

# VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITADAILY.CA • MAY 2019



*inside the*

# MAY

ISSUE

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A close-up, profile photograph of a woman with dark hair pulled back, wearing a white button-down shirt. She is wearing large gold hoop earrings and several layered gold necklaces. The background is a plain, light-colored wall. The text 'MELANIE AULD' is overlaid in white, uppercase letters at the top of the image.

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# EDITOR'S DESK



## editor's letter

I like being real—especially when it comes to motherhood. Hands down the hardest job I've ever taken on (publishing a monthly magazine is a cinch in comparison) I believe it's important to share the downs *and* the ups. After all, we each experience a different and deeply personal version of motherhood, and each of these experiences is valid, true and very real.

That's why I've asked some of my fave fellow mamas to add their voices to this issue of *VITA*. Beyond their top Mother's Day gift picks, visit us at [Vitadaily.ca](http://Vitadaily.ca) to read Q&As with each of them that reveal what they love (and don't love so much) about mom life.

I felt it was key, beyond our mix of fashion, beauty and travel coverage, to share the marvelous, messy reality of motherhood, and honour all moms this month. Happy Mother's Day!

*Noa Nichol*  
EDITOR-IN-CHIEF

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### DOODLE DO

When it comes down to it, there's no gift better than one that's been made by my daughter—and, it seems, one of the world's highest-end fashion and beauty houses agrees. This year, **Chanel** celebrates moms and dads with kids' drawings of its most iconic products—genuine and touching sketches that will illustrate the brand's communication campaign during Mother's Day and Father's Day 2019. [Chanel.ca](http://Chanel.ca)



### FLOWER POWER

I like to think I was one of the first to cover this Vancouver-based luxury floral service way back in 2014 (founder Trevor Patterson personally dropped a sample off at my office). Now **Landeau** is available in cities worldwide (and appearing in the feeds of high-profile mommies like Chrissy Teigen), offering delivery of its special tricolour "mère" bouquet between May 6th and May 12th, featuring 25 perfect Ecuadorian roses in a signature branded box (\$199). [Givelandeau.ca](http://Givelandeau.ca)

### MEMORY MAKER

Here's a concept I love: a piece of jewelry forged in my own (or a loved one's) handwriting to cherish forever. That's the idea behind **Tiny Zen Memory**, based out of Edmonton: personalized necklaces, bracelets, earrings and rings that encapsulate your fondest memories and commemorate your most meaningful connections. [Tinyzenmemory.com](http://Tinyzenmemory.com)



### MOM JEANS

**Levi's** mom jean, dubbed Brenda (at press time, on sale for \$60 at **Aritzia**), gives new meaning to the oft-mocked style. These vintage-inspired beauties channel the iconic 505 with some flattering tweaks, accentuating the waist and fitting snugly at the hips—all while maintaining that '90s vibe mommas of my generation will remember so fondly. **650 W. 41st Ave., 604-269-0892. Aritzia.com**



**VITA**

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**MIRANDA SAM** ON THE COVER **DOLCE & GABBANA SPRING 2019 READY-TO-WEAR** CANADA POST PUBLICATIONS MAIL AGREEMENT #42849020



## WEDDINGS AT FAIRMONT PACIFIC RIM

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[FAIRMONT.COM/PACIFICRIM](http://FAIRMONT.COM/PACIFICRIM)



# mum's

## THE WORD

FROM NEW MOMS TO STEP-MOMS TO MOMS-TO-BE, OUR FAVOURITE "MOM-FLUENCERS" SHARE THEIR ULTIMATE MOTHER'S DAY PICKS



**TESSA HUFF**

@STYLESWEETDAILY

I have a collection of cake stands of all sizes, but this milk-white cake plate (from \$70 at **The Cross**) is by far one of my favourites. Use it to display cakes (of course) but also a tower of pastries—or even keep it next to your stove to store salt and frequently used spices. **1198 Homer St., 604-689-2900. Thecrossdesign.com**



**JEN TAM**

@HERWISECHOICE

Linen sheets add a bit of luxury to the everyday and make what little sleep a new parent might be getting even better! Some of my favourite sets (from \$158) come from **Flax**; they regulate body temp, are hypoallergenic and antibacterial and get softer with each wash. **Flaxsleep.com**



**BIANCA BUJAN**

@BITSOFBEE

When I pick a piece of clothing I look for a brand that offers quality, style and comfort—three words that define the rompers made locally by **Smash + Tess**. Yellow is my favourite colour, so when I saw the newly released Tuesday in Goldie Dawn (\$119) I had to have it! **Smashtess.ca**

**NATHALIE REES**

@NATHALIE.REES

Stacking your rings is really on trend right now and this **Leah Alexandra Elle** ring, with a faceted oval-cut rose quartz and two prong-set cubic zirconia (\$138), is the perfect “starter ring” to do just that. And, since the price point is so good, it makes it a lot easier to continue adding to your collection! **229 Carrall St., 778-320-3390. Leahalexandra.com**



**DESIREE NIELSEN**

@DESIREENIELSENRD

My evening bath is my decompression time—a bit of alone time is the ultimate luxury! Post-bath I like to take a few minutes to massage in a body balm from **Harlow Atelier** (\$21), handmade from extra-rich shea butter and essential oils. My favourite scent: warm and comforting “night market”. **Harlowskinco.com**



**JEN PISTOR**

@JENPISTOR

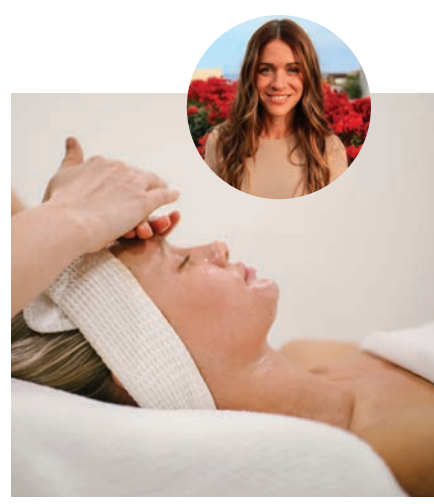
I own a couple of essential-oil diffusers but, when the kids get sick, they move to their rooms—and often stay there! To have one dedicated—like **Saje's Aroma Om** (\$90)—to mom would be the perfect way to add to some daily self-care. Plus, it's pretty! **1091 Robson St., 604-558-1900. Saje.com**



**KAMA DAWN JONES**

@KAMADAWNJONES

When I'm not at work I'm all about being cosy. I love the oversized, relaxed fit of **Brunette's Be a Babe** “big sister” hoodie (\$99), as well as its wide drawstrings. It's a perfect casual staple for my spring wardrobe and is from a local, woman-owned company. And it's peach, not pink! **231 Union St., 604-428-4094. Brunettethelabel.com**



**JEN ASHTON**

@PEACEFUL\_SLEEPERS

My fave for facials is **Glow Dermal Therapy** in Kitsilano. The space is gorgeous and you instantly feel calm and relaxed (you might even forget about your kiddos for a sec!). The 60-minute oxygen infusion facial and LED treatment (\$185) leaves your skin hydrated and seriously glowy for days. **3 - 1874 W. 1st Ave., 604-734-9531. Glowtherapy.ca**



**SUNITA PADMA**

@MANNERS\_CO

I absolutely love lighting candles in the evening and creating a cosy and luxurious atmosphere in my home. **Jo Malone** offers the most beautiful scents (pomegranate noir, \$94 at **Nordstrom**, is my favourite) and can completely lift the mood on a dreary day! **799 Robson St., 604-699-2100. Shop.nordstrom.com**



**AILEEN LALOR**

@AILEEN.LALOR

I love fancy shower gel—I don't have the time or temperament for languorous baths. If I'm going out I may go for a fragranced shower product instead of perfume, so I'm excited to try **Chanel's** brand-new No 5 L'eau in-shower gel (\$58 at **Holt Renfrew**). **737 Dunsmuir St., 604-681-3121. Holtrenfrew.com**

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# FASHION & SHOPPING

## GINA BOURNE

@GINABOURNE

I light candles, like **Voluspa's** rose-petal ice cream edition (\$55 at **Bella & Wren**), when I'm meditating, working, winding down or taking a self-care bath. It's such a small indulgence that makes the simple things we moms do day-to-day just a little more special.  
2 - 9110 Glover Rd., Fort Langley, 604-380-4484.  
[Bellawren.ca](http://Bellawren.ca)



## KAITLIN HARGREAVES

@KAITHARGREAVES

I can barely manage to wash my hair most days, let alone dry and style it! But the **Dyson** dryer (from \$400 and currently in a special Mother's Day gift edition, with complimentary styling set) has saved me! It's quick, so you can still fit a speedy de-frizz sesh to tame that mane in between chasing the kids around and a full-time job!  
[Dyson.com](http://Dyson.com)

## SHARDAY ENGEL

@SHARDAYENGEL

As someone who has recently gotten into serums, **SkinCeuticals' C E Ferulic** (\$180 at **Project Skin MD**) is one I can't live without. It's such a luxurious way to start the day and I notice an instant pep in my complexion after this vitamin C-intensive boost.  
1495 W. 11th Ave., 604-732-0800.  
[Projectskinmd.com](http://Projectskinmd.com)



## RACHEL JOHNSTON

@RACHELIZABEE

There's nothing like fresh flowers to beautify a space, in my opinion! While a bouquet on Mother's Day is pretty standard, a subscription (from \$49) to Vancouver-based **Leis de Buds** carries the treat on with a stunning collection of locally sourced blooms delivered right to your home weekly, bi-weekly or monthly.  
2202 W. 4th Ave., 604-428-7858. [Leisdebuds.com](http://Leisdebuds.com)



## AUBREY ARNASON

@AUBREYARNASON

The perfect Mother's Day gift for me is **Le Creuset's** two-litre flower cocotte (on sale for \$200 at press time) because "slow" cooking is all I have time for with a little one! I do the chopping in the morning then throw ingredients in when I have a moment. All that's left to do: pop it in the oven before it's ready for dinner. Also these are beautiful!  
2997 Granville St., 604-620-3915. [LeCreuset.ca](http://LeCreuset.ca)



## CODI LYNN

@CREATIVIEWIFEANDJOYFULWORKER

Not only do **K'pure Naturals' "recover"** bath salts (\$18) smell amazing, they set you up to give yourself care. Fill the tub, sprinkle in some salts, light a candle, pour a glass of wine ... can you see what I'm getting at here?!  
[Kpurenaturals.com](http://Kpurenaturals.com)



## KEISHA JOHNSON

@LOVINGLITTLEBLOG

I just can't resist anything from **The Cross**, including this sweet pastel-pink heart print (from \$55). My kids love to draw hearts for me (or at least practice doing so!), and seeing this reminds me of them!  
1198 Homer St., 604-689-2900. [Thecrossdesign.com](http://Thecrossdesign.com)



## SANDRA GIN

@SANDRAGON21

As a new mom with very little "me time" I always appreciate a burst of fragrant energy. The combo of mandarin, rosemary and cedar in **Aesop's** "resurrection" balm (from \$37) evokes serenity and bliss. A definite pick-me-up!  
200A 3583 Main St., 604-871-1160.  
[Aesop.com](http://Aesop.com)



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# FASHION & SHOPPING

## fl may flowers

WE'RE GOING FLORAL AND FANCY THIS MONTH



### GARDEN VARIETY

In making this fragrance, **Hermès** perfumer Christine Nagel says she “dreamed of this garden [and] created a perfume woven from its memories, the cycle of trees and flowers, nature still enduring within it.” True to the narrative, Un Jardin sur la Lagune (from \$120) includes key notes of pittosporum, Madonna lilies and magnolia. **755 Burrard St., 604-681-9965. [Hermes.com](http://Hermes.com)**

### DEW DROPS

Dress up with **Dolce & Gabbana's** pendant earrings (\$1,465), with hand-painted resin hearts, enamelled flowers and **Swarovski** crystals. **[Store.dolcegabbana.com](http://Store.dolcegabbana.com)**

### PLUM PERFECT

Inspired by plum blossoms, **Sulwhasoo's** Bloomstay vitalizing line (at **Holt Renfrew**) includes a water, serum and award-winning cream to target external aggressors and signs of aging for skin smoothness and resilience. **737 Dunsmuir St., 604-681-3121. [Holtrenfrew.com](http://Holtrenfrew.com)**

### FLORAL FEET

**Dolce & Gabbana's** floral-print leather pumps (\$1,465) make a stunning spring statement in patent gloss (and a pair of shimmering crystal brooches, to boot). **[Store.dolcegabbana.com](http://Store.dolcegabbana.com)**

### BLOOMING BAG

**Coach's** Parker bag (\$550) is all abloom with 3-D leather tea roses, metal hardware and bold pops of colour. (Tip: convert the leather chain strap from one long to two short handles.) **[Ca.coach.com](http://Ca.coach.com)**

### NICE STEMS

Make a leggy statement this spring by stepping out in these sheer **From Rachel** floral polka-dot tights (\$18). For a head-turning daytime look, pair them with a simple black short and a denim shirt, and let your legs do the talking! **[En-ca.fromrachel.com](http://En-ca.fromrachel.com)**



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[Vitadaily.ca](http://Vitadaily.ca)  
contests

### SPRING TIME

**Olivia Burton's** eco-friendly collection (from \$155) includes floral-themed timepieces made wholly from recycled materials (each one comes in a pretty biodegradable presentation box, natch). **[Ca.oliviaburton.com](http://Ca.oliviaburton.com)**

### FLOWERS FIRST

This airy Alara bra (\$179 at **La Jolie Madame**) by **PrimaDonna** is seamless and sheer, with an embroidered crocus pattern that's florally flawless. **849 Hornby St., 604-669-1831. [Lajoliemadameboutique.com](http://Lajoliemadameboutique.com)**





# Hot Shops

VANCOUVER'S GREATEST AND LATEST RETAILERS

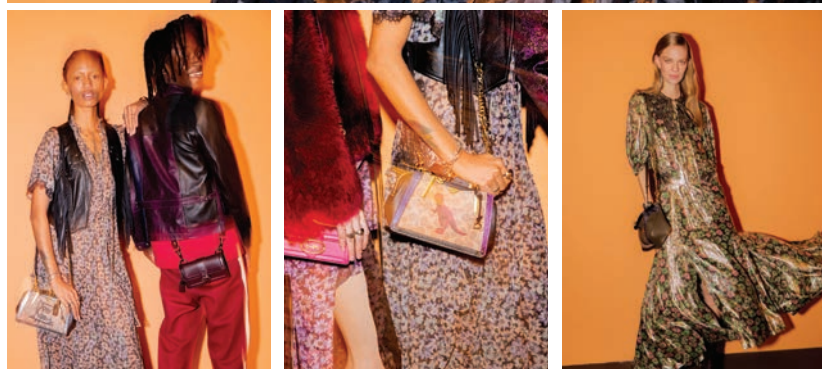
## WEDDINGS AT THE FAIRMONT PACIFIC RIM

Brimming with the chic opulence synonymous with its name, Vancouver's **Fairmont Pacific Rim** has revamped its matrimonial offerings—and we've never been so ready to say "I do"! Launched last month, the wedding team intro'd the rebrand with a floral-laden long-table experience showcasing captivating new food and beverage options from around the globe and followed by a fashion show where models sashayed down the runway in exquisite designs by **Matlo Atelier**, **House of Raina**, **Stefano Ricci** and the city's most iconic bridal shops. Betrothed couples looking to seal the deal at this venue-of-all-venues can choose from a selection of packages with varied access to amenities and exclusive partnerships with vendors like the **Collective You**, **Siegel Entertainment** and **Goh Ballet**. A match made in heaven! *1038 Canada Pl., 604-695-5300. Fairmont.com*

RACHEL JOHNSTON



PHOTOS: KEVIN TACHMAN



## COACH REXY REMIX POP-UP

Looking to sink your teeth into some new **Coach** pieces this month? Head to **Pacific Centre**'s glass rotunda between May 14th and 29th, where the REXY Remix Pop-Up will be taking over with a roar. From ready-to-wear to bags, footwear and accessories, find pieces from the pre-fall 2019 collection featuring original artwork by contemporary creatives based in China, brought together by Coach to reimagine the brand's beloved mascot, REXY. Case in point: sculptor Sui Jianguo's T-Rex sculpture was photographed to create a distorted photo print; music collective Yeti Out incorporated REXY into their signature graphic round face; artist Zhu Jingyi playfully recontextualized the brand's mascot in an authentic ink drawing; and graphic artist Guang Yu reinterpreted REXY in a fierce hand-drawn graffiti print. No tiny arm jokes, please. *701 W. Georgia St. Ca.coach.com* NOA NICHOL

## May's It Bag

BY ALEESHA HARRIS

Nothing says "summer's coming" quite like a beach-ready tote bag. This colourful creation—**Chanel**'s creatively named "large shopping bag" (\$6,350)—takes the style to a new level of chic thanks to cheerful woven strands of green, orange and pink. The handbag is lined with a seasonally appropriate blue chambray to keep the day's essentials securely (and discreetly) tucked inside. But it's the petite purse secured to the front of the bag that's the sweetest surprise. The tiny lambskin pouch, complete with iconic CC-lock closure, boasts a mouthwatering shade of melon that's positively delicious. *Chanel.ca*



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# Show TIME

DESIGNERS ARE DIALLING UP THE DRAMA ON THE CATWALK—BUT IS IT GOOD FOR FASHION?  
BY AILEEN LALOR

PHOTO: LUCILE PERRON



“When we look at the *past few seasons* of runway presentations only one word will do: **EXTRA**”

robotic, sentient-like machines has to be the single most-moving moment in fashion runway history for me.”

Twenty years later and that show has never been equalled, but multimedia spectacles on the runway are absolutely the norm. According to Schelling, the Internet is responsible.

“The main outlet to experience fashion shows isn’t the glossies anymore, it’s live [or post-event] streaming online where anyone anywhere in the world can be part of the runway experience,” he explains.

“The influence that social media has had on fashion is almost incalculable. It’s really how fashion is shared today and how haute-couture designers get their glimpses of street fashion from inside their ivory towers. Being as the marketing of fashion is all about social media, you always need something bigger, grander and more entertaining to keep the clicks and likes coming.”

Ley says social media and technology are great for the democratization of fashion, offering small designers exposure that wouldn’t have been possible in pre-net days. But in the battle for clicks, where are the clothes?

It’s a concern that Schelling has, too—in some situations: “I think it takes away from them; at least, the over-the-top sets that don’t have a storyline to them do.”

Ley agrees that it’s the execution, not the form, that’s the problem.

“I think if artists have the desire to put on an elaborate show, it should evoke feeling and be different from the ordinary. The modern-day ‘elaborate runway shows’ are stunning, don’t get me wrong, but they seem safe. They are a bit more predictable and almost unnecessarily over the top,” she says.

As an up-and-coming designer with a theatrical background, Ley is energized by the idea of putting on a large spectacle, her way.

“To me the runway is an opportunity to show your entire concept, as it is in your brain,” she says.

“Just doing a regular runway show for me doesn’t entirely express or translate what the artist means to show. It’s a fully immersive performance piece, if executed correctly and if the funds are there to back it up. When that perfect storm comes together, the possibilities are endless in translating your message as an artist.”

Meanwhile, Schelling is hoping for a return to quieter days ... or, at least, to the authentic performances of Mugler and McQueen, when the message was more important than the medium.

“There’s a strange synchronicity in Karl Lagerfeld’s death and the shutting of Paris’ Grand Palais for extensive renovations next year,” he says.

“Lagerfeld was the king of the OTT show and he used the Grand Palais as his backdrop—almost exclusively since it re-opened from its last extensive renovations. It was closed to the public from 1993 to 2006, after which Karl began his run of whimsy. So maybe we’ve reached peak extra?”

# T

There’s a lot of millennial slang that we refuse to adopt: lit, savage and fire are, well, cancelled. But when we look at the past few seasons of runway presentations, only one word will do: extra. From **Dior**’s circus to **Gucci**’s runway that was literally “lit,” the shows have often been more dramatic than the clothes. And then, of course, there was Karl Lagerfeld, who turned Paris’ Grand Palais into a beach for SS19, and a snow scene for his posthumous FW show.

Fashion expert Steven Schelling says this is nothing particularly new, recalling Thierry Mugler’s 1984 anniversary show. This was the first commercial fashion show, incorporated stage and film direction, and ended with model Pat Cleveland descending from the ceiling dressed as an angel and suspended over glass spikes.

“I was in Paris visiting my aunt and she surprised fashion-obsessed, pre-teen me with tickets,” Schelling recalls. “It’s a night of wild colour and drama that I’ll never forget.”

Mugler is known for his futuristic esthetic and the way he blends art, performance and high fashion, so the show only served to heighten his message and sensibility. The same goes for the **Alexander McQueen** presentations of the ’90s including one entitled No. 13, which Schelling says is the greatest he’s ever seen.

Vancouver-raised designer Kirsten Ley agrees: “That final moment when Shalom Harlow steps onto a spinning disk ... in front of two



PHOTO: DANIEL SALEMI





# A Fine Spray

DESPITE THE SCRAMBLE TO GO CLEAN AND NATURAL, TRADITIONAL HAIR SPRAY IS HOLDING FAST  
BY AILEEN LALOR

D

Do you remember going, as a child, to meet your granny at the salon and watching her cough as a cloud of hair spray was aimed around her freshly permed coiffure? You may also recall thinking, “Can this be good for her?”

Celebrity hairstylist **Josh Rosebrook** validates your concerns: “Traditional hair spray relies on silicones and synthetic polymers, which are essentially plastic. Conventional synthetic spray uses propellants to break up those plastics to get them out of the can or bottle so they can reach the hair and form a film that holds it. Common propellants are butane, isobutane, propane, carbon dioxide, nitrous oxide—none healthy to breathe or good for the environment.”

So why are we still so wedded to our spray cans? Because it’s really difficult to get that never-budge ’do without the plastics and the propellants, and only using natural ingredients. Just a handful of brands have come up with options that work. Where did they find inspiration? They went to the kitchen.

“There aren’t many organic options available that provide the same benefits as synthetic polymers, so we looked into what was available in food,” says Nicole Erickson, director of product



PHOTO: AG HAIR



## SOUTH GRANVILLE NEIGHBOURHOOD



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development for **John Masters Organics**. “We found acacia Senegal gum was used in ice cream as a thickening agent and as the ‘glue’ that keeps ingredients together. It is made from sap ... and can be harvested organically. What gives our hair spray hold without leaving a flaky residue is that the gum forms a clear film on the hair. The film provides structure on the hair, while still feeling soft.”

To that end, John Masters’ spray provides that touchable, moveable finish without looking helmet-like, as traditional products can. Vancouver’s own **AG Hair** recently launched its Bloom flexible-hold hair spray, which uses hydrolyzed corn starch and sugar cane extract, plus pea peptides to strengthen and sweet almond oil, olive and rosemary extracts for shine. The product can be used three ways.

“Apply it to damp hair and twist it to create waves as it air dries, or use it to create volume in blow drying. Use it as a styling spray when creating curls with a curling iron. Or use it as a finishing spray to lock in a moveable, natural style and minimize frizz and flyaways,” says AG director of product development Kate Lollar, adding that Bloom isn’t suitable as a strong-hold hairspray, but can be used to keep—as an example—growing-out bangs obediently to one side.

Rosebrook uses brown rice syrup, yucca starch, organic herb extracts and essential oils in his namesake firm-hold hair spray, which delivers medium/firm all-day hold and smells lovely. He says if customers want the firm-hold look, they need some application tips.

“An effective truly natural hair spray competes with a conventional one in terms of performance and hold, but the application is a bit different. Since there are no propellants, the product applies best when sprayed a couple of feet from the head in a sweeping motion, so [it] spreads out onto the hair evenly. It takes a few extra seconds to dry, so waiting a minute between additional applications ... is best.”

With all the challenges in formulation, then, it’s no surprise more brands haven’t yet entered the natural hair spray arena—but Rosebrook says it wasn’t a question for him.

“When you stay focused on creating something pure, without compromising your standards and using less-clean ingredients, you eventually get what you want. It’s integrity—and it’s what people look for.”





# New Noshes

WHERE AND WHAT TO EAT THIS MONTH

## WHITE SPOT BEYOND BURGER

Even carnivores will love the new technically veg offering at **White Spot**: a plant-based patty that's "beyond" delicious. We gobbled up the new Avocado Beyond Burger, featuring a four-ounce chargrilled **Beyond Meat** patty, fresh avo, pickled onions, roasted corn, crisp lettuce, vine-ripened tomatoes, jalapeño ranch and edamame hummus (from among various sides offered, we chose the "endless" signature Kennebec fries, and feel bad for making the cooks refill our plates twice). The best part? Guests can substitute the patty in any of White Spot's signature burgers for \$2, make it a lettuce wrap at no additional charge or substitute a gluten-free bun for only a buck. [Whitespot.ca](http://Whitespot.ca) NOA NICHOL



## TRACTOR BREAKFAST

For us, breakfast needs to fulfil four basic requirements: yummy, healthy, filling and fast. **Tractor's** new first-meal-of-the-day menu hits all four points head on, with made-to-order offerings that capitalize on wholesome ingredients, sourced locally when possible and combined to help keep you full and power you through the morning. On tap: nearly a dozen delicious breakfast and snack items to suit all taste buds and most dietary restrictions, including dairy and vegan parfaits topped with house granola or muesli, southwest-style wraps (tofu scramble replaces egg flawlessly in the vegan version), power cookies, balls and other baked goods and, of course, avocado toast (Tractor's version boasts peppery arugula, a drizzle of EVOO and a chili spice mixture). Served from 7 a.m. to 11 a.m. at select locations (Marine Building, Robson and Broadway), this brings new meaning to making breakfast the most important meal of the day. [Tractorfoods.com](http://Tractorfoods.com) NOA NICHOL



## THE OYSTER BAR

Seafood lovers, rejoice! The **Oyster Bar** is now open at Granville Island's **Sandbar** restaurant, and getting to know Brendan Johal—the 22-year-old behind its operations—is as much part of the experience as the food. Settle on one of 20 seats at the bar and start weighing your options: the current daily rotation includes four Canadian picks, from Vancouver Island Chefs Creek half-shells to brinier P.E.I. Raspberry Point oysters (this summer should see that menu grow to seven sweet shuckables). For first-timers, Johal recommends the popular Kusshi oysters from Vancouver that have milder salt content, paired with a house-made green tarragon sauce (so good you'll want to eat it on its own). A lot of potential remains to be realized at the Oyster Bar (including boozy oyster shots somewhere down the line, we're told) and we're looking forward to it. As Johal says, "With enough creativity, the world's your oyster." 102 - 1535 Johnston St., 604-669-9030. [Vancouverdine.com/sandbar](http://Vancouverdine.com/sandbar) MIRANDA SAM



## THE ALLEY

With temps (hopefully) rising, a new sipping spot is most welcome. The **Alley** is a Taiwan-founded bubble tea shop with locations around the globe; the Vancouver addition is the first in western Canada. With a wide variety of hot and cold drinks ranging from brewed to milk and fruit teas, plus fun toppings like coffee jelly and pudding, the combos are endless (we did the math!). The Deerioca series is a must try: slow-cooked brown sugar tapioca in Japanese matcha or (soy) milk. Or, try a bevy from the Aurora series—a highly Instagrammable layered drink designed to resemble the Northern Lights. No matter your pick, it's sure to make a tea-riffic concoction. 985 Hornby St. [The-alley.ca](http://The-alley.ca) VICKI DUONG



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# Chain Link

YOU'RE VETTING YOUR KITCHEN AND CLOSET TO ENSURE IT'S ALL ETHICAL AND SUSTAINABLE. BUT HAVE YOU DELVED INTO YOUR JEWELRY BOX?  
BY AILEEN LALOR

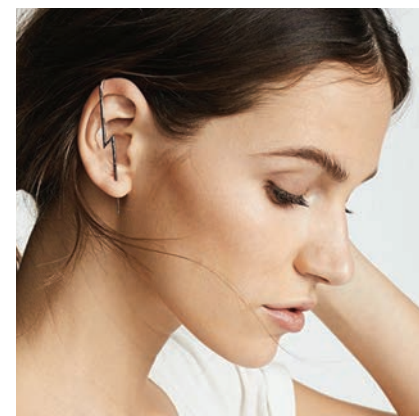
**T**

These days, sustainability and the environment are part of virtually every conversation about the things we buy: where is this from? How was it made? How is it packaged? And do we really need it? Somehow, though, until lately, jewelry has been left out of the conversation. To be sure, we care about the provenance of our diamonds (thanks, Leo DiCaprio) but, when it comes to how our metals are mined (or what happens to last season's \$10 necklace once we're over it), many of us remain relatively unaware.

The Kimberley Process certifies diamonds as conflict-free and is fairly well established through the jewelry industry, and a similar standard exists for gold, but these don't take Mother Earth into account. Aside from that, much of the bling we buy on the High Street is made from plastic.

Vancouver-based **Pyrrha Jewelry** has been environmentally conscious from its start in 1995. "We always did things that way, because that's the way we conducted our lives: we're vegetarian, we used baking soda to clean things instead of chemicals, we recycled at home," explains the brand's co-founder Danielle Papin.

"When we started our brand we just brought all that into the studio,



including buying reclaimed metal because we felt better about that than ordering fresh metal from mines, and using conflict-free gemstones."

Five years ago Pyrrha, known for its talisman pendants in silver and gold, gained the B Corp designation, verified against standards for social and environmental performance, transparency and accountability.

"After that our sustainable approach moved more front and centre and we noticed it was something customers were increasingly interested in," Papin says.

Katherine Kim's line **KatKim** was also inspired by her personal values.

"When I was pregnant ... I started to think more carefully about sustainability and ethical issues and I wanted to start a collection that was mindful of the environment," says the Central Saint Martins-trained jeweller, who uses only recycled gold or gold sourced from estate jewelry as well as conflict-free and lab-created diamonds.

"I work with a company called **Diamond Foundry** that creates diamonds in the U.S. They have the same characteristics as mined diamonds and are graded in the same way, but without the human and environmental cost," she explains, adding that customers need to be educated more about the good qualities of lab diamonds.

"Right now not many people are instantly saying that's what they want," Kim says. "I do like to propose them and explain to people that they're still getting a diamond, and they can also save 25 to 40 per cent on the cost."

Papin agrees: consumer knowledge in general should be better. "The consumer is the end of the line, so they have to ask questions. They can't just believe what is said. For example, terms like, 'designed in Canada,' don't really mean anything. Thankfully, customers are getting wise to the greenwashing and brands are getting more open, showing pictures of their production spaces and talking about what they do beyond the superficial."

Kim says many fine-jewelry brands are getting on board with the mindful, sustainable approach, but mass-produced and costume jewelry may be more problematic. The sheer scale of production and the massive quantities of materials required for the High Street might seem to rule out sourcing recycled materials.

Papin says that's not good enough: "They probably said that it would be too difficult to make recycled paper mainstream at one point, but look at it now. It all comes down to profit because these brands want to make huge margins."

She believes there's also a more fundamental problem at play: our relentless overconsumption and constant need for the new.

"The conversation really needs to start much further back in the process. Buying a product made from recycled materials is great, but what's better is considering whether you even need it in the first place. Personally, I am extremely careful about what I buy. I always consider whether something will be a permanent part of my life."

It's a sentiment shared by Adea Chung, founder of Vancouver brand **Billy Would**, which uses reclaimed wood from items like broken skateboards—proving that you don't have to be using precious metals or making fine jewelry to be mindful.

"When I think about sustainability and the mainstream jewelry and fashion industry, it's overwhelming," she says. "We need to take a step back and think about our purchases. We've all had that yucky feeling of consumer regret. I really wanted to create a positive shopping experience and a personal connection. Creating something new from what we've been conditioned to see as waste will hopefully shift expectations."

Ultimately, Papin believes it's all about carefully choosing items you like, that speak to you, and that you will keep forever. She says: "We're making things that people consider part of their lives. You could melt them down and make something new from them, but why would you want to? What we're doing now, that's true sustainability." ♻️

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## JEWEL Control

If you have jewelry that you no longer wish to keep and that cannot be sold, gifted, donated or otherwise reused, you can recycle it via **TerraCycle**. Buy a bedroom separation zero-waste box (from \$96), fill it with jewelry and other items like eyewear, luggage, clothes and books and ship it back to TerraCycle, where it will be separated and reused, upcycled, recycled or composted. Any material can be donated including metal, plastic or wood.

[Terracycle.ca](http://Terracycle.ca)



# Pillow Project

DRESS CO. PARK AND FIFTH ENGAGES  
IN NEW SUSTAINABILITY EFFORTS  
BY AVERY NICHOLSON



No secret here: the fashion industry is at the forefront of overconsumption and waste. Second to oil, the clothing and textile sector is the largest polluter in the world. North Americans send 9.5 million tonnes of clothing to landfills each year and the average person throws away 37 kilograms of textiles annually.

**Park & Fifth**, a Vancouver-based bridesmaid dress and wedding attire store, has put sustainability at the forefront of its business since its launch three years ago. “I wasn’t going to start a company that was just going to add tonnes of garbage to the world,” Zoe Tisshaw, part owner, says.

Tisshaw attributes two clauses to her sustainability efforts: buying intentionally and re-wearing what you own. “The goal was always that these weren’t just going to be bridesmaid dresses,” she says. “They were going to be dresses you wear again and love.”

Made locally in Vancouver, fabrics for each of the brand’s collection (including its signature “un-bridesmaid” range) are hand-selected; patterns are handcrafted, cut and developed right in town. This “totally locally” produced initiative allows P&F a deep connection to every piece produced—but also leaves behind the problem of excess waste (cutting



patterns alone create an abundance of tiny, unusable scraps of fabric).

“The cut-offs become the issue in this industry,” Tisshaw explains. “At the factories, they throw away thousands of pieces of scraps every day just from cutting out patterns. It’s not something people generally think about when they think about waste in the fashion industry.”

So how does one battle the problem of wasted scraps? In P&F’s case, they’ve turned their remnants of fashion-forward fabric into fashion for the home—specifically, pillows—via an initiative dubbed the P&F Pillow Project that sees hundreds, even thousands of scraps from the bridesmaid collections stuffed into trendy-chic cushion covers (which themselves are sustainably purchased from end-of-the-roll fabrics from a partner supplier in California).

“I think pillows are an easy way for us to quickly get rid of these scraps and make volume happen inside the pillow,” says Tisshaw. “It solves both problems.”

The ultimate goal, she adds, is to see the project become so successful, scraps from other local manufacturers could be picked up and used, too, making the Vancouver textile scene a little cleaner (one pillow at a time). Tisshaw’s mind is also swirling with other ideas to help make a difference, from working with sustainable dyers to creating weighted blankets made from scraps—the possibilities are endless.

“There’s just so many ideas we have, it’s hard to focus on just one!” she jokes.

For now, P&F will keep growing the project, stuffing and selling its sustainable, stylish pillows at its Railtown studio—a do-good deal at just \$20 each. **240 - 430 Railway St., 604-910-4349. [Parkandfifthco.com](http://Parkandfifthco.com)**

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# TRIPS & SIPS

## Great Scottsdale

STAY, SHOP, SAVOUR AND SIP IN THE  
SONORA DESERT'S GREATEST TOWN  
BY NOA NICHOL

### STAY

Hit the tarmac at **Sky Harbor International**, grab an **Uber** and head straight for Scottsdale's newest property, **Mountain Shadows**. Nestled in Paradise Valley adjacent to Camelback and Mummy mountains (these cast shadows onto the site every afternoon, hence the name), this boutique resort is "desert chic," boasting sleek guest rooms stocked with full-sized **Red Flower** botanical bath goods (take them home with you for \$38), not one but two turquoise pools (a must in the Arizona heat) and even a golf course. Dine on-site at **Hearth '61** (where each day a featured roast is served from the stone oven), order an in-room massage and access movement classes like aerial yoga via the fitness club. Be sure to check out The Gallery: museum-quality exhibitions by artists with connections to Arizona, with new works debuted every two months. [Mountainshadows.com](http://Mountainshadows.com)



### STEP

When in the desert an early morning hike is a must: the landscape and light themselves are worth the wake up. A pro guide from **Arizona Outback Adventures** can give you an expert's eye view of, say, the **McDowell Sonoran Preserve**, by pointing out unique natural attractions like native Saguaro cacti and roadrunners (we even spotted a mule deer!) on a trek geared to most levels and abilities. [Aoa-adventures.com](http://Aoa-adventures.com)

### SEE

Beyond the art available for viewing at Mountain Shadows, the nearby **Cattle Track Arts Compound** contains a hidden creative treasure even most locals don't know about. This cluster of adobe artists' workshops and galleries houses a range of working creative types, from potters to fabric artists to dancers (and even a resident magician!), all welcoming and willing to chat. [Cattletrack.org](http://Cattletrack.org)



PHOTO: HALIE SUTTON



PHOTO: HALIE SUTTON



### SHOP

**Old Town Scottsdale** offers a focused and fabulous selection of boutiques, from clothing for adults and kids (cop delicious mommy-and-me looks at **Cricket + Ruby**) to home goods to checked-baggage-worthy gifts. One spot not to miss: **Vintage by Misty**, where designer duds, jewelry and accessories largely dating from the 1960s to the early '90s and gathered lovingly from all over the world await patient perusal (just try to leave without a previously loved and in-pristine-condition **Chanel**, **Fendi** or **Dior** bag—we dare you!). [Vintagebymisty.com](http://Vintagebymisty.com)

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PHOTO: RYAN NEAL CORDWELL

### SAVOUR

Good eats abound in Scottsdale—it's almost a challenge to go wrong. For breakfast, there's no need to stray far from your hotel room; the banana ricotta pancakes are a must-order at Mountain Shadows' **Hearth '61**. Lunch wise, **New Wave Market** is a sure bet, thanks to craft sandwiches, colourful salads (order the Original Stetson Chopped—rows of chopped arugula, pearl couscous, super-dried sweet corn, trail mix, marinated Roma tomatoes and avocado) and super-sweet endings thanks to sister bakery business **Super Chunk**. At dinnertime, **FnB** offers dishes that aim to put ingredients obtained from Arizona's top local farms and purveyors in the spotlight (paired beautifully with many local wines, to boot). Though the menu changes with the season, one item is never removed: a butterscotch pudding regulars can't live without (the chef tried to omit it once; heads nearly rolled). And then there's Arizona's fourth meal of the day: barbecue. **Starlite BBQ** serves up sensational smoked and grilled meats (plus the best cornbread we've ever tasted) and even caters to vegetarians and vegans (you'll want a shot of the organic vegetable board for your Instagram feed).



PHOTO: ELLIOTT CLARK

### SIP

Boasting more than a hundred wineries (and growing), Arizona's winemakers are increasingly highlighting what this blossoming region is capable of churning out. Learn all about one of these producers at **Merkin Vineyards'** tasting room, where the sommelier experience is enlightening and the wine—a staggering range of it—flows from bottles as well as cans! [Merkinoldtownscottsdale.com](http://Merkinoldtownscottsdale.com)



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