

elite



ARIANE LAEZZA

5'10" B 36 B W 31" H 42" S 8 HAIR BROWN EYES BLUE

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SENSATIONAL SLOW-COOKER SUPPERS *by Chef Michael Smith*

best

BRAND NEW LOOK

health

WANT THIS HAIR?
IT'S EASY!
SEE PAGE 12

DITCH
500
CALORIES
JUST LIKE THAT

BETTER SLEEP TONIGHT!

HEART ATTACK
"WHY I IGNORED THE WARNING SIGNS"

YOUR ULTIMATE
WINTER SKIN GUIDE

THE NEW HEALTHY
FOODS THAT WILL CHANGE YOUR LIFE

BESTHEALTHMAG.CA

JANUARY | FEBRUARY 2015 \$4.99

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WORDS THAT INSPIRED US ...

"We will open the book.
Its pages are blank.
We are going to
put words on them
ourselves. The book is
called opportunity and
its first chapter is
New Year's Day."

Edith Lovejoy Pierce

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JANUARY | FEBRUARY 2015

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WARDROBE: SWEATER, H&M; HM.COM/CA; TANK TOP AND JEANS,
GAP; GAP/CANADA, CA; BRACELET AND RING, LYNN SAN.
AVAILABLE AT KAYUT, KAYUT.COM

Welcome to 2015!

Let us help you make this
your best year ever.



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Shirt, **Jones New York**, available at Hudson's Bay.
Shirt, **424 Fifth**, available at Hudson's Bay.
Pumps, **Manolo Blahnik**, available at Holt Renfrew.
Watch, **Hamilton**.
Necklace and bracelet, **Banana Republic**.

FASHION

START TO FINISH

Yes, it's time for lighter fabrics, body-conscious cuts and a more relaxed style, but – from morning to night – every look is still perfectly polished.

PHOTOGRAPHY JAVIER LOVERA, WWW.JUDIINC.COM
FASHION DIRECTION AND STYLING INGRIE WILLIAMS
MAKEUP AND HAIR JUKKA SULTARI FOR KEVIN MURPHY HAIR CARE/DIOR COSMETICS/PLUTINO GROUP
MODEL ARIANE LAEZZA
SHOT ON LOCATION AT THE FOUR SEASONS TORONTO

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THE ART OF SEDUCTION

Things get flirty when peekaboo lace is present.

HUIT BRA, \$92
LA VIE EN ROSE BIKINI
PANTY, \$15

best **body** MARCH | APRIL 2017 97

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THE EVERYDAY AFFAIR

High-function underwear leans on the dynamic duo of neutral tones and microfibre fabrics that lie flat.

WONDERBRA BRIEFS, \$24

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