

SHE CANADA

VALENTINE'S DAY
GIFT GUIDE

GAURI KHAN:

THE FIRST LADY OF BOLLYWOOD

**MISS SLOANE'S
RAOUL BHANEJA**

EXCLUSIVE:
**THE FASHION
AWARDS 2016**

INSIDE
**ZSA ZSA GABOR'S
BEL-AIR MANSION**

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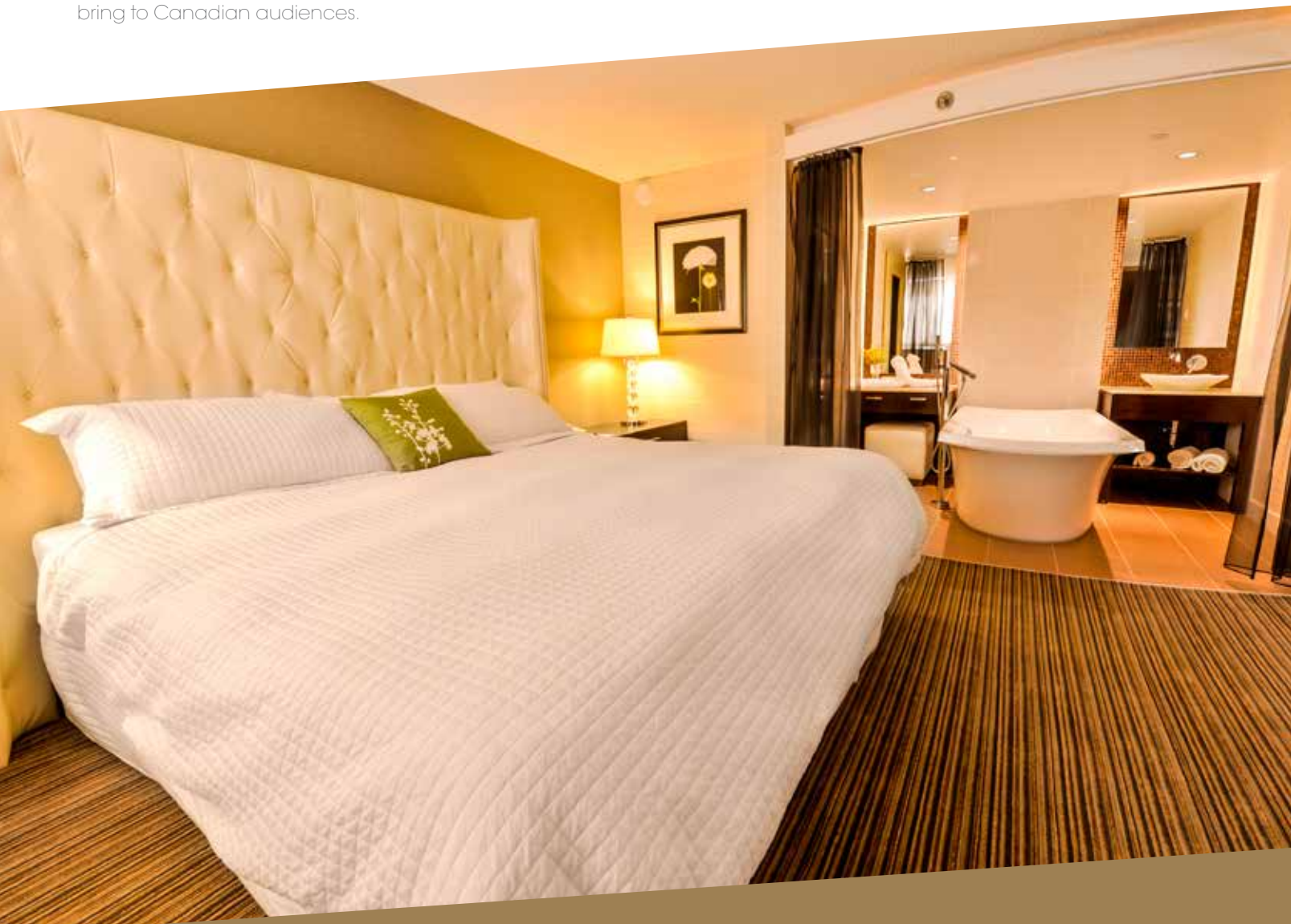
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SHE CANADA

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Into spring

This issue celebrates two themes. Besides bringing our readers the very best in Valentine's Day gifting, it also looks at interior design. With springtime mere moments away, we're all spring-cleaning, discarding what we no longer use for upgraded furnishings. In doing so, we've caught up with Gauri Khan. Not only is she renowned globally for her eye for interior design, but she also so happens to be married to Bollywood leading man Shah Rukh Khan.

She exudes natural style and this month readers will get an inside peek into Gauri's world. In fact, we're opening a contest up for all our readers. In celebration of this cover, readers can win Gauri Khan's coffee table book *Design and Contemporary Interiors*. Published in association with ACE Builders, Gauri shows readers what inspires her sensibilities. What's more, when we met with her in London for this feature she took the time to sign this copy of the book.

Speaking of interiors, this issue also takes readers on a journey into Zsa Zsa Gabor's Bel-Air mansion. Her recent passing has thrown the estate's future into question. This piece looks at the history of the late socialite's home.

Finally, for those of you grappling with finding the perfect Valentine's Day gift, SHE has a few great suggestions. Gift guides for him and her explore the must-have gifts of the SS17 season.

I hope this issue inspires some redecoration in preparation for the summer months!



EDITOR
S.M. Kamran Zaidi

A stylized, handwritten signature in black ink.



WIN!

a Signed Copy
of **Gauri Khan's**
Design &
Contemporary
Interiors

This contest is open to all SHE readers. To win this coveted tome, send an email with the answer to the following question to letters@shemagazine.ca:

What is your favourite home furnishing and why?

Good Luck!

SHE CONNECTS



Dec. '16 / Jan. '17 Cover:

KYLIE JENNER



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shecanada

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socialmedia@shemagazine.ca

#shecanada

SHE Asked:

“What is your favourite interior furnishing at the moment?”



PRIYA KUMA
Executive Editor

📷 priyak

The LUDDE Sheepskin Rug from IKEA. I forgot about it after purchasing it years ago and recently pulled it out. Not only does it look great on the back of chairs and on the floor, but it's super-soft too.



AAISHA ZAFAR ISLAM
Deputy Editor

📷 aaishazi

The corner of our living room sectional sofa. I can live my life sunk into that comfortable spot. I've 'worked from home' settled in that corner, prefer to catch up on social media with a 'multani khes' over me on cold evenings and a cup of tea on the shelf next to the sofa. I also try to sneak in a nap on the sofa whenever I can. It is old and well past its prime, but I don't think we are going to replace it anytime soon.



ZEBUNNISA MIRZA
Travel Contributor

📷 purplescarfgirl

A hand-woven wool throw I bought from Morocco.



RHEA BRAGANZA
Features Contributor

📷 rheabraganza

I tend to like one-of-a-kind pieces when it comes to interior furnishings, so anything that really adds a little bit of personality to a room and is unique, especially DIY projects that can create décor by reusing other items around the house. I'm also a huge fan of pieces that are multi-purpose, like a sit-and-store folding ottoman.



KELSEY SEEPERSAD
Features Contributor

📷 k.seepersad

After a long day, there is nothing I like better than curling up on my day bed with a cup of tea and watching my favourite shows. I could spend all night watching reruns of *Gilmore Girls*, and if I happen to fall asleep I'm already curled up underneath my softest comforter surrounded by a dozen pillows!



IMAIYA RAVICHANDRAN
Features Contributor

📷 imaiya.ravi

My favourite furnishing at the moment has to be wall hangings. Weavings, wreaths -- anything that's different from your run of the mill painting!

CTA HeARTs Dept @
CTA_heARTs Jan 3
Inspired by @SHECanada
@sayitrightltd CTA stu-
dents hand painted hijab
designs @TakeNoBULLy-
ing. Photographed by the
talented Shahzia A

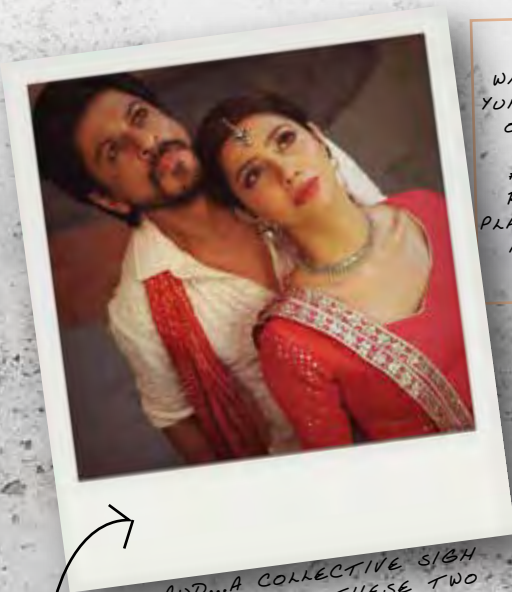


grieta allison @griechux
27 Dec 2016
@cookiegigan here is my
@SHECanada winning.
Did you get yours
already?

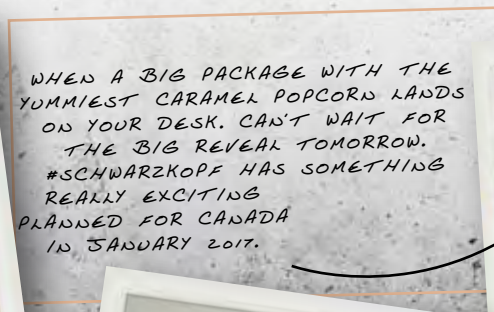
Julie Marshall @JulieMar-
shall2 22 Dec 2016
Thank you @SHECanada
for reminding us what's
important this Holiday
Season, helping those fur-
thest behind with @WFP:
[http://shemagazine.ca/
social/the-gift-of-giving/](http://shemagazine.ca/social/the-gift-of-giving/)
...



#SHECANADA



AND...A COLLECTIVE SIGH
FOR HOW DREAMY THESE TWO
LOOK TOGETHER. @MAHIRAKHAN
AND @IAMSrk IN ANOTHER SONG
RELEASED FROM THE UPCOMING
#RAEES.



HOW DO WE MAKE #CANADIAN-
CONTENT STAND OUT IN THE
CANADA PARTICIPATED IN THE
#DIGITAL CONSULTING SESSIONS
WITH MINITER OF CULTURE, MELA-
NIE SOLI. WHAT ARE SOME OF
THE KEY AREAS THAT
YOU THINK NEED TO BE
LOOKED AT FOR US TO
STAND OUT?

POND'S[®] gold radiance™

Recapture the radiant
glow of youthful skin



with
real gold
microparticles

FORMULATED BY POND'S INSTITUTE

LETTER TO THE EDITOR

From: Tracy

Subject: Article in Oct/Nov

Earlier today I picked up your magazine at a kiosk in the subway in > Toronto. The price was right at \$1.99 & I wanted to read the article on Cara Delevigne, so I bought it - for the first & last time.

I was on page 14 and noticed fur coats - very upsetting. Imagine my surprise when one of the coats - a hideous looking black one stated Black Fur Coat, Stella McCartney, \$2,500.

I would think that anyone in the fashion world would know that Stella McCartney does NOT use fur or leather in her Fashions.

It seems your magazine is mainly for the South Asian community, which I am not a part of. It would be a good idea to add it under the name on the cover. Also, I stopped buying magazines that advertise fur many years ago.

Regards,

Tracy



Hi Tracy

Firstly, thank you so much for picking up SHE. We really love to hear back from readers. You are correct. Stella McCartney does not produce any fur or leather garments/accessories. I live in London and am familiar with her brand philosophy. That listing should have said "FAUX fur coat". Because that was an oversight on our part, we'll run an editor's note in the next issue correcting this. The reason we feature fur and leather is because we have advertisers to answer to. As soon as we shut any of them out, it creates problems for us as a platform for HBC,

Holt Renfrew, Sherway Gardens and countless other local luxury brands. Additionally, we would also be shutting out the indigenous peoples we feature creating the items they've made for generations like mukluks from scratch.

With regards to your offence that we do not promote ourselves as a South Asian publication on the cover, I will only say this: here at SHE we are inclusive. We want every one of our readers to feel welcome to open our pages regardless of race, religion or nationality. You saying that we should inform readers that we're for South Asians only is akin

to discrimination against anyone that is interested in Cara or our international content featured, which frankly is the majority of the publication. Finally, on a personal note, you seem to be very worked up about the rights of animals. What about your thoughts on human civil rights? Perhaps that is something you should put some thought into before going on a diatribe about ethics.

Many thanks,
Priya

From: Tracy

Thank you very much for answering my email so quickly. I appreciate that very much. I do have to say that in no way whatsoever did I state that your magazine should say that it is for South Asian readers ONLY. I was not trying to discriminate at all. I simply meant that you might have been missing part of an audience that SHE seems geared to. It wasn't an insult at all. I buy many different magazines, even though many people have switched to reading them online. I keep many of them. Then I pass them on to friends and they pass them on. You state that you have advertisers to answer to. No, you don't. I'm sure your magazine has policies in place regarding certain ethics. But it seems that it's all about the revenue and what you deem as luxury

products. For many years (I have) worked in advertising for one of Canada's largest newspapers and we had many policies in place that we had to adhere to.

I don't appreciate you saying that I seem "very worked up" and shouldn't go on a "diatribe about animal rights". Rather rude and very small minded of you. You don't have a right to tell me or anyone else to look at human civil rights or any other causes instead. I was addressing your mistake, your "oversight" as you put it. Saying that the fur coat with Stella McCartney's name on it should have said "faux fur coat" is not just a small slight for what she stands for. That one missing word is a big deal, especially as you say that you are familiar with her brand. I don't know about London as I haven't been there in years, but

in Toronto fur really isn't considered a luxury anymore. I suggest that you take a look at some of the horrific videos of the unethical treatment of animals in South Asian & East Asian countries for your "luxury" items.

One day I hope that advertising of fur products will be banned just as cigarette advertised was many, many years ago. Never say never. Covering animal rights and other ethics would be a great story in another issue of SHE. I'd rather you not publish my letter if you are going to put words in my mouth or omit them. It would only be fair if you printed our exchanges as well. But, it's not about me. It's about correcting a mistake about a mislabeling of a product that has Stella McCartney's name on it.

Regards, Tracy

Editor's Note: SHE Canada chose not to respond. The publication rarely if ever features products containing fur but this discussion was not about that. SHE was attacked for incorrectly labeling an item that did not comprise fur to begin with and instead of simply accepting the editorial note as reparation, the reader continued to hurl insults our way. We don't negotiate with militant activists on any issue. Especially ones that feel we ought to label our magazine with its ethnic origin so she in the future can choose to boycott the publication before even opening the front page.



Big Parrot Stud Earrings
Marc Jacobs
\$115

Jacquard-Knit Skirt
Alexander McQueen
\$1,245



Darnet Bodycon Dress
Ted Baker
\$349

Silk Scarf
Topshop
\$90



Leather Booties
TOMS
\$160

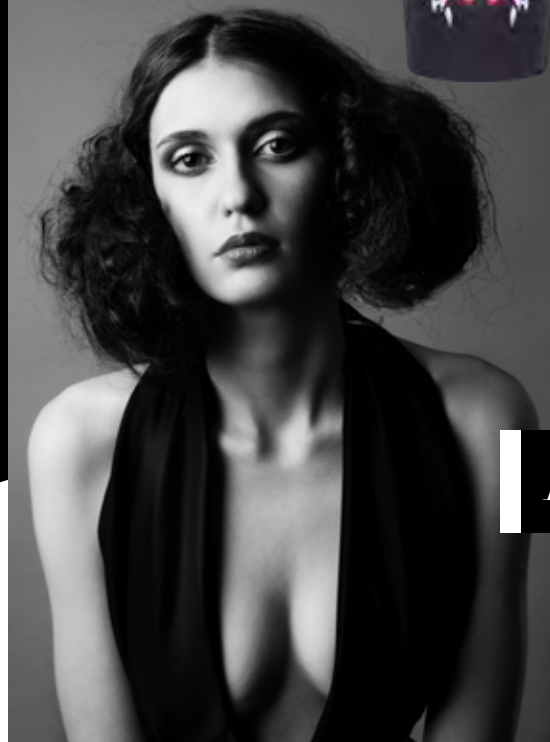


Fiolla Heels
Aldo Shoes
\$90



Naima Ombré Sparkle Coat
Ted Baker
\$849

BLACK & WHITE



If it's sophistication you're looking for, you can never go wrong with a little black and white. Try swapping in your standard LBD for a matching mini-skirt and top, like this co-ord we're obsessed with from Alexander McQueen. But don't forget: baby, it's still cold outside! A dramatic faux fur coat will be your best friend when braving these winter blues.



Clutch Bag with Flap
Zara
\$25.90



Short Faux Fur Coat
Zara
\$119



Off-the-Shoulder Jacquard-Knit Top
Alexander McQueen
\$1,030



Satin Skirt
H&M
\$39.99



Bethne Brooch
P.A.R.O.S.H
\$154



Barnemme
Tiered Pullover
Asilo
\$148 USD



Netted
Tights
Hue
\$21



Heartstone
Drops
Alba Bijoux
\$128



City Rider Ankle Boot
Pierre Hardy
\$549 USD



Leather Metallic
Foldover Cross
Body Bag
Asos
\$65



Embellished
Collar Velvet
Dress
Ted Baker
\$369

Ichlibi Bow Court Shoes
Ted Baker
\$290



Embellished
Satin Jumpsuit
Rachel Zoe
\$895



JEWEL TONES

Jewel toned clothing has a special way of catching the light, just like all our favourite ornaments. Playing around with contrasting colours is definitely encouraged, so long as the outfit's grounded with a neutral focal point.

Satin Bucket Bag
Diane Von Furstenberg
\$200





Large
Earrings
H&M
\$14.99

Choker
H&M
\$14.99



Edena Opulent Orient
Jacquard Clutch
Ted Baker
\$109



Niobe metallic silk-blend
jacquard top
Zeus + Dione
\$405

METALLICS



Wearing metallics can be tricky. There's always a chance you might end up looking like a sentient disco-ball instead of a fashion forward android from the year 2040. Not to fear! Just remember to keep things chic by experimenting with texture. We love the idea of pairing faux leather with a crêpe fabric.



Daria Pants
Wilfred Free
\$135



Kayser
Pouch
Aritzia
\$55

Metallic knitted
Jumpsuit
Missoni
\$2,255



Iridescent Patent
Leather Sneakers
Chia Ferragni
\$240

Theia Top,
Parker
\$297



Bianca •Metal-
lic Puffer
Jacket
Topshop
\$140



Shiny Heels
Zara
\$45.90



Keyser Pouch
Auxillary
\$55



Pastel Felt Knit
Scarf
Simons
\$95



Lara Jacquard Heels
Urban Outfitters
\$94



Midi Dial Rose
Gold Watch
Olivia Burton
\$112



Marled Full
Tights
Express
\$16.99

The Easter Bunny called and she wants you to know that she's been a trend-setter for years. People can't seem to get enough of this romantic and feminine colour palette, making it the perfect option for your upcoming date night. If you're scared of looking overly sweet, inject some edge back with a rugged denim jacket. And if you find yourself hankering for warmer weather (who doesn't?) channel beachy vibes with something like Edie Parker's statement palm tree clutch.



Flavia Palms
Box Clutch
Edie Parker
\$1,595

PASTELS



Chelsee Colourblock
Crossbody
Ted Baker
\$240



Maon Asym-
metric shift
dress
Ted Baker
\$395



Sparkle Knit Sweater
Joe Fresh
\$29.99



Denim Jacket
with Graffiti
Zara
\$89.99



Wrap Over
Slip Dress
Topshop
\$60

SHE LOOKS



Pajama Jump-
suit
Fleur Du Mal
\$1,200

Crystal Choker
Necklace
Cristabelle
\$85



Velvet Pocket
Duster Coat
Topshop
\$119.99



Pure Cashmere Ne-
vada Coat
JOSEPH
\$3,900



Crepe Jumpsuit
Reformation
\$400



Nudist Metallic
Mesh Sandals
H&M
\$59.99



Choker
River Island
\$26.99



Patent Sandle
H&M
\$59.99



GIGI

HADID

As of late, models' low maintenance off-duty style has been more sought after than the high-fashion looks they sport during their day jobs. Gigi took this cozy trend to a whole new level when she sported a silk pyjama-esque jumpsuit to a VIP London dinner party hosted by Stuart Weitzman.



Cashmere
Blazer
Hardy Amies
\$1,115



Wool Rollneck
Sweater
Rick Owens
\$659.99



Conor Cotton-
Twill Trousers
Club Monoco
\$110.99



Pocket Square
Black Brown 1826
\$30



Braosa
ALDO
\$120



Wool Trousers
Prada
\$950



Zara Turtleneck
Zara
\$45.99

Gianni Lace Up
Cap Toe
Tom Ford
\$1,900



Tuxedo Jacket
Topman
\$149.99



ZAYN

MALIK

Showing up to each and every one of girlfriend Gigi Hadid's runway shows, Zayn Malik is strong contender for the "Most Supportive Boyfriend of the Year" award. Continuing his streak at a Tom Ford event in Manhattan, Zayn went classic with a bespoke Tom Ford double-breasted blazer. While not all of us have connections that will score us custom-made clothes, anyone can achieve the elegance of his all black get up.

Fly Silver-Tone
Cufflinks
**Alexander
McQueen**
\$467.99



Onyx and Stingray
Beaded Bracelet
**King Baby
Studio**
\$345.99



Sterling
Silver Nail
Ring
**Degs and
Sal**
\$105.99



Silvertone
Square
Chain
Bracelet
Atelic
\$65

SHE *FASHION*

THE

FASHION

AWARDS

2016

BY PRIYA KUMAR



Kate Moss



Gigi Hadid

SHE had the pleasure of being invited to The Fashion Awards 2016 in partnership with Swarovski. Formerly known as the British Fashion Awards, the British was dropped to recognise the industry as a whole. The evening of December 5, 2016 saw 4,000 members of the fashion fraternity and public gather at Royal Albert Hall in London, England for this extravagant event. Everyone who's anyone in fashion was there including muses, designers, business leaders, influencers and the icons that inspire them.

Attendees included Anna Wintour OBE, Carine Roitfeld, David Beckham OBE, Domhnall Gleeson, Gigi Hadid, Joan Smalls, Karlie Kloss, Kate Beckinsale, Kate Moss, Lady Gaga, Lara Stone, Marilyn Manson, Mario Testino OBE, Nadja Swarovski, Naomi Campbell, Salma Hayek Pinault, Skepta, Stella Tennant and Tom Ford.



For me personally, the highlight of the evening was Ralph Lauren receiving his Outstanding Achievement in Fashion award from David Beckham. "He has built an outstanding legacy and I look forward to celebrating him for years to come," Beckham said of Lauren. Apparently the two had not met until recently in the English countryside. Beckham approached the design icon to say hello, and their friendship started there.

Other highlights included Lady Gaga presenting Craig Green with the British Menswear Designer award. Gigi Hadid welling up with tears when accepting International Model award from Donatella Versace was also notable, after which a mannequin challenge took place of the entire audience. Also worth mentioning was Jared Leto presenting Gucci's Alessandro Michele International Accessories Designer. The two look remarkably similar and perhaps sparked the casting of Leto in Gucci Guilty's fragrance campaign.

The elegant affair was a unique opportunity for fashion aficionados to rub shoulders with their industry heroes. The evening raised funds for the British Fashion Council Education Foundation. The Education Foundation offers scholarships to talented young people studying BAs and MAs. Additionally, the charity will also provide funding for apprenticeships to develop industry skills. The BFC aims to raise £10m over the next ten years for the charity.

To donate to the BFC Education Foundation, please visit <http://www.fashionawards.com/About/BFC-Education-Foundation>.



Anna Wintor OBE & Guests

AND THE AWARD GOES TO...

British Emerging Talent:

MOLLY GODDARD

Presented by Alexa Chung & Jordan Kale Barrett

The Swarovski Award for Positive Change:

FRANCA SOZZANI (EDITOR IN CHIEF, VOGUE ITALIA & L'UOMO VOGUE)

Presented by Tom Ford

British Menswear Designer:

CRAIG GREEN FOR CRAIG GREEN

Presented by Lady Gaga

British Womenswear Designer:

SIMONE ROCHA FOR SIMONE ROCHA

Presented by Kate Beckinsale

Isabella Blow Award for Fashion Creator:

BRUCE WEBER (PHOTOGRAPHER)

Presented by David Bailey OBE & James Jagger

Special Recognition:

CELEBRATING 100 YEARS OF BRITISH VOGUE

Presented by Mario Testino OBE

British Brand:

ALEXANDER MCQUEEN

Presented by Naomi Campbell

International Business Leader:

MARCO BIZZARI (PRESIDENT AND CEO, GUCCI)

Presented by Francois Henri Pinault & Karlie Kloss

International Urban Luxury Brand:

VETEMENTS

Presented by Marilyn Manson

New Fashion Icons:

JADEN & WILLOW SMITH

Presented by Edward Enninful OBE & Skepta

International Model:

GIGI HADID

Presented by Donatella Versace

International Accessories Designer:

ALESSANDRO MICHELE FOR GUCCI

Presented by Jared Leto

International Ready-to-Wear Designer:

DEMNA GVASALIA FOR BALENCIAGA

Presented by Carine Roitfeld & Stella Tennant

Outstanding Achievement in Fashion:

RALPH LAUREN

Presented by David Beckham OBE



**SPORTS BRA
LIVE THE
PROCESS
\$125**



**PAJAMA SHORTS
LA PERLA
\$135**



**BODYSUIT
CALVIN
KLEIN
UNDER-
WEAR
\$70**



**ELLES BODYSUIT
SIMONE PÉRÈLE
\$195**

Fun, Flirty

FUNCTIONAL

1.

Lacy little things



**SPORTS BRA
NIKE
\$80**

**JERSEY SPORTS BRA
P.E NATION
\$100**



**IDYLLE HALF CUP
\$129**

SIMONE PÉRÈLE

***IDYLLE TANGA
\$55**



**IDYLLE HALF CUP
\$129**

SIMONE PÉRÈLE

***IDYLLE THONG
\$55**



**TRIANGLE BRA
FLEUR DU
MAL
\$125**



**AIR
CONTROL
ANITA
ACTIVE
\$110**



**EDEN CHIC
SOFT CUP
TRIANGLE

SIMONE PÉRÈLE
\$99**



**CASHMERE
ROBE
CHINTI
AND
PARKER
\$895**



**SILK-SATIN
CARINE
GILSON
ROBE
\$2,215**



**BRA
AGENT
PROVOCATEUR
\$105**

**EDEN CHIC TANGA
SIMONE PÉRÈLE
\$59**



**WONDERBRA
\$47**

**THONG
AGENT
PROVOCATEUR
\$105**



**STRETCH-LACE
THONGS SET
HANKY PANKY
\$150**

**BODYSUIT
ELLE
MACPHERSON
BODY
\$110**



**PLAYSUIT
DOLCE &
GABBANA
\$1,195**



**MOMENTUM
ANITA ACTIVE
\$125**



**AIR CONTROL
PADDED
ANITA ACTIVE
\$130**



**COTTON-BLEND
SOCKS
VETEMENTS
\$90**

2. *what a girl wants* : BLING & TIME



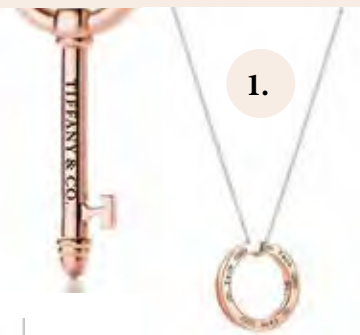
PANDORA

My Princess Tiara Ring, \$90 | Capture Hearts Earrings, \$75
Forever Necklace, \$165 | Forever Earrings, \$80 | Bow Ring, \$80



MAISON BIRKS

Gold Open Heart Pendant, \$895
Birks Rosée du Matin® Tahitian Pearl and Diamond Pendant, \$2,295 | Gold Triple Ring Pendant, \$1,395 | Snowflake® Diamond Bypass Ring, \$1,995



TIFFANY & Co.

Circle Pendant, \$540 | Oval Key Pendant, \$1,150 | Heart Clip, \$9,500 | Wire Bracelet, \$1,750 | Love Pendant, \$375



CAROLINE NERON

Saguaro Collection Necklace, \$75 |
Earrings, \$125 | Bracelet, \$115 | Dési-
rée Bracelet, \$75



1.



3.



2.



2.



4.



3.

THOMAS SABO

Glam & Soul Necklace "To-
gether Forever", \$198 | Watch
"Karma", \$304 | Glam & Soul
Ring, \$529 | Watch "Glam
Chrono", \$504 | Watch "Glam
Chic", \$504 |



4.



5.



MIANSAL

Screw Cuff Bracelet, Rose Gold, \$200 |
Bare Necklace, Gold Vermeil, \$145



5.



2.



1.



3.



ALEX & ANI

Heart Ring Wrap, \$34 | Because I
Love You Bangles (Set of 3), \$116
Rose Gold Expandable Wire Bangle,
\$46 | Love Cuff, \$51 | Love Ring
Wrap, \$34



4.

THE FIRST LADY OF BOLLYWOOD

Gauri Khan is perhaps best known as Shah Rukh Khan's better half. She appeared on the cover of Vogue India in 2008 where Priya Tanna, my former editor and friend wrote: "That she is stylish, enigmatic, and poised is known, but at the shoot we saw another side of her. Even in the frames she shares with Shah Rukh, she holds her own impressively." Now SHE's had the opportunity to experience the glamour and sophistication exuded by Queen Khan.

By PRIYA KUMAR

I was late when I turned up at Gauri Khan's book launch at London's Four Seasons Hotel. Rushing through the corridors of the opulent property decked out in its Christmas finery, I pushed my way through the cocktail party to apologize to my host. Khan was launching a coffee table book in collaboration with ACE Builders titled *Design & Contemporary Living*.

Although she married into Bollywood royalty, she's no housewife living off her husband's laurels. An accomplished interior designer and celebrated film producer at Red Chilies Entertainment, Khan is the name behind a number of critically acclaimed films that include *Dilwale* (2015), *Happy New Year* (2014), *Chennai Express* (2013), *Ra.One* (2011), *My Name is Khan* (2010) and many more. But it wasn't her film accolades we were celebrating that evening. It was

her expertise as a designer.

"Design, for me, is the driving force in my life, opening my mind to innovative ideation and impelling me to break my own barriers of thought and possibility," Khan poignantly says. She is inspired by the global travel she has had the privilege undertake over the past few decades. "Los Angeles, Seattle, Washington DC, New York, Edinburgh, Buenos Aires" all contribute to her aesthetic sensibility, but no city has left a greater impression than Paris: "The thread of classical design that is generously spread through the city, the lush, leafy parks, the vintage street lights, the lock bridge and the sense of promise it presents, the staggering marvel that is the Eiffel Tower, and the art and architecture of the Musée du Louvre" have all moved her and led to an annual pilgrimage to the City of Lights.

Sourcing throughout her travels, from attending internationally renowned design fairs to scouring obscure markets

in the farthest reaches of the globe, Khan's sense of wanderlust feeds her creativity. It also makes her appreciate India's indigenous craftsmanship: "My aim is to always showcase Indian craft in a more modern, relevant mode. Travel and experiences add their touches, but the fundamental concept begins and ends with India."

Not unlike cosmetics, Khan feels less truly is more, as taste cannot be bought. "Interior home spaces need not shout out big money and over-opulence," Khan surmises. It's all about subtle elements intelligently placed to highlight areas while bringing to the fore the owner's personality and taste."

She explains that achieving the perfect space is all about downsizing. "Always opt for minimalistic ideas that discourage clutter." Playing with light can also work with what you have: "Use lighter shades to make spaces appear larger and make the most of whatever natural light sources you have."





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Perhaps my favourite interior design tip she swears by has to do with the ceiling: “Always paint your ceiling a slightly lighter shade than your wall hue.” This allows your room’s fifth wall to trick the eye into sensing spaciousness.

I wonder, where did Khan get her knack for interior design? Gauri Khan was born Gauri Chibber in October, 1970 in New Delhi’s well-heeled neighbourhood of Panchsheel Park. She was a convent schoolgirl and graduated from university with a Bachelor of Arts with Honours in History. She pursued a six-month course in fashion design at NIFT (National Institute of Fashion Technology), Delhi. Her father was a garment producer, so she toyed with joining the family business. She was only 13 years old when she met Shah Rukh Khan, but they didn’t

marry until she was 21, prior to his rise to stardom in Bollywood.

Design & Contemporary Living also offers a very exclusive look into the lives of the Khan family. Shah Rukh and Gauri are parents to three delightful children: Aryan (19), Suhana (16) and AbRam (3). Of her children, Khan says, “I hope the kids are focused and hardworking no

matter what they choose to do in life. I want them to be passionate about their dreams, not give up until they make them happen and achieve every goal they set out to conquer.” The notoriously media-shy teenagers—AbRam was too young—open up in the book for the first time ever about life as scions to the Khan empire.



Aryan is a student at USC in the States while Suhana is currently enrolled in boarding school in the UK. For Suhana, her fondest travel memory is when her mother dropped her off in London for school: "When I first shifted to the UK to start boarding school, I was pretty nervous. Mom and I had lunch together at Nobu and it was a great bonding moment for both of us; I will cherish it always."

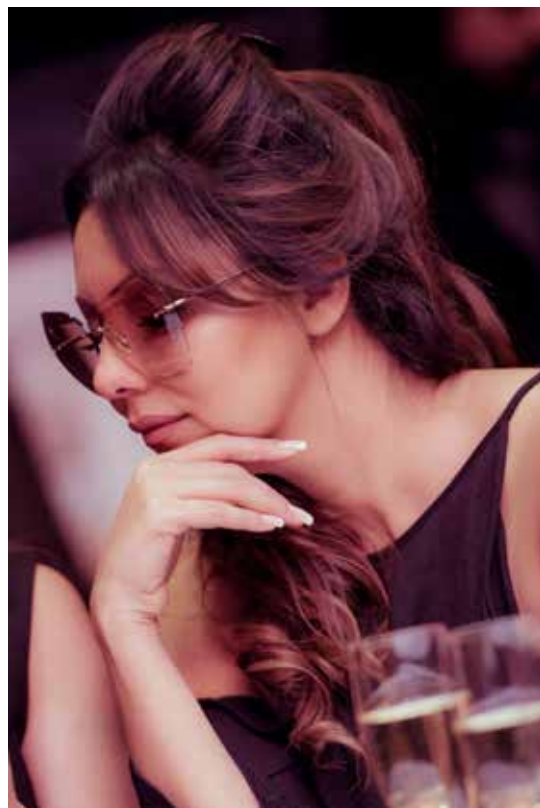
Aryan shares similar sentiments about his mother: "Mom has this light side that not many know about. I remember an adventurous day when we both went hunting for Pokemon on my phone! During a day spent shopping last summer she forced me to take a selfie—I hate taking photographs! But it turned out to be fun actually." It's well-known that Gauri loves a good selfie.

With regards to Khan's design sensibility, both teens say their favourite spot in their house is their bedrooms, "Mom designed it especially for me," they say in unison.

As people, Shah Rukh hopes his children inherit Gauri's soft skills as well: "I want my kids to learn punctuality and discipline from Gauri." Suhana on the other hand, wants to inherit something else: "I always have my eye on her shoes; especially since we're both the same size!"

Read more about Gauri Khan's interior design style and interviews with her family from Design & Contemporary Living.

Win a signed copy by emailing SHE your favourite home furnishing to letters@shemagazine.ca.



PFDC LORÉAL

TOP 10 COLLECTIONS THAT



ALI XEESHAN

BRIDAL WEEK '16

KNOCKED OUR SOCKS OFF



ALI XEESHAN



HSY





KAMIAR ROKNI



KAMIAR ROKNI

MAHGUL



MAHGUL



SANIA MASKATIYA



ZARA SHAHJAHAN





SHAMSHA HASHWANI

SAIRA SHAKIRA



MEN'S FASHION AT THE

SANIA
MASKATTIYA



HSY



PLBW 2016 RUNWAY

ALI XEESHAN



ZARA
SHAHJAHAN





BY IMAIYA RAVICHANDRAN

SANGEET IN THE 6IX:

An Interview with Mani Jassal



Mani and I go way back. We both attended the same high school (go Trojans!) but had never actually spoken to each other until I contacted her for this interview. Personally, I see this as a blessing in disguise. The less Mani knows about my freshman year sk8r girl faze, the better.

You too, may already be familiar with Mani. She's a Toronto-based fashion de-signer specializing in Indian evening wear under her eponymous label MANI JASSAL. You may have seen her designs on Instagram, where she boasts an incredible 69K followers. People can't get enough of her rich colour palettes, luxurious fabrics, and simple yet inspired silhouettes.

Let's start with your SS17 Bridal Collection. What was the inspiration behind it?

The words that come to mind are "ideal bride". To me, the ideal bride is effortless and sensual. Someone who carries herself with confidence. Overall, I wanted to create something that would celebrate not only the Big Day, but the bride herself.

I'm curious: do things get easier or more difficult with each collection?

Things get more stressful, for sure. My worst nightmare is disappointing someone after impressing them with my previous collection. At the same time, you have to stay true to yourself. I've always been known for being a little rebellious, so naturally, my designs can't please everyone.

Did you always know you wanted to design Indian formal wear?

To be honest, no. I didn't even realize this industry existed until I randomly came across it in a magazine. I had originally been interested in ready-to-wear fashion and evening wear, but as my thesis project drew closer, I decided to try something different. In my fourth year of university, I designed my first ever Indian evening wear collection for Ryerson's annual student fashion show, Mass Exodus. The rest is history.

Speaking of university, were there any naysayers when you decided to pursue a formal fashion education?

With *desi* parents, there's always the pressure to become one of three things: a doctor, a lawyer, or an engineer. And for a while, the idea didn't seem too far-fetched; I loved physics and math, and was seriously considering becoming an aerospace engineer. However, in the end, I couldn't deny the spark I felt upon receiving my acceptance letter to Ryerson's fashion school. In that moment, I knew it was the right path for me. My parents recognized this passion, and since then, they've been my biggest supporters.



Have there been times when your background in math and physics has come in handy?

A big part of fashion design is making blue prints, so you need to be good at calculating and scaling measurements. Oh, and I can't tell you the number of times I've had to use $c=\pi r^2$.

There's a lot of divisive talk about social media and its impact on the fashion industry. Some say it's diluting fashion's artistic merit, while others claim it's making the art more accessible. What are your thoughts on this (seeing as you have quite the social media following)?

Social media's been an incredible tool for growing my brand. Most of my clients find me via Instagram, so I haven't had to spend money on advertising. I also love that I can interact with my clients in a personal way. I enjoy reading their feedback, both the good and the bad. On the other hand, I've definitely run into problems with people replicating my pieces and using my photos without my permission. Unfortunately, there are no laws that protect the intellectual property of my designs. There are laws that protect my images, but clearly, this hasn't stopped the copycats. I don't let it bother me too much, though; knockoffs are evidence that my designs are in high-demand. Imitation really is the sincerest form of flattery.

What's the best and worst part of being your own boss?

Hands down, the best part is getting to decide your own hours. It could wake up at 2pm, if I wanted to! The worst part is being disciplined. I can start my day at 2pm, but I should start at 9am (possibly earlier!), just like everyone else.

Do you have any tips for aspiring female designers/fashion entrepreneurs?

I know it's a cliché, but you really have to want it. The fashion industry is grimy and you have to be 100% committed. Oh, and be prepared for constant stress. And crazy long work days.

What does your company look like now? And what can we expect from Mani Jassal in the long run?

For the longest time, I was designing and hand-making each piece by myself. Nowadays, I have some help from my family and I'm in the midst of hiring interns. Eventually, I'd like to expand my team even more. I also want to open my own boutiques and release four collections a year. But for now, I'm really happy with how things have been going. It's all about taking things one day at a time.

Learn more about Mani at her website manijassal.com or her Instagram @man-ikjassal. If you are in the GTA, you can book an appointment to see her designs in person at her Brampton boutique.



Ifrah Shahid Khurram of American Diamonds Shines Bright

BY AAISHA ZAFAR ISLAM



The first time I saw Ifrah Shahid Khurram was nearly three years ago at an Eid Mela, one of the numerous seasonal trade shows that are held around the GTA. Hers was one of the busiest stalls of the day, with ladies milling around her sparkling designs and shopping for jewellery to match their most festive Eid outfits. In the years since, I have seen her brand grow and prosper. From participating in trade shows, she has become a jewellery designer and business owner with her own space in a leading boutique in the GTA to supplement her impressive online business. It was only fitting that we talk to Ifrah about her entrepreneurial journey.

Ifrah moved to Canada with her husband and her then toddler daughter six years ago. Her story of trying to find something to do, that would help her to find creative fulfillment and not just pay the bills is one that would resonate with many new immigrants to the country. When she came in, she found work in retail but as her maternity leave after the birth of her second daughter ended, she realized that she couldn't join the workforce. She wanted to do something that wouldn't take her away from the task most important to her, bringing up her daughters.

Becoming an entrepreneur wasn't something she had envisioned when she was studying, and jewellery designing was never one of the things she saw herself doing.

However she does have a degree in home economics where she studied "everything." The subjects varied from arts and crafts to interior design and décor and child psychology. She dabbled in jewellery making before she got married, as a creative outlet, but it was never something she had taken seriously.

Fast forward to today, where she not only sells premium quality jewellery, but also designs original pieces that are worn by brides on their big days.

American Diamonds, the name of her business alludes to the material that is a mainstay of her designs: cubic zirconia,



or synthesized stones that are most often used as a replacement for diamonds in fine jewellery. All her jewellery uses semi-precious stones and cubic zirconia with a gold or silver plated metal alloy base. Her designs are an eclectic mix of traditional and modern tastes.

With gold prices creeping upwards, the modern South Asian bride prefers that her wedding day jewellery match the outfit instead of the traditional all-gold designs that were favoured by generations past. What makes brides-to-be flock to Ifrah is the custom-made jewellery that she designs, involving them every step of the way.

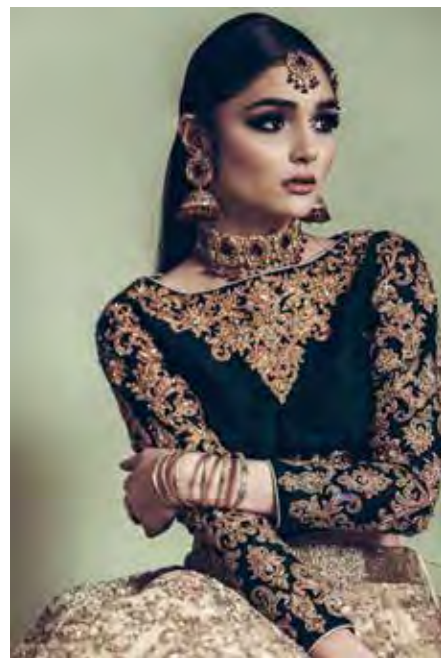
As an entrepreneur, the one thing that has defined the success she is today, insundeniably her husband. Without him, she says, she wouldn't be able to do anything. As a young couple with two little children and no family support in the country, with only a few years into their Canadian experience, you have to acknowledge that there were going to be many challenges. While Ifrah faced many setbacks, the one thing she doesn't lack is perseverance.

Every time she had hit a roadblock, she finds a way to work across it and change her course towards something better. Trade shows are still an important aspect of her business model; it is at these shows that she makes new clients and her designs get better exposure. However there are instances of theft that can discourage someone from another outing. Long hours, always accommodating customers and a season where you have to be out there selling does take a toll on any business. This is where she draws strength from her husband's unwavering support and encouragement. He takes care of their daughters at home

so she can focus on her business, participate in trade shows and meet with clients. For them, family comes first and she hopes that she will be able to build a legacy, a business that her children can be proud of as well.

There is a go-getter attitude about her that you can feel as you talk to her. She has an uncanny ability to be able to connect with you and that is vital when you are in the business of getting a girl decked out in all her finery for the big day.

Her success has inspired copycat businesses, as is the norm within the *Desi* community. It is a tightly-knit group of people and competition is intense. However, she is certain of the quality of her products, and the originality of her designs are what makes her a much sought after brand.



In today's world, traditional jobs are being replaced by work that helps one to tap into their true potential. That is one of the reasons entrepreneurs are becoming more common, though not all can see success. A beautiful fusion of creative and business sides of her personality, with tenacity and true grit, Ifrah paves the way for the future generation of entrepreneurs.

Shop and browse Ifrah's designs at www.americandiamonds.ca

NEVER HIDE



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Clarins, \$32

III. Non-Foaming Shave Gel
GILLETTE BODY™, \$3.99

IV. Tamanu High Glide Shaving Oil
REN, \$34

- SKIN CARE -

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Clarins, \$24

II. Men's Expert Hydra-Energetic Ice Cold Eye Roller
L'Oréal Paris, \$9.99

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Clinique, \$41

IV. Mega-Rich™ Body Lotion
Peter Thomas Roth, \$23



- HAIR CARE -

I. Moisture Care Shampoo
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II. Non-Aerosol Hairspray
Clinique, \$18.99

III. Amp² Instant Texture Volumizer
Living Proof, \$33

IV. All Purpose Trimmer
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Dove, \$5.99



HE *FASHION*



Skinny Fit Trousers
Topman
\$40



Leather Strap Watch
Shinola
\$769.99



Plain Shirt
Zara
\$19.99



Belt
Le Chateau
\$29.99



Technical Blazer
Zara
\$79.99

|| THE DAPPER DATE ||

Impress that special lady in your life with the perfect suit. She won't be able to keep her hands off. Create that perfect romantic evening by looking the part of a gentleman (or modern prince?) with a matching blazer and slacks. You know what they say, there's just something oh-so-irresistible about a man in uniform. So don't just show up, suit up! These timeless pieces never go out of style.

DRESS

TO IMPRESS



Crew Neck Sweater
Le Chateau
\$59.99



Chinos Skinny Fit
H&M
\$34.99



Semi-Slim Fit Jacket
Simon's
\$99.99



Bow Tie
Mrs Bow Tie
\$24

|| SMART CASUAL ||

You've gotten comfortable in your relationship, so let your outfit do the same. Pair the perfect jacket over a knit with jeans for that chill evening in or out with bae.



Ultra Skinny Fit
Dress Pants
Topman
\$55



Skinny Fit
Jean
Simon's
\$49.99



Derby Shoes
H&M
\$59.99



Wool Jacket
Armani Collezioni
\$899.99



Cashmere Beanie
Nordstrom Men's Shop
\$27



Long Sleeve
Tee
adidas
\$64



Tubular Doom
Primeknit Sneaker
adidas
\$189

|| NETFLIX 'N' CHILL ||

It's not a date, but it's not-not a date. Sweats are okay, right? Not every date look has to be so serious and formal. Don't be afraid to be a little creative and laid back. These stylish urban looks incorporate a little bit of personality that show her that you are more than just those muscles.



Velour
Track Jacket
adidas
\$114



Patterned
Joggers
H&M
\$39.99



Sureshot Chino
Zanerobe
\$130



Sweatshirt
Puma Fenty
by Rihanna
\$170

REAL MEN TALK

There has always been a stigma around talking about mental health and more so for men. Society's understanding that women need more support and help towards their emotional problems couldn't be more wrong. While we talk more easily about women and how they might not be feeling their best, men and their mental health problems are rarely talked about. That needs to change. KAMRAN ZALDI talks to Dr. Robert Edward Whitley about why not addressing mental health issues in men affects us all.

Please tell us a bit about yourself and SPRING(Social Psychiatry Research and Interest Group).

I am the Principal Investigator of the Social Psychiatry Research and Interest Group (SPRING) at the Douglas Hospital Research Center and an Assistant Professor in the Department of Psychiatry at McGill University. My three main research (and action) interests are recovery, stigma and men's health.

The Social Psychiatry Research and Interest Group (SPRING) is a research group devoted to research and action that can reduce inequities and improve the lives of people with (or vulnerable to) mental illness. The overall mission of the Social Psychiatry Research and Interest Group is to conduct research and take action that ultimately promotes recovery and diminishes stigma for people with mental illness.

What type of situations do men experience that are the leading cause of mental health issues?

Transition periods are a vulnerable time for men. Events such as divorce, unemployment, negative experience in family court, bereavement, and trauma (e.g. experienced by men in the police, army, in-

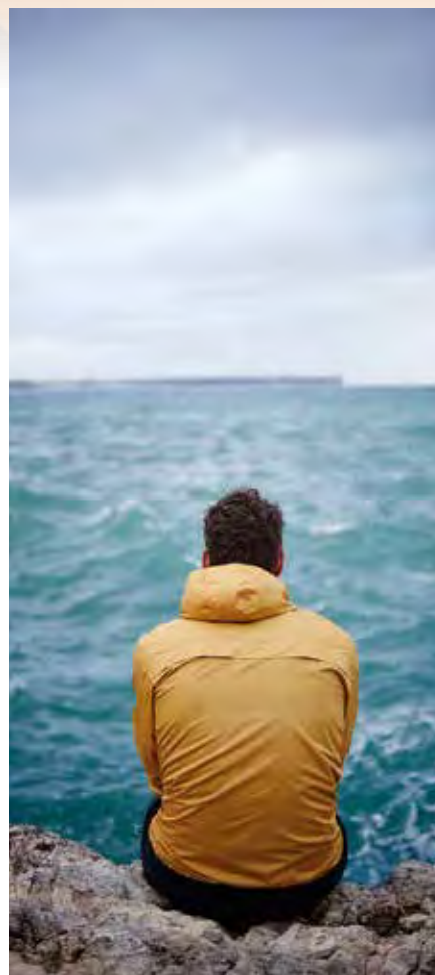
dustrial workers etc.) can all contribute to mental health issues in men.

How are these issues affecting Canadian men?

Death by suicide is a predominantly male problem, with the male-to-female suicide ratio at around 3:1. In Canada, over 50 men die by suicide each week, meaning that every three hours, one Canadian man will die by suicide. Similarly, rates of substance abuse are substantially higher in men, with men making up 80 per cent of those experiencing substance use issues, including alcoholism and drug addiction. Men are also more likely to be exposed to traumatic events, which contribute to high rates of post-traumatic stress disorder (PTSD). Finally, men are much less likely to seek out and utilize mental health services, meaning many struggle in silence.

Why should we be concerned about these issues and how will/do these issues affect our society/community?

We should be concerned about these issues because indifference towards men's issues is problematic for individual men, their families and society more generally. Mental illness often leads people to



withdraw from society due to the stigma surrounding mental illness. It can also prevent young people from transitioning into normative adult roles, a phenomenon known as “failure to launch syndrome”. This is problematic because the resultant frustration and despair can contribute to a life of substance abuse and self-neglect. Similarly, these issues can also result in wasted potential. Finally, failure to thrive is another potential burden to society, which is a term referring to a general underdevelopment of an individual over time. All of this contributes to an overall poorer functioning of society.

What are some early warning signs that would indicate mental health issues?

There are a number of early warning signs that could indicate mental health issues. These include becoming withdrawn from friends and family, changes in affect, and a loss of pleasure in activities that someone previously found en-

joyable. Although there are fluctuations in people’s behaviour are a normal response to everyday life situations, prolonged and/or drastic changes are indicative of a more serious underlying issue.

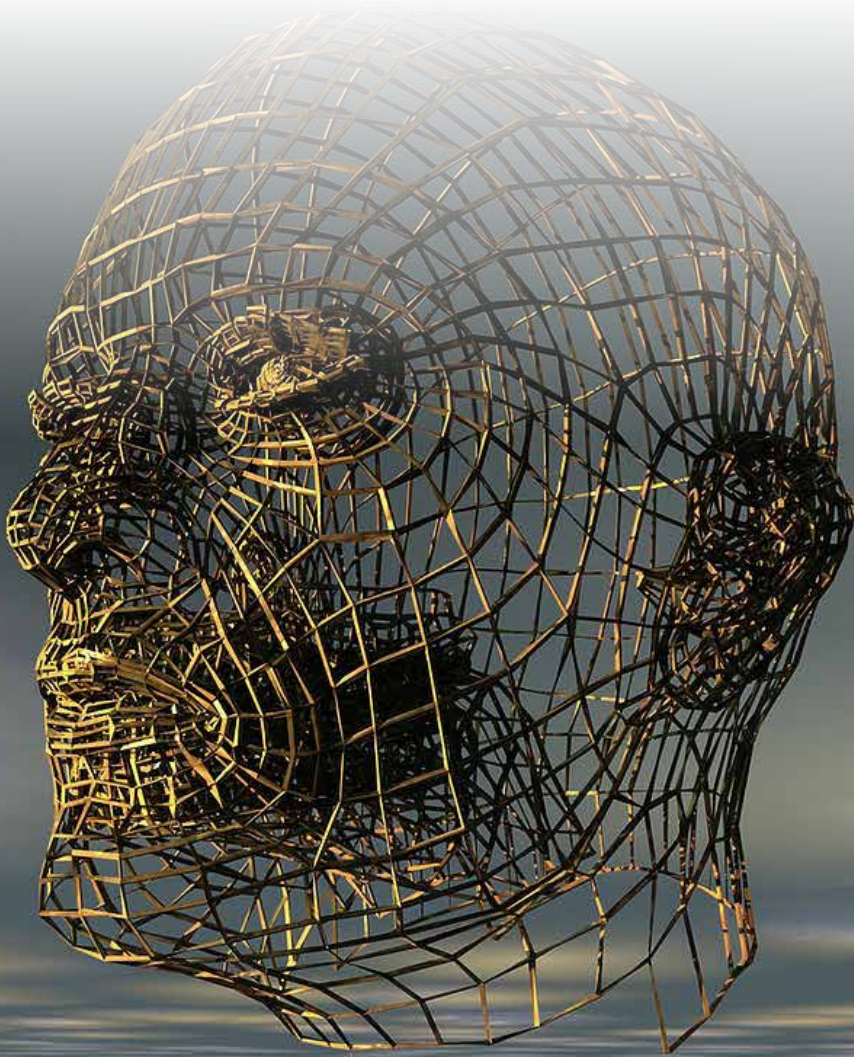
What can be done at home/work place, to help men cope better with stress, disempowerment and PTSD?

Awareness that there is an issue in the first place is important. The fact that we are even discussing these issues is a huge step in the right direction. Beyond this, there needs to be recognition that conventional methods of stress management may not be well suited for men. While sitting and talking about issues may work for some, others may find this stressful in itself and prefer to cope through more hands-on or physical activities. These could include exercise, woodworking projects, cooking, recreational sports leagues, or men’s sheds, which are places where isolated men can come to together to engage in recreational activities.

What can be done by the community/government to help men better deal with mental health issues

There is a need to adapt mental health services specifically for men. Although there is an abundance of services offered for mental health issues, many are not geared towards men. This is problematic because when faced with psychosocial problems, men tend to prefer action to words; they prefer doing rather than talking. Increased awareness is also an important step to help men better deal with mental health issues. After all, there can be no action without awareness. Likewise, reforming laws could also help men better deal with mental health issues. For instance, many men report unjust experience at the hands of family courts, which leaves them feeling distraught and disempowered. Alternatively, perhaps it is time to appoint a minister for the status of disenfranchised men and boys.

We should be concerned about these issues because indifference towards men’s issues is problematic for individual men, their families and society more generally.



HE *SHOPS*



1



2



3



4

#UPGRADES

How do you shop for that special man in your life? Oftentimes we are stumped for ideas unless we had started on a furtive search for the perfect gift way back in November. Yes, men are simple to shop for, and that is exactly why shopping for them is such a challenge. This February go the luxe route and give him a major upgrade. Be it grooming accessories or socks, they appreciate practical things, but make sure every time they put them on, they think of you.



5



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Manicure Set, **CZECH & SPEAKE**, \$815 • Belt, **ANDERSON**, \$232 • UFO Cufflinks, **PAUL SMITH**, \$180 • Grooming Kit, **AESOP**, \$110 • Belt, **BERLUTI**, \$937 • Bow Tie, **TURNBULL & ASSER**, \$115 • Mr. Mr. Umbrella, **SCOTCH & SODA**, \$79 • Even Cut Razor, **CONAIR Evencut**, \$99.99 • Socks, **VETEMENTS**, \$113 • Pop & Wow Cufflinks, **TATEOSSIAN**, \$352 • Tie, **RUBINACCI**, \$275 • Hematite Cufflinks, **PRADA**, \$532 • Enamelled Silver Tie Clip, **THOM BROWNE**, \$678 • Earth Bag, **TED BAKER**, \$555 • Four Piece Shaving Set, **DR. HARRIS**, \$415 • Belt, **GUCCI**, \$438 • Skin Shave Kit, **DERMALOGICA**, \$55 • Dollar Charcoal, **TED BAKER**, \$555 • Watch, **COOKOO**, \$129 • Belt, **GIVENCHY**, \$690 • Tie, **GIVENCHY**, \$260 • NHL Hockey Toronto Jacket, **ROOTS**, \$558 • Watch, **SKAGEN**, \$225 • Bellini Sunglasses, **TOMS**, \$159 • Smartwatch, **MARTIAN VICTORY**, \$299 • Belt, **GUCCI**, \$438 • Dogtag Bag, **TED BAKER**, \$645 • Spaceman Cufflinks, **PAUL SMITH**, \$180 • Watch, **THOMAS SABO**, \$394 • Hematite Cufflinks, **PRADA**, \$532 • Smiley Face Socks, **KAPITAL**, \$40 • Belt, **PAUL SMITH**, \$179 • Robot Cufflinks, **PRADA**, \$503 • Bow Tie, **LANVIN**, \$153 • Tie, Simons Le 31, \$48 • Bow Tie, **PICKWICK**, \$106



THE ENTREPRENEUR

GRAYSON MILLER

Starting out as an intern, Grayson Miller is now the director of Digital and Vice President at StyleDemocracy.com. RHEA BRAGANZA talks to Miller to find out what shaped his career to the success it is today.

How and when did your association with StyleDemocracy evolve into the position you have within the company now?

I knocked on the door and asked the owner of the company if I could intern for him for free to learn about the business. Five years ago StyleDemocracy was drastically different from what we have today. We had a very small digital footprint and we had yet to embrace social media and content creation. With support from the owner I developed and oversaw the entire digital structure of the company through learning each step of the process. I moved from intern, to social media manager to director of digital to my current position of Vice President of Digital. My position evolved because I hired people to facilitate the roles I was previously managing. Over the last four years, hiring new people allowed me to

focus on company growth and new content creation options.

What is your definition of successful entrepreneur? What factors do you attribute to success in your own career?

I think everyone has his or her own definition of success and it's no longer tied to the old way of thinking that making money is success. My definition of success is being able to have the ability to work on projects you want to, and the confidence and financial comfort to pass on projects that you don't want to work on. Essentially having creative and work freedom is my ultimate marker of a successful entrepreneur.

I was really lucky as I found a growing company where I could work and shared my goals and vision very early in my career. I've been successful because I have had access to a great working environment, and with hard work and perseverance I have been able to make invaluable contacts that have helped me attain my personal and business goals. It's very hard to be successful in a vacuum and without the support I've received from the owner of StyleDemocracy and key networking contacts I wouldn't be where I am today.

Social media has become one of the most influential means of marketing. As director of digital, how do you integrate it so well into marketing strategies for StyleDemocracy?

Honestly, a lot of trial and error. I would never consider myself a social media expert, I am more of student. Discovering what has worked for StyleDemocracy took testing, making mistakes, losing some money and many headaches. One of the best things I've done is learning what works through testing and then bringing on staff members that are suited better to managing social media. I teach them the basics, the ins and outs of how our social strategy works, and then they can improve it.

What social media platform do you think is the most effective and influential?

It depends on what the definition of effective is. For us content distribution and gaining traffic works best within the Facebook framework. As for influential, it's hard to argue that Instagram isn't the most influential social media tool. From a fashion perspective Instagram has been one of the most influential platforms in shaping consumer habits. It's the reason why there are legions of fashion devotees

that look like Kanye and Kylie Jenner.

We noticed that StyleDemocracy has a distinctively neat Instagram presence. How do you achieve that?

Welcome to our weekly Instagram meetings. We've actually always found Instagram a difficult platform to master for a multi-topic media company. Niche Instagram accounts or personal influencer accounts seem to gain traction at a much faster pace. Due to the fact that we speak to a wide varying audience it's always a struggle to toe the line between informing people and appeasing people. The difference is some Instagram accounts go for the latter which means just posting beautiful photos, however it's been our mandate to always inform people and give our readers something of value so we take the middle path. We post images that relate to articles on the website or events that we are hosting. That way we can continue to inform our followers and push them to StyleDemocracy.com while at the same time keeping up with the Instagram's golden rule: post beautiful imagery.

Toronto is such a vibrant city, what do you love most about connecting people with all this city has to offer, and how do you personally stay on top of what is trending?

What I love about Toronto is that there is so much to do! There are endless accessible events and activities but at the same time there others that aren't and where you need some kind of inside knowledge to discover them. I love being able to discover something hidden or unique and sharing it with people. Getting a note from a reader about how an article helped them discover something new is one of the best feelings in the world.

If you don't know where to look it can be really hard to stay on top of what's trending. Luckily there are ample resources out there to help you. One of my favourite resources to use is Reddit. The community is truly amazing and can help you discover trends, new events and what's happening in pretty much every conceivable field.

What inspires and motivates you to work in fashion retail and marketing?

I've always been interested in fashion trends and the psychological side behind

retail and marketing. Why do products sell in one area of a store, when the same product placed somewhere else won't sell? Why do some fashion brands excel while others selling similar product fail? A genuine general interest and thirst to learn more has kept me motivated in the industry.

How you do manage to achieve work-life balance. Do you think traditional 9-to-5 work day models are snowballing into a 24/7, particularly for entrepreneurs?

I do agree with you that the work day is no longer 9-to-5 and is in fact turning into some sort of hourless cycles. It has it's ups and downs, on the upside it allows creative people to work when they are creative and to turn off when they aren't. There is nothing worse than being confined to an office you have to be at until 5pm if the creative juices aren't flowing. On the downside it means that you can be accessed at anytime and are expected to respond even if an email comes in at 2am. I subscribe to the belief that unless there is a direct deadline, work can be done at any time. If you are more productive from midnight to six in the morning, that's cool as long as the work gets done. I don't believe in forcing people to be in the office from 9-to-5.

With this in mind I think a lot of entrepreneurs don't think of work-life balance in the way they used to. It isn't a rigid work from 9am-5pm then have 6pm-10pm for your yourself it's more fractured in the sense that you may work from 6am-9am then have time for yourself then head into the office around 10am work until 4pm then work from 8pm to midnight. It's turning into a situation where you are working and living all at once. This is especially true if you run in an entrepreneurial circle of friends. Even when you are hanging out you are always sharing ideas, refining concept and "working".

What is one piece of advice you would give your 19 year-old?

To not get bogged down by the small things and to not immediately jump on trends. There are so many people doing different things online, if you have a plan you should stick to it and see it through and not react to immediately to everything that's happening in the industry.

What are your plans for the future

and the growth of StyleDemocracy.com?

I would like to grow StyleDemocracy into a full-fledged media company with internal agency and creative capabilities. The media model I've been most impressed with is Vice and it would be my dream through acquisition and building new media properties to grow StyleDemocracy media into a competitor. They are one of the best in the business, so getting anywhere close would be a great accomplishment.

You did a piece for ancestry.ca, why was it so important for you to learn more about your background?

Identity in Canada is very important. We are all immigrants and if you are a person of colour you are often asked about your background. Previous to hooking up with Ancestry I had no idea what my background was. I felt culturally lost and I didn't have a community to identify with. Discovering my background gave me insight into my past and helped me round out my identity.

Do you have any kind of mantra or "words of wisdom" that you live by?

The greatest key to success isn't intelligence or even hard work. It's perseverance. Having a goal and being relentless until that goal is achieved.

Your website mainly discusses where to find warehouse sales in the city. What is your won personal preference? How would you describe your own personal style?

Like everyone who loves fashion, one's style is constantly evolving. My style now is pretty much an amalgamation of all the cultural influences that affected me through my youth. I call it a blend between mid-'90s skate culture, late '90s hip hop culture, early 2000s prep and high fashion streetwear of the last 10 years.

What is one of the greatest lessons you have learned so far in your endeavors?

Never stop dreaming or going after what you want. You are never too old or too inexperienced to start something new. There are countless examples of people who garnered success in their 40s, 50s and 60s keep with it and often you'll find some form of success.



Up Close with Miss Sloane's

RAOUL BHANEJA

By Priya Kumar

South Asians in Hollywood oftentimes parlay their ethnicities into humorous character quirks. True on-screen chameleons of this ilk are rarities on-screen and -stage. That is, until now. Enter Miss Sloane's Raoul Bhaneja.

The week I sat-down to interview Raoul Bhaneja two exciting developments took place for his latest film *Miss Sloane*. The political thriller, starring Oscar-winning actress Jessica Chastain, opened in wide release and Chastain was nominated for a Golden Globe for her role in the film that takes on America's gun lobby. In *Miss Sloane* Bhaneja plays none other than gun lobbyist RM Dutton.

Prior to this (what looks to be award-winning) film, British-born Canadian Bhaneja extensively worked on-screen and -stage. In 1996 he attended the National Theatre School of Canada where he was trained classically as an actor. In the years that followed he appeared in Atom Egoyan's critically acclaimed *Ararat* and the Hollywood thriller *The Sentinel*.

On television, he famously starred in GlobalTV's *Train 48*, a reality-style fictional drama set aboard GO Train from Toronto Union to Burlington. Unique in nature, the show was broadcast daily. It was also shot the same day it was broadcast, tracking the lives of twelve commuters. Although the overall story arch was written in advance, much of the dialogue was improvised by the actors.

On stage, Bhaneja toured his one-man show *Hamlet* and was nominated for a Dora Award for the musical *Life, Death and The Blues*. Most recently he starred on-stage in Toronto's premiere of Pulitzer Prize-winning *DISGRACED* by Ayad Akhtar at the Panasonic Theatre.

I caught up with Bhaneja to discuss his role in *Miss Sloane* and his career in general. Here's what he had to say: **Miss Sloane has just hit theatres. Tell me a bit about your role in this political thriller.** I play RM Dutton, described in the film as a "text book lobbyist", he's a veteran of the conservative leaning firm Cole Kravitz, who are working hard to get the contract for the gun lobby. He's kind of a cold fish opposite Michael Stuhlbarg and his character Pat Connors who works with me, and is a real "heart on his sleeve" type of guy. Dutton is tactical, calculating, observant and a bit petty! A really fun character to play. **Considering the current political climate with regards to gun control**

in the United States, how do you feel this film adds to the conversation?

Well it's a very difficult conversation for America to have and has grown even more so over the last few decades. It's really become a constitutional issue over a safety issue, and that will probably lead to years of stagnation on the issue. With the current dynamic in play, with Donald Trump, it's hard to see gun control getting a lot of traction. However, that's exactly the time for art to step in and have the conversation take place. For me the film is even more about what it is to be a woman in the middle of a very male dominated power structure and it asks questions about how big money influences politicians, beyond left or right or even just in the US.

Can you tell me a bit about your own background and how you ultimately pursued acting? You were born in the UK and are now in Toronto. What came in between?

I grew up in Ottawa, was born in the UK and spent about four years of my youth living in Germany as my Dad was there as one of the first Canadian diplomats of South Asian descent. I was always addicted to being in front of an audience, making the fool, playing music, all of it. I feel at home in front of an audience. I went to The National Theatre School of Canada in Montreal after an art based high school program at Canterbury in Ottawa I knew then that I wanted to be an actor and a musician. I've been very lucky to do both with my band "Raoul and The Big Time" which celebrates its 19th anniversary next year with a big show on April 29th at Koerner Hall in Toronto. Playing blues has really given me an outlet for the live audience fix when I've been tied up in TV land! **You famously starred in Global's Train 48. How did this project come about? Considering how unconventional it was for its time, how did you get involved?** Much like *Miss Sloane*, I was lucky to get that show the good old fashioned way — sleeping with the director! No, just kidding that was through the process of auditioning as well. I have a background in improvisation so that was an asset on a show where the dialogue was going to be improvised! It was an amazing job as one had so much creative input as actor

and improviser. We had a team of writers who helped work on the plot and thematic arcs but we had to make up the words in each scene. I loved it, but after 318 half hour episodes we were done. As much as I miss it some days it was probably a good time to move on. A very intense but memorable 2.5 years and I've got friends for life from it. Hey does Appa from *Kim's Convenience* look familiar *Train 48* fans? (answer* it is Randy Kol!)

"For me the film is even more about what it is to be a woman in the middle of a very male dominated power structure and it asks questions about how big money influences politicians, beyond left or right or even just in the US."

Theatre is still very much a part of your career. Where can Canadians see you live on stage?

Early in 2017 my wife Birgitte Solem and I return to the stage with a very successful production, *DISGRACED*, which we did here in Toronto as part of the Off Mirvish Season in April. We are about to take it to The Citadel Theatre in Edmonton from Jan. 21st to Feb. 12th and are really looking forward to getting back on the boards with this great piece by our friend Ayad Akhtar.

Are there any other major projects in the pipeline we should look out for?

I'm developing a one hour TV project with Semi Chellas (*MAD MEN*) called *Club Aladdin* about immigrants, the nightclub business and the music scene Toronto in the late 1950s. I hope it finds its way onto the air one day. The big show with "Raoul and The Big Time" April 29th at Koerner Hall is another event I can't wait for, I'll be joined by special guests Divine Brown, Big Dave McLean from Winnipeg and my buddy Super Chikan from Clarksdale, Mississippi!

You can see Raoul Bhaneja in Miss Sloane in theatres now.



Zsa Zsa Gabor's

BEL-AIR MANSION!



Zsa Zsa Gabor was born in Budapest in 1917 during World War I, became an actress in Vienna at age 15 and was crowned Miss Hungary in 1936. She eventually moved to the United States along with her two sisters (sister Eva starred in the longtime TV hit *Green Acres* and sister Magna married Zsa Zsa's third husband George Sanders). Her beauty was legendary, her personality bubbly and her accent forever famous. Her nine husbands included Paris Hilton's great uncle Conrad Hilton and Jack Ryan, inventor of the Barbie Doll. Zsa Zsa was one of the last of the Hollywood Golden Age movie stars when she died on December 18th last year.



Zsa Zsa purchased her final home in 1973 in Bel-Air, California for \$250,000. It spanned 9,000 square feet with six bedrooms, seven bathrooms and large pool terrace with stunning views. There are several versions of the home's history, including that it was built by John Zurlo, who was a Los Angeles milkman who would get up at three in the morning and drive out of Bel Air in his milk truck. It seems that Mr. Zurlo eventually rented the home to Howard Hughes for most of the 1960s. According to Zsa Zsa, the house was also owned by Elvis Presley. House guests included John Kennedy, Frank Sinatra, Elizabeth Taylor, Ronald Reagan, Henry Kissinger and both George H. and George W. Bush. The home has its own movie history having been the film site in a number of movies including *Argo* and *Behind the Candelabra*. But despite the all-star credibility, Zsa Zsa couldn't seem to sell it. She put the home on the market in June, 2011, and it became an ongoing saga.

Zsa Zsa originally wanted \$28 million for her home but in a bad real estate market, her real estate agent convinced her to start out at \$12.9 million for the 8,878-square-foot, 26-room estate. But she had no takers so she upped the price to \$14.9 million in 2012. With mounting money problems due to her poor health and a \$10 million Bernie Madoff theft, the home was on the brink of foreclosure, only to be saved through a social media plea from ninth husband Prince Frederic von Anhalt. The prince temporarily rescued the home for Zsa Zsa but he made selling the home much more difficult in the process by making demands that after selling the home, he and Zsa Zsa could continue to live in the home for three years plus a \$325,000 a year stipend. Surprisingly the property sold under those conditions, but the sale fell through. Afterwards, broker Roger Perry helped arrange a deal between Gabor and a buyer in 2014 that delayed the closing so that she could continue to live in the home until her death.

Now after her death, the developers are mulling two options. They will either resell the property with the construction permits in place, or tear it down and redevelop the property. In either case, Prince Frederic von Anhalt will have to find a new place to live.



Feature and photos courtesy TopTenRealEstateDeals.com

SHE *LIVES*

I'm Kaelyn Merrithew, and I'm from a little town you've probably never heard of called Fredericton, New Brunswick, where I'm a full-time student and part-time sales associate at a local boutique (more on that later). I'm currently studying to become an early childhood educator, and while I'm quite busy between school and work, I spend my free time enjoying the many things Fredericton has to offer.



KAELYN MERRITHEW
twitter: @Kvelynm
Instagram: @Kvelynm



**the Hypochondriacs perform
at Harvest Jazz and
Blues 2016**

Envy of the Town

As far as shopping in Fredericton goes, I have a couple of recommendations of must-visit shops. Firstly, I have to give a shout out to my work place, Envy Clothing Company. Envy is native to the Maritimes, and there are only eight locations. Since we're such a small company, the stores don't feel like chain locations and instead have that local boutique feel – but don't get me wrong, we carry some big-deal brands like Matt & Nat, Levi's, Free People and Citizens of Humanity. My current favourite accessory is this Matt & Nat backpack that was a Christmas present from my sister. I'd been eyeing it at work for months and I swear I haven't taken it off since I opened it! Super cute and functional.

**Snowshoeing on one of
Fredericton's many walking
trails**





My beloved Matt & Nat
backpack

My other boutique recommendation would be one of the newest additions to downtown Fredericton, Modern General. this shop is locally owned, and carries everything kitschy and cute, from gin-making kits to skincare to preserves. the owner is super friendly, and there's always something new to see (and smell!) inside.

Provincial Life

As great as the shopping in Fredericton is, there are also a lot of really great reasons to get outside – namely, the city's seemingly endless network of walking trails. we have over 88km of non-motorized trails in the city! the trails lead to some beautiful locations (perfect for that Instagram photo-op), including the Small Craft Aquatic Center, where you can rent paddleboards or canoes to take on the river. In the winter time, if you head out to Mactaquac Provincial Park, you'll find that they rent out snowshoes and cross-country skis for free, so there's no excuse not to take advantage of the trails in all climates.



Modern General aka the cutest
store in town



the Abbey Café and Gallery

A Little Bit of Everything

I couldn't write a piece on Fredericton without mentioning food. we have a lot of really great restaurants and food trucks, especially downtown (which I'm sure you can tell by now is my favourite part of the city). Isaac's way is a locally-owned restaurant that sources a lot of its ingredients from around the province, the same with 540 Gastropub. the Abbey is one of the newest additions to Fredericton's list of downtown restaurants, and they specialize in vegan fare. However, as great as Fredericton's restaurants are, I'd have to say my favourite place to grab something to eat is the Boyce Farmer's Market. Open on Saturdays from 6 a.m. to 1 p.m. (it's worth getting out of bed for, I promise), the farmer's market boasts more than 250 food and craft vendors.

From *GOLDEN GLOBES* to the *GOLDEN STATUETTE*

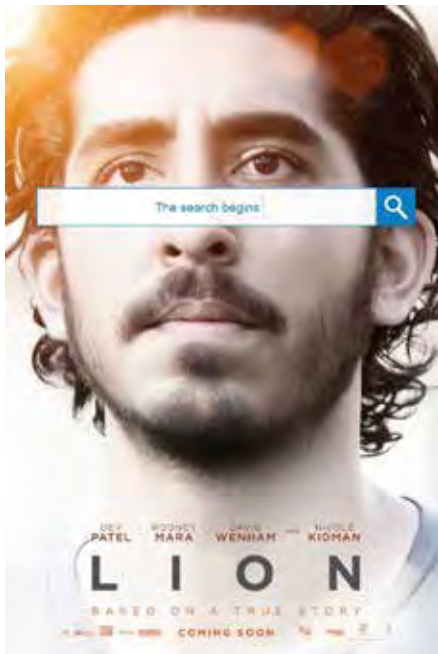
BY RHEA BRAGANZA



Award season will be coming to its most glamorous end as this month ends. While year end and the beginning of a year month closes with nominations and award ceremonies, nothing quite captures the euphoria of a great run in the world of film and cinemas as the triad of awards: the Golden Globes and SAG Awards, crescendoing towards the Academy Awards Oscars.

The Golden Globes aired on January 8th, 2017. A much more fun and laid-back award show compared to the Oscars, they were hosted by Jimmy Fallon this year and also featured television shows alongside film. From the red carpet, to the award winners, Brad Pitt's appearance, and especially Meryl's Streep's moving speech, this year's show reminded all of us that being socially conscious is *de rigueur*. After all, why not match those gorgeous gowns with powerful messages.

There is a great privilege that comes with being an actor or actress in Hollywood. As Spiderman's Uncle Ben



famously said “With great power comes great responsibility.” Meryl Streep’s speech showcased the importance of using one’s power and agency to speak on issues much greater than oneself. Streep received the Cecil B. DeMi-



lle Award and delivered a powerful speech that so eloquently expressed why Hollywood would not be Hollywood without foreigners contributing to it. While the remarks did not directly address President-elect Donald Trump, he did take to Twitter and call Streep an “overrated actress” and a “Hillary flunky who lost big.” With the inauguration still some days away as we go to press, we wait and see how this exchange between the “dishonest media” and President Trump unfolds.

In recent years, Hollywood has seen its cinematic scope evolve, introducing diversity onto its big screens. However,

the struggles of “making it big” in Hollywood are still quite evident for coloured folk. Recently, actor Dev Patel was mistaken for Kal Penn by a *Wall Street Journal* film critic, although the mistake was genuine, it doesn’t rectify the fact that he may or may not have been talking about “that other brown guy.” The idea that in the media world there is only room for so many people of colour to exist, opportunities are not always presented in the same way. However, talent is talent, and that is what must shine. It is believed doors can open for talent, regardless of skin colour, but the reality is, that is not always the case.

Donald Glover, also known as, childish Gambino saw his television series *Atlanta* win big at The Golden Globes with multiple awards and a shout out to Migos’ “Bad and Boujee” in his speech. If you sat on your sofa at home confused about this reference, YouTube it

The Screen Actors Guild Award or SAG Awards are aired in late January, and are different from the other film award shows because the winners are select by their peers. Praise is also one of the greatest forms of flattery, especially when it comes from people you personally know. The validation that your work has elicited a response, not just for the general public, but your own colleagues as well is a generous reminder that most of these winners will also see themselves as nominees for the Oscars.

The Oscars air on February 26th, 2017, hosted by Jimmy Kimmel. Although the nominees are not yet released, we can take a few good guesses as to the films that will be there. *La La*



Land, Manchester by the Sea, Fences, Lion, Moonlight to name a few. With *La La Land*’s success already buzzing, and the reunion of Emma Stone and Ryan Gosling — can their chemistry get any better? — one can only wonder if the movie’s play on dreamers and a modern musical show us more about what we, as a society, connect with on a deeper level.

In the end, the world of film is often an outlet to either escape our own realities, create new ones, or share our current ones. With all that is going on nowadays, especially in politics, movies and media are needed more than ever to do their jobs.





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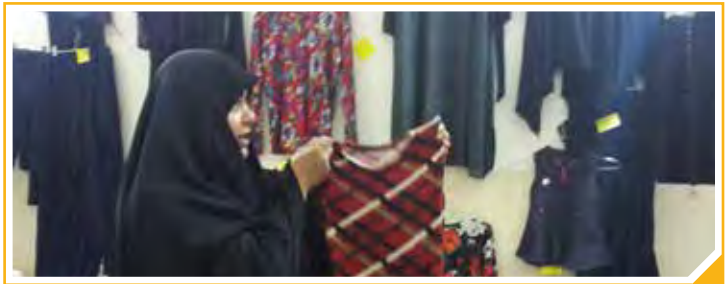
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Take Us To A Wedding

Party season is full steam ahead! You know what that means: great food, embarrassing dance numbers, and grumpy kids who would rather do extra homework than have to spend another moment in their stuffy formal attire. A cranky child is sure to put a damper on any joyous occasion, so we here at SHE have found some great solutions that will please parents and kids alike. Whether it be a chic furry vest or an on-trend velvet blazer, these pieces prove you don't have to sacrifice your mini-me's fun and comfort for style.



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Wellness



ESCENTS

By Deidra Barton

Originally from Vancouver, Jacqui MacNeil is the founder of Escents which has grown into an international brand with over 52 stores across Asia and Canada. Jacqui took the time to sit down with SHE and talk about how she got started and where she sees Escents going in the future.



How did you get started?

I grew up in a very entrepreneurial family. As a child, it was never a question of what profession I would have as an adult, but rather what business I would own.

In my early twenties, I was traveling when I discovered essential oils. Having grown up in Vancouver surrounded by nature, I was inspired to study these oils and their potential to heal, inspire and transform. The ability to pair essential oils together for optimum health and wellness tapped into my desire for creativity and I was hooked. At that moment I knew that this was going to be my business.

What was 'Escents' like at the very beginning?

My first Escents store was a small cart in Vancouver filled with essential oils and scentless products. I would blend together essential oils and mix them into the scentless lotions or carrier oils to create customized products for each customer.

For example, if someone came to me asking for a natural relief from headaches, I would blend together lavender and peppermint as well as a few other oils I knew to be beneficial and apply this via a carrier oil on the neck and temples. When people began asking for the same products again and again,

I began creating custom aroma blends and natural wellness products that you see in stores today (like our Stress Relief and Night Time blends).

Why did you decide to go into this on your own?

I always knew I would one day run my own business. So when I found something I was passionate about (essential oils and custom blending), I knew I had to bring this business to life. My vision has always been to make essential oils and natural, plant-derived products widely available to people and I've been fortunate to bring that vision to life.

What have you learned the most going into this industry?

Owning my own business has taught me how to be resilient. There will always be challenges and growing pains but keeping your overall vision in mind is key to working through them.

You have to figure out how to move past the set backs and stay focused on finding solutions and just like that, a break through happens: the skies part and the sun comes shining through.

You also have to trust yourself, trust your instincts and understand that you know what's best for your business. But at the same time, I've been lucky to have great partners and a great leadership team through this entire journey, and I wouldn't be where I am today with out the support of my team and partners.

What surprised you the most about essential oils?

Just how versatile and effective they are for a variety of health & wellness benefits.

Essential oils can do so much to help a person maintain health. In a diffuser they can help to clear the air of impurities and distribute the benefits of scent throughout the house. Simply adding a few drops of lavender essential oil to a diffuser before going to bed will help you to relax and fall asleep more easily and provide a more restful and restorative sleep, naturally!

From minor headaches to insomnia to far more significant setbacks such as the one I faced 13 years ago while recovering from brain surgery, I've experienced

first-hand the benefits of essential oils. During my recovery from surgery, I used essential oils and the power of scent to rebuild my sense, memory and emotional wellbeing. Knowing how beneficial these oils can be is what continues to drive my passion for creating all natural aromas and natural wellness products for body, mind and homes.

Do you feel like essential oils are more popular today than when you first started? Why?

Absolutely! I think there's been a huge shift in the last decade or so towards a more holistic approach to health care. People are more aware of what's in their food, their medicine and their environment and their looking for alternative ways to stay healthy.

When I started, I thought I had this neat, creative idea: blending custom recipes of essential oils for regular customers. I never anticipated how big this company would become or how much growth would take place in the natural health and wellness industry. Now I have a company with 21 stores across Canada, 60 stores internationally and 225 employees.

How did 'Escent's' become so successful?

I've been so fortunate in the people I've had surrounding me on this journey. My family was always been so supportive, encouraging me to build my business and take calculated risks.

I've also been very fortunate with the people I've met and grown with over the years; everything comes down to your people. Always. And I have a great team behind me.

The success of the business can be attributed to a really great product. Escent's products are free of DPG, phthalates and parabens which simply didn't exist in 1992 when I started the company. And as the business has grown, we've stayed true to the essence of our products, and continued to offer our customers quality products despite our growth.

What are some of your personal favourite essential oils?

Personally I love our Head Aid essential oil blend. It is perfect for helping to

relieve headaches, muscle stiffness and nausea. I keep several Head Aid roll-ons with me in my purse and am always giving them away – this blend can really transform your life!

I'm also a huge fan of lavender essential oil; it is so good for so many things. From healing of cuts and scrapes to soothing dry itchy skin and bug bites, and calming and relaxing you at the end of the day - what's not to love?

Where do you see 'Escent's' going in the future?

To continue my vision of sharing the power of essential oils and natural wellness with the world; we have our sights on international expansion through new locations, eCommerce and wholesale partnerships.

SHE RECOMMENDS



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Chicken Dinner

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1 (5 1/2 lb) free range chicken
1/2 bunch fresh oregano
1/2 bunch fresh thyme
1/2 bunch fresh rosemary
1/2 bunch fresh parsley
1/4 lb unsalted butter softened
kosher salt
black pepper
1 zested lemon halved
1/2 head of garlic
1 medium sliced 1/4 thick onion
2 tbsp all purpose flour
1 1/2 cups chicken broth
1/4 cup white wine

DIRECTIONS

Roast Chicken

1. Preheat oven to 425F (220° C). Rinse the chicken with cool water, inside and out. Pat it dry with paper towels.

2. Divide the herbs, keeping 1/2 of them

whole. Finely chop the other half. In a small bowl, mash the softened butter with the chopped herbs and lemon zest until combined.

3. Rub the herbed butter under the skin, as well as all over the outside of the chicken. Season the bird all over with salt and pepper. Stuff the cavity with the lemon, garlic, 1 onion, bay leaf, and the remaining herbs. Tie the legs together with kitchen twine to help hold its shape.

4. Place the sliced onion in the centre of the roasting pan (an edible roasting rack will help colour and flavour the sauce). Place the chicken, breast side up, on top of the onion slices.

5. In the preheated oven, place the prepared chicken and roast at 425F (220° C) for 30 minutes. Reduce heat to 350F (180° C) and continue to cook for approximately 1 hour.

6. Baste the chicken with the drippings

every 15 minutes to brown the skin. Cook time is approximately 1 hour and 30 minutes.

7. Remove the chicken and place on a platter. Let stand for 10 minutes, so the juices settle back into the meat before carving.

Gravy

8. Meanwhile, soften the onions from the roasting pan. Tilt the pan so the drippings collect in one corner, skimming off as much fat as possible. Leave the drippings.

Place the roasting pan on the stove over medium heat and take a wooden spoon to scrape up the flavour from the bottom of the pan. Stir the flour into the drippings to make a roux-like paste. Pour in the chicken broth in stages. Continue stirring to dissolve the flour evenly to prevent lumps. Stir in the white wine, cook for 3-4 minutes, season with salt and pepper.

Serve Carve the chicken tableside.

Tomato Pie

INGREDIENTS

Crust

6 sheets of phyllo
1 cup cold butter, cut up, melted

Filling

6 large field tomatoes, divided
2 tsp kosher salt, divided
1 1/2 cups (6 oz) freshly shredded extra-sharp white Canadian Cheddar cheese
1/2 cup freshly shredded Gruyere cheese
1/2 cup mayonnaise
2 large eggs, lightly beaten
1 tsp sugar
1 tsp salt
1/4 tsp freshly ground black pepper
1/2 red onion, sliced paper-thin
1 tbsp instant tapioca

DIRECTIONS

Crust

Melt the butter. Lay out 1 sheet of phyllo and brush with clarified butter. Lay another phyllo sheet on top and repeat until you have 6 layers of buttered phyllo sheets

Filling

1. Cut 4 of the 6 tomatoes into 1/4" thick slices and remove the seeds. Place tomatoes in a single layer on paper towels. Sprinkle with 1 tsp salt. Let stand 30 minutes.

2. Preheat oven to 425F (220° C). Stir together Cheddar, Gruyere, mayonnaise, eggs, sugar, salt, and black pepper in a large bowl until combined.

3. Pat tomato slices dry with paper towel.

Sprinkle tapioca over the bottom of the crust. Lightly spread 1/2 cup of the cheese mixture onto the crust. Layer with half of the tomato slices in slightly overlapping rows.

4. Spread paper-thin red onions and basil leaves evenly. Then spread on another 1/2 cup of the cheese mixture.

5. Repeat layers, using the remaining tomato slices, red onions, basil leaves, and cheese mixture. Cut the remaining 2 tomatoes into 1/4" thick slices and arrange on top of the pie.

6. Bake at 425F (220° C) for 30 - 35 minutes, shielding the edges with foil during the last 20 minutes to prevent excessive browning. Let stand 1-2 hours before serving.



TO V OR NOT TO V

BY LINDSAY COOPER

Veganism: it's a touchy subject. So much of what you eat (and what you abstain from eating) is attached to your cultural and personal identity. So, when someone comes to you telling you how you should be eating – whether it's for your health, the environment, or morals – it's understandably off-putting. Lucky for you, my stint with veganism hasn't prompted me to take such a stance. After giving up dairy, honey, eggs, gelatin, and a myriad of other hidden animal by-products for a few months, I do have some take aways. Before you ask: no, I'm no longer vegan, but I do find myself hesitating before ordering pizza even if only for a moment. My favourite meal is a tie be-

tween mac and cheese and fettuccini alfredo and that isn't changing any time soon. That said, cutting out dairy was pretty life changing. I remember being sick as a child and my mother telling me I couldn't have ice cream because it will make my congestion worse. Turns out that's true even when you aren't sick. Without dairy in my diet I had an increased sense of clarity (both in my sinuses and mentally). My skin was glowing, my hair was shiny and strong and my nails – which always had ridges in them and broke easily – followed suit. My idea of counting calories was flipped on it's head: I no longer had to watch for over eating, as a vegan I had to count calories to make sure I was getting enough. Beyond those superficial benefits, vegans suffer from fewer strokes and heart attacks (thanks to the diet's reduced fats and cholesterol) and stud-

ies show the increased quantity of fruit and veg required to stay healthy as a vegan can also help prevent cancer due to increased consumption of antioxidants. And perhaps surprisingly, overt animal products aren't difficult to avoid. For dairy, there are dozens of milk alternatives; vegan butters and mayonnaises are nearly identical to their non-vegan counterparts; the "cream" filling in an Oreo is mostly icing sugar, making "milk's favourite cookie" vegan. There are actually a surprising amount of vegan substitutions. There are spicy sweet chilli Doritos, Pillsbury croissants, sour patch kids, too many ice cream varieties to mention (I recommend Coconut Bliss), Nestlé chocolate syrup (ice cream sundaes, anyone?), as well as nearly all potato chips, bagels and pastas. When it comes down to it, many of your favourite foods likely don't con-

tain overtly non-vegan ingredients. The problem lies in the animal byproducts sneaked in as leavening agents, binders, preservatives or “flavour enhancers”. Have you ever read an ingredient list and wondered the purpose of ingredients like rennet, albumen or lysine? Thanks to my time as a vegan, I no longer do. I’ve memorized all the weird non-vegan ingredients I’d never heard of and their purposes. My time spent in grocery stores doubled, as I stood in aisles reading the ingredient list of every processed food item I was considering. A surprising amount of non-dairy cheeses aren’t vegan (despite containing no dairy) because they contain casein, a processed protein derived from milk. Honey Nut Cheerios aren’t suitable for obvious reasons, but plain Cheerios aren’t a better alternative, as they contain lanolin, an oil derived from sheep’s wool used to supplement the cereal’s vitamin D content. Just like there are vegan alternatives to pizza and ice cream, there are vegan alternatives to fulfill the purposes of these non-vegan filler ingredients. The problem is that veganism isn’t a priority right now. There isn’t that pressure on producers by consumers to make those easy transitions. But we’re getting there. With Canada’s milk consumption dropping 25% in the past 20 years and over 30% of Canadians self-reporting that they’re trying to eat less meat, moves towards veganism are becoming more pronounced. With



demand comes supply. Even ice cream giant Ben & Jerry’s released four non-dairy flavours, two of which are reformulations of fan favourites (the other two being vegan exclusives). And with rumours stirring that they are currently inventing new almond milk recipes and are looking to roll out onto foreign markets, they have to be doing something right. So yes, the market is growing in leaps and bounds, but it’s not quite there yet. At least it’s not quite where I need it to be to fully commit. I still look for the vegan “V” when debating a purchase, I continue to buy soy alternatives, I

only buy non-dairy and egg-free breads (which include a surprising majority on the shelves of local supermarkets), I still get a majority of my calories from fruits and vegetables, only now I allow a few pieces of pizza here and there. After careful consideration and education, this is the stance I’ve taken. Now, I recommend you take your stance. Only after educating yourself, of course, either by watching a documentary on meat and dairy consumption with regards to the environment or picking up a pint of vegan ice cream and chowing down.





BY ZEBUNNISA MIRZA

Nestled in the Rif Mountains, just a smidge south of Tangier, Chefchaouen is Morocco's famous blue city. It was first painted blue by its migrant Jewish population who left Europe to settle here after the Spanish Reconquista. In Jewish tradition, the colour blue symbolizes divinity, and the sight of this hue is said to aid in meditation. You'll feel its therapeutic effects as you wander through the town's streets and alleyways, surrounded by walls painted in varying shades of blue.

THE TOWN THAT WAS PAINTED BLUE



History Buffs Rejoice

Chefchaouen was established in 1471, when Moulay Ali ben Moussa ben Rached El Alami built a small fortress here to defend Morocco from Portuguese invasion. This fortress – known locally as the “kasbah” – still stands today. Its distinctive tower is a beautiful example of Moorish architecture and is a great place to take in 360-degree views of the city and its surroundings. There are also several historic mosques in town, most notably the mosque dedicated to the saint Moulay Abdeslam Ben Mchich Alami, and a Spanish built mosque that sits in ruins on the outskirts of the city.

Mountains for the Nature Lover

Chefchaouen gets its name from the shape of the surrounding mountains that resemble the horns of a goat. “Ichawen” is the Berber word for horns.

The rugged landscape of the Rif Mountains provides diverse opportunities for every kind of hiker. There are routes that will have you strolling through picturesque valleys, and others that will take you clambering up steep terrain for days.

A Shoppers Dream

Every major destination in Morocco offers up expertise in a particular type of handicraft. In Chefchaouen,

it's wool weaving. The streets are lined with vendors selling colourful blankets, and cozy shirts, tunics, jackets, and of course hooded djellabas made from exquisitely woven wool. You will also find all the usual suspects – wood, leather, brass – sprinkled through most shops.

Join in on Traditional Meals

You'll find just about everything “Moroccan” at any of the restaurants located in the tourist-heavy main square, but for a more authentic flavour head to one of the smaller establishments located away from the main hub bub. Tagines with couscous are traditionally made on Fridays as a special meal after the Friday afternoon prayers.

Street food in Morocco is safe and hygienic throughout the country, so be sure to try specialties like kalinti, a savoury chick pea flan, and briouat, minced chicken or lamb covered in sweet puff pastry.

Don't Forget to Look Up

An abundance of clear nights and minimal light pollution make for excellent stargazing opportunities. Most hotels and hostels boast rooftop patios, making it easy to take in the starry skies before ducking down to bed.





THE WEDDING OF YOUR DREAMS



BY KELSEY SEERPERSAD

Planning the perfect wedding can have the most calm, cool and collected woman morph into a bridezilla. Picking out a picturesque venue, finding a theme to best represent your bond with the love of your life, all while trying to please your family (especially the in-laws!), can prove to be incredibly stressful and oftentimes too big of a task for one person. SHE met with Ruchika Karnani, assistant planner from BeYoutiful Beginnings, to have some of your most urgent planning concerns addressed. Recognized as Best Wedding Planner in 2012 by KW Record Readers' Select Awards, BeYoutiful Beginning have been helping couples realize the weddings of their dreams for quite some years and Karnani's advice for couples is a welcome insight into wedding planning.



As a company specializing in multicultural weddings, what are some ways a couple can infuse touches of Canadian culture with their traditional customs?

Through working with a number of blended and interracial couples, we have noticed that many people like to fuse traditions and rituals from their respective backgrounds and incorporate them into one collective ceremony. With couples of the same background that are Canadian-born, we see a lot of Western elements being added to otherwise traditional ceremonies, such as having a Drake playlist for a family-style dinner (it actually happened!).

When planning a wedding, what are some things couples tend to overlook or wouldn't typically think of?

Couples often underestimate the importance of "little details", and forget about things like assigning someone to monitor the money box, or communicating specific guests' dietary restrictions with the venue's kitchen. These are just small instances that really convey how crucial and helpful it can be to have an extra mind involved in the wedding planning process.

How can couples creatively personalize their wedding to make it a more memorable event?

We have worked with a number of couples who have personalized their weddings by setting a specific theme that resonates with their relationship, featuring their favourite drinks as the signature drinks for the occasion, or even coordinating with their DJ and settling on playing music of their specific preference for the entire event (ex. 90's pop, Drake, etc.).

What should couples prioritize when finalizing a budget for their wedding and where should they spend a little extra?

I definitely think investing in decor and a DJ company are two of the most critical things to do when budgeting for a wedding because, in my opinion, they are what make or break a wedding. Decor can transform any venue and really set the tone for a wedding by making



couples' visions come to life. Moreover, the sound quality of speeches and music, as well as the impact of entertainment (both regarding sound and special effects) are all dependent on the DJ. The DJ has the power to control a crowd, and can either liven it up and make the wedding one to remember, or kill the vibe and ruin the potential of a memorable event.

What's the best way to get optimum value for your money when finding a venue, caterer, DJ, etc?

I think the most important part of getting the most out of what you've paid for is knowing exactly what you want from every vendor. If you have certain foods that you don't necessarily enjoy and you don't think guests will enjoy much either, skip it! Settling on a menu that appeals to not only the guests, but the couple as well, is important when looking into caterers. When it comes to the venue, I think it's vital to have a deep understanding of the overall feel that you are going for — are you looking for modern and contemporary? Royal and regal? Vintage and classic? These are all questions that can help clarify a couple's vision for their wedding day/events, and thus, make the process of finding the most suitable venue, both ambience-wise and price-wise!

What challenges should couples expect when planning their wedding?

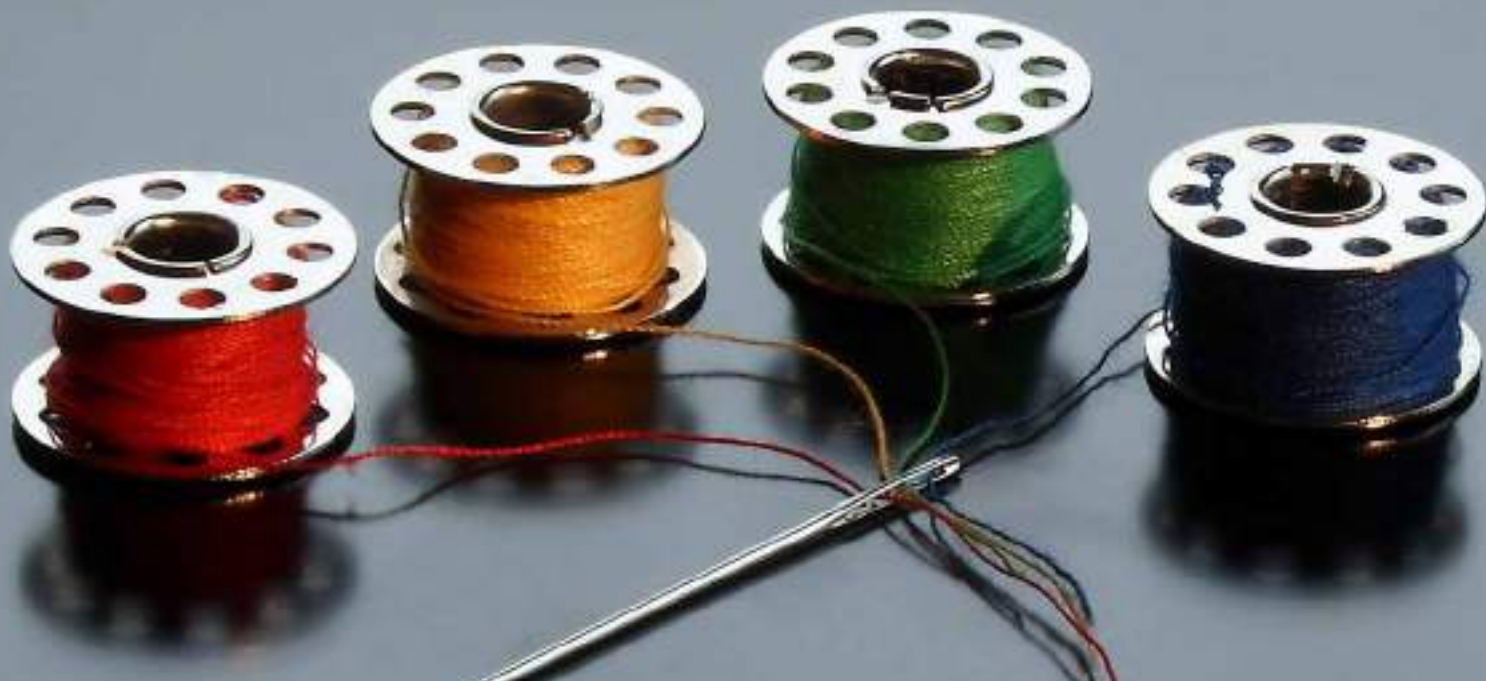
Oftentimes, couples don't understand the impact of family and their say in weddings until they actually get to plan-

ning one. The process can become a lot more stressful and emotional than necessary, which is where the value of having an external wedding planner really begins to show. Family members have a number of opinions — often conflicting ones, at that — about the components of weddings, and it is important for couples to stand their ground and establish just how much of an influence they will allow their family members to have on their weddings. Some couples agree to let their families into the entire wedding process and allow them to dictate what they want for as much of the wedding as possible, while other couples decide to keep wedding-related decisions between the two getting married and their vendors.

What qualities should couples look for when collaborating with wedding planners, florists, photographers, etc.?

When couples are looking for vendors, it is important to keep an eye on the vendor's demeanour and professionalism. You definitely want someone who is approachable and willing to give you their opinions as a friend, but still maintains boundaries and understands what decisions are entirely up to you. Most importantly, you want someone who is responsive and available to you if ever you need clarification about the vendor's services, contracts, etc.

*Learn more about wedding planning:
www.beyoutifulbeginnings.com*



THE DIY STYLE UPDATE

Once she went on a shopping detox, as Aaisha Zafar Islam did, the only recourse left for a recovering shopaholic is to get her fix elsewhere. Instead of browsing through store aisles, SHE rifles through her existing wardrobe to see what could be refashioned into an updated, one of a kind OOTD. Cue hours spent pinteresting, looking for DIY inspirations and then days wallowing in self-pity for botched projects...and the eventual euphoria of finally finishing a project that can be worn in public.

Mine is not the most ideal of Instagram presences. It is a random melange of images, sometimes you will find three posts in a single day, other times I would be absent for days. There is no theme, no coherence and certainly a decided dearth of selfies and flatlays. However if you were to scroll through my picture diary of randomness, buried amongst posts of makeup, chocolates and grey skies, will be a hashtag #WhyBuyWhenICanDIY. To the best of my knowledge, mine are the only posts in that category.

Two years ago I had caught the sewing bug and bought a sewing machine. Around the same time my trips to and bills from Fabricland had started to reach staggering proportions. That I haven't much to show for all this, and

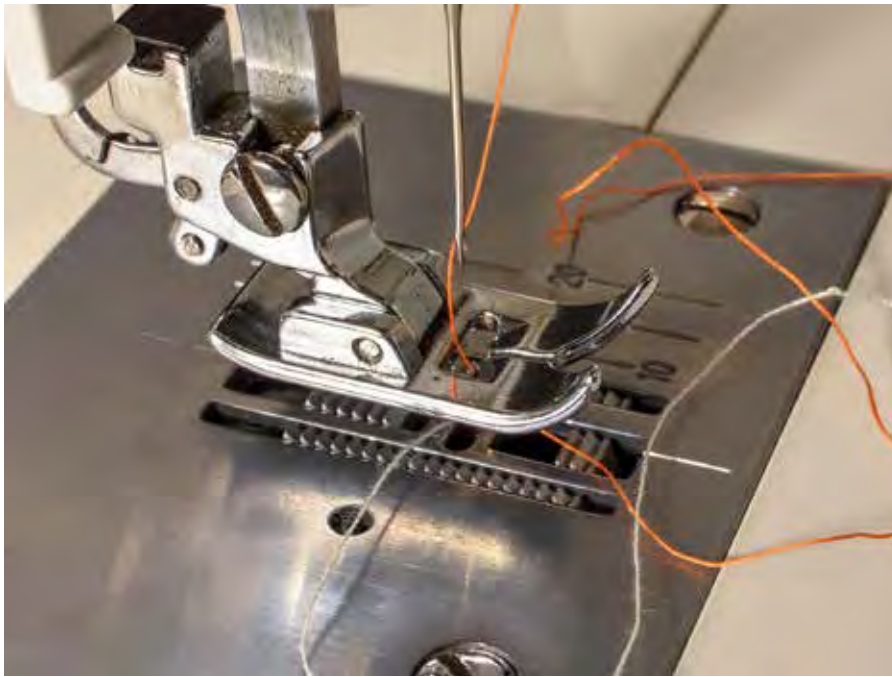
have squirrled away a stash of fabric from that time speaks more for my flailing attention span and propensity to take on projects far beyond my beginner sewing skills than any real effort on my part. I do however have some palazzos and basic tunic tops from that phase that I take out for a spin every once a while.

Truth be told, my DIY phase ebbs and flows. There are days when I would eschew all other social media for Pinterest, and others when I will scour my inbox for sales alerts. However as I gave myself a pep talk to be strong in the face of seasonal sales, and stay true on my path to recovery from excessive shopping, there was this itch to do something instead of traipsing down malls searching for a good deal. That was when I braved another shopping trip to Fabricland to get ready for the holidays.

I have been attempting DIYs for quite

sometime. I belong to the group of people who look at anything and deconstruct it, reducing it to the very basics. Then I review my own rudimentary skills set to assess if I would be able to do it myself. There was a time when Michael's topped my favourite stores. Back then I had taken upon myself to learn acrylic painting, crochet and cake decorating. All three resulted in moderate successes.

In painting I was able to paint landscapes and florals that were decent enough to be hung around the house and given away as farewell gifts to friends. (So I would never know if they found it good enough to display in their space? Perhaps that was the subconscious thought.) In crochet I was able to put together a pair of baby booties within half an hour, made amigurumi for my son before arthritis made it difficult to wield the hook. And of course



most babies I crocheted booties, beanies and blankets for have long outgrown the capabilities of my crocheting skills and the newer crop hasn't inspired me enough to take up crocheting again.

As for baking, there was only so much sugar that I could use in my baking and then devour before realizing that unless there were others to eat it up, success at a cake baking and decorating project did not bode well for my own waistline.

Sewing, on the other hand is another thing altogether. It gives me an outlet to express my own style. I did a book clutch four years ago, and then turned my son's outgrown pair of jeans into a kitschy tote bag for myself. These are recent additions to my collection of DIYs and refashions that I wear proudly.

While fast fashion retailers are not going to see a noticeable dip in their business anytime soon, there has been a rise in the popularity of indie apparel lines in recent years. Style savvy people now prefer to buy and wear something that reflects more of their personality than and fashion and trends dictate. In clothing choices, simple cuts, silhouettes and shapes are more functional and fashion forward than statement pieces. A core of wearable staples become the perfect backdrop for an accessory to do all the talking. These simpler forms are easy to DIY, and I have spent enough time at Zara and H&M to see if I could ever attempt any of their new arrivals myself. I

*I belong to the group
of people who look at
anything and deconstruct it, reducing it
to the very basics.*

The most basic of searches lead you down a rabbit hole of DIY pattern making, sewing tutorials and refashioning/upcycling ideas to get you to the nearest thrift store. I made do with rifling through our pile of old clothes, and refashioned new wearable pieces out of my husband's old dress shirts and blazers.

I won't say that this has been a smooth journey, there are days when I wait for the mood to strike me, and then muster enough patience to bear with the frustration of undoing a seam, or even starting all over again. There has been much backache, many pin pricks and aborted projects through this time. However, nothing quite compares to that feeling of accomplishment when I can finally show off my latest sewing project. The outsides are perfect, the insides are a knotted, mess of threads and redone seams holding things together, an ode to our specially curated lives online.

I can't attempt or share a decent selfie, an aesthetically appealing flatlay is beyond my photographic skills or patience, however I can crochet little heart key chains for my son to give out to his classmates on Valentine Day, have my daughter twirl in the sequined skirt I made for her, or reply to a compliment for my tunic top that I made myself. These are moments that are not on instagram, never hashtagged. These are moments lived.





Review:

BLITZ FACIAL BAR

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Trips to the spa tend to be time consuming. If they weren't, one wouldn't truly be able to unwind. What about those who require the results of the treatment but are short on time? Blitz Facial Bar has solved this time-crunch problem by proving that a good facial and time efficiency need not be mutually exclusive, as PRIYA KUMAR finds out.

.....

I first heard about Blitz Facial Bar from a former SHE intern. In fact, she was a first-generation intern dating back to 2012. Having long since moved on, she invited me to experience Blitz Facial Bar's newest location in the PATH next to Hudson's Bay Company at Queen and University. Traffic was horrendous that particularly snowy day in December. I arrived frazzled to say the least.

I was greeted by several friendly aestheticians, and asked to fill out my medical history on an iPad form. As

I was led back, I noted this particular space was far more akin to a blow-dry bar than a spa. There were no private treatment rooms, robes or trimmings that come along with visiting a traditional day spa. Instead, almost a dozen treatment chairs were neatly lined up and patrons were unceremoniously coming and going as it was close to noon the week prior to Christmas.

I wasn't familiar with the services offered so I was walked through the treatment. I would be receiving The O2 Blitz (\$190), which the spa menu describes as: "The ultimate oxygen dermal facial is clinically proven to reduce fine lines and wrinkles. The natural way to plump, lift and brighten for special oc-

casions or instant lift. Bonus benefits: results increase over 10 days!"

I've suffered from severe acne my whole life and have shied away from facials as a result. Everything makes my skin breakout: dryness, new moisturizers, the wrong facial wash, spicy food, you name it. My greatest fear going into this facial was a horrible breakout right before Christmas. However, I will say my fears were unfounded. I didn't breakout.

The procedure involved a series of facial masks and moisturizers. One of the first masks left more than a slight tingling sensation (something that felt to me closer to Fraxel, a laser treatment I had done to combat acne scarring).



This topical jelly like mask was topped with a paper mask that crackled on application and left a fleeting hot sensation. Although uncomfortable in the moment, I left with a noticeably fresher (and tighter) complexion.

I have thought about Botox and fillers as an option for my skin, however a specialist I went to recommended I wait a few more years for injectable procedures. While The O2 Blitz does not claim to match the results of an injectable, it's a great alternative for those not

quite ready for such a treatment or between treatments.


It took a few days to see the optimal results, but I was pleased. My skin looked notably fresher and younger. Although I did see some peeling in the days that followed, the final result included more evenly toned skin.

Blitz Facial Bar also offers a number of express treatments that last 30 minutes starting at \$48. If there is something specific a client is looking for, boosters focusing on different parts of the face are available starting at \$10. IPL treatments available by the package are a great option for those looking for something a little more permanent.

Blitz Facial Bar brings beauty and practicality together. While a day at the spa is always a great idea, our day-to-day may not always allow for it. Blitz welcomes both women and men on the go that seek results from their treatments.

Blitz Facial Bar has multiple locations around the city. Its most recently opened location is at The PATH in the Thompson Building, 65 Queen St. West, Toronto, Phone: 416.365.1200.





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BEAUTY REVIEWS

Our pick of this season's latest releases

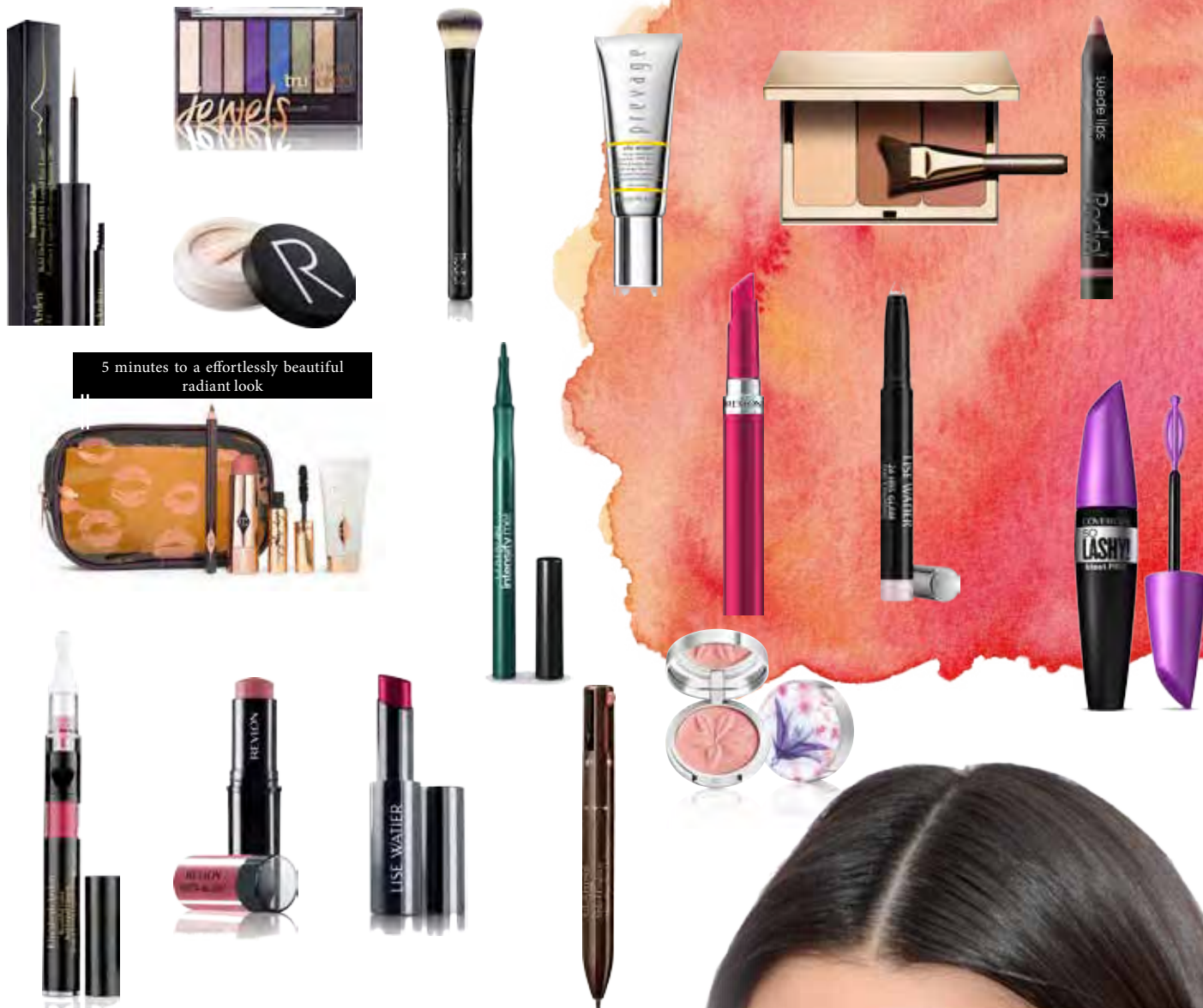


|| LUSTROUS LOCKS ||

As we prepare to bid adieu to our winter gear and pack up our toques, it is time for our manes to shine on!

FROM TOP TO BOTTOM: Equave Instant Beauty Hydro Nutritive Detangling Conditioner, **Revlon Professional**, \$17 • French Girl* *Hair* *French Froissé, **L'Oréal Professionnel**, \$24 • Blow-Dry Concentrate, **Moroccanoil**, \$28 • Shampoo and Conditioner, **Head & Shoulder**, \$5.99 • Nutritive Rinse-Out Hair Mask, **Kérastase**, \$20 • Hair Coach Powered by Withings, **Kérastase**, \$300 • Equave Instant Beauty Hydro Detangling Shampoo, **Revlon Professional**, \$13 • Savage Panache 60's Babe, **L'Oréal Professionnel**, \$25 • Whole Blends Smoothing Oil, **Garnier**, \$11.99 • Phytoelixir Subtle Oil Intense Nutrition, **Phyto**, \$45 • Pro-V 3 Minute Miracle Moisture Renewal Deep Conditioner, **Pantene**, \$4.99 • Curl Cleansing Conditioner, **Moroccanoil**, \$34 • Phytoelixir Cleansing Care Cream, **Phyto**, \$30 • Gliss Hair Repair, **Schwarzkopf**, \$9.99 • Whole Blends Coconut Water Vanilla Milk Hydrating Mask, **Garnier**, \$11.99 • Conditioner with Rosemary, Herbal Essence, \$6.99 • Infiniti Pro Diamond Infused Hot Paddle Brush, **Conair**, \$ 89.99





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|| MAKE ME LOOK BEAUTIFUL ||

Beautiful is skin is the perfect canvas to play with colour, or highlight your natural gorgeousness. Pretty pouts, eye shadows blended for that mesmerizing gaze or lashings of mascara to frame your eyes, we love makeup and there is always space on our vanities for more.

FROM TOP TO BOTTOM: Beautiful Color Bold Defining 24HR Liquid Eye Liner, **Elizabeth Arden**, \$32 • truNAKED shadow palette, **CoverGirl**, \$14.99 • Baking Powder \$39 and Brush, **Rodial**, \$46 • Prevenge Ant-Aging Foundation SPF 30, **Elizabeth Arden**, \$80 • Limited Edition Face Contouring Palette, **Clarins**, \$49 • Suede Lips, **Rodial**, \$30 • Quick n Easy Natural Glowing Look Makeup Set, **Charlotte Tilbury**, \$85 • Intensify Me! Liquid Eyeliner, **CoverGirl**, \$8.99 • Ultra HD Gel Lipcolor, **Revlon**, \$11.99 • 24Hrs Glam Eyeshadow, **Lise Watier**, \$23 • So Lashy Mascara, **CoverGirl**, \$12.99 • Beautiful Color Bold Liquid Lipstick, **Elizabeth Arden**, \$28 • Insta Blush, **Revlon**, \$12.99 • Intense Supreme Lipstick, **Lise Watier**, \$27 • Limited Edition 4-Colour All-in-One Pen, **Clarins**, \$44 • Limited Edition Blossom Beauty Blush, **Lise Watier**, \$35



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|| BEAUTIFUL SKIN IS ALWAYS IN ||

Never have been more spoiled for choice when it comes to skincare. With newer innovations, and formulations that deliver results with minimum efforts, we are loving this season's latest releases to help us get glowing.



FROM TOP TO BOTTOM: Skin Nourishment Firming Eye Cream, **Ste. Anne's**, \$65 • Hydra Essentiel Bi-phase Serum, **Clarins**, 56 • Dragon's Blood Lip Mask, **Rodial**, \$45 • Derm Renewal Booster, **G.M Collin**, \$68 • Advanced Night Repair Concentrated Recovery Eye Mask, **Estée Lauder**, \$14 • Intensive Hyaluronic Mask, **Esthederm**, \$59 • Regenerist Micro-Sculpting Serum, **Olay**, \$34.99 • AHA Peel Serum, **Esthederm**, \$79 • Vitamin C Serum, **Esthederm**, \$89 • Multi-Active Yeux Instant Eye Reviver, **Clarins**, \$45 • Stem Cellular Resurfacing Micro-Exfoliant, **Juice Beauty**, \$69

|| NAILS ||

Something about this season makes us reach for peachy, romantic colours.



FROM TOP TO BOTTOM: Candy Floss, Dolly Mix, Peach Pop, **LondonTown**, \$16 • What Happens in Vegas, Win Big Colorstay Gel Envy, **Revlon**, \$8.99

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GET THE LOOK

Celebrate romance with these looks created by celebrity makeup artist Simone Otis



1.

Start with an even, natural complexion, a lightly defined eye and a groomed brow. This clean, subtle base will ensure that the lips stand out as the hero of the look.



STEP ONE: Benefit Goof Proof Brow Pencil \$30 • Lancôme Grandiose Extreme Mascara \$36 • Elizabeth Arden Nourishing Lip Balm SPF 20 \$26 • Bourjois Paris Little Round Pot \$20 • Smashbox Photo Finish Foundation Primer \$44 • Smashbox Studio Skin 24 Hour Wear Waterproof Concealer \$29 • Clinique Dramatically Different Moisturizing Lotion Plus \$19 • Smashbox Studio Skin Foundation \$48

2.

Outline the lips using a lip pencil that's as close to your natural lip colour as possible. Then, using a lip brush, soften the line by blending inwards toward the center of the lips. This will work to define and amplify the shape of the lips, while helping to make sure the gloss stays put.



STEP TWO: KNOW Cosmetics No Bleeding Lips Secret Lip Liner \$14.99 • Lise Watier Waterproof Lip Crayon in Nude \$22

3.

Next, use a brush to evenly apply gloss.

STEP THREE: Lancôme Juicy Shaker in Boom Meringue \$28



Gloss is one of those rare trends that will never go out of style, and for good reason: it's the perfect way to breathe new life into any colour. Regardless of the colour you choose to start with, gloss will instantly add a smooth layer of shine without being overpowering. It gives the lips a natural fullness that's impactful yet wearable.



Since showing up on the runways earlier this year, glitter lips have become a major makeup trend. This showstopping look can be worn over any colour making it incredibly versatile.

1. Start with an even, natural complexion, a lightly defined eye and a groomed brow.

STEP ONE: **Smashbox** Photo Finish Foundation Primer \$44 • **Clinique** Dramatically Different Moisturizing Lotion Plus \$29 • **Smashbox** Studio Skin 24 Hour Wear Waterproof Concealer \$29 • **Smashbox** Studio Skin Foundation \$48 • **Benefit** Goof Proof Brow Pencil \$30 • **Lise Watier** Waterproof Eyeliner in Noir Intense \$23 • **Lancôme** Grandiose Extreme Mascara \$36 • **Stila** Eyeshadow Compact in Kitten \$23 • **Elizabeth Arden** Nourishing Lip Balm SPF 20 \$26 • **Bourjois Paris** Little Round Pot \$20

2. Next, using a lip brush, apply the lipstick evenly to create base for your shimmering metallic top coat.

STEP TWO: **KNOW** Cosmetics No Bleeding Lips Secret Lip Liner \$14.99 • **Stila** Stay All Day Liquid Lipstick in Bacca \$31

3. Using a lip brush, apply the top coat over the lip colour. We're using Glitterati Lip Top Coat in Transcend by **Stila**.

Be sure to apply more towards the center of the mouth to create a 3D plumping effect. And there you have it, a glamorous metallic lip look perfect for a night out.



HOW-TO: Metallic Bold



SHE *DIRECTORY*

All the info you need to buy the stuff you love in this month's issue.

A. **Adidas** adidas.ca **Aesop** mrporter.com **Agent Provocateur** net-a-porter.com **Alba Bijoux** albabijoux.com **Aldo** in stores, Aldoshoes.com **Alex & Ani** in stores, alexandani **Alexander McQueen** net-a-porter.com, mrPorter.com **American Diamonds by Ifrah** americandiamonds.ca **Anita Active** anita.com **Aritzia** in stores, aritzia.com **Armani Collezione** armani.com **Asilo** anthropologie.com **ASOS** asos.com **Atelic** Hudson's Bay, thebay.com **Auxiliary** aritzia.com

B. **Benefit Cosmetics** Sephora, sephora.ca, benefitcosmetics.com **Berluti** berluti.com **Bourjois Paris** beautyboutique.ca

C. **Calvin Klein** net-a-porter.com **Carine Gilson** net-a-porter.com **Caroline Néron** carolineneron.com **Carters** in stores, cartersoshkosh.com **Charlotte Tilbury** charlottetilbury.com **Chiara Ferragni** chiara ferragnicollection.com **Chinti and Parker** net-a-porter.com **Clarins** clarins.ca **Clinique** clinique.ca **Club Monaco** in stores, clubmonaco.ca, mrporter.com **Conair** conaircanada.com **Cristabelle** Nordstrom **Czech & Speake** mrporter.com

D. **Dr Harris** mrporter.com **Deakin & Francis** mrporter.com **Degs and Sal** Hudson's Bay, thebay.com **Dermalogica** dermalogica.ca **Diane Von Furstenberg** net-a-porter.com **Dolce & Gabbana** net-a-porter.com **Dove** dove.com

E. **Edie Parker** edie-parker.com **Elizabeth Arden** elizabetharden.ca **Elle Macpherson** net-a-porter.com **Estée Lauder** esteelauder.ca **Esthederm** esthederm.com

F. **Favourbrook** net-a-porter.com **Fleur Du Mal** farfetch.com

G. **Gap Kids** in stores, gapcanada.ca **Gillette** gillette.ca **Givenchy** net-a-porter.com, mrporter.com **GM Collin** gmcollin.com **Gucci** net-a-porter.com **Gymboree** gymborree.com

H. **H&M** in stores and at hm.com **Hanky Panky** net-a-porter.com **Hardy Amies** MrPorter.com **Head & Shoulders** headandshoulders.ca

J. **Joe Fresh** joefresh.ca **Joseph** nordstrom.com

K. **Kapital** mrporter.com **King Baby Studio** Hudson's Bay, thebay.com **Know Cosmetics** beautyboutique.ca

The

GET IT

GUIDE

L. **L'Oréal Paris** lorealparis.ca **La Perla** net-a-porter.com **Lancôme** lancome.ca **Lanvin** net-a-porter.com, mrporter.com **Le Château** in stores, lachateau.com **Lise Watier** beautyboutique.ca, lisewatier.com **Living Proof** Sephora, sephora.ca, livingproof.com **LondonTown** londontwonusa.com **Loro Piana** net-a-porter.com

M. **Maison Birks** in stores, maisonbirks.com **Mango** in stores, shop.mango.com **Mani Jassal** manikjassal.com **Marc Jacobs** marcjacobs.com **Marks And Spencer** marksandspencer.com **Miansai** miansai.com **Missoni** net-a-porter.com, mrporter.com **Mrs Bow Tie** mrsbowtie.com

N. **Nike** nike.ca **Nordstrom** nordstrom.com

O. **Old Navy** in stores, oldnavy.ca **Olivia Burton** Hudson's Bay, thebay.com, oliviaburton.com **Olympia Activewear** net-a-porter.com

P. **P.A.R.O.S.H** parosh.com **P.E. Nation** net-a-porter.com **Pandora** in stores, pandora.net **Pantene** pantene.ca **Parker** mrporter.com **Paul Smith** mrporter.com **Peter Thomas Roth** Sephora, sephora.ca **Pierre Hardy** pierrehardy.com **Phyto murale** ca **Prada** net-a-porter.com, mrporter.com **Puma Fenty by Rihanna** ca.puma.com


R. **Rachel Zoe** shoprachelzoe.com **RapidLash** rapidlash.com **Reformation** net-a-porter.com **Ren Skincare** Sephora, sephora.ca **Revlon** revlon.ca **Rick Owens** rickowens.com **River Island** RiverIsland.com **Rodial** murale.ca **Rubinacci** net-a-porter.com

S. **Scotch & Soda** Hudson's Bay, thebay.com, scotch-soda.com **Skagen** Hudson's Bay, thebay.com, skagen.com **Shinola** shinola.com **Simone Pérèle** simone-perele.com **Simons** simons.ca **Smashbox** beautyboutique.ca, Sephora, sephora.ca, smashbox.com **Stila** beautyboutique.ca, Sephora, sephora.ca, stilacosmetics.com **Stuart Weitzman** in stores, net-a-porter.com, stuartweitzman.ca

T. **Ted Baker** tedbaker.com **Thom Browne** mrporter.com **Thomas Sabo** thomassabocom **Tiffany** in stores, tiffany.ca **Tom Ford** tomford.com **TOMS** toms.ca **Topshop** Hudson's Bay, thebay.com, topshop.com **Turnbull & Asser** mrporter.com

U, V. **Urban Outfitters** in stores, urbanoutfitters.com **Vetements** net-a-porter, mrporter

W, Z. **Wilfred Free** aritzia.com **Wonderbra** in stores, wonderbra.ca **Zara** In stores and at Zara.com **Zeus + Dione** net-a-porter.com, zeusndione.com



"I just got out of a long-term relationship and the thought of being alone on Valentine's Day makes me absolutely miserable. I know for sure that the relationship had run its course and I am better off as a single. But I still can't get over being alone on the day, how do I get myself out of this rut? "

Single and Surly

HE SAID, SHE SAID

👤 SHE SAYS...

I know it's hard to do but you have to remind yourself that Valentine's Day is just another day. Just continue on with your daily life, keep yourself busy and before you know it — it will be over.

👤 HE SAYS...

Being single on Valentine's Day isn't the end of the world. Get together with your single friends and make the most of the day. Go see a movie, go for dinner, do some shopping—anything that will get your mind off your ex and back on things that matter the most — your happiness .

"I got engaged and can't wait to marry the love of my life. However there is a snag. He doesn't show the slightest bit of interest or participation in planning the wedding. I want this to be OUR wedding but he couldn't care less and is leaving everything up to me. How can I get him to be more involved? "

👤 HE SAYS...

He knows you're the one he wants to be with for the rest of his life and that's all that matters to him. To make it into a day memorable for both of you, you can try to incorporate things he likes into the wedding. It would show that you thought of him every moment of the wedding planning process and make for a pleasant surprise on the day, making it more memorable for you both.

👤 SHE SAYS...

You need to sit down with him and tell him how you feel. He probably has no clue that you want him involved and thinks that by letting you plan everything he is giving you exactly what you want: the wedding of your dreams. Everything should be 50/50 and it's not fair for you to handle everything and take on all the stress. Let him know that it's not just your wedding and it means a lot to you if he participated more.



*"Faith is not something to grasp,
it is a state to grow into."*
Mahatma Gandhi

*"Never give up, for that is just
the place and time that the
tide will turn."*
Harriet Beecher Stowe

*"We must accept finite
disappointment but must
never lose infinite hope."*
Martin Luther King, Jr.

*"You are never too old to
set another goal or dream
a new dream."*
C.S Lewis

*"When you feel like quitting: think
about why you started."*
Author Unknown

*"They say a person needs just three
things to be truly happy in this
world: someone to love, something to
do, and something to hope for."*
Tom Bodett

Hope

QUOTE

UNQUOTE

*"In a time of destruction,
create something."*
Maxine Hong Kingston

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*Source: European Forecasts

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