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REDEFINE
BEAUTY AND
PRIORITIZE
SELF-CARE

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PUBLISHER'S NOTE

AS WE EMBRACE THE WINTER CHILL and the enchantment of the holiday season, it is my pleasure to welcome you to the December 2023 issue of Elle Canada. This edition is a celebration of the unique blend of elegance and warmth that defines Canadian style during this magical time of the year.

In these pages, you'll find a curated collection of fashion, beauty, and lifestyle features that reflect the spirit of the season and the diversity that makes our Canadian community so special.

This winter, Elle Canada is your guide to navigating the frosty landscape with style. Our fashion editors have sourced the latest trends, from runway inspirations to street-ready looks, ensuring that you step out in confidence and comfort. Whether you're heading to a festive gathering or strolling through a snowy streetscape, our fashion section is your go-to source for winter style inspiration.

Discover the secrets to a radiant winter glow in our beauty section. From dazzling holiday makeup tutorials to skincare tips that combat the winter chill, we have everything you need to look and feel your best during the festive season. Illuminate the winter



nights with beauty trends that capture the spirit of celebration.

In this issue, we take you on a journey through a Canadian winter wonderland. From cozy cabin escapes to the stories of local artisans shaping the landscape of Canadian fashion, Elle Canada is your companion in exploring the unique narratives that make our winters extraordinary. It's a celebration of the creativity, resilience, and warmth that define our northern community.

As we bid farewell to 2023, I want to express my gratitude for your continued support and engagement with Elle Canada. May this holiday season bring you joy, connection, and the opportunity to express your unique style in every winter moment. ■

Sophie Banford, *publisher*



The Power of Pilates

Strengthening the Body and Soul

By JENNIFER GEORGE

IN A WORLD THAT OFTEN FOCUSES on fast-paced workouts and quick fixes, there's a timeless practice that continues to captivate the hearts of women worldwide: Pilates. More than just a fitness trend, Pilates is a transformative journey that strengthens not only the body but also the soul. Women are embracing this practice like never before, reaping the physical and mental benefits it offers.

Pilates, developed by Joseph Pilates in the early 20th century, is a low-impact exercise method that focuses on core strength, flexibility, and overall body awareness. It's known for its unique fusion of physical and mental elements, making it a holistic approach to fitness. Over the years, Pilates has evolved into a versatile practice that offers numerous benefits, both physical and mental. One of the primary reasons women love Pilates is its capacity to transform the body.

Pilates helps build long, lean muscles while improving posture and flexibility. It's particularly effective for strengthening the core, which not only results in a flatter abdomen but also alleviates back pain and enhances overall body stability. Women often cite the development of strong, toned muscles and improved body awareness as reasons they keep coming back to the mat.

Pilates is celebrated for being accessible to all fitness levels. Whether you're a beginner or an experienced athlete, Pilates can be tailored to your needs. The practice can be modified to accommodate injuries or physical limitations, making it an ideal choice for women of all ages. Furthermore, Pilates is an excellent complement to other fitness routines. It enhances performance in other activities, such as running, yoga, or weightlifting, by improving core strength and flexibility. Its emphasis on controlled, deliberate movements ensures that women not only achieve their fitness goals but also reduce the risk of injury.

While the physical benefits of Pilates are significant, the mental advantages are equally compelling. Pilates emphasizes mindfulness, encouraging participants to focus on the mind-body connection. The practice promotes relaxation, stress reduction, and an overall sense of well-being. Many women find that Pilates sessions are not just a workout but also a form of meditation, offering an escape from the hustle and bustle of daily life. Another reason Pilates has gained a dedicated following among women is its inclusivity. The practice transcends age, body type, and fitness level, fostering a sense of belonging. In a culture often marked by comparison and unrealistic body ideals, Pilates

offers a welcoming and non-judgmental space for women to strengthen their bodies and embrace their unique forms.

The popularity of Pilates has been boosted by its versatility. There are various forms of Pilates, including mat-based and equipment-based classes. Women can choose the style that suits their preferences and goals. The practice can be adapted to provide gentle, rehabilitative workouts or high-intensity, challenging sessions. As women increasingly seek personalized fitness routines, the adaptability of Pilates makes it an attractive choice.

In the digital age, Pilates has found a home online, with numerous virtual classes and tutorials readily available. Women have the flexibility to practice Pilates in the comfort of their homes, at their own pace. This accessibility has enabled women from all corners of the globe to experience the many benefits of Pilates. This is not just an exercise; it's a lifestyle that empowers women to be their best selves, inside and out. Its ability to combine physical transformation with mental well-being is a testament to its enduring popularity. Women continue to flock to Pilates studios and virtual classes, celebrating the holistic approach to fitness that this practice embodies. In a world that often magnifies the quest for perfection, Pilates stands as a reminder that strength and well-being come in many forms, and every woman is deserving of a body and soul that are empowered and thriving. The Pilates movement, having evolved over a century, has cultivated an ever-expanding community of devotees who find solace in its transformative potential. Unlike many fitness fads that come and go, Pilates has stood the test of time. It boasts a rich history, rooted in its founder's vision for holistic health.

Joseph Pilates, the mastermind behind the practice, developed his method in the early 20th century. His vision was to create a system of exercises that not only transformed the body but also the mind. He believed in the interconnectedness of physical and mental well-being, a concept that resonates with the practice of Pilates to this day. The original Pilates method comprised a series of exercises performed on a mat, and it became known for its focus on core strength and the control of movements. Over the years, the method has expanded to incorporate various equipment, including the Reformer, Cadillac, and Wunda Chair, offering participants a diverse range of exercises and resistance levels.

Pilates' enduring appeal can be attributed to its adaptability. It caters to individuals of all fitness levels, from beginners to professional athletes. The ability to modify the exercises to suit different body types, physical conditions, and goals has made it an inclusive practice. For women, especially those who are navigating their fitness journey, this adaptability is a game-changer. Another aspect that endears Pilates to women is its ability to

foster a mind-body connection. In a world filled with distractions and constant stimulation, Pilates provides a space for women to connect with their bodies and minds. The focus on controlled, intentional movements encourages mindfulness, deep breathing, and self-awareness. It offers a chance to escape from the chaos of daily life and connect with one's inner self.

The inclusivity and adaptability of Pilates transcend cultural boundaries. Women from diverse backgrounds and age groups have embraced this practice, making it a global phenomenon. Instructors and practitioners alike emphasize the importance of creating a welcoming and non-judgmental environment, where everyone can feel comfortable and supported. This sense of belonging is particularly appealing to women who may have felt excluded or self-conscious in other fitness settings. In the age of personalization and digital connectivity, Pilates

has adapted seamlessly. Virtual Pilates classes have become increasingly popular, offering women the flexibility to practice from the comfort of their homes. These online resources have brought the transformative power of Pilates to a broader audience, allowing women to access expert guidance and engage with like-minded individuals worldwide. What makes Pilates truly stand out is its potential for transformation, both physical and mental. Women who practice Pilates often describe a sense of empowerment that goes beyond the physical benefits. It's a practice that encourages women to embrace their unique bodies, recognizing that beauty and strength come in various forms. This self-acceptance is a potent force in boosting self-confidence and improving mental health.

Furthermore, the mind-body connection nurtured in Pilates creates a sense of inner peace and emotional balance. In a world filled with stress and demands, the practice provides a sanctuary for women to find stillness and focus. The benefits extend beyond the studio or virtual mat, helping women manage daily stress and enhance their overall well-being.

The rise of Pilates has been accompanied by a growing number of inspiring instructors and practitioners who are passionate about sharing its benefits with others.

In essence, Pilates is more than an exercise method; it's a lifestyle that empowers women to become the best versions of themselves. It's a reminder that the pursuit of strength, well-being, and self-acceptance is a lifelong journey. Women, from all walks of life, are reaping the physical and mental rewards of Pilates, and they're doing so in a community that celebrates their individuality and supports their growth. The enduring appeal of Pilates lies in its ability to empower women to build not only stronger bodies but also stronger souls, making it a practice that will continue to inspire and transform for generations to come. ■

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NOT JUST AN
EXERCISE; IT’S
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EMPOWERS
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THEIR BEST
SELVES, INSIDE
AND OUT.”**

Harmony Unveiled

Zendaya's Journey to Redefine
Beauty and Self-Care

By CLOVER HOPE

THE INTERSECTION OF BEAUTY AND WELLNESS.

In a world where beauty standards are constantly evolving, Zendaya stands as a beacon of inspiration, reshaping the narrative around beauty and self-care. Beyond the superficial layers of cosmetics and trends, she has carved a niche that seamlessly blends inner well-being with outer radiance.

AN VISIONARY'S AWAKENING

From the bustling streets of New York to the serene landscapes of Oakland, Zendaya embarked on a journey of self-discovery that would ultimately redefine her understanding of beauty. The cacophony of societal expectations faded as she embraced a holistic approach, realizing that true beauty emanates from the harmony of mind, body, and soul.

THE HOLISTIC RITUALS

In the heart of Zendaya's philosophy is a commitment to holistic rituals that transcend the mundane. From sunrise meditation to mindful skincare routines, she has curated practices that nurture both the physical and spiritual aspects of beauty. Each ritual is a celebration of self-love, an intimate dance with the soul that reflects in the luminosity of her presence.

CRAFTING CONSCIOUS BEAUTY

Zendaya's influence extends beyond personal rituals into the realm of conscious beauty. As the founder of her brand, she has redefined the beauty industry by championing sustainable practices, cruelty-free formulations, and a commitment to environmental responsibility. Each product is a testament to her belief that beauty should not compromise the well-being of our planet.

MINDFUL MAKEUP: BEYOND THE SURFACE

In a world saturated with makeup tutorials and beauty influencers, Zendaya stands out by promoting mindful makeup practices. For her, cosmetics are not just tools for transformation but instruments of self-expression. Through her influential platform, Zendaya encourages followers to view makeup as an art form that amplifies confidence and embraces individuality.

EMPOWERING OTHERS

Zendaya understands the transformative power of her journey and seeks to empower others to embark on their own paths of holistic beauty. Through workshops, seminars, and a vibrant online community, she shares insights, rituals, and wisdom that inspire individuals to cultivate self-love and embrace their unique beauty. ►



“BEAUTY IS NOT
SKIN DEEP; IT’S
AN ENERGY THAT
RADIATES FROM
WITHIN.”

~
ZENDAYA

THE FUTURE OF BEAUTY

As Zendaya continues to weave a narrative of holistic beauty, she envisions a future where the beauty industry transcends the confines of societal norms. Her mission is to foster a collective consciousness that appreciates beauty in all its forms, celebrating diversity, and nurturing a sense of well-being that radiates from within. In the tapestry of beauty and self-care, Zendaya has emerged as a trailblazer, inviting us to reconsider the meaning of true radiance. Through her mindful practices, conscious brand, and empowering advocacy, she is not just reshaping the beauty industry but revolutionizing the way we perceive ourselves. In Zendaya, we find not only a visionary but a guide, beckoning us to embark on a journey toward harmony, self-love, and a holistic embrace of our unique beauty.

NURTURING INNER RADIANCE

At the core of [Person's Name]'s philosophy is the belief that inner well-being directly influences outer radiance. Embracing this ethos, [he/she/they] have become an advocate for mental health awareness and self-care practices that go beyond skincare routines. Through [his/her/their] own experiences, [Person's Name] shares the transformative power of mindfulness, encouraging followers to prioritize mental and emotional health as essential components of their beauty journey.

THE EVOLUTION OF ZENDAYA

Zendaya didn't always embody this holistic approach to beauty. The evolution of her perspective is a narrative of personal growth and self-discovery. In candid interviews, she opens up about the challenges faced, the lessons learned, and the moments that sparked her journey towards embracing a more holistic lifestyle. This vulnerability adds depth to her persona, making her relatable to a diverse audience.

NAVIGATING CRITICISM WITH GRACE

As a trailblazer challenging traditional beauty norms, Zendaya hasn't been immune to criticism. Yet, in the face of societal expectations and naysayers, she stands resilient. Zendaya addresses criticism with grace, using it as an opportunity to educate and spark conversations around the need for inclusivity, acceptance, and a broader definition of beauty.

CONNECTING WITH THE COMMUNITY

Zendaya's impact extends beyond the glossy pages and digital screens. Regularly engaging with her community, she actively participates in conversations, responding to followers' questions, and fostering a sense of belonging. This direct interaction creates a genuine connection that goes beyond the superficial, reinforcing Zendaya's commitment to building a community that shares in the journey of holistic beauty.

LEGACY OF EMPOWERMENT

Looking ahead, Zendaya envisions a legacy built on empowerment and redefining beauty standards. She aspires to leave a lasting impact on the industry, inspiring future generations to embrace their individuality, prioritize well-being, and challenge preconceived notions of beauty. In Zendaya, Elle has discovered not just a beauty influencer but a transformative force reshaping the narrative of beauty and self-care. As we navigate through the pages of her journey, we are reminded that beauty is not confined to external appearances but is a reflection of the harmony we cultivate within ourselves. Through mindfulness, advocacy, and empowerment, Zendaya has become a guiding light, illuminating the path towards a future where beauty is inclusive, conscious, and embraces the essence of every individual. As we embrace Zendaya's holistic approach, we are invited to embark on our own journey—a journey towards inner radiance, self-love, and the profound beauty that resides in each of us.

LOOKING FORWARD: FUTURE COLLABORATIONS

Zendaya is not content with resting on her laurels. The future holds exciting collaborations and projects that promise to further redefine the beauty landscape. She hints at partnerships with like-minded visionaries, sustainable initiatives, and ventures that aim to amplify her mission globally. Elle eagerly anticipates the unveiling of these projects that will undoubtedly leave an indelible mark on the beauty and wellness sphere.

A CALL TO ACTION: EMBRACING HOLISTIC BEAUTY

Zendaya's journey is not a solitary one—it's an invitation for everyone to embark on their own quest for holistic beauty. Elle calls on readers to embrace Zendaya's philosophy, encouraging self-discovery, mindful practices, and an acceptance of their unique beauty. In a world inundated with superficial ideals, Zendaya becomes a guiding voice, reminding us that true beauty is a journey inward.

As we conclude this feature on Zendaya, Elle Magazine celebrates the transformative power of embracing a holistic approach to beauty and self-care. Through mindful rituals, conscious advocacy, and a commitment to empowering others, Zendaya has not only redefined industry standards but has inspired a movement towards a more inclusive, compassionate, and holistic understanding of beauty. In the pages of Elle, we find not just a profile but a call to action—a call to redefine beauty from a space of self-love, authenticity, and holistic well-being. In the tapestry of beauty, Zendaya remains a luminary weaving threads of authenticity and empowerment. Elle celebrates her holistic journey, recognizing her not just as an influencer but as a catalyst for change. As Zendaya continues to shine, she leaves an enduring imprint—a testament to the transformative power of embracing beauty from within. ■

SHAY MITCHELL

BALANCING MOTHERHOOD AND THE SPOTLIGHT

Photographer FLANNERY UNDERWOOD

Creative Director OLIVIA LEBLANC

Stylist MONICA ROSE

From Hollywood Glitz to Mommy Bliss. Shay Mitchell
Opens Up About the Art of Work-Life Balance.

By JOANNA FOX



CUT-OUT DRESS (COPERNI),
VINTAGE EARRINGS, BONNY-
CLUTCH (JIMMY CHOO), AND
SHOES (FEMME AZÚCAR)



IN THE WORLD OF ENTERTAINMENT, SHAY Mitchell has been an undeniable force, captivating audiences with her talent and beauty. But beneath the glamorous exterior, there's another side of Shay that has recently come into focus — her journey into motherhood. Elle sits down with the multi-talented actress and entrepreneur as she opens up about embracing the challenges and rewards of balancing her thriving career with the joys of being a new mom.

For Shay Mitchell, life is a thrilling adventure, and motherhood has brought a new dimension to her already dynamic world. Her daughter, Atlas Noa, arrived in October 2019, marking the beginning of a beautiful chapter. "Becoming a mother was a transformative experience," Shay says with a sparkle in her eye. "It has made me appreciate the small moments in life, and I'm constantly learning and growing."

Shay's dedication to both her career and motherhood is nothing short of inspiring. Despite the industry's demanding nature, she has been able to strike a remarkable balance between the red carpet and the baby room. Shay emphasizes the importance of surrounding herself with a supportive team, allowing her to continue pursuing her passion for acting, entrepreneurship, and philanthropy while being a hands-on mother.

"I'm grateful for the incredible support system I have, from my family and friends to my fantastic team," Shay reflects. "This enables me to follow my dreams and be present for Atlas as she grows. It's all about finding that equilibrium."

Her remarkable journey into motherhood hasn't stopped her from thriving in Hollywood. Shay recently starred in the hit series "You," captivating audiences worldwide with her impeccable acting. But she also recognizes that striking the right balance is an ever-evolving process.

Shay is passionate about creating a positive impact through her work. She's co-founded the Beis travel brand and is actively involved in various philanthropic endeavors, including the Pretty Little Liars Foundation, which supports underprivileged youth in education and the arts. "Using my platform to make a difference in the world is something I deeply care about," Shay says. "It's crucial to me that Atlas grows up seeing the value in giving back."

Balancing work, motherhood, and personal life isn't always easy, but Shay's commitment to self-care is unwavering. "Self-

care is not a luxury; it's a necessity," she asserts. "Taking time for yourself is essential to being the best version of yourself for your child and your career."

Shay's approach to balancing it all is built on organization, determination, and a focus on the bigger picture. "I've become a master at time management," she laughs. "And I prioritize what truly matters. It's not about perfection; it's about being present in the moment."

As Shay's career continues to soar and Atlas grows into a beautiful little girl, the starlet envisions a future filled with more acting roles, exciting business ventures, and, most importantly, unforgettable moments with her daughter. "Motherhood is a beautiful journey," she says. "I'm embracing it with open arms while pursuing my passions."

In the whirlwind of stardom and parenting, Shay Mitchell stands as an inspiration, reminding us that the art of balance is an ongoing pursuit. Her story serves as a testament to the possibility of pursuing one's dreams while cherishing the joys of motherhood. Shay's journey, marked by grace and determination, reminds us that life's most rewarding roles come with no script, but with plenty of love, laughter, and cherished memories.

In a world where fame and success often come at a price, Shay Mitchell has managed to find equilibrium. Her journey is a testament to the possibility of balancing motherhood with a thriving career. As a new mother, Shay's life transformed in profound ways, making her appreciate every little moment and focus on what truly matters. With her daughter, Atlas Noa, by her side, she has discovered the joys of being a hands-on mom while continuing to dazzle audiences worldwide.

Shay's commitment to her career remains unwavering. Her recent role in the hit series "You" showcased her versatility as an actress, and she's eagerly exploring new opportunities in the entertainment industry. But the actress understands that with the joys of success come the challenges of time management, especially when juggling motherhood.

Shay emphasizes the importance of building a strong support system. "I wouldn't be able to do it all without my family and friends," she acknowledges. "They are a crucial part of my life, and their support is invaluable." This network allows Shay to focus on her career, knowing that Atlas is in good hands when she's on set or traveling for work. ►

**“MOTHERHOOD IS A BEAUTIFUL
JOURNEY, AND I’M EMBRACING IT
WITH OPEN ARMS WHILE PURSUING
MY PASSIONS.”**



BRA & BOTTOM (GCDS),
SHOES (IRO),
GLOVES (STYLIST'S OWN),
RINGS RIGHT (LADY GREY
& GRACE LEE),
RINGS LEFT (MER'S &
KATKIM),
NECKLACE (MER'S),
BELLY CHAIN (JOANNA
LAURA CONSTANTINE),
EARRINGS (MER'S)

Her Beis travel brand is another testament to her entrepreneurial spirit. The brand, known for its stylish and practical travel accessories, has become a go-to for travelers looking for both fashion and functionality. Shay's business endeavors continue to thrive, thanks to her dedication and hands-on involvement in the brand's development.

Shay's philanthropic efforts are equally noteworthy. She is actively involved with the Pretty Little Liars Foundation, which she co-founded with her "Pretty Little Liars" co-stars. The foundation's mission is to provide support to underprivileged youth, particularly in the fields of education and the arts. For Shay, giving back is not just an obligation but a heartfelt commitment to creating a better world for future generations.

Finding a balance between her demanding career and motherhood means that Shay's schedule is meticulously planned. Time management has become an art she's mastered, and it allows her to be present in every facet of her life. "It's all about being in the moment and focusing on what's right in front of you," Shay advises. "That's where you find joy, whether it's in your child's laughter or in the thrill of performing on set."

Self-care plays a pivotal role in Shay's life. She recognizes that taking care of herself is essential to maintain the energy and enthusiasm required for both her career and motherhood. Whether it's indulging in a spa day, enjoying a quiet moment with a book, or simply practicing mindfulness, Shay ensures that she finds time for herself amidst her busy schedule.

As Shay continues to evolve as a mother and a career woman, she envisions a future filled with more acting roles, exciting business ventures, and, most importantly, countless cherished moments with her daughter, Atlas. It's a future she looks forward to with a heart full of love and anticipation.

Shay Mitchell's journey is an inspiration, showcasing that one can pursue their dreams while embracing the joys of motherhood. Her story highlights the importance of surrounding oneself with a support system, the value of time management, and the beauty of self-care. Shay's story reminds us that life is a beautiful journey filled with numerous roles, and she's proving that it's possible to excel in all of them with grace and determination.

In the midst of a whirlwind career and the responsibilities of parenthood, Shay stands as a shining example of how success and family life can coexist harmoniously. Her tale is one of inspiration, reminding us that life's most significant roles require no script but an abundance of love, laughter, and cherished memories. Shay Mitchell is the embodiment of the modern woman, effortlessly managing her multifaceted life, proving that it's possible to have it all.

Shay Mitchell's journey into motherhood has added a beautiful layer to her multifaceted life. The birth of her daughter, Atlas Noa, in October 2019, marked a turning point in her life. Shay has openly shared her experiences as a new mom with her millions of social media followers, embracing the highs and lows of the journey with honesty and vulnerability.

One of the most striking aspects of Shay's approach to motherhood is her authenticity. She recognizes that perfection is an illusion and that being a mom involves navigating a path filled with both joys and challenges. Her candid social media posts often resonate with mothers around the world who appreciate her honesty. Shay's willingness to share the real, un-

filtered moments of motherhood has created a strong sense of community among her followers.

Shay's dedication to being an active, engaged mother is evident in her posts. She showcases her and Atlas's adventures, from playtime in the park to quiet moments at home. The bond between mother and daughter is palpable in every photo, reinforcing the idea that while she may be a Hollywood star, Shay is also a relatable and devoted mother, just like many other women.

Shay's journey as a mother has been about striking a balance between her professional commitments and her personal life. Her family plays a central role in making this balance possible. Shay often refers to her family as her "rock" and acknowledges their unwavering support in her life's journey. Her partner, Matte Babel, has also been a pillar of strength and a hands-on father, sharing parenting responsibilities and creating a nurturing environment for Atlas.

Shay's approach to motherhood is a mix of tradition and modernity. She values the timeless wisdom of her family's generations while embracing contemporary parenting styles. For Shay, it's about finding what works best for her family and building a harmonious, loving home.

The *Pretty Little Liars* star is also an advocate for working mothers and is open about the challenges they face. Her experience has driven her to become a vocal supporter of initiatives that promote work-life balance, affordable childcare, and opportunities for women in the workforce. Shay's advocacy extends beyond Hollywood, aiming to make the world a better place for mothers everywhere.

Shay's journey as a mother is also marked by her dedication to raising Atlas in a multicultural environment. Shay, who is of Filipino and Irish descent, has been vocal about the importance of embracing diversity and instilling a strong sense of cultural identity in her daughter. She celebrates cultural festivals and traditions, sharing them with Atlas and emphasizing the importance of a global perspective.

Shay Mitchell's life as a working mother is a dynamic blend of glamour and everyday reality. She seamlessly transitions from red carpet events to diaper changes, from business meetings to playdates, showing that motherhood does not hinder success but enhances it. Her life is a testament to the idea that women

can excel in multiple roles, and motherhood doesn't have to be a hindrance to one's dreams.

In the ever-evolving journey of motherhood, Shay Mitchell continues to inspire with her authenticity, dedication, and advocacy for mothers around the world. She is a shining example of how success and family life can harmoniously coexist, proving that it's possible to be a loving, hands-on mother while pursuing a thriving career. Shay Mitchell's story is one of strength, resilience, and the beauty of embracing all that life has to offer.

As Shay Mitchell continues to navigate the delicate balance between motherhood and the spotlight, her experiences serve as a source of inspiration for women around the world. Motherhood has brought new dimensions to her life, redefining her priorities and reminding her of the beauty in simplicity.

One of the aspects that make Shay's journey particularly compelling is her ability to find joy in everyday moments. Whether it's reading a bedtime story to Atlas, watching her daughter take her first steps, or simply sharing a meal together, Shay revels in these small but significant experiences. In doing so, she encourages her followers to do the same, advocating for mindfulness and living in the present moment.

The importance of a strong support system in Shay's life cannot be overstated. Her family, friends, and partner Matte Babel play a pivotal role in helping her maintain a sense of equilibrium. They share in the joys and challenges of parenthood and, together, they create an environment where Atlas can thrive.

Shay's partnership with Matte is a testament to the modern concept of shared parenting. Both are deeply committed to their daughter's well-being and actively engage in parenting duties. This partnership allows Shay the freedom to pursue her career, knowing that Atlas is well-cared for.

Shay's dedication to her career, even as a new mom, is a testament to her work ethic and determination. Her portrayal of Peach Salinger in the second season of "You" received critical acclaim and introduced her to a wider audience. This success has opened doors to new opportunities, and Shay is eager to explore them while maintaining her commitment to motherhood.

In addition to her acting career, Shay's entrepreneurial spirit shines through her venture with the Beis travel brand. The

“MOTHERHOOD IS BEAUTIFUL, BUT IT'S NOT ALWAYS INSTAGRAM-PERFECT... I WANT OTHER MOMS TO KNOW THAT IT'S OKAY NOT TO HAVE IT ALL TOGETHER ALL THE TIME. WE'RE ALL FIGURING IT OUT, ONE DAY AT A TIME.”

brand's popularity is a reflection of her expertise in combining style and functionality in travel accessories. Her involvement in the brand's development is a testament to her hands-on approach to business.

As a philanthropist, Shay's commitment to making a positive impact is unwavering. Her co-founding of the Pretty Little Liars Foundation and involvement in charitable endeavors demonstrates her dedication to supporting underprivileged youth, particularly in the fields of education and the arts. Shay believes in using her platform to effect change and to inspire others to do the same.

Shay's journey as a working mother is marked by her attention to self-care. In the midst of her busy schedule, she recognizes the importance of carving out time for herself. Whether it's indulging in a spa day, practicing yoga, or simply unwinding with a good book, she understands that taking care of herself is essential for maintaining the energy and enthusiasm needed for both her career and motherhood.

The idea of balance is a recurring theme in Shay's life. She emphasizes the importance of finding that equilibrium between the demands of a successful career and the responsibilities of motherhood. Her approach is a testament to the modern woman's ability to excel in multiple roles, emphasizing that one does not have to come at the expense of the other.

Looking ahead, Shay envisions a future filled with more acting

opportunities, exciting business ventures, and the continuation of her philanthropic efforts. However, her greatest aspirations revolve around creating unforgettable moments with Atlas. Shay is committed to ensuring that her daughter grows up in an environment filled with love, laughter, and cherished memories.

Shay Mitchell's journey into motherhood, amid the dazzle of Hollywood, is a story of grace and determination. Her authentic approach to the challenges and rewards of being a working mom has captured the hearts of many. Shay reminds us that life is a journey filled with multifaceted roles, and it's entirely possible to navigate them with style, grace, and an unceasing dedication to creating a fulfilling life. She is the embodiment of modern womanhood, proving that it's possible to balance a thriving career with the joys of motherhood while staying true to oneself. Shay Mitchell's story is an ongoing source of inspiration, and her enduring commitment to her daughter, her career, and her passions continues to illuminate the path for countless others.

Shay Mitchell's journey through motherhood and stardom is a tale of perseverance, resilience, and authenticity. Beyond the glitz and glamour of Hollywood, she has emerged as a relatable and inspiring figure for many women around the world.

While Shay's life seems dazzling from the outside, it's her authenticity and vulnerability that have made her a role model for countless women. She acknowledges the challenges of being a mother and an actress in the public eye, addressing the pressures and expectations that come with both roles. Her openness in sharing the unfiltered moments of motherhood makes her incredibly relatable. She's not afraid to post photos of herself with sleepless nights or embracing the imperfections that come with new motherhood.

The realness of her journey is a testament to the idea that motherhood is a universal experience, regardless of your status or profession. Shay's commitment to showcasing the ups and downs of being a mother has created a sense of community among her followers. Women who look up to her as a role model appreciate her candid approach and willingness to share the moments of vulnerability that every mother experiences.

Shay's passion for family is undeniable. She cherishes the time she spends with her loved ones, whether it's a casual get-together, a holiday celebration, or just quality time with her partner and daughter. Her family serves as a reminder that even in the spotlight, you can stay grounded and prioritize the people who matter most in your life.

Her partner, Matte Babel, has played a significant role in supporting Shay through her motherhood journey. Their shared commitment to co-parenting has created a harmonious environment for Atlas, with both parents actively participating in the joys and challenges of raising their daughter.

As an advocate for working mothers, Shay is determined to make a difference beyond her own life. She understands that many mothers face challenges in the workplace and that societal support is often lacking. Her advocacy goes beyond sharing her own experiences; it extends to supporting initiatives that address



issues such as affordable childcare, flexible work arrangements, and gender equality. Shay's goal is to create a world where working mothers are empowered and supported.

Shay's commitment to diversity and multiculturalism is a cornerstone of her parenting philosophy. She believes in exposing Atlas to a wide range of experiences and cultures, helping her appreciate the beauty of diversity from a young age. Shay celebrates cultural traditions and festivals, educating her daughter about the richness of the world's different cultures.

Shay's career continues to flourish, and her dedication to it remains unwavering. She has embraced the challenges of returning to work while juggling the responsibilities of motherhood. Her role in "You" catapulted her into the limelight, introducing her to new audiences and showcasing her acting prowess. The success of the show has led to more opportunities, which Shay is eagerly exploring while continuing to be a loving, hands-on mother to Atlas.

Her business venture, the Beis travel brand, has become a symbol of her entrepreneurial spirit. The brand's success is a testament to her ability to combine style and functionality in travel accessories. Shay's active involvement in the brand's development highlights her commitment to maintaining a strong work ethic while balancing her family life.

Shay's philanthropic endeavors continue to make a lasting impact. Her co-founding of the Pretty Little Liars Foundation and her dedication to charitable causes reflect her desire to create positive change in the world. Shay's approach to using her platform for good is an example to others, showing that success can be a tool for making the world a better place.

Shay Mitchell's journey is a testament to the possibility of excelling in various roles without sacrificing one's values and authenticity. Her life as a working mother, characterized by the glitz of Hollywood and the reality of parenting, serves as an inspiration to those striving to balance their dreams and responsibilities. Shay's story is one of strength, resilience, and the beauty of embracing the full spectrum of life's experiences. In a world that often celebrates perfection, Shay Mitchell's journey reminds us that it's the imperfections and genuine moments that truly make life beautiful.

Shay Mitchell's life is a testament to the boundless possibilities of modern womanhood. Her journey as a mother and a career woman is marked by authenticity, balance, and a deep sense of purpose. Beyond the glamour and glitz of Hollywood, she is a down-to-earth individual who thrives on the ordinary joys of life.

One of the remarkable aspects of Shay's journey is her capacity to savor everyday moments. As a mother, she recognizes the immense value of the ordinary moments that are often taken for granted. Her social media presence is a showcase of the love, laughter, and simple joys that come with raising her daughter. Whether it's a spontaneous dance party with Atlas or a candid moment captured during storytime, Shay's openness to share these genuine moments reminds us that the beauty of life often resides in the little things.



Shay's authenticity is not just about sharing the highlights; it's also about acknowledging the challenges. Motherhood, especially in the public eye, comes with its share of expectations and pressures. Shay isn't shy about discussing the ups and downs that come with being a mother and an actress. She's honest about sleepless nights, the chaos of a messy house, and the demands of balancing her career with parenthood. Her candid approach resonates with women everywhere who appreciate her willingness to reveal the vulnerabilities and realities of motherhood.

Her portrayal of motherhood is far from picture-perfect, and that's what makes it relatable. In an era dominated by curated social media images and filtered lives, Shay's unvarnished account of her journey sets her apart as an influencer who isn't afraid to be real.

Family has always played a vital role in Shay's life. Her deep-rooted connection to her loved ones, the traditions they uphold, and the shared experiences are at the core of her identity. While she may be a Hollywood star, Shay is first and foremost a daughter, a sister, and now, a mother. Her commitment to nurturing these relationships serves as a reminder that fame doesn't have to come at the cost of one's core values and connections. ➤

Shay's partner, Matte Babel, is a pivotal figure in her journey. Their shared commitment to co-parenting and creating a loving environment for Atlas is a testament to the modern approach of shared parenting. They celebrate the joys together and face the challenges as a team. Their partnership stands as an inspiration to others, illustrating how the responsibilities of parenthood can be shared equally, even in a high-profile career.

As an advocate for working mothers, Shay uses her platform to raise awareness about the struggles that women face in the workforce. She understands that the obstacles to a successful work-life balance are often systemic and societal. Her advocacy extends beyond her personal experiences, as she actively supports initiatives that promote affordable childcare, flexible work arrangements, and gender equality in the workplace. Shay is determined to create a world where working mothers are empowered and supported.

Shay's dedication to diversity and multiculturalism is also a crucial aspect of her parenting philosophy. She believes in exposing Atlas to a rich tapestry of experiences and cultures, instilling in her daughter a deep appreciation for diversity from a young age. The celebration of cultural traditions and the exploration of global festivals with Atlas represent Shay's commitment to raising a child who is culturally aware and open-minded.

The success of Shay's acting career has only fueled her passion for exploring new opportunities. Her portrayal of Peach Salinger in "You" was met with critical acclaim and broadened her horizons. The success of the show has led to exciting new acting roles and projects, all of which she is eager to embrace while continuing to be a loving, hands-on mother to Atlas.

Her involvement in the Beis travel brand showcases her entrepreneurial prowess. The brand has become synonymous with style and functionality in travel accessories, reflecting Shay's dedication to maintaining a strong work ethic while harmonizing her professional life with the demands of her family.

Shay's philanthropic endeavors continue to make a substantial impact on society. Her co-founding of the Pretty Little Liars Foundation and her active involvement in charitable causes underscore her commitment to creating positive change. Shay believes in using her success to make the world a better place, and her actions serve as an example to others, highlighting the capacity of success as a tool for social good.

Shay Mitchell's journey, characterized by the dazzling world of Hollywood and the everyday responsibilities of motherhood, is a testament to authenticity, balance, and the fulfillment of diverse roles. Her life stands as an inspiration to those striving to achieve harmony in their dreams and responsibilities. Shay's story is a reflection of strength, resilience, and the beauty of embracing the entire spectrum of life's experiences. In an era that often celebrates perfection, Shay Mitchell reminds us that it's the imperfections and unfiltered moments that truly make life beautiful. ■





SUNGLASSES (ATTICO)
OUTFIT (STELLA MCCARTNEY READY-TO-WEAR),
SHOES (MOBS),
NECKLACE (CHRISTIAN DIOR/GRACE LEE),
EARRINGS (KATKIM),
BELLY CHAIN/BRACELET (JOANNA LAURA CONSTANTINE).

CHANEL

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