

VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITADAILY.CA • MARCH 2019

inside the
MARCH
ISSUE

CORAL CRUSH
Paying Homage to
Pantone's Colour
of the Year

DOWN UNDER
Why *the* Shopping
Destination Du Jour is
the Land of Aus

THE BIG FOUR-OH
Our Editor-*in*-Chief's
Ultimate Birthday
Wish List

**CARLSBAD
THE GOOD**
A California Town
with Colour





The PARKER TOP HANDLE


COACH
NEW YORK

EDITOR'S DESK



editor's letter

It seems fitting that, last month, we published the 40th issue of *VITA* and, now, in March, I celebrate my 40th birthday. I recall, a decade ago, dreading the big “three-oh” in the way that some 20-somethings do; this time, I’m completely calm (and content). It seems, to me, true: 40 is the new 30!

To celebrate, I’m sharing my dream birthday wish list to the right, and giving five of you the chance to win **Vancouver Candle Co.**’s new Vita candle (a name I clearly love) candle. And, in the aging vein, we’re looking at skin-preserving trends for our hands.

Additionally, in this issue, we’re paying homage to **Pantone**’s Colour of the Year, investigating the explosion of Australian fashion and beauty brands in Canada and checking out a cool California town that’s all shades of great (plus Cali wines, too). Enjoy!

Noa Nichol
EDITOR-IN-CHIEF

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contests

LIGHT MY FIRE

Like a moth to a flame, I can’t help but love **Vancouver Candle Co.**’s new Vita candle (from \$45)—it bears the name of my favourite publication, after all! Hand-poured in town, it burns with notes of fig, vetiver and cedar and looks stunning in a hand-blown glass vessel. The best part? We’ve teamed up with VCC to give away five of these beauties to five lucky readers! Happy birthday indeed! Vancouvercandleco.com



LICENCE TO PRINT

Leopard isn’t a pattern I’m adopting at 40; it’s a look I’ve loved since my teens. So, naturally, **Marc Jacobs**’ Leopard Frost collection, with five lip shades (\$38 each) and an Eye-Conic shadow palette (\$59 at **Sephora**), have landed on my wish list. 1045 Robson St., 604-681-9704. Sephora.com

SUITS ME FINE

Not because I have to, but because I want to, I am, this year, trading in my bikinis for a one-piece swimsuit. And the transition couldn’t be easier thanks to **Londrè**’s bestselling Minimalist suit in limited-edition Fiesta Red (\$135). It’s comfy and double lined, with low coverage and the most flattering ruched butt-cut in the biz (and made ethically and sustainably out of recycled plastic in Vancouver, to booty). Londrebodywear.com



AGELESS SKIN

Aging gracefully appeals to me—but so does doing what I can to maintain a healthy glow. **La Prairie**’s new Platinum Rare Cellular Life Lotion (\$850 at **Nordstrom**) may be considered la crème de la crème of skin products, boasting powerful detoxifying and life-infusing ingredients, hydrating actives and an anti-wrinkle firming peptide combined with platinum. 799 Robson St., 604-699-2100. Nordstrom.com

BIRTHDAY BAG

Launched in 1997, the **Fendi Baguette** (at **Holt Renfrew**) has become a handbag icon, coveted and collected by women the world over. Small, simple and designed to be carried under the arm like the French loaf from which it borrows its name, some iteration (there have been more than a thousand styles produced) of this classic is an easy add to my birthday list. 737 Dunsmuir St., 604-681-3121. Holtrenfrew.com



VITA

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CORAL crush

PANTONE'S LIVING CORAL COLOUR OF THE YEAR IS CRUSHING IT



PANTONE POUT

Estée Lauder's Pure Color Envy sculpting lipstick in Defiant Coral (\$39) doesn't just offer pigment perfection—it also leaves lips looking beautifully shaped, sculpted and curvaceous (and you can have the bullet engraved when you shop online). EsteeLauder.ca



BLUSH CRUSH

For a touch of summertime, all the time, Benefit's Coralista blush (\$40 exclusively at **Shoppers Drug Mart**), in a warm, coral-pink shade, cheers up any and every skin tone in seconds. Beauty.shoppersdrugmart.ca

DARLING DANGLE
Fall in Living Coral love with this heart tab key ring from **Coach** (\$40).
755 Burrard St., 604-694-1772.
Ca.coach.com



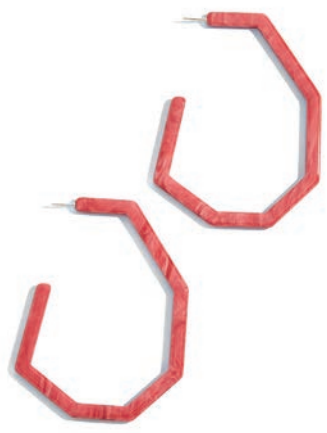
COLOUR ICON

Pantone-play up your peepers with **Marc Jacobs** Eye-Conic multi-finish palette in Fantascene (\$59 at **Sephora**). Read the shade names left to right for a poem. 1045 Robson St., 604-681-9704. Sephora.com



Leslie Rossi

@ALIFEWELLCONSUMED



INFLUENCER PICK

These funky **Rachel Comey** hoops (\$159 at **Nordstrom**) boast a unique shape in the lovely Pantone Living Coral colour—an easy win-win! You'll be seeing me wearing these all spring and summer long. 799 Robson St., 604-699-2100. Nordstrom.com

READ MORE!
Vitadaily.ca/lifestyle



LIQUID LIPS

Made with a blend of mineral-rich pigments, shea butter, apricot oil and babassu oil, **Burt's Bees** all-natural Liquid Lipstick in Coral Cove (\$16 at mass retailers across Canada) delivers moisture to lips while providing full colour payoff. Burtsbees.ca



ONE LINER

Givenchy's new-for-spring Dual Liner offers a bold pink-orange two-tone eyeshadow-and-eyeliner duo (\$42 at **Holt Renfrew**) that delivers an intense look with just one stroke. 737 Dunsmuir St., 604-681-3121. Holtrenfrew.com



HUE SHOE

We found these **Christian Louboutin** Drama Sling 100 patent leather pumps in a crush-worthy coral colourway and with pink-toned spiked embellishments online and fell head-over-heels in love (definitely worth the extra cost to ship). Mytheresa.com



SUPRA CLUB

Lierac's Supra Radiance collection fits the Living Coral bill perfectly, featuring a super-for-skin range of care products with a positively peachy hue. Lierac.ca

KIMONO ON
Enrobe yourself in floral-print coral with **Gentle Fawn**'s Heron kimono scarf (\$59), featuring too-cute tassel details. Gentlefawn.ca



TONAL TOTE

This happy, handmade Mini Dome Okhtein bag (\$1,185 at **Blubird**) boasts custom 21-karat gold-plated hardware. 1108 Alberni St., 604-257-0700. Blubird.ca

Hot Shops

VANCOUVER'S GREATEST AND LATEST RETAILERS

FIG FACIAL

Kitsilano's newest holistic health hub, by co-founders Jessica Walsh and naturopathic Dr. Alyah Karim, takes its name from the fig: an inverted flower that symbolizes beauty from the inside out. Opening this month in crisp, clean quarters, **Fig Facial** will offer quick-yet-effective skin treatments clocking in at 30 minutes apiece (if you like, don headphones that play bespoke meditations while you get your glow on). Add a vitamin shot (or get one on its own) to target a specific area of concern, like low energy, stress or a finicky metabolism. Also, browse a collection of products from such clean beauty lines as **Goop**, **8 Faces, Corpus** and **Dr. Barbara Sturm**, none of which contain any of the so-called "fig five"—silicones, drying alcohols, sodium lauryl sulfate, synthetic fragrances and petroleum-based compounds. Open eight till late, this beauty boutique will make you want to give a fig about upping your wellness routine. **2050 W. 4th Ave. Figfacial.com** ALICE CHEN

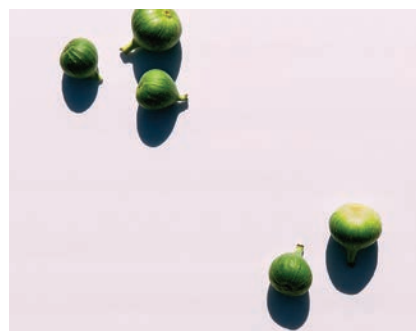


PHOTO: UPPER LEFT PHOTOGRAPHY



KONDI FITNESS

Tucked in at basement level, **Kondi Fitness** Yaletown specializes in an eponymous method that combines TRX suspension training, oh-so-trendy HIIT, Pilates and small-pulse-focused Callanetics. The outcome: an innovative fitness experience that balances strength and fat-burning in one. What we love: small classes of no more than a dozen students. What we kinda don't love (but know is good for us): how tough this workout is! For beginners, founder and lead trainer Lacey Kondi recommends the "combo" class that focuses on toning and strength. Braver still? The HIIT class can burn up to 1,000 calories in an hour (plus your body will continue to burn 'em for the next 36). Either way, Kondi's got your next sweat sesh covered. **806 Homer St., 778-379-6150. Kondistudio.com** VICKI DUONG



AG HAIR

In a modern-day hair-care market teeming with choice, standing out may seem impossible—but it's pretty simple. Just use food-grade ingredients and a mindful production process, and donate millions to help build schools for girls in Africa. **AG Hair** has been quietly doing this for three decades, as a result becoming Canada's largest independent producer of high-end hair products—a far cry from the brand's 1989 start in the North Vancouver basement of founders Lotte and John Davis. Back then, the two were bottling and labelling their own hand-mixed shampoos and conditioners, but have since grown into a veritable empire spanning 75 products in 14,000-plus salons. Yet, despite the hair-raising growth, the company's retained its ethical approach to crafting premium products that deliver pro results—all without parabens, salt, gluten or testing on animals—both in stylists' chair and at home. And, now, they can continue to do their good work thanks to a sparkly new 70,000-square-foot complex in Coquitlam. A quantum leap from AG's modest beginnings, this swish new perch feels more white Zen spa than high-tech, energy-efficient manufacturing facility (and comes with a quiet room for employees, to boot). But the ethos hasn't changed: the best raw ingredients are mixed by 85 staff to produce more than 5,500 litres a day. See, it's pretty simple. **604.294.8870. Aghair.com** AMANDA ROSS



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From Down Under

THE NEXT DESTINATION ON YOUR FASHION AND BEAUTY SHOPPING LIST? AUSTRALIA
BY AILEEN LALOR



T

The phrase we most often associate with the land of Aus? No worries! It speaks to a casual culture and get-it-done mindset that's as appealing as a day at Bondi Beach. It's also the name of the signature moisturizer from **Dr Roebuck's**, one of the brands that's leading the Australian fashion and beauty invasion here. Co-founder Kim Devin says this no-nonsense approach is part of the reason North Americans are lapping up the Aussie life. "There's been this big influx of beauty brands everywhere and people are questioning what's authentic and what's not. Australians keep it real," she says.

Then there's the biodiversity—85 per cent of its flowering plants are unique to Australia, including Kakadu plum (the world's richest source of vitamin C) and macadamia, used for hydration. These are found in products from Aussie faves like Dr Roebuck's, **Nude by Nature**, **Kevin Murphy** and **Aesop**.

While natural products were previously considered to be inferior



to synthetic ones, that's no longer the case. "You can put a banana on your face and that's natural, but it's not going to do much for you, so what's the point?" says Devin. "Nowadays, there's no need to compromise. A product can be clean, natural and efficacious. It's the way things are going throughout society; everyone is moving toward a healthier lifestyle."

And then there's the attitude. "Vancouver feels like a Canadian version of Sydney," says makeup artist Clint Dowdell, global brand ambassador for makeup brand **Nude by Nature**. "In fact, the whole of Canada is akin to Australia—friendly, open and multicultural."

The things we love about Aussie beauty are also found in its fashion. "The vibrancy of the country is reflected in our pastel pinks, brilliant blues and bright, budding florals," says Carolyn Mackenzie, managing director of Melbourne brand **Ever New**. "Australia is also about discovery, and that comes through in our use of interesting details and reinterpretation of global trends."

And there's the sunshine—the very reason that **Hudson's Bay** is choosing to hold its Australia pop-up, a showcase of a near-dozen up-and-coming Aussie brands, from late last year through to mid-this month.

"With winter in full swing it's the perfect time for a warm-weather getaway. People need summer-friendly clothes for travel, and who does hot weather better than the Aussies?" asks The Bay's fashion director Tyler Franch. "The Australian aesthetic almost always has a laid-back feeling. The clothes are fluid and not too body con. There is a lot of novelty that goes back to surf culture, including prints, bright colours, easy-to-wear fabrics. It's never stuffy."

Franch says the pop-up is a chance to test brands in the Canadian market, and this informs the future buying strategy, so there's a possibility of seeing more Aussie labels at The Bay in future. Mackenzie says there are exciting plans afoot for further expansion of **Ever New** in Canada and globally. And, at just four years old, Dr Roebuck's is available in 30 countries and is sold at **Shoppers Drug Mart** locations across Canada.

In Vancouver, too, **Blubird** stocks such Down Under brands as **Bec + Bridge**, **Thurley** and **Zimmermann**; a little bird also told us shoppers will see a new addition, **C/Meo Collective**, on racks soon.

Meanwhile, **Aesop** has just opened its third Vancouver store on Main Street and taken a new direction into homeware with an oil burner created with Australian designer **Henry Wilson**.

"The brass oil burner is Aesop's first foray into retailing a designed object, and it represents an interesting new product direction for [us] as it combines our passions of design, function and scent into the one product," says Kate Forbes, Aesop general manager, product and R&D.

It's a bold move to venture into a new industry, but it's entirely consistent with the Aussie approach to discovery and innovation.

"I live in the U.S. now and here, you stay in your lane," says Devin. "In Australia you can't get by just doing one thing. You can't outsource anything because there's no one to outsource it to. It means we're purposeful and we don't make stuff just for the sake of it."

World domination? No worries, mate. 🇺🇸

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DESIGN & DÉCOR

Living with Coral

BRING THE COLOUR OF THE YEAR INTO YOUR HOME
WITH THESE PANTONE-INSPIRED PICKS
BY ISABEL ONG

W

Who'd have thought identifying a colour for the year would have such far-reaching effects? **Pantone's** annual announcement has always been highly anticipated, and 2019's defining hue has, naturally, left its mark on interior décor trends.

Described as reflecting an intrinsic need for "optimism and joyful pursuits," Living Coral is a bright-yet-warm melon-y shade that can invigorate a room with casual, effortless ease. Less girly than pink and less in-your-face than red, it's the perfect in-between hue to brighten your home without dominating—our top coral picks will surely make your place Pinterest- and Pantone-worthy! ♡



FINDING NEMO
Spruce up your kitchen counter with **Alessi's** arty glass container (\$63), jazzed up with a striking coral motif. Topped by a polished stainless-steel lid with a hermetic seal, it'll also ensure food is kept ocean fresh. Alessi.com



SLOW BURN
Scent your home with **Blomus'** sea salt and sage natural soy wax candle (\$35 at **Old Faithful Shop**), which comes in a gorgeous coral-shaded concrete jar that can be repurposed as a succulent holder (or a container for anything else you fancy).
320 W. Cordova St.,
778-327-9376.
Oldfaithfulshop.com



WRAP IT UP
With a refined white-and-coral herringbone pattern accented by twisted knot fringes, **Atkinson's** cotton throw (\$330) is perfect for snuggling up in while binge-watching Netflix. 1501 W. 6th Ave., 604-736-3378. Atkinsonsofvancover.com



COAST TO COAST
Ocean-themed décor is another way to interpret Living Coral, and we adore this embroidered lumbar pillow covered in red coral branches (\$52 at **Pottery Barn**). Suitable for both indoor and outdoor use, it's a great way to boost your pad's breezy, coastal vibes. 2600 Granville St., 604-678-9897. Potterybarn.ca



BAKE OFF
Baking enthusiasts will dig **KitchenAid's** Artisan five-quart tilt-head stand mixer in Bird of Paradise (\$350 at **Crate&Barrel**) not just for its looks, but also its multi-functionality. Ten-speed control anyone? 650 W. 41st Ave., 604-269-4300. Crateandbarrel.ca



POP ART
Italian furniture brand **Kartell** and fellow Italian lifestyle label **La DoubleJ** have teamed up to create a vibrant collection of chairs (\$998 each at **LivingSpace Interiors**) featuring the latter's psychedelic prints, and their orangey-coral-red tones will instantly revitalize your décor. 1706 W. 1st Ave., 604-683-1116. LivingSpace.com



STAR STRUCK
Take dinner parties to a new level with **Gucci's** Star Eye round metal tray with a coral-red trim (\$825). Serving hors d'oeuvres or glasses of bubbly to your guests is going to be a lot more glam now. Gucci.com



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In Good Hands

ARE THE BACKS OF YOUR MITTS TELLING A DIFFERENT STORY THAN YOUR FACE?
BY AILEEN LALOR



Next time you go for a facial, sneak a look at the backs of your aesthetician's hands. If she's anything like the woman we encountered at **La Maison Valmont**, her mitts look as smooth, plump and unlined as a child's thanks to all the serums and cosmetics she slathers on in the course of making her clients more beautiful

It's a common enough story; in fact, Japanese brand **SK-II** says its scientists discovered a secret ingredient, Pitera (a rice ferment), when they observed the strikingly youthful hands of otherwise ancient-looking sake brewers—the opposite of what is usually found.

"The hands are particularly vulnerable to signs of aging compared to the face," says William McGillivray, medical director of **Project Skin MD** in Vancouver. "The skin on the backs of the hands is thinner ... and contains less protective elements such as hair follicles, sweat glands and oil glands. The hands are exposed to more chemicals, such as in hand-washing and various irritants. Also, patients often forget to use protective measures such as sunscreen."



"INGREDIENTS that work for your face are also good for YOUR hands"



Signs of aging include pigmentation (dark spots and freckles) plus wrinkles and loss of volume, so the hands begin to look scrawnier. Hands are also susceptible to skin cancers because they are exposed to UV rays so much.

As with the face, the first way to keep hands looking younger is through sun protection. A stick sunscreen like **Shiseido** Clear Stick UV Protector SPF 50+ WetForce is a good option for that, because it's easy to apply and reapply without mess.

When it comes to actual skin care, McGillivray says the ingredients that work for the face are also good for the hands—think vitamin C, retinol and retinoids. You can use your regular facial serums on your hands (you should rub any excess in there at the end of your skin-care regimen), but using them as post-washing moisturizers can get expensive, and the textures aren't designed for hands, either.

And that's why you need hand creams. Until quite recently, these were basically just moisturizers with pretty scents. Then along came **Hand Chemistry Pro-Repair Skincare for Hands**. When the original version of this wonder product was launched in the United Kingdom in 2013, it sold out everywhere because people were using it on their faces. Key ingredients in the newest version include a mushroom extract said to be 400 times more moisturizing than hyaluronic acid, anti-aging copper peptides and a botanical derivative aimed at correcting pigmentation.

Indeed, it sparked a trend for anti-aging hand care. Valmont Hand Nutritive Treatment has ingredients that are said to boost the skin's ability to retain moisture, plus antioxidants and an ingredient that is supposed to increase collagen production. **Rodial** Rose Gold Hand Cream has 24-karat gold for wrinkle smoothing, shea butter to moisturize and rose alba leaf cell extract to tackle dark spots.

On top of daily care, you can now get sheet masks for hands to offer an extra boost. There are conventional drippy wet masks, but Montreal's **Nannette De Gaspé** has levelled up. Its Hand Masque is a dry textile sheet that is printed with active ingredients like niacinamide, shea butter and marine collagen. When you place it on the hands, the ingredients heat up and are released into skin.

McGillivray adds that, for real corrective action, you can look to doctors instead of skin care.

"A series of pulsed light treatments can help lift pigmentation and encourage collagen in the area," he says. "Fraxel laser treatments are really helpful in not only lifting pigmentation but resurfacing the wrinkle, with improvement of skin and texture. Additionally, injections with dermal fillers such as **Radiesse** into the backs of the hands can restore volume and encourage collagen renewal, also resulting in a more youthful look." ▼



GENTLE FAWN

GENTLEFAWN.COM



New Noshes

WHERE AND WHAT TO EAT THIS MONTH

DALINA

Finding a Fairview place to grab a coffee or a bite to eat just got easier with **Dalina** opening a second location on Broadway and Oak. Featuring high ceilings, pristine white tiles and inviting wood accents (not to mention floral arrangements from **Celsia Florist**, **Hoochy Booch** kombucha on tap and **Fife Bakery** sourdough bread), this Italian-inspired café serves up an assortment of signature authentic espresso blends alongside pastries (don't miss the coconut cranberry cookie), sandwiches (try the truffle turkey) and soups. Looking to kick it up a notch? Ask for the Aperol Spritz, per favore! **992 W. Broadway, 604-428-4364. Dalina.ca** VICKI DUONG



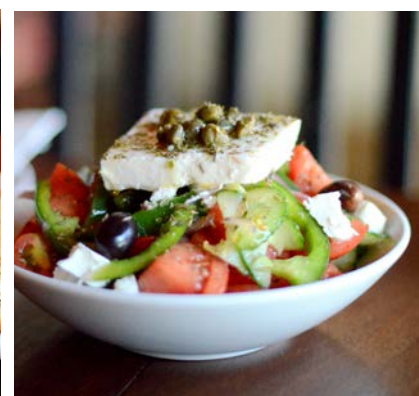
LIVIA SWEETS

Very obviously built with love, **Livia Sweets**—now open on Commercial Drive—is the brain child of Claire Livia Lassam, a Vancouver pastry chef who wanted to get out of restaurants and into her own dream. This part bakery, part café, part breakfast/lunch spot and soon-to-be happy hour locale (you can already order something boozy and bubbly at the counter) makes all its goodies—from cinnamon brioche twists to tahini cookies to cheddar and rosemary cloud biscuits to poppy seed challah—daily fresh in-house. Also, light morning and midday meals (there's olive oil granola with yogurt and jam and a blood orange, radicchio and pistachio panzanella, but Lassam herself eats "far too much of" the creamy carbonara). Need a coffee fix? Try a cortado (espresso mixed with a roughly equal amount of warm milk) served in a unique handle-free mug made specially for Livia by also-local **G Ceramic & Co. 1399 Commercial Dr. Liviaweets.com** NOA NICHOL



T & CO

Wishing to curb our fast-but-not-fantastic food habit, we're happy a chic place to grab a quick healthy bite has opened. Steps from the seawall at the **Westin Bayshore**, **T & Co's** pastel-dominated design makes the perfect backdrop for a menu all about quality nourishment: **Bulletproof** coffee, turmeric and beet lattes (add a shot of collagen) and protein shakes (try the salted caramel apple pie). Meal wise, the options are good-for-you and plenty: puddings, parfaits, salads and sandwiches, baked **To Die For** fare and **Rosemary Rock Salt** bagels, including a "rainbow" edition that gives unicorn toast a healthy run for its money. **1601 Bayshore Dr., 604-691-6966. Westinbayshore.com** NOA NICHOL



HERITAGE ASIAN EATERY

When we heard that former *Top Chef Canada* contestant Felix Zhou was opening a second **Heritage Asian Eatery** on the first day of Chinese New Year, we knew it was something special. Indeed, eating our way through the Far East-inspired menu, we uncovered multiple must-tries, including the Dan Dan noodles (creamy, nutty and not-at-all oily), boneless duck rice bowl (tip: you can also order duck wings off-menu) and, for dessert, Golden Man Tou in sweet matcha-infused condensed milk. Décor wise, this new diner doesn't disappoint; check out the custom lighting and living wall. We'll stop now, and let the baos and bowls do the talking. **382 W. Broadway, 604-559-6058. Eatheritage.ca** MIRANDA SAM



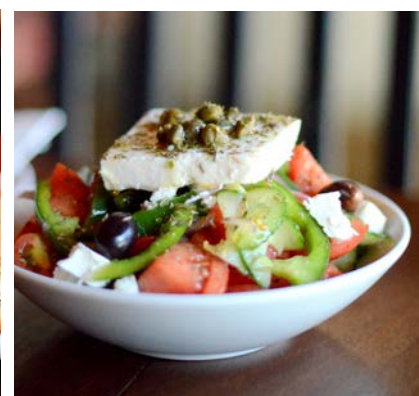
THE BENCH BAKEHOUSE

Rather than collect souvenirs, Tracy and Matt Steele picked up pastry ideas as they travelled through Italy, France, Spain and Portugal. And, lucky for us, the resulting goods are now available at the couple's newly opened bakery and café in East Vancouver's Il Mercato Mall. **The Bench Bakehouse** is a cosy nook (yes, there are actual benches to sit on) featuring an open-concept kitchen and a case full of croissants, kouign-amann cakes, cookie sandwiches and fly-off-the-shelves passionfruit melting moments. Also: scratch-made sourdough breads (we recommend the caramelized onion edition, available every second day) and sandwiches (one meat and one vegan, daily). Definitely a good place to be given the bench. **100 1641 Commercial Dr., 604-251-0677. Thebenchbakehouse.com** NOA NICHOL



THE GREEK BY ANATOLI

Of three restaurants operated by Alexi and Iani Makris (they took over from their parents in 2011) Gastown is the latest—and unique to its predecessors. Taking diners' top dishes from their Yaletown locale, the brothers launched **The Greek by Anatoli's** newest space with an edited menu that highlights light, shareable plates rather than the heavy double (or even triple) carb-focused offerings one traditionally associates with a good Greek meal. Our favourite bites: a smooth fava bean purée with grilled seasonal mushrooms, a crisp pair of spanakopita and a tangy, traditional salad with feta flown in from Greece. With many vegetarian (and even vegan) options, plus signature sips (don't skip the sangria, which uses a rooibos reduction), this is one eatery where you'll not only want to lick your plate clean, but smash it, too. **221 Carrall St., 604-423-3360. Thegreekbyanatoli.com** NOA NICHOL



TRIPS & SIPS

Carlsbad the Good

A WEEKEND IN THIS SOUTH CALIFORNIA TOWN PROVIDES THE PERFECT MIX OF BEACH TIME, SPA TIME, ME TIME AND INSTAGRAM TIME
BY LISE BOULLARD

L

Less than an hour north of San Diego, Carlsbad is a laid-back beach town where Californians and tourists alike flock for a quintessential Golden State experience. The ultimate place to stay? The paradise that is the **Omni La Costa Resort & Spa**, with six pools, two golf courses and 600 guest rooms in a network of Spanish villa-style buildings set on a lush 400-acre property. Our suite showcased grand high ceilings and majestic French doors—and we certainly felt like royalty meandering the resort's red-brick pathways past courtyard fountains as palm trees swayed above us in the breeze. California dreaming, indeed. ♡



SPA

At the hotel's award-winning Omni La Costa Spa, relax in a courtyard filled with bougainvillea-covered trellises and orange trees before your 55-minute lomi lomi massage; the treatment, which takes place in a poolside cabana, uses continuous flow and nurturing strokes to encourage alignment and energy movement. For your inner beauty fix, head to the on-site **Chopra Center** for yoga, meditation and spirit-tuning treatments—the Odyssey massage includes dry brushing, exfoliation and meditative breathing. Omnihotels.com



SAVOUR

Though the resort boasts six of its own restaurants (at breakfast, **Vue** offers sunny patio seating and traditional Mexican chilaquiles) it's worth heading into Carlsbad to experience a range of eateries. **Park 101**, for one, is a two-level, 8,000-square-foot pub complex serving craft beer and inventive Californian fare. On the higher end, **Vigilucci's** offers Italian delights like cioppino, veal parmigiana and tiramisu alongside intriguing local wines (we tried the **Daou Vineyards** Cabernet Sauvignon, made by a Paso Robles-based Afghani family).

La Jolie Madame LINGERIE

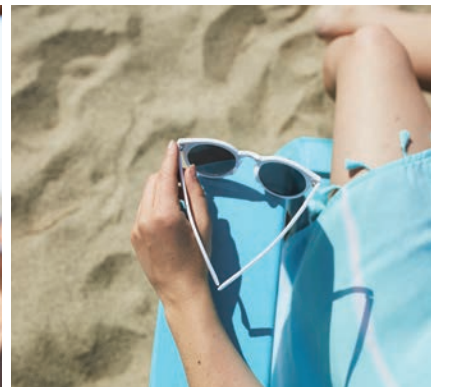
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Chantelle



SNAP

The seaside city of Carlsbad is also an Instagrammer's dream thanks to its seasonal flower fields and recent Colors of Carlsbad campaign, the latter in partnership with the **Pantone Color Institute** and highlighting the psychology of the many shades that can be found throughout the town—think the blues of the lagoons, the greens in the rolling foothills and the pinks in the blooming ranunculus and unforgettable sunsets. We'll certainly be seeking out this year's defining colour, Living Coral, the next time we're in town. Colorsofcarlsbad.com



SEE

While we dare you to run out of things to do at the Omni La Costa, if you want to see the beach and experience authentic Californian culture the short Uber ride to Carlsbad is a must. Activities like pedalling (or not) **Pedego** electric bikes along the seven miles of coastline or paddle boarding in the **Agua Hedionda Lagoon and Discovery Center** are a draw for all ages, and kids young and old will love **Legoland**. Visitcarlsbad.com



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TRIPS & SIPS

Golden State of Wine

RIDING CALIFORNIA WAVES AT THE 2019
VANCOUVER INTERNATIONAL WINE FESTIVAL
BY LAURA STARR

C

California dreaming is how we kicked off 2019 in wine; it was, after all, the feature region at this year's Vancouver International Wine Festival. Traditionally known for Cabernets, Chardonnays and Zinfandels out of Napa Valley and Sonoma County (plus big names like **Robert Mondavi** and **Ravenswood**), the Golden State is fast becoming an ever-evolving region of daring winemakers and conscious farmers with more than a hundred AVAs (American Viticultural Areas). No matter your preference (old-school or new), here are some Cali icons and young bloods to put on your tasting list. ♡



SIGNORELLO ESTATE

These estate-grown Napa Valley wines are made with hand-picked fruit, fermented with native yeasts and produced without fining or filtration. **Signorello** wines are true expressions of the land, something you can truly taste in the Hope's Cuvée Chardonnay via notes of green apple and lemon curd balanced beautifully with a rich and waxy weight, plus a hint of spice. Signorelloestate.com

CANNONBALL

Newer on the California wine scene, **Cannonball** is made of a motley crew of wine veterans dedicated to making accessible and authentic sips, with an emphasis on having fun. Their Cannonball Eleven Chardonnay will rock your world, with a blend of grapes from cool-climate regions around the Sonoma Coast—something that gives this decadent pear and honeyed sip an electric zip of lingering acidity. Drinkcannonball.com

RIDGE VINEYARDS

A benchmark California producer, **Ridge** is famous for producing site-specific wines, with minimal intervention. Its Montebello vineyard helped build its name, but its Zinfandels are some of the purest in California—and this is your chance to taste through varietal Zins from different vineyard sites. Start with Ridge's Geyserville, which sets a high standard for a California Zin, showcasing ripe plums, dark cherries and a clean, stony minerality. Ridgewine.com



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