

Over the wire

Ready to slip into something a little more comfortable? These cute wireless bras will make pinching, digging and chafing a thing of the past—without compromising on support

"If you feel squished, it's not the right cup size," says Lisa Stanton, senior design manager at Bravado.

When shopping online, alpha sizing (like small, medium and large) makes it easier to find the perfect fit.

Look for adjustable straps that won't slip off your shoulders.

A wide band that fits snugly keeps the bra from riding up.



Canadian company Bravado took inspiration from its bestselling nursing bras to create a collection of comfortable everyday styles designed to adapt to the body's daily size fluctuations. From \$50, ca.bravadodesigns.com.



The Amanda bra by Love & Nudes comes in four shades—from honey to espresso—curated to help women of colour find their match. It features a practical racerback hook and a stylish peekaboo cut-out. \$108, loveandnudes.com.



A sleek, athleisure-inspired bra—like WonderBra's New Wave Seamless Pullover—will take you from meeting to midday yoga break. Removable foam cups provide extra support. \$52, wonderbra.ca.



Knix's wildly popular WingWoman Contour bra is built with extra coverage to prevent spillage—and is now available in five versatile nude hues to suit a wider range of skin tones. \$72, knix.ca.



COLOUR CRUSH

Jam session

With non-medical masks a mandatory accessory for the foreseeable future, try using fall's perennial favourite lipstick shade—berry—across your lids instead. Here, three ways to wear the trend, no matter your skill level.

1. EYE-OPENER

A swipe of burgundy mascara defines the lashes and adds a subtle pop of colour. Fenty Beauty Full Frontal Volume, Lift & Curl Mini Mascara in Mi\$\$\$ Merlot, \$17, sephora.com.



2. STROKE OF GENIUS

Swap your basic black liner for an eye-catching plummy hue. "Start with a thin line and build from there," suggests makeup artist Tracy Peart. Charlotte Tilbury Eye Colour Magic Liner Duo in Mesmerising Maroon, \$35, charlottetilbury.com.

3. SMOKE SHOW

A sheer wash of colour is an easy way to make bold berry-toned shadows part of your routine. From juicy raspberry to moody currant, anything goes. "It's all about the tools you use," says Peart, who recommends blending out harsh lines with a fluffy brush. L'Oréal Paris Colorqueen Oil Eyeshadow in Ruler, \$11, shoppersdrugmart.ca.

Oh, snap!

Barrettes and clips are back with a cozy new look: wrapped in plush fabrics, like velvet and shearling.



Teddy clip, \$8, horacejewelry.com. Braided barrette sets, \$35 each, aitorontoseoul.ca.