

# VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITA DAILY - MAY 2017



## QUEEN *mum*

Glittering Gifts for  
Mother's Day

## *may* FLOWERS

Purses, Pumps  
and Wine Pairings

## WAITING GAME

Cosmetics Worth  
the Queue

## ÉH, CLAIR

A French Pastry  
Comes to Canada

## FLYING HIGH

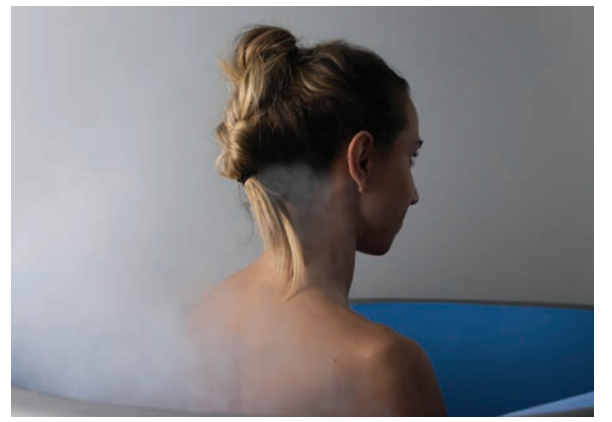
Hong Kong Reaches  
New Heights

# EDITOR'S DESK

## PHOTO OP

Some people have a fear of heights (acrophobia), or spiders arachnophobia). I call those people lucky—in this, the Age of Selfie, my fear of having my photo taken has impaired my ability to fully enjoy all that social media has to offer. However, taking the helm here at *VITA* forced me to have headshots done, and I feel compelled to take this opportunity to thank those who made the experience more fun than frightening. Of *Earth and Soul Photography's* Megan Posnikoff took the time to Pinterest “editor-in-chief-ish” poses and kept me laughing throughout the shoot, which took place in lovely Fort Langley. Lisa Hiebert of *Pushington Beauty Bar* made me look my best (and her dog, Dottie, is a doll). Lifestyle boutique *Bella & Wren* provided fashion and expert styling for the shoot (get the gorgeous Noel Asmar bag, on page 4, there), along with *Watermelon Tree* baby and kids shop. And, among the various locations we stopped in for shots: *Peridot Decorative Homewear* (all white and gold and gorgeous) and *Little Donkey Food & Drink*, plus the usual hard-to-beat historic nooks and crannies of the Fort. My sincere thanks to all—and watch, this summer, for my complete area guide, in which I'll expand on these businesses and other Fort Langley favourites.

**On Noa:** Melissa Nepton gaucho pants and double-layered top, \$196 each, at *Bella & Wren*. [Bellawrendesign.ca](http://Bellawrendesign.ca)  
**On Esme:** Deux Par Deux striped dress, \$50, at *Watermelon Tree*. [Watermelontree.ca](http://Watermelontree.ca)



## COLD CALL

Cryotherapy's come to Canada and, besides the perks it's said to provide pro athletes, moms like me also stand to benefit. Ahead of her imminent opening, *Vancity Cryo Bar's* Ruby Banipal took me through the process, which involved donning unstylish-but-essential socks, slippers and mitts, shedding the rest of my clothes and entering the cryo chamber—similar to a stand-up tanning bed but, in terms of temp, the total opposite. Head and shoulders exposed, the machine used liquid nitrogen to cool the surface of my skin to -130 C or so. Three minutes later I stepped out feeling refreshed (not at all chilly), visions of decreased inflammation, increased cell rejuvenation and, perhaps most important to one juggling job with toddler, improved sleep dancing in my head. In future Banipal hopes to bring in equipment to provide localized cryo facials—a non-invasive process that uses nutrient-rich cool air to help reduce the appearance of wrinkles—too. With women in New York, L.A., London and Hong Kong swearing by this treatment, I'm hoping she succeeds ... soon. **555 Howe St., 604-283-7219. [Vancitycryobar.com](http://Vancitycryobar.com)**

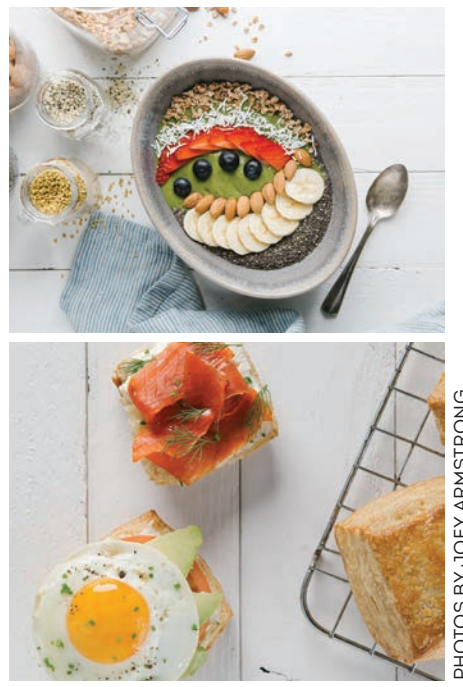
## ALL SMILES

Anyone who knows me knows I place great stock in my teeth. I endured years (and years, and years) of braces, retainers and, yes, headgear, to straighten these pearly whites, and began to floss daily long before *Lululemon* told me to do so. So, when my hygienist suggested that a regular toothbrush was no longer cutting it (and perhaps even doing harm to my gums) I was alarmed. Her suggestion: start using a *Philips Sonicare* immediately. I've since heeded her advice—in the most stylish way imaginable. Not only does this power brush (dubbed the DiamondClean) remove 10 times more plaque than a manual, it whitens teeth in just a week, improves gum health in only two and comes in a range of beautiful colours (I chose rose gold). **\$240 at *London Drugs* and *Shoppers Drug Mart*. [Philips.ca](http://Philips.ca)**



## YUMMY MUMMY

Dear hubby, if you're reading this, take note: there's no place I'd rather go for a pre- or post-Mother's Day meal than the *Dirty Apron*, particularly now that new brunch items are gracing the menu. From free-range huevos rancheros to Southern-style hand-pie empanadas to açai bowls topped with berries, banana, coconut, granola, chia and almonds (bee pollen and hemp seed add-ons optional), even the fact that the deli is closed May 14 doesn't deter me (I'm free Saturday, or the weekend following). And, not to worry, the DA doesn't leave mommies totally hanging on the big day itself, offering a Best Brunch hands-on morning cooking class (with space still available as we went to press) and a Mother's Day Breakfast in Bed for Two kit—Prosecco, OJ, fruit, waffles, maple syrup, *Mink* chocolate, a pretty potted succulent and a *Rifle* greeting card—on for pre-order (\$115) til May 12 and available for pick-up the next day. **540 Beatty St., 604-879-8588. [Dirtyapron.com](http://Dirtyapron.com)**



PHOTOS BY JOEY ARMSTRONG

# L

Last May I celebrated my first Mother's Day, thanks in whole to my beautiful daughter, Esme (shout out to my husband, too). This month I'm thrilled to be celebrating another first, as I take the reins from the truly lovely Kelsey Klassen as editor-in-chief of *VITA* and its sister site, *Vitadaily.ca*.

Our team first sat down to discuss launching a monthly pub to accompany what was then called *Vitamindaily.com* in late 2014; some felt it was a bad idea, given the rise of the Internet and the (subsequent) demise of print. But, with a background in and passion for the printed page, I, along with my talented colleagues, forged ahead, and this magazine was born.

Three years and two-dozen issues later, we're still here, and stronger than ever. The feedback I receive when I reach out to global brands like *Chanel*, *Fendi* and, most recently, *Dolce&Gabbana* for runway shots to grace our cover is astounding. Same goes for local businesses, who support us with all-important advertising and editorial collaborations. And, of course, our readers: everything we do, all the heart, soul and late nights that go into making every issue the best one yet, is for you.

So please, enjoy this, the 24th issue of *VITA*, in which we're giving major props (read: tiaras and trinkets) to moms (pages 3 and 4), relating the latest retail grand openings (5), chatting with mom-and-makeup-reneur Monika Deol (7), flying to France and Hong Kong (8, 9) and pairing wine with something a little prettier than cheese (10). Happy Mother's Day!



editor's letter

*Noa Nichol*  
 EDITOR-IN-CHIEF

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# Queen for a Day

GIVE MOM THE ROYAL TREATMENT  
WITH THESE SPARKLING HEADPIECES  
BY TORI CLARK



#### BAND PRACTICE

If you feel a crown is a bit much for the office, change jobs ... or find yourself a prince, stat! Option three: try a headband, like this pretty piece (\$35) from H&M. 609 Granville St., 604-692-0308. [Hm.com](http://Hm.com)



#### ROYAL FLUSH

Not just for brides, wear this crystal floral tiara (\$138 at Nordstrom) to dress up your favourite jeans and a T-shirt—we promise it will work. 799 Robson St., 604-699-2100. [Nordstrom.com](http://Nordstrom.com)



#### GOLDEN GLOW

Wear this gilt number (\$615) with your evening gown to your next event (unless it's someone else's wedding). You'll be the belle of the ball. [Bhldn.com](http://Bhldn.com)



#### HEAD OVER HEELS

Technically a headband (but of the ultimate showstopper kind), this D&G beauty (\$5,365) might just be our favourite crown of all. [Store.dolcegabbana.com](http://Store.dolcegabbana.com)



#### PUT A RING ON IT

If you feel like donning a tiara on your head is too much for day-to-day, why not opt for one on your finger? \$2,450 at Hudson's Bay, 674 Granville St., 604-681-6211. [Thebay.com](http://Thebay.com)



#### TIARA TIME

Dolce&Gabbana is, arguably, the king of the crown. This one (\$3,590) is black, gold and classic. [Store.dolcegabbana.com](http://Store.dolcegabbana.com)

## A JEWELLER'S ART IS Colour

Selected from around the world, the vibrant hue and subtle characteristics of our gemstones and precious metals will delight in ever-changing combinations. In the hands of the artist, jewellery becomes art.



*Prelude in Pink 1/1*

# MOTHER dearest



**COUNTER COUTURE**

Who but Dolce&Gabbana could make our cluttered kitchen surfaces look good? The very brand that graces our cover this month has teamed up with Italy's Smeg on a line of beautiful, bright juicers, toasters, teapots, blenders, mixers and more adorned in floral, leaf, lemon, pear and cherry motifs. [Dolcegabbana.com](http://Dolcegabbana.com)

PLEASURES TO PLEASE THE MOST  
IMPORTANT WOMAN IN THE WORLD



**ONE TO WATCH**

This blushing wristwatch screams (with diplomacy, of course) lady of the house. The Oyster Perpetual Lady-Datejust (\$22,400 at GWC), in a thoughtfully feminine size, shimmers in 18-carat yellow, white or Rolex Everose gold and sparkling diamonds. 1119 Alberni St., 604-899-1088. [Globalwatchco.com](http://Globalwatchco.com) | [Rolex.com](http://Rolex.com)



**FACE FORWARD**

To us mom's face is perfect as is; she, however, may feel differently. Designed for women 40-plus, La Colline's NativAge La Cure (\$1,380), which comes in a luxe keepsake coffret, is a 28-day treatment offering the highest calibre of anti-aging efficacy achievable without undergoing invasive procedures (i.e., needles and surgery). Boasting beauty tech that encourages skin to produce its own "youth substances," this is something we're sure she'll get all glowy about. [Lacollinecanada.com](http://Lacollinecanada.com)

**CHAIN REACTION**

What's better than presenting mom with a piece of jewelry? Making it a complete set, of course. In pretty pastel-y hues, the pieces—pendants with earrings to match, starting at \$370—in this springtime collection from Stittgen are perfect for daily wear (or opt for their diamond-embellished counterparts for a more striking evening look). Amethyst, citrine or aquamarine, you really can't go wrong. [Stittgen.com](http://Stittgen.com)



**LIP SERVICE**

Nothing makes a boo-boo feel better than a smooch from mom—her lips deserve some TLC in return. Clarins' Lip Comfort Oils (\$25 from June 1) offer seven delicious options (we're partial to tangerine, reminiscent of sticky-sweet orange soda in the best way) to nourish (with jojoba, hazel, shea and other natural ingredients), soften and hit her kisser with a subtle hint of colour. [Clarins.ca](http://Clarins.ca)



**BLOOMING BAG**

From the Coach 1941 ready-to-wear collection, this whimsical Dinky purse (\$800 at select stores) features leather wild tea rose appliques sure to make mom pink with pleasure. [Coach.com](http://Coach.com)

**PIED À PETALS**

What's MOM upside-down? WOW—just like these Mariska embellished T-strap pumps by Gucci. We bet these flower-enerusted beauties will put a spring in her step. \$2,552 at Nordstrom, 799 Robson St., 604-699-2100. [Shop.nordstrom.com](http://Shop.nordstrom.com)



**PURSE PROUD**

A Lower Mainland mom of three, Noel Asmar's handbags are meticulously crafted by artisan leather workers in Florence, Italy, and specially designed for women on the go. We love the Mila bag for its stylish tassel overlay closure and suede interior—and feel sure mamma will, too. \$420 at Bella & Wren, #2-9110 Glover Rd., Fort Langley, 604-380-4484. [Bellawrendesign.ca](http://Bellawrendesign.ca)



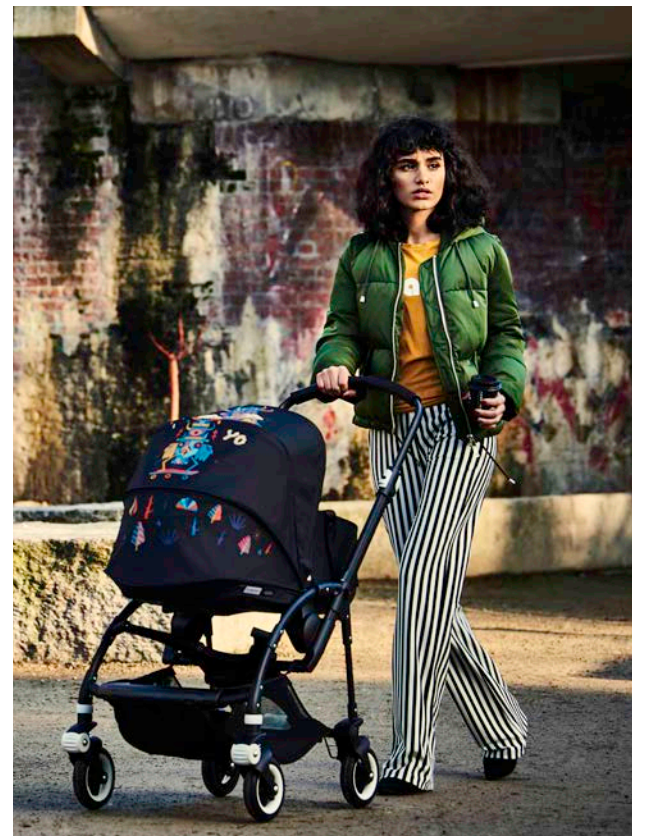
**SWEET SOMETHINGS**

A fresh bouquet and a box of bon-bons—it doesn't get more Mother's Day than that. Now, chocolatier Beta5 has coupled the two in the loveliest way, with this beautiful collection of sweets (in six or 12 pieces, \$15 or \$30) featuring flavours of strawberry-basil, rhubarb-oatmeal and sparkling mimosa praline (the sparkling role played by pop rocks!) and finished in pretty pastel florals. 413 Industrial Ave., 604-669-3336. [Beta5.myshopify.com](http://Beta5.myshopify.com)



**MAKE SCENTS**

French-Can fashion retailer Simons, with Montreal fragrance designer Ruby Brown, have launched an aromatic trio ta mère will adore. Each of the three scents (\$55 apiece) in the Eau Contemporaine collection is inspired by an essential fabric so, whether she's a silk, cotton or linen lady, one of these perfumes is sure to hit the right note. 1060 Park Royal South, West Vancouver, 604-925-1840. [Simons.ca](http://Simons.ca)



**PUSH PRESENT**

New from Bugaboo is the Bee5, with next-level parental control (read: customization). Fashionistas can opt for red mélange while dreamers have gorgeous floral fabrics to choose from. For edgier 'rents, the Dutch brand's latest limited-ed launch brings French underground artist Niarkl's signature playful monsters to life on tailored fabric sets and breezy sun canopies. West Coast Kids, 4428 Main St., 604-558-1182. [Westcoastkids.ca](http://Westcoastkids.ca)

# Hot Shops

MEET VANCOUVER'S NEWEST RETAILERS



## DMK SKIN CARE CENTRE

When you hear Victoria, a leading-edge make-my-skin-beautiful destination may not jump to mind. But all that's about to change, thanks to newly opened DMK Skin Care Centre. The first standalone in Canada, DMK marries the global superstar of botanical-based skin-care products and its 40-year track record with a menu of highly specialized treatments to target everything from acne to sun damage. But don't kid yourself: this isn't a spa that's going to sell you on its latest frou-frou mask or facial that does little more than increase circulation to your face. DMK is owned and run by trained pros, who live and breathe your every pore. Their mission: to boost your skin's health and appearance using the highest-quality enzyme treatments jacked with actual performing ingredients—no expensive lasers or downtime required. As if that's not skin-sensational enough, there's also an in-house "skin bar" offering collagen shots and fresh-pressed juices, at-home products and more. Like we needed another reason to visit the Island. **619 Fort St., Victoria, 250-385-0702. [Dmkskincare.ca](http://Dmkskincare.ca)**

AUREA DEMPSEY



## MARC CAIN

You know you've "made it" when the street your business is headquartered on is renamed for you. So it is for Marc Cain, based in Bodelshausen, on the newly minted Marc-Cain-Allee. Founded in 1973, the clothing brand isn't just a hit in Germany, but is beloved by women throughout Europe, Russia and Asia. And, as of June, Vancouverites will be getting their very own boutique in Oakridge Centre—a clean white space boasting huge fitting rooms, flattering lighting and shimmering metallic walls in champagne tones, if the company's other retail

locations worldwide are any indication. As for the fashion, Marc Cain spans the style spectrum from comfy and casual (including rhinestone-embellished leggings—want) to office appropriate to social and sophisticated, offering thousands of items, including dresses, denim, sneakers, scarves, blazers, bags, power suits and pumps, all designed with mix and match in mind. The knitwear, too, is not to be missed; Marc Cain uses pioneering 3-D printing technology to create its own gorgeous (and often seamless) knits. **Oakridge Centre, 650 W. 41st Ave. [Marc-cain.com](http://Marc-cain.com)** NOA NICHOL



## FILSON

There's a Gold Rush of a new sort happening in Gastown. After more than a century in business, American heritage brand Filson has finally opened its doors in Canada—choosing Vancouver as the place to establish its flagship. "Our roots go back to the 1890s, when a couple of pioneers opened a general store in Seattle to outfit guys who were going up to the Klondike," explained the company's creative director, Alex Carleton. "They continued through the years doing business with people in the forestry industry, using proprietary fabrics and patented items engineered specifically for men working in the Pacific Northwest, and eventually added products and clothing specific to recreational use to the line. Now, 120 years later, we're using our history to develop a really interesting women's collection, too, focused on the outdoors but with a strong sense of style." With a clearly spiritual connection to extreme, wild places, the Filson space, on Water Street, is chock-full of wood, antique photography and, said Carleton, "fixturing that has some tooth to it, keeping our industrial history in mind." There is also a comfortable lounge in the back, inspired by the game rooms of so many backcountry lodges. On the racks, look for bestselling Alaskan Guide shirts, gorgeous Cowichan woolen goods and the chic Libby Bomber Jacket (which we'd wear to the woods, or to work, any day). **47 Water St. [Filson.com](http://Filson.com)** NOA NICHOL



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# Worth the Wait

FIFTY-THOUSAND-PERSON WAIT LISTS FOR FOUNDATION, WHOLE RANGES SELLING OUT IN SECONDS AND PEOPLE LINING UP FOR HOURS AT A POP-UP STORE? MEET THE NEW GENERATION OF ULTRA-DESIRABLE BEAUTY PRODUCTS  
BY AILEEN LALOR

We know luxe handbags have vast waiting lists and are bought with secret nods, winks and squillions of dollars. And we've sat refreshing the screen at midnight, hoping to get gig tickets only to find them sold out the moment they went up. Now, cosmetics are as covetable as Birkins and Beyoncé tickets. The latest to make headlines: The Ordinary Colours, a Canadian-made foundation, not yet launched, with a waitlist of 50,000.

## COSMETIC CRAZY

"Beauty enthusiasts going crazy over a product is not new, but the way these products launch and create this frenzy is," said Audrey Hyams Romoff, president of Overcat, a Toronto communications agency with an extensive portfolio of beauty clients. She says products like Elizabeth Taylor's first fragrance in 1987 and the lipstick Monica Lewinsky wore for her Barbara Walters interview in 1999 were phenomenally successful, but things are on another level now. What's changed? Selfies have made everyone appearance and beauty obsessed, social media allows us to show off our looks and make connections and brands know how to create excitement with limited-edition launches, pretty packaging and savvy marketing. Add in the celeb factor and things get crazy.

## STAR POWER

Victoria Beckham's first collection for Estee Lauder sold out online in a few hours. "Everything about it was highly thought out, from the packaging design to the products, and Victoria Beckham was intimately involved in the creation of all those. The fact that it was limited edition created a sense of urgency," said a Lauder Canada spokesperson. "Victoria Beckham was also highly engaged in generating awareness. She posted frequently on her own social media platforms and also participated in global media interviews."

Beckham has more than 41 million followers on Instagram. Another Insta superstar turned beauty phenom? Kylie Jenner, whose first Kylie Cosmetics Lip Kit (a lippie/liner duo that promised to give you Jenner's famous pout) sold out in one minute and was changing hands for \$1,000 on eBay a few days after launch. "I was in New York when Kylie Jenner's SoHo pop-up was opening [in February 2017]," said Hyams Romoff. "Barriades were set up for five blocks to accommodate the 2,000 people waiting to get in."



## NOT SO ORDINARY

All this brings us to The Ordinary Colours foundation. It's neither celeb-endorsed nor housed in "OMG-I-die" packaging—so why is the wait list now 50,000? The Ordinary's co-CEO, Nicola Kilner, attributes her brand's overall success to honesty.

"People are educated and thirsty for transparency and brands at large have ignored these very important changes in the audience. The Ordinary took steps to shake up the industry and the demand for it grew entirely out of the passion, disbelief and word-of-mouth of this very humbling audience, the consumer," she said.

What's so good about this foundation? Kilner says it's the Holy Grail: a do-it-all base that will suit everyone, boasting "technologies for lasting adherence, technologies to avoid pigments collecting within fine lines, treated pigments for rich, saturated colours, non-chemical SPF without a grey-tone effect and no use of nano particles to achieve SPF."

As with the rest of The Ordinary's range, it's cheap as chips—prices start at less than \$7 for a 30-millilitre bottle.

## PICTURE PERFECT

Celeb status creates buzz, whether you're Kylie Jenner or, erm, Monica Lewinsky. But it's not the only reason products sell out. Makeup is instantly Instagrammable and shareable—think Beckham's luxurious black-and-gold cases, Paul & Joe's lipsticks with cat faces running through their middles or makeup artist Pat McGrath's Lust 004 ultra-glitter lip kit—just one of dozens of products that "broke the Internet" last year. A picture can go 'round the world in minutes.



## WAIT FOR IT

What's next for these "it" items? Beckham's spring collection for Lauder launched March with new products and colours. Kylie Jenner used IG (what else?) to announce KW x Kylie Cosmetic—a collab with sis Kim. And, just as we went to press, news broke that Frank Body's Shimmer Scrub, said to give skin a luminous head-to-toe finish, was sitting pretty at a 50K waiting list ahead of its May 1 launch. As for The Ordinary, its parent company, Deciem, will open two standalone stores in Vancouver in late spring or early summer, so you can get your foundation fix there—stocks permitting, of course. [Theordinary.com](http://Theordinary.com)

# HEALTH & BEAUTY

## In the Middle

VANCOUVER-BASED ACTRESS, SINGER, ENTERTAINMENT REPORTER, MUCH MUSIC VJ AND MOM MONIKA DEOL IS ON A NEW MISSION TO DELIVER HIGH-PERFORMANCE MAKEUP TO EVERY SKIN TONE (TRULY)  
BY NOA NICHOL



PHOTO BY THE SEPTEMBER

With a TV career that's been nothing short of stellar (she hosted *Electric Circus* for years and, as every Canadian teen of the '90s knows, it doesn't get much better than that), Monika Deol's recent foray into the world of cosmetics can be called the same. In fact, it is. Her new beauty brand, Stellar, aims to fill a gap long overlooked by makeup makers, offering high-performance products to fit every skin tone—in particular, those in the medium range. We spoke with Deol about her mission to really bring makeup to the masses.

### How does a career in television evolve into the creation of a beauty brand?

MD: I think it starts with the fact that I have always loved makeup. I really was a beauty junkie before that was a thing. It also does have a lot to do with my career. My first job was as a club DJ. After that I had a band, I did a nano-second of modeling and then I got into television and have even done a couple of teeny tiny movie roles. All the way through makeup has played a very big part—it's really become part of my persona.



### Tell us about this "gap" in the beauty industry that you're striving to fill.

MD: I've sat in a makeup chair thousands of times (trust me, I've done the math!) and had my face done and, having myself been born in India, I always thought that, colourwise, there was a long way to go. There are all sorts of tactics that women "in the middle"—Hispanics, Latinas, East Indians, Asians, African Americans, Middle Easterners and more—use to blend makeup in order to get just the right colour for our skin tones. There are so many nuances in our skin, and lots of unique issues with it, too. When it comes to texture and hyper-pigmentation, we often have different things going on in different parts of our face. Different tones in our lips, and texture under our eyes; I know that for East Indian women, for example, the baggage we carry under our eyes constitutes a whole other type of

dark circle and, we need coverage without looking like a mask. For that reason, Stellar concealer is super blendable and extremely buildable but, at the same time, it doesn't "sit" in your lines. In terms of why I've decided to fill this niche now, well, the bottom line is, the women I've described, myself included, make up two-thirds of the world's population—we're the fastest-growing demographic in North America and somehow, when you walk into a store, it just doesn't reflect that. I get this market, I live this market, I am this market.

### Talk more about your focus on women within the medium skin tone range.

MD: While there are a lot of great brands out there offering all sort of shades and, sometimes, you get lucky, I want people in the medium-tone range to get lucky all the time. One issue I have a lot, personally, is with lip-

stick: so often, I see a great lipstick colour in store and swatch it on my hand and think, "Yes, this is to die for," only to take it home, try it on my lips and find it looks like a whole different colour, not the one I bought. The pigment in Stellar lipsticks is very true to colour so you don't take it home and turn into Malibu Barbie, which is a big issue with yellow undertones.

### How else are Stellar\* products unique?

MD: When I started creating this brand I wanted to keep the quality at the top without making it inaccessible in terms of price. I worked with a lab in Toronto to get the quality and results to where I wanted them to be. I would tell them, "I like this about this foundation, and that about that foundation—make me something that has all those things in one." And they did. I feel like I've given this line my best effort and version with the technology and chemistry available. These products are extremely clean, no parabens, no sulphates, no fragrance and no mineral oils. And they're cruelty free and vegan.

### What are your personal daily can't-live-without beauty go-tos?

MD: You know, I love it all. I love to put on foundation, concealer, powder, lipstick, blush, eyeliner, mascara and shadow, when I can. I like having my core makeup looking polished—not like I'm on my way to a party, but on point. And that's what we've offered through Stellar: a polished product base for absolutely every woman, medium skin tone and beyond, to access and use and love, whether you only wear mascara or do a daily full-on face.

### What makes you a proud Canadian maker?

MD: My parents chose Canada as the place that would allow them to give me a better life. They moved here during the Pierre Trudeau years, and I continue to live the Canadian dream in the junior Trudeau years! Everything about Canada, about being Canadian, makes me proud. My entire career has been about being inclusive, not judging and giving everyone a chance—you can't get much more Canadian than that. It's the DNA of our brand, and it's the DNA of this incredible country. [Sephora.ca](http://Sephora.ca)



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# TRAVEL & LEISURE

## Hong Kong High

FROM A LUXE CATHAY PACIFIC FLIGHT TO A FIVE-STAR HOTEL FEATURING GLOBE-FAMOUS RESTAURANTS, OUR EXPERIENCE OF ASIA'S WORLD CITY LEFT US BREATHLESS

BY AUREA DEMPSEY

While it may seem like a far-off destination, Hong Kong is a lot closer than you think. The key: choosing the right airline and, upon arrival, nestling into a five-star luxury hotel. We recently did just that, and more (note: we'd take any amount of jet lag to do it all over again). If the Pearl of the Orient is on your travel radar, here's all you need to make the most of it.

### STAY

A diamond in the sky, **Cathay Pacific** is more than an airline—it's a lifestyle brand that's redefining wellness travel. Prior to our departure from YVR we settled into Cathay's elegant business-class lounge for espresso, snacks and a noodle bar serving eggs, if you please. Things only got better once we boarded the airline's new Airbus 350. Snuggled into business class, we enjoyed state-of-art seating that converts into a full-sized bed (with cosy duvet), LED mood lighting and improved cabin pressure (which, by all accounts, reduced our jet lag significantly). Not to mention fine dining and getting lost in *La La Land* on our HD touch-screen monitor. Completely wowed, our incredible experience continued upon our return to Vancouver, thanks to Cathay's flagship lounges in HK International (business- and first-class passengers, your heaven is here in the form of full restaurant dining, showers, sleep rooms and even complimentary foot and neck massages). Talk about redefining travel. [Cathaypacific.com/ca](http://Cathaypacific.com/ca)



### STAY

It's easy to see why the **InterContinental Hong Kong** is a *Forbes*-rated five-star hotel: besides a beautiful waterfront location, it boasts world-class restaurants like **Nobu**, **Rech** by Alain Ducasse and Michelin two-star **Yan Toh Heen**. Each of the IC's 503 suites comes with access to such luxe amenities as 24-hour butler service, free mobile phones, three outdoor infinity pools and a fitness centre featuring state-of-the-art equipment (Power Plate anyone?). Best of all, its staff is ready to take care of your every need—and we mean every. Want to learn how to make dim sum? We took a lesson with Yan Toh Heen executive chef Lau Yiu Fai, who showed us the magic behind his menu. Need to balance your yin (or yang)? We did just that with tai chi master William Ng. And, thanks to our concierge, we set out with the perfect itinerary for the best spots to hit in the city. It's impossible not to fall in love with this hotel. **18 Salisbury Rd., Kowloon.** [Hongkong-ic.intercontinental.com](http://Hongkong-ic.intercontinental.com)

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### SAVOUR

Granted, with world-class cuisine being served right below our room, getting our fill without leaving the hotel wasn't difficult to do (the seafood at Parisian import **Rech**, by the way, is not to be missed: the fish, from cod to sole, is flown direct from Northern France, the butter is perfectly salted and the bread is toasty warm). When coffee called, however, we headed to Hong Kong's tiny **Cupping Room** for a caramel-smooth latté made with almond milk (like home, only better). Next, we were off to **Grassroots Pantry** for a famous house-made kale salad with avo and cashew dressing served in an urban open space. Yum. **Grassroots Pantry, 108 Hollywood Rd., Sheung Wan.** [Grassrootspantry.com](http://Grassrootspantry.com)



### SIP

For a pick-me-up cocktail of the swankiest kind, **Sevva's** the spot. On the 25th floor of Hong Kong's Prince's Building, its outdoor patio offers snap-worthy views of the city and people-watching of the best-dressed kind. For something more subdued, hidden **clavé Foxglove** may appear as an old-fash umbrella shop but things get very glam once you step through its doors. Impressed with its classic, reinvented cocktails (pick your poison), we'd make a return visit for the live jazz. [Sevva.hk](http://Sevva.hk) | [Foxglovehk.com](http://Foxglovehk.com)



### SHOP

Along with every high-end fashion brand (**Gucci**, **Prada**, **Rolex**) on nearly every street corner, Hong Kong is chockablock-full of markets, one-of-a-kind mom-and-pop shops and everything in-between. To experience an authentic hustle and bustle, we hit the **Ladies Market** where stalls of clothing, food and accessories satisfied our spending itch. Mall-wise, the enormous **IFC** is home to nearly every name brand imaginable. Serious shoppers will appreciate **Lane Crawford** for its contemporary mix of top designers and luxe athleisure wear. When hunger beckoned, we made our way to the **City Super**: a high-end grocery store experience with the prettiest take-away salads. [Ladies-market.hk](http://Ladies-market.hk) | [lfc.com.hk](http://lfc.com.hk)

### STEP (UP)

No visit to Hong Kong is complete without a hike (of some kind) for postcard-perfect views. Most city trails are clean and well-marked but, to eliminate all guesswork, we hired **Sam the Local** and let one of its expert city guides plan and lead our way. In under two hours we had completed the most stunning climb—while working off some of those dim-sum calories, to boot. [Santhelocal.com](http://Santhelocal.com)

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MOVING FORWARD



# Air Fare

BUSINESS CLASS TO FRANCE JUST GOT A WHOLE LOT TASTIER  
BY NOA NICHOL



News that Air France had enlisted famed chef Daniel Boulud to create restaurant-worthy dishes for business-class passengers had us flying high and salivating, simultaneously. In a recent conversation with Boulud, creator of Café Boulud at the Four Seasons Hotel in Toronto, the Ritz-Carlton Montreal's Maison Boulud and Daniel, his eponymous Michelin two-star restaurant in NYC, where he is now based, we learned that the partnership marks the first time the airline has commissioned a French chef who resides off the European

continent to create signature meals for its return flights.

"Often, when I fly out of Paris to a destination in Asia or America, there are dishes by chefs from different parts of France—Guy Martin, Michel Roth and Anne-Sophie Pic, among others—offered," he explained. "This is somewhat of a novelty, to have a French chef from the U.S. or Canada doing the signed entrées on the return."

That said, business-cabin passengers flying one of Air France's 33 weekly flights from Vancouver, Toronto and Montreal to Paris-Charles de Gaulle

can now enjoy a new main meal by Boulud each month. Among the mouthwatering options: salmon with fennel, chickpea and sumac; chicken Basquaise with chorizo, peppers and saffron rice and braised lamb with spring root veg.

In terms of insights into how culinary creativity differs when it's meant to be served 40,000 feet up, the chef said, "In the regular kitchen you have a team. The mise en place that happens in a traditional restaurant is missing on an airplane. But I have tried very hard to find ingredients and

create food that carries well into the sky, so that the taste, the texture, the flavours are as beautiful as they would be on the ground."

As for Boulud's own most-memorable in-flight meals? "The ones that are most authentic," he said. "I remember flying from Hong Kong to Bali and I was served a nasi goreng with all sorts of spices and shrimp. It was just delicious—soulful, fresh, light, healthy and also excellent reheated. If it tastes good the second time you warm it up, that to me is truly the mark of a great meal!" [Airfrance.ca](http://Airfrance.ca)



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# DINING & NIGHTLIFE

## Grapes & Petals

FORGET THE CHEESE: WINE PAIRED WITH MOM'S (OR YOUR) FAVOURITE FLOWERS IS WHERE IT'S AT

BY LAURA STARR

We recently came across a visually rousing project by Lauren Sabo of **Botany and Co.**, who fastidiously paired flower arrangements alongside wine bottles, mirroring the stylistic nature of the label. Although this project lends itself more toward the "how-tos" of wines and flowers in social situations, Sabo essentially conceptualized a gift of the senses, conquering beauty, aroma and taste—with absolutely perfect timing! With May flowers and Mother's Day in mind, we were inspired to borrow from this collab and reverse the scheme to make some pairings of our own. Everyone has a favourite fleur so, this year, why not arrange a stimulating delight by pairing an exciting wine with your (or mom's) most-beloved bloom? For full impact, go monochromatic with your bouquets (skip the pre-bundled sprays), and remember: the flower should take centre stage.



### WILDFLOWERS, WILD WINES

If she likes blooms of the rambunctious sort, opt for Chenin Blanc or Marsanne—two very different varietals that uniquely offer aromas of untamed flora and fauna. Chenins are often textural, tropical and spicy while Marsannes are rich, nutty and floral. This **Pierre et Catherine Breton** "La Dilettante" Vouvray Brut from the Loire Valley in France (\$46) is a delicious example of a CB sparkling wine.

### CHERRY ON TOP

Does your mother's heart lie under the blooming petals of Vancouver's cherished cherry trees? Show her some doubly local love with **Serendipity's** 2012 Estate Merlot (\$40), which boasts a candied cherry blossom nose amid a strikingly dark, rich and elegant B.C. wine.



### LOVER OF LILIES

Look for Muscadet (France) or Torrontés (Argentina)—crisp and citrus-driven white wines that often express aromas of lilies and white blossoms. If you want to take mom on a flavour adventure, blow her mind with this **Finca Nueva** Viura Rioja (\$21): an intensely aromatic Spanish wine made from the grape Viura that is textural, crunchy and charmingly floral.

### INIMITABLY ROSE

If tradition wins mom's favour, choose a dry Alsatian Gewürztraminer (such as this \$38 bottle of **Trimbach** Gewürztraminer from Alsace, France), which will deliver on the promise of a dozen long-stemmed red roses alongside lychee fruit and sweet spices.



### COLOUR CO-ORDINATE

Finally, from the cellar of Sabo herself: why not match the hue of your wine with your flowers? Use creamy yellows for whites and, for summer reds like **Meiomi** Pinot Noir, pair with burgundy Red Charm peonies to accent the deep colour of the wine.

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# Just Desserts

AN OBLONG FRENCH PASTRY GETS A LIFT ON ROBSON STREET  
BY AUREA DEMPSEY



In recent years Vancouver's been undergoing a French revolution of culinary sorts. Along with our claim to creating the country's best croissants (merci, **Batard** and **Beaucoup** bakeries), macarons (**Maison Ladurée**, mais oui) and crêpes (we're looking at you, **Le Marché St. George**), we've been awarded with yet another gem: Parisian-based **L'Éclair de Genie**.

Founded in 2012 by award-winning pastry chef Christophe Adam (additional shops have since popped up around the globe, in Italy, Russia and Japan), the Lower Mainland marks the pâtisserie's first foray into North America, bringing with it a delectable assortment of bonbons, chocolate tablets, various chocolate and nut-based spreads—and, of course, out-of-this-world éclairs.

Among the 250-plus flavours imagined by chef Adam to raise the pastry's profile beyond its current (in Canada, at least) dollar-doughnut-shop-slash-convenience-store standing: caramel salted butter, lemon yuzu and raspberry vanilla. But don't worry: for the purists among us there's also a rich chocolate with traditional crème offering, plus several éclairs that place local ingredients squarely (or, rather, oblong-ly) in the spotlight.

Said Adam, "We will start with 10 kinds of éclairs and introduce two new ones each month, like every other store. And we serve coffee."

Coffee and doughnuts? Now you're speaking our language!  
**1210 Robson St., 778-788-6623.**  
[Leclairdegenie.com](http://Leclairdegenie.com)

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