

VITA



YOUR LIFESTYLE SUPPLEMENT FROM VITA DAILY - NOVEMBER 2016

*For the BOYS:
From Whiskey Tasting Tips
to Movember Grooming,
this issue is *raining men!**

*Holiday Glam:
What to Wear to Your
Next SOIRÉE*

*Entertainment INTEL:
VANCOUVER'S
CONCIERGES Share
Their SECRETS*

*Exotic ESCAPE:
ST. LUCIA BECKONS*

BEST IN CLASS

KELSEY KLASSEN'S PICKS OF THE MONTH

YOU'RE IN TRUFFLE

In celebration of truffle season and the launch of their very first cookbook—*CinCin: Wood-Fired Cucina*—CinCin Ristorante will present an intimate, five-course foraged feast on Nov. 15, featuring chef Andrew Richardson's iconic wood-fired Italian flavours, a dynamic range of Carpineto wines and, of course, bountiful fungi. If truffles the size of apricots don't get you fired up, the fire-licked Nova Scotia lobster and 10-hour rib-eye beef on the menu will. **Tickets \$225 per person; available by calling Barbara-Jo's Books to Cooks at 604-688-6755.**



KEVIN CLARK PHOTO

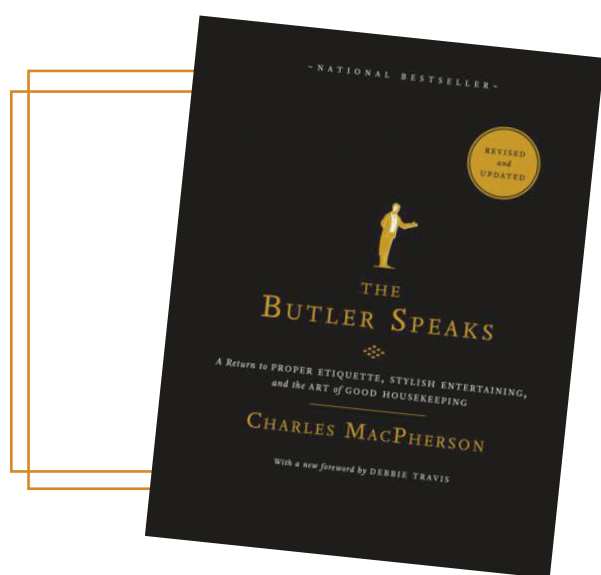
CRAZY FOR KENZO

I'm still processing the severe FOMO I had after seeing snaps from H&M's celeb-studded Kenzo launch party in NYC. I'll have even worse fear of missing out, though, if I don't get my hands on this psychedelic, folkloric dress—modelled by Norwegian musician Anna of the North—from the fuzzy, festive 113-piece print-forward collab. **\$197 US. In stores and online Nov. 3. Hm.com**



A FEW GOOD MEN

Holt Renfrew's recent 40,000-square-foot expansion already has the city buzzing over its brand new 80-seat West Coast café. Now comes **Holt Renfrew Men**—the brand's stylish and sophisticated tile, oak and blackened steel enclave housing 15 new menswear labels. Look for the new additions of Amiri, Officine Générale, Lardini, and Wooster/Lardini (pictured) alongside the likes of Thom Browne, Alexander McQueen and Dries Van Noten. Meanwhile names like Bottega Veneta, Gucci and Tom Ford continue to anchor Holts' powerhouse menswear range. Designed by New York-based architects Janson Goldstein, the handsome space boasts a new entrance off Howe Street, as well as personal shopping suites, shoe shine and sneaker clean, made to measure, and a master tailor shop. And with hints about the launch of **The Apartment** and a tripling of women's footwear in 2017, we can't wait to see what else Holts has up its sleeve. **Holtrenfrew.com**



THE BUTLER DID IT

A butler should never tell tales out of school (or salon, as the case may be) but we'll forgive Canadian "household management" educator and butting expert Charles MacPherson for letting slip some of his most distinguished tricks of the trade in *The Butler Speaks: A Return to Proper Etiquette, Stylish Entertaining, and the Art of Good Housekeeping*. Best read aloud with a lively British accent, this fully updated edition takes everything we learned from watching *Downton Abbey* and applies it to emails, text messaging and pulling together a perfect cheese plate. There's even a how-to for ironing your newspaper. **\$24.95 at Chapters.indigo.ca**

L

Long before Movember entered the zeitgeist, November had a masculine vibe. Trees lose their flashy trappings and bare their faces to the world. Flirty heels and cardigans give way to rugged boots and robust outerwear. Floral scents transition to earthy pines and wood smokes. We celebrate this stalwart season by rounding up the most luxurious men's grooming essentials (page 5), chatting whiskey tips with **Bulleit Bourbon** founder **Tom Bulleit** (page 8) and touring through the newly opened **Holt Renfrew Men** (this page). It's also the start of holiday planning, so don't miss this season's **13 best party looks** (page 4), Lise's **St. Lucia getaway** (page 10) and our **Q&A** with some of the city's most in-the-know concierges (page 6). And please take some time out of November's hustle and bustle to honour those who have fallen in service of our country. Vancouver's **Remembrance Day** ceremony takes place Nov. 11 from 10am-noon in Victory Square, at the corner of West Hastings and Hamilton streets. Stay warm.

Kelsey Klassen

EDITOR-IN-CHIEF

@KELSEYKLASSEN @KELSEY.KLASSEN

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editor's letter

VITA

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Hot Shops

MEET VANCOUVER'S NEWEST RETAILERS.



DAVID YURMAN

With Holt Renfrew's large-scale transformation comes a newly renovated shop-in-shop with America's leading luxury jewelry brand, David Yurman. Along with carrying the full assortment of gold and silver designs, including the new Pure Form and Stax collections (hello, stunning!), there's also the brand's men's and wedding collection, with private consultations available. Located on the main floor, this wall-less 1,226-square-foot floating space—featuring details present in David Yurman's standalone boutiques such as hand-crafted solid live-edge walnut slabs—is the largest shop-in-shop boutique of its kind. It's also one we know we'll be frequenting often, if not for the drool-worthy collections, then for the good-looking gents it's bound to attract.

Holt Renfrew. CF Pacific Centre, 701 W Georgia St., 604-681-3121.
Davidyurman.com

AUREA DEMPSEY



STRUCTUBE

As the seasons change, our thoughts turn to cosy home décor, and with Structube's arrival, we have no shortage of ideas. Fans of this Montreal brand have known for years it's the go-to place for quality, contemporary furniture and home accessories. We recently got a look at their new Gastown location and can confidently say we'll be

back to peruse their condo-friendly dining tables, concrete high tops and lacquer shelving units. We can just picture ourselves on Sunday mornings, luxuriating in the solid acacia wood bed frame surrounded by the brand's rich, colourful velvet pillows. Bring on winter! 140 West Hastings St., 778-379-9033. **Structube.com**

A.D.



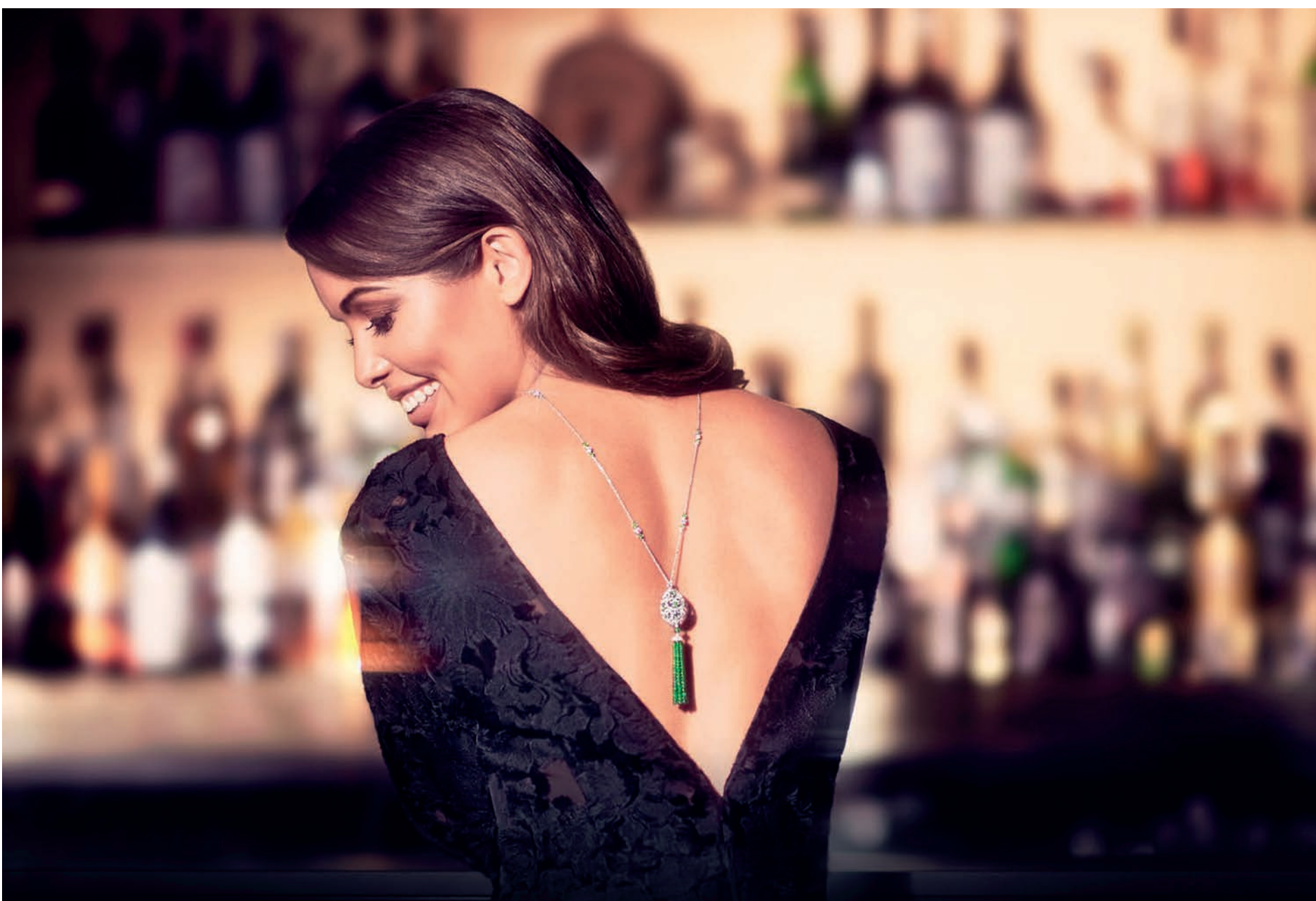
ECCO SHOES

Danish footwear brand ECCO is famous for their comfortable and chic shoes but now they are bringing accessories to the forefront of their image with minimalist, versatile, everyday pieces perfect for the working woman. The sleek, Scandinavian designed store features functional black and white décor and an array of leather goodies: think staple totes, trendy bucket bags and snakeskin clutches. We can't wait to build up our accessories closet. Time to splurge!

2675 Granville St., 604-734-3223.

Ca.shop.ecco.com

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LIKE A FIREWORK

Made in Italy, these gold-strapped embellished d'Orsay pumps by Christian Louboutin will light the night whether you're decking the halls in Rome or Paris. \$2,457 at Nordstrom, 799 Robson St., 604-699-2100.



glam squad

THIRTEEN PIECES TO AMP UP YOUR HOLIDAY LOOK.

BY JACQUELINE RANIT

OPULENT ONE

Inspired by the Far East, this Ted Baker shift with metallic and embroidered detail will be your holiday go-to. \$519 at Ted Baker, 725 Granville St., 604-661-4544.



PUT A WREATH ON IT

Keep it festive but chic this year with this stunning calf leather shoulder bag from Miu Miu. \$2,945 at Saksfifthavenue.com



ALL IN THE WRIST

Crafted uniquely by hand, this metal cuff from Chanel is a conversation starter. At Chanel, 737 Dunsmuir St., 604-682-0522.



DIAMONDS ARE FOREVER

Add some sparkle to your holiday ensemble with this 23-carat yellow diamond cushion ring from the Forevermark Exceptional Diamond Collection. Price available upon request at Brinkhaus. Brinkhaus.com, Forevermark.com



VELVET UNDERGROUND

Nothing says luxe better than this on-trend midi length, velvet pleated skirt by Topshop. \$110 at The Bay, 674 Granville St., 604-681-6211.

BEJWELED BOOTIES

Dance the night away in René Caovilla's Swarovski-encrusted suede booties. \$1,650 at Holt Renfrew, 737 Dunsmuir St., 604-681-3121.



SPARKLE ON

Forget arm candy, true glamour is all in the details on these fabulous crystallized Gucci earrings with metal finish. \$815 at Gucci, 900 W Georgia St., 604-488-0320.



BEAUTIFULLY BUCKLED

Whether worn over the shoulder or clutched in hand, this Burberry buckled bag takes any LBD up a notch. \$3,195 at Burberry, 1101 Alberni St., 604-974-1110.



OLD SCHOOL GLAM

Channel a 30s siren with Elie Saab Couture's jewel hues and sweeping hemlines. Eliesaab.com



BRONZE BABE

Structured and elegant, channel Cleopatra in this embellished look from J. Mendel. Jmendel.com



MOVEABLE FEAST

Be the belle of the ball in this glittering cascade of fringe from Alberta Ferretti. Albertaferretti.com/ca



CRANBERRY COCKTAIL

Drop jaws in Elie Saab's satin stunner. Eliesaab.com

HEALTH & BEAUTY

A Cut Above

HOW TO BE IMPECCABLY GROOMED THIS NOVEMBER—WHETHER YOU'RE ROCKING A FULL BEARD OR A FIVE-O'CLOCK SHADOW.

BY JULIA PARFENYUK



SMOOTH MOVE

First things first: Exfoliate with Collezione Barbiere Cleansing Scrub from Acqua di Parma. Made in Italy, this iconic scrub has a blend of oils and micro grains of pumice stone that will leave your skin smooth and even-toned. **\$57 at Holtrenfrew.com**

WAX ON
Made with real beeswax, coconut, jojoba, lemon and tangerine essential oils, this Northern Beard Company Superior Citrus Wax will keep your beard and 'stache conditioned and in check. **\$15 at Menessentials.ca**



BLADE RUNNER

This German-engineered, hand-crafted Jack Black Double Edge Safety Razor is worth the investment for its super close shave. **\$160 at Holtrenfrew.com**



EXOTIC ESCAPE

Aesop's Moroccan Neroli Shaving Serum and Post-Shave Lotion Duet is formulated with gentle and skin-calming botanicals for a razor-close shave sans foam, plus an irresistible woody, warm aroma. **\$105 at Aesop.com**

STRIKE OIL
Massage a few drops of this cold-pressed cypress and smoky-cedar scented Dapper Black Tusk No.2 Beard Oil into your beard for a more touchable toi. **\$25 at Drakegeneralstore.ca**



THE REFRESH

Made with essential oils of lemon, thyme, rosemary, galbanum and patchouli, Taylor of Old Bond Street Sandalwood Aftershave Lotion is the classic guy fragrance. **\$48 at Tayloroldbondstreet.ca**

OVERSEAS

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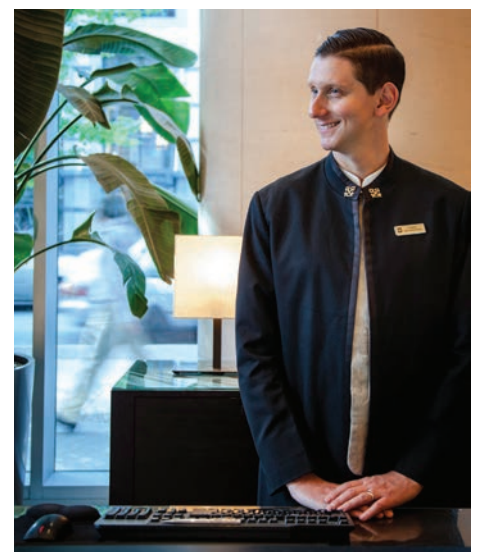
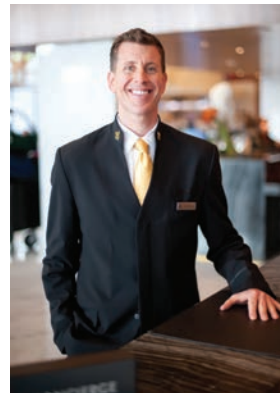
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Tales from the Concierge

INSIDER TIPS FROM THOSE WITH THE 'KEYS TO THE CITY.'
BY AUREA DEMPSEY

T

There's not a problem they can't solve. Nor an 'ask' they can't fulfill. We probed the chef concierges at Vancouver's top hotels for their most memorable missions, undercover hot spots, and yes, how to get a reservation at the city's toughest restos.



Matthew Scott Chef Concierge, Fairmont Pacific Rim

Most unusual ask.

Plenty of strange animal requests, such as one to find a llama and bring it to the hotel for an in-house group. Others include a request to bring a pet falcon to the hotel—or find a bird leash for another. All of them accomplished I might add, too.

Tip for getting a reservation at the hottest restaurant, despite their 'no reservation' policy.

We rarely have issues for guests. However, sometimes it's worth arriving extra early to put your name down and go for a stroll or drink until they call you. You can also try the opposite—arrive super-late and request a last seating if possible.

Spot to send guests for a Vancouver 'wow' experience (whether a meal or a must-see or -do place).

So many, but I'd say riding BMW bicycles around Stanley Park (complimentary use for our in-house guests), or a kayak tour from Deep Cove to Twin Island with a BBQ salmon lunch (with Lotus Land Tours) are two fantastic experiences.

One thing everyone should know about your hotel.

As we have such wonderful art, I highly recommend downloading our art podcast tour that's available to guests and locals. Simply download the podcast directly to your Smartphone device and pick-up a copy of the art brochure at the concierge desk for more info.

The city's best blow out.

Drybar inside Nordstrom does a great job.

The best place to meet an intriguing potential date.

Charity events are always good, same for fundraisers.

A quiet date place with lovely ambiance and amazing food.

L'Abattoir is wonderful for its French-inspired West Coast fare, unpretentious service and stunning setting in Gastown.

Fairmont Pacific Rim, 1038 Canada Place. 604-695-5465. Fairmont.com

Jarren Macdougall

Chef Concierge,
Shangri-La Hotel

Most unusual ask.

I have been asked to track down long-lost relatives a guest may have known from years past. They'll often have the first name, and the neighbourhood, but rarely the surname. One time I was successful in finding the person, and watched their reunion in the hotel lobby. It was such a touching, emotional experience!

enda b
WHERE IT ALL COMES TOGETHER

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PEOPLE & PLACES

Tip for getting a reservation at the hottest restaurant, despite their 'no reservation' policy.

Due to our relationships with many of the city's best restaurant owners and managers, we can secure a booking for our guests. Often, we'll send a guest over with our business card which can help move their name to the top of the waiting list.

Spot to send guests for a Vancouver 'wow' experience (whether a meal or a must-see or -do place).

To take in the city's beautiful landscapes, a nature walk through Pacific Spirit Park at UBC is tops. And for those who want to see the best of city and mountains, I recommend our West Coast Adventure, which takes them from Vancouver to Whistler via floatplane where they'll paddle down the River of Golden Dreams. There's also fantastic white-water rafting in Squamish.

One thing everyone should know about your hotel.

Our CHI, The Spa offers a holistic experience unlike in any other city. Each treatment room includes its own lounge, fireplace, washroom, steam shower and infinity deep soaker tub.

The city's best blow out.

Blo Blow Dry Bar in any of their several Vancouver locations.

The best place to meet an intriguing potential date.

For a trendy spot, where people are outgoing and friendly, I would head to Gastown or Chinatown. Pourhouse or Kissa Tanto are great restaurants to meet people and enjoy great cocktails. When in doubt, always take a spot at the bar as it's much easier for conversation with someone new.

A quiet date place with lovely ambience and amazing food.

Along with Ancora for its incredible food and ambience, Burdock & Co. is another favourite for its West Coast cuisine. If you're looking for old-world charm, nothing compares to Le Crocodile for classic French. Get the corner table for extra romance.

Shangri-La Hotel. 1128 West Georgia St., 604-689-1120. Shangri-la.com



Bertine Hage Chef Concierge, Four Seasons Hotel

Most unusual ask.

Two guests with the nicknames 'The Bull' and 'The Crock' were hosting a private party at a local restaurant and thought it would be fun to have a live bull and a crocodile there to welcome their guests! With some resourceful sleuthing, we got the job done.

Tip for getting a reservation at the hottest restaurant, despite their 'no reservation' policy.

That's a tricky one. There are some restaurants that will never bend their policy, and there's nothing wrong with that! I'd say it's our intimate relationships with many restaurant owners that makes a huge difference. Five-star hotel guests deserve the best, and with our help, your success rate will be much higher versus trying on your own.

Spot to send guests for a Vancouver 'wow' experience (whether a meal or a must-see or -do place).

Vancouver has some amazing places to experience, however if I know in

advance they're a foodie, a historian or an avid cyclist for example, I'll plan their itinerary to include a cycling tour with stops at local breweries, a photography-rich walk, or a special brunch with a chef—you name it!

One thing everyone should know about your hotel.

Our RedCedar Boutique Massage Suite is a treasure to behold. For ultimate pampering and relaxation, I recommend a massage followed with a sauna or hot tub. The summer is my favourite time as the outdoor pool deck is stunning. To top it off, I recommend a cocktail curated by award-winning local bartender Lauren Mote at our YEW seafood + bar.

The city's best blow out.

Blo Blow Dry Bar does an outstanding job, for even the most unruly hair! We have one right here at Four Seasons too.

The best place to meet an intriguing potential date.

Now if I had a crystal ball for that, I'd be a millionaire! Shopping at Harry Rosen



or maybe a weekend coffee at Café Artigiano would be worth trying. Our YEW bar is always a hip spot, too.

A quiet date place with lovely ambience and amazing food.

One of my favourites is Lupo, an intimate Italian restaurant in a Vancouver heritage home right at the edge of Yaletown.

Four Seasons Hotel. 791 West Georgia St., 604-689-9333. FourSeasons.com



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The Magic Bulleit

BULLEIT BOURBON FOUNDER TOM BULLEIT ON MAKING FRONTIER WHISKEY FOR THE MODERN BAR.
BY KELSEY KLASSEN

T

Tom Bulleit will joke that he merely inherited a great last name and an even better bourbon recipe, but the man who established Bulleit Bourbon as the brash, award-winning Kentucky brand we know today has bourbon in his blood. Legend swirls around his family's high-rye frontier whiskey, but one thing we know for fact is that the recipe came from Bulleit's great-great-grandfather Augustus, and was lost for more than a century after Augustus disappeared on a supply run as he travelled up river to New Orleans, just before the onset of the American Civil War. No one knows what fate befell Augustus, but in Tom's hands his bourbon recipe has been reborn, and Bulleit is now the fastest-growing bourbon brand in America, the top-trending American whiskey (according to the World's 50 Best Bars poll) and the preferred bourbon of *Deadwood's* Al Swearengen himself. Bulleit was up from Louisville to talk about his three labels—Bulleit Bourbon, Bulleit Rye and the silken Bulleit Bourbon 10 Year Old—and we sat down with the modern-day whiskey baron to learn more about his family history, tasting tips, and the whiskey in the jar, oh.



or spicier.' You just made what you were passed down to make. That only occurred to me about three years ago. You know, well why didn't you do this or that? You have no idea if it's going to be good or bad, it's just the family recipe. Like the Beams make what Jim Beam made 150 years ago. Jack Daniels makes what Jack Daniels made. And there's a lot of history that goes along with it. For instance, in the year 1800 there were 2,000 stills in Kentucky. It was a function of our agrarian society. By the time you get to 1900 you have 200 stills. By the time you go through Prohibition, the Great Depression and through the Second World War, where a lot of the plants made medicinal alcohol, and come all the way out the other end to where we are, I think we are building the 12th distillery, now, in Kentucky.

Why did you love bourbon in the first place and want to bring the recipe back?

Well, when I was growing up I was working in the [Louisville] distilleries. This was a long time ago when there were hundreds of employees. It was a fascinating industry; back then, if you wanted to get the temperature off a chart there was somebody sitting there on a stool all day. It's done with computers now, but very little has changed. And really, I kind of grew up in it. If you grew up in the distilling families in Louisville and Bardstown, it's just sort of what you know. Like the fishing industry is here.

“It's what we call the AMERICAN spirit.”

How do you get the most out of your whiskey tasting?

I learned the primary methodology a long time ago from my friend Pete Gunterman, a chemist and educator who literally grew up down the street from me in Louisville, and went on to be the chief training officer at the House of Seagram. Seagram is a big house—when we got together with them in 1997 they were the largest distiller in the world by far—and he trained master distillers. And his methodology was what he called “organoleptic analysis”. The word organoleptic as I understand it—I can't spell it, but as I understand it—means an analysis of the senses. So you're going to look at the colour of the whiskey, the nose of the whiskey, the taste of the whiskey. His technique is to hold the glass in front of your face and open your mouth and breathe in. Then you're going to take a little sip, and that's going to clear your palate. And then your second sip really is what the whiskey tastes like, and you're going to breathe across your tongue to get the full taste of the whiskey. Following that, I think it's really important to put a little water. It doesn't have to be as subtle as scotch. These are 90-proof whiskeys,—45 ABV—so you can add some water to it, maybe 1:3 or 1:5. And what that will do is really open them up, just like a wine opens up with oxygen. Quite literally, there is a molecular change, a chemical change in the whiskey. You can literally see the oils in the whiskey rising to the top of the glass.

What gives whiskey its colour?

It's a completely natural product, so all of the colour comes from the char on the barrel. You can't add any colour to Kentucky straight bourbons.

What are the flavours you can expect in a bourbon?

I always like Bill Samuels' explanation of bourbon: Bill ran six different distilleries and we used to have bourbon-scotch debates. The scotch fellows can go on about the 'amber waves of grain' and the 'water washing up on the Scottish shore against rocks that have been there since the Norman invasion'. I mean, they go on and on. [laughs] So Bill Samuels was in one of these debates, and they said, 'Well, Bill, tell us what bourbon tastes like? Tell us about bourbon.' And he said, 'Well, it pretty much tastes like bourbon.' An extremely pragmatic sort of Kentucky approach. [laughs] But I think the flavours you're going to get are interesting. You're always going to get some vanilla; the vanilla and the sweetness is going to come

from the sugars that are in the barrel itself after the char of the barrel. You're certainly going to get a lot of spice with Bulleit. From there, you're going to get a sweetness and a lightness with Maker's, for instance. Knob Creek has a sort of nuttiness to it. What I think is interesting about the flavour profiles is every one is different.

How did you find the recipe that you wanted to make and what made it different than what the other distilleries were making?

Well, the recipe that I had always wanted to make was Augustus' recipe. And that was passed down from Augustus to John Joseph, to F.A (Francis Aim), to my father Thomas, to me, and to my son and daughter, Tucker and Hollis. And I didn't think, 'Oh boy, this'll be drier,

America has the trifecta of jazz, blues and bourbon that it can claim as its own. Is there a lot of pride in the product?

Absolutely. It's what we call the American spirit. It is literally the only spirit that is unique to America, to my knowledge. You can make bourbon any place in America, but it's like Champagne—you have to make it in America. And if you make Kentucky straight bourbon it has to be made in Kentucky. It is absolutely domestic product, and it's primarily driven by corn, which goes back to maize, which goes back to the native Americans. Bulleit.com

**This interview has been edited and condensed.*

Southern Gents Julep

RECIPE BY SHANE MULVANY (WORLD CLASS CANADA WINNER 2016)



INGREDIENTS

- 1.5 oz Bulleit Bourbon
- 1 oz Pierre Ferrand cognac
- 0.5 oz Branca Menta
- 1 barspoon simple syrup

METHOD

- Stir ingredients over ice for 10 rotations.
- Pour over fresh ice cubes in an old fashioned glass.
- Garnish with a mint sprig.

Enjoy!

TRAVEL & LEISURE

The Wanted

WHAT WE'RE COVETING THIS MONTH.
BY TONY WHITNEY



Aston Martin may have built the wheels of choice for James Bond, but recently the famed British automaker took to the ocean with a Dutch yacht builder to create the 37-foot AM37 luxury powerboat with exceptionally high levels of power, luxury and sheer panache. Add a Vesper martini and you're good to go. *Price available upon request at Astonmartin.com*

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TRAVEL & LEISURE

Sweet St. Lucia

WE ESCAPED THE RAIN WITH A WEEK IN CARIBBEAN PARADISE.
BY LISE BOULLARD



STAY

With 616 square kilometres of tropical rainforest, white sand beaches and sparkling sea it's no wonder couples' resort empire, Sandals, has made St. Lucia home to three of its properties. At the expansive **Grande St. Lucian** you'll find 12 restaurants, a beach playground with overwater hammocks, swings, (complete with frolicking young newlyweds), and a poolside terrace perfect for evening revelry. If you're more into a quiet retreat experience book a room in a bougainvillea-covered bungalow at the 169-room **Sandals Halcyon**. And for exclusive five-star glamour, there are the millionaire suites perched high on the hill at **Sandals Regency La Toc Golf Resort & Spa**. Oh, and don't forget to hire a personal butler to be at your beck and call every second of your stay. **Sandals Grande St. Lucian**. *Pigeon Island Gros Islet, St. Lucia*. 1-305-284-1300. Sandals.com/main/grande/gl-home/



SAVOUR

From creole flavours to sun-ripened tropical fruit and fresh local seafood, St. Lucia is a culinary paradise. If you're staying at one of Sandals' resorts make a stop at culinary relations to book your table at an international restaurant—there's a French bistro, pizzeria and a high-end sushi spot—for a taste of the world. Our fondest foodie moments, though, are the ones that celebrated their natural surroundings. Feasting on a traditional **creole lunch** buffet of mango salad, goat curry and macaroni and cheese while overlooking the glittery turquoise sea at **Sandals Halcyon**, or enjoying a candlelit meal with sand between our toes at **Grande St. Lucian's Barefoot Bistro**, was pure paradise. **Sandals Halcyon**. *Castries City, St. Lucia*. 1-758-453-0222. Sandals.com/main/halcyon/ha-home/

SIP

When in the Caribbean do as the Caribbeans do and drink Jamaican rum! At our Sandals Halcyon rum tasting we especially enjoyed the **VX Appleton** with notes of orange peel, dried apricot, stoned fruits and molasses—perfect over ice or on its own. And **Robert Mondavi Twin Oaks'** six varieties of wine, available only at Sandals properties, paired perfectly with all of our meals. We loved the 2014 Cab Sav so much that we would gladly have paid the duty to ship a box home with us. Alas, you'll have to book a Sandals stay to try it. Sandals.com/difference/robert-mondavi-twin-oaks-wines



SPA

To soothe sore muscles from all that activity, head to the **Red Lane Spa** at Sandals Grande St. Lucian for a luxurious treatment à deux using natural, sulphate-free products packed with local botanicals. We blissed out with an evening 60-minute Swedish massage in the spa's garden gazebo surrounded by glowing candles while listening to the soothing chirp of tree frogs. As we slowly came to, our masseuse offered us a glass of Champagne to sip on before we walked over to the adjacent outdoor Jacuzzi for a Scandinavian (hot-cold-relax) circuit experience. Can we stay forever? **Sandals.com/redlane-caribbean-spa**

DO

St. Lucia's lush mountainous terrain begs to be explored. Water babies can book snorkeling, scuba (free for all PADI certified divers at Sandals), sailing excursions and paddle boarding, while land-lovers will relish the trek up to **Pigeon Island** or the island's infamous volcanic **Petit and Gros Pitons** where they can also take a dip in the geothermal sulphurous hot springs. Got cash to burn? Do stop at the **Castries Market** to stock up on curry spices and local knickknacks before you head home. Slunatrust.org/sites/pigeon-island-national-landmark/





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