

# VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITADAILY.CA • FEBRUARY 2019

*inside the*  
**FEBRUARY**  
ISSUE

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2019  
*Year of the Pig*

JANUARY 29 - FEBRUARY 19

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# EDITOR'S DESK



It may be February, but it's our first issue of 2019—and a fresh lunar year, to boot! That said, to the right, we've rounded up our favourite Chinese New Year-themed goodies to bring you joy, fortune and luxe luck (celebrating our good friend the pig has certainly never looked more sty-lish).

In this edition of *VITA*, we're also bringing you our top Valentine's Day gift picks—with a decidedly pink palette. And, speaking of colour, our beauty feature is all about the out-there-hair-dye trend.

Also within: a fabulous fashion show at the **Fairmont Pacific Rim**, the latest and greatest retailers to grace our city's shopping scene and, in a similar vein, recent restaurants offering some truly tasty treats (including new veggie fare at **Cactus Club** that this editor just can't get enough of). Enjoy!

*Noa Nichol*

EDITOR-IN-CHIEF

P.S. We're running another great giveaway this month—one lucky reader will win a **Smash + Tess** romper from the brand's new collab collection with **Jillian Harris**! Visit [Vitadaily.ca/contests](http://Vitadaily.ca/contests) for entry details!



#### GOOD HAIR YEAR

**Dyson** has released a Chinese New Year-worthy edition of its Supersonic hair dryer (\$500 at **Holt Renfrew**) in the lucky colours of red and gold. **737 Dunsmuir St., 604-681-3121. Holtrenfrew.com**

#### GOOD FORTUNE

This peppy brass pig charm (\$115) by **Coach** shines with shimmering **Swarovski** crystals. A festive way to add some sparkle to a bag or set of keys, it's a great gift to give or get. **755 Burrard St., 604-694-1772. Ca.coach.com**



#### FLYING HIGH

From **Gucci**, this flying pig brooch (\$970), in resin with mother of pearl effect, has seriously captured our pin-terest! **Gucci.com**

**HAPPY FEET**  
These special-edition **Stuart Weitzman**'s sneakers (\$325) are embossed with a graphic gold print to celebrate the Year of the Pig. **650 W. 41st Ave., 604-263-0551. Stuartweitzman.ca**



#### LUNAR LINKS

Celebrate with **Links of London**'s red envelope charm (\$150), designed to honour the traditional custom of sending luck, prosperity and happiness as a brand-new year begins. **701 W. Georgia St., 604-669-8801. Linksoflondon.com**

#### THE PERFECT RED

**Givenchy**'s Lunar New Year collection includes a cool-red **Le Rouge** lipstick in a limited-edition casing featuring red for happiness, gold for prosperity and flowers for fabulous luck (\$49 at **Sephora**). **1045 Robson St., 604-681-9704. Sephora.ca**



#### TO MARKET

We know where this little piggy is going! For a time, get this too-cute bag from **Estée Lauder** as a gift with your \$150 Advanced Night Repair purchase (you'll also snag a deluxe sample of Micro Essence). At **Hudson's Bay, Holt Renfrew and Nordstrom. EsteeLauder.ca**

**VITA**

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# FASHION & SHOPPING



**KICK PICK**  
The Nike x Martine Rose Air Monarch IV sneaker (\$330 at Nordstrom) is unisex—hey, anyone can wear pink! 799 Robson St., 604-699-2100. Shop. nordstrom.com



**RING THING**  
Pomellato's Nudo ring (\$3,290) features stunning rose quartz, which is also, appropriately, known as the love stone. 701 W. Georgia St., 604-257-2390. Pomellato.com

## think PINK

OUR VALENTINE'S DAY TRIBUTE TO THE LOVE-LIEST, MOST GIFT-ABLE COLOUR OF ALL



**ROLL PLAY**  
Keep this Goop rose-quartz roller (\$63) in the fridge for a coolly soothing Valentine's (or any) Day face massage. Goop.com



**PUCKER UP**  
The brilliant colour of Fresh's Sugar Orchid tinted lip treatment (\$29 at Sephora) was inspired by a species of the flower that grows wild only on Ibiza, Spain. 1045 Robson St., 604-681-9704. Sephora.ca

READ MORE!  
Vitadaily.ca/fashion



**REAL SPARKLER**  
This 2.42-carat cushion-cut ring by Graff (with a brand-new boutique in Vancouver) celebrates the beauty of pink diamonds—Mother Nature's most romantic creation. 1014 W. Georgia St., 604-282-7068. Graff.com



WIN THIS!  
Vitadaily.ca/contests

**ROMPER ROOM**  
Smash + Tess has teamed up with Jillian Harris to launch a new collection that includes this nursing-friendly romper (\$129) in the perfect, peachy-pink hue. Smashtess.ca



# Pomellato

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pomellato.com



**ON CHANCE**  
Chanel's new Chance Eau de Tendre scent (from \$99 at Hudson's Bay), with grapefruit and quince, makes the perfect pink gift. 650 W. 41st Ave., 604-261-3311. Thebay.com



**LIP SERVICE**  
Dior's Lip Glow to the Max (\$42 at Sephora) adjusts to your personal pH for an instant flush of customized colour (fun fact: a tube of the classic Lip Glow formula is sold every three seconds). 1045 Robson St., 604-681-9704. Sephora.ca

# FASHION & SHOPPING



## BOW TIE

We would “knot” be disappointed to receive this velvet tie sweater by **Red Valentino** (\$357 at **Blubird**). *1108 Alberni St. and 650 W. 41st Ave. Blubird.ca*

## HANG TIME

From **Chopard**, this glittering pendant (\$36,200) features 16 rubies, 34 sapphires and three lovely, lively “moving” diamonds. *925 W. Georgia St., 604-684-6515. Chopard.com*



**Cindy Yu**

@THEVANCOUVERITBLOG

## LACE UP

This pretty-in-pink **Simone Pérèle** Delice set includes a bra (\$135) and shorty (\$60), both at **La Jolie Madame**. *849 Hornby St., 604-669-1831. Lajoliemadameboutique.com*



## IN THE BAG

Fuchsia and fabulous, we're in love with this **Coach 1941 Saddle 20** (\$425). *650 W. 41st Ave., 604-266-1214. Ca.coach.com*



## EAR CHEER

These delicate heart stud earrings in 10-karat rose gold by **Michael Hill** (\$399) feature floating diamonds for an elegant look. *314-4800 Kingsway, Burnaby, 778-330-7636. Michaelhill.ca*



READ MORE!  
[Vitadaily.ca/lifestyle](http://Vitadaily.ca/lifestyle)

## INFLUENCER PICK

“I have more coats than shoes in my closet so, if I were to treat myself—and if money weren’t an object—I would get this **Bottega Veneta** double-faced cashmere beauty (\$6,610). Because I have a wool allergy, I tend to wear more cashmere, and this one is a stunner. The pink is so soft and it’s a beautiful slouchy-but-flattering fit.” *Bottegabeneta.com*

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# Hotel Couture

WHAT HAPPENS WHEN THE FAIRMONT PACIFIC RIM  
THROWS A FASHION PARTY? PURE MAGIC  
BY RACHEL JOHNSTON

L

Late November, the **Fairmont Pacific Rim** hosted A Fashion Statement, where some of Canada's top designers came together for a runway show in the hotel's recently renovated Lobby Lounge. Presented in partnership with the **Canadian Arts & Fashion Awards**, it was the sixth fashion-focused event for the hotel since opening in 2010. As they mingled, guests were treated to sips of **Moët**, canapés and live music on the



Some of *Canada's* top designers came together for a runway show in the hotel's recently renovated *Lobby Lounge*

PHOTOS: THE COLLECTIVE YOU



new elevated stage before taking their seats for the show.

First to grace the catwalk was Vancouver-based **Christine Designs**, featuring elegant lingerie looks in silk and lace. Famous for being worn by Meghan Markle and Sophie Gregoire-Trudeau, Calgary's **Nonie** charmed with minimalist looks, while **Di Carlo Couture** of Montreal had all swooning with stunning bridal wear. Formerly of Toronto, Big Apple-based **Victoria Hayes'** hand-painted fashions were a hit with the crowd and the collaborative work of **UNTTLD's** José St-Jacques and Simon Bélanger closed out with an array of gorgeous pieces featuring custom prints and delicious fabrics.

Guests were then invited to attend a trunk show on the third floor, featuring collections by all five designers. Canadian fashion at its finest, indeed! ♥



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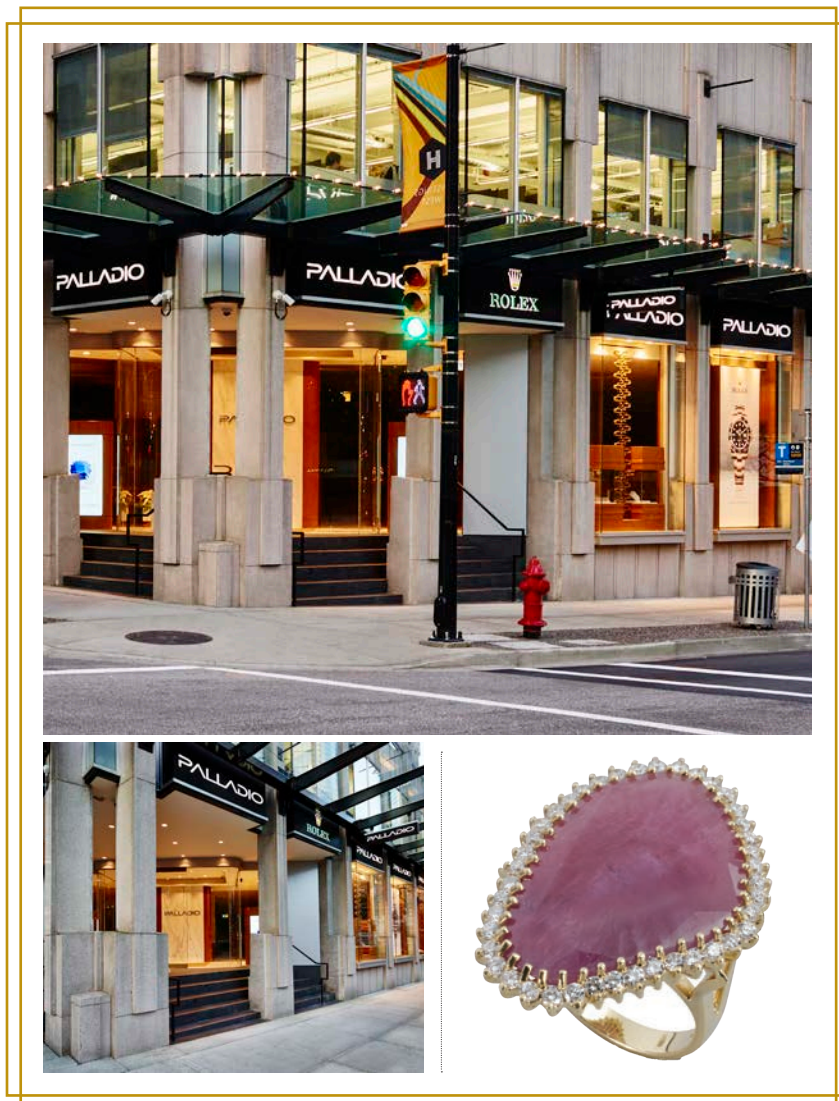
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# Hot Shops

VANCOUVER'S GREATEST AND LATEST RETAILERS  
BY NOA NICHOL

## LOUIS VUITTON X VIRGIL ABLOH

When African-American designer Virgil Abloh took post as **Louis Vuitton's** men's artistic director nearly one year ago, it marked a perfectly positive first for the French fashion house. Now, Vancouver's own LV boutique, in **Holt Renfrew**, has claimed an exciting first of its own: it is the only Canadian location to launch the men's spring-summer 2019 collection, designed by Abloh. The range includes pieces that play on key seasonal trends: think bold floral prints, quirky *Wizard of Oz* references and what the designer himself calls the "essential white" theme. Snap 'em up before they're Louis Vuitton gone. **737 Dunsmuir St., 604-687-4644. Ca.louisvuitton.com**



## PALLADIO

Call it jewelry 2.0: **Palladio** recently opened its new showroom in a sparkling space on West Hastings Street. The boutique boasts warm woods mixed with white and gold Calacatta marble, bronze metal accents featuring a repeating pattern of the Palladio "P" (reminiscent of links in a bracelet) and high-clarity display glass that optimizes the presentation of merchandise—you know, finely crafted timepieces (by masters of horology like **Rolex, Parmigani Fleurier, H. Moser & Cie., Carl F. Bucherer, Raymond Weil** and **F.P. Journe**) and priceless keepsakes, including stunning one-of-a-kind pieces for men and women, as well as fashion-forward collections from sought-after designers around the world. Looking for something truly original? Palladio's master goldsmiths and craftsmen can custom create something meaningful and extraordinary using the rarest gems, purest metals and finest diamonds. **900 W. Hastings St., 604-685-3885. Palladijewellers.com**



## BONLOOK

Vancouver's first **BonLook** boutique recently opened in **Pacific Centre** (full disclosure: a second locale, in **Guildford Town Centre**, has also since been established) and it's definitely worth a lookie-loo! The Montreal-based eyewear designer offers a range of stylish, won't-break-the-bank specs for guys and gals. Find, in this 785-square-foot copper-and-blue-accented space, great glasses for sight (prescriptions welcome) and sun (read: cool shades), all starting at just \$149. This season, we're choosing pieces from the new Chroma collection, featuring smize-inducing styles (from cat eyes to roundish rims) spiffed up with vibrant colour-blocking in ice-creamy shades like pink coral, yellow pop and teal tort. **701 W. Georgia St., 877-755-6659. Ca.bonlook.com**



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# In Glorious Colour

NO LONGER LIMITED TO BLACK, BROWN, BLONDE OR RED, WOMEN OF ALL AGES AND STYLES ARE EMBRACING OUT-THERE HAIR DYES  
BY AILEEN LALOR

T

At our 1990s high school there was a rule in the handbook forbidding girls from dyeing their hair colours that were, “outlandish”. Today’s schools would have trouble policing that one. Where once bright, “unnatural” shades were seen as the preserve of punks and rebels, they’re now being adopted by just about everyone.

“Fun fashion colours have become mainstream through celebrity style and social influencers,” says L’Oréal Professionnel ambassador Crystal Brown. “Similar to how couture fashion influences what we wear every day, we also become more adventurous with hair colour.”

As workplaces become more casual and accepting of style choices like tattoos and piercings, bosses barely bat an eyelid at lavender locks—and the trend isn’t limited by age, either.

“Women of all ages are really going for it. As they see it around on other women it becomes normalized and they think, ‘Why not?’” says Gwen Nguyen, a senior stylist at Suki’s Salons.

Brown says that the “gateway drug” of adventurous hair colour is a rose-gold gloss applied over highlights or balayage. But if you really want the vivid colours that Instagrammers are sporting, you need to commit.



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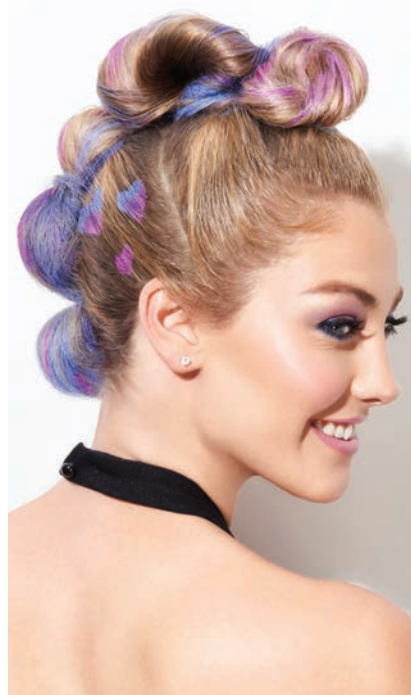
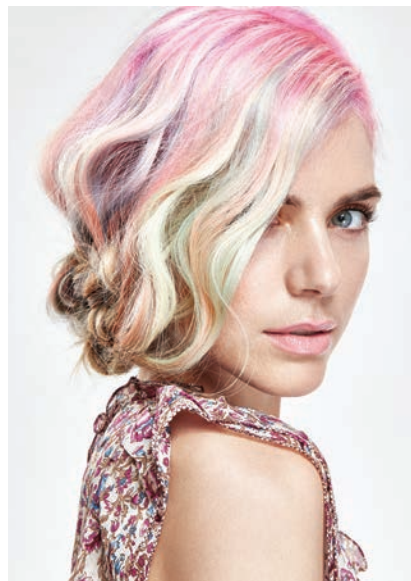


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Colours, especially the light pastels that have been trending in the recent past, show up best on hair that’s white-blonde. That means, for most women, you need to bleach, bleach, bleach—and even then it might not work out.

“It’s an aggressive process and it depends on your hair type and condition how much you will need to do,” says Nguyen. “For a light-coloured Caucasian hair we might get it light enough in one visit, whereas for virgin [never-processed] Asian hair you might need three or four sessions just to lift the original colour.”

She says it’s essential to do a patch test first to see how the hair responds to bleach. “Some hair looks healthy but goes soft and mushy, like noodles, after bleaching, in which case you can’t risk doing the whole head,” she explains.

You can try and get the look at home but, unless you’re experienced at working with hair colour, bleaching to this extent is not recommended—it’s hard to predict what colour you’ll end up with, and you’ll invariably make a mess of your bathroom.

The low-commitment, damage-free version is hair makeup—like Joico’s Instatint, which comes in such shades as hot pink and violet opal and lasts up to three washes without staining light-coloured hair—though it will not look impactful on darker tresses. There’s also L’Oréal Professionnel’s Colorfulhair Flash, which is an in-salon colour that gives hair a metallic look and washes out in one shampoo.

Brown says maintaining a true “unicorn” look is something of a lifestyle.

“Every wash will slightly fade the colour, so die-hard colour fanatics get their hair wet or wash very infrequently and turn to dry shampoo to extend the time between washes,” she explains. “When washing can’t be put off any longer, using the coldest water you can tolerate as well as sulphate-free or gentle cleansers will help to prevent fade.”

The last couple of years, pastels have dominated (Pantone’s Living Coral Colour of 2019 may extend the life of that trend), so what’s Nguyen tipping for the coming months?

“Things are definitely getting more edgy,” she says. “I think we’ll be seeing more vibrant, electric colours—think neon yellows and greens.”

High-school teachers, be warned. ♣



# New Noshes

WHERE AND WHAT TO EAT THIS MONTH

## CACTUS CLUB

Not a new restaurant, but a new revelation. Long gone are the days when vegetarians had to stick to the sides (yummy as those yam fries are) at **Cactus Club**—now, the Lower Mainland-famous diner offers a lip-smacking range of choices for its herbivore guests. From skip-the-chicken Szechuan tofu lettuce wraps to a refreshing crispy tofu bowl (think soy chili tofu, jasmine rice, mango, cucumber, avocado, edamame and radish), there's plenty of plant-loving options to pick from. [Cactusclubcafe.com](http://Cactusclubcafe.com) NOA NICHOL



## VERRE RESTAURANT

With an armful of tattoos and a reputation as the “Canadian Rebel,” chef Liam Breen returns to Vancouver and goes against the grain yet again—by opening a restaurant, **Verre**, in Coal Harbour. Explaining his contemporary take on Mediterranean cuisine Breen says, “What we’re trying to do is predominantly French with a little bit of Mediterranean flare. It all flows together, but it’s about how you find harmony between all the ingredients to make it work.” We loved the 24-ounce ribeye steak with triple-cooked fries and salmon tartare with salsa verde, while the former Dubai-based cook recommends his personal fave: short rib served on the bone atop beef garam chutney. The name Verre comes from the French word for glass—a nod to Douglas Coupland’s “City of Glass” nickname for Vancouver. It also aptly describes the dining room’s jewel-box design, with a (multi) million-dollar view overlooking the waterfront toward the majestic North Shore Mountains. If you’re lucky, after a few drinks at the smoked-glass and black-marble bar, maybe you’ll start to channel your inner rebel, too. [550 Denman St., 604-428-4843. Verreyvr.com](http://550DenmanSt.com) MIRANDA SAM

## STARBUCKS RESERVE

When the largest **Starbucks Reserve Bar** in Canada opens in your town, it’s cause for a café celebration! Located at the corner of Granville and Pender, the 4,000-square-foot space showcases the rarest, most extraordinary coffees and is staffed by baristas well-versed in clever brewing techniques. On the menu: exclusive drinks like the Hazelnut Bianco Latte (with steamed, house-made hazelnut-praline-infused milk) and Cold Brew Float (with a generous scoop of vanilla ice cream), plus food options not available at other locations (a chorizo mac ‘n’ cheese and a pear, bacon and brie flatbread). Be sure to take in the West Coast décor, too, like local-driftwood-turned-wall-art. [700 W Pender St., 604-685-7373. Starbucksreserve.com](http://700WPenderSt.com) NOA NICHOL

## HUNDY BURGER

If the lineups are any indication, Kitsilano’s newest burger joint is cookin’ up something special. (And now that we’ve tasted what’s inside, we wholeheartedly agree!) With a back-to-basics approach, **Hundy** partners Michael Robbins and Jeff Parr designed the new concept around a minimalist menu with a focus on quality ingredients like **Two Rivers’** beef blend of brisket and shoulder, a scrumptious signature bun, house sauce and double-cooked fries, plus a notable craft beer selection. Sharing West Fourth digs with sister establishment **Their There**, the space transforms into an old-school diner just as the café closes for the day, with a dedicated section featuring hanging greenery, wood banquettes and 1980s nostalgia. Open for deliciousness Fridays and Saturdays, 6 p.m. till late. [2042 W. 4th Ave., 604-736-8828. Hundy.ca](http://2042W4thAve.com) RACHEL JOHNSTON



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# TRIPS & SIPS

## Mind On Maui

INSPIRE YOUR ENERGY AT THE FAIRMONT KEA LANI  
BY NOA NICHOL



# H

Hawaii has long been a haven for serenity seekers. We can't say we blame them; a powerful life-force energy (called "mana") is palpable on each of the islands (not to mention, the general feeling of contentment one gets when visiting paradise). Now, on Maui, travellers can access one-stop wellness at the **Fairmont Kea Lani**, where a robust Inspire Your Energy program, headed by a dedicated energy ambassador, offers a curated fitness and wellness experience for all. **4100 Wailea Alanui Dr., Wailea, Maui, Hawaii, 808-875-4100. Fairmont.com**

### SWEAT

Beyond the bright fitness centre (with personal training available) and robust schedule of classes (barre, boot camp or restorative sunset yoga anyone?), be sure to reserve your spot (and your closed-toed sneakers) for the twice-weekly early-morning King's Trail Excursion. This near-10-kilometre guided walk through coastal lava fields follows an ancient trail that was designed in the 16th century to unify Maui's dozen districts. It will leave you feeling inspired and rejuvenated.



### STAY

Situated in Wailea, the Fairmont Kea Lani is one of the most beautiful resorts on Maui. No rooms here—the hotel is all luxe one-bedroom suites and steps-away-from-Polo-Beach villas. Our stunning top-floor abode was equipped with **PTP** fitness equipment, a self-guided **Kerstin Florian** mineral muscle-relief bathing kit and a **Nectar Essences** aromatherapy system to support deep sleep and calm a restless mind (read: everything needed for serenity, body, mind and spirit).

### SAVOUR

With wellness in mind, every meal at the Fairmont can be healthful (look for special Inspire Your Energy menus at each on-site eatery). Breakfast options at the **Kea Lani Restaurant** range from fresh juice blends made from Maui's finest produce to protein pancakes and tofu scrambles (try, too, the avocado-apple mash, or power-up your steel-cut oatmeal with chia seeds). A nutritious lunch at the poolside **AMA Bar & Grill** could consist of a poke bowl or sushi featuring locally caught fresh fish, while there's more good-meal karma at dinner, with plant-forward plates like tofu-loaded kale salad, vegetable-packed sushi and tempch-treated fried rice at **Kō**.



### SPIRIT

Body worked (and satiated), it's time to feed your spirit. First, take time for yourself with a morning meditation and breathing class that teaches techniques to calm the soul and create peace within. Next, connect with nature—take yourself on a 45-minute self-guided Polynesian and native Hawaiian plants walking tour of the hotel's 22 lush acres and discover species like taro, sugarcane and banana. Finally, book yourself into the Hawaiian Canoe Experience to learn the basics of paddling a six-man outrigger canoe, along with the history of the vessel and its importance to Hawaiian culture.



### SPA

No wellness experience is complete without a little pampering—something the award-winning **Willow Stream Spa** at the Fairmont Kea Lani offers in spades. The journey starts in the change room, where three showers offer a trio of temporal pleasures: a cool morning mist, afternoon rain and evening storm stall. Treatment wise, choose from a menu that includes classic and advanced facials, massages and salon services, many utilizing native flora, fruits, earth deposits and waters. We indulged in the hour-long Hawaiian Pa'akai, featuring sea salt gathered from dry coconuts along Maui's coastlines mixed with coconut oil and locally grown green papaya and lemongrass to leave skin smooth and hydrated, followed by a **Vichy** shower rinse. Next time, we'll add a nourishing avocado wrap—a saviour for sunbaked vacation skin. ♡



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