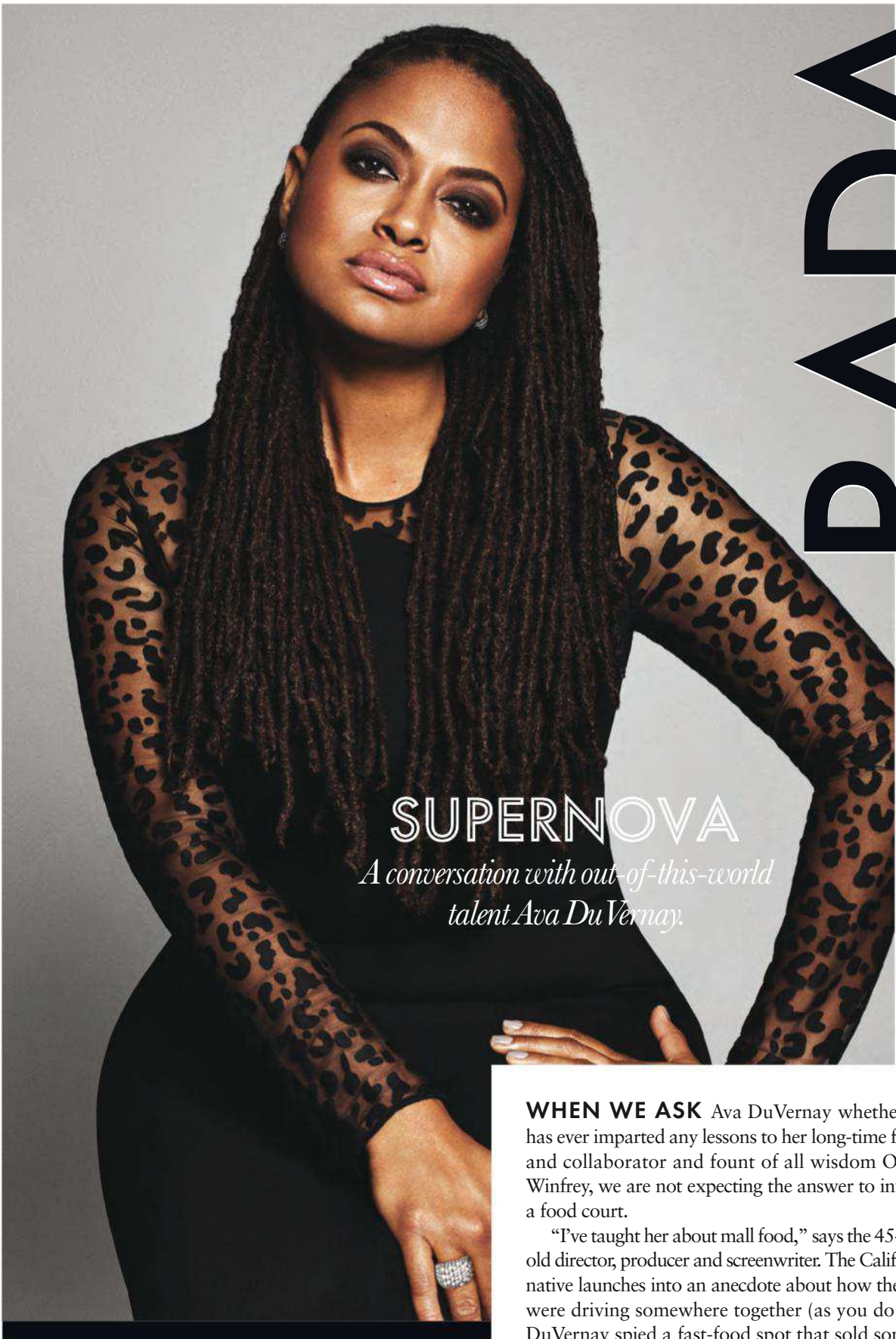
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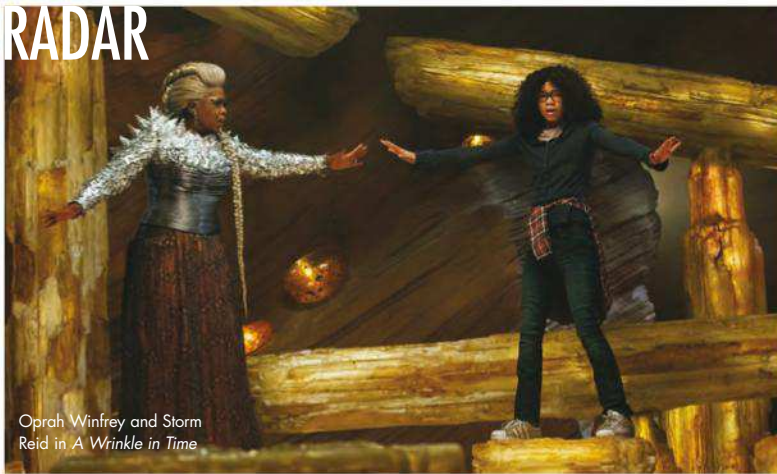


SUPERNOVA

A conversation with out-of-this-world talent Ava DuVernay.

WHEN WE ASK Ava DuVernay whether she has ever imparted any lessons to her long-time friend and collaborator and fount of all wisdom Oprah Winfrey, we are not expecting the answer to involve a food court.

“I’ve taught her about mall food,” says the 45-year-old director, producer and screenwriter. The California native launches into an anecdote about how the pair were driving somewhere together (as you do) and DuVernay spied a fast-food spot that sold some ▷



Oprah Winfrey and Storm Reid in *A Wrinkle in Time*

particularly standout pretzels with pepperoni baked in. She stopped and went into the mall to get them each one.

“Then Oprah was like, ‘What is this? I’ve never tasted buttery goodness like this!’ And I was like, ‘There’s one in every mall in America.’ So it’s just normal-person things like that that I’ve taught her,” laughs DuVernay in her distinctive husky voice, made a little raspier than normal thanks to a cold that she says is at the stage where “it has become fond of me and does not want to leave.”

And, honestly, you can’t fault that rhinovirus, because if there’s any person in the entertainment industry in 2018 whose coattails you should ride—or just scuttle after in the hope of absorbing genius by osmosis—DuVernay is that woman. She was already a respected filmmaker when her career skyrocketed after 2014’s civil-rights biopic *Selma*, which earned her a Golden Globe nomination for Best Director and an Oscar nomination for Best Picture. That was followed by an Oscar nom for Best Documentary Feature for *13th* (which links slavery and mass incarceration in America), making her the first black woman to be recognized in that category. And she did all that while writing and producing the Winfrey-exec-produced *Queen Sugar*. Throughout that timeline, there have been umpteen other awards, nominations and even a Barbie made in her image (which, btw, reportedly sold out in 17 minutes).

That roughly catches us up to *A Wrinkle in Time*, a Disney film based on the beloved children’s book, which is now in theatres. DuVernay directed the film and so became the first woman of colour ever to direct a live-action production with a budget of over \$100 million.

How does this film—a fantasy about a young girl who travels through time and space—fit in with the rest of your résumé? “Everything I do is cultural-justice filmmaking, and this fits firmly into that. The story of a young black girl saving the universe is not so very different from *Selma* to me. Social justice is about imagining a world that isn’t there and making it so. That’s what Dr. King did, and it’s what Meg does in this film.”

Why did this project call out to you? “I loved fantasy and sci-fi movies when I was growing up, but I never saw anyone who looks like me in them. And I never saw a film

that projects fantasy from a feminized point of view because I never saw films directed by women in that space. I wanted to be a woman who could imagine worlds and planets and think about interstellar travel. I wanted to have made *The Lord of the Rings*! It was important to me to step into that space but then bring in a girl who is usually absent in those stories and make her the centre.”

How did you work to tell this story “from a feminized POV”? “I actively looked at all the standard tropes and, with Disney’s support, worked to subvert them. In most fantasy films, there are the standard rhythms—something has to blow up, somebody has to die—and comic-book movies use that cutting rhythm, which was established by male storytelling in the genre. My idea was to apply a much more layered unfolding. It’s mood, an experience, as opposed to a heavy-hitting plot.”

Did you learn anything about the universe in the research for this film that blew your mind? “The way the universe works always blows my mind because we don’t know how it works. Nobody does. The fascinating thing is that everything is theoretical. I find thinking about what could be out there a deeply spiritual, emotional thing. I’ve been interested in it since I was little, so to be able to play with it on film has been...gosh, a geeked-out joy.”

Winfrey, Mindy Kaling and Reese Witherspoon play “celestial guides” who take Meg around the universe. Do you believe in any sort of guiding forces in real life? “I believe the universe is made up of vibrations. I’ve studied science, and through that I have this certainty about energy. I know that loved ones who have passed are not gone because energy never goes away; it just takes a different form. I believe that when I walk into a room, I give off a certain vibration, and that dictates what comes back to me. When you get around people, you feel their energy. Not in a hippie kind of way, but if you really become still, you can be sensitive.”

This film has so many lessons—like believing in yourself. Which one resonates the most with where you are right now in your life? “There’s a character named Calvin who’s a young white boy. He’s Meg’s friend, and there are times in the movie when he asks her ‘What do we do?’ She’s the leader. One day, I got emotional looking at her because it’s not an image I’ve ever seen in another film. A girl of colour leads a white boy throughout a film. That resonates with me because it’s what I do as a director—I have thousands of crew members looking to me, a black woman, asking ‘What do I do?’ When we talk about privilege, whether because of race, sexual identity or gender, it’s vital that people are able to see different kinds of leaders and heroes—just to know that it’s possible because they see it.” □

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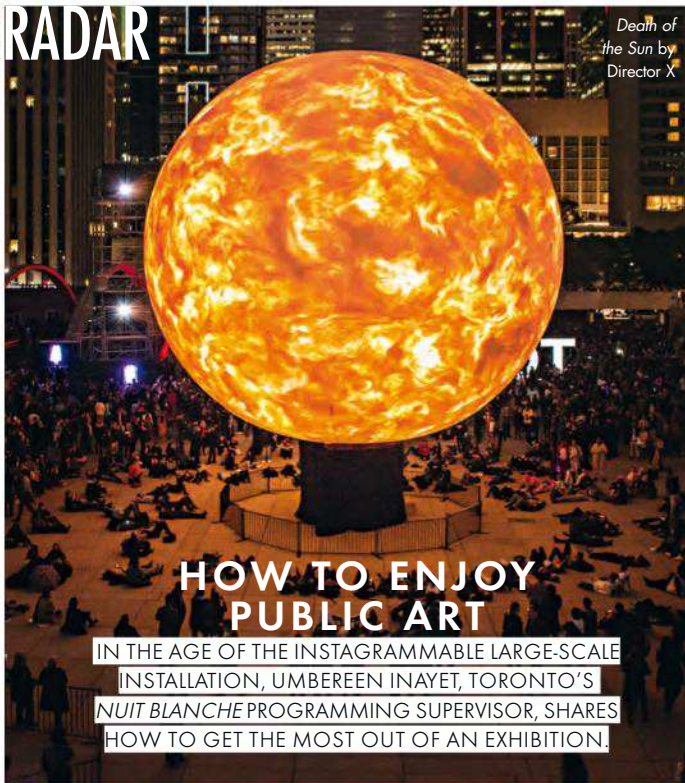
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Death of the Sun by Director X



HOW TO ENJOY PUBLIC ART

IN THE AGE OF THE INSTAGRAMMABLE LARGE-SCALE INSTALLATION, UMBEREEN INAYET, TORONTO'S NUIT BLANCHE PROGRAMMING SUPERVISOR, SHARES HOW TO GET THE MOST OUT OF AN EXHIBITION.

1) FIND THE STORY. "Everything is about storytelling. When I was working in therapy with clients [Inayet is also a social worker], I was really interested in narrative therapy because I find that when you've gone through something, it's easier to talk about it when you're telling stories. Now when I work with artists, I realize that they're telling stories—whether that's through music, songwriting, painting a picture or creating a conceptual piece."

2) APPRECIATE THE EFFORT THAT WENT INTO IT. "Death of the Sun, the work I made with Director X [for outdoor art show *Nuit Blanche* in Toronto], took about two years. He does music videos [for, like, everyone—from Drake to Riri to Bieber], so he's got storytelling down. We started workshoping ideas, and he said, 'What about a solar system?'—he wanted people to feel how small they are in relation to this gigantic universe. I kept pushing him, asking why. He said he wanted to create a piece that brings people together. So I asked, 'What's the most important part of the universe?' He said, 'The sun.' Then I asked, 'What's happening to the sun?' And he said, 'What if the sun dies?' That's the artwork! That back and forth took about six months, with some intense tests to our friendship, and then a year to create, produce and install the work." (Drake later took it on the European leg of his *Boy Meets World* tour.)

3) IT'S OKAY IF YOU DON'T GET IT. "When you put art in the public realm, you're going to have the people who have read the artist's statement, people who like the festivity and the community aspect of it and people who are struck by it but aren't sure why. That's all good."

PLAY IT AGAIN

If we had asked everyone in synth-pop supergroup Superorganism to make us a spring playlist, we probably could have filled the magazine. (For the uninitiated, there are eight people from almost as many countries in the ensemble, whose single "Everybody Wants to Be Famous" might be your current earworm.) As the band's eponymous first album drops, New Zealander Emily (the band members are like Madonna—they don't use last names) shared what tracks she has on repeat.

- "WHEN THE WORLD TURNS GREY"
- PRINCESS CHelsea "She's a princess from New Zealand—what more do you need?"
- "COMING BACK AROUND" - TAYLA "It's spicy pop."
- "JOE GETS KICKED OUT OF SCHOOL FOR USING DRUGS WITH FRIENDS (BUT SAYS THIS ISN'T A PROBLEM)" - CAR SEAT HEADREST "We went to see them play in London last year, and this song ruled the hardest! Sweat dripping from the ceiling."
- "TRACK 10"
- CHARLI XCX "This is my coming-out-of-winter jam."
- "MILKSHAKE"
- KELIS "Everyone likes milkshakes. Everyone likes *The Neptunes*. Pour Kelis into that and you've got a fully sick mix."



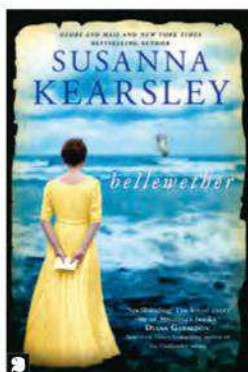
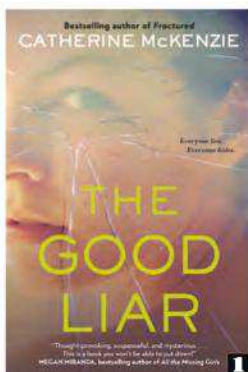
WHAT WE'RE TALKING ABOUT THIS MONTH IN ARTS & CULTURE

FOCUS



PARIS, NEW YORK AND... SASKATOON? Yep, the prairie city is the latest It art destination, thanks to the new Remai Modern museum. It boasts over 8,000 works of art, including one of the world's largest collections of Picasso's linocuts (prints made of designs cut into linoleum). Poring over these and other displays, like Pae White's *Lucky Charms* (neon figures created as a form of light therapy for seasonal affective disorder; left), will likely leave you hungry, so be sure to grab a bite at Shift, the chill in-house eatery overlooking the Saskatchewan River.

TEXT: PATRICIA KAROUNOS, SARAH LAING & CARLI WHITWELL; PHOTOGRAPHY: MATT RAMAGE (LUCKY CHARMS), BEN ROFFELSEN (DEATH OF THE SUN) & STEPH WILSON (SUPERORGANISM)



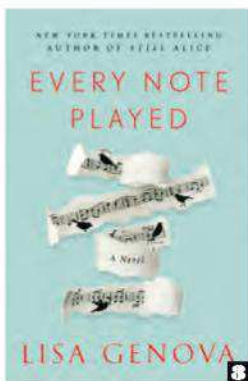
1 THE GOOD LIAR On the surface, they're the faces of a famous tragedy: three women whose lives were forever changed by a building explosion in Chicago that left over 500 dead. Cecily was meant to be in the building but was running late and stood outside watching, knowing her husband was inside; Franny lost the birth mother she'd long searched for; and Kate ran off to Montreal to forget about the disaster and start over. But underneath, they're all hiding something, and these secrets will have you questioning who to believe right up until the very end.

2 BELLEWETHER Is there anything better than a forbidden-love story? See Susanna Kearsley's latest page-turner, set in colonial

Long Island, about Lydia Wilde and French-Canadian lieutenant Jean-Philippe de Sabran, whose thwarted romance becomes the stuff of local legend—and a ghost story or two—over the decades. Some 250 years later, the local museum's curator, Charley Van Hoek (who has her own tempestuous ties to the region), discovers that all is not what it seems with Lydia and Jean-Philippe's story—or her own romantic life.

ON OUR BOOKSHELF

THE PAGES WE'VE DEVOURD THIS MONTH...AND YOU SHOULD TOO.



3 EVERY NOTE PLAYED Imagine your greatest passion in life being gradually taken away by a debilitating physical condition. That's what happens to Richard, a renowned concert pianist who develops ALS, in the latest sniffer from Lisa Genova. Faced with his mortality, he looks at failings in his personal life and sets about fixing neglected relationships. Genova (who also wrote *Still Alice*, about a woman living with Alzheimer's, which was made into a film starring Julianne Moore) is a neuroscientist by day, so her prose is grounded in true-to-life realism. But the levity and humour she brings make this story more than just a tear-jerker.

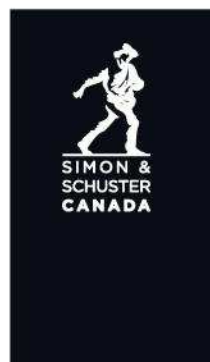
4 THEN SHE WAS GONE We all had lovely manicures until we chewed off our nails reading this thriller. At the centre of the story is haunted mom Laurel, who has been living in limbo since her teen daughter, Ellie, disappeared a decade ago. A budding romance with ultra-charismatic author Floyd Dunn is a welcome distraction for Laurel, until she meets Floyd's nine-year-old daughter...who looks just like Ellie did at the same age. Switching between past and present, this book is so juicy, you should probably avoid making any plans once you start reading. □

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IN PARTNERSHIP WITH



FORCE OF NATURE

The unstoppable Priyanka Chopra wants to do it all.

BY SARAH LAING PHOTOGRAPHY BY NINO MUÑOZ

YOU CAN TELL a lot about a person by how they behave in front of a mirror. What's most revealing is not the primping and posing that one does out of habit but the subtle moments beyond that: whether they confidently hold their own gaze or assess themselves critically and how long it takes before they turn their attention to their phone, the window or anything other than their own face staring back at them.

In the case of Priyanka Chopra—on the set of our cover shoot, at least—the interaction with her mirror self is all business. Taking in the hairstylist's work with an analytical eye, the former beauty queen (she was the winner of Miss World 2000) asks for her curls to be more undone. Likewise, she pauses mid-interview to give her brow requests—a little lighter, “really symmetrical”—to our makeup artist.

If Chopra's self-gaze seems meticulous, she takes in the rest of the world with a similar precision and confidence. As soon as the ELLE Canada team meets her in a sunny

Brooklyn studio, she's immediately “on,” ready to discuss the wardrobe pull and marry her own creative vision with ours. Riffing off our starting point (theme: surfer girl goes to St. Moritz), Chopra doesn't hesitate to add her own spin (sexy, dishevelled bedroom hair) to the concept.

All of this may make Chopra sound like a hard-to-please perfectionist, but that couldn't be further from the actress/producer/activist's personality. When we're in her orbit, she is firm but respectful, collaborative rather than demanding and deeply warm, laughing loudly and often. This is a woman who has been there, done that and knows what she wants. At 35, she has racked up more than 50 feature films in her native India's Bollywood industry and has a growing resumé of projects stateside, like last summer's *Baywatch* and this year's Sundance darling *A Kid Like Jake*. She also has 21 million Instagram followers, a music career (including singles with Will.I.Am and Pitbull) and a Pantene ambassadorship. That she ▷

Silk and linen dress (Louis
Vuitton) and leather boots
(Givenchy)





Lamé shirt and Lurex pants (Barbara Bui), nylon, cupro and spandex camisole (Uniqlo), stretch-knit and leather booties (Christian Louboutin) and metal rings (David Yurman)

"I WANT TO REFINE MYSELF ARTISTICALLY AND FIND MY NEW CREATIVE VOICE.... I'M ON A 'FIND MYSELF' SORT OF JOURNEY."

is this sharp-eyed on-set after a late night of shooting for the third season of her hit TV show, *Quantico*, and will go on to yet another photo shoot after ours says something about her tireless ambition, which Chopra owns unabashedly.

"I fly at the speed of light all the time!" she says in between pumps of curling her eyelashes. "Sleep and I are not friends because there's just so much I want to see and experience. I'm like a kid in a candy shop with this thing called life. I've been in this business for 18 years now, and you reach a point where you know what you're doing. I don't want that. I want to refine myself artistically and find my new creative voice, my evolved voice. I'm on a quest to do that, whether it's as a producer, a writer, an actor or a musician. I'm on a 'find myself' sort of journey."

YOU SEEM REALLY HAPPY RIGHT NOW.

"There's just a spring in my step for some reason! I'm fascinated by everything around me. The world feels sparkly and magical. I'm excited to walk on [*Quantico*'s] set. I like the people in my life. I love the apartment I'm in.... It's just the feeling of being in a place where life's good."

WHEN EVERYTHING IS GOING SO WELL, DO YOU WORRY IT WON'T LAST?

"In my 20s, I was totally like that. Like, *gasp*, something is gonna go down. My 30s made me realize everything doesn't always go to shit. My mentor in America, [music producer] Jimmy Iovine, has this saying: 'When the shit gets bigger than the cat, you get rid of the cat.' It's my life mantra."

WAIT, WHAT DOES THAT MEAN? "Basically, you have to find a reason for the shit and get rid of the reason. Get rid of the freaking cat!"

WHAT "CATS" HAVE YOU GOTTEN RID OF LATELY? "Clutter. Those cats can be in your

head, like finding reasons to worry. It is what it is. What will be will be. That doesn't mean I'm someone who sits on her hands and isn't motivated to change her circumstances for the better. I love being successful, but at the same time, life happens. The best way to navigate that is to just *be* right now, and if everything is all right, let it be all right."

YOU LOST YOUR FATHER RECENTLY. IS THIS NEW ATTITUDE A RESULT OF EXPERIENCING A WORST-CASE SCENARIO AND REALIZING YOU'RE STILL SOMEHOW OKAY?

"Probably? That's what the books would say. Life is like a series of waves, right? Good, bad, valley, pause. It is a bit like coming up out of the water of an extremely tough phase and just breathing for a second because you know you'll go under again at any moment. My life is like a roller coaster on every level."

HOW DO YOU KEEP YOUR CAREER INTERESTING? AFTER SO MANY PROJECTS, THERE MUST BE A TEMPTATION TO PHONE IT IN.

"What's the population of the world? Approximately 7.3 billion people? [Last year, the UN said 7.6 billion people, so she's close!] Imagine how many characters that gives me to play. I like to look outside at life itself and find new things to move me."

YOU'RE ONE OF INDIA'S BIGGEST STARS, AND PROJECTS LIKE *BAYWATCH* AND *QUANTICO* HAVE RAISED YOUR PROFILE HERE. IS IT GETTING HARDER AND HARDER TO JUST GO OUT AND WATCH THE WORLD GO BY?

"I've been in the public eye for more than half of my life. This is my normal. If I go out and people don't know me, I'm like 'Is something wrong?' [Laughs] No, I mean...I'm practical. I'm not someone who hides herself away or doesn't want to be recognized and asked for a picture. That's fine for other people, but I don't understand it. There's no free lunch in the world, and every job has ▷

"I'M A BIT ROMANTIC AND PHILOSOPHICAL, I GUESS. I JUST GO WITH IT AND MAKE THE BEST OF WHATEVER COMES MY WAY."

a professional hazard, as I call it. But I am very private about my personal life. I do what I have to do, and I have ways of doing it."

YOU'RE COMPLETELY YOUR OWN PERSON.

HOW DID YOU GET LIKE THAT? "At an early age, I concluded that you'll never know who you really are because you're constantly changing. 'Who am I?' is such an absurd question. Every circumstance or person who comes into your life changes a little piece of you. I'm a bit romantic and philosophical, I guess. I just go with it and make the best of whatever comes my way."

THAT'S QUITE A ROMANTIC PHILOSOPHY GIVEN HOW DRIVEN YOU ARE. "I'm indecisive until I make a decision. Once I make it, it's mine—good, bad or ugly. There are times when I've made the wrong decision and it has blown up in my face."

LIKE WHEN? "Many times! Like when a film fails at the box office, for instance. It takes a lot of tubs of ice cream to get me over that. I have not made friends with failure. When he wins, you have to have dinner, he over-orders, he lingers and you really don't want to be there with him. [Laughs] But once I kick him out the door, I don't see him for a while."

BESIDES A SUGAR ADDICT, WHO ARE YOU IN TOUGH TIMES? "I shut down. I go into a shell. My wrath is pretty bad too. When I'm upset with someone, it's like they cease to exist. It's cold and scary, which is unlike me in every other way."

WHAT UPSETS YOU MORE THAN ANYTHING? "I don't like liars. Honesty is very hot. When you're scared of the truth, it's such a turnoff. I also get upset when people try to 'handle' you or don't give you credit for your intelligence and try to manage you for a desired effect. I don't like games, at work or at play."

HOW DOES IT FEEL TO BE ON SEASON THREE OF QUANTICO? "I love the validation, of

course, and that people watch it and like it and the network has faith in it. I love my character, [federal agent] Alex Parrish. She's a modern-day hero. She saves the world. She's badass, flawed and feminine all at the same time. She kicks ass in freaking high heels and perfect hair."

TO PLAY DEVIL'S ADVOCATE: DOESN'T A CHARACTER LIKE THAT—A HOT OVER-ACHIEVER WITH A RIPPED BODY—SOMETIMES MAKE IT HARDER FOR "NORMAL" WOMEN TO FEEL LIKE THEY'RE ENOUGH AS THEY ARE? "Yes and no. I find it funny too—my hair isn't perfect all the time, but Alex's is. She's my hot alter ego. It's TV, so there has to be an element of fantasy. But, that said, when you see Bruce Willis saving the world and blowing up helicopters in a crisp white shirt, men don't ask why you're setting a standard for men to look like that. Why do women have to feel that way about it?"

IT'S NOT A COMPETITION. "Seeing a pretty girl shouldn't make us feel bad about ourselves. When I was younger, I didn't see people who looked like me in magazines. That doesn't mean I didn't aspire to it. I got inspired by the other achievers I saw and made myself the best version of me."

WHEN QUANTICO PREMIERED IN 2015, THERE WAS A LOT OF TALK ABOUT HOW YOU WERE THE FIRST SOUTH ASIAN WOMAN TO FRONT A PRIME-TIME TV SHOW. WHERE WOULD YOU LIKE TO MOVE THE CONVERSATION NOW? "At the time, that was important, but now, I would just like to be 'normal.' We've established that I'm Indian. [Laughs] I'm extremely proud of my roots, but I'm not defined by my ethnicity. I want to just be seen as an actor and talk about my point of view and who I am as a person. I want to be able to show the world what I can do." □



Silk dress (Isabel Marant),
suede jacket (Coach)
and metal rings (David
Yurman). For details, see
Shopping Guide. Art
director, Jed Tallo; stylist,
Isabel Dupré (Lalaland
Artists); makeup, Patrick Ta
(Greyscale Management);
hair, David von Cannon
(The Wall Group);
manicure, Yuko Wada
(Atelier Management);
digital technician, Oscar
Diez; photographer's
assistants, David Morett
and Cal Christie

HOW SISU ARE YOU?

Forget hygge—there's a new Nordic trend in town. Sisú is the Finnish word for "resilience," a hot topic in the self-help world. BY HANNAH NATHANSON

PICTURE A STORM with tornado-force winds. Now imagine you're a tree. (Bear with me.) What kind of tree would you want to be? A solid oak whose roots have been growing for hundreds of years or a palm with a trunk that bends in the wind? If you chose to be a seemingly invincible oak, your trunk would have snapped in half, uprooting you. If you opted for the palm, with its flexible trunk, you'd have survived. Well done!

The storm-tree analogy has long been part of psychology-speak, but its implications are now more relevant than ever. After a turbulent 2017 and an uncertain start to 2018, "resilience" is emerging as a self-help buzzword—it's something we will need to weather any



incoming social and political storms. And you might not be surprised to hear that, as with Danish *hygge* (making life cozy) and Swedish *lagom* (meaning "in moderation"), the hype around resilience is aligned with another Nordic import: *sisu*.

And, yes, it's a Nordic word you can actually pronounce: "see" with a "soo" at the end. It also has far more meanings than its *hygge* predecessor. According to Helsinki-based journalist Joanna Nylund, whose book, *Sisu: The Finnish Art of Courage*, is out this month, *sisu* is difficult to translate. In her book, she uses several different words to describe it, including courage, grit and perseverance. If you were to think of an English equivalent, Nylund says, it would be akin to having "fire in your belly": "For me, *sisu* is a visceral force, and usually we point to our stomachs when we talk about it; the term actually comes from the Finnish word for 'guts.'" ▷



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According to Nylund, *sisu* can be applied to several areas of life, from well-being (there's a chapter about reconnecting with nature, which also gives foraging tips—nettle soup, anyone?) to how to talk using *sisu*. And just as *hygge* went on to influence everything from home interiors (just light one more candle) to our wardrobes (chunky knitwear), it seems that *sisu* is set to shape both our lifestyle and our outlook on life. In Finland, telling someone they have *sisu* is one of the biggest compliments you can give. "It's a wonderful thing for someone to say 'Oh, you have so much *sisu*,'" says Nylund. "It's like saying you have strength of character and strength of personality in one go." But it's not something Finns brag about, she adds: "It runs underneath everything we say and do. It's always there, almost omnipresent."

So how can we achieve it, and who is a good example of someone who displays *sisu*? For her book, Nylund interviewed social activist Emilia Lahti, who has researched *sisu* as a psychological construct. When I call Lahti, she demonstrates *sisu* as soon as she picks up the phone: She has just come in from a two-and-a-half-hour run in the snow as part of her training for 50 ultra-marathons in 50 days across New Zealand. It's in aid of "Sisu Not Silence," her personal campaign against domestic violence. But, Lahti says, "*sisu* isn't something we do all the time; it's a place we visit in those moments that are so tiring we feel we've consumed all our energy." I ask why it feels so relevant now. "If you look at the global situation, there's a lot of restlessness; people are looking for answers," she says. "We're seeing the ugly side of the systems around us."

It's not just the Finns who are acknowledging that now, more than ever, we need to display strength and courage in the face of adversity. Psychologist Sam Owen's recent book *Resilient Me: How to Worry Less and Achieve More* is a practical guide that aims to help readers achieve inner strength in four weeks. She chose to focus on resilience because, she says, "it's a core element of what determines people's progress and how easily you bend with all that life throws at you." There's that palm tree flexing in the storm again.

In her book, Owen identifies three pillars of resilience: a positive outlook, driving motivation and a problem-solving approach. Without these pillars, it's impossible to build your inner strength. She also offers eight resilience-boosting habits, which include closing unpleasant chapters and setting achievable "true goals." These, she says, will help train the brain to fall into a healthier pattern. So even if you're not sure how tough you actually are, it's something that can be learned. "Resilient people have a positive outlook from the outset," says Owen. "Even if it's a horrible, scary, gut-wrenching situation, they will still keep a positive mindset about it and take proactive steps to try to resolve it."

While Owen's is more of a traditional self-help book, Ama Marston, a leadership expert, has collaborated with her psychotherapist mother, Stephanie Marston, to write "a big think piece" that aims to change the conversation around resilience. The book, *Type R: Transformative Resilience for Thriving in a Turbulent World*, is, says Marston, "not focused on the traditional approach to bouncing back but on transformative resilience—the idea of building on challenges and using them to your advantage by learning instead of feeling that it's a waste that you've gone through difficult times."

If this all sounds like hard work, the good news is that women, according to Marston, are more equipped to initiate transformative resilience: "Women tend to be raised as communicators and are encouraged to be self-reflective, so they have a skill set that lends itself to being more

"Type R"—people like leaders and business owners who turn challenges into opportunities for innovation." Although resilience is obviously not exclusive to women, Marston acknowledges that "we face a number of unique stresses and pressures—such as lower pay, which affects our finances and our mental health, and having to juggle work and personal lives. We often have to learn how to work around those things and adapt while also speaking up for what we believe is right." Which is more important now than ever in a post-Weinstein, Time's Up age.

Resilience is an important topic, not just a Nordic import encouraging us to light more candles. From the Finnish art of courage to transformative resilience, it has many angles and perspectives. But it seems only fair to give Lahti the last word: "*Sisu* is a four-letter word that's so tiny yet so powerful," she says. "And it means a different thing for each person." So, the next time you're facing a storm, why not channel *sisu* and be the palm tree? □

HOW TO BE MORE SISU

Sisu may be a Finnish word, but it's a universal trait, says Joanna Nylund, author of *Sisu: The Finnish Art of Courage*. Here are her tips:

PREPARE YOURSELF

If you have to do something that makes you nervous, prepare as much as you can. If your nerves start to fray, at least you won't worry about not knowing your stuff.

CARE FOR YOURSELF

When the going gets tough, we often neglect ourselves. Get plenty of sleep, fresh air and good nutrition and you'll feel the effects.

CENTRE YOURSELF

An essential part of being able to tap into your *sisu* is silencing noise.

Declutter your mind through meditation and deep breathing or simply by spending time in nature.

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WHEN HARRY MET MEGHAN

We're universally delighted and obsessed with two people we've never met tying the knot. What does that say about us?

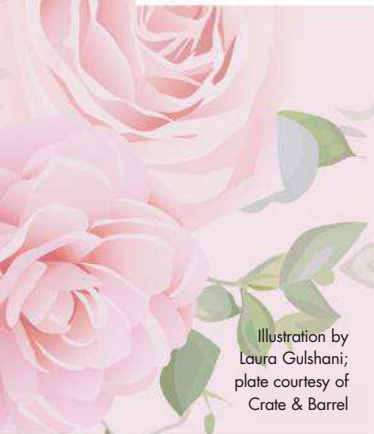


Illustration by
Laura Gulshani;
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I'VE BEEN HOOKED ON THE LOVE STORY of Prince Harry and Meghan Markle ever since news broke on Halloween 2016 that they'd been carrying on a secret romance (in Toronto, no less). Like most people I know, my heart had ached for that little boy who walked so bravely behind his mother's funeral cortège. Since then, I'd always been rooting for him to thrive—and to find the love that his brother, Prince William, so obviously shares with his wife, Kate Middleton. Yet, as Harry's "laddish" escapades—nightclub debauchery, Nazi costumes, Vegas strip poker—stretched into his late 20s, I admit I had my doubts about the red-headed prince. So did the international media, which wrote him off more than once as a privileged playboy and a loser in love.

But Harry's comeback (a process that began, I'd say, when he launched the first Invictus Games in 2014) is now complete: On May 19, the 33-year-old prince will marry the gorgeous, accomplished, civic-minded Meghan.

This wedding has an electricity it wouldn't have if Harry were marrying an upper-class British blonde who'd been groomed for the position. At 36, Meghan is far more mature, experienced and independent than the royal brides before her—and the fact that Harry and his family seem to see this as a positive thing is nothing short of revolutionary. (Especially considering that just one generation ago, when Prince Charles was looking for a bride, virginity was considered a non-negotiable. As for "the spare" to the throne marrying someone who's divorced—well, talk to me after you've watched *The Crown*.) She's also biracial (her mom is black and her dad is white), which is almost unheard of in royal-family history. (However, it has been speculated that Queen Charlotte, the wife of King George III, was also of mixed race.)

"Harry is marrying someone who is older than him, a divorcee, an American and a famous name in her own right," says Katie Nicholl, author of the new biography *Harry: Life, Loss and Love*. "Even if you're not a royalist, it's very hard not to be a little impressed, a little charmed and a little enchanted by this incredible romance."

Meghan also appears ready to shoulder her share of royal engagements—which surely hasn't gone unnoticed by her soon-to-be-in-laws. "Look at the Queen's work ethic," says Nicholl. "She is impressed

by a young woman who knows how to work hard." In other words, in addition to a seeming soulmate, Harry has found a partner who fits one of the least romantic (but also totally necessary) definitions of a spouse: that of helpmate. (Btw, did anyone else notice that Meghan talked over her fiancé in their first interview? This royal is marrying a partner, not a subject.)

If William and Kate have helped rejuvenate interest in the monarchy among a younger generation, Harry and Meghan could be even more transformative to this centuries-old institution. Combine the couple's relatability with their commitment to helping the less privileged and you've got a celebrity pair that even the most socially conscious millennial can feel okay obsessing over. For me, Harry and Meghan's love story isn't a fairy tale, but it's still pretty fantastic. I'm looking forward to being swept off my feet when the beautiful actress walks down the aisle to meet her handsome prince—and I'm betting you are too. **SUSAN CATTO** ▷



SECOND THOUGHTS

Yes, we all love a happy ending, but...

...IT DOESN'T MEAN WE LIVE IN A POST-RACIAL WORLD. In popular culture, there aren't a lot of things little black girls are conditioned to believe we can be when we grow up, let alone a princess. (A black Disney princess didn't even exist until 2009.) And, historically, women of colour are rarely depicted as desirable at all. So Meghan Markle marrying into the royal family does feel like a nice, albeit small, step for representation.

But Markle, who has the privilege of a lighter complexion, doesn't look like me. She doesn't have my wide nose and kinky hair or any of the superficial characteristics that have been used to denigrate black women for centuries. She doesn't have a skin tone that would prompt a playground of kids to compare her to dirt on the ground or the dog feces on their shoes—real insults I heard in my childhood.

It's true that Markle's skin colour hasn't entirely protected her from facing a racist backlash since her engagement was announced. She has still had to deal with anonymous hate mail and ignorant articles by the British press. Then there was the time the wife of a cousin of the Queen wore an offensive blackamoor brooch (criticized for exoticizing images of slavery) to a royal lunch at which Markle was present. All these experiences remind her that while she may have "good hair" and Caucasian features (her dad is Dutch-Irish), she's still black.

Markle's blackness shouldn't be up for debate, but it is important to remember, when she's riding through the streets of Windsor in that fancy horse-drawn carriage, that her blackness is the palatable kind. She's just black enough that it feels like a victory for us bullied little girls but also white enough that it feels bittersweet to me. Would Prince Harry have fallen for Markle if she looked like Lupita Nyong'o or Uzo Aduba? Would she still be getting a Disney ending if her hair weren't blow-dried straight and her skin lightly freckled and only slightly caramel? How often are we told that dark-skinned black women are just as worthy of magical happily-ever-afters? I'm sure Markle is going to look beautiful on her wedding day, but to me she's another glaring reminder that this fairy tale, like the ones I grew up with, is still conditional on a certain type of beauty. **KATHLEEN NEWMAN-BREMANG**

...IT'S A MAJOR SACRIFICE. There are a lot of reasons I envy Meghan Markle. Becoming a member of the royal family isn't one of them. When she says "I do" to Harry while two billion of us ogle, she'll be waving goodbye to Meghan Markle the actress, the published writer, the lifestyle blogger, the divorcee, the beautifully flawed human that she is.

She's joining a family that demands—at least in the public eye, given that the Queen and co. are expected to take part in hundreds of social engagements a year—Stepford-like perfection from its members, especially the women. (That pressure is, in part, why William took so long to propose to Kate, you'll recall. "I wanted to give her a chance to see in and to back out of it if she needed to before it all got too much," he said during their 2010 engagement interview.)

Every shoe, every coat, every forehead wrinkle, every pregnancy cankle (because you can bet there will be babies ASAP) will be headline fodder. And, yes, you could argue that such scrutiny is a failing of our image-obsessed society and that Markle has already had a taste of this, coming from the vain underworld that is Hollywood, but this is a whole new level of exposure. And she has signed up for it without expressing even the tiniest regret about letting go of a career that I imagine she spent her whole life building. "Once we hit the 100-episode marker [on *Suits*], I thought: 'You know what? I have ticked this box,' and I feel very proud of the work I have done there.' And now it's time to work as a team with you," she said to her betrothed in their first interview as a couple.

It's true that Markle, a feminist and women's advocate, will have a far bigger platform now, allowing her to scale her work with UN Women, World Vision et al. globally. And that's a good thing. But I can't help but wonder if sometimes she'll miss just being herself. **CARLI WHITWELL**



"GOING TO THE CHAPEL" PATRICIA KAROUNOS & CARLI WHITWELL; PHOTOGRAPHY: GETTY IMAGES (PRINCE HARRY & M. MARKLE) & ISTOCK (FLOWERS)



GOING TO THE CHAPEL

THE MATRIMONIAL HISTORY OF HARRY'S ROYAL RELATIVES.

1840

Queen Victoria—Queen Elizabeth's great-great-grandmother—is the trendsetter responsible for the tradition of wearing a white wedding dress.

1863

Prince Albert (the future King Edward VII) and Princess Alexandra of Denmark were the first-ever royal couple to say "I do" at St. George's Chapel (where Meghan and Harry will be getting married). There have been over a dozen royal weddings there since.

1947

Harry and Meghan will need to live to 103 and 106 respectively (nbd) in order to be married as long as his granny and gramps, Queen Elizabeth and Prince Philip, who have been married almost 71 years.

1960

Princess Margaret and Antony Armstrong-Jones' nuptials were the first royal wedding to be televised.

1981

Princess Diana's dress, designed by David and Elizabeth Emanuel, had a 7.6-metre-long train—the longest in royal-wedding history. Notably, Diana was the first royal woman to not use the word "obey" in her vows. Kate Middleton did the same at her 2011 wedding.

2008

Canada has unofficially adopted Meghan Markle, who called Toronto home for years while shooting *Suits*, but there's an actual Canuck in the royal fam. Montreal-born Autumn Phillips (née Kelly) married Peter Phillips, the Queen's oldest grandson.

2011

Future YouTube star? Kate did her own wedding makeup after taking lessons from makeup artist Arabella Preston.

...IT'S JUST A FANTASY. I was a young teen when Prince Charles and Lady Diana Spencer got married. My friends and I stayed up all night to watch the spectacle—and it was worth it. When she stepped out in that impossible dress of endless ivory taffeta, our deeply embedded princess desires were so completely satisfied that we needed a cigarette. That morning, snuggled in sleeping bags, we dreamed of courtship and tiaras.

Everyone knows how that relationship ended. Yet, all these years later, a royal spell has once again been cast over us. Show us a roguish prince choosing a blushing commoner for his bride and we eat it up like scones and clotted cream. None of us is immune to the fantasy.

At least Markle isn't a young innocent plucked from obscurity; she's an empowered woman with a career and a life. Then again, maybe that makes us more likely to mythologize her—because she mirrors us. We believe we can have what she's having.

But believer, beware. Love isn't about the pageantry of the wedding day or about finding that prince; it's about the minutiae of every day that follows. It isn't about the heart and soul; it's about the mass and matter of two human beings coexisting (specifically, large winter coats and hockey bags in the hall). It isn't about facing the world together; it's about holding on to each other for dear life when it tries to tear you apart. There are very few tiaras. I wish this strong 21st-century woman real love—and all the stamina it requires. I can hardly wait to see her dress. **KATHRYN GREENWOOD** □



See Meghan Markle's fave spots in Toronto at ELLECanada.com.



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Tweed jacket and bra and
tweed and leather skirt
(Chanel), cotton hoodie
(J.W.Anderson, at Holt
Renfrew), cotton socks
(Adidas) and stretch-
fabric boots (Miu Miu,
at Holt Renfrew)

Viscose dress (Martin Grant), nylon sweater (Fila, at Hudson's Bay), polyester shorts (Adidas, at Hudson's Bay), silver earrings (Birks) and cotton bandana, stylist's own



Silk dress (Diane von Furstenberg), cotton camisole (Adidas by Stella McCartney, at Simons), nylon jacket (Miu Miu, at Holt Renfrew), brass and cotton earrings (Ora-C) and silk scarf (Hermès)





Jersey dress (Celine), leather pants (Riani), nylon anorak (Givenchy, at Holt Renfrew), cotton and brass earrings (Ora-C), plastic belt bag (Urban Outfitters) and mesh and nylon shoes (Saucony)





Nylon anorak (Nike, at
Simons), polyester top (Eva
B), cotton pants (J Brand) and
cotton and brass earrings
(Félix Carole Dicaire)



Cotton coat (Ulla Johnson),
cotton and spandex top
(Opening Ceremony, at La
Maison Ogilvy), PVC skirt
(Fenty x Puma), silver earrings
(Birks), nylon bag (Hermès),
cotton and spandex socks
(Adidas) and leather and cotton
shoes (Marco de Vincenzo)



Neoprene T-shirt (Marie Saint Pierre), neoprene bandeau (Paco Rabanne, at Simons), polyester fringe belt (Dolls Kill), cotton cap (Lacoste), acetate sunglasses (Stella McCartney), nylon bag (Reebok, at ssense.com) and polyester and acrylic pants (Hugo)

Cotton sweatshirt (Versus, at
ssense.com), cotton hoodie
(Under Armour, at Hudson's
Bay), cotton pants (J Brand),
nylon gloves (LaCrasia) and
nylon anorak (Moncler, at
Holt Renfrew)



Cotton dress (Acne Studios),
cotton camisole (Nike, at
Simons), nylon and suede
anorak (Lacoste), leather
bag (J.W.Anderson, at
Holt Renfrew) and nylon
shoes (Hermès). For details,
see Shopping Guide.
Model, Emm Arruda (Ciotti
Models); hair and makeup,
Geneviève Lenneville
(Folio/NARS/Oribel); digital
technician, William Cole;
photographer's assistants,
Don Loga and Guillaume
Lépine; styling assistant,
Eliza Isabel Clarke





Don't underestimate the power of pastels.

CANDY INC.

PHOTOGRAPHY NORMAN WONG STYLING JULIANA SCHIAVINATTO
FASHION DIRECTION ANTHONY MITROPOULOS ART DIRECTION JED TALLO

On Grace: Polyester jacket (Lutz Huelle), organza coat (Mansur Gavriel), plastic earrings (Winners), leather shoes (Michael Kors Collection) and nylon socks (stylist's own). On Jess: Wool and cashmere coat (Marc Cain), silk button-down shirt and pants and leather and cotton slingbacks (Mansur Gavriel) and resin bag (Chanel). On Taehyun: Mohair jacket and pants (Prada) and leather sneakers (Common Projects, at Gravitypop). On Karic: Leather jacket and cotton collar and chinos (Sean Suen). Leather handbag (Tory Burch, at shopbop.com)



Silk-tulle dress (Jasper Conran), enameled-gold-plated-brass and Swarovski-crystal earrings (Jennifer Behr) and polyurethane handbag (Call It Spring)



Wool jacket, bra top and skirt (Celine), mohair wool dress worn underneath (Rosamosario), leather handbag (Parisa Wang, at shopbop.com) and leather shoes (Pierre Hardy)



On Grace: Organza overcoat, technical-cady jacket and crepe de Chine pants (Ermano Scervino), leather bra top (DROME) and leather handbag and loafers (Versace). On Karic: Cotton cardigan (COS). On Taehyun: Leather jacket (Sean Suen), cotton trousers (COS) and leather sneakers (Common Projects, at Gravitylope)





On Grace: Plastic dress (Helmut Lang), cotton tank and belted pants (Tibi), silk and leather headband (Jennifer Behr) and leather gloves (Wing & Welt).
On Karic: Linen suit and poplin shirt (Tom Ford) and leather sneakers (Common Projects, at Gravitypoppe).
On Jess: Cotton jacket and shorts (Delpozo) and mesh gloves (Wing & Welt)



Nylon and cotton jacket and skirt (Off-White c/o Virgil Abloh), boiled-wool and silk-satin bodysuit (Rosamosario), organza skirt worn underneath (Kenzo), polyurethane handbag (Call It Spring), leather and satin shoes with plastic overlay (Off-White c/o Jimmy Choo) and cotton socks (stylist's own)



Wool and silk jumpsuit
(Gucci), acrylic and
14-karat-gold-plated-metal
earrings (Lele Sadoughi,
at shopbop.com), leather
gloves (Wing & Weft)
and leather cosmetics
bag (Ted Baker)



On Grace: Cotton jacket and satin skirt (Kenzo), polyurethane and polyester shirt (Jil Sander), PVC corset belt (Tibi), leather shoes (DROME) and leather bag (Michael Kors Collection). On Taehyun: Wool and mohair suit (Richard James) and leather sneakers (Common Projects, at Gravitypop). For details, see Shopping Guide. Model, Grace Mahary (Elmer Olsen Model Management); model extras, Karic and Taehyun (Elmer Olsen Model Management); makeup, Grace Lee (lead makeup artist for Maybelline New York, Canada/Plutino Group); hair, Andrew Ly (TEAMM); producer, Jessica Tjeng (KZM Agency); photographer's assistants, Paolo Cristante, Zackery Hobler and Christian Fortino; styling assistant, Cherry Wang. Shot on location at Campari Canada headquarters in Toronto.



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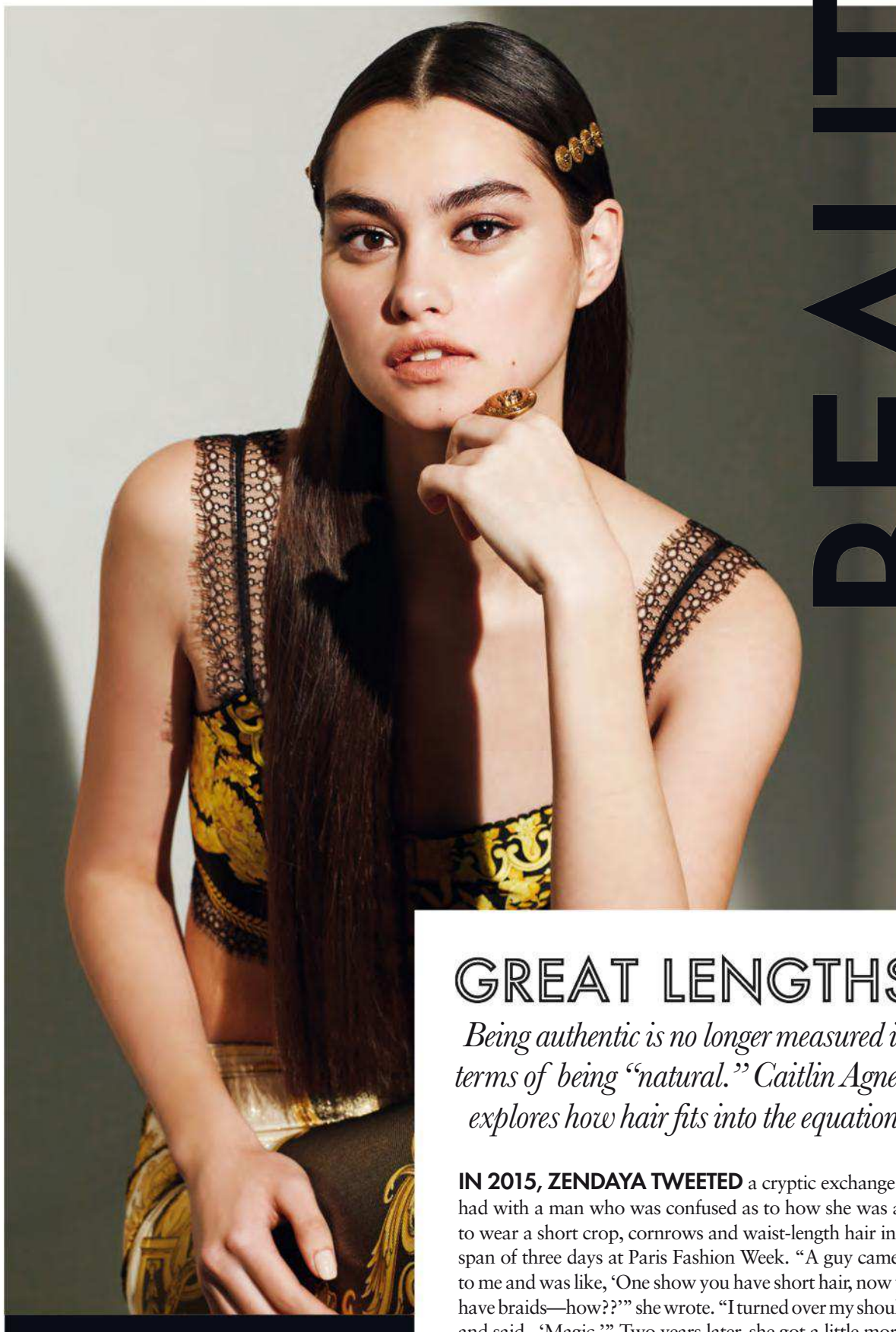
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PHOTOGRAPHY: SATY + PRATHA; ART DIRECTION: JED TALLO; STYLING: ELAINE JYLL REGIO; MAKEUP: DIANA CARREIRO (P.M.CA); HAIR: CIA MANDARELLO (P.M.CA); MANICURE: RITA REMARK (PLUTINO GROUP); MODEL: MICHELLE KRUMOV (SUTHERLAND MODELS); LUREX TWILL BRA TOP AND LEGGINGS AND BRASS BOBBY PINS AND RING (VERSACE)



BEAUTY

YOUR NEED-TO-KNOW COUNTER-CULTURE GUIDE

GREAT LENGTHS

Being authentic is no longer measured in terms of being “natural.” Caitlin Agnew explores how hair fits into the equation.

IN 2015, ZENDAYA TWEETED a cryptic exchange she had with a man who was confused as to how she was able to wear a short crop, cornrows and waist-length hair in the span of three days at Paris Fashion Week. “A guy came up to me and was like, ‘One show you have short hair, now you have braids—how??’” she wrote. “I turned over my shoulder and said...‘Magic.’” Two years later, she got a little more ▷



Kim Kardashian, Nicki Minaj, Zendaya and (below) Gwen Stefani and Demi Lovato have all worn hair enhancements.



“HAIR EXTENSIONS ARE NOT BAD OR SOMETHING TO BE EMBARRASSED BY.”

explicit, releasing a YouTube video that explained the difference between her wigs, weaves and extensions and then posting to Instagram that she was happy to finally see her natural curl pattern returning after wearing these heat-protective styles. Zendaya didn't owe anyone an explanation about what she does to her hair or how she wears it, but her openness to sharing her hair journey reflects a growing trend in beauty: measuring authenticity not in terms of “natural” but how a woman chooses to express herself.

Until recently, celebrities' hair extensions were more of an industry secret, and wearing a halo (hair attached to a thin headband-like wire), clip-ins (tracks of hair attached to clips) or a weave (extensions sewn into braids) was something that was kept between a woman and her hairstylist for fear of seeming inauthentic. Jen Atkin, hairstylist and founder of hair-care line Ouai, addressed extension shaming on Instagram in 2015. She posted a photo of a table of hairpieces with the words “Who cares?” scrawled across it and wrote: “I'm always reading comments like ‘I bet it's extensions,’ ‘She will probably just put in extensions’ or ‘That's not her hair.’ Guys, hair extensions ARE NOT bad or something to be embarrassed by.”

Chrissy Teigen, Kelly Ripa and Selena Gomez would agree: They have all gone on the record about wearing hair enhancements, but they are hardly the

only ones. “On camera, hair tends to photograph small or skinny,” explains Bridget Brager, a Los Angeles-based hairstylist who readies her celebrity clients for red carpets, music videos and print photo shoots. “To be honest, I use them all the time in my work in magazines. A couple of hair extensions in the right place give you that width or volume needed for the camera.”

“The truth of the matter is, I don't care who you are—99 percent of women who are high-profile wear hair,” says Harry Josh, a New York-based hairstylist who counts Gisele Bündchen as a loyal client. “Even the hair icons that we look at and think ‘Wow, what a head of hair’—they still add more on top of their already amazing hair.” With so many ways to experiment with length, texture and volume, says Josh, stylists and celebrities want to create hair that's on steroids: super-thick and bouncy or super-long and sleek, the latter favoured by the likes of Nicki Minaj and Kim Kardashian—both of whom have sported lengths over the past year that would give Rapunzel hair envy. Their hair is obviously not real, but neither are their contoured cheekbones—and what's the difference between the two when it comes to self-expression?

For women of colour, wearing hair enhancements often comes tangled with deeper historical messaging and social or professional pressures. British hairstylist Natasha John-Lewis, who works at My Hair Bar near London's Regent's Park, recalls a recent client who felt she needed to straighten her hair while hunting for a job in banking. “She had been to over 50 interviews and was only given a chance when she went for a hair change,” she says. Despite this, John-Lewis believes that the overall perception of natural hair is changing, thanks, in part, to black women celebrating their hair texture on social media and empowering others to



NEWS

embrace it too. Still, when Beyoncé's long-time hairstylist Neal Farinah posted an Instagram photo of the singer with a cascade of natural curls last December, critical commenters questioned if her own hair could really be so long. In a subsequent video, Farinah reminded people (without dropping Bey's name) that wearing wigs, weaves or extensions is every woman's personal choice and not one that black women make because they need to cover up—or can't grow—their natural hair.

"Just like other beauty products, hair extensions allow you to fully express your style and can make you feel your best," says Jennifer Parrott, owner of extension-focused salon Locks & Mane in Toronto. A loyal extensions wearer for more than a decade, Parrott typically books off an entire day every six weeks to get hers installed, dropping about \$400 each time to pump up her hair—and her sense of self. "I feel so much more like me with hair extensions," she says.

This feeling is not quite universal. Toronto-based hairstylist Roger Medina decided to enter the extensions game after noticing a culture of openness to them in the United States, something he wants to import north of the border. "In Canada, it's still very private," he says. "It's almost like consumers feel ashamed." This year, he launched his own collection of clip-ins, available in 18 shades and designed to add length, volume and colour without commitment. "I want to start an open conversation about hair extensions and enhancements because, aside from the glamorous aspect of it, there are also people who want them for a confidence boost after chemotherapy, alopecia or hair loss after stress or giving birth."

At a time when beauty can be defined however you wish, "you can have any head of hair you want on the planet if you're willing to put in the money and the work required to maintain it," says Josh. "Fantasy hair is now everyone's reality." And it's a welcome one at that.



For more on extensions, go to **ELLECanada.com**.

FOUR WAYS TO TAKE YOUR HAIR CARE TO THE NEXT LEVEL.



1. UPGRADE YOUR SHEET-MASK GAME

Just as facial sheet masks help ingredients sink into skin, L'Oréal Paris EverPure Hair Sheet Mask (\$6) helps hair absorb conditioner. The one-use foil cap comes pre-filled with conditioner, so you just shampoo, apply the mask, wait five minutes and then rinse. Best to get out of the shower if you plan on taking selfies, though.



2. CONSIDER YOUR HAIRLINE

Although there are many things I'd like to have in common with Kourtney Kardashian, my widow's peak isn't one of them. I've always found that the V-shaped hairline we share makes styling a challenge, which is further compounded by my hair's fine texture. But I'm not doomed to have high-maintenance hair forever. Styling-wise, "you need to go with the natural growth pattern," says hairstylist Wesley Hanlon, creative director at Toronto's Sassoon Academy and Salon. Blunt-cut ends combined with subtle layers will also make hair look and feel thicker than it is. "If you have baby hairs in the corner of your recession, you'll get that 'ledge' if it's cut traditionally for someone who has a round hairline," says Hanlon. He uses a cutting technique called "notching": "It's a way to layer hair so it blends really smoothly without making it look like you have two haircuts."

How do you know if you have fine hair?

Hanlon looks at the diameter of the individual hairs—are they narrow or coarse?—as well as the amount of hair on your head. You could have fine individual strands but a



3. SLEEP ON SILK

Cotton fibres can tug at hair, causing breakage. Silk lessens friction—ergo, your blowout will last longer. (And going to bed will feel at least twice as luxurious.) Look for 100-percent mulberry silk, the highest quality available for bedding. **Try:** Cilque Silk Pillowcase (\$69)

4. LOOK TO ROYALTY

Sam McKnight is skilled enough to have been Princess Diana's personal hairstylist, but his line of easy-does-it sprays gives styling power to the people. Hair by Sam McKnight Modern Hairspray Multi-Task Styling Mist (\$40), Cool Girl Barely There Texture Mist (\$46), Lazy Girl Dry Shampoo (\$35) and Easy-Up Do Texture Spray (\$46). For details, see Shopping Guide.

VICTORIA DIPLACIDO >



NOT
ALL
BLONDES
HAVE
MORE
FUN



*Liz Guber
recounts
her daylong
affair with
peroxide.*

When you're considering getting a tattoo, common wisdom suggests waiting 24 hours before committing. I now believe that that truism should also apply to going blond. When I was in my early 20s, I'd rattle off all the hair colours I'd tried—fiery red, inky brown, icy platinum—like they were countries I'd visited. But as I grew up, the restless desire to reinvent my look faded along with my dye jobs, and I returned to my natural, if unremarkable, light-brown hue. Perhaps it was boredom that prompted me to go blond again last summer—or all those articles promising that golden hair would induce compliments from strangers, free drinks and bended-knee apologies from ex-boyfriends. (Spoiler alert: This is not one of those articles.) It was as if a switch had flipped. I wanted a change and found myself in the stylist's chair sporting 50 pieces of chemical-laced foil within the day.

As the peroxide worked its magic, I imagined how the warmed-up hue would play off my full, dark brows and wondered whether I'd need to change up my style. Post-blowout, those thoughts were replaced with just one: "What have I done?" The colour, which I had hoped would turn out a honey blond, resembled margarine—shiny but flat and yellow-tinged. It made my pale face even paler, and my brows (the proud achievement of teenage underplucking) didn't just stand out—they were shouting for attention.

On the way home from the salon, I walked through Toronto's Trinity Bellwoods Park with my phone's camera in selfie mode and fixed on my face, trying (and mostly failing) to capture my new look in a flattering light. I didn't feel like me, and nothing—not the encouraging words of friends or all the purple shampoo in the world—could change my mind. Approximately 23 hours later, I was back in the chair (a different one—my colourist and I are taking some space), and when the stylist took the towel off my head to reveal dripping strands of dark-brown hair, I practically laughed with relief. The chemical damage and hundreds of wasted dollars did come with an unexpected upside: I ended up with a glossy espresso shade that gives off a sophisticated yet easygoing vibe. I'm happy with the colour, and I can finally put the vision of "blond me" to rest. At least we had one day together.



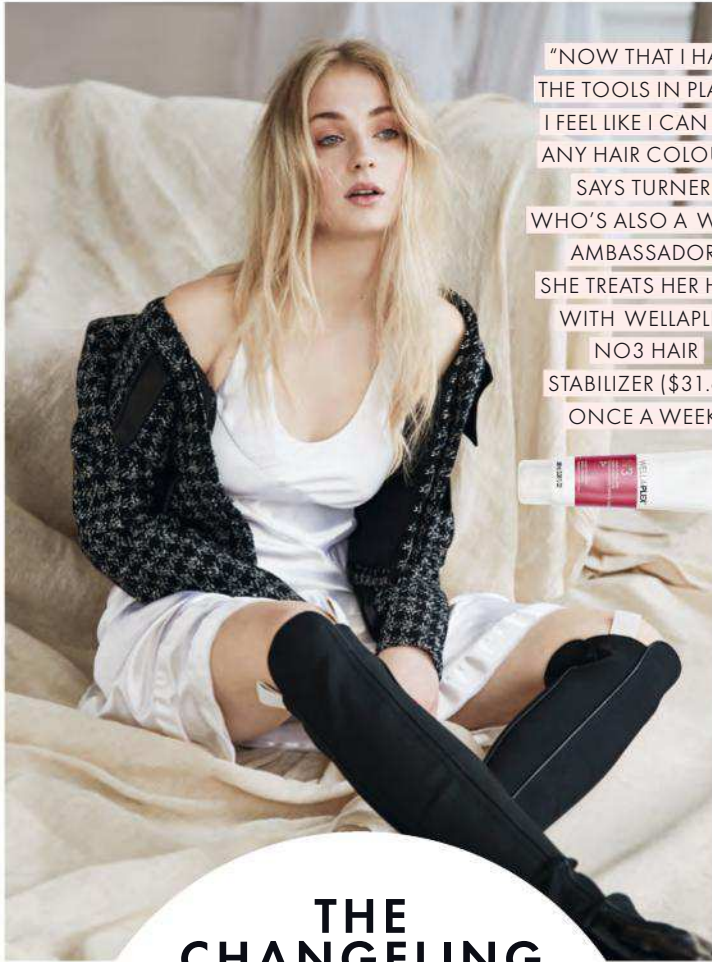
**BUT WAIT: DIDN'T
SELENA GOMEZ GO
BLOND IN A DAY
AND LOOK GREAT?**

Yes, but she is a celebrity. "I don't really recommend it—in a normal salon situation, it's *really* reaching for the stars," says L.A.-based hairstylist Nikki Lee, who took Gomez from dark brown to "Nirvana blond" in nine hours before an American Music Awards appearance. Lee says she was only able to pull it off by working with Riawna Capri, with whom she co-owns Nine Zero One salon (they each did one side of Gomez's head), and not taking any other clients that day. If you're ready to try it, book multiple appointments to reach your desired shade and use a deep-conditioning mask in lieu of regular conditioner each time you wash your hair, says Lee.

ELLE ♥ LOVES
John Frieda Sheer Blonde
Flawless Recovery Deep
Conditioner (\$13). For
details, see Shopping Guide.



PHOTOGRAPHY: GETTY IMAGES (MODEL & S. GOMEZ), DAVID ROEMER (S. TURNER), GEOFFREY ROSS (PRODUCTS) & IMAXTREE (RUNWAY)



"NOW THAT I HAVE THE TOOLS IN PLACE, I FEEL LIKE I CAN TRY ANY HAIR COLOUR," SAYS TURNER, WHO'S ALSO A WELLA AMBASSADOR. SHE TREATS HER HAIR WITH WELLPLEX NO3 HAIR STABILIZER (\$31.67) ONCE A WEEK.

THE CHANGELING

While playing Sansa Stark on *Game of Thrones*, Sophie Turner dyed her naturally blond hair red weekly. "It's almost like acting, like you've got on a different role," says Turner. "I immediately stepped into that character—the power and strength. But when I go back to blond, that's also an empowering change. It's very comforting because it's my natural colour—there's a confidence that comes with that."

ONCE YOU'RE BLOND, THE COLOUR OPTIONS ARE ENDLESS.

Indecisive? Clairol Color Crave Hair Makeup (\$15) rinses out in one wash.



PSA BRUNETTES CAN USE PURPLE SHAMPOO TOO. WHILE VIOLET PIGMENTS CUT BRASSINESS IN BLONDES, THEY REMOVE THE DREADED (BY SOME) REDDISH UNDERTONES THAT CAN APPEAR IN BROWN HAIR. **TRY:** MATRIX TOTAL RESULTS BRASS OFF SHAMPOO (\$14.65) □



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The 7 Virtues Vanilla Woods Eau de Parfum Spray (\$88 for 50 mL). For details, see Shopping Guide.

NEXT GEN

“My [18-year-old] daughter hated my perfumes,” laughs Barb Stegemann, creator of The 7 Virtues, an ethically sourced fragrance line she launched in 2010. “That was kind of a sign. I went back to my perfumer and asked, ‘What if we created something more contemporary?’” The heady result—which she achieved with support from Sephora’s mentorship program for female entrepreneurs—is seven new fragrances formulated with fair-trade ingredients, like rose from Afghanistan and vetiver from Haiti. “These scents have more layers,” says the Halifax native, adding that they doubled the percentage of essential oils to up the longevity without having to use questionable synthetics. But you don’t have to take her word for it—Stegemann’s daughter is also sold: “She sent me a photo of her bottle of Vanilla Woods, and it was empty.” **CARLI WHITWELL**

POWDER ROOM

I once believed it would require a worldwide shortage of liquid foundation to get me to use a powder formula—but no more.

The impetus for my change of heart: Nude by Nature. The decade-old but brand-new-to-Canada Australian beauty line uses only naturally sourced ingredients (if you’re running down Bondi Beach to get your green juice every morning, it makes sense for your makeup to reflect the same life ethos), and the luminous finish of its powders rivals those of my favourite liquid formulas. The brand’s fragrance- and talc-free mineral powder includes kaolin clay to absorb oil and create a silky feel instead of the more commonly used bismuth oxychloride, which can irritate sensitive types. Resist the urge to buff the powder into your face; the best way to apply it, says makeup artist and brand ambassador Clint Dowdell, is to push a fluffy brush into the compact’s sieve, flip the brush upward and then tap it against a counter so the product sinks into the bristles. Starting at the centre of your face, press and roll the brush across your cheeks, forehead and nose.

VICTORIA DIPLACIDO

Nude by Nature Radiant Loose Powder Foundation (\$32)

THIS MONTH’S NEW & NOTEWORTHY MUST-HAVES

BUZZ

ELLE ♥ LOVES that you don’t need to ace Intro to Latin in order to understand the ingredients on the back of Garnier SkinActive Soothing Facial Mist (\$10.49). All the sources are clearly listed—for example, the glycerine comes from soybean and the arginine comes from sugar. Everything in the SkinActive line is also free of parabens, silicones, mineral oil and synthetic colourants. We’ll spritz to that. **VDP**



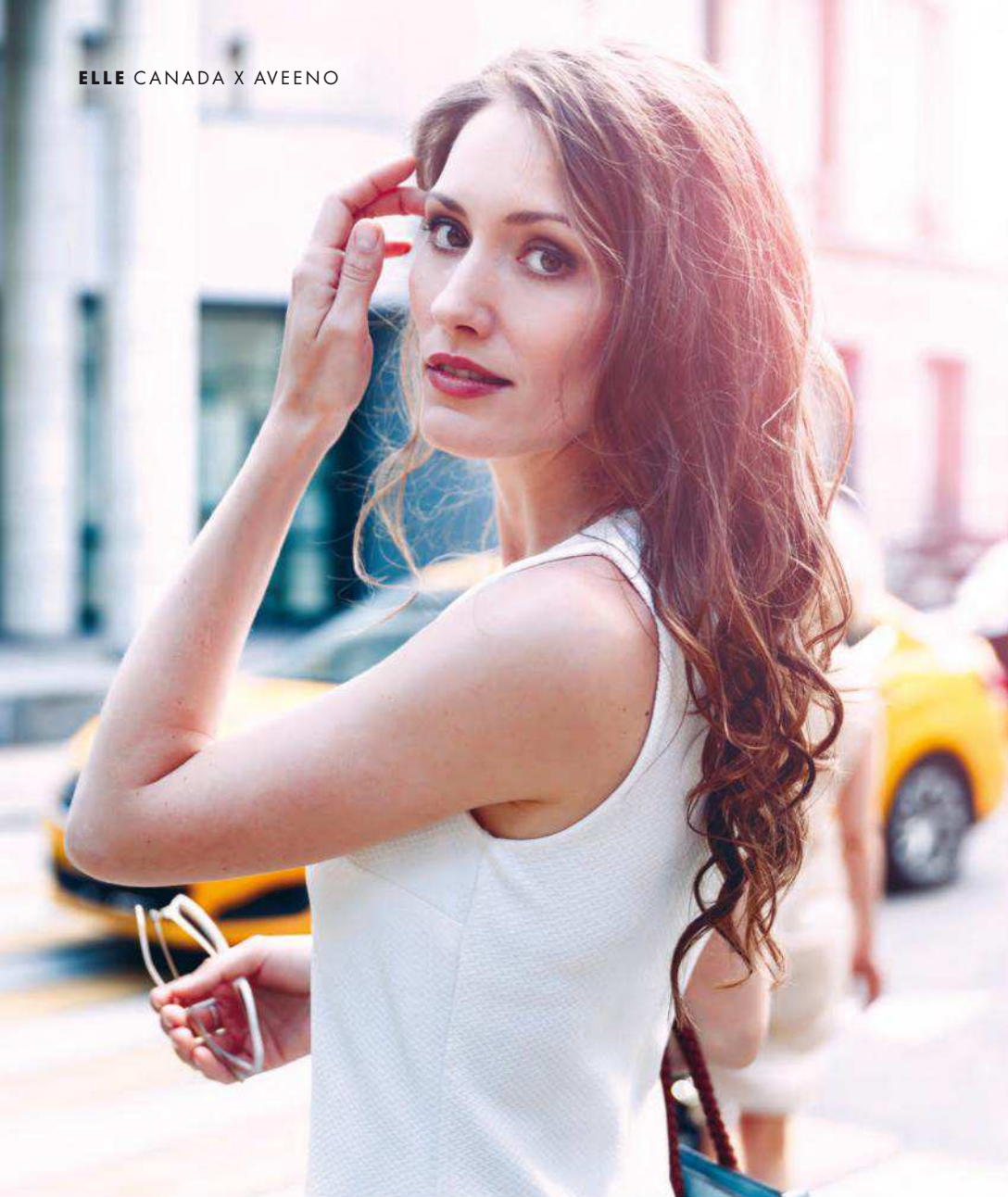


THE BEAUTY EDIT

SPRING INTO ACTION

The products we're coveting now.

1. Travelling? Consider **Clarins SOS Hydra Refreshing Hydration Mask (\$34)** your express route to dewy skin without the need for clumsy sheet-masking. The gel-cream absorbs without a trace, and you won't be left with a pile of empty beauty packaging. **2.** Acne products are hardly ever described as luxurious, but we feel comfortable applying the term to **Swiss Line Force Vitale Aqua-Pure Clarifying Serum (\$142)**, an effective combo of exfoliating acids and anti-inflammatories. **3.** Canadian designer Erdem Moralioglu is partnering with long-time Fashion Week collaborator NARS Cosmetics for his first-ever beauty collection. The velvety-matte **NARS x Erdem Night Garden Eyeshadow Palette (\$62)** is a standout—as is the floral packaging. **4.** NeoStrata has relaunched its top-selling **AquaYouth Filling Anti-Wrinkle Cream (\$49)** with double the hyaluronic acid plus top-of-the-line anti-wrinkle peptide Matrixyl 3000. Slather it on with abandon. **5.** A spritz of **Aerin Hibiscus Palm Eau de Parfum Spray (\$138 for 50 mL)** is the next best thing to spending a week in Tulum. BYO guac. **6.** **Sally Hansen Complete Salon Manicure Nail + Cuticle Serum (\$10)** gives your nails the same hydrated look as a cuticle oil without any of the actual oil. Excellent for daytime use when you're worried about staining your new silk blouse or the file you have to hand-deliver. **7.** Family-run beauty company **Chantecaille** is celebrating its 20th anniversary by bringing back six nearly-too-pretty-to-use **Philanthropy Cheek Shades (\$54 each)**; each one is embossed with an animal, like the monarch butterfly, and a portion of the proceeds from sales will go toward its conservation. For details, see Shopping Guide.



POLLUTION

Invisible specks from everyday construction, cars and factories should be one of your biggest concerns. "When pollution meets your skin, it doesn't just sit on the surface, it penetrates the deeper layers," says Toronto-based dermatologist Dr. Paul Cohen.



WIND

Unless you're a pop star on stage, wind is a nuisance—and it wreaks more havoc than you realize. "It can cause the outer layer of the skin to dry out," says Dr. Sandy Skotnicki of Bay Dermatology Centre in Toronto. "This can reduce the ability of the skin to protect itself from the sun."

CLEAR THE AIR

Some of the biggest threats to your complexion are things we can't see—and definitely can't control. Here's how to protect your skin from environmental damage.

YOUR SKIN AND ITS SURROUNDINGS

Your skin has to put up with a lot day-to-day. Beyond the obvious dirt and grime, research shows that environmental pollution, extreme temperatures (going from sweltering city streets to sub-zero air-conditioned office, anyone?) and blistering wind c/o our charming Canadian winters, can change skin on a molecular level. These external factors can cause the production of free radicals in our skin—invisible, insidious and highly reactive atoms, which result in fine lines, wrinkles, age spots and sagging.

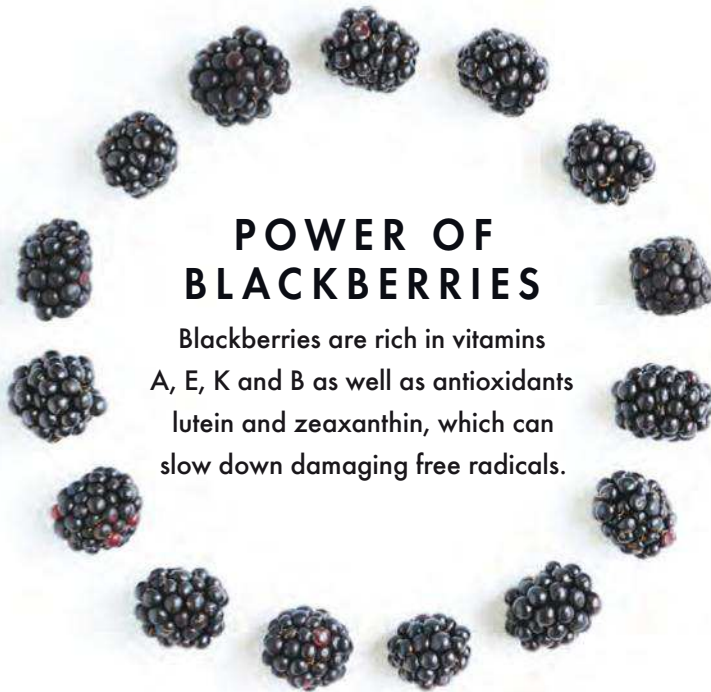


CHANGING TEMPERATURES

There is lots to love about Canada, but let's be real—its weather isn't always skin's BFF. While you may hate on our dry, moisture-sucking winters, humid summers don't help. According to Dr. Skotnicki, humidity can aggravate acne.

“Free radicals are unstable particles that can change the DNA of skin cells. The damage to our skin’s DNA speeds along skin aging.”

— DR. PAUL COHEN, DERMATOLOGIST



POWER OF BLACKBERRIES

Blackberries are rich in vitamins A, E, K and B as well as antioxidants lutein and zeaxanthin, which can slow down damaging free radicals.

THE POLLUTION SOLUTION

1 DEEP CLEAN

If you live in a high-pollution area like a city, try double-cleansing (wash skin twice) with a gentle non-soap cleanser to remove surface residue including makeup, dirt and excess oils.

2 ADD A SERUM OR TREATMENT WITH ANTIOXIDANTS

Antioxidants—vitamin C, vitamin E, green tea extract, resveratrol and black-berries, for example—are skin-repairing stars. “These nutrients provide one of the best treatments for preventing or reducing free-radical damage,” says Dr. Cohen. “They effectively neutralize the free radicals to diminish the effects on your skin.”

3 MOISTURIZE AND PROTECT

“Pollution can majorly dehydrate your skin, so keeping your complexion moisturized is crucial,” says Dr. Cohen. It also creates a barrier between your skin and pollutants. And always apply a broad-spectrum sunscreen (protects against UVA and UVB rays) of at least SPF 30.

YOUR SKIN’S DEFENCE TEAM

ADD THESE PRODUCTS TO YOUR ROUTINE FOR AN ADDED DOSE OF POLLUTION PROTECTION.



GET CLEAN
The nourishing cleanser removes 99 percent of dirt, oil and makeup.



TREAT CONCERNS
Fight the appearance of fine lines and wrinkles with this renewing serum, which shows results within one week of use.



PROTECT AGAINST FREE RADICALS
The new Leave-On Mask is lightweight, non-greasy and helps to fight against the effects of pollution from morning until night.



HYDRATE SKIN
Help reduce the visible effects of elastin and collagen loss with this nourishing moisturizer.



REPAIR OVERNIGHT
Improve skin tone and elasticity with the nourishing night cream.



DON'T FORGET THE SKIN AROUND THE EYES
The eye cream helps to reduce the appearance of fine lines, wrinkles and crow's feet.



A STRONG DEFENCE

*Noticing some unwelcome changes in your skin?
Here's how antioxidants can help.*

There's no way around it: The environment is aging us. And unless you decide to stay inside 24/7 or move to a deserted island (so tempting; not so practical), you'll be exposed to it. Worse, unlike damage from the sun, the skin typically has no immediate reaction to things like temperature, wind and pollution—you only notice the cumulative effects (dryness, sagging and wrinkles) when it's too late.

The solution? "You need to apply skincare products that strengthen your skin's natural

protective barrier, products that target pre-existing environmental damage and products that protect your skin from future free-radical damage," says Toronto dermatologist Dr. Paul Cohen.

Keeping this in mind, your first line of defence against free radicals and pollution is to incorporate antioxidants into your skincare regimen. These include ingredients like vitamins C and E, as well as green tea extract and resveratrol, which help to neutralize free radicals.



Aveeno Absolutely Ageless Leave-On Mask (\$33, at drug-stores and mass-market retailers)



THREE STEPS TO YOUNGER-LOOKING SKIN

Take preventative measures against negative environmental effects with the Aveeno Absolutely Ageless collection—a simple but effective common-sense system with a special emphasis on protecting the skin from the invisible aggressors of day-to-day life.



STEP 1 CLEANSE

Make sure to completely remove dirt, oil and makeup from the skin with a nourishing cleanser.



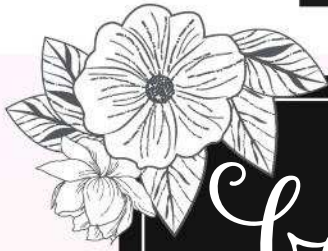
STEP 2 APPLY

Apply the new Absolutely Ageless Leave-On Mask to protect against pollution and free radical damage throughout the day. This lightweight, fast-absorbing product is designed to bolster your existing routine. "The idea with the pre-tox mask is to be more proactive," says Naomi Furgiuele, senior director of global beauty R&D with Johnson & Johnson. "Really go after those environmental aggressors and prevent the damage from happening in the first place."

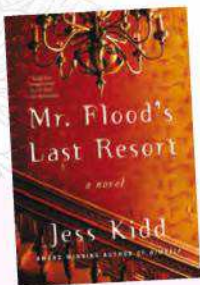
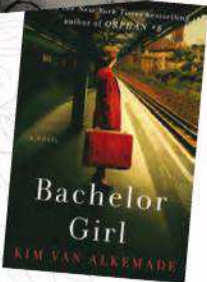
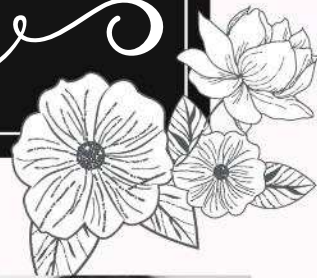


STEP 3 MOISTURIZE + PROTECT

Follow up with moisturizer to restore and reinforce the skin's barrier and finish with sunscreen.



books in bloom



JOIN SIMON & SCHUSTER CANADA AND ELLE CANADA for a scintillating evening celebrating some of the best of spring fiction with three amazing authors—**LISA JEWELL** (*Then She Was Gone*), **KIM VAN ALKEMADE** (*Bachelor Girl*) and **JESS KIDD** (*Mr. Flood's Last Resort*)—who will discuss their latest novels. Guests will have the chance to meet the authors and receive a signed copy of their favourite book! Drinks and hors d'oeuvres will be served.

HOSTED BY
Carli Whitwell
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ELLE CANADA

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SURF CITY

*Natalie Nanowski
explores Máncora—a
sleepy Peruvian beach
town now making waves
among the jet set.*

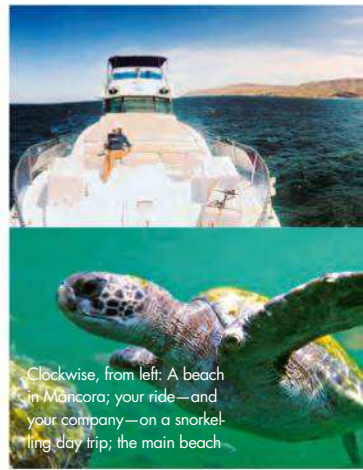


The pool at boutique
hotel KiChic

PHOTOGRAPHY: HANS STOLL

I PADDLE HARD and catch a five-foot wave. The only problem: I'm riding it crouching down, occasionally clinging to my board for dear life. Then I bail hard, scraping my foot on a rock. Okay, so I'm no Kate Bosworth in *Blue Crush*. But after planning my last six vacations around surfing, I'm definitely improving, so I still feel content and accomplished as I wade out of the water to where my boyfriend, Sean, has laid out our white beach towels. I recline beside him on the sand and dreamily watch the pro wave-riders catching the last of ▷

LIFE STYLE
YOUR GUIDE TO THE GOOD LIFE



Clockwise, from left: A beach in Máncora; your ride—and your company—on a snorkelling day trip; the main beach

the sunset session. And to think I went from trekking through the cold Andes to sunning myself on one of Peru's endless beaches in under two hours.

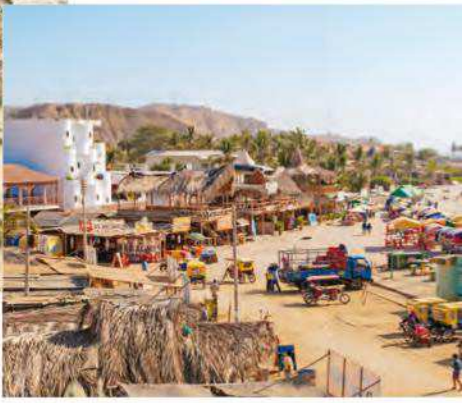
Confused? Many people are when I tell them about Máncora since, for most travellers, Peru is synonymous with Machu Picchu. But I'm a water baby, so even though the city in the clouds had long topped my bucket list, I couldn't bring myself to fly south solely to hike the Inca Trail. You can imagine my elation when I discovered Máncora, a once-sleepy fishing village below the equator that has turned into a tropical haven with a luxe hippie edge, with everything from stylish restaurants to boutique wellness centres to rickety bars that moonlight as clubs.

In the 1950s, Máncora was a glamorous getaway where Marilyn Monroe, Paul Newman and John Wayne would sip pisco sours—Peru's national cocktail, made with a heady brandy—and dance by the pool of the nearby Cabo Blanco Fishing Club (the very place where, legend has it, Ernest Hemingway managed to pull a 300-kilogram marlin from the Pacific). Today, the club is crumbling



on its sandy perch, a romantic relic of an It destination that is now having a second act, thanks (in part) to having one of the world's longest waves. And with the surf crowd come the tourists and the dollars. Máncora is on the cusp of "hot"—think Bali or Thailand 20 years back.

My foot is still sore after my bumpy ride, so I retire my surfboard and put on strappy sandals for dinner. The town's main street is overflowing with buskers and vendors; between juggling knives and grilling corn, they greet us with a relaxed *bienvenido*. Sean's kryptonite is street meat, so he drags me to various barbecue stalls. (They are everywhere.) I prefer



WHAT TO DO Surf, duh. Whether you're a pro or a novice, there are waves for every level and the water is always warm, so you'll never need a wetsuit (but a rash guard is always a good idea). Psygon Surf Camp (left) is right on the beach—you can't miss it—and offers lessons and cheap board rentals.

WHERE TO STAY KiChic only has nine rooms, so if it's full, book neighbouring Arennas Mancora. The modern minimalist resort has an elaborate pool and lounge area where servers happily bring you cocktails as you sunbathe. Most rooms have cute little rock gardens, and the grounds are filled with coconuts for the taking.

WHEN TO GO Over Christmas and New Year's, there are huge full-moon parties on the beach—all-night events with DJs. It's the busiest time but also the most fun. Families from all over South America camp out on the sand. Equally great is whale-watching season, between August and October, when humpbacks travel to Peru's warm waters to give birth.

"4 BEACH TOWNS," PATRICIA KAROUNOS & CARL WHITWELL; PHOTOGRAPHY, GETTY IMAGES (BEACH & COCKTAIL), ISTOCK (TOWN), NATALIE NANOWSKI (YACHT & SEA TURTLE) & HANS STOLL (RIGHT)



The lounge at KiChic; (below, right) a dish at the hotel, made with local ingredients



my meal on a plate paired with a cocktail, and every smiling face points us to La Sirena d’Juan. It’s the only restaurant in town where you need a reservation, but Sean’s Australian accent wins the host over and we snag a table on the quaint second-floor terrace. The menu is Peruvian-Asian fusion, and chef Juan’s take on ceviche—served with sweet potato and giant corn—is delicious, especially when washed down with a passion-fruit pisco sour.

At night, revellers at Máncora’s dozen bars spill out onto the sand. As much as I love dancing under the moon, waking up to techno isn’t my jam. So we opted to stay a 15-minute tuk-tuk ride away from the action at KiChic, a boutique wellness hotel with nine suites, a yoga studio overlooking the ocean and a vegetarian restaurant that uses only local ingredients. The hotelier, Peruvian Cristina Gallo, used furniture and art she collected during her travels to turn her home and manicured garden into an elegant and airy retreat that’s inspired by the Japanese word *ki*, which means “energy.”

Over our morning smoothie bowls the next day, we meet Gonzalo, who runs Oceanica, a marine-excursion company. Although there are plenty of boats offering snorkelling day trips, Gonzalo’s is one of the originals and his niece is a marine biologist, so they know the water well and pride themselves on environmental conservation. When he offers to take us out to see humpback whales, dolphins and sea turtles, it’s an obvious yes. Twenty minutes and one beer (for us) into the ride, Gonzalo anchors and urges us to jump in. Before long, we’re surrounded by sea turtles. (Fishermen have been tossing chum into the ocean for decades, attracting these gentle creatures.) One swims up to me, giving me a quick once-over before playfully nudging me with its fin. They’re just as curious and eager to swim together as we are, so we do. I may not have tackled a barrel wave, but right now that doesn’t matter in the slightest. □



4 BEACH TOWNS YOU DIDN'T KNOW EXIST



PUNTA DEL ESTE, URUGUAY

This city has been nicknamed the Saint-Tropez of South America. Think world-class dining (Parador La Huella is a must-try), nightlife and shopping or just lazing about with a glass of champers in the sun.



SANTA TERESA BEACH, COSTA RICA

This surfer’s paradise, on the Pacific coast, is still charmingly rural, but you don’t have to skimp on luxury. Stay in a bungalow at wellness-focused boutique hotel Latitude 10 (there are Ayurvedic massages and open-air yoga), or rent out the famous Floating House, a 230-square-metre tree house overlooking the rainforest.



ISCHIA, ITALY

Bypass tourist-jammed Capri for this island off the coast of Naples. Find everything from natural hot springs to gorgeous public beaches to luxury spas, like Mezzatorre Resort, situated in a 16th-century watchtower.



VIRGINIA BEACH, U.S.A.

Okay, so maybe Virginia Beach isn’t exactly a secret, but with a five-kilometre boardwalk along the Atlantic shore and a Pharrell-backed plan to turn an old parking lot into a 40,000-square-metre surf park surrounded by shops, restaurants and live music, it’s about to move up on your dream-travel list.



Dzek's Marmoreal terrazzo by Max Lamb

Thanks to advances in design tech, terrazzo has shed that utilitarian drabness. Companies are rolling out this durable speckled flooring in a new high-style palette that would look at home on the spring/summer runways of Akris, Emporio Armani and Temperley London. Carolina Herrera even debuted a terrazzo-inspired print in her Palm Beach meets Art Basel spring/summer 2018 collection.

“We are starting to see a renaissance of terrazzo as people shift toward a more luxury finish that’s going to last for decades or centuries,” says Edmonton-based flooring expert Ryan Spotowski, who moonlights as a furniture designer and created a terrazzo-inspired table out of recycled concrete as an ode to the material. Other designers are also looking beyond flooring. Australian company Zakkia makes very-Instagram-friendly handcrafted terrazzo accessories like plant pots and doorknobs. And London-based Dzek’s earth-tone terrazzo can be adapted for everything from backsplashes to bathtubs.

Of course, a bathtub is a bit of a commitment, so if you just want to flirt with the trend, look for terrazzo-like patterns, which are being incorporated into pillows, wallpaper and rugs. Talk about a bright idea. □

A MILLION LITTLE PIECES

The reinvention of terrazzo.
BY CARLI WHITWELL

AN INTERIOR-DESIGNER FRIEND once told me to think of the floor in your home like you do your shoes: It should pull a look together. Terrazzo, in that case, would be like your flashiest pair of Giuseppe Zanottis. This high-end flooring is becoming one of the biggest design trends of 2018—Pinterest saves of terrazzo pix are up 316 percent.

So what is it exactly? Terrazzo is made of tiny pieces of marble, quartz or granite set in concrete and smoothed into a flat surface. It dates back to 16th-century Italy, when enterprising Venetians recycled chunks of leftover marble into their floors. More recently, the look was embraced by the Memphis design movement of the 1980s. But most of us will likely associate it with high school—you know, the salt-and-pepper industrial flooring you’d pretend to be fixated on when your crush caught you staring.



1. Notebook, Poketo (\$35, at Brika, brika.com).
2. Porcelain plate, Night Shift Ceramics (\$24, nightshiftceramics.com).
3. Concrete pendant light, Trend Austin Design (\$103, at wayfair.ca).
4. Polyester pillow, Simple Luxe (\$39, at society6.com).
5. Resin pot, \$59, and steel plant stand, \$216 (Capra Designs, at lifeinteriors.com.au).

PHOTOGRAPHY: IMAXTREE (RUNWAY) & GEOFFREY ROSS (NIGHT SHIFT CERAMICS)

MODEL HOME SPRING'S RUNWAY TRENDS ARE TAKING OVER YOUR LIVING ROOM.



LAVENDER

This year's answer to millennial pink is chic when it's head-to-toe Max Mara, but it can skew twee in the home. Try it as an accent colour, says Vancouver-based interior designer Karla Dreyer. "Lavender works well with the grey tones we may already have on our furniture or walls." **PRO TIP** To avoid an Easter-egg vibe, "choose a lavender that isn't too saturated and has a dusty undertone," says Toronto interior designer Laura Stein.

Porcelain canister, Jonathan Adler (\$125, jonathanadler.com); earthenware plate, Anthropologie (\$26, anthropologie.com); textile couch, West Elm (\$2,099, westelm.com)



FLORALS

"Florals are back big time, but not in a 1990s kind of way," says Stein. "They're oversized, with patterns that almost look like murals. The colours are bold, with more of a wild-garden effect than something precious." **PRO TIP** Floral walls can be overwhelming, even to a Gucci-level maximalist, so it's best to experiment with wallpaper in smaller spaces, like your powder room, inside a bookcase or the bases of drawers, says Stein.

Wallpaper, Theartwerks (\$78 for 2.22 square metres, at spoonflower.com); cotton and linen cushion cover, Zara Home (\$69.90, zarahome.com); three-piece china set, Jasper Conran (\$100, at Wedgwood, wedgwood.com)



PLAID

The comeback print of the season feels freshest in neutrals like grey, white or black instead of the obvious tartan beloved by grandmas and hipsters. The larger the pattern the better, notes Stein. "It feels more modern." **PRO TIP** "The key is to not overdo it," says Dreyer. Don't be afraid to have fun, though. "Mix the plaid with other patterns—a plaid with a floral would work if they have a similar colour tone to tie them together," she adds.

Acrylic and polyester throw, Urban Barn (\$59, urbanbarn.com); viscose, wool and cotton throw, EQ3 (\$500, eq3.com); customizable sectional, Gus* (pieces from \$845, at Style Garage, stylegarage.com)

THE LATEST IN LIFESTYLE AND DECOR

INTEL

ELLE ♥ LOVES
Brooklyn-based furniture wunderkind Dozie Kanu. The 24-year-old's industrial pieces have been described as "furniture meets streetwear." (Virgil Abloh is a fan, of course.)

Concrete and steel chair, Dozie Kanu (\$11,000, at dozie.studio)



THROWING SHADES

Two experts sound off on their (surprisingly saturated) fave colours of the season.

THE HUE: SPRUCE BLUE



THE HUE: RICH SAGE GREEN



VS.

WHY NOW? "We've seen neutrals evolve from the deep browns of the early 2000s to the greys and variations of white that have been trending in recent years," says Erika Woelfel, vice-president of colour and creative services at Behr. Now, she adds, "people are looking for easy ways to incorporate more colour into their homes." **PLAYS WELL WITH...** Bolder shades like tangerine orange or deep green. Or pair the soothing greenish-grey blue with white trim and bronze accents in the kitchen or bath, suggests Woelfel. (In the Moment, Behr, \$53.97 for 3.79 litres, at The Home Depot, thehomedepot.ca)

WHY NOW? "It has a dark, masculine feel that can bring small spaces to life and elevate a whole scheme," says Joa Studholme, international colour consultant for Farrow & Ball. **PLAYS WELL WITH...** Cobalt blue—in fact, experts at Farrow & Ball picked a blue/green combo as their choice hues of the season. "Surprising colour combinations are key for home decor this spring," adds Studholme, who suggests painting one hue on the bottom half of the wall and trim and—gasp!—the other colour on the top half and the ceiling. (Calke Green, Farrow & Ball, \$110 for 3.79 litres, farrow-ball.com)



Taurus

(APRIL 20 – MAY 20)

With the Sun in your sign this month, you're in the driver's seat. Replenish your energy and make the most of the good fortune coming your way. Venus will attract opportunities to boost your earnings. Mars wants you to travel, and with Venus' influence, you will definitely bring home treasures.

Gemini

(MAY 21 – JUNE 20)

Step back and be low-key this month. Research or working behind the scenes will hold a lot of appeal. Nevertheless, with Venus in your sign, you will enjoy schmoozing with everyone. This is also the best month of the year to update your wardrobe. Meanwhile, your ruler Mercury urges you to think about your goals. Got any ideas?

Cancer

(JUNE 21 – JULY 22)

Several planets join forces to boost your popularity this month. Friendships will be a focus—examine the role they play in your life. They are important because they influence your mind and your mind makes your choices. Parties, the arts and vacations appeal. Be patient with partners this month—you aren't always right.

Leo

(JULY 23 – AUG. 22)

You make a fabulous impression on bosses, parents and VIPs right now because the Sun is high in your chart. Use this to your advantage. It's also the time to make your pitch and advance your agenda. Friends are supportive. (A friend could even become a lover.) Mars will energize you and make you take pride in your work.

Virgo

(AUG. 23 – SEPT. 22)

It's time to hit the road—you need a change of scenery. Travel anywhere, or, if you can't travel, be a tourist in your own town. Shake things up a little to make life more interesting. You feel playful, supportive and flirtatious. Hot sex will do the trick because your passion runs high this month. You may even begin a new romance.

Libra

(SEPT. 23 – OCT. 22)

This is a happy month. Yes, you love your increased earnings, but you are also focused on taxes, debt, insurance, inheritances and shared property. (No such thing as a free lunch.) Increased activity on the home front requires patience; stock the fridge so you're ready for everyone. Dazzle them with champagne.

Scorpio

(OCT. 23 – NOV. 21)

Lucky Jupiter in your sign gives you protection, and Venus attracts gifts, goodies and favours from others. This is a good month to ask for a loan or mortgage. Venus also amps your sex drive, while Mars increases the tempo of everyday life and makes you verbally aggressive. It's a strong time for those in sales.

Sagittarius

(NOV. 22 – DEC. 21)

You're proud of your accomplishments this month. You're hustling, so you'll get results. More than that, you're focusing on how you can best manage your life. You want to make every action count. You also want to be healthier. Relationships with partners and close friends are cozy. Spend some money and have some fun.

Capricorn

(DEC. 22 – JAN. 19)

Relax and be yourself this month. Feel free to express your creative energies. Put your own priorities first. Get out and have a good time—enjoy romance, parties, sports and get-togethers. Will you have the energy for all this? Yes! For the first time in two years, fiery Mars is in your sign, pumping your adrenalin. Start your engines.

Aquarius

(JAN. 20 – FEB. 18)

Although social diversions are in the picture this month, your focus is on your home, family and private life. You might be involved with a parent more than usual. You will enjoy cocooning and relaxing in familiar surroundings. Nevertheless, you're talkative. Mercury will not let you relax for long. Romance is promising.

Pisces

(FEB. 19 – MARCH 20)

Your daily grind accelerates this month due to a busy agenda of conversations, errands, increased reading and writing plus short trips and much toing and froing. Phew. You can't sit still. You're physically active with friends and groups and possibly in competition with someone. Relationships with family are happy and warm.

Aries

(MARCH 21 – APRIL 19)

This is a lovely month. Money is a focus—you'll be spending more. Mercury in your sign makes you talkative and eager to enlighten others, while Venus sweetens your words and inspires fun getaways. Nevertheless, you're pumped to work hard because Mars has aroused your ambition. There's a good balance of energy for you.

Acne acnestudios.com. **Adidas** adidas.ca. **Adidas by Stella McCartney** At Simons, simons.ca. **Aerin** estee lauder.com; at Holt Renfrew, holtrenfrew.com; Nordstrom, nordstrom.com. **Barbara Bui** barbarabui.com. **Birks** maison birks.com. **Call It Spring** callitspring.com. **Céline** celine.com. **Chanel** chanel.com. **Chantecaille** At Holt Renfrew, holtrenfrew.com. **Christian Louboutin** christianlouboutin.com. **Cilque** cilque.com. **Clairol** At drugstores and mass-market retailers. **Clarins** clarins.ca. **Coach** coach.com. **Common Projects** At GravityPope, gravitypoppe.com. **COS** cosstores.com. **David Yurman** davidyurman.com. **Delpozo** delpozo.com. **Diane von Furstenberg** dvf.com. **Dolls Kill** dollskill.com. **DROME** drome.it. **Ermanno Scervino** ermannoscervino.it. **Eva B** eva-b.ca. **Félice Carole Dicaire** felixecaroledicaire.com. **Fendi** fendi.com. **Fenty x Puma** ca.puma.com. **Fila** At Hudson's Bay, thebay.com. **Garnier** At drugstores and mass-market retailers. **Givenchy** At Holt Renfrew, holtrenfrew.com. **Gucci** gucci.com. **Hair by Sam McKnight** At Lac + Co, lacandco.com. **Helmut Lang** helmut lang.com. **Hermès** hermes.com. **Hugo** hugoboss.com. **Isabel Marant** isabelmarant.com. **Jasper Conran** jasperconran.com. **J Brand** jbrandjeans.com. **Jennifer Behr** jenniferbehr.com. **Jil Sander** jilsander.com. **John Frieda** At drugstores and mass-market retailers. **J.W.Anderson** At Holt Renfrew, holtrenfrew.com. **Kenzo** kenzo.com. **Lacoste** lacoste.com. **LaCrasia** lacrasiagloves.com. **Lele Sadoughi** At Shopbop, shopbop.com. **L'Oréal Paris** At Walmart, walmart.ca; London Drugs, london drugs.com; Jean Coutu, jeancoutu.com. **Louis Vuitton** louis

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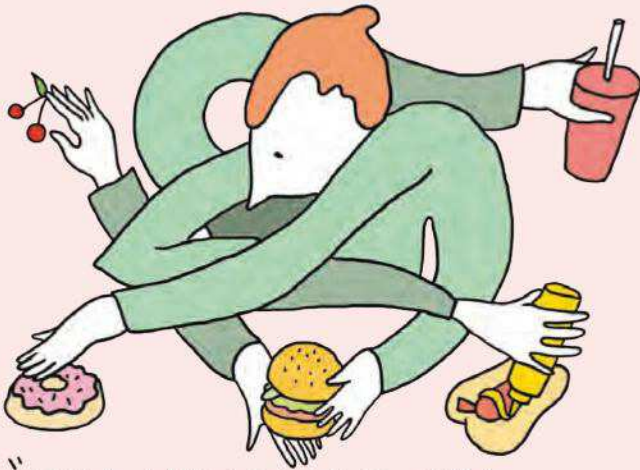


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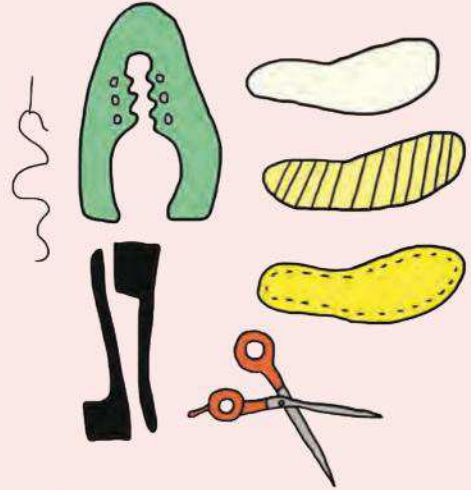


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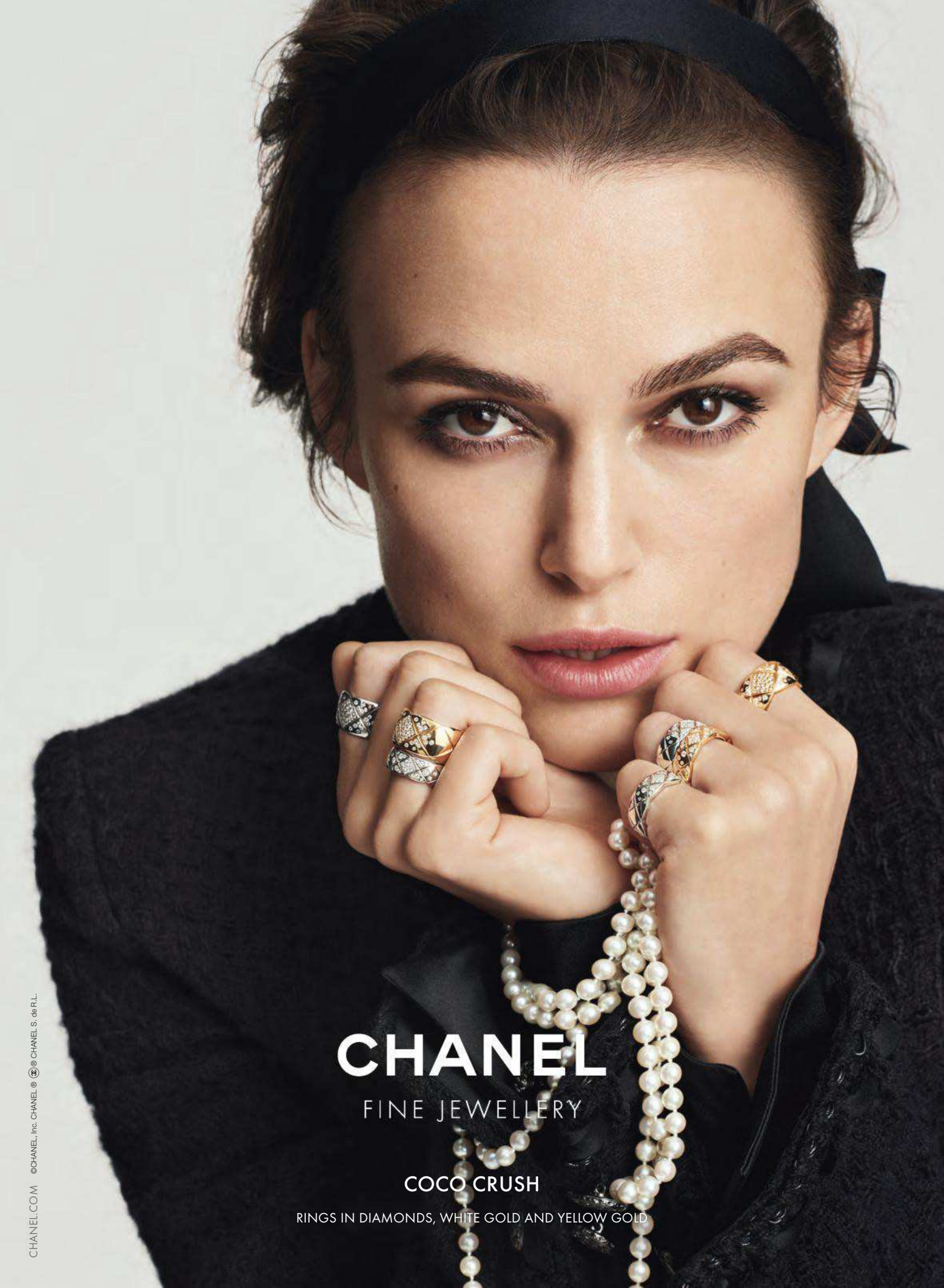
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