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GORGEOUS GETAWAY STYLE

Sometimes we all need to escape—find your ultimate summer look and pack your bags for the hottest destinations from Asia to the Amazon

TRAVEL DIARY

TRUE FANTASY

Super-stylish, somewhat surreal—inside a must-visit Bahamas resort

BY EDEN BOILEAU

Oh, right, the beach. After a couple days at the Atlantis resort in Nassau, Bahamas, I realized I should probably set foot on what is the reason most of us travel to a Caribbean island. But there are so many distractions at the famed Paradise Island resort that the four beaches are almost an afterthought. After all, how can white sand compete with reservations at Nobu or a waterslide with a five-storey drop?

My suite at the Cove, one of four giant luxurious pink towers that house 3,400 rooms in total, was a split-level affair with a living room and fantastical view of the resort. The bathroom, bigger than most hotel rooms I've stayed in, had a soaker tub the size of a small boat. Though I could probably have been happy never leaving my room, staring out at all the blue (ocean, sky, pools), there was too much to do, not the least of which was eat.

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SPOTLIGHT
HOT TRENDS
We headed to Korea, the new capital of the beauty world
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TOMMY HILFIGER. PHOTO: PETER STIGTER



Clockwise from top left: Bruno embarks on a trek; the Body Shop Piñita Colada Body Butter (\$21, thebodyshop.ca); textiles at a Lima craft market; an Amazonian bloom; meeting Brazil nut processor Yudith.

BEAUTY ADVENTURE

Lipstick jungle

When she set off into the wilds of the Amazon, Natasha Bruno quickly learned how to pack like a pro. Hint: Never wear leggings

My first night in Peru—a pit stop in Lima, the capital city, dotted with hip districts and colourful craft markets—was a total contrast to what came next: a journey deep into the Peruvian Amazon jungle to see where beauty giant the Body Shop sources moisturizing Brazil nut oil for use in more than 250 of its products.

The next morning, I hopped on a puddle-jumper flight to the jungle city of Puerto Maldonado, not far from the borders of Bolivia and Brazil. Stepping onto the tarmac, I was hit with thick humidity and the scent of dense rainforest nearby. One bumpy bus ride and boat journey along the Tambopata River later, I made it to the Posadas Amazonas eco-lodge. The airy thatched-roof structure allowed for wide-open views of the pristine jungle, Brazil nut trees towering above and brightly coloured butterflies. My room had only three walls, so I lay in bed under a mosquito net in the pitch dark listening to monkey calls (there's no electricity, let alone WiFi, after 10 p.m.).

Out the door at 4 a.m., I hiked foggily in my rain boots through mud puddles to reach a wooden, paddle-driven catamaran. The breathtaking sunrise made rolling out of bed before dawn well worth it. We sailed around the calm waters of U-shaped Tres Chimbadas Lake, spotting river otters and giant guinea-pig-like capybaras.

At the indigenous Brazil nut trading community Lago Valencia, I trekked through the jungle to see how the nuts are collected from the forest floor. Loose-fitting pants were my friend—I learned mosquitoes bite right through leggings—and my stashable rain jacket came to the rescue in a sudden downpour (it's called a rainforest for a reason). Then I hopped back on the boat for a five-hour return trip in the blazing sun (travel time is entirely dependent on the sluggish river's current), which made napping near impossible. Hallelujah for SPF and my stainless steel water bottle, which kept my H₂O cool for hours. Trekking through the Amazon is no walk in the park, but it's the trip of a lifetime. Just pack accordingly.

INGREDIENT SPOTLIGHT

Brazil nut oil has a lot more going for it than its skin-nourishing properties

On the eve of its 40th anniversary this year, the Body Shop set itself a huge challenge: to be the most ethical and sustainable global business by 2020, by doubling its programs in vulnerable, ingredient-rich areas around the world. Here's what I learned about the ripple effect fair trade can have on communities and natural resources.

1. BRAZIL NUTS ARE A TRULY SUSTAINABLE RESOURCE

The Brazil nut tree is a giant of the Amazon, reaching up to 50 metres and able to survive for several hundreds of years. A huge economic driver for Peru, it can grow and bear fruit only in a pristine forest—an environment that can't be recreated. It's illegal to chop the trees down (or nearby trees, for easier access to the nuts) so it both benefits from and encourages conservation, allowing communities to make an income.

2. HARVESTING IS DANGEROUS AND TIME-SENSITIVE

During harvesting season (January to March) the coconut-like fruits fall so fast that they can be deadly. Castañeros (brazil nut producers) collect fallen fruit with a claw-end stick called a *payana*, then crack open the shells with a machete to extract the nuts. A smooth processing and transporting process is weather dependent, as excessive rain destroys roads and makes boat travel impossible.

3. WOMEN ARE MAJOR BENEFICIARIES OF ITS FAIR TRADE

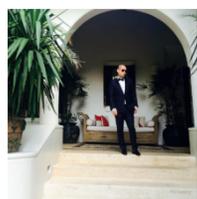
Brazil nut processing plant Candela offers loans, transportation and services to its producers. Women occupy most roles here, and they benefit from flexible arrangements. I met Yudith Chinchay Chumbe, a 33-year-old mother of two who's studying for a master's degree part-time. "Candela is my second family," she says. All profits are used for investment to buy new tractors or boats or to upgrade the plant.

4. IT REPRESENTS WHOLE COMMUNITIES' LIVELIHOODS

Imagine a remote community working hard to harvest its local resource to sell to a big company, only to have the product discontinued. "When we source something like Brazil nuts, it goes into a number of products, because when one product goes off the market, that community is left with stock it can't sell," says Christopher Davis, the Body Shop's international director of corporate social responsibility.

CELEB GETAWAYS

Where the jet set flock when they need a vacay



JASON WU
TULUM, MEXICO

The fashion designer tied the knot with his long-time boyfriend Gustavo Rangel at the Hotel Esencia in Tulum in front of a bevy of famous guests in April.



EVA CHEN
TOKYO

When Instagram's head of fashion partnerships headed to East Asia—bringing her signature pose with her—she zeroed in on the coolest local eats and most unique beauty buys.



BELLA HADID
GUSTAVIA, ST. BARTS

The model of the moment headed to the Caribbean island with friends for a bikini-filled holiday to celebrate singer Jesse Jo Stark's birthday, complete with swan floaties, naturally.



CIARA
SEYCHELLES

The singer may have caught a big fish while on vacation in March, but her fiancé, Russell Wilson, nabbed the greatest catch: He proposed. —Stephanie Choo

Adventure packing essentials

Everything you need to jet off on your own action-packed trip of a lifetime



S'WELL WATER BOTTLE, \$45, CHAPTERS.INDIGO.CA. HERSCHEL BACKPACK, \$80, SHOP.HERSCHEL.SUPPLY.CA. A PEACE TREATY SCARF, \$550, APEACETREATY.COM. GAP BANDANA, \$18, GAPCANADA.CA. LULULEMON TOP, \$98, LULULEMON.COM. HUNTER RAIN BOOTS, \$170, CA.HUNTERBOOTS.COM. BAREBONES LANTERN, \$60, MEC.CA. PARAJUMPERS JACKET, \$565, PARAJUMPERS.IT. NEMO SLEEPING BAG, \$250, LIVEOUTTHERE.COM. JOE FRESH SHORTS, \$24, JOEFRESH.COM



Top: The resort seen from the 10th floor of the Cove luxury tower. Bottom, from left: The whirlpool tub at the Mandara Spa; one of the resort's 18 waterslides, which runs through the shark tank; a suite at the Cove; Lilly Pulitzer summer brights in one of the many designer boutiques.

TRAVEL DIARY

TRUE FANTASY

Continued from cover

Of the fine dining options—from trendy Nobu to celeb-chef spots Café Martinique by Jean-Georges Vongerichten and Olives by Todd English—the newest is 77° West, a South American and Caribbean fusion restaurant. We sat down to a ceviche flight that offered a taste of snapper with onion, papaya and sweet potato; shrimp with mango, avocado and roasted tomato; and tuna with ginger and lime. Our dinners of grilled seafood and beef flavoured with combos of tomatillos, tamarind, guajillo peppers, cilantro and coconut milk likely did not need to be capped off with the dulce de leche cheesecake. But I went for it, leaving me fit for nothing but sleep, rolling back to my room at 9 o'clock.

The next morning, in the hopes of atoning for dinner, we toured the 171-acre resort on foot. "Welcome to Fantasy Island," our tour guide did not say but probably should have. The sprawling, larger-than-life compound is so far removed from

most people's realities it is mind-blowing. We toured the casino, with its four Dale Chihuly sculptures worth a million dollars apiece; we wandered by Prada, Dior and Gucci boutiques in the shopping mall; we passed the beach cabanas you can rent for the day, which have TVs and fridges. Even kids get their own private club with a mini "grocery store," video-game room, light-up dance floor and a mock '50s diner, where children high on ice cream treats can take cooking classes.

I stopped to peer into the lagoons and aquariums that dot the property and house 50,000 marine creatures, like stingrays, turtles, sharks (many of them from Atlantis's marine rescue and rehabilitation program)—the largest marine exhibit in the Caribbean and one of the grandest in the world. I did, however, pass on the opportunity to slide through the shark tank in one of the waterslides.

Looking at all that salt water left me thirsty for a boozy poolside drink. I figured this was best done on a lounge the size of a king-size bed at the adults-only pool and bar area. I sipped coconut rummy things while a DJ spun Prince on real turntables—definitely a highlight of the trip.

The next day, hoping to get even farther from reality, I hopped aboard the nearly two-kilometre river ride. I coasted along a pale blue river, splashing through rapids and wave pools on an inflatable ring, leaving my real-world worries in my wake.

To leave no experience untried, I checked into the Mandara spa for a Balinese body polish and massage and emerged in a relaxed stupor, smelling of the spa's delicious blood orange shower gel, which I used in my massage room's private shower. Finally, with all of that luxurious business out of the way, there was only one thing left to do: pull up a lounge on the beach and contemplate my return to reality.