

VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITA DAILY - DECEMBER 2016



GIFTS *for*
Him, Her & You!

Hot Springs, Horseback Riding
& Holiday *Magic* in Iceland

GRETA CONSTANTINE
Debuts *in* VanCity

The City's MOST
Buzz-Worthy Christmas Events

BEST IN CLASS

KELSEY KLASSEN'S PICKS OF THE MONTH.



LONG LIVE THE QUEEN

We have more than just a passing fascination with the monarchy here at VITA, so you can imagine our delight when we discovered that Netflix had thrown fiscal prudence out the window to make an original series about the ascension of young Queen Elizabeth II, and all the family drama that came with it. If you don't watch it for the dirty laundry, watch it for the costumes: Netflix spent roughly \$37,000 creating an exact replica of the Queen's 1947 wedding dress (right down to the 10,000 seed pearls patterning the gown). Top that with a reported \$130 million budget, and *The Crown* is primed to take the binge-watching throne this Christmas. Netflix.com

CLAIRE FOY STARS IN THE CROWN. PHOTO: NETFLIX

HOLIDAY GLOW

If Christmas is about spending time with loved ones, why does it feel so busy? Save time while still treating yourself to some much needed winter skin R&R with the newly launched **Glow Room by Project Skin MD**. Designed to be an express, medical-grade facial service for Vancouverites on the go, the South Granville skin care centre has outdone themselves. From the lavish, four-chair Peel Bar that can be shared with friends (hello, bachelorette parties), to the new private room for some blissed out MAX+ LED light therapy (it's how Michelle Obama gets her glow), you can be in and out in about 25 minutes and still feel like you spent a day at the spa. *Treatments from \$85 at Projectskinmd.com*



WEEKDAYS DECEMBER 1-16

12 days of HOLIDAY GIVEAWAYS



WIN these HOLIDAY MUST-HAVES!

(AND MORE)

AT VITADAILY.CA/CONTESTS

WINTER SIPS

Reflections—one of the city's favourite summer patio spaces—has gotten into the festive spirit with the launch of its first ever **Garden Terrace winter pop-up**. From its stately courtyard on the fourth floor of the Rosewood Hotel Georgia, the chic outdoor space has been transformed into an idyllic winter wonderland, complete with twinkling trees, posies of mistletoe and cosy holiday décor. The menu will reflect the season (pun intended), with festive additions ranging from Braised Beef Cheek Croustillants to Georgia Cheese Fondue. Meanwhile, Christmas-inspired cocktails like the rum- and eggnog-forward Little Helper will be warming spirits all month long from the elegant al fresco bar. *Open now until Dec. 30 (4pm to 10pm, daily), 801 West Georgia St., Rosewoodhotels.com*



I



editor's letter

It's finally safe to say it: Happy holidays! In this issue, we're picturing sugar plum fairies spreading bling and sparkle as they dance in our heads. We celebrate all that glitters with our dream holiday **gift guide** (page 4). We also chat with the creative minds behind Canadian label **Greta Constantine** about holiday haute couture (page 5), and round up some exciting new ways to celebrate Christmas in Vancouver, from the **world's largest light maze** (page 10), to cocktails at the inaugural **Reflections winter pop-up** (this page). Meanwhile, we embrace the Danish concept of living simply and bring some "hygge" into the home (page 6), and then make a stopover in **Iceland**—2017's top travel destination—for a fresh winter visitor's guide to Reykjavik (page 8). But we are also mindful to put all those plans and wishlists on pause, and prioritize time with loved ones. I plan to take my eight-year-old niece to see her first production of *The Nutcracker*, and force my husband to see his fourth or fifth. I hope your Christmas season is full of equally memorable family moments. All the best for 2017!

Kelsey Klassen
EDITOR-IN-CHIEF

@KELSEYKLASSEN @KELSEY.KLASSEN

What would you like to see featured in VITA?
Contact us: info@vitamindaily.com
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PHOTO: LOU LOU CHILDS

VITA

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Hot Shops

MEET VANCOUVER'S NEWEST RETAILERS.



MOISSONNIER

From launching on a foggy day in 1885 *en France*, French master cabinetmaker, **Moissonnier** is now expanding its timeless style globally to Shanghai, Chengdu, and now, Vancouver. The 3,000-square-foot Yaletown space is North America's first Moissonnier showroom, featuring the brand's iconic commodes—wide-set, fairytale-like cabinets with scalloped edges and cabriole legs straight outta *Beauty and the Beast*. Like a good meal, the main event will be complemented by a series of sweet finishings: Venetian chandeliers by Arte Veneziana, Bernardaud fine porcelain, and a collection of luxury lifestyle Assouline tabletop books. Peek into the Moissonnier lifestyle with the showroom's six revolving vignettes, including a "winter garden" and a library/studio for design consultation. Carve out your own style with Moissonnier's idiosyncratic and fantasy-fueled 19th century furniture. **1028 Mainland St., 604-728-8081. Moissonnier.ca**

MIRANDA SAM



TWG TEA SALON & BOUTIQUE

These days, tea tailors are almost as ubiquitous in Vancouver as coffee shops. So why does the eight-year-old Singaporean brand TWG think we need another one? Because this place is huge and swanky. Forget supping your brew at a simple bar. North America's first TWG Tea Salon & Boutique (and the world's 56th) is 3,000 square feet, with a tea salon that serves a full menu of savouries and sweets to up to 50 diners. There's also a retail boutique and patisserie

counter made of antique brass. The shop offers more than 500 teas from every tea-producing region of the world, plus limited edition and seasonal blends. And the décor is as grand as the menu—dark, rich woods, brass and marble, with a wall of teas, glittering floor lamps and ornate mirrors. We've got our best pinky-out poses prepped already. **1070 West Georgia St., 604-985-5844. Twtgtea.com**

AILEEN LALOR



RITUALS OF LOVE BRIDAL

While many of us are heading into holiday shopping mode, those with spring and summer weddings are dreaming of guest lists, flowers and of course, The Dress. Enter Vancouver's newly opened Gastown boutique. With its distressed brick walls, hard wood floors and rows upon rows of luxe boho-chic gowns and accessories, the showroom is the epitome of romance and full of options for those looking for a gown that will reflect their personal style "only amplified in the most luxurious way," says owner Samantha Hallaran. Along with bridal looks from Bo & Luca, Unbridled by Dan Jones and Something Blue, **Rituals of Love** also has everything you need for a sexy honeymoon—think slinky dresses, lingerie and bathing suits from designers like For Love & Lemons. It's safe to say we're smitten.

By appointment only at 216-309 West Cordova St., 604-974-5800. Ritualsoflovebridal.com

ALEXANDER HARRIS

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A Rose So Green 1/1



PRECIOUS BUDS
There's nothing quite as sweet as this pair of pearl drop earrings enclosed by petals of encrusted gold and diamonds from Palladio jewellers. *Price upon request at Palladio. 855 West Hastings St., 604-685-3885. Palladiocanada.com*

the sugar PLUM gift guide



CANDY COUNTER
With Kate Spade's Rose Gold Glitter Scallop Activity Tracker on their wrist, they'll achieve all their post-holiday fitness goals. *\$131 at Kate Spade New York, Pacific Centre. 609 Granville St., 604-699-9106. Katespade.com*

FROM SPARKLY MULES TO FROU FROU GOWNS, THESE 11 GLITTERY GIFTS ARE SURE TO BE DANCING IN THEIR HEADS THE NIGHT BEFORE CHRISTMAS.

BY JACQUELINE RANIT



GOLD, FRANKINCENSE, AND MYRRH
With notes of rose and geranium leaf, this limited edition My Burberry Festive fragrance has golden flakes that will leave their skin aglow. *\$138 at Sephora.com*



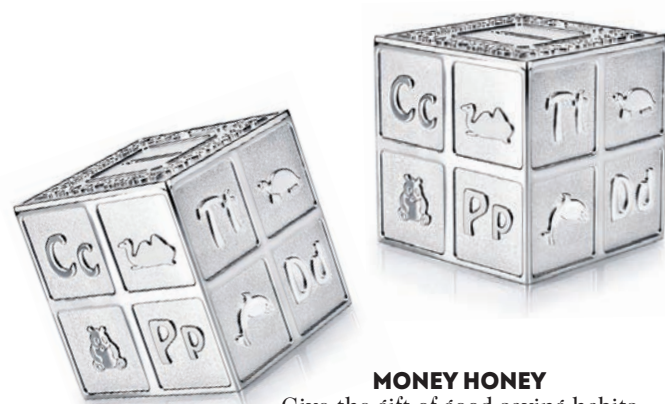
GILDED GENTLEMAN
Three carats of diamond dust captured in a set of glass, these Tateossian cufflinks are the perfect gift for the guy who has everything. *\$325 at Holt Renfrew. 737 Dunsmuir St., 604-681-3121. Holtrenfrew.com*



LIP SERVICE
Add a pop of colour to her dark winter days with Charlotte Tilbury's limited-edition Matte Revolution The Queen lipstick, a stunning cerise inspired by the colour worn by Elizabeth II herself. *\$38 at Charlottetilbury.com*



TWINKLE TOES
Marilyn Monroe was likely wearing a pair of mules like these crystal-embellished satin and shearling beauties from Miu Miu when she first sang "Santa Baby". *\$1,342 at Nordstrom. 799 Robson St., 604-699-2100.*



MONEY HONEY
Give the gift of good saving habits (and a beautifully adorned kids' bedroom) with Birks' silver-plated Cubic Coin Bank featuring adorable alphabet and animal shape patterns. *\$125 at Birks. 698 West Hastings St., 604-669-3333. Maisonbirks.com*



CREAMY CONFECTIONS
Layers upon layers of buttery gold tulle on this Marchesa stunner are a nod to fairy tales of Christmas past (and present). *Marchesa.com*



SHIMMERY VISIONS
Cascades of pink ruffles and gilded embroidery seduce like a tower of Christmas sweets on this Marchesa dream. *Marchesa.com*



DULCET DARLING
This floor-length cotton candy tulle gown by Monique Lhuillier features heart-shaped sequins and a sweetheart neckline. *Moniquellhuillier.com*



ENCHANTED WARDROBE
Never short on romance, Zuhair Murad's F/W 16/17 couture is teeming with sequined wonders that continue to leave us spellbound. *Zuhairmurad.com*

Greta the Great

THE DUO BEHIND FAMED CANADIAN LABEL GRETA CONSTANTINE REVELS IN THE FABULOUSNESS OF THEIR MOST RECENT COLLECTION.

BY ALEXANDER HARRIS

A

After 10 years of building a brand in Canada's fashion capital what's a design team to do? Head West of course. Lucky for us Vancouverites, in early October Kirk Pickersgill and Stephen Wong were on hand to present their stunning F/W 16/17 ready-to-wear and Paris editorial collections at a trunk show at Gastown's Wardrobe Apparel. Famous for creating accessible and luxurious works of art for the modern woman, their most recent lines are all about the glitz and glam of a ladies' night out. We sat down with the stylish pair to talk celebs, beauty tips and what they're wearing to their holiday parties.

Tell us about the inspo behind the FW 16/17 and Paris collections.

Kirk: For the Paris editorial collection we created a squad of girls based on our prom theme and a fun collection of party wear. There are a lot of references from the '60s and '70s, from David Bowie to Pat Benatar. It's a mashup of glamour. **Stephen:** It's based on a group of girls who love going out, who want a reason to dress up and feel like a million dollars.



What sets this collection apart from your other lines?

Kirk: We use a lot of the same fabrics and materials over the seasons but when it came to this Paris editorial collection, we had the chance to work with sequin, lamé, tulle and feathers. Kind of sounds like Vegas.

You've dressed the likes of Angelina Jolie, Jennifer Hudson and Nelly Furtado. Which celebs do you have a soft spot for?



Kirk: Olivia Wilde I think was one of the most interesting. She was eight months pregnant which was a bit of a challenge at the time. She was just supposed to come for a fitting and she ended up spending two and a half hours there. That whole process of her choosing a dress, making the dress specifically for her, trying on the dress and then when she actually wore the product, what happened afterward and the whole reaction to it is what makes it special.

What are you wearing to holiday parties this season?

Kirk: I've decided to wear a black turtleneck with black pants as my core look under a playful second layer, whether it be a jacket, coat or shawl.

In particular, there is a killer cocoon coat from the collection that I've made in a number of different colourways, textures and weights. For spring, we also produced these incredible varsity bombers, borrowed from the archives of our menswear line, using textured, novelty fabrications of the season. Thrown over my shoulders, the look is complete!

Stephen: For the holiday party season, I think it's key to be adventurous with colour. Bold, fun and joyful tones that will make you stand out and shine—sequins optional!

What style/beauty tips would you give our readers who want to light up a room at holiday parties?

Kirk: Wear something that glitters, but doesn't steal the attention from you! As for beauty, remember to keep your skin glowing by never forgetting to moisturize. And above all, always smell great. Nothing lights up a room more than a person who smells delicious!

Stephen: Try new things. Whether it's a new silhouette, embracing a new hairstyle, or piling on the accessories, the holiday season is the perfect time for more!

What are you gifting (and getting from) your loved ones this holiday season?

Kirk: This year I'll be giving fragrances. I'm obsessed with different scents because they define who the individual is, even long after one leaves the room! As for me, I'm happy with anything as long as it's not a gift card!

Stephen: When giving, I try to consider a gift that someone would appreciate but wouldn't usually buy for themselves.

For a list of retailers that carry Greta Constantine visit Gretaconstantine.com



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A Very Hygge Holiday

CHANNEL DENMARK'S HOMEY MINIMALIST DÉCOR TREND WITH THESE 8 FINDS.
BY AILEEN LALOR



LIGHT RELIEF

Overhead lighting is too harsh for your cozy concept. Instead, you need plenty of lamps, including this simple Nordic Table Lamp in wood and white fabric. At Rove Concepts. 990 West 7th Ave., 1-800-705-6217. Roveconcepts.com. Image by Rove Concepts.



BLANKET SOLUTION

Pure merino wool and a plaid pattern make this Faribault Plaid Wool Throw the perfect thing to snuggle under on winter evenings. Better still, it's machine-washable on a cold cycle. \$210 at Örling & Wu. 28 Water St., 604-568-6718. Orlingandwu.com



READ ALL ABOUT IT

The UK has been flooded with books about hygge this year. *Hygge: The Danish Art of Happiness* by Danish actress Marie Tourell Soderberg is full of interior design tips, recipes, and advice on how to make time for hygge moments. \$30 at Amazon.ca



SLIPPER INTO SOMETHING COMFORTABLE

All high-heeled out from festive parties? Give your feet a treat with these comfy Women's Lodge Moccasins, lined in faux shearling. \$63 at J Crew. 1088 Robson St., 604-684-2367. Jcrew.com

WE HEART YOU

Add a little love to your home with a simple Hand Carved Heart Bowl made from wood. \$95 at The Cross. 1198 Homer St., 604-689-2900. Thecrossdesign.com



ROCKING AROUND

Cosying up in a rocking chair is mandatory. This Jeremiah Fabric Back Rocker is handcrafted and includes a down-filled throw cushion for extra cosiness. \$2,399 at Crate & Barrel Oakridge Centre. 650 West 41st Ave., 604-269-4300. Crateandbarrel.com

HOT & COLD

Add luxe—and a little edge—to your abode with these Pleated Throw Pillow Covers from Finnish designer Iittala and Issey Miyake's collab. \$223 at Atkinson's. 1501 West 6th Ave., 604-736-3378. Atkinsonsofvancouver.com

GLOW ON

Blending freshly pressed apples mulled with cinnamon, this scented Simmered Cider Copper Mug Candle adds warmth to any room, and burns for 70 hours. \$42 at Atkinson's. 1501 West 6th Ave., 604-736-3378. Atkinsonsofvancouver.com

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The Angel Workout

EDITOR KELSEY KLASSEN'S ROAD TO THE RUNWAY.

E

Everyone has their workout of choice. For some, it's spin class, kickboxing, yoga or, heaven forbid, Cross Fit. For me? It's walking to lunch. Which makes it somewhat humorous that, just a few weeks ago, we were invited by Victoria's Secret to "Train Like an Angel" in the lead up to its world-famous fashion show (being broadcast this year on Dec. 5) by doing some of the Angels' favourite workouts.

Our task in Vancouver was to survive a barre class, so we donned some choice VS sports apparel, from eye-catching Knockout leggings to risqué strappy sports bras, and did our best Elsa, Adriana and Alessandra impressions at Ballet Lounge on Granville Street.

The first step of our Ballet Fit sesh—under the expert tutelage of Ballet Lounge owner and "barre-tender" Suzy Kaitman—was mastering first position. And then second, and third. Even the most basic footwork of ballet required tight buns and taut backs, and got the blood pumping.

By the time we were cycling through pliés, passés, piqués and leg lifts, a ladylike sweat was definitely dotting the brow. Even our shoulders and biceps felt the burn as we waved our arms gracefully through the air for balance.

As Suzy, a former professional ballerina, cracked jokes and made everything feel



VICTORIA'S SECRET MODEL ELSA HOSK. PHOTO: VICTORIA'S SECRET



deceptively fun and easy, we then moved into more traditional core exercises like planks and scissors, before attempting our grand finale: the split leap!

And while our outfits—comprised of the same gear worn by the Angels as they prep for the big day in Paris—moved easily with us throughout the work out (and made us feel like a million bucks), the highlight of the class was discovering new

muscles and new motions, while leaving our posture more graceful and toned. Having done a number of barre classes, each with their own unique advantages, Ballet Lounge was one of the more accessible introductions to follow. The format explained all the positions clearly, and then tailored each cycle to motions appropriate for all levels of ballet experience.

I know my bod felt strong enough to rock a pair of wings by the end.

Ballet Lounge. 1340 Granville St., 778-379-PLIE (7543). Classes range from \$15-\$26. Balletlounge.com

Victoria's Secret. 750 Burrard St., 604-684-2329. Victoriassecret.com/fashion-show

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B A L L
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Ballet BC presents

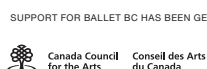
Nutcracker
Royal Winnipeg Ballet

Dec 8 9 10
7:30pm

Dec 10 11
2:00pm

Choreography
Galina Yordanova
and **Nina Menon**
Music
Pyotr Ilyich Tchaikovsky

Queen Elizabeth Theatre
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TRAVEL & LEISURE

Ice, Ice, Baby

SPEND THE WINTER AT ONE OF THE HOTTEST DESTINATIONS ON THE PLANET.
BY KELSEY KLASSEN

I

Iceland's quirky, arts-and-culture obsessed capital city, Reykjavik, has just been named the number-one travel destination for 2017, and we're not surprised. We recently grabbed our Granted sweaters and Canada Goose jackets and spent eight days experiencing the best off-season activities the area has to offer. The result? We left dreaming of warm, candle-lit windows, windswept lunar landscapes and the magical *Huldafólk*, and hope this savvy winter visitor's guide inspires you to head there early and beat the rush.



AURORA BOREALIS OVER MOUNT KIRKJUFELL

DO

Take a tour. The roads can be hazardous in winter, so invest in a guide that can unlock the wonders of the countryside, from black sand beaches and thunderous waterfalls, to awe-inspiring glacier lagoons and mystical geysers. The award-winning **Kensington Tours** company offers comprehensive, privately guided multi-day itineraries that celebrate the diversity of the landscape, from cozy Northern Lights excursions (observed from the comfort of a hot tub), to restful **Blue Lagoon** spa visits, to epic dry-suit snorkelling expeditions in Thingvellir National Park. **Kensington Tours**. 1-888-903-2001. Kensingtontours.com/tours/europe/Iceland



ICEBERG AT SUNRISE, SOUTH ICELAND



BLUE LAGOON

SAVOUR

Like any remote island nation, Iceland's cuisine evolved to make the most of its natural bounty (fermented shark, sheep's head and puffin being among the unique local offerings). But somehow, the humble hot dog has ascended the ranks to become one of Iceland's must-eat foods. Queue up at a simple **Bæjarins Beztu Pylsur** stand and order your steamed lamb sausage *ein með öllu*, or "one with everything", to load up with the customary ketchup, sweet mustard, remoulade, crisp fried onion and raw onion. Meanwhile, the country's most delectable lobster bisque is tucked away in an equally nondescript harbourside seafood shop called **Sægreifinn**. **Sægreifinn**. *Tryggvagata, 101 Reykjavík*. 354-553-1500. Sægreifinn.is



101 HOTEL

STAY

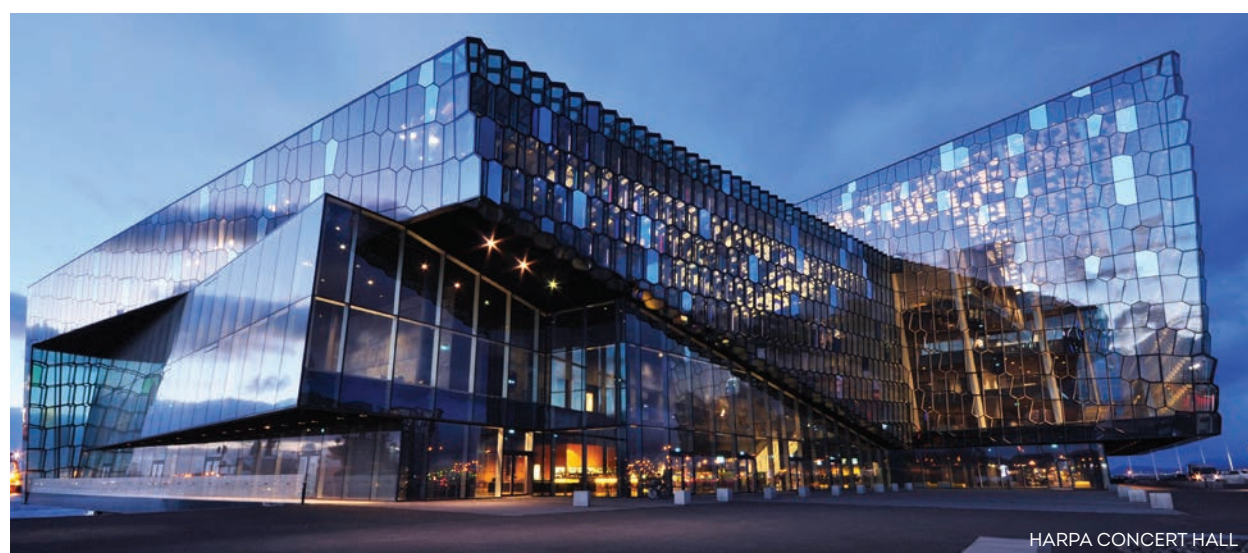
The city centre is close-knit and highly walkable, so it's hard to find a bad location to rest your head. For a larger group we recommend renting one of the elegant **Luna Hotel Apartments**, complete with kitchen, laundry service and incredible skyline view. For pure glam, though, book a suite at **101 Hotel**. Rated one of the best luxury boutique hotels in Reykjavik, its black-and-white art-hotel aesthetic perfectly mirrors the snowy heaths quilting Iceland in the winter. **101 Hotel**. *Hverfisgata 10, 101 Reykjavík*. 354-580-0101. 101hotel.is



FARMERS MARKET

SHOP

No visit to Iceland is complete without picking up one of the iconic *lopapeysa* sweaters from artisan makers like the **Handknitting Association**, or more modern designers like the *au courant* **Farmers Market**. Then, take in some of the best fashion and design that Europe has to offer (we're talking to you, **Kiosk and Hrími**) along Laugavegur, Reykjavik's main shopping street. Bonus, at night it's also home to some of the city's coolest bars. **Farmers Market**. *Hólmaslóð 2, 101 Reykjavík*. 354-552-1960. Farmersmarket.is/



HARPA CONCERT HALL



Photos: iStock, 101 Hotel, Farmers Market

DON'T MISS

The monolithic **Harpa Concert Hall** is the jewel of Reykjavik's pristine waterfront. A soaring glass homage to Iceland's basalt landscape, be sure to treat yourself to a performance by one of the many classical music companies like the Iceland Symphony Orchestra, that call its expansive corridors home. Then, for something a little more adventurous, sign up for a day tour with **Ishetar Riding** and take one of the country's winsome horses out trotting across the tundra. The beloved breed is unique to Iceland and is known for possessing a distinct, gliding gait called the tölt. **Ishetar Riding**. *Sörlaskeiði 26, 221 Hafnarfjörð*. 354 555-7000. Ishetar.is

TRAVEL & LEISURE

The Wanted

WHAT WE'RE COVETING THIS MONTH.
BY TONY WHITNEY



One of a new class of super-midsize business aircraft, the **Challenger 850** can whisk you over 5,000 kilometres non-stop in exceptional comfort. And with its well-proven airframe and cruising speed of 819 kilometres per hour, it's both fast and safe. *From US \$30-million at Bombardier.com*

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3 New Holiday To-Dos

WE ALL HAVE OUR TRIED-AND-TRUE CHRISTMAS TRADITIONS, BUT THIS YEAR WE'RE MIXING IT UP WITH THESE OFFBEAT ACTIVITIES.

BY LISE BOULLARD



VISIT THE NEW VANCOUVER CHRISTMAS MARKET

Our favourite German Christmas Market now has new digs at Jack Poole Plaza, with breathtaking views of the North Shore no less. Here you'll find all the usual faves—mulled wine, traditional German crafts and *Jäger Schnitzel*—but in an expanded 50,000-square-foot space with room for Canada's first-ever 23-foot-tall Christmas Pyramid, an enclosed Alpine Haus tent and over 70 huts in which to sample hearty German flavours. *Fröhliche Weihnachten!* Until Dec. 31. Adult admission, \$8. 1055 Canada Place.



JOIN THE CIRCUS

Dropping jaws are guaranteed at Cirque du Soleil's latest installment, *Toruk: The First Flight*. In this show—inspired by James Cameron's *Avatar*—you'll be transported to the distant, lush and habitable moon, Pandora, to be dazzled by a mix of incredible human strength, superhuman flexibility, stunning special effects and very cool glow-in-the-dark visuals. Dec. 14-18 at the Pacific Coliseum, 2901 East Hastings St., Cirquedusoleil.com

BE ENCHANTED

Get lost in a maze of dazzling light sculptures at *Enchant*, Vancouver's first—and the world's largest—Christmas light maze. With 55,000 square feet of glittering pathways to explore, you'll need some fuel, which is why there will be 40 local vendors (including 12 food trucks) and a licensed area available for festive revelry on site. Get your tickets now because they are selling out fast. Until Dec. 31. Adult admission, \$20. 1st and Crowe St. between the Cambie Street Bridge and the Olympic Village. Enchantchristmas.com



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A celebration of upscale Mexican cuisine, Sabores CDMX will see three high-profile Mexican chefs take over restaurants in Vancouver.

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