

2018 SURVEY

Canadian Men on Marriage, Masculinity, #MeToo and more

CHATELAIN

CONQUER
— YOUR —
CLUTTER
P 41

Bring on Spring

Fresh, Easy
Recipes
for Patio
Season

Spring
Rhubarb
Salad
P 89

☆☆☆☆
Party Style

48

IDEAS
FOR
GETTIN' ☆
FANCY P 25

“Do I Need
to Lose
Weight to be
Healthy?”



Being a Teen Girl
on Social Media
Is a Full-Time Job



GO NATURAL

Green screens

Ditch the harsh chemicals and shield yourself with a mineral sunscreen

1. LaSpa SPF 20 Daily Sun Protection mineral sunscreen lotion, \$44. This lightweight formula is gentle enough for your body and your face.
2. Coola Face SPF 30 Cucumber Matte Finish, \$48. Its silky matte finish makes this SPF an ideal base for your makeup.
3. Juice Beauty SPF 30 Tinted Mineral Moisturizer, \$40. It's also a BB cream that works for all skin types.
4. Eau Thermale Avène High Protection SPF 50+ Complexion Correcting Shield, \$35. An SPF and a tinted moisturizer, this formula has you covered.
5. Derma E Natural Mineral Sunscreen SPF 30 Stick, \$13. This broad-spectrum stick is great for on-the-go application.



This stick slips easily into a purse or pocket.



Dame Helen gets real

On International Women's Day, Helen Mirren—distinguished actor, L'Oréal Paris spokeswoman, actual dame—came to Toronto for the Women of Worth gala. Here's what she told us. **On getting older** "There's nothing you can do about that! I say you die young or get old. I don't want to die young; I never did. I was too curious about life." **On dealing with insecurities** "I feel most successful combatting them when I say, 'Don't be so up your own bum,' so to speak. Don't think about yourself all the time. Go and be interested in something or someone else." **On supporting women** "Women are extraordinary, powerful, brave, courageous. For thousands of years, their work has been buried or ignored, so to recognize it now is very important." —Mishal Cazmi

Mirren loves L'Oréal's Age Perfect Cell Renewal Rosy Tone Moisturizer, \$36.



Zinc oxide: A mineral compound found in natural sunscreens, it acts as a block against UVA and UVB rays.



SUSTAINABLE SNEAKS

Allbirds, an eco-conscious San Francisco-based company, has managed to make shoes out of renewable materials like wood pulp and wool, which is impressive enough. But these minimalist sneakers and slip-ons also happen to be feather-soft, breathable, easy to pair with basically everything in your closet and ridiculously comfortable too. \$135, allbirds.ca.



Canadian exclusive