

VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITADAILY.CA • MARCH 2020

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MARCH

ISSUE

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COACH

Jennifer Lopez, Courier Bag, High Line, New York City



Blue need not be sad. According to **Pantone Color Institute** executive director Leatrice Eiseman, "We are living in a time that requires trust and faith. It is this kind of constancy and confidence that is expressed by ... Classic Blue, a solid and dependable blue hue we can always rely on." With this in mind, we're presenting, in this issue of *VITA*, our top picks that play off Pantone's 2020 Colour of the Year.

We're also bursting with pride to have local communications maven (and **New York Fashion Week** runway model) Shannon Heth fronting this magazine, and sharing her top blue pick on page 4. Plus, a retro-fashion report, people-friendly pet décor, skin-care ingredients from the sea and suggestions for a sunny SoCal escape to Newport Beach. Talk about news to beat the winter blues!

Noa Nichol
EDITOR-IN-CHIEF

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Feeling Cheeky

BENEFIT CANADA'S NATIONAL BROW ARTIST BREIGH BELLAVANCE CHATS ABOUT THE BRAND'S FAB NEW FACE OFFERING

Hi Breigh; tell us about Benefit's new cheek palette, please!

The Cheek Star Reunion Tour Palette is all about bringing Benefit Box of Powder favourites into one universal, multitasking palette—but, this time, Benefit reformulated some of our fan-fave blushes with a modern twist. The pigments are more lustrous than ever, with an added vibrancy and glow, and the entire palette is formulated to blend with any skin tone and acts as an all-encompassing cheek-survival kit.

With a solid brow reputation, what makes Benefit a cheek pro, too?

The reason we love brows is because they act as true "arch-itecture" to the face and are the key to anyone craving a fresh, youthful look. The same goes for cheeks, as they also contour and shape the face. Benefit approaches cheeks in the same vital way as brows, which is why our Box of Powders collection is always growing and have been staples [for the brand] for years.

Tips for choosing a cheek palette?

Make sure there is some versatility and range in the colours so you can adapt tones to your lifestyle, outfits, brows, lip colours—you name it. We can often be drawn to that one colour (our "safe" choice), but palettes are there to help you explore different looks while giving you amazing value. A great indicator of a quality cheek palette is in the highlighter. An easy swipe of your finger and you can instantly feel the smoothness and pigment pay-off.



How to match cheeks to brows?

It's not so much colour matching as it is vibe matching! When it comes to a bold brow look, you want to implement the same theme with the cheeks to create balance—but that doesn't mean it can't be natural and blended. Explore contouring the cheekbone with a neutral bronzer, like Hoola Bronzer, or adding a pop to the apple of the cheek with an extra hint of colour and radiance. For a soft, effortless, five-minute face, the cheek can be simply swept with a light wash of neutral colour and the brow can remain soft and textured with a long-wear clear brow gel, like 24HR Brow Setter, then finessed with a simple flick of the wrist using an ultra-fine tip pencil, like Precisely My Brow Pencil. Benefitcosmetics.com



VITA

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Shannon Heth

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PHOTO: THE COLLECTIVE YOU

something CLASSIC

blue



Away's collab with the colour experts at **Pantone** has resulted in a limited-edition collection (four sizes, from \$325) of polycarbonate luggage in Classic Blue, evocative of those vast skies and deep waters that embolden us to explore the world. Awaytravel.com



INFLUENCER PICK

I love supporting local shops and Christine Morton, a Vancouver resident and lingerie designer, has a loyal following here and around the world, including some pretty incredible international women, who are big fans—Oprah Winfrey, Cameron Diaz, Jane Fonda and Sofia Vergara have all worn her garments. I'd love to wear this cobalt-blue Goddess Gown (\$390 at **Christine Lingerie**) with a pair of cowboy boots and a denim jacket for an easy summer look, or to slip into it after a long day of travel. **821 Powell St., 604-253-0350. Christinelingerie.com**

READ MORE!
Vitadaily.ca/lifestyle



Ikea's Lampan light (\$30) in blue creates a soft, cosy mood in any room. **1000 Lougheed Hwy., Coquitlam, 866-866-4532. Ikea.com**

PICKS INSPIRED BY PANTONE'S COLOUR OF THE YEAR

Inspired by the rich symbolism associated with Classic Blue, **Tealeaves'** bespoke Pantone blend (from \$8) boasts a herbal berry mélange of butterfly pea flower, lemon verbena, lemongrass, rose petal and **Firmenich** flavour that steepes to a brilliant violet hue. Ca.tealeaves.com



READ MORE!
Vitadaily.ca/dining

Signs that 2020 is the year of **B.C. Blueberry**? Pantone's Classic Blue is the colour of the year (of course), Swiss fragrance and flavour co. **Firmenich** named Classic Blueberry as the taste of the year and, in a matter of months, our Unicode libraries will, finally, include a blueberry emoji! Bcblueberry.com

New to its cosmetics fam, **Le Liner de Chanel** comes in seven shades, including a limited-edition Bleu Cobalt (\$45). This liquid liner contains a polymer—inspired and derived from latex technology—that sets in, well, the blink of an eye. Chanel.com



From its Dwell collection, this **Matt & Nat Sam** crossbody bag (\$80 at **Fine Finds**), with an adjustable strap, top zipper closure, logo-embossed patch and 100 per cent recycled nylon lining, comes in a cool blue called Lake. **1014 Mainland St., 604-669-8325. Finefindsboutique.com**



The nuance of Pantone's Classic Blue hue is certainly apparent in **Le Creuset's** Blueberry collection. Moody, deep and intensified with gorgeous gradient features, this range of cookware, bakeware and tableware will add a timeless and chic tone to your kitchen. **2997 Granville St., 604-620-3915. LeCreuset.ca**



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Seasonal blues never looked so good.



EQ3's new Oma sofa in a beautifully luxe Seoul Uniform blue velvet (\$2,999) is a structured and sophisticated yet exceptionally comfortable seat in a popular, calming and versatile shade. **2536 Granville St., 604-681-5155. Eq3.com**



WIN THIS!
Vitadaily.ca/contests

These **Odyssey Hoops** (\$70) by Vancouver's **Fair Jewelry**, each featuring a recycled glass gem in the shape of a life-saving doughnut, will have you dreaming of the beach, ocean and adventure. Fairjewelry.ca

PHOTO: ENGUERRAND BONNET

This **Sandro Paris** men's marine trench with a self-tie belt (at **McArthurGlen Designer Outlet Vancouver Airport** while supplies last) is a perfect fit, for him, for spring. **1000 - 7899 Templeton Station Rd., Richmond, 604-231-5525. Mcarthurglenvancouver.com**



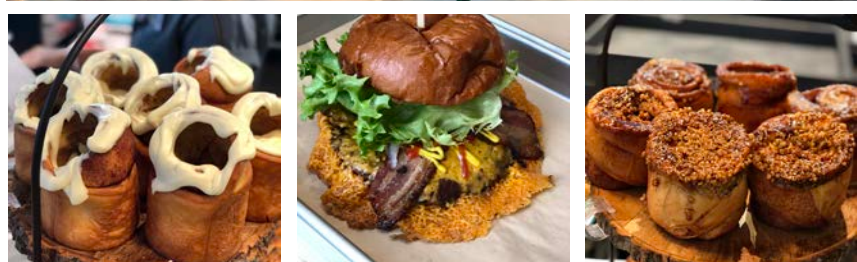
March's It Bag

BY ALEESHA HARRIS

An "it bag" can undoubtedly be defined as a designer accessory that inspires mass coveting within the fashion world, waitlists to purchase and extreme envy when acquired—case in point, the **Chanel 19**. This quilted maxi flap creation (\$7,125), originally released last October, takes its "it" status to a new level in a very *au courant* shade of dark-blue goatskin. Available in a several materials, including tweed, jersey and leather, the simply chic design features a variety of chains in different metal tones (gold, silver, ruthenium) and lengths to keep things interesting, plus the French fashion house's iconic interlocking C logo in a bold chain-detail update. We're dreaming of wearing it on repeat. Chanel.com

New Noshes

WHERE AND WHAT TO EAT THIS MONTH

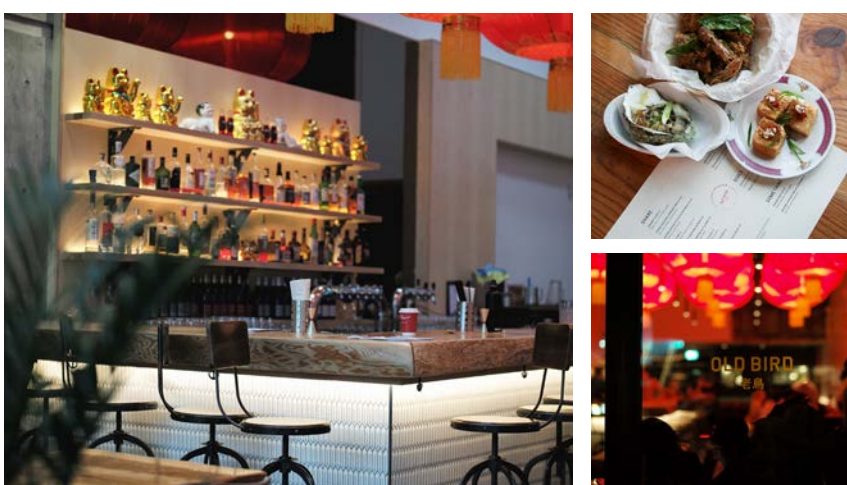


FRESH ST. MARKET

Think groceries are just groceries? Think again. While **Fresh St. Market**, open in downtown's Beach District and inspired by North America's top public markets and eateries, offers cupboard, fridge and pantry staples (with a focus on local goods by brands like **Mt. Lehman Cheese Co.** and **NutMeg Mylk**), there's so much more in store, from the dine-in **Fork Lift Kitchen & Bar**, where the tacos are made from scratch, to the "That's One Hot Cookie" station, where Fresh's signature warm treat is served alongside mile-high sticky buns. Also, a grind-your-own-peanut-butter bar and the greatest pick of mushrooms we've ever seen at a grocer. And, if you live downtown, Fresh St. will deliver your groceries to you by bike. **1423 Continental St., 604-265-1311. Freshstmarket.com** NOA NICHOL

OLD BIRD

Take some favourite family recipes, throw in an array of modern dishes inspired by Shanghaiese and Taiwanese street food, and what do you get? **Old Bird**. Opened mid-January in the former **Nomad** space, the room features huge red lanterns hanging from high ceilings while the menu promises "Chinese food with attitude." And, boy, does it ever deliver—in the tastiest way possible. The smoked half-chicken comes with plastic gloves, fancy gold-handled scissors and firm instructions to eat with your hands, and the made-in-house Hong Kong-style fish balls are served in a flavourful seafood curry broth. Other tasty offerings: beef short ribs in black pepper sauce; steamed black cod with ginger, garlic and scallion sauce; and honey-glazed barbecue pork with red cabbage. Complementing the dishes, the restaurant's cocktail list is filled with creative concoctions, all of which go down, perhaps, a little too easily—especially the Lapsang Gimlet and the Main Street 75. **Old Bird** is located right across the street from **The Acorn** and **The Arbor**, and within shouting distance of **Hawker's Delight** and **Sun Sui Wah**, giving foodie birds-of-a-feather yet another appetizing reason to flock to Main. **3950 Main St., 604-873-1172. Oldbird.ca** SHERI RADFORD



BRASS FISH TAVERN

Fried chicken and an order of California rolls—why not? It's Vancouver, and West Coasters do things a little differently. Case in point: **Brass Fish Tavern**. The latest offering from the **Donnelly Group** has opened in downtown's Marine Building, taking over and completely revamping the old **Elephant & Castle** space. Thrice as nice as an ordinary pub, Brass Fish boasts a tavern and a sushi bar downstairs, and a lounge up. Tall, dramatic trees dot the lower level, suggesting the leafy green ambience of a summer patio no matter what the weather outside, while, on the upper level, a semi-private dining room looks out over all the main-floor action. On the menu, chef Clement Chan has created a lineup of offerings as enticing as you'd expect from a *Top Chef Canada* and *Chopped Canada* competitor. Tempting tastes include the shishito peppers, smoked ham croquettes, dynamite rolls, yam tempura, crispy chicken sandwich and lamb shank with risotto. On the drinks side, wet your whistle with the usual suspects (beer, wine, highballs) or try a creative cocktail like the Coco Russki, made from vodka, coconut milk, **Kahlua** and cold brew. Whatever you choose, be sure to raise a glass (or three) to this new triple threat. **385 Burrard St., 604-336-9167. Donnellygroup.ca** SHERI RADFORD

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What Goes Around Comes Around

TAKING A PAGE FROM FASHION HISTORY CAN BREATHE NEW LIFE INTO YOUR SPRING STYLE
BY JEANINE GORDON



While we're still navigating the first few months of a new decade, the past is calling. Spring runways were bursting with vintage-inspired pieces and retro silhouettes, like a fashion time capsule begging to be discovered. Note, though, that no single era dominates this season; rather, designers delighted us with looks reminiscent of 1950s sweetness, 1980s boldness and everything in-between. In other words, there's a decade for everyone.

According to Richard Simons, co-owner of Canadian retail giant **Simons**, "A woman is even more beautiful when her style has a story to tell." Retro fashion allows us to do just that, so choose your own adventure this spring and cherry-pick your favourite looks from the past, reinvented for the modern woman.

That said, just what is the appeal of retro fashion? Stuart Vevers, creative director of **Coach** says, "Vintage and heritage are a big part of the fashion conversation for many reasons. There's



"Cherry-pick your favourite looks from the past, reinvented for the modern woman"



a certain cultural energy and credibility in archival styles that I've always believed is extremely important."

For long-standing brands, like **Coach**, history and heritage are a significant source of inspiration. For consumers, Joseph Tang, women's fashion director at **Holt Renfrew**, says retro fashion is all about the feeling: "The idea of 'what's old is new again' has never been more prevalent than in today's world of fashion and style. What customers are drawn to now are styles that elicit a sense of nostalgia, and today we're seeing how these beloved favourites are reinterpreted in a modern way."

When it comes to actually wearing retro pieces, the concern of looking costume-y is legit. After all, no one wants to appear as though they're dressed for a *Mad Men*-themed party. Instead, the key lies in how you style your pieces.

For Michelle Rizzardo of Gastown boutique **One of a Few**, the goal is to buy retro items that are designed to look different than they originally did. "Right now there's a huge mash-up of different eras. Designers are mixing '80s sleeves with '60s silhouettes, and these remixes make vintage styles look fresh for today's woman."

Tang cites **Gucci** as a brand that does this particularly well: "Gucci has been spearheading the retro resurgence for the past couple of seasons now, continuing to inject vintage styles and silhouettes into the collection but making them more modern while highlighting individuality," he says.

In fact, the list of designers sending vintage-inspired pieces down the runway is impressive. Among Tang's top picks are "the relaxed ease of the '70s with Bohemian dresses and wide-leg pants from **Celine** or the strong shoulder and electric colours of the '80s at **Saint Laurent** and **Balenciaga**."

Ryan Nix, head of design for Australian eyewear brand **Bailey Nelson**, created an entire range inspired by eras ranging from the '50s to the '90s. Also on the accessories front, **Coach** recreated more than 70 bags inspired from its archives. Additionally, Rizzardo sees smaller brands like **Maryam Nassir Zadeh**, **Batsheva**, **Ganni** and **Suzanne Rae** fashioning pieces based on everything from '50s handbags to '80s **Laura Ashley** dresses.

Which brings us to building your own back-to-the-future wardrobe. The easiest point of retro-fashion entry is with accessories. A pair of **Bailey Nelson's** '90s Kurt sunglasses, slouchy suede boots from **Aquazzura** or one of **Coach's** archival bags are good jumping-off points that can easily be paired with pieces already in your closet. According to Nix, "Accessories are ... a nice way to buy into the idea of retro while pairing them with a modern outfit."

As for Vevers, when it comes to fashion past-made-present, the future is always in mind. "When I'm designing I think about how these collections will be the future of vintage. The quality and the authenticity mean they will last a lifetime and beyond, creating the **Coach** archive of the future." ✓

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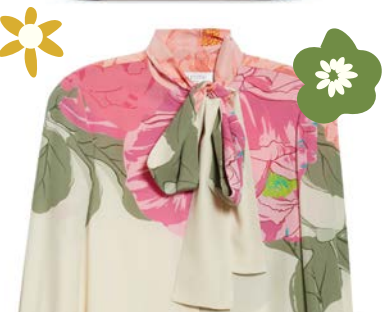
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Retro Shopping List

- SIMONS:** Bodysuits, mom jeans, babydoll dresses, puff-shouldered blouses.
- ONE OF A FEW:** A-line midi skirts, wide belts, fitted ribbed knits, sailor pants.
- HOLT RENFREW:** Suede saddle bags, paisley maxi dresses, oversized menswear-inspired blazers.
- COACH:** Leather bomber jackets, 1970s bowling-bag stripes reinvented on cross-body bags, whimsical bag charms.

Lap of Luxury

A NEW BREED OF PET DÉCOR IS JUST AS STYLISH AS THE PEOPLE FURNISHINGS IN YOUR HOME
BY JEANINE GORDON



W

With a discerning eye for furniture, art and accent pieces, why should we compromise our interior style when it comes to our pets? Gone are the days of uninspired dog beds, dollar-store dishes and unsightly scratching posts. These days, pets—precious as children—want for nothing. This means customized organic diets, massage treatments, luxury grooming services and furniture that may even be posher than yours.

Christopher Steele of **The Pet Shop Boys** in Cambie Village lists **Cloud 7** dog beds as a top seller at his boutique, with pieces priced up to nearly \$300, while online décor retailer **Wayfair** devotes an entire section of its site to pet products that suit any home-décor style, from modern to minimalist to mid-century.

One of **Ikea**'s newest offerings is also focused on four-legged companions. The **Lurvig** collection features a chic range of dog beds, cat houses and scratching posts designed not only to complement your décor with elegant design, graphic prints and sleek silhouettes, but also fit seamlessly with the furniture giant's existing (human) line.

For Joann Hung of **Moonlight Dog Café** (a posh downtown pet



store located on Beatty Street) it's entirely possible to blend pet furniture and accessories into your space's style.

"Just like custom-made furniture, better ... manufacturers offer numerous fabric options for [pet] bed covers," she explains. "Basically, whatever style you have at home, you will be able to find a good match with your pet furnishings."

Given your pet's high-ranking role within the family, safety, too, is a top priority in upscale pet products. That's why Ikea, in creating its **Lurvig** line, consulted veterinarian and risk-assessment expert Barbara Schäfer, who says, "Dogs will definitely chew on their toys and bring in dirt from their daily walks. Cats will definitely scratch on most surfaces and are sensitive to smell and texture. So safe, durable materials are very important."

Schäfer emphasizes the importance of designing for animals' natural needs first and foremost, then finding ways to incorporate human desires for style.

Steele, meanwhile, confirms his shop carries products that are "environmental, conscious, non-toxic and eco-friendly, all of which are important criteria for the safety and well-being of your dog or cat."

Hung echoes this notion: "We've seen a shift from buying low-quality beds that contain questionable materials like sawdust or are sprayed with flame retardants to better-quality beds that even children can sleep on. This evolution comes from people treating their pets as family and wanting the best for them."

Call it the "purrfect" balance between our fur babies and our furnishings. Tail wags all around. ♡



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Marine Ingredients

MARK ANTONY ONCE TRIED TO WOO CLEOPATRA BY GIFTING HER THE DEAD SEA; LUCKILY, IT DOESN'T TAKE AN ENTIRE OCEAN TO HARNESS THE BEAUTY BENEFITS THAT COME WITH IT
BY AMANDA ROSS

W

We all love the ocean—just not the wear-and-tear that comes with it, like sun damage and flaky, dry skin. But the good news is that the world's waters are veritable beauty bars packed with healing superfoods for our bodies—and faces—to stay in fighting form. Vibrant blue-green and red algae double as antioxidants, which naturally protect the skin by delivering an intense dose of nutrition, amino acids and hydration while helping boost its defences against environmental stressors. Sea salt has anti-inflammatory properties, and fish scales, roe and salmon enzymes are rich in vitamins, minerals and amino acids that amp up collagen and smooth wrinkles. In other words, if it smells fishy, your skin will likely thank you for it. ♡



The blue-green algae (a.k.a. Blue Majik, a proprietary extract of spirulina) in **Graydon's** Face Foam cleanser (\$33) is rich in vitamins, minerals and protein-building amino acids; all help to slow visible signs of aging and improve skin firmness and texture. Graydonskincare.com



La Prairie has long pioneered the use of caviar extract as a powerful antioxidant in its uber-luxe skin-care line. Last September, the Swiss brand launched its premium Skin Caviar Eye Lift (\$625 at **Holt Renfrew**) to help reduce puffiness, tighten lids and smooth those finely etched lines. 737 Dunsmuir St., 604-681-3121. Holtrenfrew.com



Cult skin-care favourite **Crème de la Mer** moisturizer in a limited-edition Blue Heart jar (\$630 at **Sephora**) has a local connection, hand-harvesting the giant sea kelp that stars in its cell-renewing Miracle Broth from the pristine waters off the coast of Vancouver Island. 1045 Robson St., 604-681-9704. Sephora.com



Laura Mercier's Rouge Essentiel Silky Crème lipstick (\$44 at **Nordstrom**) fuses high-impact colour with Mediterranean Sea algae extract for a weightless formula that moisturizes and smooths lips and lasts up to six hours without bleeding, feathering, drying, fading or settling into any of those fine lines. 799 Robson St., 604-699-2100. Nordstrom.ca



Crowd-sourced **Volition Beauty's** Oceanene Youth-Boost (\$50) is a gossamer-light-yet-powerful gel moisturizer that mixes up marine algae with anti-aging bioactives for hydrated, brightened and even-looking skin—all without sulfates, parabens or synthetic fragrances. Volitionbeauty.com



Protect your skin with the high-performance Superfruit Facial Cream by **Indie Lee** (\$137 at **Kiss and Makeup**). This reparative blend includes pomegranate, açai berry and acerola fruit extracts that work together with algae to condition and protect your complexion from environmental stressors. 1791 Manitoba St., 778-379-7928. Kissandmakeupstore.com



You'll find a balance of honey, propolis and rare royal jelly in the L'Élixir des Glaciers Masque Majestueux (\$580) by **Valmont**. But, underpinning all these luxe ingredients, is the Swiss skin-care brand's patented Triple DNA courtesy of B.C. sockeye salmon, which is hailed for its cellular regenerative properties. 650 W. 41st Ave., 604-233-6699. Lamainsonvalmont.com

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Veriphy's Self Absorbed facial moisturizer (\$85 at **Shoppers Drug Mart**) harnesses the power of PhytoSpherix (its proprietary method of extracting glycogen from plants) and hyaluronic acid to naturally fuel cells for plumper skin and fewer fine lines and wrinkles. Algae, green tea and licorice root nourish while simultaneously brightening with all clean ingredients. That means no mineral oil, phthalates or silicones—beauty for the skin and for the environment. 2888 Granville St., 604-738-3107. Beautyboutique.ca

Stockholm-based **Sachajuan's** Ocean Mist volume shampoo (\$18) and conditioner (\$19, both at **Kiss and Makeup**) feature the company's patented technology that delivers a mix of nutrients and proteins extracted from cold-water algae to give hair structure, volume and strength. 1791 Manitoba St., 778-379-7928. Kissandmakeupstore.com



Sourced off the coast of the Great Bear Rainforest, West Coast-based **Sealuxe's** seaweed is organic and edible—and a vital component in the anti-aging process (it combats cellular damaging and photoaging). The company's Seaweed Coffee scrub (\$26) is a biodynamic, cruelty free and sustainable way to sooth and smooth your skin—all over. Sealuxe.ca

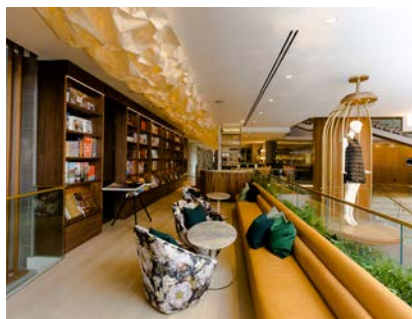
Aimed at reducing the appearance of dark circles, dermatologist-driven **Neostrata's** brightening eye cream (\$48 at **London Drugs**) from its Enlighten line incorporates antioxidants, peptides and algae extracts to firm up that delicate under-eye skin as well as add moisture for a smoother, brighter appearance. 710 Granville St., 604-448-4802. Londondrugs.com



BEAUTY & BOUTIQUES

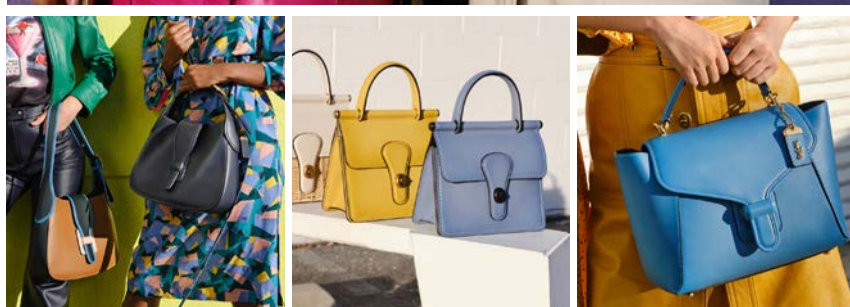
Hot Shops

VANCOUVER'S GREATEST AND LATEST RETAILERS
BY NOA NICHOL



TASCHEN LIBRARY

New at the **Fairmont Pacific Rim** (which is celebrating its 10th anniversary this year, BTW), the second-level **Taschen Library**, adjacent to the **Botanist** bar, is one of only two retail locations in Canada completely dedicated to Taschen's full portfolio of titles—that's more than 275 eye-catching books. Arranged on floor-to-ceiling shelves, the volumes focus largely on celebrating innovation and cultural creativity (think subjects like fashion, music, contemporary art, photography, travel and gastronomy) and range from approachable artist monographs to the book brand's prestigious limited and signed collector's editions. Browse, shop and take away the perfect coffee-table tome—for a fee, the hotel will even ship it home for you. **1038 Canada Pl., 604-695-5300. Fairmont.com**



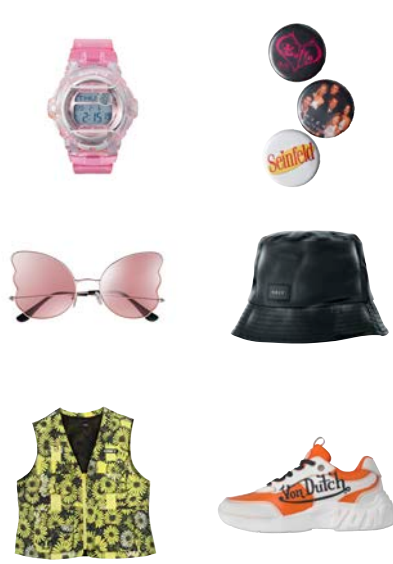
THE COACH ORIGINALS

With an explosion of colour, optimism and raw energy, the **Coach** Spring 2020 collection was inspired by authentic self-expression in New York City. It features an incredible 78 different vintage and new archive-inspired bags (one for every year the company has been a brand) in a palette of neutral and eye-popping shades. Too good to leave in the archives, this collection of beauties celebrates Coach's legacy and authentic "Big Apple" heritage. Each style was originally created in the 1970s and 1980s, and they are now available for purchase in three different forms—restored, remade and remixed—for a limited time in select stores and online. The tote takeaway here: grab 'em before they're gone! **755 Burrard St., 604-694-1772. Ca.coach.com**



DYSON DEMO STORE

Yes, you can obtain all of **Dyson's** cutting-edge products—from vacuum cleaners to air purifiers to hair dryers—online, but what if you want to try before you buy? Well, there's now a boutique for that. B.C.'s first (and Canada's second) Dyson Demo Store has opened in **Pacific Centre**, in a space designed to encourage you to pick up, test and understand the tech inside and out. Interactive demonstrations bring to life the science at the heart of each machine, while Dyson experts are on hand to provide advice and support on everything from improving air quality at *su casa* to achieving hair-salon styles on your own. Swing by the vacuum-testing station and choose from 64 types of debris (everything from coffee to Cheerios cereal) and three types of flooring to see what each model can do (you can even select a unique colour for the stick of the machine you end up taking home), and book an appointment at the back-of-store beauty bar for a wash and a blowout with either the Dyson Supersonic or Airwrap (plus personalize your tool's presentation case with complimentary-with-purchase initials embossing). Demo do! **701 W. Georgia St., 604-670-1135. Dysoncanada.ca**



THE NOSTALGIA PROJECT

Kelly Bundy, Blossom, Moesha, a curly-haired Mariah Carey in her *Emotions* days—no matter who your style icon from the 1990s happens to be, **Hudson's Bay** is bringing it all back with the launch of The Nostalgia Project, an immersive pop-up featuring 60-plus brands to help you uncover your inner fly-girl or sit-com star via a curated collection of such '90s style staples as hair scrunchies and acrylic clips, **Melissa** jelly shoes, **Champion** sneakers, **Fila** tennis skirts and **Lip Smacker** flavoured balms. Look, too, for collab pieces between Italian streetwear brand **GCDS** and cult classics like *Jurassic Park*, *Hello Kitty* and the *Care Bears*, plus a breakout collection from Instagram's own **@Capsule98** featuring vibrant dresses, tops, co-ordinates and accessories inspired by costumes in iconic flicks from the freshest decade. It's all that and a bag of chips. **674 Granville St., 604-681-6211. Thebay.com**



POP-IN@NORDSTROM PET SHOP

In keeping with our pampered pets theme (see page 7), our tails are all a-wag for **Nordstrom's** latest pop-in, which, this time, is focused squarely on our four-legged friends. On till early April, this temp boutique spoils fur babies (via their humans) with a selection of more than 200 toys, treats, clothes and accessories by brands like **Dog Threads**, **Dusen Dusen**, **Haute Diggity Dog**, **Huts and Bay** and **Laylo**. Also, find exclusive styles from **Champion**, **Love Thy Beast** and designer Susan Korn of **Susan Alexandra**, plus a personalization station and, on weekends, activities for pets and their people at select stores—think Doggy Ice Cream Socials and Caturday. **799 Robson St., 604-699-2100. Shop.nordstrom.com**

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TRIPS & SIPS

Newport Calling

THIS CALIFORNIA ESCAPE IS A FOOD-FASH-FUN TRIPLE THREAT
BY NOA NICHOL



STAY
Indulge in the stylish side of California coastal luxury at **Fashion Island Hotel**, boasting all the diversions of Fashion Island—Orange County’s iconic open-air shopping, dining and entertainment destination. It’s the centrepiece of Newport Beach, where unforgettable experiences are always in vogue—and details are top of mind (case in point: enhanced-stay guests can order special pillows to their room, including buckwheat and green tea-infused varieties). Sustainability is key here, too; forgo housekeeping to save resources, and get a \$10 credit, daily, at the hotel’s Market Place shop. Fashionislandhotel.com



SAIL
Not an experienced mariner? No problem! Anyone can “drive” an electric boat (rentable, hourly, from **Balboa Boat Rentals**) around Newport Bay, navigating round the eight islands that dot the harbour. Cruise by the multimillion-dollar bay-front residences of the rich and famous (the dock boys will point you in the right direction, or ask for a map of the stars’ homes) and enjoy the frolic of sea lions and the whistling of sea birds. Boats4rent.com



STROLL
Walk the perimeter of Balboa Island—the largest of Newport Harbor’s isles—ogling the sun-splashed seaside homes and passing unique landmarks (a mini Statue of Liberty and sandcastles by Chris Crosson). Complete your constitutional with a mosey down Marine Avenue, lined with charming boutiques—plus several purveyors of the island’s famed frozen bananas. Balboaisland.com



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SHOP
Fashion Island is a (mostly) open-air shopping experience boasting more than 150 retailers, including the world’s only (and very fragrant) **Voluspa** standalone and, opening soon, a freestanding **Chanel** beauty boutique. Not keen on browsing alone? Book a free-of-charge session with a personal shopper, who will guide you to the latest trends and must-have items in the mall (only one other U.S. shopping centre, on the East Coast, offers such a service). Fashionisland.com

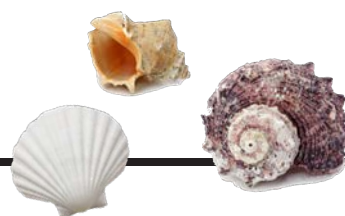


SAVOUR
For breakfast on Balboa Island, go good with a Make Me Einstein wellness shot at **Juice Crafters** and gooey with a hippo cookie from **Dad’s Donut & Bakery Shop**. On the mainland, lunch is luscious at **True Food Kitchen**—you can’t go wrong with the creamy cauliflower polenta and to-die-for edamame dumplings—and dinner’s delight at Fashion Island Hotel’s own **Oak Grill**, where chef Brittany Valles makes (among other winning dishes) Brussels sprouts and truffle fries you won’t be able to stop eating and the table service is impeccable (napkins are available in black or white, to match your OOTD). Want to go out? Head to **Fable & Spirit** for award-winning large and small plates, including addictive coal-charred sweet potato (see if you can snag the snug—an Irish-inspired table for six with a privacy curtain).



SIP
Aqua Lounge in Fashion Island Hotel offers tableside mixology, handcrafted cocktails (try, in honour of locale, a Sunshine State, with vodka, raspberry liqueur, lime juice and house-infused pomegranate syrup) and gourmet shareable bites. For a more “elevated” experience, enhanced-stay guests can access the 20th floor **Island Club**, with pour-your-own wine, living-room-style gathering spaces and some of the best panoramic coastal views in the OC.

SPA
The Spa at Fashion Island Hotel is an oasis, offering a long menu of treatments atop facilities that include a fabulous eucalyptus steam room. Try a HydraFacial—30, 60 or 90 minutes of deep-clean exfoliant that infuses skin with antioxidants, peptides and hyaluronic acid—and come out feeling like a brand-new you (bonus: the après-facial frozen grapes). ♡



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TRIPS & SIPS

Sipping SoCal

CALI'S WINE GAME HAS GREATLY DEVELOPED, YET WE'RE STILL INCLINED TOWARD THE LIKES OF NAPA AND SONOMA

BY LAURA STARR

N

No wonder we wonder what exists south of the Napa border: of the 266 Californian wines available on the **BC Liquor Store** website, 70-plus are from Napa, while trendy spots from the central coast, such as Paso Robles and Santa Barbara, each have less than 10 options to choose from. Should you wish to dip even further down to the south-coast wine region of Cali, there are no wines to be found for purchase.

So what to do should you wish to sip these southerly selections without jumping on a plane? First, don't rule out a wine-lovers road trip to California; Temecula Valley has earned stripes as a tourist Mecca, although Santa Barbara, being on the southernmost tip of the central coast, has a phenomenal reputation for Pinots and Chardonnays (thanks to the cooling influence of surrounding mountain ranges) and most of the wineries have tasting rooms in the city itself, saving long hauls from winery to winery (and saving the designated driver the responsibility of spitting). Keep note, this is hardly a tour guide and more of a snippet of what is possible should you be up for a voyage.

Within the confines of beautiful B.C., though, here are some fantastic sips from a few southerly sweet spots, all available in private liquor stores—so you can taste along California's south coast, and as close to Temecula as you can, without having to stop for gas. ▼



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Ojai 2014 Bien Nacido Syrah, \$85



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