

**HELLO! JOINS THE ROYAL COUPLE ON TOUR**

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**CANADA**

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'We've been given a long list of baby names'



**THE ROYAL PREGNANCY IS BLOSSOMING!**

# MEGHAN AND HARRY

**TALK BABIES, JET LAG AND THE 'PERSONAL JOY' OF BEING FIRST-TIME PARENTS**

**INSIDE CUTEST TOUR MOMENTS, MEGHAN'S STYLE AND AN INVICTUS GAMES REUNION**

**PLUS BEAUTY AT EVERY AGE: CELEBRITY-INSPIRED TIPS & TRICKS**



# URBAN BALANCE

# 30s

City life has its drawbacks – namely premature signs of aging like sprawling brown spots and those first proverbial cracks in the pavement

According to the World Health Organization, nine out of 10 people live in a polluted environment – and this can contribute to skin discolouration, dullness and wrinkles. “When air particles cause free radical damage, certain parts of our cells are not replaceable,” says cosmetic dermatologist Dr. Paul Jarrod Frank, who helped formulate Madonna’s skin-care range, MDNA. Shield skin by wearing sunscreen daily, and incorporate antioxidants like vitamin C, which neutralizes harmful free radicals, into your routine. But first, start with a micellar cleanser that lifts away microscopic impurities without stripping skin of its natural oils. ▶

**AlumierMD EverActive C&E Serum, \$179,**  
alumiermd.com



**Pour Moi Skincare Climate-Smart Polar Day Cream, \$50,** tsc.ca



**Eau Thermale Avène Micellar Lotion, \$24,**  
shoppersdrugmart.ca



The Duchess of Sussex

**Revlon PhotoReady Insta-Filter Foundation, \$23,** at drugstores and mass-market retailers



## Fast Fix

Halo Fractional Laser improves on past lasers with a dual-wavelength treatment that targets superficial signs of aging such as pigmentation, sun spots, larger pores, rough texture and fine wrinkles. It simultaneously triggers your skin’s healing response to create new collagen, elastin, blood vessels and hyaluronic acid below the surface. (Expect faster recovery in fewer visits, too.) [visageclinic.com](http://visageclinic.com)

**Charlotte Tilbury Charlotte’s Genius Magic Powder, \$58,**  
charlottetilbury.com



Gal Gadot

## Makeup Magic

Colour correctors mask the look of brown splotches and redness while light-diffusing pigments in foundations and finishing powders blur the look of fine lines.

**Indeed Laboratories Nanoblur Colour Corrector, \$17,**  
indeedlabs.com

