

VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITA DAILY • MAY 2018

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MAY

ISSUE

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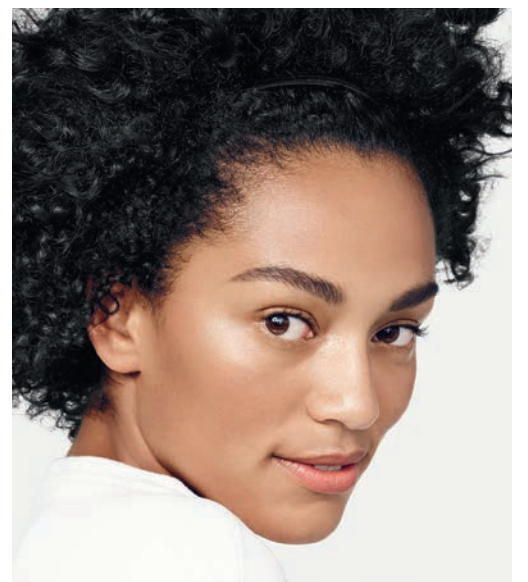


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new store opening
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EDITOR'S DESK

editor's letter



It's May, it's Mother's Day, and this issue of *VITA* is full of features that celebrate the maternal goddesses among us. Our Q&A with **Charlotte Tilbury** (page 6) reveals what the makeup maven (and mom of two) does when she has mere minutes to get glam in the morning (a reality most of us mamas can relate to) and our shopping guide (page 4) is bursting with ma-worthy gift ideas.

We're also sharing the story of local fashion designer **Kirsten Ley**, whose career has hit the runway at full sashay (page 8), taking you on a tequila-soaked tour of Guadalajara (page 10), giving you guidance (and goodies) to get your home in boho-chic shape (page 9) and showing off **Clinique's** new standalone store (a North American first, no less) in **Richmond Centre** (page 5). Enjoy!

Noa Nichol

EDITOR-IN-CHIEF

P.S. For this month's reader letter contest, I'm asking you to give me your best mom time-saving style tip or trick. The winning entry will receive a surprise from me in the mail! Email noa@vitamindaily.com.



SHOW OF SUPPORT

In honour of **Diane's Lingerie's** 35th anniversary, France's premier lingerie brand, **Empreinte**, has created the **Diane** line—a symbol for confidence and femininity (not to mention, the perfect tribute to a local lingerie institute). The collection, which includes the stunning **Empreinte Diane** bra (\$196 in *bleu royale* (limited stock), *quartz* and *black*), stands out with its crystal chandelier-inspired pleats and bold, graphic embroidery. Delicate yet extremely supportive, **Diane** is the epitome of luxe French lingerie—and, I think, a perfect gift pick for Mother's Day. **2950 Granville St., 604-738-5121. Dianeslingerie.com**



MOM JEANS 2.0

Spring has finally sprung and it's time to freshen up my wardrobe—starting with denim! My go-to source for the perfect pair? **Mark's**, where the trends are fresh and the in-store assistance means I always find the right fit ... OK, make that fits (I could never walk away with just one)! From international faves like **Levi's**, **Guess** and **Silver** to up-and-coming in-house brands **Denver Hayes** and **DH3**, **Mark's** has denim to suit every body and every need (read: every mom). Spotted on my last visit: new pull-on jeans from **Denver Hayes** that omit the usual front-end hardware (zippers and buttons) and are casual, comfy and, most importantly, cute! These come in a straight leg, skinny or skinny jeggings style and are a great addition to my spring wardrobe because they're durable—and ready to be paired with a cute sandal! **Marks.com**

TEA FOR TWO

Afternoon or "high" tea is as much a Mother's Day tradition as brunch or breakfast in bed, and there's really no place better to have it than at the **Trump International Hotel Vancouver**. Served in the sophisticated **Champagne Lounge**, there are several options or "tiers" to select from—with the **BellaGraph Afternoon Tea** (\$88 and named in honour of the jeweler's hotel showroom) being the obvious, elevated choice for mom. Presented in a hanging birdcage, this specialty service includes a glittering menu of delectable nibbles—savories, sweets and scones—by executive pastry chef **Fumiko Moreton**, plus a range of hot brews from **TWG Tea** (mine tasted of actual rose) and flutes filled with **Ployez-Jacquemart** bubbly to wash it all down. Book today and show mama the tea-time of her life! **1161 W. Georgia St., 604-979-8888. Trumphotels.com**



PARDON OUR FRENCH

Last month we made an error, and would be remiss not to mention it. In our "French and Floral" roundup, the chic "**Champagne S'il Vous Plaît**" sweatshirt by **Quantum Courage** is, despite us leaving out the second "b" in its name, available at **Blubird**—a destination you really ought to visit for a plethora of queen-worthy Mother's Day gifts, like this equally bubbly **Markus Lupfer** tee embellished with sequins and jewels (\$295). **1055 Alberni St., 604-257-0700 and 650 W. 41st Ave., 604-257-0707. Blubird.ca**

ENTER TO WIN!

A \$500 **Mark's** gift card! Find out how at Vitadaily.ca/contests.

VITA

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FASHION & SHOPPING

LIPPY LADY

Clinique's set of four luscious lip colours, each filled with good-for-skin ingredients (and not a lick of fragrance), will really make mom's kisser pop—and comes in a limited-edition tin, to boot (\$33). 6551 No. 3 Rd., Richmond, 604-279-3449. Clinique.ca



MOMMA wanna

FROM BOOTS TO BALMS, WE'VE GOT THE PERFECT GIFT FOR MOM



RING TRUE

Whether you choose the amethyst, peridot, moonstone, blue topaz or garnet version, mom will melt over one of these rose-gold-with-diamonds M'ama Non M'ama rings (\$2,800 each at Pomellato). 701 W. Georgia St., 604-257-2390. Pomellato.com

BLUE BELLE

This iron handle skillet (\$210) in blueberry—Le Creuset's latest colour launch—is a great way to serve up breakfast in bed on Mother's Day (get the recipe for blueberry dutch baby pancakes on Vitadaily.ca!). 2997 Granville St., 604-620-3915. LeCreuset.ca



MAKE THIS!

Vitadaily.ca/lifestyle

WIN THIS!

Vitadaily.ca/contests



GARDEN PARTY

These cute, grown-in-Canada, wood-and-matte-black Practica tools from Garant (From \$6 at Rona) are sure to give mom a green(er) thumb. 2727 E. 12th Ave., 604-253-2822. Rona.ca

SOY GOOD

With one sold every minute worldwide, it's no wonder Fresh is releasing a limited-edition, jumbo-sized, brightly decorated (by New York-based fashion illustrator Blair Breitenstein) version of its soy face cleanser (\$52 at Sephora). Mom can use it to whisk away dirt and makeup—even mascara—without stripping her skin of essential moisture. 1045 Robson St., 604-681-9704. Sephora.com



ALMOND JOY

Enriched with a double dose of almond (oil and butter), L'Occitane's latest body balm (\$44) will pamper mom with pure delight. 1000 Robson St., 604-681-4408. Ca.loccitane.com



TO MARKET

Encourage mom to shop in style with this cut-out tea rose market tote from Coach (\$455) that makes even milk, butter and eggs look good. 755 Burrard St., 604-694-1772. Ca.coach.com



BLOSSOM BOOT

Mom will definitely make a splash in these Hunter rain wellies (\$180 at Nordstrom) with a slim fit, gloss finish and seasonally appropriate floral print. 799 Robson St., 604-699-2100. Shop.nordstrom.com



GOOD NIGHTIE

Lacy lingerie aside, Hanro's Laura Bigshirt (\$135 at La Jolie Madame) is silly soft and—a mom must—super comfy. 849 Hornby St., 604-669-1831. Lajoliemadameboutique.com

SKIN RIGHT

A lavish cream infused with "lumidose" technology, La Prairie's White Caviar Crème Extraordinaire (\$900 at Holt Renfrew) will help mom's skin reach new levels of luminosity and evenness—measurable in two weeks, visible in four, extraordinary in eight. 737 Dunsmuir St., 604-681-3121. Holtrenfrew.com



FOOT LOOSE

Forget heels. These Jericho print shoes (\$75) from Native will have mom walking on sunshine (or flowers). 14 Water St., 604-800-8630. Nativeshoes.com

SMOOTH OPERATOR

Beauty brand eos has created two limited-edition lip balms—one certified-organic, ultra-hydrating, watermint-flavoured balm with marine botanicals, and one iridescent shimmer balm—that are mother (nature) worthy and come in a special spring twin pack (\$11). Evolutionofsmooth.ca



WIN THIS!

Vitadaily.ca/contests



DKNY Oakridge

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Hot Shops

VANCOUVER'S GREATEST AND LATEST RETAILERS
BY NOA NICHOL



KAI BEAUTY LOUNGE

Think all nail parlours are created equal? Think again. When Anny Wang—a lifelong “nice nails” enthusiast whose former professional expertise lies in tattoo equipment, set out to open her own salon—she vowed to do it differently, implementing standards of service and cleanliness rarely seen in the industry. The result: **Kai Beauty Lounge** in Burnaby, where a glassed-in room in the back clearly shows all of the equipment used to do your digits sterilized to hospital standards (really). Beyond that peace of mind, Kai takes your experience seriously, boasting a tranquil space with trained technicians devoted to bringing your vision to life (whether it's 2- or 3-D nail art or a French mani with gradation or a sparkle finish) and offering a range of organic body products from Vancouver's own **Ativo Skincare** (including a special soak made exclusively for Kai's signature pedicure). Nailed it. **5260 Imperial St., Burnaby, 604-559-8059. Kaibeautylounge.com**

ENTER TO WIN!

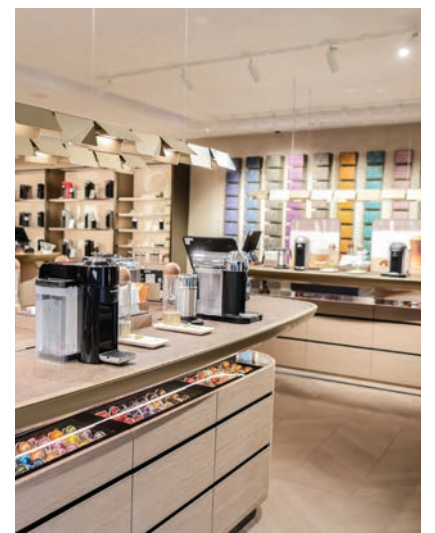
A signature mani-pedi from Kai Beauty Lounge! Find out how at Vitadaily.ca/contests.



CLINIQUE

Will wonders never cease! **Clinique's** first-ever North American standalone has opened shop in **Richmond Centre** and, trust us, promises an experience unlike any counter could ever offer (though those are pretty good, too!). Boasting 630 square feet of space, this boutique aims to serve as a one-stop-shop for all of Clinique's offerings, from the latest skin-care innovations to the brand's one-of-a-kind cosmetics range, as well as exclusive products not available elsewhere in Canada. It's also the place to go for ramped-up services, including free YouTime treatments (whether you have five minutes or 15), to attend ongoing special

events and to explore, experiment and, perhaps most importantly, play. Dressed in the brand's iconic colours (that oh-so-recognizable green) and including a “trending now” table as well as dedicated skin-care, colour and foundation walls, look for plenty of interactive technologies in this store (iPads galore) alongside expert (read: human) consultants able to guide you to your Clinique pot of gold—whether that means doing a complete analysis of your skin and creating a personalized daily routine or helping you nail that perfect red lip for a big night out. It's all here, it's all now, and it's all Clinique-ly beautiful. **6551 No. 3 Rd., Richmond, 604-279-3449. Clinique.ca**



NESPRESSO

From shelves stocked with glittering machines boasting every espresso-making, milk-frothing, latte-art-creating capability under the sun to drawers packing a rainbow spectrum of java-filled pods (all types and tastes, truly), the brand-new **Nespresso** boutique in **Metrotown** is a coffee destination like no other. Marking the brand's first permanent standalone in our province (and only the second of its kind in Canada), the store is 3,334 square feet of perfect-brew paradise outfitted in earthy tones and textures, tabletops made of repurposed coffee grounds (these reflect the company's long-standing commitment to sustainability) and a hand-airbrushed feature column in blues and greens meant to mimic B.C.'s sea-to-sky corridor. Best of all, the shop is set up to shake up the traditional retail process, with a resident coffee bard well-versed in all things coffee, tablet-wielding staff to help you find your perfect machine (and assist you in recycling your used Nespresso pods) and the infrastructure (think: a dedicated lab kitchen) to support special events, classes and courses. We know where we're getting our morning cuppa from now on! **4700 Kingsway, Burnaby, 604-314-8991. Nespresso.com**



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Glamour Mama

MAKEUP ARTIST CHARLOTTE TILBURY TALKS MOTHERHOOD, MASCARA AND HIDING THOSE PESKY UNDER-EYE BAGS
BY AILEEN LALOR

What are the most important things your mother taught you about beauty and life?

My mother always makes me feel beautiful! She is full of great advice and is the queen of the one-liner. She is incredibly glamorous and always well turned out—a true inspiration. I remember watching my mother from a very young age, applying her red lipstick with her perfect red-painted nails—she would never leave her house without makeup on. Her favourite saying is, “Always keep the mystery alive. There’s no reason to not look your best!” She taught me that lipstick is instant glamour and sun is beauty suicide—that you should always wear a high-factor SPF. Thanks to her I’ve always been really careful with my skin, growing up in sunny Spain, especially as a fair-skinned redhead. I never sit outside in the sun and always use an SPF.

How did you become interested in beauty?

My ambition and journey as a makeup artist started back when I was growing up in Ibiza. It’s such a magical, bohemian place. I was constantly surrounded by a melting pot of creatives and visionaries who sparked my own creativity, and I was therefore always walking a path toward makeup artistry. My talented father, Lance, a painter in Ibiza, gave me an amazing root in colours, tonality and contrasts. I discovered makeup and became fascinated by its power when I was 13—it literally changed my life. I went away to boarding school and I started wearing mascara. Overnight, everyone from seven to 70 reacted to me in a very different way. I was instantly more empowered, magnetic and mesmerizing. I felt enriched with confidence.



How important is practicality when you’re creating new products?

As a busy working mother myself, I know what it’s like to have to do your makeup on the go or have little time to do it. I’m all about what I call “wing-mirror makeup.” With my schedule, I need to apply makeup anywhere and everywhere. I am always thinking within the remit of, “How do I find a solution to problems?” Part of the reason I created my brand was so that it’s as easy to use for the woman who sits down at her vanity table as it is for the busy mum who applies it in a hurry before the school run!

What are your top products for women who want to look good, but have only minutes to put it together?

When I have just five minutes to get ready—which I often do in the mornings being a mum myself—I use my new Hollywood Flawless Filter, which creates the ultimate superstar-lit glow in seconds! It’s a customizable hybrid complexion booster—it has the versatility of a primer, the megawatt glow of a highlighter and the perfecting properties of your favourite digital filter. I also use my bestselling and celebrity favourite Instant Look in a Palette collection, which is the perfect five-minute face on the go—an all-in-one beauty palette that every woman needs in her kit for day-to-evening makeup. It includes seven of my best makeup secrets for a natural, glowing look that enhances what nature naturally blessed you with. My current favourite is the new Smokey Eye Beauty edition. Each palette paints the glow into your complexion, puts the light back into your eyes and treats and transforms your skin. It’s everyday makeup magic in a flash! You can use them anywhere, any time—it is the ultimate beauty on-the-go tool!

What’s one secret every woman should know about taking her makeup from so-so to so-wow?

Always curl your lashes! My Life Changing Lashes Eyelash Curler acts like a push-up bra for the eyes. Then I layer at least three coats of my Full Fat Lashes mascara for full, fluttering, Bambi lashes. This trick gives you an instant eye lift while you’re rushing out the door! ♥



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Charlotte’s MOM MUSTS

CRÈME DE LA CREAM
You can’t have a beautiful painting without a beautiful canvas. I start all makeup with my miracle-working Magic Cream moisturizer, packed with active ingredients and hyaluronic acid to flood the skin with moisture, leaving it plump, dewy and youth-boosted.



SMOKE SHOW
My Colour Chameleon Eyeshadow Pencils give a smoky eye in seconds—simply swipe over your lids and blend with your fingers. They work with your natural eye colour to really make them pop and have synthetic sapphire to glide without dragging.



BAG OF TRICKS
The whole world is tired—even my five-year-old son has bags! It’s why I spent five years creating my Mini Miracle Eye Wand—a double-ended eye brightener and hydrating, lifting eye cream. It’s like cheating eight hours sleep in two clicks!



BEACHY BLUSH
Beach Sticks are an essential part of my quick-and-easy makeup range—they are a lip-to-cheek dewy colour pop that can be applied straight from the stick and blended in with your fingers.

New Noshes

WHERE AND WHAT TO EAT THIS MONTH

IL POSTO

Popping *Il Posto*'s co-ordinates into Google Maps posits the question: why Ladner? One look at the near-nightly lineup and any doubts about location will dissipate. This new Italian joint is positively buzzing—for good reason. The space is cheery chic, with white walls showcasing colourful prints and a giant stencilled definition of the word “hangry.” No need to get upset, though—the food list is focused, mainly on pizza, with a pasta special (ask the server) and some delicious starters (try the bruschetta share plate with a trio of toppings on good toast). Cocktails, too, are tempting—so far, a patron fave is the Prosecco and peach Bellini (no slush machine involved). Whatever you order, finish your meal off with a refreshing (yes, it is) tiramisu. Light and lovely, it'll leave you wanting more. **4866 Delta St., Ladner, 604-946-1300. ilpostoresto.com** NOANICHOL



THE DIRTY APRON

Beyond crafting dreamy cuisine, real-deal chefs hold bits of knowledge with the potential to transform our everyday kitchen routines. In other words, things will never be the same once you learn the “respectable” way to chop onions, not to mention that table, kosher and sea salt each serve a unique purpose (hint: the former isn't for the table). That's why we're pleased as pudding *The Dirty Apron* is imparting more of its wisdom with the launch of four brand-new spring cooking classes. Gather your best gal pals for the Rise, Dine and Shine Brunch, where you'll whip up crispy chicken waffles and banana rum flambé while sipping Moroccan-spiced mimosas, or take a jaunt around the globe exploring exotic dishes like Mexican smoked chili guava short ribs and south Indian-spiced pork tenderloin in the school's Perfectly Seasoned class. We've never been so ready to hit the books! **540 Beatty St., 604-879-8588. Dirtyapron.com** RACHEL JOHNSTON



PHOTO: JOEY ARMSTRONG

EARLS AMBLESIDE BEACH

From pan bread to What Cha Ma Call It Merlot to that scrumptious Sante Fe salad, Vancouverites love them some *Earls*. And, after several years successfully expanding to key cities across the continent, the resto group has returned to its roots with the opening (this month) of *Earls Ambleside Beach*—a concept eatery where an epic view and local art (think works by Fiona Ackerman, Ben Skinner and Andy Dixon, plus a gallery wall dedicated to female artist collective Thrive) star alongside the food. Together with nostalgic menu items, find fresh offerings like a nutrition-packed salmon Zen bowl, a lobster and pancetta pizza, crispy tofu tacos and a sizeable plant-based section (all exclusive to this location). In protection of the pristine coast it's landed upon, the carefully curated bar boasts a waste-reducing bottled cocktail collection and a no-plastic-straws policy. There's no question we'll be first in line when the doors swing open on May 9th. **1375 Bellevue Ave., West Vancouver, 604-262-3632. Earls.ca** RACHEL JOHNSTON



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LOCAL by Design

KIRSTEN LEY HAS SHOWN AT TOKYO
AND NEW YORK FASHION WEEKS - AND
SHE'S ONLY BEEN SEWING FOR
A FEW YEARS

BY AILEEN LALOR



T

The first thing that strikes you when you read about the inspirations behind **Kirsten Ley's** extraordinary fashion designs? They're pretty ... dark. Her design-school grad show, *Unbearable Lightness of Being*, examined her experiences wearing a back brace through her teens. *Fantôme*, her SS 2018 collection, is based around "the undying fight to feel the growing vastness of lonely ineptitude." And her upcoming FW range, *Nerō*, is named for the emperor who murdered his mother and fiddled while Rome burned.

So it's a surprise to meet in person and find her effervescent, energetic and fizzing with ideas. In her words: "I always say that I think I'm a balanced person because I'm an artist and able to work through emotions and feelings through creativity."

The Vancouver-born 30-year-old only got into fashion design a few years ago, graduating from **Blanche MacDonald** in 2016 with a "student of the decade" title from the school's executive program director. Prior to that, Ley spent time in Los Angeles as an actress, model and composer. She also teaches yoga and paints.

"The more creative outlets I have the more I want to create," she says. "When I'm working on a collection, on days off I'll write music and work on a painting."

Her mom is an opera singer and teacher from New Orleans and her dad is a Danish entrepreneur. According to Ley, "I guess it's that left- and right-brain thing. I always thought I was just a creative weirdo but now that I've started my business, that Scandinavian, practical businessperson side is coming through."

When she started at **Blanche MacDonald**, she admits, "I had never sewn a day in my life, but I worked my butt off." And then there's her innate artistic talent. "The way I work is intuitive. When I'm creating with a material, whether it's leather, organza or silk, I breathe it and move it where it wants to go. I kind of live within the piece, like I'm inside it as it's created."

The left-side right-side combo is certainly paying off. The pieces Ley designs for her eponymous label are remarkable: minimalist but bold, sculptural and strong, avant-garde. Not pretty, but beautiful.

"I like to make garments that complement the female form," she says. "They nip at the waist, are shapely and flowing. I like to make women feel strong."

Her work has not just been an artistic success. Critical plaudits have been plentiful. *Fantôme* was shown last September at Vancouver Fashion Week—the organizers of which also run the Global Fashion Collective (GFC), a program to give up-and-coming designers an international platform.

Soon, Ley was in Tokyo for **Amazon Fashion Week**, at Eco Fashion Week Australia (she's a sustainable, ethical designer) and Harbin Fashion Week in China. Her pieces were also featured in *Vogue* China, U.K. and Italy. The pinnacle thus far has been presenting her *Nerō* FW 2018 collection at New York Fashion Week, with the support of GFC. Eventually, she'd like to be in department stores and even standalone Kirsten Ley boutiques.

And, she says, her other talents will continue to play a part, too. Ley has written music for her runway shows and created a movie for *Fantôme*, in collaboration with Vancouver production company **Goldstein**.

"Fashion is where all my creative outlets meet," she says. "I want fully immersive shows, with music and film. I'm obsessed with **Alexander McQueen** and the way he was able to have his shows as performance-art pieces."

As to whether Vancouver is going to be big or bold enough for Ley, she thinks our rep for being too relaxed in dressing is wearing off, and that Vancouverites are becoming more stylish. She's full of praise for our local players, from big brands like **Aritzia** to fellow designers like **Evan Clayton**, **Sam Stringer** and **Melissa Yin**. And she has no intention of leaving.

"I've been extremely impulsive all my life, and I've done all I wanted to do—I let my heart take me wherever it wanted to go, and I can draw on my experiences and use them as an influence," she says. "Now I enjoy being in the same city as my family. For selling, I have to expand beyond this market but I'd like to keep things as local as possible otherwise. I want to be known as a Vancouver designer and a Vancouver brand and pay homage to my city. I've been everywhere, but I came back because I want to be here." Kirstenley.com

Fringe Benefits

NAILING THE BOHO-CHIC LOOK FOR YOUR ABODE HAS NEVER BEEN EASIER
BY ISABEL ONG

W

While its origins can be attributed to the free-wheeling, hippie-loving vibe of the '70s, our current obsession with bohemian décor stems from the fact that it celebrates non-conformity.

Boho-style interiors aren't about keeping up appearances or ensuring every element matches. Rather, they're about mixing tones, textures and patterns that reflect a relaxed and eclectic air.

For inspiration, just look up the Instagram hashtag #bohochic. Among 4 million-plus posts, you'll find envy-inducing homes that display a gorgeously woven wall hanging, a modern macramé plant hanger or a fabulously fringed rug. No two interiors are alike, because there are no fixed rules when it comes to styling them.

Alternately, take notes from trendsetters like Oregon-based macramé enthusiast **Emily Katz**, who's turned her passion for knotting into a modern-day success story. Her book, *Modern Macramé*, releases this month, dishing out DIYs on making your own rugs and offering snapshots of stylish interiors that'll make you want to redecorate, stat.

We did a little hunting of our own, and the gorgeous fringed goods we've sourced will surely help you start building a dreamy, artsy space you'll want to spend all your time hanging in (pun intended). ♡



WALL FLOWER

This cotton wall hanging (\$72) from **Urban Outfitters** is the epitome of girly boho chic thanks to its intricate floral motif, flowy fringe detail and soft pastel hues (perfect for spring). Urbanoutfitters.com



AU NATUREL

What makes this suede cushion (\$1,970) by Canadian designer **Catherine Règhehr** stand out? It boasts a fringed exterior that's completely hand-cut via a labour-intensive process. Translation: it doesn't get more boho luxe than this. Catherinereghehr.com



BUCKET LIST

On the lookout for cute storage options? **Genevieve Gordier's** woven floor bin (\$86 at **Crate & Barrel**) comes with colourful fringe detail and is both functional and easy on the eyes—a winning combo in our books. Crateandbarrel.com



SWING THING

The boho life is all about being carefree and leisurely, and nothing encapsulates that better than a beautifully woven cotton hammock (\$295) from Vancouver's **Cross Décor & Design**. You'll have zero regrets about missing out on Coachella! **1198 Homer St., 604-689-2900. Thecrossdesign.com**

COVER STORY

Add instant (boho-tinged) character to your bed or sofa with **All Road Design's** multicoloured, hand-embroidered, cotton-and-wool throw (\$191 at **Anthropologie**). Bonus: it'll make a handy blanket on (soon) summer road trips. Anthropologie.com



GROUND WORK

Going the bohemian route doesn't always mean you must splash out on colour. If you're into monochrome accents, **Lorena Canals' geometric-patterned cotton rug** (\$299 at **Nordstrom**) is a great choice (it's kid-friendly and machine-washable, to boot). Nordstrom.com



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TRIPS & SIPS

Tequila Town

FORGET ALL-INCLUSIVE BEACHSIDE RESORTS. GUADALAJARA HAS SOMETHING MUCH SWEETER (AND SMOOTHER) TO OFFER

BY NOA NICHOL



M

Mexico and tequila. Tequila and Mexico. The two words are practically synonymous. But to truly experience the process behind how tequila is made—not to mention, how to drink it properly (hint: sip, don't shoot)—we suggest travelling to the drink's birthplace in the state of Jalisco and making the gorgeous City of Guadalajara your home base.



PHOTO: LUIS ALVARADO

STAY

The Marriott's AC Hotel Guadalajara is a convenient place to park your bags, boasting a downtown locale with easy access to more-interesting neighbourhoods. Mornings, take a dip and watch the sun rise from the rooftop pool (it opens at 4 a.m.), then head down to the lobby restaurant for a breakfast featuring the usual continental suspects alongside tasty Mexican dishes, fresh fruit juices and a star anise-infused cold-coffee concoction that's *muy delicioso*. Marriott.com

STROLL

For a dose of history, head to the city's centre to see architecturally impressive landmarks like a neoclassical theatre and double-spired cathedral. Duck into city hall to view larger-than-life murals depicting Guadalajara's not-always-peaceful existence. Stroll the pedestrian-only streets for souvenirs and snacks (and tequila-based piña coladas to go); be sure to check out the party shops wholly dedicated to piñatas and to stop to have your fortune told by a trained yellow canary along the way.



PHOTO: LUIS ALVARADO



PHOTO: KOBBY DAGAN

SHOP

Mercado Libertad, better known as Mercado San Juan de Dios, is the largest indoor market in Latin America, with nearly 3,000 vendors selling everything from embroidered frocks to leather shoes, handmade dolls, colourful crafts, bright candies, fresh produce and takeout food (try a traditional *torta ahogadas*—a typical Jalisco pork sandwich drowned in a delicious sauce). Oh, there's a good selection of designer knockoffs here, too, and haggling is expected.



PHOTO: CAROLINA ARROYO

SEE

No trip to Guadalajara would be complete without a ringside seat at a *lucha libre* match. If you wish, purchase (and proceed to don) a colourful mask of your own just outside the venue (*Arena Coliseo*), then head inside to witness the assault-on-all-senses that is authentic Mexican wrestling (better, we think, than WWF). Cml.com



PHOTO: T PHOTOGRAPHY



SIP

Finally, the important part: the tequila. The state of Jalisco, in which, as mentioned, Guadalajara is situated, is home to 700 or so tequila brands, including gold-medal-award-winning and only-recently-available-in-Canada Casa Herradura. A short drive from the city, a side trip to see the company's historic (and still working) distillery, in the quaint town of Amatitán, is well worth it. Take a fascinating guided tour to discover everything you didn't know about the tequila-making process, including how traditional farmers, called *jimadors*, harvest the agave plant, and how the property's plant life plays into the creation of the drink. Visit the old factory (gorgeous!) and purchase any of many varieties of Casa Herradura tequila at the gift shop. *¡Salud!* Herradura.com



SAVOUR

Cow is king here, with steakhouses and other eateries that make meat their central focus all but dominating Guadalajara's restaurant scene (*Hueso*, for one, is decked out top to bottom in animal bones). For something more casual (and less-obviously carnivore) side up to one of the city's many street taco stands—so fresh and yummy, you won't miss the lack of seating. Huesorestaurant.com



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