



Beauty Editor
Catherine
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from the editor's desk...

Four Seasons

Taking care of ourselves is a full time business, but what we need changes just like the weather. We live in a climate of extremes, battling cold and wind in the winter, or high heat and humidity in the summer. The body moisturizer that saves our skin in below-zero temperatures is too heavy in July. The pink gloss you love in May doesn't have enough punch in February.

As the warm weather approaches and we shed layers of clothing, more skin is exposed and lighter products feel right. The spring makeup collections hit the stores to tempt us with the new shades for the season. Self-tanners, bronzers and sunscreen become must-haves, and very soon, dry skin, chapped lips and brittle nails will be just a distant memory.

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ESSENTIALS

Tricks of the Trade

Makeup artists use brushes to help apply makeup evenly and smoothly. Here are the basics to help you achieve a more professional look.



1. **ALL-OVER SHADOW** Natural goat hair is extra gentle for blending around the delicate eye area. **Quo**, \$12.
2. **LOOSE POWDER** Oversized and soft. Use this as a final step to set makeup. **Lise Watier**, \$19.
3. **LIP** Sharp edges allow precise application of lipstick. This retractable style has a protective cover. **Face Atelier**, \$25.
4. **BROW/ANGLE** Specific shape helps fill-in brows and expertly lines eyes. **Cargo Cosmetics**, \$13.
5. **CONCEALER** Perfect for covering up blemishes and under-eye circles. **The Makeup Bar**, \$12.
6. **POWDER/BLUSH** Larger, round shape contours cheekbone. **MAC**, \$41.

5 OF THE BEST

Time Bandits

Repair and prevent the effects of time with these age-defying antidotes.



WRINKLE RELEASE
Enriched with a natural maple-tree compound. **B.Kamins, Chemist Bio-Maple Therapeutic Anti-Aging Wrinkle Lift**, \$155.



OZ. OF PREVENTION
Don't forget your sun protection – especially on cool, clear days. **Ombrelle Cold Weather Defence SPF 25**, \$15.



SPOT REMOVER
Includes an extract cultivated in the Prairies to help fade dark spots. **Reversa UV Anti-Spot Lightening Cream**, \$28.



EYE SAVIOUR
Soothes and firms the fragile area around your eyes. **Dermaglow NuVectin Advanced Eye Contour Gel**, \$60.



BODY BEAUTIFUL
Start your day with an energizing, antioxidant cocktail. **Greens+ in Natural Tangerine**, \$37.

36% of Canadians adapt their skincare routine with the changing seasons.