

VITA

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EDITOR'S DESK



They are my most-used emoji, my top absent-minded margin doodle, and they make up 50 per cent of the tattoos on my body—you could say that I love hearts. With that in mind, I've dedicated my top monthly picks (right) to the quintessential symbol of *amour*; hopefully, they inspire your gift-giving this Valentine's Day (and don't miss the chance to win with **Michael Hill** by visiting us on Instagram).

Also on tap this month: a roundup of our favourite things that honour **Benjamin Moore's** lovely Colour of the Year (a soft pink perfect for Love Day); a look at the pleasures of a no-fuss facial; an interview with top cosmetic dermatologist Shannon Humphrey; wooden wonders for your home; and travel tips to make your next Las Vegas trip more artful. Happy Valentine's Day!

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Chopard's Happy Hearts shoulder bag in "rainbow red" calfskin with rose-gold embellishments (\$2,240) is equal parts essential and elegant. The fine-chain shoulder strap and heart-shaped monogram clasp flatter the femininity of this piece, with its well-structured, contemporary design. **925 W. Georgia St., 604-684-6515. Chopard.com**

No love shapes visible here, but this lacy piece is guaranteed to set hearts racing. This stunning **Simone Pérèle Nuance** plunge bra (\$139 at **Diane's Lingerie**; \$208 for the set, with shorty) delivers the perfect balance of support, coverage and French style, and is available in a vibrant, refreshing pink perfect for Valentine's Day. **2950 Granville St., 604-738-5121. Dianeslingerie.com**



Brunette's "double heart" tee (\$59) is definitely for all the cheeky babes out there, flaunting two red flocked hearts right on the ... you know. This classic crew neck is a relaxed fit made from 100 per cent cotton for a super-soft feel. **231 Union St., 604-428-4094. BrunettetheLabel.com**



WIN THIS!
Vitadaily.ca contests

From **Michael Hill** comes a veritable Valentine's Day gifting classic: this 0.10-carat diamond sterling-silver heart-shaped necklace (\$349) is a sparkling tribute to love. **Michaelhill.ca**

Here's a major statement for your little finger. **David Yurman's** Cable Collectibles heart mini pinky ring in 18-karat gold with diamonds (\$1,900) is a modern talisman meant to be collected, combined and treasured. **Davidyurman.com**



Call me old-fashioned, but I like a heart-shaped box of chocolates for Valentine's Day—and **Charbonnel et Walker's** delightful decadence of milk and dark with assorted fillings, packed in a picture-perfect package (\$69 at **Nordstrom**), flavourfully fits the bill. **799 Robson St., 604-699-2100. Shop.nordstrom.com**



The name says it all: **Benefit's** Love Tint (one of my all-time face faves; \$24 at **Shoppers Drug Mart**) is a fiery red lip and cheek stain that leaves a passionate flush perfect for a romantic date-night out. The doe-foot applicator glides right on for a gorgeous look in seconds. Apply this smudge-proof, non-drying formula for kiss-proof, long-lasting, vibrant colour. **2888 Granville St., 604-738-3107. Beauty.shoppersdrugmart.ca**

VITA

PUBLISHED BY VITA DAILY MEDIA INC. EDITOR-IN-CHIEF NOA NICHOL CREATIVE DIRECTOR MADISON HOPE VEITCH SOCIAL MEDIA MANAGER VICKI DUONG CONTRIBUTORS LYNDI BARRETT JEANINE GORDON ALEESHA HARRIS AILEEN LALOR SHERI RADFORD LAURA STARR COVER RALPH & RUSSO FALL 2019 COUTURE COLLECTION / SHUTTERSTOCK CANADA POST PUBLICATIONS MAIL AGREEMENT #42849020

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Michelle Nguyen

@MNGUYENNN



Chloé (\$158 at **Sephora**) has been my signature scent for years; soft, floral, subtle and luminous, it can be worn all any month of any season. For Valentine's Day, **Roses de Chloé** (\$130), bursting with bergamot and a heart of Damask rose, is a beautiful love-filled twist on the classic—but, really, both make a perfect gift. **1045 Robson St., 604-681-9704. Sephora.com**

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BENJAMIN MOORE'S COLOUR OF THE YEAR IS A SOFT, ROSY HUE BLOOMING WITH POTENTIAL



Illuminate your home in the faintest shade of blush and a dreamy fragrance with **Voluspa's** Panjore Lychee embossed bowl candle (\$38 at **Bella & Wren**). **2 - 9110 Glover Rd., Fort Langley, 604-380-4484. Bellawren.ca**

Smash + Tess' Valentine's range includes this new Sweetheart Shorty set (tank and shorts, \$45 each) that's pretty in pink. **Smashtess.com**

Show off your romantic side with **Ted Baker's** Loverr bag (at **McArthurGlen Designer Outlet Vancouver Airport** while supplies last). Designed in leather, this heart-shaped beauty comes complete with studded detailing on the strap for a polished finish. **1000 - 7899 Templeton Station Rd., Richmond, 604-231-5525, Mcarthurglenvancouver.com**



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If you, like our editor (see page 3), also appreciate a classic Valentine's Day gift, you can't beat this special pink package of **Lindt's** new Lindor Strawberries & Cream (at **McArthurGlen Designer Outlet Vancouver Airport** while supplies last)—white chocolate with a delectably smooth fruity filling. **1000 - 7899 Templeton Station Rd., Richmond, B.C., 604-231-5525. Mcarthurglenvancouver.com**



Seeing the world through rose-coloured glasses is a breeze in **Fendi's** ultra-chic Iridia cat-eye shades (\$680 at **Holt Renfrew**). **737 Dunsmuir St., 604-681-3121. Holtrenfrew.com**



No need for a whole arm party when just one standout piece—like this luxe **Chaumet** Hortensia Aube Rosée rose-gold bracelet (\$17,240 at **Maison Birks**)—will do. **698 W. Hastings St., 604-693-3333. Maisonbirks.com**



Don't forget your floors. Italian designer **Matteo Cibic's** latest collection for **Jaipur Rugs** (at **East India Carpets**) pays homage to India's "Pink City" with patterns and colours nearly too pretty to walk on. **1606 W. 2nd Ave., 604-736-5681. Eastindiacarpets.com**

WEST 4TH



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Balance your skin tone and get set to glow with **Yves Saint Laurent's** Pure Shots light-up serum (\$120 at **Hudson's Bay**); the pink packaging is just as pretty as you are. **674 Granville St., 604-681-6211. Thebay.com**



Colour-treated locks need nourishing care; the Shea butter and Abyssinian oil in **AG Hair's** Colour Saviour mask (\$26) add shine and softness while sunflower-seed extract maintains vibrancy. **Aghair.com**

Free People's Soa dress (\$325) will land you at the top of every best-dressed list, giving goddess-like vibes in a dreamy blush tone. **2625 Granville St., 604-730-7971. Freepeople.com**



February's It Bag BY ALEESHA HARRIS

Who says soft can't make a stunning statement? In a pretty shade akin to a pastel, **Fendi's** medium Peekaboo bag (\$4,900 at **Holt Renfrew**) showcases just how impactful a soft-hued purse can be. An instant classic since its initial release in 2009 (save for a slight lull in popularity a few years following its debut), the Peekaboo's structured shape, top handle, kiss-lock closure and practical interior compartments—which are separated by a stiff centre divider that helps lend structure to the leather design—make it as practical as it is fiercely fashionable. **737 Dunsmuir St., 604-681-3121. Holtrenfrew.com**

FASHION & SHOPPING

Hot Shops

VANCOUVER'S GREATEST AND LATEST RETAILERS

PHOTOS: NEIL BARBISAN



CASCA

Why in the world would you walk a mile in another person's shoes when you could walk in a pair personalized for your own two feet? Vancouver brand **Casca** seems poised to revolutionize the shoe industry with its debut Avro sneakers and 3-D-printed insoles. The custom FootB3D insoles are made specifically for your arch and foot measurements; they can be raised or lowered in the shoe cavity to guarantee the perfect fit and take less than two weeks to be manufactured and arrive in the mail. The Avro sneakers are available in either waterproof leather (ideal for Vancouver) or a highly breathable knit, and both models use Lift OS—Casca's own orthotic system. The end result is a shoe that looks good, feels good and offers the perfect amount of support. Check out the brand's sleek new flagship on Main Street, and see for yourself how three photographs of each foot can generate a 20,000-point 3-D model. Watch the 3-D printers in action and try on the timeless sneakers to discover what a perfect fit feels like. Yes, the future of footwear is already here, and it sure feels comfy. **4166 Main St., 604-873-1605. Ca.casca.com** SHERI RADFORD



COS

Robson Street has welcomed the Lower Mainland's second **COS** store, adding cool, contemporary, carefully considered fashion to its retail lineup. The largest of the brand's Canadian boutiques, this two-storey beauty is noticeably bright and airy, boasting a dramatic central staircase and arched floor-to-ceiling windows that bathe the second floor in light. Stocked in want/need wardrobe staples (with fresh takes on classic pieces, like raincoats, sweater dresses, silk dresses and simple blouses), the full women's winter collection was, on our last visit, on full display, featuring cosy knits and luxe fabrics aplenty. There's also a men's section (think essential cashmere sweaters and minimalist shirts) and, for the first time in Vancouver, children's clothing. Our eye immediately caught the glittering jewelry display, with minimalist pieces made from recycled silver. There is something so effortless—and, indeed, essential—about Scandinavian style. **1070 Robson St., 778-783-5837. Cosstores.com** LYNDI BARRETT



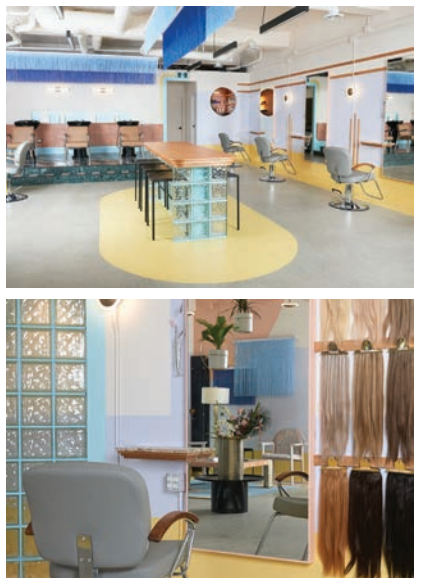
FAUX FLORAL

Time to toss all of your old notions about fake aside: this new flower shop offers a fresh take on faux floral design. Owner Leah Balderson sources the most beautiful artificial blooms—flowers made of silk with a natural-touch material application that look and feel just like the real thing—with an aim to encourage clients to keep stunning arrangements in their spaces every day of the year (and not just on special occasions). This beautiful Main Street boutique is full of no-water-required blooms, green-thumb-optional potted plants and have-to-have home accessories. Step up to the stem bar, where you can hand-select the perfect pulls (with the help of pro florists, who can help ensure you leave with a beauty bunch). **Faux Floral's** "seasonal swaps" program even lets you bring in your arrangement each season to swap in new stems to freshen up the look of your bouquet. Also on offer: floral styling for weddings, events, interior design and special projects. This is the beginning of a beautiful fauxmance. **3938 Main St., 604-828-5058. Fauxfloral.ca** NOA NICHOL



GUCCI PIN

Just what is **Gucci Pin**? It's a series of ephemeral stores inspired by the pins seen on interactive digital maps—and the initiative has debuted in the Skybridge of **Holt Renfrew**, where a Gucci-personalized pin will appear on Google Maps. The Holt Renfrew Vancouver Gucci Pin Mickey Mouse (the exclusive pin location in Canada) is dedicated to the celebration of the Lunar New Year. For the occasion, Gucci creative director Alessandro Michele chose to pay homage to the Chinese Year of the Rat with a specially designed collection of items that feature **Walt Disney's** iconic character, playfully incorporated into ready-to-wear and diverse accessories, from shoes and bags to small leather goods and scarves. The key element in the collection is a new material: the Mini GG Supreme canvas with Mickey Mouse print, which is a beige-and-ebony fabric that features a vintage Mini GG pattern with Mr. Mouse himself playfully applied to it in varying scale. See you on the Skybridge, folks! **737 Dunsmuir St., 604-681-3121. Holtrenfrew.com** NOA NICHOL



QALI HAIR EXTENSION STUDIO

When it comes to getting a fresh look for the new decade, changing up your hair is key—and no one knows this better than Janelle Bell, who fell in love with the luscious look of natural extensions while living in New Zealand. Back in Vancouver, she opened **Qali** with an aim to specialize in ethically sourced products and sustainable methods, including compostable towels, eco-friendly packaging and water-reducing showerheads. On the studio menu: semi-permanent Remy human-hair extensions promising natural-looking results with no braiding and no glue (and straightforward pricing, to boot). Commitment-phobe? Clip-in extensions are on offer as well, plus such standard salon services as colours, cuts and styling. Trust us, Ariana Grande was on to something when she said, "You like my hair? Gee thanks, just bought it." **101 - 236 Georgia St., 604-423-4408. Qali.com** VICKI DUONG

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BEAUTY & BRAINS

Back to Basics

WHY IS AN OLD-SCHOOL FACIAL SUCH A DELIGHT?
BY AILEEN LALOR

S

Spas and salons offer lasers, peels and IPL, we can mask all day at home and our skin-care regimens are so complex we need a special notebook to write them down. So why do we still need (and love) traditional facials? “I like to use the analogy of working out,” says esthetician Kathryn Sawers, founder of **Collective Skin Care** in Yaletown. “Your daily routine is what keeps your skin in shape. Having a professional treatment is like seeing a personal trainer—your skin gets a boost.”

The classic facial has five steps: cleansing and toning, during which the therapist will assess the skin and may extract blackheads; exfoliation to remove dead skin and allow subsequent products to be absorbed better; massage; a mask for your main skin condition; and, to finish, application of serum, moisturizer, eye cream and SPF. The two stages you probably can't do by yourself? Blackhead extraction and massage.

“When done with care and skill, extractions remove comedones [blackheads]. When left unattended, these acne lesions can develop into more-troublesome blemishes, or, at times they can leave the



“The two stages you probably can't do by yourself? *Blackhead extraction and massage*”



pores distended and enlarged,” Sawers says. However, squeezing blackheads without care can damage the skin around them and lead to inflammation and infection.

Beauty therapists utilize many different massage techniques, depending on their training, your skin type and the product line they're using. “Our facials have manual lift, which is a European technique and is the most common,” says Allison Gervais, esthetician trainer at **Willow Stream Spa** at the **Fairmont Pacific Rim**, which uses cult French brand **Biologique Recherche**.

“The techniques contract the muscles for lifting and toning as well as moving fluid. Lymph drainage and fluid movement is usually involved to help with circulation and to rid toxins from the tissue, eliminate puffiness and promote healthy skin. Acupressure points are also used for opening up energy points to help promote relaxation. Acupressure also helps with lifting and toning, removes the appearance of puffiness and brightens the skin.”

The type of products used are just as important as the techniques. “During treatment, the therapist can assess the best way to enhance the skin's ability to respond positively to the treatment, then find the right active products to feed the skin,” says Joy Stewart, owner of **Touch of Joy**, who uses a range of brands at her Kitsilano salon. “Products are tools to build or destroy the skin, so a well-trained therapist can do more with the right tools to deliver results.”

The effects of a facial will last three or four days, says Lisa Mammeri, director of global training and scientific communication specialist for **Valmont Cosmetics**, which offers treatments at its La Maison Valmont spa in **Oakridge Centre**. “They surpass the results of a daily skin-care routine not only because of the techniques, like massage and pressure, but also because they allow the client to let go—relaxation plays a big part in the final results.”

Sawers says the results of a single facial from her might last up to 10 days. “When you get regular monthly treatments, your results last longer in-between treatments and you begin to see long-term improvements to the overall quality and health of the skin—think texture, tone, firmness and elasticity—after about the fourth treatment.”

While it's impossible to really replicate the effects of a treatment by a facialist at home, you can give yourself a mini facial—with the right tools and products in hand.

“Foreo and Clarisonic are great cleansing tools that can be found in most high-end spas. Exfoliating the skin once or twice a week with a physical or chemical exfoliant is recommended, depending on your skin type or condition,” says Gervais. “A mini facial is recommended to do once a week for self-care and balance while soaking in a bath with mineral salts, aromatherapy and candles.”

Sounds, basically, perfect to us. ❤️



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BEAUTY & BRAINS

The Doctor is In

SHANNON HUMPHREY IS REJECTING ANTI-AGING IN FAVOUR OF A WELLNESS-FOCUSED APPROACH TO BEAUTY
BY AILEEN LALOR

B.

Becoming a doctor is a calling, a vocation—so it's not surprising to hear someone decided upon that profession as a child. But someone saying as a kid that they want to be a dermatologist? That's special.

"I had eczema from when I was eight years old, and went to see a really inspiring woman dermatologist," says Shannon Humphrey, medical director of Carruthers & Humphrey in Vancouver. "When she opened the samples cupboard to give me treatment ... I remember [Handel's] *Hallelujah* chorus playing. ... Fast-forward to me now, and I'm so grateful to her."

These days, Humphrey is a renowned expert on skin care and non-invasive esthetic procedures like **Botox**, fillers and **Thermage**. She's also a clinical assistant professor at **UBC**, international speaker, researcher, scientist and the go-to for writers who need a frank, straightforward, unbiased point-of-view for their beauty stories. She is also frustrated at the pervading notion that seeing a cosmetic dermatologist is pure vanity, or that being interested in your appearance and trying to modify it is a new phenomenon.

"We are genetically programmed to prefer people who have traits of reproductive fitness; it comes down to mate selection, to picking a mate that gives you the best chance of carrying your genetic material forward. It can be traced back to the beginning of time!" she says. "In Ancient Egypt they were doing treatments to even out skin tone. It's not just vanity and it's not new. I'm not letting us off the hook—there's a social responsibility to keep this in perspective—but we also have to understand where it comes from."

That said, Humphrey is making a stand for socially responsible esthetic medicine by ditching the term "anti-aging" in favour of "positive aging," and including one's physical appearance as part of holistic wellness.

"Wellness is not just the absence of illness, but the presence of health and vitality, and one part of that is appearance," she explains. "There are often physical changes that come with aging that mean appearance doesn't match the way a patient feels. If we can bring self-image and appearance into alignment, it will support patients in feeling healthy and well. This is the philosophy around positive aging, and it's very much opposed to simply trying to look younger. I think there's a mounting body of literature and I see it in my clinic on a daily basis, that if you look happy and approachable and rested, you feel that way, and the inverse is true."

Some people still hold the notion of the cosmetic dermatologist as critic—that an appointment will involve the doctor pointing out flaws that need to be fixed, leaving the patient depressed and self-critical. That's the opposite of Humphrey's approach.

"That highlights a paternalistic approach to patient care that's antiquated. The positive-aging approach is collaborative. I can only help the patient if I understand their values," she says. "Often I will ask patients if they're interested in hearing my thoughts. It's quite different to, 'you need this' or 'this is a problem.' It's, 'How do you want to feel when you look in the mirror?'"

Regarding her own personal positive-aging approach Humphrey doesn't like the term 'beauty routine,' preferring the idea of a wellness regimen. "I think of it as the whole pie: trying to live the balanced life, which is tricky with the clinic, travel,



PHOTO: THE COLLECTIVE YOU



"If you look *happy* and *approachable* and *rested*, you feel that way, and **the inverse is true**"

four kids and a husband I adore. So it's thinking about how I spend my time, focusing on being present where I am and allocating time for self-care and yoga."

She adds, "As part of that, I take care of my skin. Sunscreen is paramount because prevention is much easier than reversing. I also have gentle conservative treatments including IPL and micro-needling. I'm particularly loving **Volite**—hyaluronic-acid microinjections that improve skin quality. This has changed the way I feel about my skin. The greatest impact is Sunday mornings at home in PJs with my kids, because my skin feels healthy and smooth, and looks luminous."

At 41, Humphrey says she's happy and contented with life. "I am undeniably ambitious. By nature I am goal-oriented, but I think my headspace right now is reflecting on where I am and where I've come from," she says. "My life is filled with abundance and my top priority is my family—my husband and my children. Next to that, I'm deeply passionate about my work life and think it's a great privilege to partner with patients in living their best life, as I am mine." **820 - 943 W. Broadway, 604-714-0222. Carruthers-humphrey.com**



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DINING & DÉCOR

New Noshes

WHERE AND WHAT TO EAT THIS MONTH

HOUSE SPECIAL

A restaurant refresh for the new year! **House Special**, Yaletown's go-to spot for modern Vietnamese food, has reopened with an updated look and all-day menu designed by Yen and Patrick Do of **Do Chay** family fame that features share plates aplenty and flavour-packed rice bowls. Besides old faves like fry bread (an in-house-made sesame-coated duck or veg bun) and Uncle Hing's chicken wings, try new dishes like pho beef carpaccio, crispy egg yolk pork ribs and angel belly (crispy pork belly and vermicelli). Also, tonnes of vegetarian and vegan options, including vegan pho, a crispy turmeric crêpe (served with Do Chay's famous "ish" sauce) and lemongrass tofu on crispy rice. While you're noshing, check out the popular Vietnamese variety show *Paris by Night*, which is projected onto one of the resto's walls for your viewing pleasure. **1269 Hamilton St., 778-379-2939. Housespecial.ca** NOA NICHOL



PHOTOS: EVA MCMILLAN



LIVIA

One year after opening **Livia** (where you'll often find us sipping espresso and working on the next issue of *VITA*), husband-and-wife duo Claire Livia Lassam and Jordan Pires are adding dinner service, inspired by Lassam's northern Italian family suppers growing up, to their Commercial Drive café's offerings. From antipasti (marinated Italian olives, fennel seed taralli, whipped ricotta on sourdough, burrata with beets and poppy seeds) to country-style pâté and vitello tonnato with wine-poached veal, preserved tuna, capers and anchovies, nearly everything on the menu is house-made—including the pasta offerings! Try chef James Frost's gorgonzola ravioli with radicchio, potato and balsamic vinegar; the tajarin with chanterelle mushrooms, or the pizzacherie—a traditional buckwheat pasta with cabbage and Valtellina Casera cheese imported from Italy (though note, these offerings change weekly). Best of all, this simple Roman food is meant to be shared by candlelit over good conversation, magnums of wine and vintage silverware included. Says Lassam, "We really do want our dinner service here to feel the same way, in a cosy room, where you're never wanting for anything. Though, James's pasta is a world better than anything I make at home!" **1399 Commercial Dr., 604-423-3869. Liviasweets.com** NOA NICHOL

STOCK & SUPPLY

Bored of the same old, same old? Why not try a board that's anything but, well, boring? **Stock & Supply**, in the downtown **Delta Hotel**, features an extensive charcuterie menu that encourages guests to build their own. Start with a base of standard fare, such as mustard, hummus and baguettes, then add items like roasted bone marrow with a gremolata crust or blistered Brussel sprouts and smoked pork belly. Pair your personalized board with a cocktail; we liked the 'Treat Yo Self with gin, fresh cukes and yuzu bitters, and the zero-proof Black Lemonade (it's not a phase, mom). **550 W. Hastings, 604-899-3049. Stockandsupplyvancouver.com** VICKI DUONG



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DINING & DÉCOR

Reclaiming Wood

OUR HUMAN DESIRE TO CONNECT WITH NATURE MANIFESTS
IN HAND-CRAFTED, SUSTAINABLE WOOD FURNISHINGS
BY JEANINE GORDON



THE DESK
Offering custom wood furniture, **Bath Built Furniture** sales manager Keara Mager lists light-hued stains as one of the latest trends in wood. “Customers are looking for more-modern designs with clean lines. Natural finishes and light stains help brighten up their space.” The Kapolei desk (\$1,375) includes extra storage and the added bonus of local production. *33789 Essendene Ave., Abbotsford, 604-852-8577. Bathbuiltfurniture.com*

THE SOUND SURPRISE
When it came time for a career change, former **Vancouver Whitecaps** captain Jay DeMerit turned to his own backyard. **Portmanteau Stereo Co.** offers portable Bluetooth speakers set in rounds of discarded cut-down trees. Manufactured by hand in B.C., the Rockit Log stereo (\$499) looks chic perched on a side table or makes the perfect addition to backyard hangouts. *45 E. 6th Ave., 778-989-8040. Portmanteaustereo.com*



While we’ve seen trends come (clean lines and light, sun-drenched tones) and go (live edges, rustic finishes and dark lacquered stains) wood continues to serve as a foundation for our love of natural elements, and surrounding ourselves with it at home brings a sense of calm. Of course, no matter your personal style, sustainability can’t be ignored in the conversation around wood furnishings. That’s why reclaimed materials, natural-based stains and eco-friendly production are key factors in modern buying decisions.

Vancouver-based **Union Wood Co.** owner Craig Pearce urges us all to “consider where your items are made to help achieve a sustainable environment and economy.” And, as we enter a new decade, there’s an increasing emphasis on quality over quantity, or, as Pearce says, “owning a few pieces you really care about and making those the centrepiece for everyday living.”

Luckily, there’s no shortage of pieces that check these boxes without compromising style and function. From these, we’ve selected our top wooden must-haves for your space. Let the tree-hugging begin. ♥

THE STATEMENT CHAIR

What do you get when you combine modern esthetic with one-of-a-kind furniture? The Amador chair (\$1,776), made to order by craftspeople in Nicaragua. Each piece features slight variations in wood grain, giving this rocker a unique charm and a feel-good quality. *Wayfair.ca*



THE HOSTESS ESSENTIAL

No cheese board is complete without the right backdrop. **Bowyer & Toulson’s** take on this must-have serving item is hand-crafted in Ladner from repurposed fallen urban trees. The Ash charcuterie board (\$125) is made from hard-wearing wood, designed to last a lifetime. Your cocktail parties just got a lot chicer—and more sustainable, too. *Bowyerandtoulson.com*

THE DINING TABLE

Clean lines and Scandinavian inspo come together in **Union Wood Co.’s** Fyra dining table (\$4,565). Pearce lists minimal design and pieces that highlight wood’s unique grain and character as today’s top trends. *1340 E. Pender St., 604-675-9033. Unionwoodco.com*



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THERE'S MORE TO NEVADA'S CASINO-ED CROWN JEWEL THAN MEETS THE EYE
BY NOA NICHOL

STAY

The **Palms Casino Resort** smells as good as it looks (seriously; a yummy signature scent is pumped through the place 24-7). Gorgeous rooms (for something extra “extra,” book an exclusive Revolve suite, some with private bowling lanes and personal basketball courts) and, throughout, a collection of art that would make any gallery green with envy, including works by Jean-Michel Basquiat, Damien Hirst and Takashi Murakami. Palms.com



SEE

There are many more masterpieces to behold in Vegas—most hotels display their collections for public enjoyment. The walls of the **Park MGM**, for one, are lined with commissioned and curated works that pay tribute to nature through the lens of urban parks and the Nevada desert (you can join a tour every Wednesday at 10 a.m. via the concierge). At the **Venetian**, a guided art and architecture tour will transport you to Italy, bringing historic sites like St. Mark's square to life, and the **Bellagio's** own gallery of fine art is showing, till April, Japanese art from the Jōmon period to present.

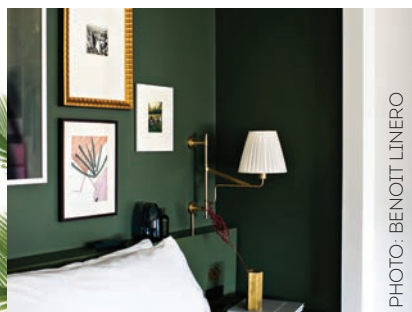
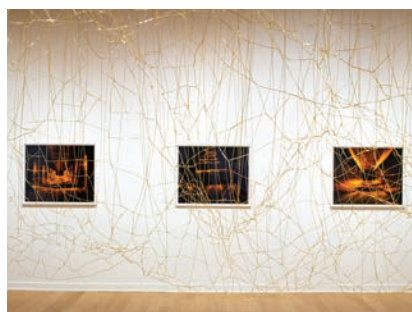
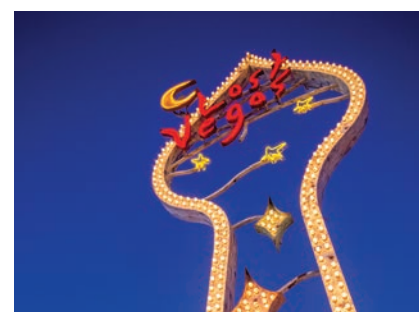


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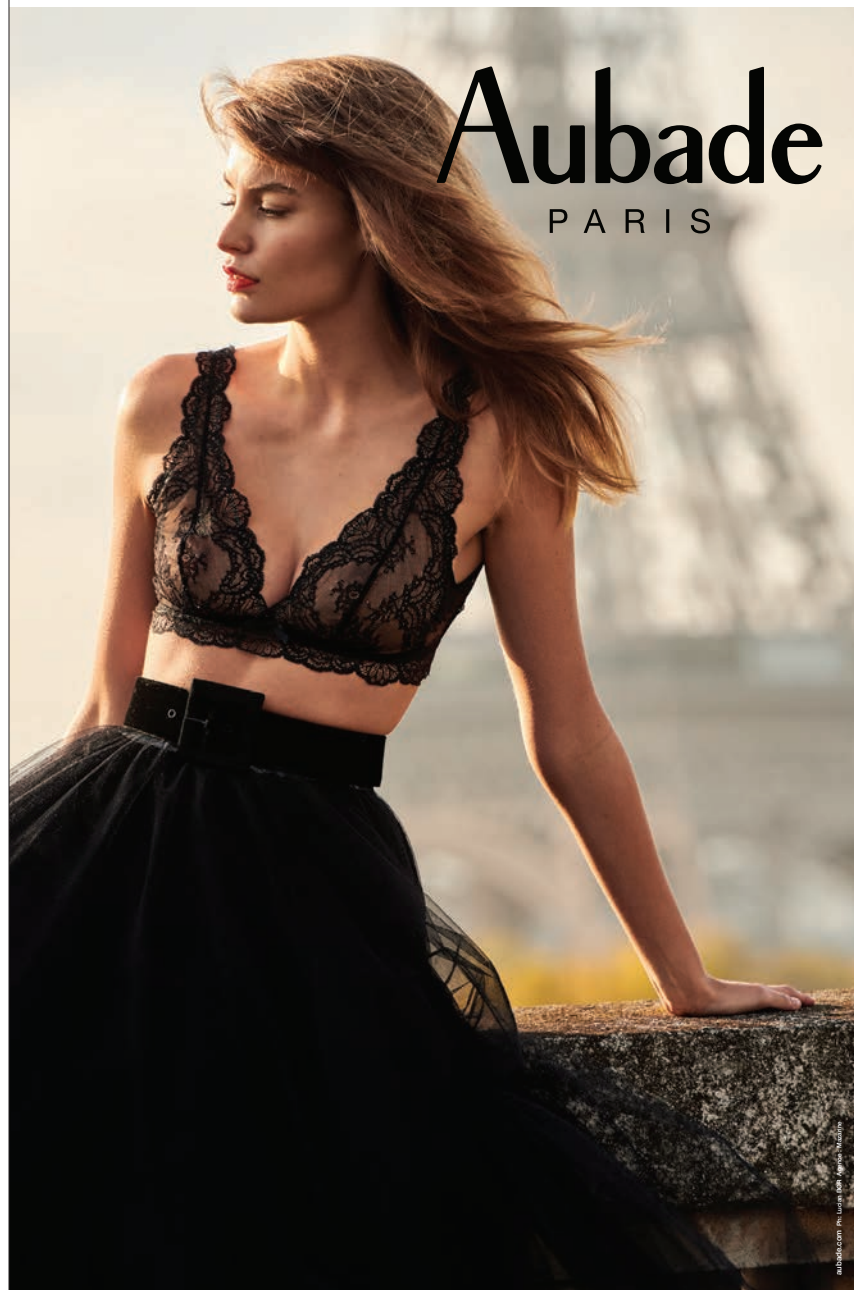
SWEAT

For an off-beat art-viewing experience, sign up for an “art hike” at the **Aria Resort and Casino**—speed-walk, squat and stair-climb your way through the massive property with the help of a personal trainer/docent, who'll tell you how many sit-ups to do while pointing out various works of fine art (including pieces by acclaimed painters, sculptors and installation artists) along the way. Aria.mgmresorts.com

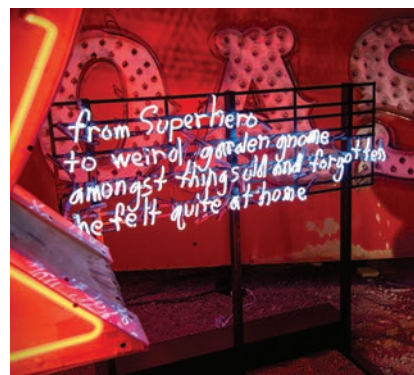
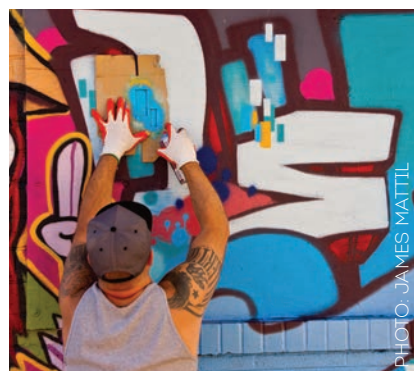
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STROLL

There's art aplenty to see beyond the hotels, too. Visit the **Neon Museum** for the famous (and bizarre, but in a good way) Tim Burton exhibit (till April), then head downtown to walk among the outdoor murals that are created during the city's annual festival. Also, opening this year: an eclectic concept called **Area 15**, which, from a massive warehouse, promises to provide a mix of live events, immersive activations, art installations, unique shopping experiences and more.



SAVOUR

Art can be made to eat, too, and no city knows that better than Las Vegas. For masterpiece meals, try breakfast at the Bellagio's **Sadelle's** (get a tempting “tower” of fish, tomato, cucumber and capers), brunch at **Giada's** at the **Cromwell** (dishes are inspired by the star chef's best-selling cookbooks), lunch at the Venetian's **Sixth + Mill** (pizza by the replica Grand Canal, complete with singing gondoliers), dinner at the Cosmopolitan's **Rose Rabbit Lie** (the caviar tacos were named the best small plate in the city) and dessert at the Palms' **Scotch 80 Prime** (recruit a hungry pal and share the Fire & Ice banana split, made tableside with liquid nitrogen). Palate or palette? You decide. ❤️

TRIPS & SIPS

New Year's Red-solutions

CHOOSING WINES WITH 2020 INTENTIONS IN MIND

BY LAURA STARR

Y

You may prefer your reds robust, or perhaps you lean into linear; you might long for cedar and smoke and dark chocolate, or the tartness of a cranberry. Your preferences are yours alone—don't let anyone tell you otherwise. However, there is more to choosing a wine, and not all wines are made equal.

It's important to know who makes your drink. Choosing local is a great start, and B.C. wine has exploded with promise and quality. But, with growth, comes a variety of players, and not everyone brings to the table uniform wine-making practices.

To choose a wine that aligns with a belief that intention—and Mother Earth—matters, you just need a bit of curiosity and a willingness to question what you're buying. Who runs this winery? Are they family owned or commercially made? Do they farm with sustainability in mind? Do they give back to their community?

Find the questions that matter to you and start to apply them to your selections. As a starting point, here are some exceptional B.C. wineries to help you paint your February red, with the brightest of intentions. ♥



SUMMERHILL PYRAMID WINERY

Organic, biodynamic and Canada's first B Corp winery. Our top red pick: **Summerhill's** Organic Marechal Foch, \$23 at BC Liquor Stores. **4870 Chute Lake Rd., Kelowna, 250-764-8000. Summerhill.bc.ca**

COVERT FARMS


Organic, and laser-focused on regenerative farming. Our top red pick: the Amicitia (Cabernet blend), \$30, winery direct. **300 Covert Pl., Oliver, 250-498-9463. Covertfarms.ca**

OKANAGAN CRUSH PAD

Minimal-intervention and organic wines. Our top red pick: **Haywire** Gamay, \$27, winery direct or private. **16576 Fosbery Rd., Summerland, 250-494-4445. Okanagancrushpad.com**

LOCK & WORTH WINERY

Honest, hands-on winemaking. Our top red pick: Merlot, \$22, winery direct or private. **1060 Poplar Grove Rd., Penticton, 250-492-4575. Lockandworth.com**


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