



Fashion

The Beat Goes On

The 60's will swing until the last boomer stops breathing. That's my fashion decree for the coming decades about the decade that will not fade. To quote no less a diva than Cher – "the beat goes on."

Fashion's high priest **Andre Leon Talley** - right hand to **Anna Wintour** and disciple of the late, great **Diana Vreeland** - recently quoted designer **Michael Kors** as describing today's fashion as "all over the place with no rules". He also credited the Bouvier sisters - **Jackie Kennedy** and her sister **Lee Radziwill** - with setting standards. That was one interview that caught my eye.

It wasn't so much the observation - although I do agree and applauded the clean lines and classic direction of Kors' work. But once again there was the recurring reference to a 60's style icon. I don't think we are looking for rules in fashion so much as a reference.



Sienna Miller in Factory Girl

Once again artists are looking back to the fashion and culture of the 60's and 70's for inspiration. Consider the Broadway run of **Grey Gardens** – a play about Jackie Kennedy Onassis's infamous eccentric aunts who lived in a decayed Hamptons Mansion. Then there



Diane Von Furstenberg Spring 2007
www.neimanmarcus.com

Fashion Original

Is all this 50's and 60's fashion boring you? If so, run and buy a basic and fabulous belt. Keep it short. Or get pants paired with sexy patent flats, a fabulous scarf, add your signature piece, and viola - a fool-proof personal strategy for riding out any unwanted trend. Adapt the line and let it go. Remember: keep the trousers slim, the skirt on the short side, and the accessories on trend! (See our archives we have lots of great sources).



A fabulous belt can be the answer

www.braveleathers.com

If you are having a bit of Andy and Edie moment, check out these new handbags from designer Lee Kirsty. Lee describes the bags from her Eden Ever After collection as art and arm candy. We think they're fun. At \$50 (CND) the bags are the perfect pop for a casual spring outfit. She ships to Canada and the US.

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SIGN-UP

Health

Keep Fit, Stay Fabulous, Make it Fun and Fast!

For the last few years, it seems that almost everyone in Hollywood has been seen swinging from a pole, or taking lessons in the art. We even tried a DVD, Carmen Electra's Aerobic Striptease, a very mild workout. We didn't love it. www.amazon.com / www.amazon.ca But, pole dancing seems here to stay. Women who like to dance seem to love it. It may not be everyone's cup of tea, but experts say you can get a workout in high heels - not to mention fabulous calf muscles.



A tricky move by a Flirty Girl instructor.

Photo by Natalie Chiu

Most studios and clubs that offer pole dancing are strictly women only and discourage nudity. It's not for everyone. But if high heels and a boa are what it takes to get you to work out, then go girl.

is the hit Indie film *Factory Girl*, documenting the relationship between *Andy Warhol* and his muse *Edie Sedgwick*. At Christmas yet another *Audrey Hepburn* picture book sold off the shelves.

Why is this happening? I'm not completely sure, but I have a suspicion. The world changed in the 1960s. Love, marriage, the family - none of it was ever the same. It was also a time that celebrated youth and optimism. Despite some of the bad things that happened then - campus riots, race riots, the war in Vietnam - the 60's and early 70's were fun from fashion, and nostalgia point of view. It was an extreme and funky time, from flower-power and the mod look, to Jackie and Lee's short little shifts and tailored suits

So this spring, the patent leather, the minis, the big belts all have a 60's flair. The metallic nails and eye shadow are familiar too. There is definitely a fresh twist to it all, so don't go vintage all the way. But if you're looking for fashion inspiration you can do worse than *Sienna Miller* in *Factory Girl*. Don't like the 60's?

Had with all the mods and flower power? Fear not; many designers have moved onto the 70's by following their favourite icons - Jackie and Audrey - into neat little trenches, jersey dresses a la *Diane Von Furstenberg*, and long slim trousers a la *Lauren Hutton*. Even hot pants and big, long sleek hair are haunting the runways specters of *Charlie's Angels* and *Foxy Brown*.



www.edeneverafter.com

Beauty

Beauty Alert

At **DolceDolce** we just love a beauty bargain! There are so many gorgeous things to buy that - when you get a chance - pick up on something that works and leaves more cash for shoes.

Miracle Eyes from BuyBeauty.com for \$29.95 (USD) has all the ingredients found in pricier potions. Rich with hyaluronic acid, safflower oil, and botanicals, *Miracles Eyes* smoothes puffiness, reduces bags, and helps fade fine lines. Seriously, this cream is exactly like some we have tried at double the price. Worth a try, if you are shopping for a new eye cream or feeling a budget squeeze!

DolceDolce staffers *Anne Gravel* and *Natalie Chiu* attended the first anniversary of *Flirty Girl*, a fitness club in Toronto that offers pole dancing courses. www.flirtygirlfitness.com. "It certainly looked like a challenging workout," Anne said, after watching the instructors. She was impressed that even students could do some of the trickier moves. The club also offers private dance and styling parties. "It sounded like fun for a girl's night," said Anne.

Also check out in California www.funfitweb.com and www.polelateaz.com in Atlanta.



DolceDolce's Anne Gravel with *Flirty Girl* owner *Krista Knee*.

Photo by Natalie Chiu

If the idea of pole dancing leaves you cold, and any kind of gym is just discouraging, pick up a copy of *The No Sweat Exercise Plan*. Written by Harvard University medical professor *Harvey B. Simon*, this plan makes fitness attainable to even the most discouraged, time- and fitness-challenged individual. Dr. Simon sets modest, doable goals. His plan can work for real people who may not feel comfortable even being seen in exercise clothes. If you have been resisting fitness, buy this book. It could change your life, darling.

www.mh.professional.com

Food

Something Sweet and Simple And It's Not Even a Recipe

This week's recipe is so simple it's not a really recipe at all. I would be surprised if you don't make it already. So here is a guilt-free sundae you can eat for breakfast or lunch.

Sweeten $\frac{3}{4}$ cup of non-fat or low-fat bio yogurt (the kind that's good for digestion) with *Splenda* or *Stevia* (a sweetener available at health food stores) and 1 tsp. vanilla. Freeze for 20 minutes (take a shower or something).



www.buybeauty.com

I just love mascara that works and doesn't eat up my shoe budget. So do most professional make artists. Why not? It's a "must-have" item for most women. I remember when \$28.50 bought you the *Maserati* of mascaras. But those days are gone, darling, and prices can be crazy. But do you need to spend it to get a great mascara? Maybe not. Try a new value-priced mascara from Cover Girl. *Cover Girl VolumeExact* and *LashExact* are fabulous. *Lash Exact* will darken your lashes with just one coat. For more lush over –the –top lashes try *VolumeExact* using several coats. It doesn't clump, thanks to the new "chamber" brush. At under \$10 - in any currency - can you afford not to try it? It's the perfect thing for making the lush, dark lash look that is so big this spring. Think *Sienna Miller* in *Factory Girl*, or *Beyonce* and *Jennifer Hudson* in *Dreamgirls* – it's all liner and lashes!



Scent is a harmless addiction. And at the end of a long day, a hot, scented bath can be therapy. *Glow All Over Body Polish* by *SunFX* packs a one-two punch with a scent so delicious you'll want to eat it, and an exfoliation cream so rich it leaves you silky-soft. Packed

Top with unsweetened berries - fresh or a really good flash-frozen brand, such as *Europe's Best*. Add half a banana and maybe ¼ cup fresh pineapple. If you are not dieting, chop a few almonds over it.

So there we are, another week gone. It's time to head off and dance somewhere. According to her make-up man, the 50's film star *Doris Day* spent an hour a day doing dance moves in her room. She kept her figure and her vigor into her 80s. Jackie used a mini trampoline to stay in shape in the White House, and her jogging and walking in New York are legendary.

So until next week, darlings, get moving, have a sundae for breakfast, spread the sweetness, sign-up for DolceDolce (we're free!) and please forward us to a friend.



Gracey Hitchcock
Editor

Photo by: www.yanka.ca

with shea butter and exotic oils, this is absolutely one of the most decadent exfoliation products we have ever used. It's a mind-body experience. Divine. And with no calories, this is perfection. The same company also makes a spray on tan product. www.sunfxusa.com

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