

# VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITA DAILY • FEBRUARY 2018

**THINK PINK**  
*Rose-Coloured Gifts  
for Valentine's Day*

**LUNAR LOVE**  
*Stylish Picks to Celebrate  
the Year of the Dog*

**CANDY CRUSH**  
*How Sugarfina's Success  
Started With a Love Story*

**VERITABLY VERNON**  
*A Sparkling Winter Retreat  
to B.C.'s North Okanagan*

**LOVE ON THE VINE**  
*Romance, Uncorked*





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# EDITOR'S DESK

## editor's letter



Love—that's the theme of this, our February issue. In honour of Valentine's Day, we're presenting what I think is one of our prettiest shopping guides to date, on pages 4 and 5, full of romance-y gift ideas that run along the rose-coloured spectrum.

A second milestone this month, Chinese New Year, means I've been able to create a ravishing roundup of personal picks that play to, besides the lucky shade of red, my favourite zodiac animal: the dog. Glance right to find everything from serums to slippers to welcome a new lunar year.

Beyond that, read my personal microblading experience on page 7 (nice eyebrows, it turns out, can bring good luck), our interview with a real-life candy queen on 8 and a crystal-encrusted trip to Vernon on 10, in this, our first issue of 2018. Enjoy!

*Noa Nichol*

EDITOR-IN-CHIEF

*P.S. For this month's reader letter contest, I'm asking you to tell me about the love of your life—person, place or thing! The winning entry will receive a surprise from me in the mail. Email noa@vitamindaily.com.*



### FUR FEET

These suede Little Dax opera slippers (\$375 at French Sole) feature rose-gold embroidery that perfectly celebrates the Year of the Dog. **Park Royal S., West Vancouver, 604-913-0312. Frenchsole.com**



### LUNAR LUMINOUS

Serum from Sulwasoo in very "happy" new year packaging (\$145) blends Asian medicinal herbs with advanced modern science for gorgeous skin year-round. **799 Robson St., 604-699-2100. Shop.nordstrom.com**



### CUPPA LUCK

Nespresso's ruby red Essenza Mini machine creates perfect coffee, for a lucky start to each day of the new year. **Oakridge Centre, 650 W. 41st Ave. Nespresso.com**

### PUP-CAKES

National Cupcake Day, February 26, helps the BC SPCA raise funds for shelter dogs and other critters. A great way to honour the animal of 2018. **Nationalcupcakeday.ca**



### SIMPLY CHARMING

Thomas Sabo provides the perfect new year's accessory with this bright-red Chinese lantern charm (\$78). **Oakridge Centre, 650 W. 41st Ave., 604-678-2536. Thomassabo.com**



### PUPPY PALETTE

Giorgio Armani's zodiac-inspired highlighting palette (\$118), with champagne pearls, offers a natural transparent glow perfect for any special occasion (hint, hint). **737 Dunsmuir St., 604-681-3121. Holtrenfrew.com**



### POODLE PRINT

Soft, sophisticated and elegant, this cashmere and silk Etro scarf (\$565) is definitely French Poodle-worthy. **737 Dunsmuir St., 604-681-3121. Holtrenfrew.com**



### COLLAR CLUB

It doesn't get much canine cuter than this Qeelin necklace in white gold, diamonds and pink sapphires (\$2,580). **737 Dunsmuir St., 604-681-3121. Holtrenfrew.com**



### PUFF DOGGY

We're giving our bag a lunar new year pup-date with this luxe Michael Kors pom-pom charm keychain (\$98). **Oakridge Centre, 650 W. 41st Ave., 604-629-0286. Michaelkors.ca**



**VITA**

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**COUNTER CUTE**

Kitchen appliances do make great Valentine's Day gifts, and this artisan mini stand mixer by KitchenAid (\$550) in a fetching shade called Guava Glaze proves it. [Kitchenaid.ca](http://Kitchenaid.ca)

# THINK pink

VALENTINE'S DAY GIFTS  
IN EVERY SHADE OF ROSE



**BODY BLUSH**

This dry spray body oil by Chanel (\$86) leaves skin soft, silky and delicately scented with floral notes of the beauty brand's own fragrance, Chance. [Chanel.ca](http://Chanel.ca)



**CUSHION CUT**

A couple of Urban Barn's Mongolian toss pillows in blush (\$79) will guarantee a cosy Valentine's Day indeed. [2354 Granville St., 604-731-9047. Urbanbarn.com](http://2354GranvilleSt.,604-731-9047.Urbanbarn.com)



**HAPPY HEART**

We love Chopard's pretty, playful Happy Diamonds collection, which includes this love-shaped bangle (\$3,740) with a single sparkling dynamic diamond. [925 W. Georgia St., 604-684-6515. Chopard.com](http://925W.GeorgiaSt.,604-684-6515.Chopard.com)



**LOVE CLUTCH**

Fun and playful, this sweetheart bag by Poppy & Peonies (\$89) simply screams Valentine's Day. [Poppyandpeonies.com](http://Poppyandpeonies.com)

**COSY UP**

Stay Valentine's Day warm with this rose-hued wool Bronte coat (\$170) by Ever New. [Pacific Centre, 701 W. Georgia St., 604-235-1388. Evernew.ca](http://PacificCentre,701W.GeorgiaSt.,604-235-1388.Evernew.ca)

**LIP SERVICE**

From Mr. Right to Mr. Right Now, four rosy shades (\$32 each at Murale) from Lipstick Queen reflect a range of Valentine's Day dates (and don'ts). [Oakridge Centre, 650 W. 41st Ave., 604-264-8035. Murale.ca](http://OakridgeCentre,650W.41stAve.,604-264-8035.Murale.ca)



**IT'S A WRAP**

Give serious Valentine va-va-voom with these Gianvito Rossi opera satin sandals in fuchsia (\$1,515). [737 Dunsmuir St., 604-681-3121. Holtrenfrew.com](http://737DunsmuirSt.,604-681-3121.Holtrenfrew.com)



**CHANGE OF HEART**

The love leaf print on this Coach ID case and could-be coin purse (\$60) is just Valentine's Day right. [Oakridge Centre, 650 W. 41st Ave., 604-266-1214. Ca.coach.com](http://OakridgeCentre,650W.41stAve.,604-266-1214.Ca.coach.com)

**BUTTER UP**

Not only does this Valentine's Day Petite Shea Butter Trio (\$29) boast beauty balms for lips, skin, elbows, feet and even hair, L'Occitane's collaboration with Rifle Paper Co. means the blushing box it comes in is beautiful, too. [1000 Robson St., 604-681-4408. Ca.loccitane.com](http://1000RobsonSt.,604-681-4408.Ca.loccitane.com)



**SWEET SKIN**

L'Occitane's link with Rifle Paper Co. has, too, resulted in a limited-love-day-edition Shea Wonderful Rose Hand Cream (\$12) for the loveliest skin on February 14 and beyond. [1000 Robson St., 604-681-4408. Ca.loccitane.com](http://1000RobsonSt.,604-681-4408.Ca.loccitane.com)



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# FASHION & SHOPPING



## PINK-STRIPE PURSE

Vertical quilting, buttery soft nappa leather and a rosewood hue make this Donna Karan crossbody-strap satchel (\$398 at DKNY) the perfect love-day accessory. **Oakridge Centre, 650 W. 41st Ave., 604-263-8889. Enda-b.com/dkny**



## SCENT-UAL

Inspired by a voluptuous blend of seven of the world's most exquisite roses, this scent by Jo Malone London (\$175) unfolds like a bouquet of freshly cut flowers. **737 Dunsmuir St., 604-681-3121. Holtrenfrewe.com**



## ROSE-COLOURED GLASSES

Protect your pookie's peepers with this pair of perfect-pink Voyager 32 shades (\$225) by Western Leaning. **737 Dunsmuir St., 604-681-3121. Holtrenfrewe.com**



## TWINKLE TOES

Don't be a "socker"—gift a pair of these sweet Hot Sox (\$8) for Valentine's Day and get a set for yourself, too. **799 Robson St., 604-699-2100. Shop.nordstrom.com**



## LOVE LACE

By Empreinte, this Nikki seamless full-cup bra (\$178 at Diane's Lingerie) provides great support and lift without losing an ounce of sexy. **2950 Granville St., 604-738-5121. Dianceslingerie.com**



## TEA LIGHT

Famed for its herbal brews, TWG Tea's Bain de Roses tea-scented candle (\$100) mingles the dusky roses of Grasse in Provence with a secret bouquet of black tea, heady notes of white sandalwood, warm vanilla and fresh grapefruit. **1070 W. Georgia St., 604-692-0071. Vansingdg.com**



## CANDY CRUSH

The sweetest gift? This playful candy bento box with four Sugarfina best-sellers, including sugar lips, rosé roses and Dom Pérignon-infused bears (\$46). **4700 Kingsway St., Burnaby, 604-229-5592. Sugarfina.ca**



## HEART IN HANDS

This precious necklace by Andres Gallardo (\$375 at Blubird) puts that selfie-famous heart-hands symbol right 'round your sweetheart's neck. **Oakridge Centre, 650 W. 41st Ave., 604-257-0707. Blubird.ca**



## DRESS UP

Remember when pink and red were thought to clash? This sherbert bomb midi dress by Bardot (\$134) proves that theory completely wrong. **799 Robson St., 604-699-2100. Shop.nordstrom.com**



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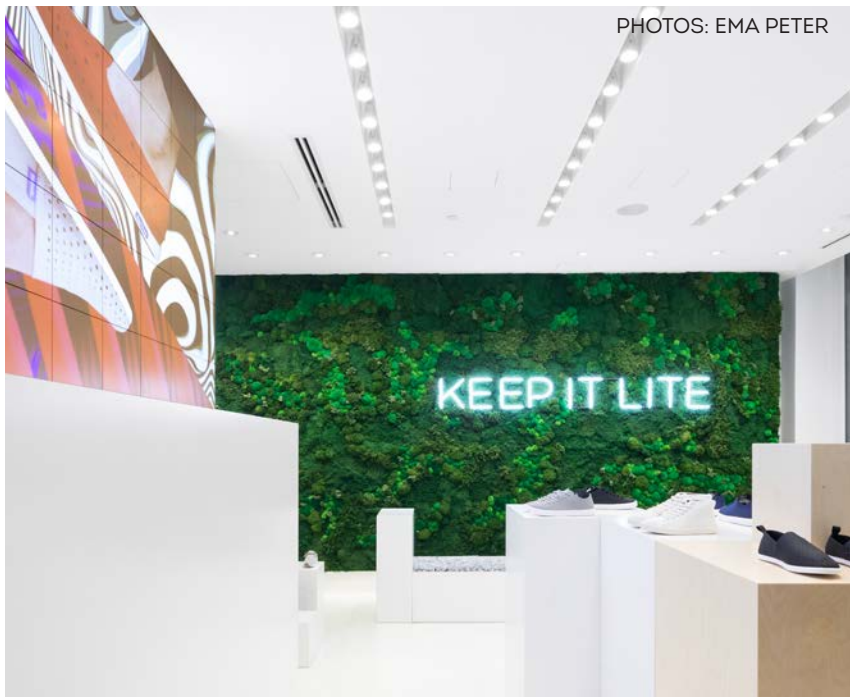
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# BOUTIQUES & BEAUTY

## Hot Shops

VANCOUVER'S GREATEST AND LATEST RETAILERS



PHOTOS: EMA PETER



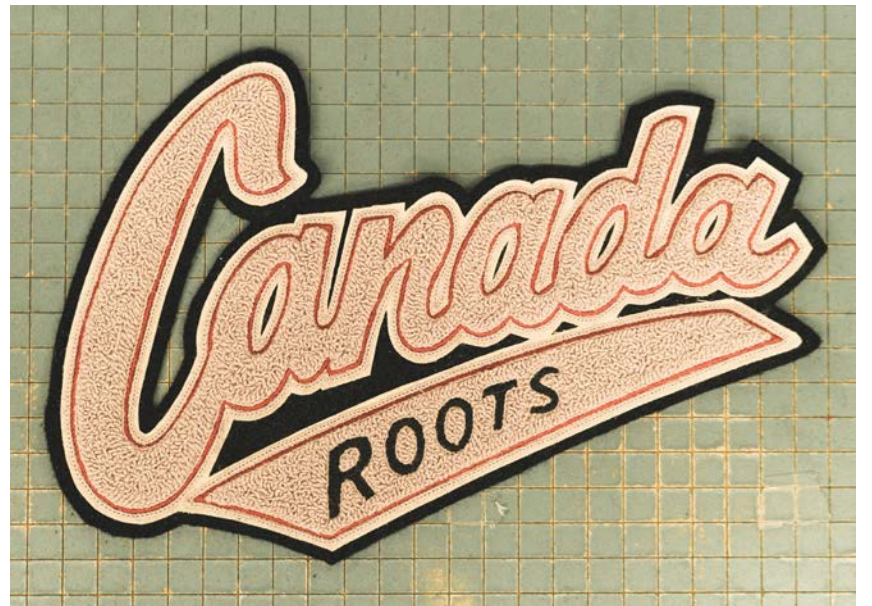
### NATIVE SHOES

“Our goal was to stick out like a sore thumb in the best way possible.” This, a direct quote overheard at the media preview of the opening of Native Shoes’ first-ever retail operation, situated on Gastown’s very hip Water Street. The first thing we noticed walking into the store was the gigantic living wall, featuring moss foraged sustainably from forest floors located within 50 miles of the shop and lushly surrounding the brand’s key message, “Keep it Lite,” spelled out in neon tubes. Quickly, though, our attention turned to the footwear itself, with kids’ styles stored

in candy dispenser-like format and on pegged sheets of birch plywood ’round the back, and adult wares artfully displayed up front beside try-on benches made from (what else?) recycled shoe tiles. With plans to open more bricks-and-mortars throughout North America in the near future, the focus will continue to be on creating spaces that allow the product to shine while reflecting elements of and supporting the surrounding community—indeed, during our visit, the store was featuring a small T-shirt project in collaboration with local artists. *14 Water St., 604-800-8630. Nativeshoes.com* NOA NICHOL

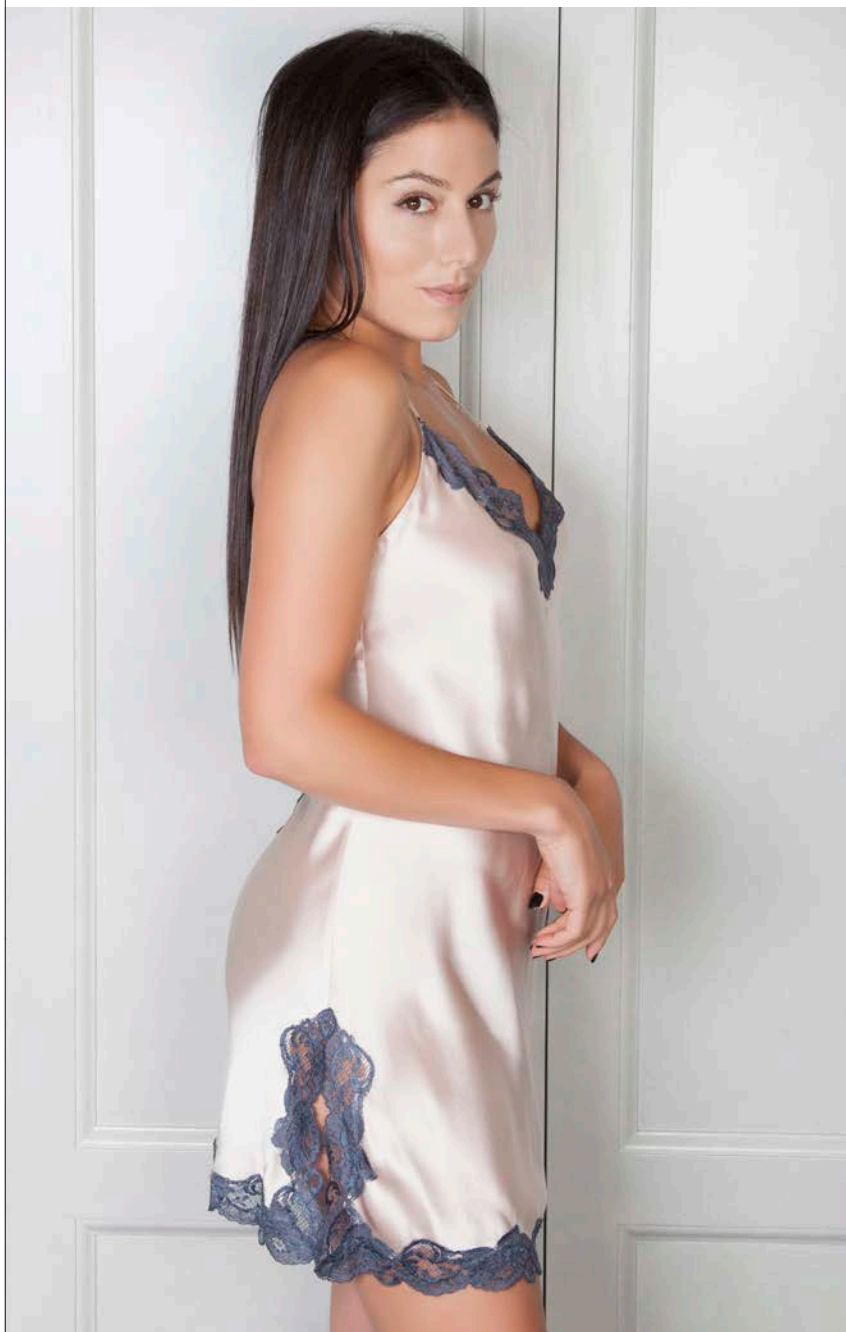
### ROOTS CABIN

Think rustic meets retail, think Roots Cabin—a new concept store in Pacific Centre that, besides all the cedar panelling and classic Canadian wear, features a customization shop (personalize your purchase), themed change rooms and a lounge in which to relax, charge your phone and browse the brand’s website to select from inventory located in any Roots store across Canada. Seek out the handmade-in-Canada canoe and view various archival items on display, including historical custom awards jackets. It’s just like the family cottage, but with a much larger closet. *701 W. Georgia St., 604-688-7235. Roots.com* NOA NICHOL



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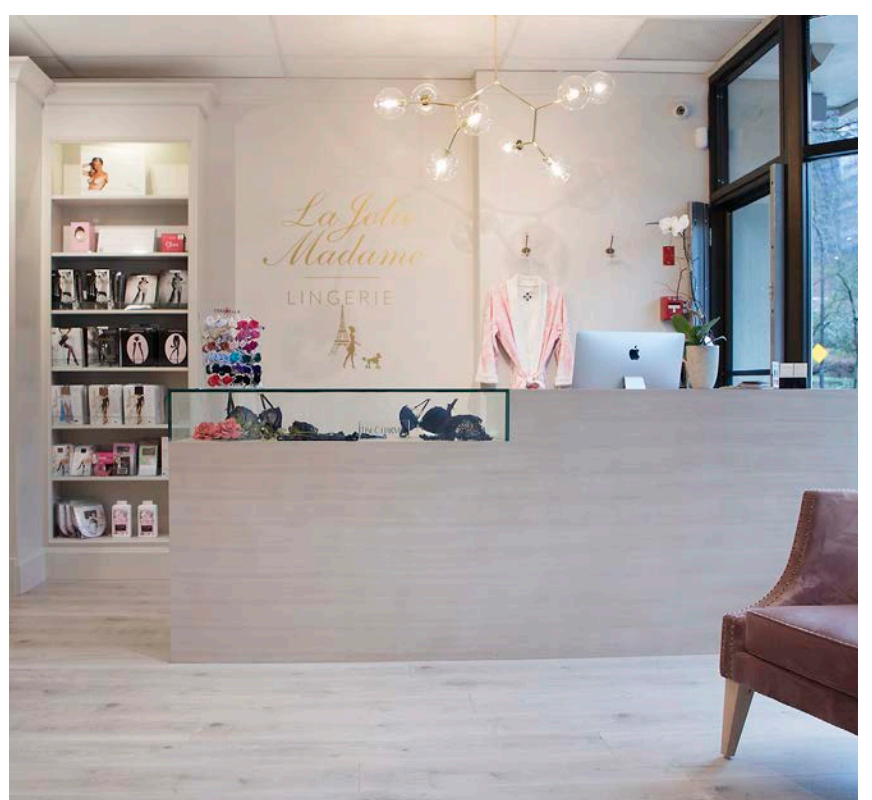
Vancouver, BC | V6Z1T9 | **PHONE:** (603) 699-1831

[lajoliemadameboutique.com](http://lajoliemadameboutique.com)



### ESCENTS

After a visit to Richmond Centre’s new Escents Aromatherapy shop, we’re ready to hop aboard the essential-oils train. The Vancouver-based company offers a scent solution to almost anything that ails you, whether it’s neroli and bergamot for stress relief, tea tree and thyme to get you through cold and flu season or chamomile and lavender as a sleep aid. Help yourself to a comp cup of tea (the RC store also has several brews for purchase) and head to the blending bar where you can create your own unique essential-oil concoction and then mix it into a scentless base (some options include body lotion or mist, massage oil and, our fave, the coconut oil/sea salt scrub). Don’t forget to peek at the diffuser collection: these beauties not only purify the air and make your house smell pretty but also serve as lovely pieces of décor (yay for multitasking!). *6060 Minoru Blvd., Richmond, 604-248-0251. Escents.ca* RACHEL JOHNSTON



### LA JOLIE MADAME

Having called Pacific Centre home for years, purveyor of fine ladies’ intimates, sleepwear and robes **La Jolie Madame** has relocated to lovely, leafy Hornby Street, in a bright, light and airy space (blonde wood, blush velvet furnishings, enormous windows) that perfectly showcases its lacy wares (wears). Gorgeous brands abound here—everything from Paris-made **Simon Pérèle** to fun and flirty **Hanky Panky**—in sizes ranging from 32A to 44I. Super staff (ask for a pro fitting) and a long history of superb service (since 1971!) round out the experience. Get set for lingerie love at first sight! *849 Hornby St., 604-669-1831. Lajoliemadameboutique.com* NOA NICHOL



# BOUTIQUES & BEAUTY

## High Brow

I USED TO WALK AROUND THINKING I WAS THE ONLY ONE WITHOUT PERFECT EYEBROWS. NOT SO  
BY NOA NICHOL

# W

While a few lucky plucks out there are naturally gifted in the brow department, most gals (and, it turns out, many guys, too) have achieved model-esque perfection thanks to a technique known as microblading: a form of semi-permanent tattooing that can help virtually anyone achieve eyebrow nirvana. I recently put myself (and my poor, over-plucked '90s brows) in the expert hands of Vancouver-based **B for Brows** esthetician Brenda Ton—and I couldn't be more thrilled with the results.

I was, admittedly, nervous walking up to Ton's Slocan Street studio but, once settled into her pretty-in-pink workspace, felt instantly reassured by her warm, calm demeanour and clear know-how. A certified cosmetic tattoo artist, she's a lifelong lover of beauty who's applied her passion (and penchant for detail) to microblading; in her own words, "I truly believe eyebrows can change your life."

"In my Chinese culture, we say eyebrows will determine if the person is lucky in life or not," she explained to me before we got started. "For that reason many Asian parents want us to have balance and harmony in the brows area. So, I strive to create brows that can bring you good luck.



Many times, believe it or not, I hear great improvements from my clients when they come back for their six-week touch up, such as meeting a new significant other, getting a new job, receiving new opportunities and an overall increase in happiness. That is amazing news!"

Good luck and good eyebrows? Sign me up! After asking me a series of questions to discover what result I was after (and having me complete the necessary paperwork), Ton got down to business. Using a special measuring tool, she took careful note of my facial features to determine what would look most natural-slash-appealing and then, with a single-use sterile needle blade, she began to deposit a specially-chosen-for-me colour pigment into the upper layer of my skin using small, careful strokes for a real-hair effect.

Now, I'm not going to lie: it was a bit painful. Fortunately, Ton was



honest and up front about what I might feel during the procedure, so it didn't come as a total shock (she offers pink stress balls to squeeze on, to boot). Soothing music in the background also helped, as did the knowledge that I would soon sit up to see a transformation I'd been wishing to, somehow, some way, experience for years.

Indeed, when Ton was finished and held up a hand mirror, I nearly cried tears of joy: my once razor-thin brows appeared naturally full and dark, with perfect proportions and a to-die-for arch. After explaining how to care for my new beauties (and outlining what I could expect to see, healing wise, over the next 10 days), she handed me a care package of soothing coconut-oil-based ointment and sent me on my merry way (as mentioned, I'd be back in six weeks for my touch up), rocking eyebrows I'd only



dared dream of one day possessing.

The best part? My new brows will last anywhere from one to three years (Ton's tip: sunscreen, applied directly, can help them linger longer). So, goodbye eyebrow paints and pencils, hello full, fabulous brows. Brenda, you're my microblading miracle-worker. **4889 Slocan St., 604-715-2846. Bforbrows.com**

# Brows

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# Candy Crush

FOR OUR FAVE CONFECTIONER, ROSIE O'NEILL.  
IT'S ALL ABOUT SWEET LOVE  
BY NOA NICHOL



Get set for a real-deal love story (it's Valentine's Day, after all). Boy takes girl on a "sweet" third movie date, after which an idea is born with a simple question: "Why should kids have all the fun?" And thus **Sugarfina**—a candy store for grownups—was born. Here, the candy queen herself, Rosie O'Neill, talks to us about her very sweet life.

**Have you always had a candy obsession?**

Yes, it started at a very young age! I was kind of deprived of candy—my mom tried not to have it in the house. I'd secretly buy it and keep it in my backpack, like, all the time. When I was older, I started to travel and discover artisan candies, and that sparked a more sophisticated palate for really high-quality sweets. That was the transition point at which I started to really think about Sugarfina ... but, yes, sugar has basically been a lifelong obsession!

**What sparked the idea to launch a high-end candy shop?**

The initial thought came about when Josh [Resnick], who's now my husband, took me to see *Willy Wonka and the Chocolate Factory* on our third date. After that we started doing research and travelling and meeting with artisan candy makers and it was an eye-opening experience. I had in my head that candy was made in very industrial circumstances, pumped out of a machine with no hands touching it,



and it was completely the opposite. You have these multi-generational families, with the grandfather and the father and the kids all working in the business together. It's very hands on, with many of these companies using the same recipes they were using in the 1800s. You would be shocked at how much of it is done by hand and how much work goes into creating these candies. There are extremely high-quality ingredients going into it, and the process of making it is very complex. It was really a treat to be able to go behind the scenes and see how they make everything.

**In all your travels, did you find a favourite candy?**

One was from a candy maker in this tiny little village in Italy. They've been in business since the 1700s and they make a candy called confetti dolci—thin sugar discs that sparkle if you hold them in your hand and turn them this way and that. The flavours are very delicious, from rose water made from blossoms harvested just outside the village to Anisette and orange liqueur—it's a sweet, sparkly sensation and a taste of the Old World in this little bit of bonbon.

**Why do you think people are willing to pay more for Sugarfina candy?**

I'm a big believer that if you're going to indulge and treat yourself then it's worth spending a little bit more to have the best. I think that goes for anything, whether it's wine or chocolate or confections. When you have a choice of something that you should be doing in moderation, why not have the ultimate? I also think that when people are giving gifts, they want to give something really beautiful, that is beautifully wrapped and presented in a way that tells a story, in a way that feels very luxurious. It's all about the feeling you get when you open the box.

**How do you choose your high-end ingredients and unique collaborations?**

We always try to go for what is considered the best. For our Champagne bears we felt **Dom Pérignon** was the absolute best and that's why we chose to use it. In terms of collaborations, I think my favourite lately is with **Casamigos**, George Clooney's tequila brand. We did really fun flavour combos with that, including a paloma sour and these tequila cordials that have a little shot inside. They're very strong and will definitely wake you up, but they're really, really good!

**What are some of your favourite candy occasions throughout the year?**

Valentine's Day, definitely, is a great opportunity to give gifts both to your sweetheart and to all the people in your life that are special to you. I love the idea of surprising your best friend with a sweet treat. With Valentine's Day we get to play with pinks and reds and hearts and foil, and it's just a fun product line to design.

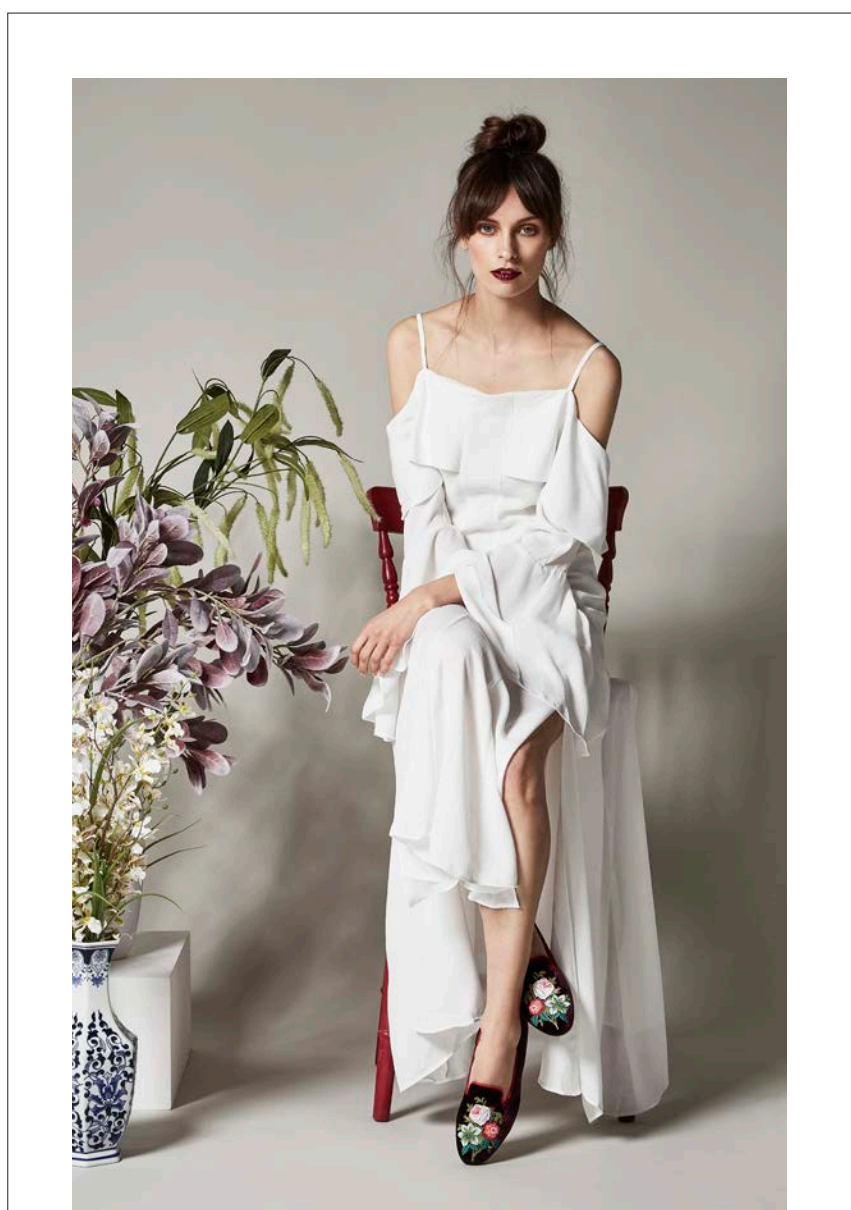
**What's new for Valentine's Day 2018?**

We released our **Whispering Angel** rosé wine gummy bears last year and those were insanely successful—they had a wait list of more than 18,000 people—so this year we played on that by creating rosé gummies that look like little rose buds. It's a twist on sending a bouquet of flowers—send rosé-infused roses instead!

**Wait lists for candy—does that surprise you?**

The same thing happened with our **Press Juicery** collab—the green-juice gummy bears sold out in three days. I think it speaks to the fact that people really like to be surprised with something unexpected and fun, and something that is socially sharable. That really helps ignite a fire. The second that one person is posting about his or her rosé-infused gummy bears, 50 people are like, "Oh my goodness, I need to have that!"

4700 Kingsway St., Burnaby, 604-229-5592. [Sugarfina.ca](http://Sugarfina.ca)



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# SWEETS & EATS

## New Noshes

WHERE AND WHAT TO EAT THIS MONTH



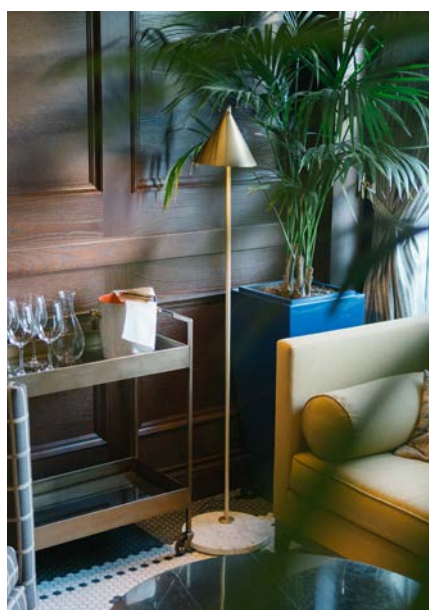
### SOUS VIDE EGG BITES

Just when we thought our beloved coffee brand couldn't elevate its healthy options further, say hello to Starbucks' new high-protein sous vide egg bites with taste and texture that's off-the-charts egg-cellent (sorry). Cooked from cage-free eggs using the French technique (i.e., vacuum sealed and immersed in water and cooked at a precise temperature), there are two options to choose from: egg white and roasted red pepper (at just 170 calories and 13 grams of protein) and, for those counting their ketos, bacon and Gruyère bites with Monterey Jack cheese and applewood-smoked bacon (a serving of two for just over 300 calories and 19 grams of protein). Available all day, these beautiful bites make an egg-citing (again, sorry) addition to the menu. [Starbucks.ca](http://Starbucks.ca) AUREA DEMPSEY

### THE VICTOR

The very last of five restaurants to debut at downtown's newest luxury entertainment centre, the **Parq**, this place was worth the wait. Inspired by the Queen Victoria era, this high-end North American steakhouse boasts House of Commons-style green leather benches, dramatic "bleeding" bee wallpaper and a her-royal-highness-worthy 360-degree view of False Creek that resto developer Elizabeth Blau and her team spent years perfecting. Among the dishes we tried and loved: a 45-ounce tomahawk steak, Nobu-modelled rock shrimp tempura and a side of mac-and-cheese waffles inspired by an online listicle (thank you, Internet!). In this casino complex of high stakes, **The Victor** takes all. 39 [Smithe St.](http://Smithe St.), 778-370-8600. [Parqvancouver.com](http://Parqvancouver.com) MIRANDA SAM

PHOTOS: BILL MILNE



### WILDTALE

Olympic Villagers have a chic new in-the-hood dining option thanks to the opening of **WildTale's** second Vancouver location. With a motif inspired by the legendary chop houses of Chicago and San Fran, the bar-centric space features rich mahogany, honeycomb mosaic, pressed tin and fishing net-adorned lighting in a nod to all things nautical (the eatery's name, in fact, pays homage to the elaborate chronicles of fishermen returning from sea). Nestle into a luxe

leather booth and order a paloma-like Siestac cocktail, stirred with fresh grapefruit puree, **Cuervo** and soda, that's unique to this location. Then, it's the ahi poke salad, sprinkled with mango, avocado and a sweet soy dressing, or, if you prefer offerings of the land-based variety, the melt-in-your-mouth rosemary lamb chops served with goat cheese-infused potato and Cabernet jus, for the win. Now this is a tale worth telling. 165 W. 2nd Ave., 604-800-5253. [Wildtale.ca](http://Wildtale.ca) RACHEL JOHNSTON

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## TRIPS & SIPS

# Veritably Vernon

ESCAPE TO B.C.'S NORTH OKANAGAN TO RECONNECT WITH YOURSELF AND NATURE (WE COULD ALL USE A GOOD HELPING OF FOREST BATHING TO RECHARGE, AFTER ALL)

BY KAREN KWAN

O

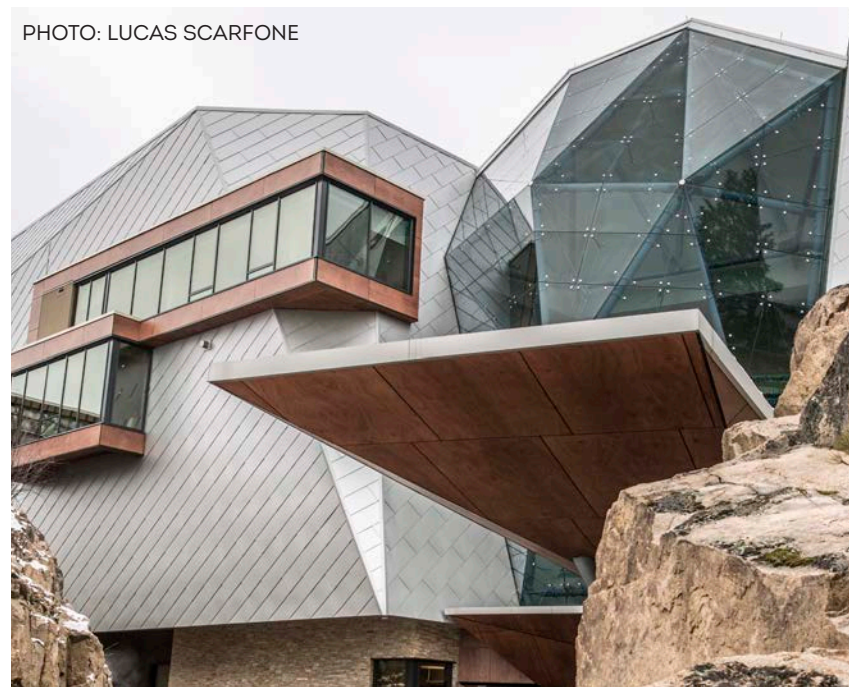
Only a five-hour drive from Vancouver and less than an hour from Kelowna, Vernon, snugly nestled within hilly terrain and surrounded by three lakes, makes for an idyllic hideaway. Pile your crew into a luxe **Buick Enclave** (trust us: the 4G LTE Wi-Fi will be your lifeline up in the mountains while the air ionizer will sweep out dust, pollen and contaminants in the air so you can freely breathe in that fresh Okanagan O<sub>2</sub>) and head for hills.



PHOTO: LUCAS SCARFONE



PHOTO: LUCAS SCARFONE



### STAY

With more than 3.5 million Swarovski crystals adorning the property, **Sparkling Hill Resort** well earns its name. Started by the patriarch of the Swarovski family, this wellness retreat is perched on granite bluffs overlooking Lake Okanagan, serving up views so stunning, it's disputable what's more beautiful—the multitude of gems or Mother Nature herself. The spacious open-concept suites feature twinkling crystal “stars” in the ceiling and gem-shaped bathtubs, so you can bubble bath while soaking up stellar mountain views from the floor-to-ceiling windows. Serenity now achieved. **888 Sparkling Pl., Vernon, 877-275-1556. Sparklinghill.com**

### SPA

Steam and sauna lovers, **KurSpa** at Sparkling Hill is your Mecca; this stunning oasis boasts seven themed steam and sauna rooms with tips on how long to enjoy each precisely heated space. The remainder of the 40,000-square-foot spa is composed of an outdoor and indoor saltwater pool (complete with underwater music), a hot pool, blissfully quiet lounges and a **Kneipp** hydrotherapy pathway featuring a series of cold- and hot-water sections designed to stimulate circulation and promote relaxation. And, of course, there are treatment rooms to escape to for a signature treatment, such as a stress-relieving “mud and muscle” offering.



### SAVOUR

Chances are you'll be too blissed out from the spa to venture out for dinner. With **Peakfine Restaurant** located at Sparkling Hill, you can stay right put. With a focus on fresh local fare, the menu has fine options for everyone, from soy-roasted black cod to the sweet chilli pad thai for the vegetarians, in a comfortably sophisticated dining room. Sugar fiends, at **Sandrine** in Kelowna, with the fields of grapevines surrounding you and one of her exquisite French pastries in hand (think macarons, mille feuille, croissants and gourmet chocolates), you'll feel as though you've escaped to Bordeaux—and then the realization you're cosy in your very own home-and-native-land will make dessert seem even sweeter.

### SIP

No trip to the Okanagan is complete without some wine tastings; it is, after all, the province's top grape-growing region. Alternate days being the designated driver of your Enclave and swirl, smell and sip to your heart's content when you're not holding the car keys. Stop into **Tantalus Vineyards** to try some single-vineyard wines (the brightness of the crisp Old Vines Riesling Brut won us over) and stay to take in the Okanagan vistas.



PHOTO: LUCAS SCARFONE

### SNOWSHOE

Get your endorphins flowing (and work off some of that Okanagan food and wine) by taking advantage of the landscape. From the resort, there are 25 kilometres of marked trails for hiking (join one of the daily excursions if you're keen to have some guidance), or drive to **Sovereign Lake Nordic Centre**, rent snowshoes and crunch between towering evergreens along pristine snow-white trails. **250 Sovereign Lake Rd., Vernon, 250-558-3036. Sovereignlake.com**



# TRIPS & SIPS

## Love on the Vine

TRUE ROMANCE, BOTTLED  
BY LAURA STARR

Wine is entangled in the world of amore, often revered (and occasionally impugned) for its role in lust, passion, desire and love, sweet love. We love to drink wine; we drink wine to make love. It is romantic and erotic, and we lap up every last drop of heart-on-our-sleeve courage that it lends to our eager mouths. But some of these love stories started long before the popping of a bottle, and we are simply the lucky heirs to their corked romance. Here are a few stories of passion-driven wine-makers who beat you (and us) to the punch-drunk-love.

### SOTO Y MANRIQUE

Spain is a featured country at the upcoming Vancouver International Wine Festival, and this Rueda-based winery is a passion project by husband-and-wife Jesus Soto and Maria Manrique, who branched away from years of experience in commercial wine to make terroir-driven products grown on their homeland. We ♥ Soto y Manrique Naranjas Azules Rosé, \$25 (private). [Sotoymanriquevo.com](http://Sotoymanriquevo.com)



### DONKEY & GOAT

The love story behind Jared and Tracey Brandt is emblazoned in the name of their Mendocino winery, Donkey & Goat. In France, donkeys are used for vineyard management but, to counteract their capricious nature, they are each paired with a goat to keep them in check. Jared is the donkey, Tracey is his goat, and together they are making some of the best natural wines coming out of Cali. We ♥ Donkey & Goat Perli Syrah, \$63 (private). [Donkeyandgoat.com](http://Donkeyandgoat.com)



### LE VIEUX PIN & LASTELLA

Saeedeh and Sean Salem set out in the early 2000s to build an Okanagan winery paying homage to old-world wine design but, when this husband-wife duo had to decide between her amore of Italian style and his amour of French, they chose instead to diverge and open two sister wineries, Le Vieux Pin (for him) and LaStella (for her). We ♥ Le Vieux Pin Ava (Viognier/Roussanne/Marsanne), \$35 (private or winery direct). [Levieuxpin.ca](http://Levieuxpin.ca)



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