

Beauty mark

Give feet A TREAT



KELLIE ANN ZUPET

The fastest way to twinkling toes is with an exfoliating foot scrub. Here are a few I love.

J.R. Watkins Apothecary, Peppermint Exfoliating Foot Scrub, \$11.99 for 285 g

A creamy, bubblicious treatment containing pure peppermint oil, aloe vera and a host of botanicals to make your feet feel like dancing. The scrub is not overly gritty and the scent is yummy. You can't help but love the retro packaging from a company that has been around since 1868. It is available at Pharma Plus, 905 Rymal Rd. E.



Kiss My Face, Foot Scrub, \$11 for 118 ml

The quickest way to happy feet. Natural pumice and walnut shells leave even the toughest customers feeling silky. The minty scent is appealing and you can toss this product in your cart while shopping for fruit and eggs. It is available at Fortinos

and most health food stores.

Yves Rocher, Lavande Polishing Foot Scrub, \$9 for 50 ml

An exfoliating pumice scrub that melts away tough skin. Used regularly, feet look smooth and friends will want to know where you get your pedicures. Lavender not only smells great but its essential oils help deodorize and freshen feet. It is available at the Yves Rocher Beauty Centre in Jackson Square.



The Body Shop, Peppermint Cooling Pumice Foot Scrub, \$13 for 100 ml

A wide pot allows easy access to this luxurious exfoliant. The gel-like texture is spreadable and volcanic rock does the tough work. The scent is minty and fresh. Keep it in the fridge for a chilling treat. The Body Shop is in Lime Ridge Mall and Maplevue Shopping Centre, Burlington.



Kellie Ann Zupet reports on beauty for The Hamilton Spectator.
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PHOTOS BY KEITH BEDFORD, REUTERS

A trim jacket gets an old-fashioned touch with a bonnet.

Pioneer spirit

BY SAMANTHA CRITCHELL

NEW YORK ♦ Zac Posen, with his handbag line, new fragrance deal and long list of sponsors for his show, certainly has an entrepreneurial spirit. It seems, though, he also admires the spirit of the pioneers.

His spring collection at New York Fashion Week honoured early American settlers and "their insistence on simplicity and craft."

In his notes, Posen explained that inspiration came from "Days of Heaven (a 1978 farmland film), the Shakers, wheat fields of the Great Plains and the romance of the wide open sky."

Believe it or not, "wheat" on the runway wasn't the craziest thing at the Bryant Park tents. Posen interpreted it both literally — a minidress with a large bow and a gigantic crystal wheat brooch — and figuratively. Those results were much more wearable: a series of daytime khaki-coloured outfits, including a trim pantsuit with a jacket that had oversized pockets and a belt around the waist, paired with a white tie-neck shirt.

In Posen's world, pilgrims and pioneers also have occasions for fancier styles, such as a white cocktail dress with an oversized ruffled collar and pleated skirt — the pleats horizontal across the middle and vertical down to the hem — and a gown made of twisted ribbons that had tiers covering its full skirt and an exaggerated pouf on one shoulder.

Posen somehow turned a tornado into a good thing, sending a sil-



White collar and cuffs add polish to a grey shirt and skirt.

ver breeze down the runway with a lot of draping, a swirl of fabric on the skirt and a haphazard feather burst on one shoulder. However, a ravine remained a dangerous place, somewhere that a gown, especially a fussy, asymmetrical, one-shoulder one, should not go.

The final group of gowns came down the runway together, each representing a different kind of cloud. The Cirrus gown had a puff of blue and white fabric on its shoulder, the Cyclone had the puff around its middle — not a look many women are striving for.

It made for a dramatic photo but there really was only one, the slimmer and strappier Cumulus, that likely has any future in the real world.



Posen's gowns floated like clouds.

The Associated Press

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