

**SHE** CANADA

**RAMADAN  
AND EID IN  
CANADA**

**TRAVEL**  
Dubai

**BLESSED  
TERESA:**

**NUN,  
HUMANITARIAN &  
SOON SAINT**

**SAKS**  
comes to TO

**MADE IN  
CANADA**

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HOUSE OF NONIE  
IVAN LEHEC**

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# SHE CANADA

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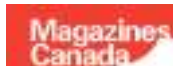
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*Back Bag Poket French Fries*  
LEO DESIGN STUDIO  
\$155

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# Editor's *note*



**EDITOR**  
**S.M. Kamran Zaidi**

**N**ow that summertime is in full effect, the holy month of Ramadan is being ushered in by the hotter weather. It's a time of reflection and observation resulting in a better understanding of self-control. From a scripture's perspective, it commemorates the first revelation of the Quran according to Islamic belief. As one of the five pillars of Islam, it is a period that is observed by over 1 billion people worldwide.

During this period of reflection, it is also important to look at the way in which we as Canadians consume. According to the CBC Canada wastes over \$31b of food each year. Of this, 47% comes from individual wastage when Canadians purchase food for their homes that does not get used.

With the world moving in the right direction with the Paris Earth Day agreement signed by 175 countries, isn't it our job as individuals to monitor what it is we're wasting in our homes? Changing the world starts with each and every one of us. If we individually alter our behavior only slightly, the broader impact is akin to the butterfly effect will be felt in the farthest reaches of the planet.

Recently my 11-year-old daughter was asked to do a presentation on global warming and its affect on the food chain and agriculture. I'm always amazed by the concern and awareness shown by our children when it comes to the environment. It would do us all good to take heed of their acknowledgement of this pressing issue. It goes without saying that children learn from our behaviour. It is now time for us to take a cue from theirs.

Speaking of learning from the crusades of others, we're pleased to be featuring the venerable Mother Theresa on this month's cover. With her canonization only months away, we look forward to seeing another female saint be recognized by the Vatican. Her tireless efforts to alleviate poverty in South Asia and around the world are finally being recognized in an official capacity.

As per usual our readers will also get their bi-monthly dose of fashion, style and women who are changing the world one business at a time. We hope you're enjoying this issue in the sun somewhere. These long days are fleeting so I urge all of you to make the most of them! >

A handwritten signature in black ink, consisting of a stylized 'S' followed by a horizontal line and a vertical line crossing it.



Endless blue skies and fun in the sun, summer is always a treat in Canada. We bring you the best places to discover in Canada, and if you're looking for a quick R&R trip, hidden gems few hours away from the city. Make this summer one to remember with our tips and tricks to make travelling easier and plan stay-cations that are the ultimate stress busters. From styling tips to how, where and what to shop for this sunny season, SHE Online is where you should be.



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# Contributors

*“What does Canada mean to you?”*



**PRIYA KUMAR**  
*Executive Editor*

It's where I can get the perfect cup of coffee for \$1.50 and enjoy the best of all four seasons.



**ZEBUNNISA MIRZA**  
*Travel Contributor*

I've travelled across five continents, yet there's no place in the world as beautifully diverse and inclusive as Canada. Home sweet home :)



**AAISHA ZAFAR ISLAM**  
*Associate Editor*

Home!



**LINDSAY COOPER**  
*Editorial Contributor*

I have always been a proud Canadian, so seeing our national symbols experience a renaissance makes me more nationalistic. This issue may be self-indulgent.



**SIDRA SHEIKH**  
*Editorial Contributor*

To me Canada means inclusion. It does its best to include everyone and create a sense of togetherness and equality.



**ROWAN DALKIN**  
*Editorial Contributor*

Acceptance and equal opportunity, cold days with hot beverages, and, of course, our newest international heartthrob and inspiration: Justin Trudeau.



# Tweets to the editor



Justin Bieber @justinmicroblog liked your Tweet Mar 31:  
It can't get any more Canadian than this. This troupe of IndianCandians bhangras to remix of  
#JustinBieber's #sorry <http://bit.ly/1RPFTSY>

NARSsist liked your Tweet Apr 5:  
#SHELoves @NARSsist Velvet Matte Skin Tint, read our review  
on the blog: <http://bit.ly/1W9IAOY>

Kristen Bevans @kristen\_bevans Apr 22  
@shecanada magazine loves Nerium's Firming Body Contour Cream!! Firms, tightens, tones,  
helps... <https://www.instagram.com/p/BEgnYAdNtEh/>

Aveda Canada, Kiehl's Canada and H&M Canada liked your Tweet Apr 22:  
#EarthDay2016 we round up our favourite ways to be good to our planet, ft. @hmcanada,  
@AvedaCanada @KiehlsCanada <http://bit.ly/247JgXK>

Gigi and Priya Kumar liked your Tweet Apr 28:  
June/July 2015 cover girl @GiGiHadid is hosting the 2016 #MMVAS @  
Much We can't wait!! [pic.twitter.com/g3odPyv9ts](http://pic.twitter.com/g3odPyv9ts)

Clarins Canada @ClarinsCanada May 6  
Do you love to rock va va voom lips but hate watching your lipstick feather & fade? Try our  
Lip Perfecting Base as seen on @SHECanada!

APR/MAY  
Issue



# FIELD DREAMS

A polo game is a high-class affair and dressing up to attend a match is an event in itself, which is why we recommend you don't. Considering the sport is rumoured to be 2000 years old, it's understandable why so many get stuck in the rut of traditional game day dress – a rut we're here to help you out of.

This season, translate those polo wear clichés into the 21st century chic by putting contemporary spins on otherwise conventional pieces. Trade in your pumps for flatforms (with the added bonus of allowing you to walk on the turf without sinking), incorporate trendy patterns or sequin embellishments on customary silhouettes, or pair battling bold colours as seen in recent runway shows.

Dolce & Gabbana  
Sicily printed textured-leather iPhone wallet  
\$1,440



Ashish  
embellished silk-organza skirt  
\$3,100





**Jimmy Choo**  
Lucy suede point-toe flats  
\$782



**Valentino**  
printed leather shoulder bag  
\$1,775



**Étoile Isabel Marant**  
Elmer reversible floral-print  
quilted cotton jacket  
\$500



**Stella McCartney**  
Ernest wool-crepe vest  
\$2,050



**Ashish**  
embellished organza  
cropped top  
\$1,790



**Stella McCartney**  
faux leather platform brogues  
\$1,400



**Karen Walker**  
star sailor square-frame  
gold-plated and acetate  
sunglasses  
\$430



**Stella McCartney**  
a-line broderie anglaise  
cotton mini dress  
\$2,500



End

F   T

*HIBERNATION*

Warm weather is finally here and it's time to break out the sandals. Are you ready to put your best foot forward? We've rounded up trends to look out for this year: white-hot platforms, sleek straps, tousled tassels, and embellished wonders. From simple slip-ons for summer afternoons on the go to strappy sandals on Saturday nights: we've got your feet (un)covered.



**Nathalia Platform Sandals**  
Aldo  
**\$100**



**Blue Suede Block Heel Sandals**  
Steve Madden  
**\$125**





**Leather Slides**  
Gucci  
\$410



**Embellished Suede Sandals**  
J. Crew  
\$400



**Metallic Leather Sandals**  
Sophia Webster  
\$750



**Tasseled Leather Sandals**  
Sam Edelman  
\$150



**Suede Sandals**  
Michaels Kors Collection  
\$350



**Lace-up Strappy Sandals**  
Joe Fresh  
\$29



**Suede Mules**  
Mansur Gavriel  
\$515



**Tasseled Python Sandals**  
Jimmy Choo  
\$1,495

# SHE *style*



**Givenchy**  
Camisole in black georgette-paneled lace  
\$3,135



**Alice+Olivia**  
Klynn Crepe Top  
\$230



**Needle&Thread**  
Organza-trimmed Embellished Tulle Mini Dress  
\$725



**Marc Jacobs**  
Edie Mary Jane Platform Pump  
\$450



**Gucci**  
Embellished point d'esprit top  
\$1,800



**Express**  
Graphic Floral High Waisted A-Line Skirt  
\$49.90



**H&M**  
Edie Metal Clutch Bag  
\$29.99



**Etro**  
Hammered-satin wide-leg pants  
\$1,680



**Versace**  
Gold-tone brooch  
\$225



**Jenny Packham**  
Sequined Silk-organza Mini Dress  
\$5,400

# Summer all year Long

*In Canada, summer is a hard season to shop for. With fluctuating temperatures of spring and autumn, most of our warm weather wardrobes are unwearable in the sub-zero temperatures experienced the rest of the year. But when you drop hundreds of dollars on an outfit, you want to wear it to more than just one event. That's why we've chosen cuts and colours that can be repurposed year round as casual autumnal layers all the way through to company holiday parties and New Year's Eve celebrations.*



**Aldo**  
Kediredda  
\$95



**Chloé**  
Gold Darcey Bracelet  
\$635



**Nine West**  
Martina  
\$125



# RAMADAN

## IN CANADA

By Aaisha Zafar Islam

*The ninth month in the Islamic calendar, Ramadan, is also considered to be the holiest of all months, followed by Eid-ul-Fitr, the biggest celebration holiday in the Muslim year. During the whole month of Ramadan, Muslims all over the world observe a fast from dawn until dusk, and try to become better practicing Muslims.*

**T**he ninth month in the Islamic calendar, Ramadan, is also considered to be the holiest of all months, followed by Eid ul Fitr, the biggest celebration holiday in the Muslim year. During the whole month of Ramadan, Muslims all over the world observe a fast from dawn until dusk, and try to become better practicing Muslims.

Since the Islamic calendar is based on moon sighting, the month changes seasons every few years. For the past few years, Ramadan has been transitioning from Spring into Summer months and

this year marks its arrival right as summer vacation begins. Living in Canada where daylights last longer than 14 hours during summer months, the idea of going without eating or drinking anything for a good 14 hours seems like a daunting one. However experts and nutritionists have advice ready for to ensure that those who fast do not get dehydrated or collapse of exhaustion as they go about their day.

### **Suhur**

The fast begins before the break of dawn with a meal called *Suhur*, this is to make sure that those who fast have eaten enough for the meal and drinks to help them last all day long.

In South Asian cultures, the *Suhur* spread is traditionally one with a variety of meals, including curries eaten with roti or parathas. In summer months, yoghurt is also a part of the menu, usually sweetened. All this is punctuated with enough glasses of water to stock up for when day breaks.

The meal has to be eaten before the call of the early morning prayers, Fajr.

### **Iftar**

A lavish feast is prepared for “breaking fast” just as the sun sets and Muslims do their *Iftar* with a date or two to the sound of the evening prayers, Maghrib. Again, South Asian culture dictates



the presence of savoury and deep-fried snacks, including samosas, pakoras and fruit chats, a medley of fruits liberally sprinkled with a spicy chaat masala. And no desi *Iftar* table is complete without a sweetened drink to wash down all the food.

### Plan Your Fast Better

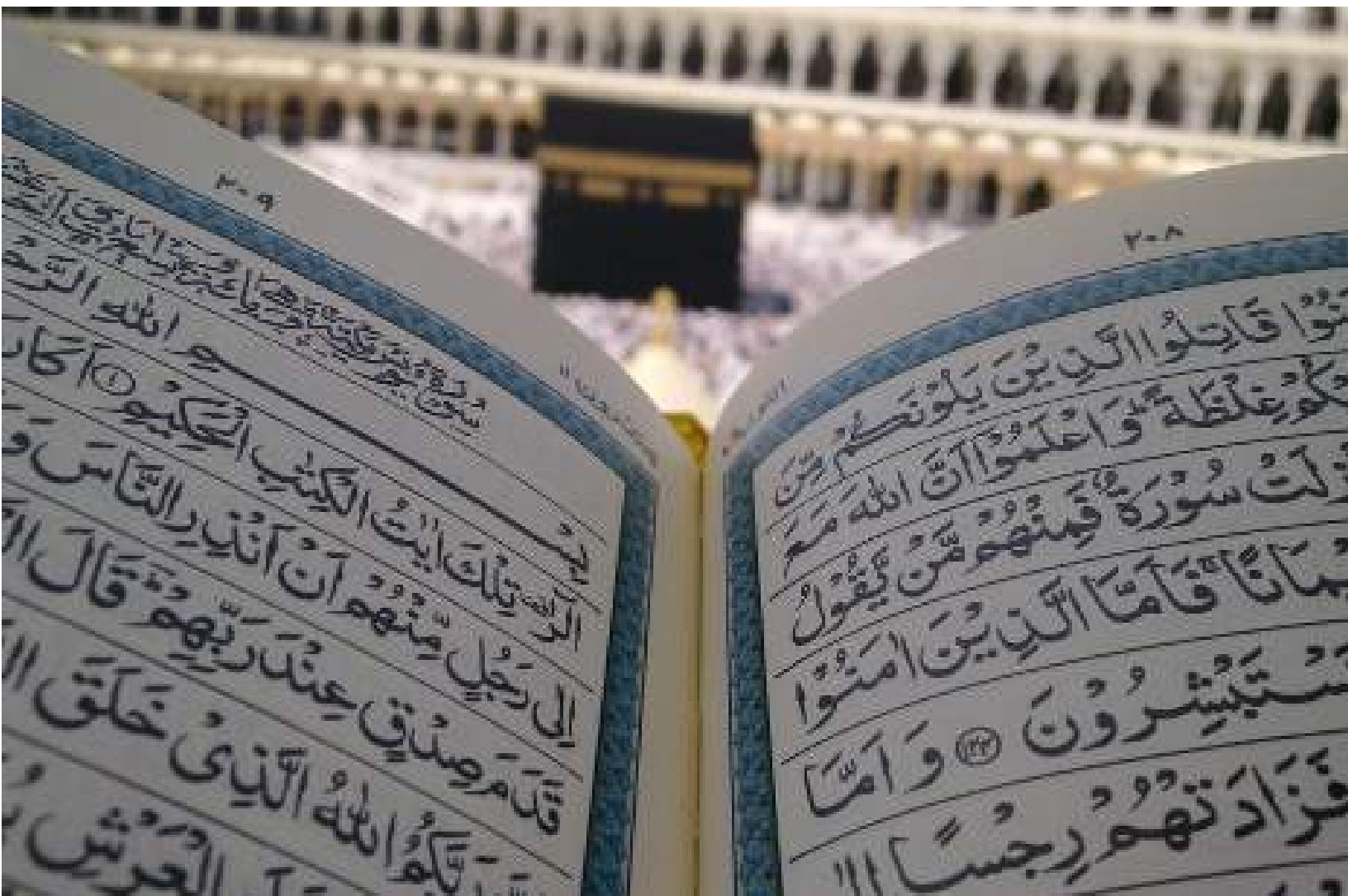
Fasting during summer months seems to be a momentous undertaking, however, if meals are planned and eaten properly, fasting for a whole month is actually beneficial for the body, helping it to detoxify and reset.

Shorter evenings, the time meals and drinks can be taken, means that three meals often have to be reduced to two quick ones and it is wise to make sure that only healthy options make it to the table. A popular belief is that fasting will lead to weight loss, however many people find themselves having gained weight because they over-indulged at meal times. Bloating and indigestion, specially after *Iftar* are common complaints.

For a better Ramadan, the focus should be on eating healthy intake and making sure that you're getting proper nutrition.

### Healthy Breakfast

Getting up in time to prepare and eating a proper meal helps one to go through a day of fasting without feeling thirsty or even hungry. Instead of sugar-laden cereals, a meal with whole grains and complex carbohydrates provides the body with enough fuel to last over 14 hours. Proteins can be taken in as eggs, meat, lentils or as dairy products, and help stabilize blood sugar levels, curbing hunger pangs and cravings. Yoghurt in particular is good for staving off thirst and helping combat heat. Avoid caffeine at all costs, specially at *Suhur* since it is dehydrating. One you've performed your Fajr prayers,



“With the right menu plans and a well thought-out fasting strategy, you can get the maximum benefits from a month of fasting, both physically and spiritually.”



## Breaking Fast

Every Muslim household will stock on dates for Ramadan and for a reason. This fruit of the dessert is packed with sugar and minerals like magnesium, potassium and full of fibre to ease the body into partaking a whole meal. Nutritionists advice that you break your fast with a date or two and drink some water or juice to level electrolytes in your blood stream and then perform your Maghrib prayers before getting back to your evening meal. This break helps the digestive system to get ready to process all the food without getting overwhelmed.

Deep-fried snacks are a mainstay of the desi *Iftar* spread, however they are not the healthiest of options. A better option is to bake your snacks instead of deep-frying them. While this may compromise the taste, texture and smell of your favourite Iftar, it is a healthier alternative.

A salad tossed in with avocado, beans, chick peas, nuts and fruits and super grains like quinoa or chia can be a fulfilling and nutritious meal in itself. Experiment with dressings and you can find something to satisfy your masala cravings as well.

## Keeping Hydrated

A real challenge while fasting during summers is to avoid getting dehydrated. Since the permissible hours to eat and drink are shortened, you have to make sure you get at least two litres of water, at mealtimes, and in between.

With the right menu plans and a well thought out fasting strategy, you can get the maximum benefits from a month of fasting, both physically and spiritually and be ready for Eid-ul-Fitr, the celebration and feast that marks the end of Ramadan.



*A three-day festival or rather feast that makes everyone forget about just having fasted for 29 or 30 days, Eid-ul-Fitr is a three day holiday that follows and celebrates the completion of the month of Ramadan. Eid is celebrated in various ways by different cultures, but for South Asian Muslims it is an occasion to dress up, spend time with friends and family, exchange gifts and a lot of feasting.*



# *FEAST* *following* *FAST*

*By Sidra Sheikh*

**T**he Islamic calendar is lunar based, and that means that Eid falls on a different date (and changes seasons) every year. However according to the Islamic calendar, the first three days of Shawwal, the month following Ramadan, are designated for Eid celebrations.

As skies darken on the 29th of Ramadan, Muslims will take to gazing at the sky, hoping to catch a glimpse of the thin Shawwal crescent, or await an announcement from their local Islamic community centres. There are times when Ramadan completes 30 days at others, Eid marks its arrival after 29 fasts.

In South Asian culture, celebrating the night when the Eid crescent is sighted,

the *Chaand Raat* is as joyous as the Eid day that will dawn. Getting their finest, new clothes ready for the morning Eid prayers, getting the house in order, preparing special meals and snacks for guests who'll be visiting and for women in the house applying henna on their hands are time-honoured Eid traditions. Eid prayers are a way for the Muslim community to bond together and exchange joyous greetings. In Canada,



mosques and community centres welcome families dressed in all their finery for the *Eid Namaaz*.

Most families will eat *Sheer Khurma*, a milk based dessert prepared with nuts and vermicelli, before heading off for the prayers. Once home, the actual celebrations begin.

As the immediate family gathers around, and a second breakfast eaten, there is an exchange of gifts which often consist of cash, the *Eidi*. Elders in the family happily dole out money to the children and their younger relatives. The rest of the day includes more eating and spending time with family and celebrating Eid by going out or just lounging around the house and relaxing. There is also a constant influx of phone calls and visitors wishing one another a Happy Eid or Eid Mubarak. The following days are spent celebrating with other family or friends by going to their homes for dinner parties or going out.

The holiday is spent revolving around outfits, food, gifts and ultimately just being with family and friends.

## Dressing Up

South Asian Muslims begin planning their Eid outfits months in advance. The outfits are quite fancy since Eid is the biggest holiday in the Muslim community and everyone likes to go all out. The outfits are traditional and range from

*shalwar kameez* to gowns, dresses and *anarkalis* with elaborate stonework or embroidery. The outfits are then paired with matching jewellery and shoes. Since outfits are not to be repeated, at least three outfits are planned to be worn over the duration of the holiday.

## The Feast

Celebrations on *Chaand Raat* give a kick start to the amount of food that is to follow. The first thing on everyone's mind is probably preparing the dessert that has become tradition to eat on Eid whether prior to prayers or right after. This is usually prepared the night before Eid. Some of the popular desserts that have become tradition on Eid in South Asian homes include *sheer khurma* or some other milky dessert. This sweet is followed by a traditional breakfast involving *puri halwa* and *chana* curry. Throughout the day there is an abundance of food, desserts, fruits and snacks. The next traditional meal to follow the breakfast is the lunch which usually ends up being filling enough to replace both lunch and dinner. This meal is enjoyed at a table with all family members and includes biryani, butter chicken, tandoori chicken, pilau and so much more.

In South Asian Muslims homes on Eid everyone's favourite is made and enjoyed. The food often lasts for days to follow. On the first day of Eid, the food is usually enjoyed at home with immediate family, but the following days are spent

eating at friends and families homes.

## Family and Friends

The second and third days of Eid consist of going to family and friends homes and participate in a similar manner as they did at home the day before. It involves getting dressed up in different, but just as fancy clothing and wearing jewellery and looking your best. At the houses the day is spent eating meals together and relaxing. It becomes a nice excuse to visit with one another and to take a day to relax and enjoy one another. The act of giving is present once again with money and gifts being exchanged between each other's families.

## Gifts

While money has always been the most common type of gift, recently companies have begun promoting Eid-themed gift wraps, balloons cards and Eid-specific gifts. Canadian entrepreneurs have risen to fulfil this demand, with Islamic stores and online boutique offering special décor items, envelopes for placing cash gifts in, even an advent calendar, counting the days till Eid.

To sum it up Eid-ul-Fitr is a reward to Muslims to relax and enjoy themselves after a 29 or 30 day period of fasting from dawn to dusk. The end of fasting is celebrated by feasting.







Sheer Khurma

Mango Chia Seed Pudding



Henna cones

Eid Decor







# BARBIE STYLE

By Priya Kumar

*Adjacent to the Louvre in Paris, Musée des Arts décoratifs plays host to design, fashion, toy and advertising exhibits. This summer it's hosting one of the most iconic children's toys of the past century: Barbie. The exhibit showcases 700 dolls from the mid-twentieth century through present day.*

I was passing through Paris on a long weekend in the spring, where I met a university friend of mine from Toronto. We were staying at an Airbnb just off Place Vendôme, a stones throw from the Musée des Arts décoratifs. I'd visited this space in the past. It often plays host to fashion exhibits; I had the privilege of catching a retrospective on Valentino back in 2008. This spring and summer, the space welcomes Mattel's Barbie, a toy that has been enjoyed for generations.

The exhibit shines a spotlight on Barbie's role in the zeitgeist. For children, she's a delightful toy that can be anything she wants career-wise. For adults,

Barbie is an emblematic figure with an enriched historical and sociological past.

Created in 1959, Barbie is so much more than just a little girl's toy. She was created in the likeness of the American way of life. As time went on, Barbie evolved to roll with the times. She would take on causes, challenge stereotypes and be as independent and autonomous as a contemporary woman should be. Her form has even been criticized for being an overly idealized concept of a woman, but in 2016 with the launch of Barbie in all shapes, sizes and ethnicities, this perspective too has been challenged.

Barbie was created in 1959 by Mattel founder Ruth Handler. She would watch her daughter Barbara play with

paper dolls and imagined what it would be like for her to play with a three-dimensional fashionable doll. She did some further research and discovered that Barbara and her friends liked to play with grownup dolls and not those imagined in the likeness of children. They would fantasize about their future lives as opposed to their present childhoods.

Handler presented the German doll Lili to Mattel's all male board of directors. Lili was a promotional doll based on a comic strip in a popular German newspaper. Barbie was soon launched with a distinct story.

Barbara Millicent Roberts was born in Wisconsin and has family and friends that appear in various collections. She was deliberately never given an age to

allow her to be a teen or young woman. She has a boyfriend named Ken and has been portrayed in the role of 150 different careers. She has been a high school student, university student, paleontologist, Olympic gymnast, racecar driver, Canadian Mountie, doctor, veterinarian, policewoman, ballerina and much more.

The exhibit not only showcases 700 different Barbies, but it also gives visitors a behind-the-scenes look at the development of the doll. From drafting to production, Barbie fans can see how each doll goes from an idea to a toy in their child's hands.

Visitors will also get to take a look at the special edition fashion collections including dolls with outfits created by Jean Paul Gaultier, Christian Louboutin, Margiela and many other designers, in addition to Barbies created in the likeness of pop culture icons including the casts of *Mad Men*, *The X-Files* and *Gone with the Wind*. The pair of dolls commemorating the British royal wedding is also on display.

Bringing together a cultural icon, fashion and the history of one of the most beloved children's toys of all time, this exhibit is ideal for all visitors to Paris, young and old.

Visit Barbie Musée des Arts décoratifs, 107, rue de Rivoli, 75001, Paris, France  
Phone: +33 (0)1 44 55 57 50







# Vogue 100 Exhibition

*Anne Gunning in Jaipur by Norman Parkinson*

*By Priya Kumar*

To mark the centenary of British Vogue, the National Portrait Gallery in London, England's Trafalgar Square played host to the Vogue 100 exhibition this past spring. The show was broken down by decade, each room painted a different colour featuring highlights from each fashion era. The show featured 280 photographs from the venerable publication, some never-before-seen.

Perhaps my favourite element, copies of the publication dating back to 2016 were featured behind glass; they were opened up to certain editorial spreads.

The works of legendary photographers including Patrick Demarchelier, Snowdon, Cecil Beaton, Nick Knight, Mario Testino, Herb Ritts and many more were displayed throughout the gallery's

majestic halls. Pieces by Dior, Saint Laurent and Alexander McQueen were also featured as looks that defined the past century of fashion.

"British Vogue has played a pivotal role in the development of photographic portraiture over the past century, commissioning leading photographers and designers to produce some of the most





*Linda Evangelista by Patrick Demarchelier*

memorable and influential images in the history of fashion,” said National Portrait Gallery Director Dr Nicholas Cullinan.

“We are extremely grateful to [British Vogue Editor] Alexandra Shulman and her team for giving us unprecedented access to the treasures of the Condé Nast archive and for allowing us to present a panoramic view of this hugely important British institution on a scale that has never been seen before.”

The show as a whole was a commentary on the influence Vogue as a publication has had on style, cultural tastes and society as a whole over the quite pivotal past century.



*Claudia Schiffer by Herb Ritts*



*Fashion is Indestructible by Cecil Beaton*



*Designer*  
**Ellie Mae Waters**

*Canada has always been cool, Canadians know this, but the recent rise of our local celebrities is turning heads on an international scale. Northern culture has been infiltrating all realms of life over-seas from mainstream with the platinum-selling records of Justin Bieber and Drake, to fringe obscurity (think hip creatives like Grimes and filmmaker Xavier Dolan). Even national politics have been on the worldwide radar since the resurgence of Trudeaumania following last year's election. To those who have spent their lives in the Great White North, Degrassi and the Trudeaus have long been king. But with the world now taking note, Canada is quickly becoming a cultural hotbed.*

# Canada's COOL Climate

*By Lindsay Cooper*

Many might consider our stylish nature to be a recent trend, unaware of the Canadians who have been walking in their midst for years. Some of the biggest names in fashion are expatriates including Jason Wu, Tanya Taylor, and Jeremy Laing. But, despite the long list of well-established candidates, nobody embodies Canada's new "effortlessly cool" movement quite like designer Ellie Mae Waters, founder of Ellie Mae Studios.

"The first piece I ever designed was a black leather jacket with fringe across the back and down the arms with a Johnny Cash quote on the inside lining," Ellie says of her start as a clothing designer just last year. Preceding Ellie Mae's status as the It Girls' go-to brand for jackets and outerwear, Ellie created jewelry from stone and glass beads. While concentrating on bracelets immediately after her graduation from Central St. Martins School in London, Ellie began considering melding her love for music with her love for fashion in her now renowned line of rock music-inspired fashion. "Having any kind of creative outlet was always important to me and that was what my



accessories company was. I knew that I wanted to do more and I had always wanted to create jackets, so it was time for me to make a change” says Ellie. “I fell more in love with the idea of making this my career after everything I learned over [in England]. When I got home from London I knew that being that passionate about anything shouldn’t be ignored so I decided it was time to take the chance”.

And taking the chance is paying off, with a recent runway debut at Toronto Fashion Week and the label’s introduction to the international scene after Sophie Grégoire Trudeau sported the floral Yazmin jacket at the Canada 2020 reception in Washington, DC. “When I saw [Grégoire Trudeau] wearing our jackets it was a pinch me type of moment. A moment I have tried to describe in words but I can’t seem to find one that suffices. It is beyond flattering and crazy surreal, a feeling me and my team will keep with us forever”.

While her achievements begin to pile up, Ellie continues to look towards the brand’s future seasons. “When it comes to being creative I prefer to concentrate on one thing where I can learn all about it and then completely indulge myself in it”. So, expect the designer put herself and her brand on the map before expanding outside of her current territory. But considering the rate at which Ellie Mae has been racking up achievements, new and surprising lines might be coming sooner than later. “I love designing jackets for right now but I would be lying if I said I hadn’t gotten the itch to expand into more pieces”.



See and shop Ellie Mae’s latest collection:  
[www.elliemaestudios.com/](http://www.elliemaestudios.com/)







# House of Nonie

*Calgary-based designer Nina Kharey is back in the game with ready to wear womenswear House of Nonie. The label was first launched in 2008, handmade in Kharey's hometown and sold exclusively at local boutiques. This was all before Kharey's timelessly classic pieces found commercial success, showing collections in Calgary and Toronto, and later shifting her focus towards her family. After a hiatus from the design world, she has relaunched the House of Nonie.*

*By Deidra Barton*

**U**nder the mentorship of Barbara Atkin, Fashion Director at Holt Renfrew, Kharey picked up where she left off. Having previewed her latest highly anticipated collection in Toronto, we could not help but admire the sleek silhouettes and the neutral colour palette and the luxe fabrics and

finishing elements that translate any House of Nonie buy into something you can wear timelessly. SHE caught up with the designer at the preview and got details on where she sees her label in the future.

## **How did you get started in fashion?**

I've always known that I love designing, but I put it off to be an engineer. It wasn't until I lost my older brother to violence when I realized how much I

needed to do it. I started designing as a hobby until I had my daughter. I decided to pursue my dream and show her anything is possible, as long as you're willing to work really hard at it.

## **Do you remember the process of falling in love with fashion and design?**

My parents were both in the industry. My dad managed a knitting factory and my mom made men's suits. I learned at a very young age the importance of

clothing and what it can do to a person's confidence. I fell in love with the construction and the idea of people living their lives in my art.

**Where did you get the name "House of Nonie"?**

Nonie is my nick name. My dad gave it to me when I born. Everyone close to me calls me Nonie.

**If you had to describe your brand in just a few sentences, how would you do so?**

It's clean and simple. It's effortless and easily paired with other designers. I would say it's the foundation to any woman's basics wardrobe, for women who love luxury wear. I'm mostly influenced by menswear in the East.

**What is the fashion scene like in Calgary?**

It's very supportive. People in Calgary love

supporting one another and see what local artists are up to.

**How does House of Nonie differentiate itself on the market?**

House of Nonie brings clothing that's flattering to many different body types with luxury and finish in mind. You get the best fabrics from Italy and all production done in Canada. Along with the clothing, House of Nonie supports kids who are lost in gang violence. The work I do with kids and the Calgary Police is very close to my heart. The kids see a lot of hope in what I do and House of Nonie will soon have campaigns dedicated to them.

**Would you say taking a break helped your creative process?**

Yes. I grew up and with that my designs evolved to a much more minimal silhouette. I think my creativity matured and discovered itself.

**Do you have any plans on expanding into menswear?**

I would love to, but before that I want to do bags and shoes, accessories.

**Who do you see wearing your designs?**

It would be someone who appreciated simplicity and recognizes the power of it. If I were to dress a celebrity, it would be Angelina Jolie.

**What can we expect to see from House of Nonie in the future?**

I'm working on breaking into the US and that's what I'll be focused on for the next year or so. I also want to start a small t-shirt campaign for kids regarding peace and awareness.

*See and shop Kharey's latest collection:  
[www.houseofnonie.com/](http://www.houseofnonie.com/)*





# Blessed Teresa of Calcutta: Nun, Humanitarian and soon Saint

*By Priya Kumar*

**W**hen my father was 10 or 11 years old growing up in Calcutta in the early 60s, he had a surprise guests speaker visit his classroom one day. She taught the class of boys the importance of community service and giving back to the less fortunate. The boys volunteered for this guest, wrapping pill-dosages for her patients at a hospice in the neighbourhood. This lady was Mother Theresa, the greatest humanitarian of the twentieth century.

The commitment and empathy with which she bestowed on the less-fortunate around the world combined with her ability to organize and manage her missionaries allowed her to develop an impressive network globally that continues to alleviate poverty almost 20 years after her death.

Having worked with the blind, elderly and those with special needs, Mother Theresa devoted her whole life to helping the sick and poor. Her work was ultimately recognized with a lifetime of awards and accolades including the Nobel Peace Prize in 1979 and the Presidential Medal of Freedom.

Having created a cult-like following in the 50s and 60s, Mother Theresa founded leper colonies, orphanages, nursing homes, clinics and mobile health clinics. In 1971 she opened her first American charity house based in New York City. This was followed by a trip to Lebanon to aid Lebanese children of Christian and Muslim faiths throughout the war-torn country.

By 1997 at the time of her death, her congregation Missionaries of Charity boasted a headcount of 4,000 with

thousands of volunteers. It established 610 foundations across 123 countries globally. It runs hospices around the world for those afflicted with HIV and tuberculosis. It also runs soup kitchens, counseling programs and schools. Missionaries affiliated with the organisation take vows of chastity, poverty and obedience in addition to vowing to give “wholeheartedly free service to the poorest of the poor.”

## Early Years

The world-renowned humanitarian was not always known by her immortalized name. Born Anjezë Gonxhe Bojaxhiu on August 26th, 1910 in what is now Skopje, Macedonia, Mother Teresa was the youngest child of her ethnically Albanian parents. Her father was heavily involved in politics and passed away when she was only eight years old. By the age of 12, Mother Teresa knew her true calling was to be committed to religion.



She left home at the age of 18 to join Sisters of Loreto at Loreto Abbey in Ireland. Here she learned to speak English as their international network of schools was taught in the language. A year later she arrived in India, specifically Darjeeling. She would never see her mother again.

Over time she taught herself Bengali and took her religious vows when she chose to be named after Therese de Lisieux, the patron saint of missionaries. Another nun in her convent already had that name so she chose the Spanish spelling, Theresa.

Teresa taught at the school for almost twenty years. By 1944 she was made headmistress. While she enjoyed teaching she was struck by Calcutta's abject

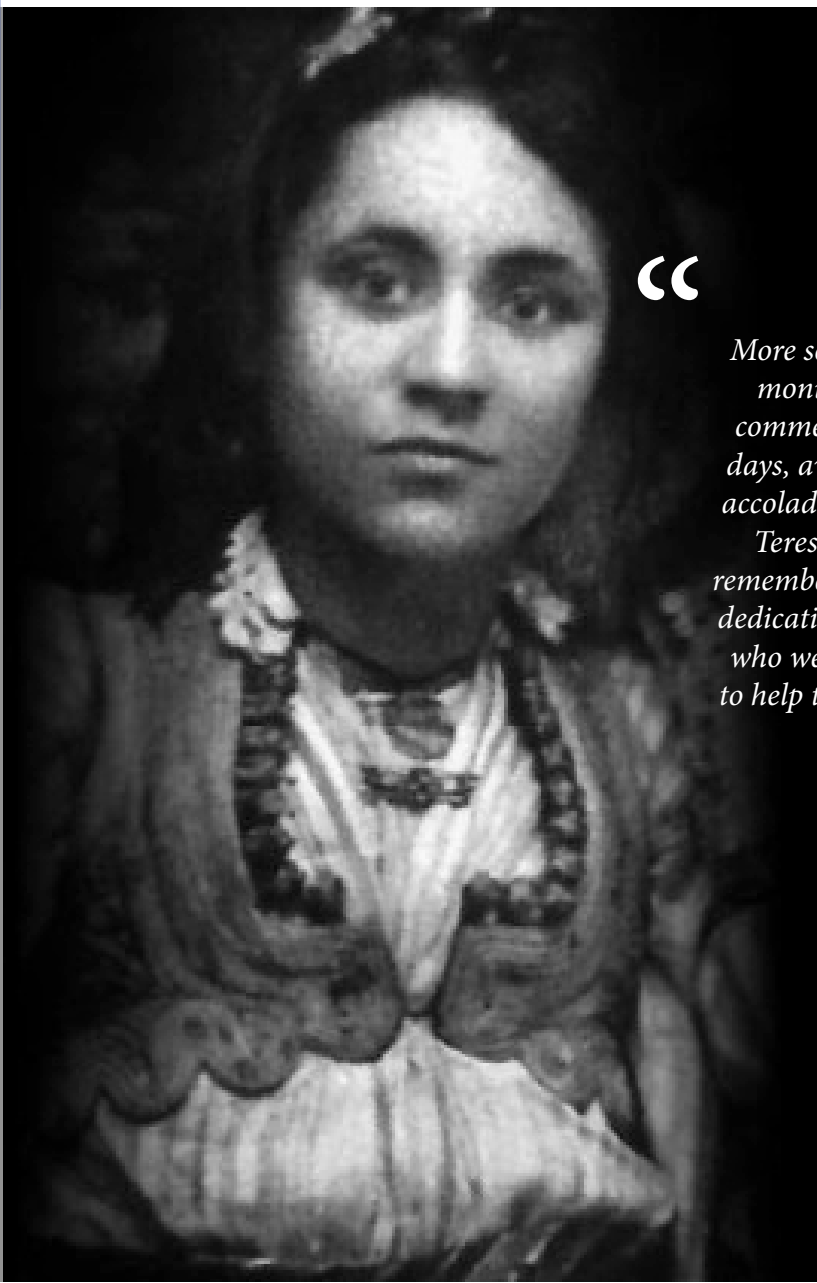
poverty. The 1943 famine was a period of darkness for the city followed by Hindu/Muslim unrest at the time of partition.

"I was to leave the convent and help the poor while living among them. It was an order. To fail would have been to break the faith," she said in a biography written by Joan Graff Clucas. She replaced her traditional nuns habit with a simple white and blue linen sari; it was a uniform she would wear the for the remainder of her life. She soon became an Indian citizen and began medical training in Patna.

She tended to the needs of the most destitute and impoverished in the late 40s. Indian officials quickly got word of her mission and responded with appreciation. In spite of this, she was given no

funds for her endeavors and was forced to beg for even the most basic of supplies.

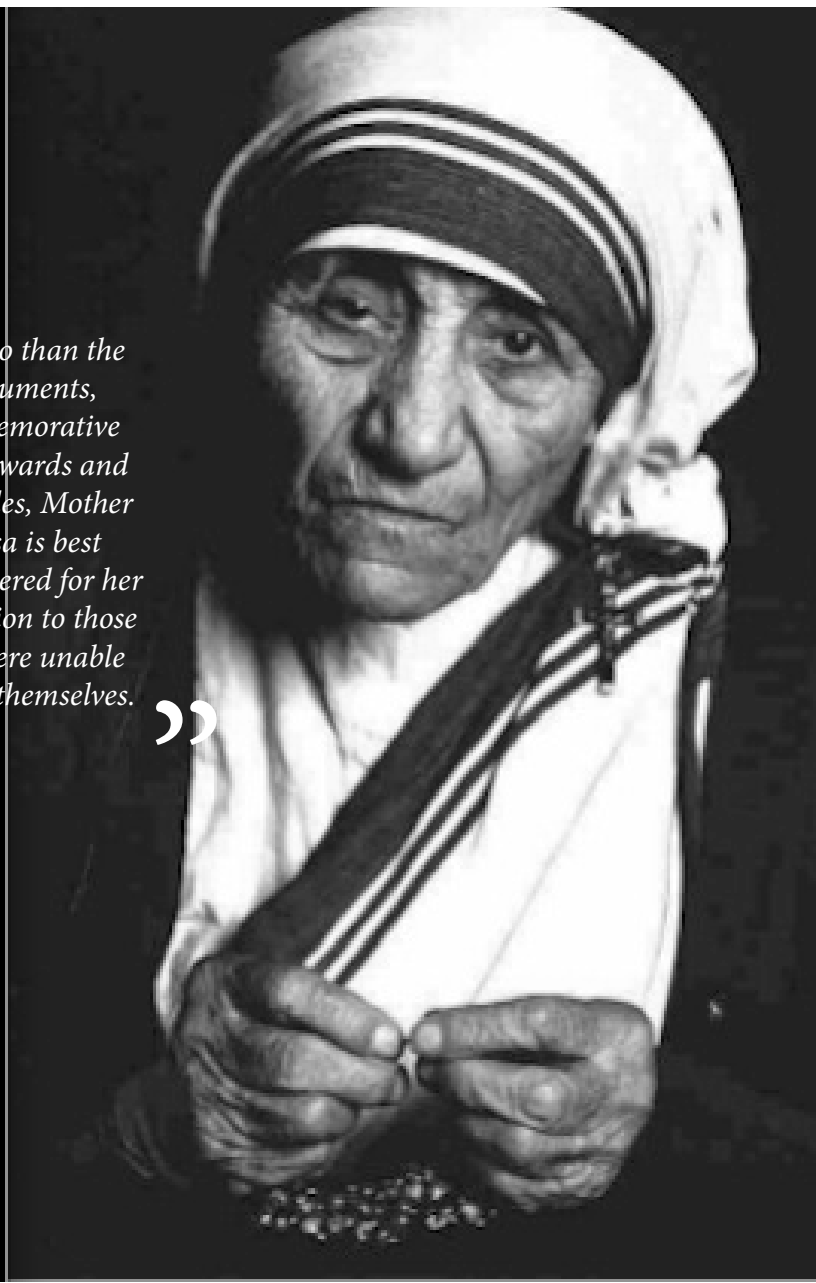
The Vatican gave Teresa their permission to found the congregation Missionaries of Charity. She described its mission as caring for "the hungry, the naked, the homeless, the crippled, the blind, the lepers, all those people who feel unwanted, unloved, uncared for throughout society, people that have become a burden to the society and are shunned by everyone." Starting with only 13 members, the congregation flourished over the years with thousands of sisters running its orphanages, AIDS hospices and charities across the world.



“

*More so than the monuments, commemorative days, awards and accolades, Mother Teresa is best remembered for her dedication to those who were unable to help themselves.*

”





*Mother Teresa and Princess Diana met in Bronx, NY, in June 1997, just two months before their deaths.*

## Work Beyond India

Besides administering medical care in India to the lesser fortunate, she also acted as a beacon of peace across the world. During the Siege of Beirut in 1982 she assisted in the rescue of 37 trapped children at the frontline by brokering a ceasefire. She also visited Armenia following the 1988 earthquake to support victims, radiation survivors at Chernobyl and the famine-stricken in Ethiopia.

She is fluent in five languages including English, Bengali, Hindi, Serbian and Albanian.

## Controversy

It's no secret that Hindu nationalists have questioned Mother Teresa's intentions. Mohan Bhagwat, head of Rashtriya Swayamsevak Sangh—a Hindu party—said to the Times of India at the time of her Rajasthan orphanage opening: "It's good to work for a cause with selfless intentions. But Mother Teresa's work had ulterior motive, which was to convert the person who was being served to Christianity."

Her critics were not limited to devout Hindus. On the opposite side of the spectrum, was atheist journalist Christopher Hitchens. A Vanity Fair contributor, Hitchens had been a long-time critic of Mother Teresa. He put together a documentary titled "Hell's Angel", arguing that Teresa was an "ally of the status quo" and that she would keep the impoverished dependent on her as opposed to finding solutions to alleviate poverty.

He went on to argue that Mother Teresa was "less interested in helping the poor than in using them as an indefatigable source of wretchedness on which to fuel the expansion of her fundamentalist Roman Catholic beliefs."

While Hitchens's claims may sound like the preposterous ramblings of a disgruntled atheist, his claims were also backed by several scientific sources as well. British medical journal the Lancet published its criticisms of Mother Teresa's care homes in 1994. A recent

study done in Canada took issue with “her rather dubious way of caring for the sick, her questionable political contacts, her suspicious management of enormous sums of money she received, and her overly dogmatic views regarding, in particular, abortion, contraception, and divorce.”

## Canonization

Despite her critics, Pope Francis issued a decree on December 17, 2015 recognizing Mother Teresa’s second miracle. It would allow her to be canonized as a saint in 2016. The miracle took place in Santos, Brazil to a man diagnosed with a fatal viral brain infection. While in a coma, his family prayed to Mother Teresa. By the time he was brought into the operating theater, he awoke without pain or symptoms. Mother Teresa’s canonization is scheduled for September 2016, exactly 19 years after her death.

Most recently Mother Teresa has been recognized by the Asian Awards in the UK. With last year’s attendants to the ceremony including Zayn Malik, Shah Rukh Khan and Russell Peters, the Asian Awards have decided to move towards diversity. Just like the hashtag #OscarsSoWhite made headlines, founder Paul Sagoo also wanted to make a statement of his own: “Moving forward we have opened out the prestigious Founders Award to honour those whose work has had a direct contribution/impact in Asia or among people of Asian origin, irrespective of their cultural background.”

The awards ceremony was held at London’s prestigious Grosvenor House. The Founders Award was accepted by Mother Teresa’s closest living relative, Agi Bojaxhui. She flew in from Italy for the occasion and celebrated with Lindsay Lohan, Asif Kapadia, Kunal Nayyar and Osman.

## Legacy

Mother Teresa has been recognized across the world in various commemorations. Albania’s international airport has been named after her. They also celebrate Mother Teresa Day on October 19. A memorial house was opened in her name in her hometown of Skopje, Macedonia. Since 2013 the UN General Assembly has recognized the day of her death as the International Day of Charity.

More so than the monuments, commemorative days, awards and accolades, Mother Teresa is best remembered for her dedication to those who were unable to help themselves. Her work on behalf of the poor has proven a beacon of philanthropy and selflessness. Her legacy will continue to live on through her congregation by offering support to the less fortunate in the most destitute corners of the globe.



“By blood, I am Albanian.  
By citizenship, an Indian.  
By faith, I am a Catholic  
nun. As to my heart call-  
ing, I belong to the world.”



SHE *PAK*

# **FAVOURITES** from **PFDC SUNSILK FASHION WEEK '16**

**BOMBER JACKETS**



**SUGAR RUSH**



**LACEY WHITES  
AND CREAMS**



**SANA SAFINAZ**



**FEMININE COLOUR  
PALETTE**



# SANA SAFINAZ



**SPORTY LUXE**



**SOFT PASTELS PAIRED  
WITH MASCULINE  
STRIPES**



**SWEATSHIRTS, TRACK PANTS  
EMBELLISHED WITH  
SEQUINS AND GLASS BEADS.**



**ECLECTIC, ELECTRIC  
AND ELEVATED**



**THE INDUS SOCIETY**

**SPORTS  
LUXE**

**HANDMADE  
TOTES AND  
CLUTCHES**

**MAHGUL**

**QUILTING AND  
LASER CUT**





**FEEL THE VIBES**



**PSYCHEDELIC  
PARTY**

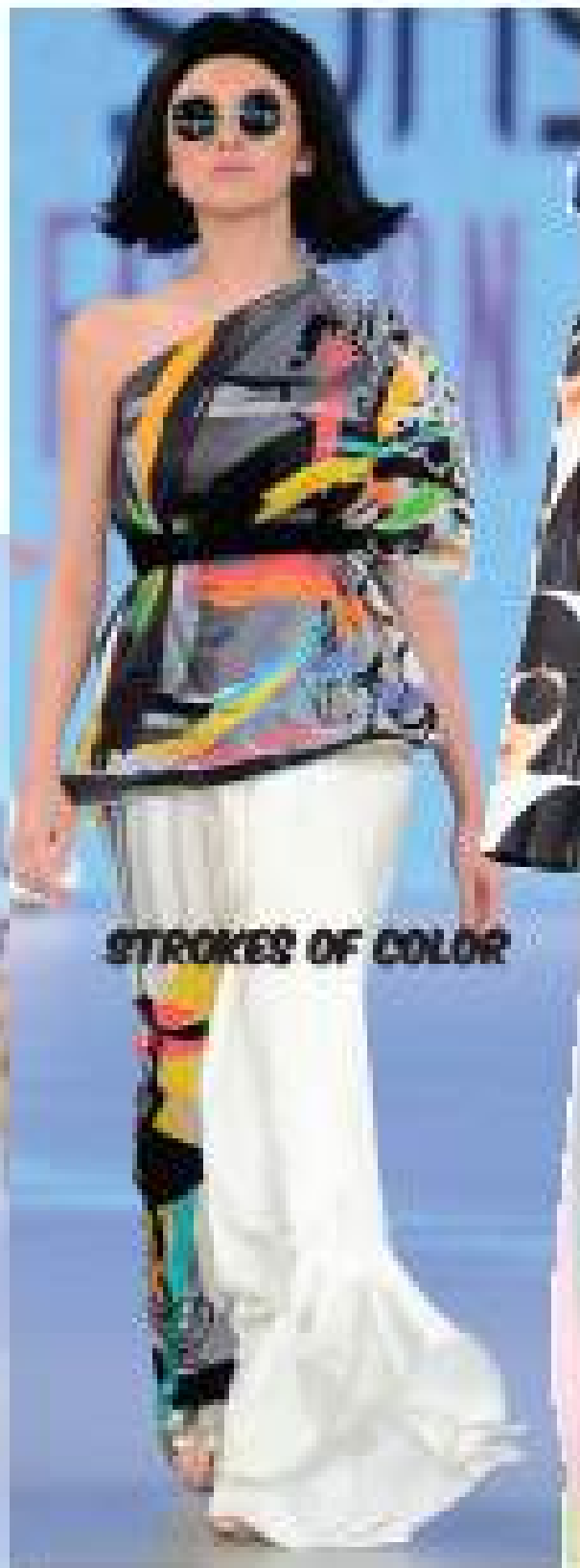


**THE NEW  
PUMPSHOTS**



**A MIX OF PINK, BLUE  
AND A POP OF  
RED, YELLOW,  
ORANGE, AND  
BLACK.**

Colorful prints  
on traditional  
clothing



STROKES OF COLOR

REEL JUNGLE





**LONG SPORTY  
DRESSES**

**MUSE**



**DECADENT  
PIECES WITH  
RIBBED DETAILS**



**LOUNGE/SPORTS  
LUXE**



SHE *PAK*

**LEG OF  
MUTTON  
SLEEVES**



METALLIC SURFACE  
EMBELLISHMENTS



**SUMMER  
JACKETS**



**ALI KEESHAH THEATRE STUDIO**



# ALI ZEESHAN THEATRE STUDIO



VOODOO

70'S INFLUENCED  
BOTTOMS

# Nancy Gonzales

*LUXURY IN EVERY COLOUR*

*By Aaisha Zafar Islam*

As you sit down for a chat with Nancy Gonzalez in her very first boutique in Canada, you can't help but feel like you're catching up with an old friend. Moments after introductions have been exchanged, she enthuses that she's in love with Canada on her first visit. Her enthusiasm for life itself, and genuine appreciation for everyone and everything around you translates well into the luxurious handbags she has been designing and selling for nearly two decades.

Her eponymous line of bags are sold across more than 300 luxury retailers globally, supplemented by a strong presence online, in addition to boutiques in East Asia. Gonzalez is passionate about her Columbian roots and giving back to the community. This sense of responsibility towards the community has helped in shaping her brand.

Based in Cali, Columbia, she talks about how she got into designing handbags.







"We can get another blue, another red, the possibilities are endless. Even with finishes and treatments, they are infinite," she says as she points out the details in clutches and handbags from her latest collection, inspired by her recent travel to India.

Every collection has a theme and her latest resort and spring collection is an homage to the vibrant colours she saw in India.

"The sun in India makes the colours look so different, you can find any hue you want."

Her love for people manifests itself again as she praises the people of India and their sense of colour.

"It's in their eyes, their rituals, the way they dress and walk, everything is amazing!"



As she explains the flower motif on one of her bags, she talks about how she saw some flowers bunched together in Varanasi that inspired the hand-knotted embellishment on her bag. The bright indigo hued cut-out in her Taj Slicer clutch is inspired by the stone work at the Taj Mahal. These are small details that make a luxury brand more relatable to people. Each piece has a story behind it.

For handbag aficionados, a visit to her boutique inside Saks Fifth Avenue's Sherway Gardens location in Toronto is a real treat, getting to experience the finishes and details on her bags, and trying to decide which colour to finalize as 'the' bag.

Shop the latest collection at [www.nancygonzalez.com](http://www.nancygonzalez.com).

"Well I'm Colombian, and I really believe in roots," she begins. "I really believe that you have to offer what you have. I wanted the most beautiful product to offer to the world and I wanted to make it in Columbia."

Starting from a basic idea, her brand has now grown into a global luxury brand, but the heart of the business enterprise is still in Columbia. In her native community, where she employs mostly women, with daycares for their children, Gonzalez is instrumental in affecting positive social change. She wanted to work on not just a product, but also be able to work with the innate problem-solving and craft skills of the people to help them feel better about themselves. The skills her workers show in the meticulous finishes — hallmarks of a Nancy Gonzalez bag — are part of a long and time-honoured tradition of working with hands in Columbia.

After she started the business she realized how her workers felt pride in their work. "It is so amazing because these people came from a very poor background and to see how they change, the way they walk and feel about themselves makes me proud of my work."

While there are handbags in other precious leathers, crocodile leather is the mainstay of a Nancy Gonzalez collection, and the reason for this loops us back to Columbia. Gonzalez says she wanted to work with something readily

available.

"I wanted to use the best skin I could get and it was crocodile. In Columbia, we find a way to get things done even when we don't have the right tools. Back then I had to develop the process to treat these skins, try to get them better, and get them to the colours I wanted to see in the bags."

Considering that Nancy Gonzalez brings out at least three collections each year, with at least 150 bags in each, in the most striking of colours, it was a momentous undertaking to base her operation in Columbia.

For this, she has been bringing in leather artisans from Europe; specifically Italy, France and Germany, to train her people. While the handbags are mostly hand-made, knowing right sewing techniques to handle the precious material is crucial to getting the product right.

With more than 300 colour options, from the punchiest of oranges, reds and greens, to more subtle earthy hues, every collection has something new to offer. A new colour, finish, treatment or embellishment, Gonzalez believes in surprising everyone, even herself.

"With every collection I surprise myself as I think, what colours we can do now, we already have everything. And at the end we have newer colour options, because they never end!"



# Vanessa Melman Yakobson

*Oftentimes it is simple ideas that lead to immense success. Blo Blow Dry Bar offers the bare basics of hair services, a wash followed by a blow dry in one of its signature styles. Vanessa Yakobson, the CEO of this revolutionary service, is just as inspiring as the brand she heads.*

*By Aaisha Zafar Islam*

**B**lo Blow Dry Bar kicked off in Vancouver in 2007 and two years later Vanessa and her husband Ari acquired the company. In the years since, Blo has grown into a chain of 65 'bars' across North America with 20 more to be added this

year. From successfully defeating cancer as a child to taking Blo to greater success with each coming day, Yakobson has been a visionary leader in making Blo the success story it is today.

#### **How was your journey toward buying and becoming the CEO of Blo?**

In 2007, my husband and I were owners of a children's hair salon chain. A friend

introduced us to Blo Blow Dry Bar, which had three locations in Vancouver. I was already addicted to getting blow outs on a weekly basis as part of my beauty regime, so as a consumer, I immediately understood how brilliant this concept was. As an investor, I saw the opportunity to grow the business. Until last year, my involvement was limited to being a member of Blo's Board of Directors. When



it became clear that we were about to enter a phase of accelerated growth, I stepped in and assumed the role of CEO.

### **What motivated you to come into this line of business?**

I have always loved business and have been inspired by the entrepreneurs around me, especially my husband. I started my career in marketing and then became director of fundraising for a children's cancer charity, where I remained for eleven years. When I decided it was time to return to the world of business, I started a marketing practice, providing services to asset managers. It was very interesting and exciting, but I really wanted to run a business. Given the stage Blo was at, the timing was right to make the move.

### **How has defeating cancer as a child shaped you as a person and a business woman?**

My experience with childhood cancer has had enormous influence on me as a person. I was 13 years old when I got sick, so was old enough to be very aware of what was going on and how it was affecting me. It certainly made me resilient and deeply appreciative of all the blessings in my life. It also made me very committed to not wasting time being unhappy. So when I found myself

ready to make a move work-wise, I acted on it. I am continuously checking in with myself in life to make sure I'm doing what makes me happy and not setting myself up for regret.

### **How do you manage family and running a successful business?**

To be honest, I don't do it alone. I have a very supportive husband who really is an equal partner in raising our kids and managing our personal lives. We are also fortunate to have grandparents who are

very involved and ready to step in when needed. Also, our kids are used to both of us working hard and are often with us during evenings or weekends when we have to take work calls – they know to be really quiet in the car when those calls come in! At the end of the day, our kids are our number one priority.

### **What is it like working alongside your husband as a partner?**

I love it! My husband is extremely smart and has expertise and experience in areas I don't. The opposite is true too, so we are a good balance for each other. The most important part is that we respect each other and recognize each other's strengths. And the truth is, he isn't in the office on a day-to-day basis so we are also able to stay out of each other's way most of the time!

### **Why did you think that a franchise system would be better for Blo?**

We decided early on that the best way to grow Blo would be to partner with passionate entrepreneurs who were dedicated to the success of their business. We made the strategic decision to build an infrastructure that supports our Franchise Partners rather than running the stores ourselves.

### **How do you decide who is the perfect partner/franchisee for Blo?**

A perfect Franchise Partner is someone who gets this concept and recognizes the strength of our brand and the system we have created for them. They are dedicated to the success of their business and are willing to hustle to build their local market. They need great people skills to effectively manage and motivate their staff and build relationships with their guests.

### **Why do you think Blo is as successful as it is?**

There are a few reasons. First, this is such a strong concept and it continues to grow. Every day a woman wakes up and decides to get a blow out for the first time. Second, we have built a strong brand that is recognizable and associated with excellent quality service and customer experience. Finally, our owners are

passionate entrepreneurs and our guests love knowing that their local Blo is owned by someone who cares about the success of that business.

### **Where do you see yourself in the future? Five years down the line and 10 years later?**

I see myself here at Blo, overseeing the continued growth of a strong international blow dry bar system.

### **What advice do you have for women entrepreneurs?**

I'm a big fan of Sheryl Sandberg's "Lean In" philosophy. I think it is critical for women to do that "leaning in" and be active participants in their work places. To be successful you need to show leadership and not be shy to voice your opinions. In addition, I think that women who take time off to be home with family should consider making efforts to remain engaged in their industry, through part-time work or continuing education. I have seen friends who have not done that have a very tough time finding meaningful work to transition back to when they are ready to return to the workforce. As for my own career, there was a time not too long ago that I worried that I had put myself at a disadvantage because I hadn't stayed in marketing and become a specialist. But then I realized that my strength lies in being a generalist and knowing a bit about all aspects of an operation. So in the end, I wouldn't change anything. It is so important to understand and respect where your strengths lie and what inspires you.





# *FINEZZA's Ivan Lehec:*

*Fashion's Past, Present, and Future*



*By Lindsay Cooper*

**F**ounded and based in Montreal with a secondary base in Paris, FINEZZA marries European elegance with Québécois charm to deliver high quality, custom-made designs to a global clientele. Focusing on at-home consultations and one of a kind pieces, Lehec's business model uses long forgotten practices to solve the sartorial dilemmas of the 21st century man. Considering the enormous success FINEZZA has experienced, it seems as though the secret to fashion's future may lie in the past.

**You have a long history in different facets of the fashion industry. Tell us a bit about what that history entails and how that led to the creation of your own collection?**

For many years, I worked as sales manager with a menswear store in Canada. During that time I always ensured that customer satisfaction was met and I felt that the brand I was representing was not able to fully satisfy certain client needs. It lacked personal touch, the attentiveness to details. The majority of men who came back wanted to acquire a new wardrobe had one thing in common: they didn't know what clothing style would best suit them. The fact is, the brand that I was working with was not able to guide men on what

was best for them, for their style. It was focused on the numbers/revenue and not on the client's needs. Thus, I decided it was time to have more personalized service, not only providing suits with the right fit to the customer, but providing them knowledge on the style that suits them well and that represent their individuality. And this is the reason FINEZZA was born and this has been the core value of our brand.

**You mention a lack of tailored services in menswear. Do you think you have been successful in filling that void?**

There are many bespoke brands in North America and we believe we are one of the best emerging made-to-measure brands.

We may be new in the industry but we know the importance of our clientele. We still have many things to learn and we learn and improve ourselves constantly. So to answer your question, we are doing it step-by-step and we know it may take many more years to attain that. But we are not in a hurry; we are here for our clients. We learn from them and their needs and that's how we will grow.

**You have a huge presence in both Montreal and Paris. With your label's focus on providing one-on-one services, how do you control quality across continents?**

At FINEZZA – Au Nom de l'Homme, our top priority is to offer our clients customized tailor services in the comfort of their home. We know our clients are busy with their daily lives and we want to make sure that we are always here for them, thus we offer our services anywhere convenient for them.

With our partners in Paris and Montreal, we always make sure that the fabrics we have coming from Italy, Scotland and France are unique and limited. All of our staff have been in the industry for many years and are well-trained experts in their field, thus their skills and attentiveness to details are impeccable. Besides, satisfaction of our client is one of our core values and mediocre work is not in our vocabulary. Whether making a suits or a small hand-made boutonnière, we make sure we create a high-standard collection.

**What is the best piece of advice you can give our readers?**

Don't be shy to have accessories on your clothing. Whether it's a hat, a scarf, a pocket square, a small boutonnière, or a beaded bracelet. Showing your individual style is important every day. It's nice to have a conversational piece in an accessory, something unique.

**How do you feel about TOM\* (and shows like TOM\*) that provide a platform for menswear in a female-focused industry? What do you think they mean for the future of menswear?**

It was a privilege to be part of Toronto Men's Fashion Week. We were, at first, uncertain if we were making the right decision in showcasing our collections. We had never done it before. However, with

the help of our friends and partners (specifically Modèles LCP), it turned out to be the best decision we made for our brand. It gave us a concrete idea of the direction that we want to achieve: to be known as a go-to fashion brand amongst men, not because we have the best suits or dress shirts, but because every piece bought by our client represents his own style, it was our clients' "design".

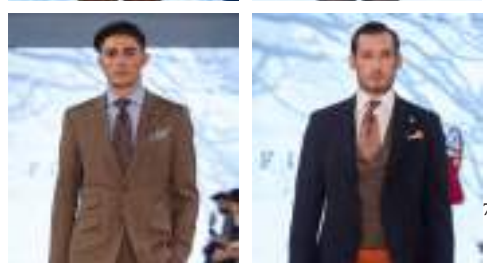
TOM\* has contributed a lot to the success of FINEZZA. It is a great platform to showcase and promote what we have and can do for our clients. It gives us the opportunity to show the world that with FINEZZA, made-to-measure is meant to make clothes that are "created" by our client according to his style with our guidance.

I also believe that the fashion industry has finally realized that men's consumption and men's spending are no longer a myth. Male consumers contributed a lot to the revenue of the industry. Almost every major fashion brands has now men's collections promoting it and targeting men consumers and that's very good to know. The direction the industry is heading is not only thinking of the women consumers but also men. And we hope to capitalize on it. We aim to be the best for our clients.

**And how do you and FINEZZA play into all of this? What can we expect from you in the future?**

We will be showcasing our spring/summer collections at Toronto Men's Fashion Week in August. They always say Montreal is the "Paris" of North America, and it's true, and we plan to bring both Paris and Montreal style to Toronto Men's Fashion Week. It's a collection that everyone must see.

*Browse through the brands latest styles, services and accessories at ([www.finezza.ca](http://www.finezza.ca)).*





# MEN'S

## Comfy Casuals

*With Drake's OVO clothing line and Blue Jays' season kicking off, everyone's mind is on the transitional style and effortless cool of athletic wear. With comfort on the rise, even the traditional khaki is getting a jogging pant-inspired reboot. Relaxed fit, drawstrings, and sneakers are what's hot for when the weather gets even hotter: it's time to embrace athleisure.*





7



8



11



12



- 1 Superstar Leather Sneakers / Adidas / \$100
- 2 Alfama Grained-Leather Wingtip Brogues / Armando Cabral / \$510
- 3 Men's Jogger Pant / Joe Fresh / \$29
- 4 Two-Tone Merino Wool Polo Shirt / John Smedley / \$335
- 5 Tapered Piped Twill Trousers / Marvy Jamoke / \$325
- 6 Tech Fleece Shorts / Nike / \$110.
- 7 Twill Zip-Up Overshirt / Nonnative / \$415
- 8 Owl Logo / OVO Core Collection / \$142
- 9 Embroidered Cotton-Jersey T-Shirt / Rag & Bone / \$140
- 10 Rosen Striped Cotton-Jersey Tank Top / Saturdays NYC / \$70
- 11 Trackster Lite Cuffed Joggers / Superdry / \$120
- 12 Skipper shoes / Superdry 72 /
- 13 Wide-Led Embroidered Loopback Cotton-Jersey Shorts / Thom Browne / \$1,125
- 14 V-neck YYZ tee / Nrth / \$39.00

10



14



# Daddy *Dearest*

[4]



[6]



[2]



*Father's Day is just round the corner, and you still haven't decided on what to get him? We've rounded up a motely crew of gifts, ranging from simple mugs to opulent accessories to make your dad's style game strong.*

[5]



[1]



[12]



[5]



1. Best Dad Ever Mug || \$14.00 || Chapters
2. Initial Sterling Silver Cuff Links || \$440.00 || Deakin & Francis
3. Black Orchid Eau de Toilette || \$120.00 || Tom Ford Beauty
4. The Regimen Shaving Kit || \$65.00 || Blind Barber
5. Luna Cleansing System || \$200.00 || Foreo
6. Meisterstück Classique Gold-plated Ballpoint Pen || \$500.00 || Montblanc
7. Framed Muhammad Ali, The Weigh-in Giclée Print || \$350.00 || Sonic Editions
8. Moto Smartwatch with Heart Rate Monitor || \$499.99 || Motorola
9. OptiShot 2 Golf Simulator || \$359.99 || OptiShot
10. Scented Candle || \$110.00 || Zaha Hadid Design
11. Techloom Pro Running Sneakers || \$180.00 || Athletic Propulsions Labs
12. Meister Telemeter Chronoscope Stainless Steel and Leather Watch || \$2400.00 || Junghans
13. 1960s Wooden Puzzle || \$445.00 || Foundwell Vintage
14. Islington Cognac Leather Laptop Sleeve || \$230.00 || Opperman London

[8]



[11]



[9]



[13]



[3]



[14]



[7]





# SAKS

# Comes to TO



**S**aks Fifth Avenue has begun their Canadian takeover with two Toronto locations, one in Sherway Gardens and the other in Eaton Centre at Queen Street, both of which opened in Spring this year. Recognizing Canada as a fashionable powerhouse, Saks aims to satiate our voracious appetite for high fashion by bringing 21 exclusive fashion and beauty brands to the country, including Nest, Stephanie Kantis, By Terry, and Diana Vreeland.

Even with their range of beautiful luxury products, the architecture of Saks' newest locations is able to compete. Inspired by the Canadian outdoors, the Sherway Gardens store features trendy mid-century modern architecture that heavily features the architects' muse through large windows. The space's high ceilings and cantilever supports make the 150,000 square-foot space seem even larger. The luxury shopping experience is heightened by luxury fixtures like polished Italian Marble mosaic

tile, hanging glass sculptures, bespoke white oak wood flooring, hand-knotted Tibetan wool and silk area rugs, a handmade mother of pearl wall covering in the Accessories department, bronze and brass finishes, and more chandeliers than can be counted, including a handmade floor-to-ceiling crystal fixture in Dresses and Lingerie.

The Eaton Centre 160,000 square-foot location is equally swish, with a two level atrium featuring a raindrop-inspired light installation hanging above Dior, Le Labo, and the store's other luxury beauty counters. Where the Etobicoke location has more eating options (with a Beaumont Kitchen, a Pusateri's food hall, and an Oliver & Bonacini evening lounge), the downtown storefront just has a casual option with Pusateri's and a more formal Oliver & Bonacini's. Despite offering less variety, both restaurants are much larger than their Sherway counterpoints, with an 11,000 square-foot Oliver & Bonacini spanning three levels in Eaton Centre.



If the thought of an 8,500 square-foot shoe department stocked with 15,000 pairs of shoes is a intimidating, both locations also offer Saks' two customary personal shopping solutions: the Fifth Avenue Club, a luxury in-store shopping experience with personal styling and a more relaxed energy, and the Personal Shopping Experience. The first of its kind in the Greater Toronto Area, this service will bring the stylists (and an individually selection of Saks' stock) to you in their Saks Fifth Avenue-branded Mercedes-Benz.

While Saks gives you the option to shop from home, we would recommend going into one of the stores. With three levels of shopping at Sherway Gardens and four at Eaton Centre, the new Canadian Saks locations are definitely places where you can spend an entire afternoon shopping, lunching, and even being pampered at their renowned hair and beauty salon.

Despite Saks embracing Canada by putting local eateries in their stores, the Toronto locations are still very much reflective of the store's American locations. You can expect to find huge 10022-SHOE departments in each of the Toronto locations, both of which were based on the original flagship locations (a shoe department so large it spans the entirety of the zip code for which it was named).







# Sappho

organics

## *Sappho Cosmetics*

Industry:  
*Organic Cosmetics*

Year & City Founded:  
*2008, Vancouver, BC*

Founder:  
*JoAnn Fowler*



A makeup artist for 25 years in film and television, garnering both an EMMY nomination and a Leo win along the way, JoAnn has had the inside scoop on chemicals and other ingredients used in cosmetics for a long time. Being a person educated in the arts and humanities as well as cosmetics, JoAnn's intention is to offer the world a company based in ethics, sustainability and transparency.

As head makeup artist on the *L Word*, Canadian actress Mia Kirshner introduced JoAnn to the controversy regarding parabens in cosmetics. After much research into toxicity levels in ingredients used in mainstream cosmetics and their effects on humans, JoAnn was devastated. From this devastation came the idea for a line of cosmetics that would not only be completely safe but also be a professional grade line as well – Beauty, sustainability and safety all in one!

Sappho Organics is a brand of natural, organic cosmetics focused on developing and marketing a range of luxury color cosmetics that are free of synthetic preservatives known or strongly suspected of being carcinogens. Fiercely independent, the Sappho brand values ethical business, transparency of ingredients honesty and authenticity.

### ***Bestsellers:***

Liquid foundations, vegan mascara, organic lip glosses.







## ***Pure Anada Cosmetics***

Industry:  
***Cosmetics & Skincare***

Year & City Founded:  
***2005, Morden, Manitoba***

Founder:  
***Candace Grenier***

Pure Anada started in 2004 from Candace Grenier's kitchen. A career in the beauty industry caused her to consider if the ingredients used in cosmetics were healthy, or at the very best...proven to be safe. A day of styling her client's hair left her with respiratory irritations and hands full of eczema. In an effort to transition her home and beauty business to include healthier options, she found replacing colour cosmetics to be the most challenging. After some online research, Candace purchased a DIY mineral makeup kit which inspired her with the knowledge to craft her own cosmetic colours.

After creating products for herself, family and friends, she took her excess product to local craft sales. To her surprise, it was a huge success. Women were thrilled to find a locally-made product that was free from toxic chemicals.

Shortly after the launch of a website, wholesale inquiries came trickling in. An unsolicited mention as a "Best Brand" in Gillian Deacon's best-selling book *There is Lead in Your Lipstick*, brought Pure Anada to a new level with national exposure.

Pure Anada can now be purchased at over 250 retailers across Canada, as well as over 30 private label brands around the world. All products are made in Morden, Manitoba.

Even though Pure Anada products are made from premium, certified organic ingredients, they are still affordable.

### ***Bestsellers:***

Natural Mascara, Petal Perfect Lipstick, Pressed Mineral Eyeshadow and Cheek Colour





Industry:  
*Natural Skin Care and Body Care Products*

Year & City Founded:  
*2008, Toronto*

Founder:  
*Bill Baker*



Many of the conventional skin care products we buy to get relief from skin issues may in fact be causing the very skin issues from which we are trying to get relief.

When Consonant Skincare founder Bill Baker was turned on to natural products ten years ago, his skin issues went away overnight. However, the

products that were available at the time didn't have the enjoyment-of-use or high performance he was looking for in skin care, and were generally only available in health food stores.

Consonant Skincare was founded as a way to have 100% natural products that feel good to use, deliver meaningful results, and are available to main-

stream consumers. Our mission is to take natural skin care out of the health food store and bring it into the mainstream. We make products that really work, that just happen to be healthy.

**Bestsellers:**

Natural Foaming Face Wash, HydrExtreme and Dealkalizing Deodorant.



# Anam & Samiha of Sophistic Chic

Instagram @OfficialSophisticChic

Twitter @SophisticChic\_



## Views from the Chalet Mont-Royal

Montreal is one of the most touristy cities in Canada, with a rich culture and a hint of European influence. One of our favourite spots definitely has to be Chalet Mont-Royal. It faces Montreal's skyline and overlooks the Saint-Laurent River, paired with a view of the Jacques Cartier Bridge. It's the perfect spot if you want to take a quick look at the city any time of the day; during the night to see the lit up skyline or early morning to catch a glimpse of the sunrise. You can also hike around the area and enjoy the view on the beautiful terrace.



## The Creative Process

One of our favourite items in the house is our mannequin. It's not just any mannequin, it's a dress form used in fashion design. It's our source of inspiration, seeing it every day in the corner of our room. It reminds us of what we love the most, and inspires us to create. It's exciting to see our imagination come to life on this dress form, which is why we love what we do.

*SophisticChic is a blog founded by, our sisters' trio, Anam and Samiha from Montreal and Madiha from Dubai, with our best friend/cousin Namrah from Ottawa. We share a love for everything fashion, lifestyle and travel. Through our blog, we aim to inspire others with our knowledge and background in fashion design. We started our fashion blogging journey quite recently and in the near future we are looking at our own line of eastern and western women's clothing.*



## A Fresh Approach to Style

Our favourite brand has to be Joe Fresh, without a doubt. Firstly, it's Canadian and secondly it is affordable yet lives up to its quality. The garments are very versatile, we like to dress them up for an occasion or wear them on a casual day to day basis. Our wardrobe largely consists of Joe Fresh, from clothes to accessories and shoes.



## Midnight Snacks

Montreal is known for great restaurants and cafés. One in particular that we enjoy going back to time and time again is Montreal's very own Rockaberry, known for their signature mouth-watering pies. Their Truffle pie is by far the best and is enough to satisfy your chocolate cravings. Luckily for us, it is one of the few places open past midnight.



# Hanan Tehaili

📷 @HijabsByHanan

🐦 @HijabsByHanan

*I am a lifestyle and beauty blogger based in Ottawa, ON. I am currently working on the launch for my own online store, BlancElle, specializing in bridal accessories, wraps, and bonnets, as well as evening wraps.*



## Ladies Who Brunch

A hidden gem in Ottawa, Wilf and Adas is my favourite for a weekend brunch. It's a small, cozy place that is always busy, but totally worth the wait.



## Nailing It

My current secret beauty product is the gel top setter by Essie. I have been obsessed with getting Shellac nails done, however it can get costly and damage your nails over time, so this top coat is my secret to shellac looking nails.

## Urban Getaway

If there was a tourist coming to Ottawa and I could send them to one place, I would send them to drive/walk along Dows Lake by the Rideau Canal. It's the most beautiful thing about Ottawa.



## Must Have Meal

If I could only eat one meal for the rest of my life, it would definitely have to be the "Chef's Special Chicken/Ayam Istimewa" at Chahaya Malaysia. It is a chicken dish tossed with carrot, broccoli, green pepper, straw mushrooms, and chili in Chef's savoury secret sauce. It's so savoury and fulfilling, and I can still get my veggies and protein.

# Maude-Sarah Morin

📷 @MaudeSarah  
🐦 @SparklesFreckle



*My name is Maude-Sarah and I've been living in Quebec City for almost a decade now, but originally I'm from Gaspé. I live in the Saint-Jean-Baptiste neighbourhood and absolutely love it. I am obsessed with traveling and skincare and I love to write. I figure I might as well do something creative with that, so I started a blog and it has grown into a real passion. It's pretty hard to describe yourself, but I guess I could say that I am a generally very happy person. Traveling has taught me to smile in the rain and to make sure you appreciate the small things. I am an advocate of indulging in the little joys that make you happy. If today is about gelato or a fabulous eye cream, so be it. The little joys make the big ones, as I say.*

## Endless Options

Naming just one good coffee shop is tough, because there are a ton of super great spots! My heart swings between Nektar, Cantook, Maelstrom, and Saint-Henri, a newbie. I have a very intense relationship with coffee. After going to Italy, I never quite recovered. I always buy my coffee at Nektar; they sell this chocolate-graham cookie coffee that is quite magical, and always grind my coffee to perfection. To hang out, I particularly enjoy Maelstrom and Saint-Henri. Cantook has the cheapest latte and it's so good so that's my usual morning coffee fix.

## Saint-Roch Shopping

My favourite shop is Swell and Ginger, a superb clothes store in Saint-Roch. I love it because you could close your eyes, pick absolutely anything in the store and it would look amazing. The selection of clothes is handpicked and always trendy. The interior's combo of wood, concrete and plants is totally Pinterest worthy as a bonus.

## Healthy Glow

I am obsessed with skincare and take it very seriously. I believe before thinking of any makeup, you have to start with radiant skin, so I take good care of mine. My current favourite is a serum by G.M. Collin. It's filled with 10% of vitamin C and peptides, a strong cocktail of anti-oxidants to protect my skin.



## Old Haunts

If you had just one thing to do in Quebec City, I would get lost in the streets to truly experience the city's vibe. I never get tired of the beautiful architecture and the European feel of the older part of the city. There are the obvious Saint-Jean street and Petit Champlain, but try to wander a bit away from the crowd to discover the surrounding streets and neighbourhoods. You'll love Saint-Roch's Saint-Joseph Street and Limoilou's 3e Avenue for their hip feel. That's where you'll find the locals, and the best restaurants, awesome coffees, and cute shops.

## Find Peace on the Plains of Abraham

The Plains of Abraham are my happy place, the perfect spot to escape the city and connect with nature, even if it's right downtown. I often joke that I can live there in a tent in the summer, as I spend so much time there. Whether I'm on my daily run, having a picnic with my friends, or sunbathing with a good read, the Plains are the perfect place to stop and get bit of fresh air. You should definitely try to be there during Festival d'Été de Québec, a marathon of cool outdoor music shows.





A wide-angle shot of a busy city street, likely in Toronto, showing multiple lanes of traffic with cars and taxis. Pedestrians are visible on the sidewalks, and the street is lined with tall buildings and various commercial signs.

***BY THE NUMBERS:***

A large, stylized red maple leaf graphic. Inside the leaf, the word "CANADA" is written in a white, distressed, hand-painted font.

**CANADA**

*July 1st, 1867 was the day that British Parliament passed the British North American Act and the exact moment that Canada was born. To celebrate Canada Day and our illustrious past, let's take a look at all the wonderful, and sometimes bizarre, accomplishments we have under our belt. From the largest waterfall in the world to a 220-pound loonie, we'll have you exclaiming 'O, Canada'!*







## Geography

- 📍 **31%** of Canada is forests
- 📍 Canada has the longest coastline in the world (**243,977 kilometers**)
- 📍 Canada has **6 time zones**: Newfoundland, Atlantic, Eastern, Central, Mountain, and Pacific Standard Time
- 📍 Canada has **6 cities** with a population over **1 million**: Toronto, Montréal, Vancouver, Calgary, Edmonton, and Ottawa
- 📍 The highest Canadian waterfall is **440 meters high** (Della Falls in British Columbia)
- 📍 Canada's population density is **8.6 people per square mile**, making it the ninth least densely populated country in the world
- 📍 Yonge Street is the longest street in the world at **1,896 km**



## Culture & Lifestyle

- 👤 **71%** of the world's maple syrup is made in Québec
- 👤 **1/5** Canadians were born outside of Canada
- 👤 **50%** of the world's polar bears live in Nunavut
- 👤 The coldest temperature ever recorded in Canada was **-63C** on **February 3rd, 1957** in Snag, Yukon
- 👤 Over **50%** of Canadians have post-secondary education making Canada the second most educated country in the world
- 👤 The average life expectancy in Canada is **81.16 years**, the eighth highest in the world
- 👤 The Canadian Royal Mint made a loonie that weighs **220lb** and is valued at **\$1 Million**



# hot STUFF

**Flow Water, starting at \$19.99, [flowlikewater.com](http://flowlikewater.com)**

Water that tastes like water should taste like; absolutely nothing. Bottled water gets an eco-conscious makeover, and one long overdue, according to Canadian entrepreneur Nicholas Reichenbach. Flow is boxed in BPA-free, low impact PET-free tetra packs, made out of renewable materials. The water inside is sourced from a glacial spring near Mildmay in Ontario. Naturally alkaline and rich in essential mineral zinc, potassium, magnesium and calcium carbonate, the water has a naturally high pH to hydrate and nourish the body. You can schedule a complimentary monthly delivery or try it as a one-time order.

Flow is also available at select stores across the country.



**Paul Christian watches, starting at \$210**

With their sleek, modern faces with an array of strap options, Paul Christian watches is an Australian brand making their debut in Canada. The appeal of these popular watches lie in their versatility, and combining luxury and chic in one affordable work of sophistication. Choose from three faces, Luxe, Marble and Grid that come in two sizes, 35 mm and 43 mm. Just in time for Father's Day, this distinctive time piece is going to be a timeless classic. Available at major department stores across Canada.

**Prada Candy Kiss, \$ 98**

The newest addition to Prada's Candy collection is a delightful concoction of musk, vanilla and orange blossoms. Delightfully subtle and refreshing, it evokes the scent of delicate white cotton on warm summer days, lingering on the skin like a pleasant memory tucked away in your mind, always there, always joyous. Available at major department stores and fragrance counters across Canada



**Beauty Counter Nourishing Rose Water Mist, \$34, [beautycounter.com](http://beautycounter.com)**

Refresh your face and your mood with a spritz of this face mist with organic rose essence with a side dose of skin-plumping sodium hyaluronate. Perfect pick me up for beating the mid-day heat this summer. Just two months old since they came to Canada, Beauty Counter is a welcome addition to our country's beauty and personal care scene. Their line of safe and effective products are carefully formulated to the highest industry standards without the use of any harmful ingredients.

**Hair Recipes, prices starting at \$14.95, [hair-recipes.com](http://hair-recipes.com)**

With over three decades of experience, Anthony Donato Masciangelo has introduced a new level of transparency in his new line of hair products. Doing away with a retailers, his product line of 'Hair Recipes' shampoos, conditioners, and treatment oils has adopted a direct to consumer approach for sales. Incorporating time-tested natural ingredients like eggs, wheat germ, lemon and chamomile in its gentle formulation, there are no parabens or sulphates in this line. There is a cleansing and treating regime for every hair concern and your order is delivered right at your doorstep.



# HE said

# SHE said

**1.** *"I've always been known as a generous person and I love to spoil anyone from my family to my friends with extravagant gifts. The problem with this is that it is actually getting me into debt more and more each day. My significant other recently found out how terrible I am with money and now we're second guessing our future together. How can I make my debt situation not ruin my relationship?"*  
– Fearing Heartbreak

**HE says...**

I know we usually say money isn't everything especially in relationships but honestly it can be a burden. But at the same time you need to ask her what is really bothering her? The fact that you're in debt or the fact that you weren't honest with her in the beginning? Sit down with her and have a serious face to face conversation on everything. You need to look at your habits and see that you need to change.

**SHE says...**

Money, debt, bills are the main reasons why people break up so I understand why she is re-evaluating the relationship. You need to sit down, calculate everything from rent, food, entertainment and assign yourself a budget. Once you budget yourself and show her your new plan for the future I'm sure she will start thinking of you and this relationship in a positive light. You need to show her you're going to change, assume more responsibility in your spending habits and you need to not only do this for her but yourself.

*"I decided to become more independent and move out to my own apartment. At first, I thought I would be fine financially but after seeing my paycheck after food and rent, I barely have anything else to survive on. What can I do to save more and make it on my own?"*  
– Trying to be an adult

**2.**

**SHE says...**

At times like these you really need to sit down and budget everything. Calculate how much you spend on groceries and cut down on eating out. Take public transportation instead of driving, pack your own lunches and brew your own coffee at home; small things like these will make a huge difference in your pocket.

**HE says...**

Welcome to adulthood! Things you use to take for granted are not as cheap as you thought they would be. If you feel like it's too much for you, try getting a roommate to help split costs. Or even moving to a smaller place so you spend less on rent. Sometimes you have to sacrifice a thing or two to make it on your own. Best of luck 'adulthood.'





Ordinary creams  
last only for a  
few hours



ORDINARY  
CREAMS



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nourishment for  
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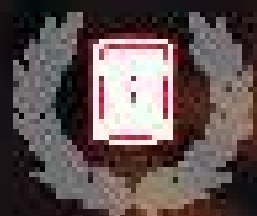


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## SHE CARES

The on-going conflict in Gaza has struck a chord here at SHE and in many hearts as the need for aid increases.

Islamic Relief Canada is at the forefront of organizations providing aid. The organization has been fundraising relief services for more than 25 years across 35 countries, and are currently putting their resources towards Palestinians. Over

2000 Palestinians have been killed by Israeli bombardments. Of that, 600 of the Palestinian victims killed are children. While vital medical and food supplies dwindle, Islamic Relief Canada is fundraising for medical aid, food aid and non-food items, as well as hygiene and sanitation kits for the Al-Shifa hospital and clinics. SHE cares and is emphasizing the need to take part. We are now accepting donations through [shecares@shemagazine.ca](mailto:shecares@shemagazine.ca) where you will then receive a charity receipt on behalf of Islamic Relief Canada.

Donate today and enable us to send help, hope and compassion to those suffering at this time.



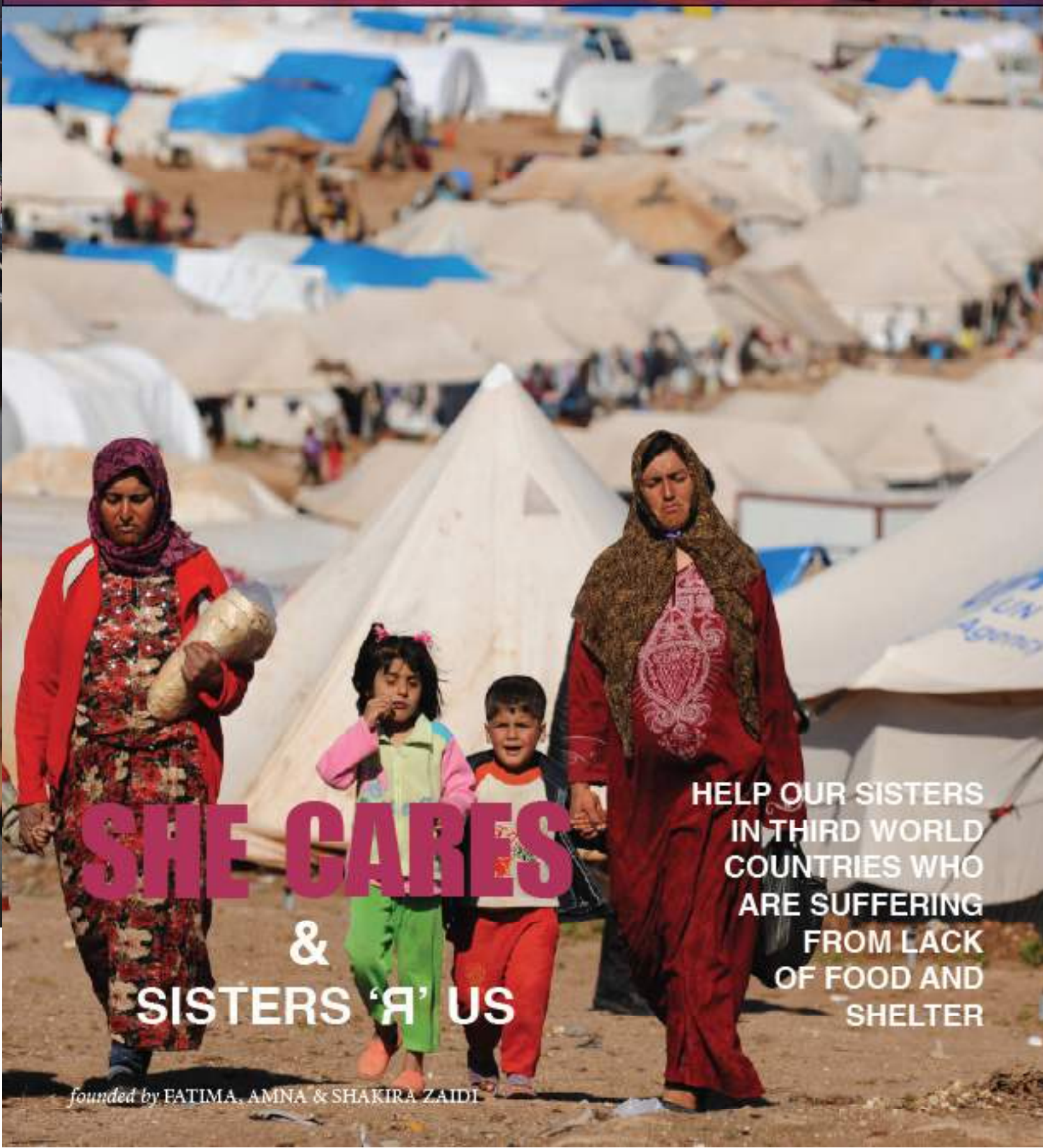


## COLLECTING DONATIONS FOR OUR SISTERS

Canned foods, blankets, clothing, shoes are all accepted

SHE Cares is also collecting money donations to [shecares@shemagazine.ca](mailto:shecares@shemagazine.ca)

For more information please call (416) 644-7788 or email us at [shecares@shemagazine.ca](mailto:shecares@shemagazine.ca)



# SHE CARES & SISTERS 'R' US

HELP OUR SISTERS  
IN THIRD WORLD  
COUNTRIES WHO  
ARE SUFFERING  
FROM LACK  
OF FOOD AND  
SHELTER

*founded by* FATIMA, AMNA & SHAKIRA ZAIDI





## The Lady Fatemah Charitable Trust

**T**he economic situation in the Palestinian West Bank is becoming desperate. Due to the political situation in the region, economic activities are at an all-time low and unemployment is on the rise. Even people who are employed suffer as their employers, notably the Palestinian National Authority, are unable to pay their salaries. It is estimated that presently 65 percent of the population in the West Bank lives in poverty. This means hidden starvation, especially for families who already were poor before the current economic recession and do not have reserves to fall back on. Families headed by a woman and without a male breadwinner, the sick and the elderly are hit hardest. Most Palestinian families are large. In some regions, the average family comprises no less than nine members, most of them children of school age, who all rely on a sole breadwinner.

Humanitarian Relief Society (HRS), a Palestinian humanitarian organization active in the West Bank, especially in Arroub refugee camp, therefore proposes to distribute a 20-kg sack of rice to 350 extremely poor families. Rice is the main staple of the Palestinian diet and is eaten for lunch and frequently dinner. Most families cannot afford to purchase a sack of rice and resort to buying small quantities on a daily basis. Little money remains to purchase other ingredients of a nutritious meal, for example vegetables, cooking oil and meat. Eating only or mainly carbohydrates leads to malnutrition in the long run, especially among children, who need all kinds of nutrients to grow and

develop healthily. A family who has a sack of rice will be able to spend its daily cash supply on other food items and will thus eat sufficiently and have a more balanced diet.

A sack of rice will enable family providers to adequately feed their families for a month or more. Assuming an average family size of seven, which is a conservative estimate in Palestine, 2,450 people will benefit from this project, at least two thirds of them children. A mere four Euro are sufficient to improve a person's nutrition for a whole month.

Dear LFT donors: When you sit down for your daily meals, think of those who look at an empty table and have to go to bed hungry. By giving a small part of what you spend on food every month, you can significantly improve their lives.

### TO DONATE OR GET INVOLVED CONTACT:

**September Lodge, Village Way,  
Little Chalfont  
Buckinghamshire  
HP7 9PU**

**[info@ladyfatemahtrust.org](mailto:info@ladyfatemahtrust.org)**

**Tel: +44 (0) 1494 762 063**

**Fax: +44 (0) 1494 762 286**

**Mob: +44 (0) 7798 761 020 / +44 (0) 7798 769 030**



The Lady Fatemah Charitable Trust is one of the first charities to use its own unique text code, LFCT14, to raise funds by using JustTextGiving, a service available to Vodafone subscribers internationally.

In the spirit of the LFT, this is a new service which has no set up or associated costs for the LFT and every penny donated via text goes directly to the LFT. Once your donation has gone through, you can also add Gift Aid to the donation, which we recommend as it gives us an extra 25% on your donation.

*For more success stories and information about how to donate, please visit:*  
<http://www.ladyfatemahtrust.org/>





# smell your way to **HAPPINESS**

By Deidra Barton

**W**e all know how powerful a scent can be. Our sense of smell is associated with the hippocampus, the part of the brain linked to memory, which can help in triggering memories and emotions—like the waft of a familiar smell reminding us of a loved one. But can you believe that certain scents can actually improve your health, mood and skin? Essential oils are known mostly for their amazing scents from plants such as lemon, eucalyptus and roses but they can also have a healing effect

mentally, physically and emotionally. It's a great way for us to get away from chemical filled products and get back to Mother Nature's very own remedies. Essential oils are highly concentrated plant components—not necessarily 'oils'—and contain the true essence of the plant it is derived from. These oils can heal anything from a headache to insomnia and stress when used the right way. It can be applied directly onto your skin, ingested or used through a diffuser to receive their full benefits. Known for its calming scent, lavender is a great oil to help you relax and reduce stress levels significantly. You can also

put a few drops on your pillowcase or in a bath to help you get a good night's sleep. When it comes to healing things on the body, essential oils can be applied topically or diluted with a carrier; your moisturizer or water.

To improve environmental factors, a great way to get these essential oils enclosed in a room and into the air is by a diffuser. A diffuser, which works like a humidifier, releases steam into the air as it purifies it. Adding a few drops of your favourite essential oil into the diffuser gets the scent circulating the room and can heal you internally as well externally.



# D.I.Y TIPS ZONE

*We've rounded up our favourite DIY oil blends that are all-natural and guaranteed to help you achieve that sense of tranquility. All of these ingredients can be found at any local health food store or online.*

## ● **FOR REJUVENATION**

- 8 drops of Eucalyptus Oil
- 5 drops of Peppermint Oil

### ● *instructions*

● Add water to your diffuser or humidifier, then add the required drops of essential oils above. This will open up your sinuses and is the perfect cure for cold and flu season.

## ● **FOR RELAXATION**

- 4 drops of Lemon Oil
- 4 drops of Orange Oil
- 3 drops of Clary Sage Oil

### ● *instructions*

● Mix oils into a jar and massage into the skin. Massage onto the skin before bedtime for ultimate relaxation.

● Add water to your diffuser or humidifier, then the oil mix above. This mood-elevating combination is nature's solution to fight anxiety, depression, and stress.

## ● **FOR RELAXATION**

- 6 drops of Lavender Oil
- 5 drops of Ylang Ylang Oil,
- 3 drops of Bergamot Oil
- 1 oz. of Jojoba Oil

### ● *instructions*

● Mix oils into a jar and massage into the skin. Massage onto the skin before bedtime for ultimate relaxation.



## ● **FOR RELAXATION**

- 6 drops of Lavender Oil
- 5 drops of Ylang Ylang Oil,
- 3 drops of Bergamot Oil
- 1 oz. of Jojoba Oil

### ● *instructions*

● Mix oils into a jar and massage into the skin. Massage onto the skin before bedtime for ultimate relaxation.





# The Most Powerful Tool of an *actor*

By Tiffany Lesko

**A**s an actor you may have many tools at your disposal. How to decide which tool is the most important? There is no right answer for this question. Each audition presents a different challenge, and a different approach. However according to many film industry professionals, the most useful tool for an actor is their training. Without training you have nothing to base your performance on.

Finding the right classes or coaches can be tricky. We don't always see eye to eye with people. As an actor you need to make sure you are on the same page as your coach. Every city has numerous acting schools and each will specialize in different techniques or styles of acting. In order to select the right school for you there are several things you need to look at.

Firstly, what type of acting are you looking to explore? Are you looking for more comedy techniques? Maybe you have a sitcom audition coming up and need to learn the subtleties of comedy or practice keeping a straight face while someone delivers a hilariously funny line. Maybe you have a huge dramatic scene in an upcoming movie and need a more serious approach, and a way to tap into your emotions on cue. Whatever it is you are looking for, there is someone in your area, who can help you.

Why do you need to take acting lessons? Many actors choose to cross over into other forms of acting. Theatre actors typically try dabbling in film and TV, and vice versa. Whatever the reasons you choose to act and where you choose to act, you need to learn the art of that discipline. Film and TV acting is much more subtle. You are not required to project to last row of a 1000 seat auditorium. Your facial ex-

pressions and tone of voice do not need to be larger than life for TV and Film. If you are used to acting in live theatre it is a very different feeling to tone your emotions and voice down. The same is true if you are used to acting in Film and TV. You will need to learn to project and convey your emotions to the last row.

Another important reason why you need to take acting classes is so that you can get auditions. Many directors and casting directors will not see anybody for an audition if they do not at least have some type of training. As much as you may have a natural ability to act, taking classes will help you hone your skills and learn how to take direction.

Directors do not only want people with talent, they also want people who have the ability to listen and apply that direction to their work. While taking acting lessons you will be given different ways of per-



forming the same line. This will help you be able to apply this on set, while a director is giving you their vision of what the scene should entail.

There are many reasons why you as an actor should be taking lessons. Not only to improve what talent and abilities you already have, but to help you land more auditions, and potentially more roles. You will also learn how to take direction and tap in to emotions that you maybe have a hard time portraying. If you are crossing over genres it will help you transfer your skills to other styles of acting. Actors are never done learning, and therefore should always be taking classes. Even if you have taken 10 years of classes, there is still more to learn. So go and find the best coach for you, and keep learning!



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*Flying in  
Style with*

**EMIRATES**

*On her first trip to Dubai, Executive Editor **Priya Kumar** decided to make her journey with panache by experiencing everything Emirates has to offer on their new A380.*

**I**t is an aircraft legends are made of. I'd flown the A380 from Miami to Frankfurt several years ago, but did not have the wherewithal to make the most of the double-decker monstrosity. At that point I'd heard rumours of an on-board bar/lounge but wouldn't believe it until I saw it. In fact, this lounge made an appearance on *Sex and the City 2*, the politically

booked my tickets six weeks in advance in Economy to ensure the best rate and prepped for the voyage. Then serendipity. I received a email from Emirates featuring a tempting upgrade offer. For a one-time low fee, I could fly in its much talked about Business Class cabin. It was an offer I simply could not turn down.

The flight turned out to be everything I'd hoped for and more. Unfortunately, because I upgraded on an offer, I wasn't afforded the chauffeured drive to the

Star Wars installment; something I had looked forward to at the end of March, having been the last person I knew to see it.

For anyone that has flown the A380, it goes without saying it is a delight to fly. I'm a very nervous flyer (an anxiety that developed in my mid-twenties out of nowhere), but takeoff and landing are both absolute joys on this flight—smooth, stable and remarkably quiet.



incorrect albeit decadently fashionable romp around Abu Dhabi with SJP et al. Impossibly chic, what could be more unique than lounging in a space not jam-packed with standard airplane seats?

I had been meaning to visit Dubai for years now. Being a major airline hub, DBX had served as a transit point for previous journeys I'd embarked on but never my final destination. I diligently

airport or lounge access, but it's my understanding that both are equally extravagant. As soon as I boarded from the First/Business-Class entrance, I was greeted with a piping hot towel and fresh-squeezed orange juice. I looked around at my opulent surroundings in awe; every seat was equipped with its own minibar fully stocked with soft drinks, VOS water and a 15-inch TV-screen. The display showed I would be enjoying the new

Minutes after takeoff the seatbelt sign went off and warm nuts were served with refreshments. My flight attendant, who incidentally was Canadian, came by to explain all the features of the Business Class seat. Should I decide to nap during this day flight, she would be happy to bring by a mattress and comforter and turn my seat into a fully flat bed. I of course took her up on this offer later in the flight.





She also passed me a menu card featuring a selection of entrees for lunch. The menu was a mix of western, eastern and Arabic fare; I settled on the chicken tikka after much thought. It was of course delicious and served on Royal Doulton fine bone china with Robert Welch cutlery.

I filled the seven-hour flight from London Gatwick to Dubai with several still-in-the-theater movies on the aircraft's ICE (information, communications, entertainment) system and a few trips to the lounge, intermittently Tweeting about my experience using the on-board wifi.

Perhaps the crown jewel of the A380, the lounge was everything I'd hoped for and more. Elegantly mood-lit, High Tea was served in the lounge on tiered platters featuring macarons, petit fours and finger sandwiches. I asked the steward, who was mixing complex drinks behind the bar (yes the bar!), for his recommendation for tea. He said the Moroccan green was sweet, but not overpoweringly so and was great with the aforementioned macarons.

The bar is reserved for First- and Business-Class passengers only. When I visited, I had the whole space to myself. I sat on one of the loungers and even buckled up when we hit a patch of turbulence. It was truly a once-in-a-lifetime experience to not be seated in a standard airplane seat for a few hours. I wasn't the only one wowed by the lounge. A few stewardesses new to the particular flight were gleefully snapping photos behind the bar in their traditional uniforms.



Although I didn't get to experience it first hand, the First-Class cabin is also worth a mention. Taking on-board hospitality to the next level, the cabin features suites fully equipped with a sliding door, adjustable ambient lighting, a vanity table, mirror and wardrobe.

Then there's the spa. Featured in the Jennifer Aniston for Emirates TVCs, the A380 includes not one but two on-board showers with a state-of-the-art shower system, classic walnut and marble interiors and fine linens. The airline's wash-kit is by Bulgari and includes a variety of luxurious products passengers can enjoy long after the flight has landed.





While Dubai was a wonderful place to visit, bringing together modernity and tradition unlike any city in the world, it was my journey en-route that was truly spectacular. My only complaint? The flight time was just not long enough.



“ Perhaps the crown jewel of the A380, the lounge was everything I’d hoped for and more. ”



# Jumeirah Beach

*Where  
Tradition  
Meets the  
Future*

*By Priya Kumar*



**B**oasting perhaps one of the most unique histories of any vacation destination, Dubai has much in the way to offer visitors of all ages. Whether travelers are interested in culture, relaxation or adventure, the emirate is remarkably versatile to suit any trip one may have planned.

Offering a gentle immersion into Middle Eastern culture, Dubai is a culturally rich and authentic principality offering visitors a glimpse into life in the United Arab Emirates. Although the majority of its growth has only taken place in the past 40 years, it has been built on a strong foundation of historical significance in the Middle East. Oil was discovered in the UAE in 1968. However, because Dubai is less rich in oil than the other GCC nations, the emir focused his energy on transforming the emirate into a tourism destination. The region would offer visitors something they could not get anywhere else and would evolve over time as a vastly different experience on each visit.

It is worth noting that although the UAE's first language is Arabic, only 13% of the nation's population is made up of Emiratis. Most of those who live in Dubai come from every corner of the globe. Due to the makeup of the population, Dubai's unofficial first language is English. Perhaps the crown jewel of the principality, Jumeirah Beach has often been called the Beverly Hills of the Middle East. Primarily a driving community, the area is divided into three zones. It features excellent shopping, the most luxurious hotels in which to stay and fabulous cultural attractions.



## Shop

A short drive from the beach is the world-famous Dubai Mall. Featuring 1,200 stores, it is one of the largest in the world. It aptly sits in the shadow of the world's third largest building, the Burj Khalifa, and is home to the famed dancing fountains. Other quirky features within the mall include the Dubai Aquarium and an indoor skating rink—the perfect place to cool off on a scorching hot day.

## Stay

Although there is no shortage of five-star hotels on Jumeirah Beach, it's the Four Seasons that truly takes luxury accommodation to the next level. The 14-acre beachfront property is designed to feature Spanish-Mediterranean architecture with Arabic influences. It's airy, modern and elegant offering sweeping sea and city views with luxury detailing. Home to The Pearl Spa, guests can unwind in one of 10 treatment rooms, enjoy deluxe aqua thermal experiences or grab a juice at the property's juice bar. A glass covered indoor rose petal-lined pool is also availed to guests, where chocolate covered strawberries and a variety of beverages are made to order.

## Experience

Emiratis are Bedouin in origin and for centuries prior to the discovery of oil in the region, the people of Dubai lived a nomadic existence in the desert. Because the principality is situated on the banks of the Arabian Sea, locals were also historically fishermen and pearl divers. Travelers can experience the way Emiratis lived in the past the Dubai Heritage Village, an old-style town featuring heritage homes, barns, museums and



small shops. Travelers can also experience Dubai's ancient trade and cultural roots at the Fishing Harbour. This state-of-the-art complex is home to five restaurants and cafes and offers insight into the emirate's past.

The Jumeirah Mosque is also open to Muslim and non-Muslim guests. It is an opportunity for visitors to gain an understanding of the local culture and religion in a delightful atmosphere.

Finally, a must-see for every history buff is the Dubai Museum. Built in a fort that dates back to 1787, it is the oldest building in the city. It depicts everyday life as it unfolded before the discovery of oil, recreating the homes, mosques and souks. Speaking of souks, the Dubai Gold Souk, Spice Souk and Textile Souk are all worth a visit, even if you're not in the market for anything they peddle. The sheer atmosphere is worth the trip.





## *Eat*

While it goes without saying that Dubai is home to some of the most renowned chefs the world has ever known, it's the local cuisine that's worth writing home about. Traditional Emirati cuisine features stews, which are cooked in a single pot, spiced with saffron, cardamom, turmeric and thyme. Typically dishes are served with rice. Al Fasnar is a great restaurant to enjoy the local cuisine. Featuring décor inspired by 1960s Dubai, guests will get an authentic experience while dining on some of the most sumptuous dishes available.

For after-dinner sweets, the Jumeirah Madinat Al-Qasr hotel features a delightful coffee shop. Taking a cue from Hollywood Golden Age film Casablanca, the space features old Moroccan décor with

perhaps the most delightful nighttime view of the Burj Al-Arab the city has to offer. The space will quite literally take your breath away.

## *Play*

There is no shortage of nightlife experiences in Dubai. From Sass Café, famed Monaco-based supper club, to Neos at the top of the Burj al-Arab, a beverage at Calabar with the sun setting behind the Burj Khalifa to international party destination Bagatelle, there's something to whet every partier's palate. Venues across Dubai spare no expense when entertaining visitors. Boasting spectacular views, thrilling performances and cool beats spun by world-class DJs, this Middle Eastern city has become a destination for revelers from across the globe.







By Zebunnisa Mirza

# Canada's *MOST* *under-hyped* Food Experiences

*Lobster in Cape Breton, poutine in Quebec, steak in Alberta and an endless line-up of authentic cultural cuisine in Vancouver and Toronto. From coast to coast, Canada is full drool-worthy food experiences that are consumed, appreciated and celebrated on the daily. But what about some of our country's unsung culinary heroes? Although these establishments are recognized for their work locally, they just aren't getting all the hype they truly deserve at the national level. Here are five mind-blowing food experiences in Canada that are totally worth planning a trip around.*



## **The Art of Food at le Cordon Bleu**

Did you know that the world's most prestigious culinary academy – le Cordon Bleu – has a location in Canada? Did you also know that you can sit down for dinner prepared by some of the most esteemed culinary talent in the country at

the restaurant attached to this academy? Make your way to Le Cordon Bleu Bistro @ Signatures to have your mind and your taste buds blown. Located inside a quaint blue and white historic home in Ottawa, the menu at Signatures offers some of the most esteemed culinary delights designed by Executive Chef Yannick Anton. Local produce and seasonal ingredients make up dishes such as the saffron foam topped corn and lobster bisque soup served with a rich jalapeno cornbread crouton, and the seared scallops with braised beef cheek agnolotti, butternut squash pure, and gruyere fonduta. For dessert nothing will please a chocoholic more than the craftily arranged platter of chocolate ganache

torte, chocolate gel, and white chocolate coconut praline ice cream. I have yet to figure out why so few Canadians are aware of this little gem in our country's capital. Food at Le Cordon Bleu is art and these artists prepare nothing short of a masterpiece.

## **A Taste of Italy in Niagara Falls**

Take away all the Icewine and foodies will still have a reason to flock to Niagara. Just a ten-minute drive from the falls will bring you to a hidden gem of an eatery: Casa Mia Ristorante. Step inside and you'll instantly feel like you've been transported to Italy's Amalfi coast. Owned and operated by the Mollica family for the 25 years, the



Casa Mia Ristorante serves up hearty and authentic Italian cuisine designed by the family's mama – Chef Luciana Mollica. A farm to table philosophy fuels a fresh ingredient sourced menu comprising of antipasti like the beef carpaccio served with arugula, parmigiano reggiano, balsamic and truffle oil; meat dishes like the secret family recipe meatballs, and supreme of free range chicken breast layered with prosciutto, fontina and truffle paste; and an endless lineup of handmade pastas served with sauces so delicious they'll make you question the meaning of life. And to bring wine back into the picture, a sommelier is on staff to help you find the perfect pairing with every course. The restaurant offers a free shuttle service with pickups from hotels in Niagara Falls. Bump that vineyard tour to number two on your list of things to do in Niagara, because the Casa Mia Ristorante is worthy of the top spot.



### French Cuisine at Auberge St-Antoine

Nearly everything the French touch tends to immediately reach a higher level of sophistication. And food is no exception. The province of Quebec is packed full of yummys, from simple foods like cheddar cheese, apple cider and maple syrup, all the way up to the most artful culinary offerings. There's no shortage of fine dining in Quebec City, which means those who wish to stand in the spotlight need to try extra hard. And after several trips

to Quebec City, I can confidently say that when it comes to delivering a rounded package of a perfect dinner date Panache takes the ... um ... cake!

Chef Louis Pacquelin's ever-changing menu is based on seasonal ingredients primarily sourced from their very own organic garden on the nearby Île d'Orléans and small, local producers. He revisits classic Quebecois cuisine but with a modern twist with starters like the Le Puy green lentil soup with orange zest, and mushroom ravioli with Louis d'Or cheese and fresh herbs; mains like the



In a city known for its enthusiasm for outdoor sports and authentic Pan Asian cuisine, the last thing you'd expect is to find the mountaineers and kayakers gathering over a cup of tea and cucumber sandwiches at a froufrou tea house. But after spending a morning getting muddy on the trails, a swanky afternoon tea service is a perfect way to wind down. Tea aficionado or simply those looking to spend an afternoon in style can head to the Urban Tea Merchant. Choose from a variety of signature afternoon tea services including the Westcoast Afternoon Tea served contemporary style with items such as the miso-maple glazed sable fish in butter lettuce and tea-infused tuna tataki, a Petite Afternoon Tea presented on a petite three-tier that includes a small selection of tea-infused sandwiches and sweets, tea-infused cocktails, and even a weekend brunch that begins with a serving of a tea-infused mimosa.



The Urban Tea Merchant is the exclusive Canadian distributor of TWA Tea. All their teas and ingredients are 100% natural, free of chemical processing, and are sourced from pesticide-free tea estates around the world. Take the experience home by picking up luxury loose teas and tea accessories in the boutique. Pinkies up!



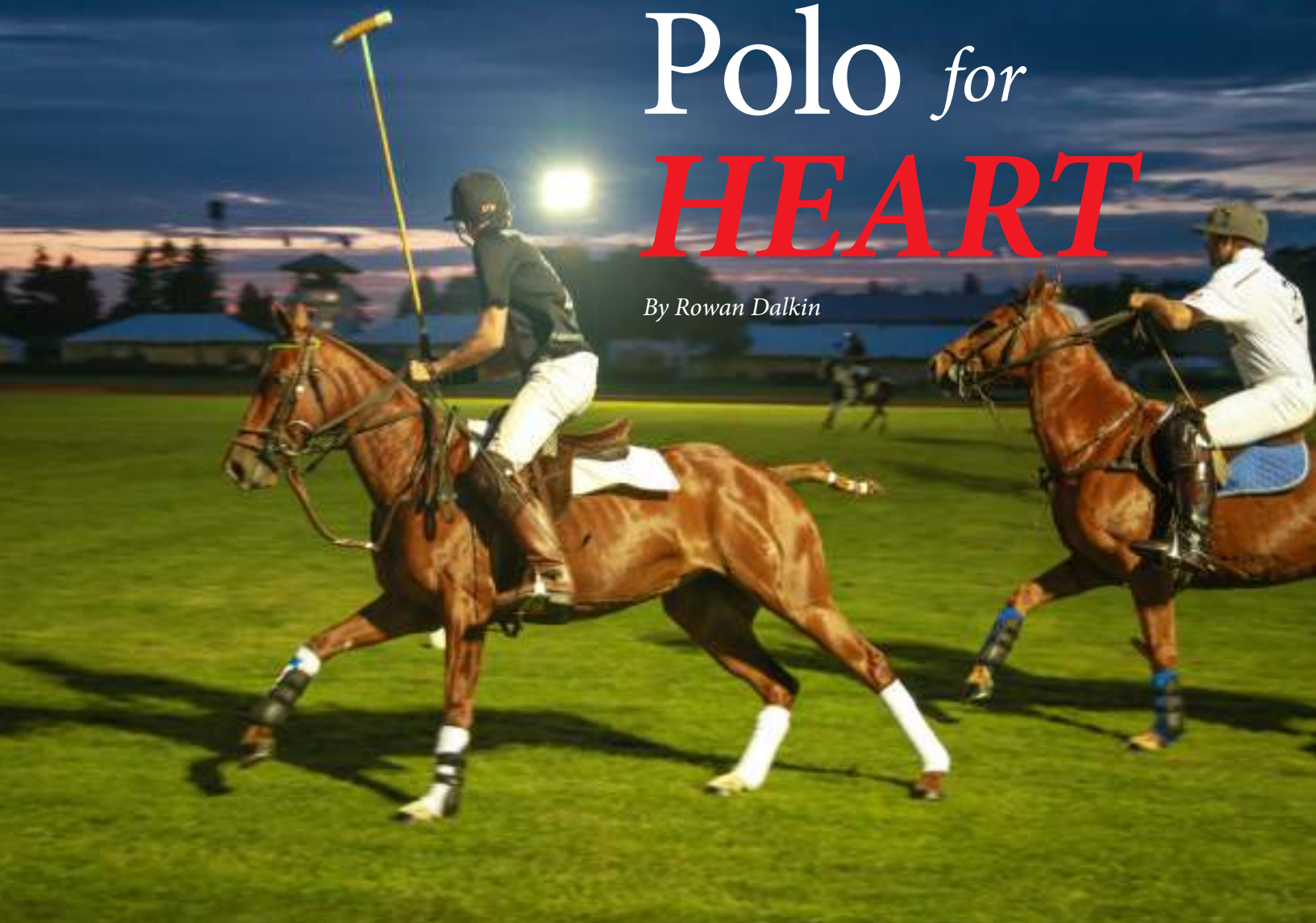
### Oysters in Cape Breton

You can't say you've visited Cape Breton without experiencing the world famous Cabot Trail and without having a delicious lobster dinner. And most who visit this east coast gem are sure to check these two items off their list. But what about the oysters? Yes, the rumours you've heard are true: some of the best oysters harvested from the east coast are exported. So if you end up ordering oysters while in Cape Breton (oh, and I recommend that you do!) they'll come to you on a plate looking small, scraggly and kinda sad looking. Don't judge. Just scoop that thing right into your mouth because what makes that oyster better than the prettiest one you'll find in a big, fancy restaurant in the city is that it likely came off the boat that very morning and therefore it'll taste more delicious and fresh than the most scrumptious and clean looking oyster you'll have at an over-priced restaurant. Turns out your mother was right; you really shouldn't judge a book by its cover.



# Polo *for* **HEART**

*By Rowan Dalkin*



**T**he coming of summer welcomes blooming flowers, outdoor activities, and quality time with your family. The event on SHE Canada's radar that checks all the boxes? The 37th Annual Polo for Heart fundraiser.

Taking place on June 16th, 18th, and 19th, Polo for Heart promises yet another week of glamour and excitement. Each day includes two international polo matches, boutiques, a silent auction, an art walk, contests, the BMO Kids village and half-time entertainment.

June 16, day one of the event has a black and white theme for "Polo Under The Stars".

June 18 will see an afternoon lunch, and include a half-time entertainment by Canadian Cowgirls and the Descenders Skydivers with a side show featuring over 100 vintage and exotic cars.

The last day, June 19 is themed "Horses & Horsepower" lasting till 5 pm on the Sunday.

Since Colonel Michael Sifton began Polo for Heart 37 years ago, the event has raised more than \$5 million to heart and stroke related charities. Inspired by his love of the sport, Col. Sifton's legacy is a fantastic annual charity event in the heart of



Richmond Hill at the Toronto Polo Club, which teams up players from all corners of the globe including Ireland, Mexico, Argentina, Chile, England, South Africa to the United States.

Players and ponies work as one in this fast-paced sport, featuring thoroughbreds that are considered the most athletic of equine performers. This event manages to elegantly usher this 2500 year-old game to the 21st century.

Polo for Heart is the social and philanthropic event of the season that should not be missed, so mark your calendars and pack your best polo hats for this heartwarming charity event.

Buy tickets online at: [www.poloforheart.org](http://www.poloforheart.org)





# Say Selfie

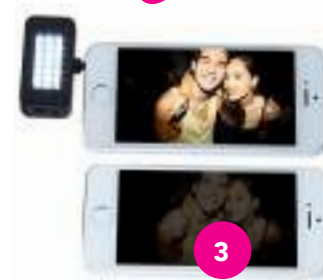
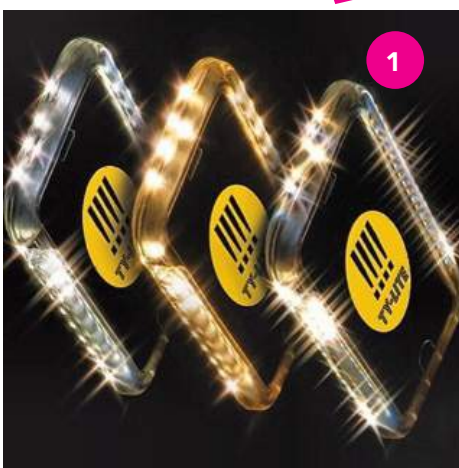
With our smartphones ready and chin tilted at just the right angle, it seems like everyone around us is on a quest to find their perfect shot. Whether you're a social media maven or someone who manages to look picture perfect in just about everyone's pictures, there's a new round of products to make sure everyone is photogenic. Smartphones have turned most of us into lighting fiends, looking to capture the best versions of our faces in the most flattering of lights.


A new crop of smartphone accessories enable you to light up your face just right. From Ty-Lite, a protective phone case that doubles as a lighting rig, and designed by the stylist of none other than Beyoncé herself, or the Kim K approved Lumee, or even the array of selfie ring lights, pocket spotlights, snap on camera lenses and the infamous selfie sticks, it's amazing how seriously everyone is taking this selfie business.

If you're on a quest to look as flawless IRL as on your social media feeds, Estée Lauder's Estée Edit, curated by reigning social media queens Kendall Jenner and Irene Kim, is a simplified way to own your beauty. Packed with skin-indulgent ingredients, the products can be mixed and matched; the idea is to have fun with makeup. What sets this line apart is how camera-friendly they appear on application, making on the go touch-ups less frequent.

For the modern day girl who wants to look good and would rather be in front of the camera than the mirror piling on products, from the barest to the edgiest looks, the Estée Edit has you covered.

Available exclusively at Sephora.



-  1. Ty-Lite protective phone case, from \$79.99
-  2. Selfie Ring Light for smartphones, from \$30, amazon.com
-  3. The Pocket Spotlight, from \$8.99, amazon.com
-  4. Estée Edit Flash Photo Gloss
-  5. Estée Edit Flash Photo Powder
-  6. Estée Edit Pore Vanishing Stick
-  7. Estée Edit Hi Lo Stylo

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# BEAUTY REVIEWS

*SHE rounds up the latest products and how they perform*



## Clarins Bronzing Powder & Blush \$42

A limited edition summer offering, we're in love with the perfect pop of apricot in this bronzing and blush palette. With subtle shade variations, and just a hint of shimmer, the finely milled powder pigments blend beautifully into the skin for a lovely summer glow. Swirl your powder brush into the pan for a healthy flush of colour, or tap into the bronzing shade for a hint of a contour, then top off everything with the blush.

## Hard Candy Look Pro! Illuminate & Strobing Mix in Drops \$8

A long winter of short days and extreme weather takes a toll on the skin, so why fresh, glowing complexions are always on-trend in spring is a mystery. Luckily, with the recent surge of highlighters on the market, you can fake it until you make it. Hard Candy has a new take on highlighting with their Strobing Mix in Drops. Working double duty, these drops can be tapped on the high points of the face for sculpted, light catching cheekbones or mixed with any liquid base to give matte **formu-**las a dewy, healthy finish.



## Rodial Stem Cell Magic Gel \$75

A multi-tasking moisturizer, primer or sleeping mask, the Rodial Stem Cell Magic Gel is perfect for summers. The gel formula hydrates without congesting the skin surface and the proprietary formula, with Bio-Protect complex and stem cell technology fights environmental damage, tighten skins for a smoother, plumped up skin.



## Quo Brow Kit \$18

We understand how hard it can be to find the perfect product to enhance your brows, luckily Quo has come up with this kit with two long-lasting powder products that you can mix to a custom shade, then set it with a brow gel.



## NARS Sexual Content Dual-Intensity Blush \$56

Nars blushes are a statement like no other, however you will want this one for two reasons: it is limited edition, released just for SS16, and the quirky packaging featuring illustrations by contemporary artist Konstantin Kakanias.

Housed in the compact are two complementing blush shades that can be worn alone or layered, applied dry for a natural flush, or wet for a more striking look.



#### **Charlotte Tillbury Instant Palette \$85**

If you were to get just one palette, this should be it. The makeup expert trusted by scores of A-listers, this is a complete face palette by Charlotte Tillbury. The colours she's selected for this palette work on all skin types and complexions for a radiantly glam look that can take you from day to night with effortless ease. Eyeshadows to brighten and enhance, her classic swish and pop pairing or blush and bronzer, all topped off with the candlelight highlighter, it really is an instant palette.



#### **Charlotte Tillbury Legendary Lashes \$38**

Only Tillbury could trump her own mascara. She made this mascara to do away with the extra step of applying false lashes for her clients' Red Carpet appearances and of course the winning product would be made available to everyone. The wand consists of bristles in varying sizes so no lash is left behind uncoated. The formula itself is a winning mix of marine glycogen and tamanu oil for a conditioning wear time, in one word, *Legendary*.



#### **SkinCeuticals Physical Matte UV Defense SPF 50 \$44**

Just in time for summer, this oil-absorbing sunscreen leaves behind a matte finish and works beautifully with any beauty routine, particularly for oily and combination skin types. The broad spectrum formula physically blocks out UVA and UVB rays for all round protection so you can enjoy staying outdoors and make the most of your Canadian summer. Unlike traditional formulas that you can feel on your skin, this is a weightless mousse that double times as a makeup primer, evening out the skin surface and minimizing the appearance of pores on the skin, while controlling excess oil.



#### **Quo Lip Velour in Drama Queen \$12**

Beautiful, effortless and long-lasting, Quo's new line of lip velours comes in six colours, but we found this shade to be perfect for summer days. The lip brush makes precise application a breeze and the liquid formula dries down to a creamy matte finish, wearing off into a stain. We're in love!



#### **Fresh Peony Brightening Foam Face Cleanser, \$49**

Turn night-time cleansing into a luxurious experience with this new foaming face wash. Peony is known for its skin brightening properties and Fresh has worked peony root extract into this formula to even out the skin tone. Aided by other active ingredients like vitamin C glucoside, licorice root extract, and shea seedcake extract, the foam cleanses the skin surface of environmental stressors and the day's grime leaving behind a soft, radiant complexion.



#### **Clarins Makeup Fix \$30**

A light-weight mist that sets your makeup so you can bid adieu to touch ups during the day. With silica microspheres that reduce the appearance of shine and a grapefruit and vitamin C extract to restore radiance to your face, the mist is perfect for when you want to freshen up your look.





# natural BEAUTY

Models walking the Versace SS16 runway wore the most immaculate natural makeup to complement the designer's surprisingly feminine combat-inspired collection. We think it's the perfect makeup to wear during the day.



**A Sprinkle of Iridescence-**  
**Clarins Ombre Iridescente**  
**eyeshadow in silver plum**  
**(\$25)**

for a cream to powder eye shadow that smoothes, mattifies and lasts all day

**A Bit of Filler**

**Smashbox Brow Tech Shaping Powder (\$27)**  
for a perfectly natural defined brow



**Sheer Swipe**

**Clarins Jolie Rouge Brilliant**  
**soft berry (\$28)**

for an ultra-moisturizing, sheer swipe of natural colour



**Blank Canvas**

**Per-fekt® 10, Skin Perfection Plus (\$58)**

for a natural-looking, long-wearing and ultra-hydrating coverage in a gel cream formula, infused with vitamins, fatty acids and SPF 30



**A Touch of Light**

**Wander Beauty On-The-Glow Blush and Illuminator (\$58)**

for an easy 2-in-1 highlighting and blusher system that you can use on the lips too



**Rough Lines**

**The Estée Edit by Estée Lauder The Edgiest Kohl Shadowstick (\$26)**

for a smokey kohl-lined look that lasts up to 24 hours

# PRETTY *in* pink

*Priyanka Chopra looked like an absolute darling at the SAG Awards, wearing this pink and beige floral gown by Monique Lhuiller. We just love her bloomy makeup up look and voluminous up do.*



**Water Your Garden**  
**tarte Rainforest of the Sea™**  
**Water Foundation (\$47)**  
for a lightweight and hydrating full coverage foundation infused with tarte's Rainforest of the Sea™ complex



**Rough Lines**  
**Too Faced Love Flush Blush Wardrobe (\$45)**  
for a perfect mix and match of fade, smudge and budge-proof blushers that last for 16 hours



**Luscious Leaves**  
**Drybar Southern Belle Volumizing Mousse (\$33)**  
to bring extreme volume to fine to medium hair without stiffness or crunchiness



**Roses are Pink**  
**Smashbox Be Legendary Cream Lipstick in Inspiration (\$23)**  
for the perfect fuchsia pout



**Luscious Leaves**  
**Drybar Southern Belle Volumizing Mousse (\$33)**  
to bring extreme volume to fine to medium hair without stiffness or crunchiness



**Lots of Sunshine**  
**Estee Lauder Limited Edition Summer Glow Illuminator (\$36)**  
for the most natural warm, golden glow along the cheekbones



# Desi Beauty *files*



**Problem: Dull, uneven complexion**

**Solution: Clarins Mission Perfection Serum, \$68**

We all long for that bright, fresh-faced visage of our youth and this serum by Clarins helps us achieve that. Packed with proven preventative ingredients like acerola and ginkgo bilboa extracts to boost circulation and fruit acids to ease pigmentation and smooth out skin texture, the serum is your way to looking your age, but better and radiant.

**Problem: Dark spots, hyperpigmentation**

**Solution: Clinique Even Better Clinical Dark Spot Corrector, \$64**

Results speak for themselves and clinical trials have proven the efficacy of this serum in reducing the appearance of dark spots and hyperpigmentation by up to 58%. Developed by dermatologists and safe for use on all skin types, this is a lightweight serum that can be layered under your existing skincare for targeted spot correction. Prescription strength active ingredients conveniently available at most department stores, reveal an even-toned skin this summer. And for continued radiance, make sure you always apply sunscreen liberally before stepping out in the sun.



**Problem: Puffiness under the eyes**

**Solution: Nerium Age-Defying Eye Serum, \$114.95**

One treatment for all your eye area skin concerns? Yes, please. This serum leaves you looking fresh and bright-eyed right away. Moments after you pat it into the skin you can see the fine lines smoothed out, the area hydrated to a soft matte finish. In the long run expect a visible difference in erasing dark circles, puffiness and fine lines or wrinkles around the eye area.

**Problem: The perfect blow dry at home**

**Solution: Tangle Teezer Hair Styling Brush, \$38**

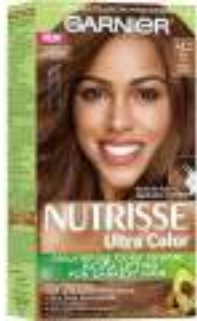
On an average, seven Tangle Teezers are sold every minute around the world, speaking for itself about the success of this brand. Developed by celebrity hair stylist Shaun Pulfrey, this latest variation of the best-selling hair brush makes blow drying at home so much easier. The design of this brush, that took two years to perfect, gently detangles hair while smoothing the strands and drying them from roots to tips.



**Problem: Roots**

**Solution: L'Oréal Cover Up, \$11.99**

No time to visit the salon for a colour and roots showing through your hair just before you have to look your best for the summer party? This easy spray is available in six complementing shades that you can spray on and look picture perfect within minutes. It washes off with shampoo so you don't run the risk of botching up your hair colour for when you visit your colourist the next time.



**Problem: Hair makeover at home**

**Solution: Garnier Nutrisse Ultra Colour, 7.99**

If the thought of sitting in a salon chair, putting your hair through multiple steps to get the hue of your dreams makes you re-think your summer makeover plans, try this easy at-home kit. There is no bleach in the gentle, hair nourishing formula enriched with fruit oils. You can 'lift' your hair colour by up to four levels to give your strands highlights, or undergo a total transformation. No damage to the hair, easy on your pocket with salon style results, what's not to love?

**Problem: Varicose Veins**

**Solution: Anistax, \$21.99**

Varicose veins can be a painful nuisance, and statistics report that around 60% of Canadian women suffer from them. While severe cases require surgical intervention, this herbal supplement touts the beneficial properties of Red Vine Leaf Extract to ease symptoms of chronic venous insufficiency (CVI) that leads to swollen legs, varicose veins, and the feeling of tired, heavy legs, boosting circulation in the lower limbs. Partnered with the right exercise regimen and ample amounts of water taken through the day, this herbal supplement can help your symptoms from worsening so getting on your feet becomes easier.



**Problem: Dry, cracked heels**

**Solution Amopé Pedi Perfect Wet & Dry Foot File, \$64.97 & Extra Rich Skin Recovery Cream, \$12.99**

Bid adieu to dry, cracked heels that prevent you from wearing your favourite summer sandals. This ergonomically shaped foot file is rechargeable and works on both dry and wet skin. As a cordless device, you can take it in the shower and buff away dead skin to reveal beautifully soft and smooth feet. Pair it with the super hydrating foot cream and you will never want to hide your feet in boots, summer or winter.



# quote/unquote

## *The World's Thoughts on Canada*



*"I am deeply moved by the warmth and courage of the Canadian people which I felt so strongly during my recent visit to your country. Your support of the struggle against apartheid restored me in my journey home and reassured me that many just people around the world are with us."*

*Archbishop Desmond Tutu, African Anti-Apartheid and Social Rights Activist*



*"Canada should always open its doors to those who are oppressed or in cases of emergency. When Canada offered refuge to 50,000 boat people in Vietnam in the 1970s, I was particularly proud to be Canadian."*

*David Suzuki, Canadian Academic, Environmental Activist*



*"Canada was built around a very simple premise. A promise that you can work hard and succeed and build a future for yourselves and your kids, and that future for your kids would be better than the one you had"*

*Justin Trudeau, 23rd Prime Minister of Canada*



*"When I'm in Canada, I feel this is what the world should be like."*

*Jane Fonda, American Actress*



*"In a world darkened by ethnic conflicts that tear nations apart, Canada stands as a model of how people of different cultures can live and work together in peace, prosperity, and mutual respect."*

*Bill Clinton, 42nd President of the United States*

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solved, so **get texting girls!**



# Give Hope

When millions of Syrian refugees felt forgotten, the world responded. That glimmer of hope is keeping them going.

Your donation to the World Food Programme could make a huge difference by providing Syrian refugees with vital food vouchers to buy food.

No refugee should go hungry.

**WE NEED YOUR HELP**

[wfp.org/Syria](http://wfp.org/Syria)

or text "RELIEF" to 45678  
to donate \$10.

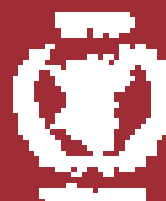
WFP is the world's largest humanitarian agency providing food assistance to some 100 million people in 120 countries.



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**World Food Programme**

ONE PLANET. **#22andhuman**