

# VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITADAILY.CA • JUNE 2019

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*ISSUE*

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# MARKET

BY JEAN-GEORGES

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# EDITOR'S DESK



My husband Jay's tastes range from easy to extravagant—which is why I turned to him this month to help pen a guide, right, that could appeal to plethora of papas. While it may take a few Father's Days for me to save up enough to purchase certain high-end gifts (hey, a dad can dream), others are more immediately doable. I hope this hasn't ruined the surprise!

More on the man theme: we asked some marvelous local influencers to weigh in with their wish-list picks (for pops or not) and took a look at the state of male makeup (it's not just for us, ladies). We also had **Benefit's** own brow pro, Maddox Lu, spill his top grooming tips for guys and gals alike.

Also in this issue: public washroom décor is boring (and dingy) no more, and we travel to not one but two outstanding Okanagan locales. Enjoy!

*Noa Nichol*  
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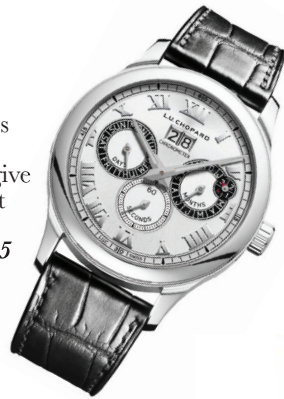


## SPA PAPA

Whenever my wife tells me she's gone for a facial (often) I wonder if I should be doing the same. While I'm not well versed on these things, I've been told microdermabrasion is a safe bet. Relieve the effects of sun damage, aging and blackheads? I'm in. And I hear **Spa at the Madison** offers a package of six treatments for \$599—sounds like a good gift for a newbie. **1213 Madison Ave., Burnaby. 604-299-4500. Spaatthemadison.com**

## WATCH WANT

Here's a real "wish list" item: a luxury watch. Like **Chopard's** L.U.C. Perpetual Twin in stainless steel (\$32,600), with alternating matte and polished finishes that give a "shimmering" effect. It may not keep track of my daily steps, but it sure looks stellar with a suit. **925 W. Georgia St., 604-684-6515. Chopard.com**



## DAD BOD

Maintaining my "dad bod" (open to interpretation) has become a top job as I head into my 40s, and any help I can get in this pursuit is appreciated. I'm liking **Under Armour's** new UA Rush workout range: base layers made of mineral-infused fabric that absorbs the energy your body emits when you exercise and reflects it back into your tissues and muscles, upping strength and endurance. Translation: my muscles can work harder, and my "dad bod" gets better. **Underarmour.com**

## DEEP SLEEP

With a little kid at home, the last few years have been, well, sleepless; the time I get to spend not awake has to be quality. I recently discovered **Endy's** memory foam pillow (from \$80); it's made of shredded bamboo charcoal, which sounds cool, can be adjusted to suit by removing foam to achieve your desired density and is, in my opinion, the best part of our bedroom décor. **Ca.endy.com**



## CLOSE SHAVE

No beard here; when it comes to facial hair, I keep it clean. That said, it's nice to mix my everyday drugstore products up with some higher-end potions once in a while. New **Bleu de Chanel** shaving cream (\$69) and two-in-one moisturizer for face and beard (\$65) fit the bill: fancy, fragrant and they work (I'll go back to my usual stuff when these run out). **Chanel.ca**



Jay Nichol  
@MINDFUL\_HUNTER

VITA

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**INFLUENCER PICK**

**Viranlly Liemena**  
@VIRANLLY

Honestly, you can't go wrong with Japanese whisky—it's almost a necessity to have a decent bottle at home. **Hibiki Harmony** (\$127 at **Legacy Liquor Store**) is a great place to start if you're new to this category: delicious, versatile and reasonably priced. **1633 Manitoba St., 604-331-7900. Legacyliquorstore.com**



**DAD DUDES**

As far as Father's Day goes, this **Ron Dorff** shirt (\$75 at **Holt Renfrew**) says it all. It's casual and cute, even when you're not an actual dad. Also: a cotton tee, come summer, is always a good idea. **737 Dunsmuir St., 604-681-3121. Holtrenfrew.com**  
VIRANLLY LIEMENA

# GUY

## Gifts



**SMOOTH DUDE**

**Sulwhasoo's** new men's luxury anti-aging lineup—a cleanser (\$36), serum (\$89) and emulsion (\$64, all at **Nordstrom**)—draws from ancient Asian wisdom and is formulated with traditional herbs to keep dad looking his best. **799 Robson St., 604-699-2100. Shop.nordstrom.com**



**SOCK POP**

Fun dad, fun socks (three for \$18 at **RW&Co.**). Nuff said. **700 W. Georgia St., 604-685-5432. Rw-co.com**

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**GADGET DAD**

The **Huawei P30 Pro** features the best camera on the market to celebrate the everyday—and capture the moments that matter most, like Father's Day. Ideal for dads who are always on the go, it also boasts a 40W Huawei SuperCharge that charges a device from zero to 70 per cent in 30 minutes, and one of the largest batteries in the industry. Available from various carriers.



**PAPA PANTS**

**Duer's** lineup of fashion-meets-function shorts (\$84 each) includes a denim commuter short ideal for cyclists and a Live Lite short that's ideal for warm-weather vacations. There's a pair for every man and every plan. **118 W. Hastings St., 604-323-0441. Duer.ca**



**PRIVATE PARTS**

From local company **Stripped Wax Bar**, the "full frontal" hygiene kit (\$24) includes a men's anti-chafing powder and a deodorizing spray to keep guys feeling dry, comfortable, fresh and confident—down there. **1990 W. 4th Ave., 604-566-9755. Strippedwaxbar.com**



**MAN SKIN**

**Beautycounter's** newly launched men's skin-care line, Counterman, includes eight products designed for deeper cleaning and safer grooming—all avoiding the 1,500 questionable or harmful ingredients from the brand's "never list". From exfoliating cleansers to moisturizers to beard care, get your guy the entire collection for \$247. **Beautycounter.com**



**INFLUENCER PICK**

**Joshua Langston**  
@JOSHUADLANGSTON

I've been wanting a mirrorless camera for my travels because they are more compact than my DSLR. The **Fujifilm X-T30** (\$1,300 at **Best Buy**) has a slick, retro esthetic, boasts six different AF patterns and shoots in 6K video. Plus, the Bluetooth and Wi-Fi connectivity allows you to transfer photos wirelessly on the go. **2220 Cambie St., 604-638-4966. Bestbuy.ca**

**FATHERLY FRAGRANCE**

Men's fashion designer **John Varvatos** and award-winning musician and actor **Nick Jonas** have collab-ed on a limited-run Red Edition cologne (from \$94 at **Hudson's Bay**) whose bold and intoxicating scent (think crushed cedar, Cuban rum, carbonated coffee, leather and salted musks) dad will love dabbing on. **674 Granville St., 604-681-6211. Thebay.com**



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**INFLUENCER PICK**

**Jonathan Waiching Ho**  
@JONATHANHO1

Riding a **Jeep** down off-road trails is an excursion that adventurous dads will love! The Jeep Safari Yumuri excursion with **Sunwing Experiences** sees you driving your very own vehicle through the Yumuri Valley—a secluded area of the Cuban countryside. You'll also get to snorkel in a flooded cavern and speed along the Canimar River! **Sunwing.ca**



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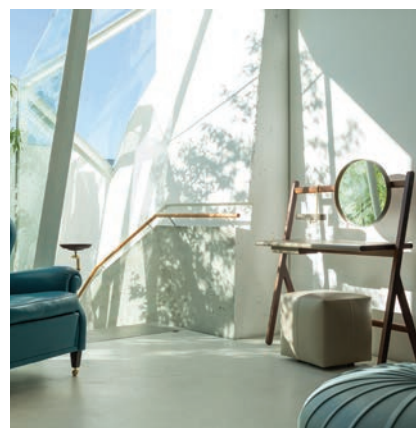
# Hot Shops

VANCOUVER'S GREATEST AND LATEST RETAILERS



## MINE & YOURS

In addition to its permanent Howe Street store, luxury fashion resale and designer consignment retailer **Mine & Yours** has popped up on stylish South Granville in the old **Boboli** men's boutique—and will remain there till September to make all our second-hand-score dreams come true. No jumble of donated hits and misses here; the 2,200-square-foot space is meticulously arranged to showcase each and every exquisite piece, from **Burberry** blouses to **Saint Laurent** shorts to **Givenchy** gowns, all up to 80 per cent off the original price. Also, an incredible handbag wall (**Chanel!** **Dior!**) and toward-the-back shoe rack (**Manolo Blahniks** galore). Pre-loved perfection. **2762 Granville St. Mineand yours.com** NOA NICHOL



## LIVINGSPLACE

Celebrating 30 years in business, **LivingSpace** has unveiled a renovated luxury showroom in its longtime location (a 1930s-era printing factory in Kits that houses an exceptional collection of European furniture, fixtures and customizable designs). The new shop-in-shop concept creates a chance for patrons to experience the best of Italian indoor and outdoor décor right here in Vancouver. How? LivingSpace works closely with its international brand partners to present their designs and preserve the heritage of each company. This includes **Molteni&C/Dada**, **Minotti**, **Living Divani**, **Porro**, **MDF Italia** and **Poltrona Frau** (the relationship is so close, reps from each were in town for the grand opening). Want to check out the expansion yourself? Head to the fifth floor of the LivingSpace building and prepare to be dazzled by 30,000 square feet of space and a sweet rooftop garden courtyard. **1706 W. 1st Ave., 604-683-1116. LivingSpace.com** LYNDI BARRETT

## June's It Bag

BY ALEESHA HARRIS

Sure, a briefcase is always in style. But if you're looking to stand out from the corporate crowd, the Cityback 27 backpack (\$9,750) from **Hermès** can offer a chic (and mitts-free) alternative to more-structured in-hand options. And the rucksack style, which was the first men's backpack silhouette to be offered by the French luxury brand, segues seamlessly into the weekend and travel, too. Available in six colours, we're partial to this cheery blue hue dubbed Bleu Hydra. The shade is sure to have you (or your dude) standing out from the commuter crowd. **755 Burrard St., 604-681-9965. Hermes.com**



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## LIVINGSPLACE

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# Beautiful Boy

MEN ARE FRONTING MAKEUP CAMPAIGNS AND MALE-TARGETED COSMETICS ARE LAUNCHING—WHY IS IT HAPPENING, AND HOW CAN THE AVERAGE GUY GET HIS SKILLS ON POINT?

BY AILEEN LALOR

# M

Male makeup is nothing new: Singapore-based makeup artist Larry Yeo says it's been around in Japan since the mid-1990s, **Jean Paul Gaultier** had a line at about the same time and **Tom Ford** launched products a couple of years ago. Men have always shaped the beauty world, whether it's Peter Philips, formerly of **Chanel**, who now helms **Dior**, or François Nars. And there are many guys who secretly pinched their girlfriends' concealers once in a while. "When I was on the retail floor in the early 2000s, I often had male customers coming to buy stuff to hide their pimples, under-eye circles and even those hickeys," says Yeo.

But this past year things have kicked up. Chanel announced its Boy de Chanel line (this summer), guys are fronting beauty campaigns for **Covergirl**, **Morphe** and **Shoppers Drug Mart**, influencers like Lord Maclean, James Charles and Manny Mua have huge followings and it's commonplace to see men on the bus with a little touch of something.

"Creating visibility and



representation in the media opens up the dialogue for men to ask more questions about makeup. I also believe gender binaries are becoming less enforced in our society and, at the end of the day, the beauty industry is about looking and, more importantly, feeling your best and that's not a gay, straight, male or female ideal—it's completely universal," says Jacky Lee, PR and marketing co-ordinator for Vancouver specialist beauty store **CurliQue**.

Shoppers, which recently ran a campaign including a male model, agrees. "The goal of our recent Be Bold with Beauty campaign was to encourage customers to find their own 'bold' looks in a way that was authentic to them," says Julie Dunham, manager of communications and corporate affairs. "We couldn't think of a better way to communicate this narrative than by celebrating the diversity of our customers in the campaign's commercial."

And Maddox Lu, who is the education director and national trend artist for **Benefit Canada**, says social media has helped by providing role models: "It has opened the door for more men who have always been curious to dabble in makeup but perhaps couldn't find any representation to follow."

Yeo says there are also less noble reasons behind the boom. "Social media is making us more narcissistic and everyone is grasping desperately for youth—men included. And there's also the fact that the female market for beauty products is completely saturated, so brands need to try and find other audiences," he explains.

The big problem for men who are new to makeup is not finding the products—there's no particular reason they need to use special stuff—it's that they don't know how to use them. Women are exposed to powder and paint from their tiniest years, and it's always been considered appropriate for them to play around with beauty products. But, till now, men haven't had the same opportunities. Yeo says they should start simple and not crack out the liquid liner or contouring kits too soon. "Go for a touch of concealer under the eye and on the nasal fold," he says.

Lu says grooming the brows can be a good first step. "A simple product like a tinted brow gel will tint and tame the guy-brow in place for a more polished look," he says. "You can also use pore-minimizing balms like **POREfessional**, and a touch of natural matte bronzer like Hoola or Hoola Lite."

For those who are really keen to advance their skills, there are YouTube tutorials to follow, and counters and stores these days are more than happy to help male customers: **Lush**, **MAC** and the brands at **Sephora** are particularly known for their inclusivity. CurliQue goes one better with the male-targeted Boy Beauty workshop.

"This gives men the chance to learn from a professional makeup artist in a classroom-style environment," says Lee. "We also offer private personal-makeup lessons, which is a great option for those who are a bit more serious about learning techniques." ▼



"It's commonplace to see *men on the bus* with a little touch of something"



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# Arches for All

BENEFIT COSMETICS EYEBROW PRO MADDOX LU HITS US WITH HIS TOP TIPS ON BROW TRENDS FOR GUYS AND GALS  
BY NOA NICHOL



## *As far as the ladies are concerned, what are boyfriend brows?*

Think of boyfriend jeans and boyfriend blazers: slightly oversized, effortless and always flattering. The boyfriend brow is the same. It should be effortlessly beautiful, a little androgynous and the perfect pick-me-up for any occasion—and never fail to bring out the best in you. It is as easy as a few flicks of our Precisely, My Brow Pencil and then sealing the deal with 24HR Brow Setter.

## *When did they become popular and why do you think they have persisted so long?*

The naturally beautiful boyfriend brow has been around for decades but, like boyfriends, trends come and go. The boyfriend brow is reminiscent of the full-looking '80s brows, and now they've made a comeback.

## *How do us gals achieve a boyfriend brow at home?*

The boyfriend brow begins with enhancing all your curves and lines using Precisely, My Brow Pencil, to create seamless hair-like strokes that will blend right into your own. Follow that with a clear brow gel to groom all your hairs into place and ensure your perfect arches look fab all day!



## *Now for the guys: what is currently trending when it comes to men's eyebrows?*

Brow gels are the most user-friendly products that anyone can use, even with little to no experience. Guy-brows are all about looking well groomed.

## *And what should men NOT be doing to their brows?*

All the brow rules apply to everyone equally! Don't over-tweeze—in fact, don't do your own brows! Save it for an expert.

## *What do you recommend in terms of a step-by-step brow routine for the guys in our lives?*

Brow care starts with a conditioning treatment, such as BrowVo!, daily, to keep them looking and feeling their best and to tame the hairs into place. Consistent visits to an expert to maintain the shape and keep the strays at bay also does wonders for perking up those eyes. [Benefitcosmetics.com](http://Benefitcosmetics.com)



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# Royal Flush

PUBLIC RESTROOMS ARE TAKING THINGS TO A MORE-INSTAGRAMMABLE LEVEL WITH SNAZZY FINISHINGS AND MOOD LIGHTING  
BY ISABEL ONG

V

Vietnamese restaurant **Anh and Chi** is known for serving up banh mi and wok-fried glass noodles in a clean, polished environment. But the food isn't the only thing that stands out at this Vancouver eatery.

"The whole restaurant is very minimal. We have gold lighting, off-white walls, a lot of wood to add warmth and cool tiles that give off a vintage colonial French feel. Then, when you go to the washroom, it's BOOM. It definitely makes a statement," says co-founder Amelie Nguyen.

At Anh and Chi there is no signage to point patrons to the restroom. Rather, they walk down a corridor covered in tropical Martinique wallpaper and encounter a communal cement trough sink accented by matte-gold faucets. Large wooden doors for each individual stall are embellished with an intricate pattern of lines that are "a metaphor for the sun opening up into the lush jungle," while lighting is kept moody and dim. "We want to create a space where you can reconnect with nature and leave feeling refreshed and sexy," Nguyen explains.

Since opening in 2016 after revamping the mom-and-pop joint that Nguyen's parents ran for more



than three decades, Anh and Chi has garnered a tonne of accolades, including being among the most beautiful and photogenic restaurants in Vancouver. But it was being named a top nominee in **Cintas Canada's** Best Restroom contest in 2018 that was a game-changer for the eatery.

"When I first heard the news, I was mortified and embarrassed," Nguyen admits. "Thankfully, we have achieved several awards for best Vietnamese food and best bartender in the city. As the story developed and when people finally caught on to our intention [to create a gender-neutral restroom], I was so proud."

Anh and Chi is not alone in shaking up the public-restroom space through décor—or otherwise. Cintas hopes to change all that, too, with its annual crowning of Canada's prettiest potties. As in previous years, this year's contest highlights restrooms that have achieved top marks in cleanliness, visual appeal, functionality, innovation and unique design elements. The St. Albert **Honda** dealership in Alberta won last year for its hands-free "stepNpull" door opener, while an **Esso** petrol kiosk along the Alaska Highway clinched the prize in 2016 for its modern, classy look.

Cintas Canada marketing manager Candice Raynsford says improving décor has been one of the most significant ways that public-restroom experiences have changed over the years. Besides adopting more minimalist features, many now feature "vibrant colours, fun wallpaper patterns, chic chandeliers and even unique elements such as scent, furniture and themed doors".

Canadian companies and businesses, however, aren't the only ones making the throne room worthy of Instagram. Take Squamish-born, Vancouver-based influencer Jessica Luxe: last November, a photo she uploaded onto Insta stories showing her using her shoe to flush a public toilet unleashed a wave of reactions. The positive responses she received, as well as the opportunity to shoot content in a unique-yet-relatable way, inspired her to create a sub-community she cheekily dubbed #flushitlikeluxe.

"[My #flushitlikeluxe series] is a desire to connect with my audience over something more than 'you're beautiful' or 'your outfit is awesome,'" says Luxe matter-of-factly. "I want to connect with them over something that's real and something we both have in common. I guess that happened to be flushing toilets with my shoe!"

So far, a photo featuring her **Fila** dad sneaker hovering over the flush button has received more than a thousand likes and was one of her most-saved posts in the last three months. Her insider tips on where to find beautiful restrooms in Vancouver? Belgian establishment **Chambar** and dim sum resto **Pink Pearl**.

With places like Anh and Chi's around, there's loads of restroom inspo to draw from when it comes to elevating bathroom décor at home (tropical jungle vibes anyone?). That they have played a part in generating a social media trend might also be an inkling for what is to come. ♣



"When you go to the washroom, it's BOOM. It definitely makes a statement"



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# New Noshes

WHERE AND WHAT TO EAT THIS MONTH



## NAMÌ FOOD CART

Though recent UBC grad Kevin Thach's parents ran a Vietnamese resto for years, he never stepped foot in the kitchen—till now, thanks to his new food-cart concept, **NaMi**. Before we get to the food (updated Vietnamese classics, natch) let's talk coffee: iced, infused with condensed coconut milk and absolutely delicious. Mains-wise, you can't beat a bánh mì: order the bestselling grilled satay beef or a "traditional" with three kinds of cold cuts. Plant-based? There's a baguette sandwich at NaMi for you, too. The flavourful vegan banh mi comes stuffed with marinated tofu and an avocado spread Thach's mom created to match her Buddhist diet (try a side of thinly sliced papaya salad sans fish sauce). Either way, knowing the cart sells near 200 subs a day you'll want to get to its central-downtown locale well before closing time at 3 p.m. **West Georgia and Granville Street, 778-861-1495. Namivietnamese.com** MIRANDA SAM

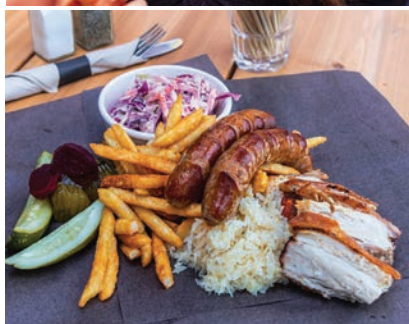


## MARKET TERRACE

Secret's out: the place to go for an après-work drink or wow-factor weekend brunch is the **Market Terrace** at the **Shangri-La Hotel**. Just opened for the season, this third-floor outdoor lounge is bringing back fan-fave menu items like steelhead sashimi on crispy rice, black truffle pizza, Korean fried chicken and a signature meze board that's perfect for sharing; come mid-month, brunch-menu items will be added featuring bounty-of-summer ingredients alongside a repertoire of craft cocktails that showcase local distillers and spirit-free creations that focus on aroma and presentation. New this year: live music (think acoustic singers covering pop hits) by local talent several days a week (Thursday and Fridays and, once summer brunch begins, Saturdays and Sundays) and a fresh cocktail menu to make daily happy hour even more appealing. **1115 Alberni St., 604-695-1115. Marketkitchen.com** NOA NICHOL

## PROST HAUS

Raise a stein for Vancouver's newest Bavarian-themed food and drink experience. This downtown Granville Street rooftop space features long communal tables, fun games like giant Jenga and bean-bag toss and the world's longest "shotski" (think back to your university drinking days). Staff members, dressed in traditional-style German lederhosen, serve up bratwursts and beer—be sure to try the house-made pretzels with bier cheese dip or perogies with spuds, sharp cheddar, jalapeño and salsa alongside a signature, refreshing grapefruit ale off the extensive drinks menu. Plant-based eaters, don't fret. **Prost Haus** offers such veg-friendly as plant-based bratwursts and a Portobello mushroom schnitzel. Now that's something to cheers to! **904 Granville St., 236-333-4391. Prosthause.com** VICKI DUONG



## H TASTING LOUNGE PATIO

Take it outside! **H Tasting Lounge** at the **Westin Bayshore** has unveiled its glam new patio alongside fresh food and cocktail menus. The 1,765-square-foot space includes a stunning fireplace feature, breathtaking views of water and mountains and a menu to match. Nosh on chilled and raw seafood (prawns, mussels, clams), a daily oyster fresh sheet, carpaccios and tartares, Niçoise and wedge salads and savoury tartines, all spotlighting ingredients from local suppliers. Parched? Round out your meal or light bite with a bold Opportune Moment stirred cocktail (rum, brandy, sherry, smoke, bitters). Driving? Try a booze-free Rolling Uphill (mountain berry tea, coconut, lime, soda). **1601 Bayshore Dr., 604-691-6962. Htastinglounge.com** NOA NICHOL



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# Okanagan OK

THINK YOU KNOW PENTICTON AND OSOYOOS? THINK AGAIN!

BY NOA NICHOL



PHOTOS: MELISSA GIDNEY

## STAY

To Penticton, take a 30-minute flight from Vancouver via **Air Canada** or opt for a longer (four- or five-hour) scenic drive. Once arrived, settle at **God's Mountain Estate**—an eclectic inn offering a handful of rooms (including a roofless suite that's completely exposed, tub and all, to the heavens) with no electronics; the point here is to truly unplug and unwind (don't worry, you can still connect to the Internet). Cuddle with the resident dogs, admire the owner's collection of antiques and prep to do nothing ... and to rest after that. Don't miss the bountiful breakfast cooked with love by Lilo. [Godsmountain.com](http://Godsmountain.com)



## STROLL

Start your day in Penticton right with a walk (or cycle) along the Kettle Valley Rail Trail, discovering maps, interpretive signage and gorgeous views of Okanagan Lake along the way. The trail passes through a bevy of local orchards and vineyards, so you can veer off for fruit and drink whenever you feel the pull (don't miss new-to-the-scene **Little Engine Wines**, where advanced reservations are highly recommended). [Visitpenticton.com](http://Visitpenticton.com)

## SAVOUR

Come breakfast or brunch time, the **Bench Market** can't be beat thanks to a menu created around ingredients produced by neighbour farmers and artisans (the avocado toast with tomato "jam" and sunny eggs is killer). For lunch, sneak in some patio time at **Upper Bench Winery and Creamery**, where hand-tossed pizza boasts on-site-made cheese and water misters are on when the weather is hot. Enjoy a glass of this winery's own vino with your pie—or save it for a session at the **Great Estates** wine experience centre, where a pro will teach you how various eats (including quirky dishes like popcorn and greasy diner fare) pair with South Okanagan wines.



## SHOP

Grab a sustainable and locally, lovingly roasted cuppa at **Seis Cielo** before hitting the city's downtown core, where retailers like **Mi Amor** (clothing), **Beelong Gallery** (art) and **So Sweet** (candy) make browsing a beautiful thing. Feeling peckish? Duck into newly opened **Gratify** for a raw vegan snack (the date squares are the bomb, and you wouldn't guess the "cheezecake" contains zero dairy). [Downtownpenticton.org](http://Downtownpenticton.org)



PHOTO: CHRIS STENBERG

## SUP

Whet your appetite—and your whistle—at **Time**. Housed in Penticton's historic movie theatre, this working winery and kitchen offers a tasting bar, lounge and lively patio where patrons can build their own charcuterie boards, sip on more than a dozen wines and be very merry (coming soon: wine-thief barrel tastings). [Timewinery.com](http://Timewinery.com)



## SLEEP

Off to Osoyoos, where your best lakeside bet is **Watermark Beach Resort**—particularly if you snag a townhouse with multiple bedrooms, a full kitchen (plus barbecue) and a patio that opens right to the sand. [Watermarkbeachresort.com](http://Watermarkbeachresort.com)

## SNACK

Early risers luck out when it comes to **Lake Village Bakery**, where the loaves fly off the shelves (we recommend the multigrain, multi-seeded Anarchist) and the pantry is stocked with B.C.-made sweets and savouries. Or, drive 20 minutes north to **Oliver Eats** for stuffed croissants, stacked sammies and peanut-buttery Baldy Balls, named after the local ski hill.



## SOJOURN

An on-foot trek that starts and ends at **Covert Farms** is a good one in our books. The guided pre-dawn Sunrise Bluff hike will take you past colourful wildflowers, native plants and, perhaps, a bighorn sheep or two, to the top of McIntyre Bluff for sweeping valley views. Then, back to the family farm for an organic wine tasting (and a llama nuzzle, too). [Covertfarms.ca](http://Covertfarms.ca)



## SPEND

Whether you've got time or money (or both) to burn, Osoyoos' downtown core doesn't disappoint. Two must-shop stops: **85th Street Boutique**, offering beach-inspired dress and décor in a lovely old home and (trust us on this) **Home Hardware**, crammed with so much good stuff you'll want to set aside a good chunk of your day to properly peruse it. [Destinationosoyoos.com](http://Destinationosoyoos.com)



PHOTOS: JON ADRIAN

## SIP

There's much to discover at **Nk'Mip Cellars**—starting with the wine. Enter the **Qwam Qwmt Tasting Gallery** to sample premium selections from **Riedel** varietal-specific glassware, then wander out to the grassy **Patio Restaurant** to feast on fresh farm-to-table fare and fantastic views. Next sippy stop: **Blue Mountain Vineyard**, which has been family run for decades and is world famous for its often-sell-out wines (don't leave without a bottle—or three).



PHOTO: DAVID MCILVRIDE

## SWOON

A full day's activities later, it's time to end on a high note—hillside, at **Spirit Ridge Resort**'s renewed **The Bear, The Root, The Fish and The Berry** resto. Helmed by chef Murray McDonald, this eatery is named after and inspired by a Chaptik tale around the four food chiefs and the fare—from the Three Sisters salad to the Cheeky Corn soup to the rabbit pasta—honours the rich, local indigenous history. No matter how stuffed you are after dinner, don't dare depart without dessert. The aptly named **Life** is Just a Peach dish features local fruit, thyme fry-bread and ice cream, and will have you wishing you could lick your plate clean (in fact, go ahead and do it). [Bearfishrootberry.com](http://Bearfishrootberry.com)

## TRIPS & SIPS

# Summer School Sippers

RIPE WINE PICKS FROM THE  
SOUTH OKANAGAN  
BY LAURA STARR

# T

This past year has seen a B.C. wine boom like no other. New regions are being recognized and our wines are gaining global notoriety. In particular, the Okanagan Valley, which essentially runs from Vernon down to Osoyoos, has seen a massive turn, now flaunting four sub-regions (the newest being Skaha Bench and Naramata Bench), with even more on the unofficial list.

It's a lot of change and a lot of info in what seems like a hot blink! What do these wine regions mean? How does a lake affect wine? Where is Osoyoos even? Whether you're confused or captivated, get set to pack your bags because summer school this year comes with a sunny patio, a lakeside view and a juicy glass of local wine.

The Okanagan now boasts some killer tasting rooms with savvy winos eager to share the love and magic behind each pour; there's no better way to learn than on location, and gorgeous backcountry views help homework go down with ease. Here are some summer school sippers from Osoyoos and Penticton to get you started. Then, when your schoolwork is done, keep going and choose your own juicy Okanagan adventure. ♡



### ROCHE TRADITION PINOT GRIS 2017

This Penticton Pinot Gris is unique, with some added texture and weight from time in neutral French oak and age on the lees, all in perfect balance with ripe apple, spice and zippy acidity. [Rterroir.ca](http://Rterroir.ca)

### LASTELLA FORTISSIMO 2017

Osoyoos is as hot as it gets, and **LaStella** channels that heat into bold, Italian-style wines. Sit on the tasting-room veranda and sip through a flight, ensuring you end with the robust Fortissimo—a spicy, dark and dusty Merlot-dominant blend. [Lastella.ca](http://Lastella.ca)

### LARIANA CELLARS VIOGNIER 2018

Hailing from Osoyoos, here is Viognier in its most powerful form: silky and waxy in the mouth, with ripe pear, melon, honeyed spice and a clean finish. [Larianacellars.com](http://Larianacellars.com)

### LOCK & WORTH MERLOT 2017

This is a perfect patio Merlot, with minimal manipulation and very little time in oak so she's lighter in style and boasts wild, bright berry fruit. Plus, the Penticton tasting room is shared with **Poplar Grove Cheese!** [Lockandworth.com](http://Lockandworth.com)

## EXPERIENCE OSOYOOS & PENTICTON

Beautiful vistas, food, wine, and  
outdoor adventures in the South Okanagan.





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