

# VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITADAILY.CA • OCTOBER 2018



*inside the*

# OCTOBER

ISSUE

## MAKEUP FOREVER

How Heritage  
Beauty Brands *are*  
Surviving a Swiftly  
Shifting Space

**DISNEY MAGIC**  
Fashion Fairytales  
Really *do*  
Come True

**BEAUTY SLEEP**  
Two Vancouver Brands  
*are* Hitting the Snooze  
Button, Hard

**GIVEAWAYS GALORE**  
Our Winning-est Issue Ever!

# elomi

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CO-HOSTED BY NOA NICHOL,  
EDITOR-IN-CHIEF OF VITA

WHERE: Diane's Lingerie in-store  
WHEN: Thurs. Oct 18<sup>th</sup> from 5-8 pm

VITA x *Diane's Lingerie*

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# EDITOR'S DESK

## Cashmere Couture

# O

October is Breast Cancer Awareness Month, making this news particularly relevant: for years, **Cashmere Bathroom Tissue** has produced, annually, the world's only fashion collection crafted entirely from luxuriously soft sheets of bathroom tissue, all to raise funds and awareness for breast cancer efforts at the **Canadian Cancer Society**.

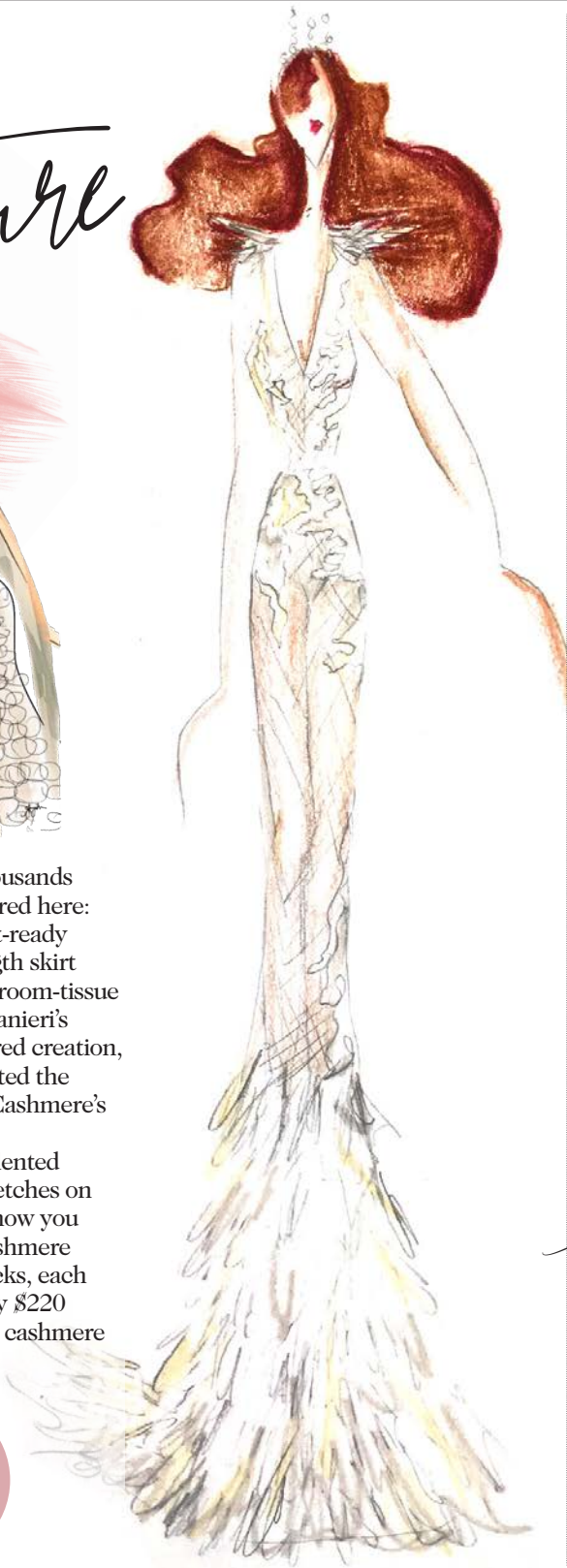
To that end, a glittering vision of a future sans breast cancer was shown last month at the 15th annual Cashmere Collection in Toronto. To celebrate this milestone, a "crystal ball" theme symbolized the traditional decade-and-a-half anniversary gift and the eternal love and unwavering commitment that a crystal represents.

#Cashmere18 featured 15 leading-edge Canadian designers whose one-of-a-kind "tissue couture" works

were embellished with thousands of sparkling crystals. Pictured here: Auneya Munir's red-carpet-ready gown, boasting a floor-length skirt made from dozens of bathroom-tissue blooms, and Michael Zoffranieri's light-as-air "feather"-covered creation, which perfectly encapsulated the soaring hope inherent in Cashmere's breast cancer initiatives.

Read more about the talented designers behind these sketches on [Vitadaily.ca](http://Vitadaily.ca) and find out how you could win one of three Cashmere Bathroom Tissue prize packs, each including a runway-worthy \$220 custom-made eco-friendly cashmere shawl! [Cashmere.ca](http://Cashmere.ca)

WIN THIS!  
[Vitadaily.ca/contests](http://Vitadaily.ca/contests)



## editor's letter



Snoozing, napping, dozing, catching some zzzs—call it what you want, sleeping has become something quite, well, stylish. In this issue of *VITA*, we introduce you to two local brands that are beautifying the bedtime scene (page 8)—and giving you a chance to win big, to boot!

That's not all: our sleep-inspired roundup (page 9) provides further four-poster fodder (and more opps to win!) while our travel feature (page 11) details a new package at Whistler's **Nita Lake Lodge** that offers a restful retreat from the stresses of daily life.

Finally, Halloween-wise, we're bringing you news of **Disney**-inspired fashions on page 5 and killer wines on 11; and, on page 6, gain insight into how heritage brands are holding their own in a rapidly changing beauty landscape. Enjoy!

*Noa Nichol*

EDITOR-IN-CHIEF

*P.S. As mentioned above, one lucky reader will win a "sleeping beauty" prize pack this month, with gifts from **Smash + Tess** and **Flax Linen**. For details on how to enter this and other giveaways, visit [Vitadaily.ca/contests](http://Vitadaily.ca/contests).*

# VITA

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# Hot Shops

VANCOUVER'S GREATEST AND LATEST RETAILERS



## BONPOINT

In reality, our children wear scruffy leggings and old T-shirts most of the time, because yogurt, mud and markers aren't compatible with pretty clothes. But our fantasy toddlers are dressed head-to-toe in clothes from exquisite French brand **Bonpoint** (apparently Angelina Jolie's label of choice for her brood). Now it's even easier to get hold of: Canada's first standalone store opens this month in South Granville and boasts near-1,000 square feet of Bonpoint's full newborn, girl, boy, skin-care and fragrance collections, all with the brand's signature chic, playful esthetic. This season look for dreamy dresses in floral prints and broderie anglaise, cool bomber jackets, chunky knits and a mini houndstooth-print coat we're craving for ourselves. Prices are steep—think \$250 for a dress or \$690 for a coat—but the quality and style are unmatched. Now, does anyone out there know how to get yogurt out of cashmere? **1512 W. 14th Ave., 604-620-0649. Bonpoint.com** AILEEN LALOR



## COLTON'S COUTURE

A golden key above the entrance welcomes clients into **Colton's Couture's** sparkling new space in Oakridge Centre, where the motto is, "You're not sold to, you're listened to." A virtual candy shop for style aficionados, this boutique is bursting with a deliberate collection of the best-of-the-best in fashion name brands—**Balenciaga, Loudboutin, Valentino, Prada, Fendi** (we've put a black-and-gold Kan I bag with scalloped edging on our wish list) and more. Also, exclusive designers

you won't find elsewhere (labels like leather-goods-maker **Valextra**, said to be a fave among members of the Swiss monarchy), and a loyalty program (with an actual, physical wallet card) that offers rewards. The most exciting part? This intimate 950-square-foot space is a precursor to a massive new Colton's Couture set to open in Metrotown soon, complete with its own **Canada Goose** "vault"—watch for coverage on that in the next issue of **VITA** magazine! **650 W. 41st Ave., 778-379-6150. Coltonscouture.com** NOA NICHOL



## LE CREUSET

Whereas its South Granville boutique offers delicious distractions by way of a full-service café, culinary atelier and 12-seat bar table, **Le Creuset's** new Richmond Centre store is all about the goods—you know, the cast-iron and stainless cookware, bakeware, pots, pans and kitchen and bar tools the brand is so famous for. Walking into the near-1,000-foot-space (look for it right beside **Clinique**) could be compared to entering a kid's kaleidoscope, with wares in every colour, shape and size. And, what this shop lacks in lattés (easily obtained elsewhere in the mall) it more than makes up for with location exclusives, including pieces from its Fleur and Sakura collections and a real sweetheart of a covered heart casserole. **6551 No. 3 Rd., Richmond, 604-370-4466. LeCreuset.ca** NOA NICHOL

# BLUBIRD

**1108 ALBERNI STREET**  
604 257 0700

**OAKRIDGE CENTRE**  
604 257 0707

**BLUBIRD.CA**  
@ f t



## LEIS DE BUDS

From festivals to bridal fashion, floral headpieces are the bees knees these days (Queen Bey rocked one on a recent *Vogue* cover). That said, we hopped at the chance to check out **Leis de Buds**—a first-of-its-kind shop in Kits specializing in flower crowns, Hawaiian leis, bouquets and wreaths. Inside the enchanting space—festooned in floating blossoms, swinging wicker chairs and artisan ceramics, with a **Tesla** leisdeBus shop-on-wheels out back for festivals and events—we selected orange and white roses, eucalyptus, and blue and white sprigs for our flower crown and got down to business in the workshop. As we wrapped our braided raffia, we learned about several sustainable store practices, like blooms sourced mainly from B.C. farms and packaging that, when planted, produces wildflowers. With a ribbon and a few more knots for good measure, our crown was ready for Insta stardom and, making our exit, we couldn't help but start planning future girls' nights and wreath-making classes in the fall. **3476 W. Broadway, 604-428-7858. Leisdebuds.com** RACHEL JOHNSTON

## LOLÉ

Stepping into this Montreal-based athletic-apparel-maker's new South Granville store, it's clear we need **Lolé's** clothes in our West Coast lives, stat. The bright boutique's front room is dedicated, currently, to a range of packable down jackets designed to keep you warm and dry through winter (and wet seasons beyond). In back, beyond a rolling barn-door wall, discover a mix of activewear and lifestyle pieces, including leggings to wear to yoga and cosy knits to cover up with after class (closer to summer, watch for flattering swimwear that, promise, won't budge). Also, a small men's collection that debuted this year (with plans to expand). Décor wise, check out the asymmetrical light fixture from West Elm up the street, the "burnt wood" wall behind the register and several giant posters depicting **Lolé's** world-famous White Tour in cities like Toronto and Paris—begging the question, when will the epic yoga and meditation event come to Vancouver, too? **2621 Granville St., 604-423-3356. Ca-en.lolelife.com** NOA NICHOL



# Mouse Almighty

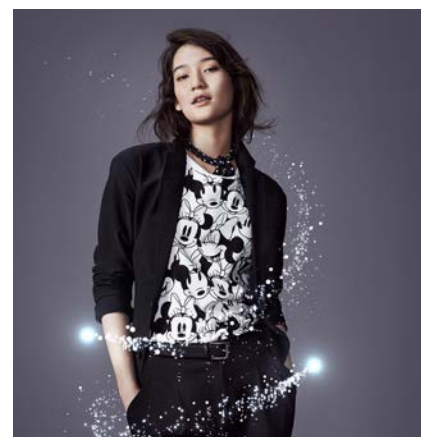
FASHION DREAMS REALLY DO COME TRUE  
BY AILEEN LALOR

W

When you think about iconic brands, Disney is right up there: babes seem to know Mickey Mouse from birth. But we've always been a bit sniffy about adults who can't get over the obsession for princess-emblazoned duds. And then, this year, brands like Coach, Gucci, Uniqlo and Vans joined forces with the Magic Kingdom for collections that are just enough kitsch without being kiddie.

The Disney x Coach: A Dark Fairy Tale collection, for one, has produced frocks, footwear and leather goods. Gucci's recent offerings included a sequined sweater with Snow White eating her poisoned apple. Vans, this month, is releasing footwear and apparel to commemorate Mickey Mouse's evolution and impact through the last nine decades. And Uniqlo continues its Magic for All collab with a number of ranges—the standout being Mickey Art, celebrating the famous mouse's 90th birthday with unique renditions from artists and illustrators around the world.

Our tale-topping pick? The Disney x Coach Rogue (\$1,200), displaying eerie patches from *Snow White and the Seven Dwarfs* and a lining printed with gems from the "group of seven's" diamond mine. It's the handbag version of "happily ever after." ▼



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**Candy Critter**

Even Sugarfina's in on the Disney game. The candy-maker recently released its Disney Micky and True Original collection—a line of sugary sweets and chocolate bars to celebrate 90 years of the iconic cartoon mouse. 4700 Kingsway, Burnaby, 604-229-5592. Sugarfina.ca

# Makeup Forever

HERITAGE BRANDS ARE CLAIMING SPACE IN A CROWDED BEAUTY SCENE BY CELEBRATING THEIR ICONIC PRODUCTS

BY AILEEN LALOR



P

People who grew up in the '90s or earlier have a very different beauty experience to today's teens. Most of us started at the drugstore, graduated to the department store and eventually settled on a grown-up, heritage brand that had been around for eons—Estée Lauder, Elizabeth Arden, Shiseido, Erno Laszlo—where a well-coiffed counter lady would sell us skin care and makeup forevermore.

But, since the 1980s, there have been waves of new brands launching: early on, makeup-artist specialists like M.A.C and, later, lifestyle-centric labels like Glossier and such celeb-helmed companies as Kylie Beauty (which, in July, was valued at US\$900 million). Meanwhile, online shopping, massive multi-brand retailers like Sephora, social media and influencers have transformed the way shoppers discover products and buy them.

All this left heritage brands in a bit of a pickle. Elizabeth Arden reported a sales drop of 13 per cent in 2014 and was acquired by Revlon in 2016. And Estée Lauder, one of our lifelong favourites, saw declining sales in 2015.

Needless to say, heritage brands are walking a difficult line. "Not staying relevant and relying on the fact that they have heritage is the greatest risk. Then, not remaining



"It starts with someone trying a product, *seeing the impact on their skin*, and ends with them **IN AWE** of the powerful backstory of how our brand came to be"



true to their brand while seeking out new customers is the next challenge. It's a fine balance to innovate and evolve while allowing the truth and DNA of the brand to shine through," says Kristy Watson, chief marketing officer of 91-year-old brand Erno Laszlo.

Estée Lauder, meantime, chooses to innovate within its own success stories. "We play where we win—in skin care and foundation," explains the brand's education executive, Jason Hadikin. "We focus on our hero lines like Advanced Night Repair, which we're constantly developing, and Double Wear, the first long-wearing foundation, which is still the benchmark for all foundations—your grandmother wore it, the influencers on Instagram wear it and, now, we've increased the shade range to 56 so even more people can wear it."

And it's certainly paying off: the brand reported a 22 per cent sales increase for its last fiscal year, with skin care making up the biggest proportion of that in a similar vein, Elizabeth Arden happily experienced a 10.4 per cent increase, fuelled mostly by skin-care sales.

Shiseido, on the other hand, is taking another approach. Though it's traditionally been best known for high-tech skin care, employing more than 1,000 scientists around the world and partnering with institutions like Harvard, this August it completely relaunched its colours.

"We take inspiration from the tech world—take risks, don't be afraid of breaking things, develop spaces that don't exist," says Elaine Shigeishi, vice-president of Shiseido Canada.

"Women don't just buy one category, they buy across the board, so, as well as continuing to innovate with strong skin-care launches, we want to give them makeup products that give them an immediate pick-me-up. We have a great advantage in that our skin-care technology is also being incorporated into the makeup, giving improved texture, longevity and weightlessness, for example."

Beyond product development, brands must also consider the way customers discover them. Word-of-mouth takes on a whole new spin when you add social media into the mix.

"Our brand has always been about word-of-mouth endorsement. That's how Erno Laszlo became a household name and today we're leveraging the same approach. They're just younger fans spreading their positive experience with the brand over social platforms rather than on the phone or over cocktails," says Watson, adding that social-media platforms allow for unedited feedback from customers and real, credible product endorsements.

When it comes to retail, those counter ladies we mentioned earlier are changing to keep up with the times, too.

"It's about creating an environment for people to play, training our counter staff to be welcoming and collaborative with customers, using iPads and technology on counter for shade matching and really letting people know that we're a modern, innovative brand," says Taryn Fisher, director of communications for Estée Lauder Canada.

Of course, the two things heritage brands have that newbies can't compete with are decades of innovation and experience—and rich histories, whether it's Elizabeth Arden supplying red lipstick to the suffragettes, Estée Lauder "accidentally" breaking a bottle of Youth Dew in the middle of Galeries Lafayette and causing a stampede or Erno Laszlo healing the scars of Marilyn Monroe and JFK.

Says Watson: "Tell that story and you garner the attention of any room. It starts with someone trying a product, seeing the impact on their skin, and ends with them in awe of the powerful backstory of how our brand came to be. This generation like every other appreciates a true and compelling story."

We wholly agree. ♡



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# New Noshes

WHERE AND WHAT TO EAT THIS MONTH



## BREWHALL

Turns out, a crisp fall brew pairs fantastically with 1980s nostalgia. For proof, head to **Brewhall** in Olympic Village—a **Tap & Barrel** concept brewery centred on community, collaboration and good old-fashioned fun. Along with a gumball machine, marquee signage and picnic-table seating, enjoy classic arcade games like Pac-Man and Big Buck, or gather your pals for some corn toss on the patio. On top of four signature ales crafted so far, head brewer Kerry Dyson has partnered to produce 12 more with local breweries like **Strange Fellows**, **Parallel 49** and **Red Truck**. Beer not your jam? Move upstairs to the Drinklab for on-tap local vino, rotating cocktails and jiggly Jell-O shots. Far from your typical pub or brewery fare, take your pick from healthy build-a-bowl options (we fancy the Mediterranean with a quinoa base), pan pizzas like the scrumptious You're My Boy Blue with gorgonzola, pear and pork belly, or a range of shareable bites. **97 E. 2nd Ave., 604-709-8623. Brewhall.com** RACHEL JOHNSTON

## PEPINO'S SPAGHETTI HOUSE

We usually start these resto reviews with a nod to décor and ambience but, in the case of **Pepino's**, let's cut straight to the food. It is absolutely killer. We know, pasta is a hard one to get wrong, but this place, by the team behind **Osteria Savio Volpe**, absolutely nails it. From the juicy marinara-covered spaghetti to the perfectly ribboned fettuccine alfredo with mushrooms to the slightly spicy rigatoni vodka, every noodle is handcrafted lovingly in house (and it shows). But, before you dive into your main, do yourself a favour and order a fresh, flavourful salad (our Caprese featured sweet red and yellow tomatoes, creamy mozzarella and a dressing we couldn't stop spooning up like soup). Similarly, no matter how finely full you may feel, get dessert: the banana split is already famous, thanks to three scoops of house-made gelato and toppings diverging from chocolate to jam to whip. Finally—you heard it here first—watch for **Caffè La Tana** opening right next door in the near future. Our sneak peak in after lunch revealed a space that will soon be stocked with grab-and-go fresh pasta and sauces, meats and cheeses, fill-your-own olive oil and, of course, espresso strong enough to do Italy proud. **631 Commercial Dr., 604-254-5633. Pepinos.ca** NOA NICHOL



PHOTO: ALLISON KUHLE



## THEIR THERE

It's been, admittedly, a few months since this new coffee spot opened on West Fourth, but the place is such a standout, from the handmade furniture to the personally designed artwork, we couldn't help covering it (as with our morning cuppa, better late than never!). From the team that brought us **AnnaLena**, **Their There** offers something different from the standard bakery and coffee-shop program. The baked-goods approach is playful, with an emphasis on quality ingredients and inventive flavours (rather than hem and haw over the banana cream croissant, lemon chamomile cronut and torched-marshmallow shmookie, just get all three). Further in food, a mix of breakfast and lunch sandwiches (from smoked meat to fried chicken) are served, if you like, alongside local beers and interesting wines (we were tickled pink by the triple-play rosé lineup). Oh, there's coffee, too—good stuff, by Portland's own **Heart Coffee Roasters**. **2042 W. 4th Ave., 604-736-8828. Theirthere.ca** NOA NICHOL



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# Rise and shine

BY RACHEL JOHNSTON

Let's get real. Most of us have been caught in our PJs at a seemingly inappropriate time, whether it's an unexpected pop-in by a friend or an emergency run to the corner store. It's at these times we most wish for an elegant spin on a tired pair of flannels or ratty robe. Enter **Smash + Tess**, local makers of soft and stylish loungewear that's made specifically to be worn all day, every day! We chatted with the mother-daughter-bestie team of Teresa and Ashley Freeborn and Mercedes LaPorte to get their take on the sleep-to-street trend we love so much. [Smashtess.ca](http://Smashtess.ca)

**Tell us a little more about Smash + Tess! What sparked the concept?**

**Ashley:** After struggling to find cute, comfortable pyjamas for the family, my mom and I decided to come up with a solution. In 2016, after several years of brainstorming, planning and fashion schooling, Smash + Tess was born! My lifelong best friend, Mercedes, came on board shortly after that and, together, we have created a brand and community that has girls ready to #rompsohard across the entire country!

**Besides the fact that hanging out in beautiful loungewear is all-around totally amazing, what's the philosophy and purpose behind the brand?**

Simply put, Smash + Tess exists to disrupt the loungewear market. We want to offer women a comfy and chic alternative to sweatpants and yoga wear. It's really about being that multitasking piece that you can wear at home and also out to grab groceries, or even dressed



up for a night out! We are about celebrating and supporting women of all beautiful shapes and sizes, and creating clothing that is ethically produced and designed in Vancouver to flatter, and made to last!

**How does a West Coast lifestyle factor into the designs?**

All three of us are born and raised in Vancouver, so our clothing has always been inspired by our surroundings. The West Coast has a notoriously more laid-back vibe and the general aesthetic of our loungewear doesn't deviate or disappoint! Our clothes are designed to be comfortably chic, effortless and oh-so-cosy. Also, our roots extend to the manufacturing of our rompers: our garments are produced locally in Vancouver, and our fabric—a blend of cotton, bamboo and other materials—is sourced from several local suppliers who work with international mills to import both our stock and custom fabric.

**We are so excited for the new collection! What can we expect to see (and wear)?**

More rompers, of course, that will continue to inspire those #rompsohard moments—but stay tuned for some playful new designs, cosy staples and new insignia. We may even have something up our sleeves for the guys, hint hint!

**Finally, a personal question: What's your secret to a delicious night's sleep?**

**Ashley:** A sleeping baby! Also, a guided meditation, a Smash + Tess Getaway Romper (short and flirty, with a drop waist and open back) and a hidden phone! 📱



# hit the sheets

BY NOA NICHOL

What happens when three gal pals see a gap in the marketplace when it comes to buying simple bedding online at accessible prices? In the case of Vancouver's Anna Heyd, Oana Papuc and Vivian McCormick, **Flax Sleep**, offering fine and fab French linen, is born. Read our Q&A with this beauty-sleep-loving trio below (psst: they also happen to be big fans of preserving the environment and giving back to women and kids in need)! [Flaxsleep.com](http://Flaxsleep.com)

**For starters, what makes Flax linen different?**

Our commitment at Flax Sleep is to provide low-maintenance luxury in an accessible way. To us, that means an easy, enjoyable customer experience and friendly prices for products that feel luxurious but don't have to be treated delicately. We love quality fabrics but are not fans of anything super fussy. We want to be able to put things in the dryer!

**Why French linen? Why now?**

Linen has long been a preferred fabric for bedding in Europe, but we see it having a significant emergence in North America now. Compared to other traditional bedding fabrics like cotton, linen is stronger, lasts longer and gets softer over time instead of worn out. It is also ideal for temperature control due to its breathability and its antibacterial nature.

**Anything new for fall?**

Yes! Our goal is to keep evolving our linen line, and that includes adding new colours and items that fit the brand each season! In September we unveiled several new shades—including "sage" and "sand"—to our bedding sets and also introduced some brand-new products like quilts, crib sheets and unisex robes. Of course,



every item continues to represent Flax Sleep's commitment to accessibility and quality.

**Tell us about your charitable involvement.**

We recognize how fortunate we, and our customers, are to be in a position to buy luxurious home goods, and that not everyone is. As female entrepreneurs, we are committed to supporting women in all areas, just as we have been supported by the women around us. This especially includes women just trying to provide basic housing needs for themselves and their families. Donating all returned (in good condition) bedding and a portion of our proceeds is our small way of reducing waste and contributing to women and children having #asafelacetosleep.

**Can you remember your best night's sleep ever?**

**Vivian:** My husband and I took our dream trip to the Amalfi Coast a few years ago. We broke the bank to stay for one night at a stunning hotel that used to be a monastery, built into the cliffside in Amalfi. We had an unreal view of a full moon over the ocean and heard waves all night! Once-in-a-lifetime experience, I will never forget it!

**Oana:** Every few months my husband and I escape for a weekend to our favourite bed-and-breakfast in Seattle. We have a late dinner, a bottle of wine and the longest sleep-in to make up for the months of five-hour-average nightly sleeps (thanks, kids!) we get in-between our getaways.

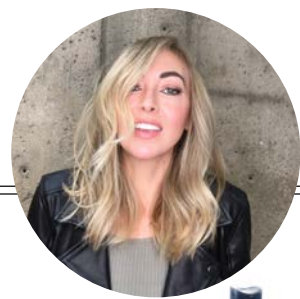
**Anna:** Any summer night I've spent in a hammock in Tofino falling asleep listening to the ocean has been the best. But, really, every night is pretty much a winner because sleeping in our Flax Sleep linen has really made a huge difference for me! 📱



# DESIGN & DÉCOR

## sweet dreams

OUR EDITORS' TOP PICKS FOR THE BEST NIGHT'S SLEEP



Christie Lohr

@CHRISTIE\_LOHR



### INFLUENCER PICK

"Every night before bed I give my pillow and sheets four to five spritzes of K'pure Naturals Settle Down spray (\$21), take a deep breath and, immediately, feel calm, relaxed and ready for some snoozing! It's become a routine that even my boyfriend loves!"  
[Kpurenaturals.com](http://Kpurenaturals.com)

READ MORE!  
[Vitaldaily.ca/lifestyle](http://Vitaldaily.ca/lifestyle)

**MASK IT**  
From our friends at Brunette, plush embroidered sleep masks (\$22 each) that echo the brand's classic hair-colour-labelled apparel block out light to ensure you get high-quality shut-eye. 231 Union St., 604-428-4094. [Brunettethelabel.com](http://Brunettethelabel.com)



**PJ PARTY**  
Reminiscent of your dad's pyjamas (but so not!), this pairing of Paper Label's Emma sleep pant and Liz sleep shirt (\$174 for the set at Diane's Lingerie) is hit-the-hay perfect. 2950 Granville St., 604-738-5121. [Dianeslingerie.com](http://Dianeslingerie.com)



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WIN THIS!  
[Vitaldaily.ca/contests](http://Vitaldaily.ca/contests)



### BEAUTY SLEEP

We've all heard of getting our beauty sleep, right? Now, one brand is taking that concept to the next level with its line of products that simultaneously promote better skin and more-restful zzzs. Recently available in Canada (at Sephora), This Works offers a range of overnight face and body moisturizers, eye creams, night masks and hair elixirs—plus award-winning pillow sprays and roll-ons—that include powerful skin beautifiers (think amino acids, retinol and hyaluronic acid) along with naturally sleep-inducing ingredients like calming lavender, stress-busting vetivert and soothing chamomile. Because younger-looking and resilient skin really does start with a good night's sleep. 1045 Robson St., 604-681-9704. [Sephora.com](http://Sephora.com)



### PILLOW TALK

Seen tucked under the flawless arms of Gisele Bündchen on a few airport sightings, Shhh pillow cases are made from pure mulberry silk. Naturally hypoallergenic, the fabric absorbs sweat, stops odour and hydrates your skin. Plus, at \$193 for a set of two, these pillow cases (which you can even have personalized with a monogram) promise to leave your complexion crease- and your hair frizz-free. (Do they also promise perfectly tousled tresses like Gisele's?) [Shhhsilk.com](http://Shhhsilk.com)

### GOOD NIGHT

New from L'Occitane, Immortelle Overnight Reset (\$69)—boasting a unique oil-in-serum formulation—takes after-hours multitasking to the next level. Prior to slipping between the sheets, simply apply it to freshly cleansed skin, smoothing outward from the centre of your face. Then, tuck in, get your eight hours and wake up looking more rested after just one night, revitalized after seven and positively transformed after 28. 650 W. 41st Ave., 604-269-6651. [Ca.loccitane.com](http://Ca.loccitane.com)



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## TRIPS & SIPS

# Rest 'n' Relaxation

NITA LAKE LODGE'S SLEEP THERAPY PACKAGE  
PROMISES THE SWEETEST DREAMS  
BY NOA NICHOL

# H

Honestly, it starts with the drive. If you're lucky, as we were, to leave Vancouver for two nights of rest-focused bliss via **Nita Lake Lodge's** Sleep Therapy package on a so-called "bluebird" day, the relaxation begins as soon as you hit the road. With B.C.'s winding Sea-to-Sky Highway providing dream-like ocean and mountain views the whole way up, you can actually feel yourself decompressing with each passing kilometre. The best news: there's plenty more R&R waiting for you in Whistler.



### STAY

Gorgeous, lakeside Nita Lake Lodge has long been one of our favourite places to stay (and to celebrate a stellar wedding, like that of our very own creative director last winter), particularly when it comes to maximizing all of the great outdoor activities the area has to offer—think oversized suites, king beds, double soaker tubs and an open-year-round pool perfect for après relaxing, plus complimentary shuttle services that make mountain access a breeze. But, when lodge management recently sat down to create a new offering to add to its roster, the focus shifted from the go-go-go Whistler is so well known for to stop-stop-stop, with wellness—and, particularly, better zzzs—named the hero of its Sleep Therapy package, which includes a number of perks to ensure you leave rested, revived and re-energized.



### SPA

At the heart of the package is Nita's signature harmonizing 75-minute Kundalini massage, which uses chakra and sound healing to realign the body's rhythms and restore balance. A far cry from the deep-tissue, muscle-prodding procedures we're generally used to, this was an epically relaxing late-afternoon experience (we actually fell asleep at some point between the foot exfoliation, ancient massage techniques and warmed sea-salt poultices set in a row along our spine). It all ends with a lovely, light facial, and can be made even more restful by taking some time after you're done to duck into the spa's eucalyptus steam room, pause in the relaxation lounge and sip (slowly) a cup of chamomile tea.



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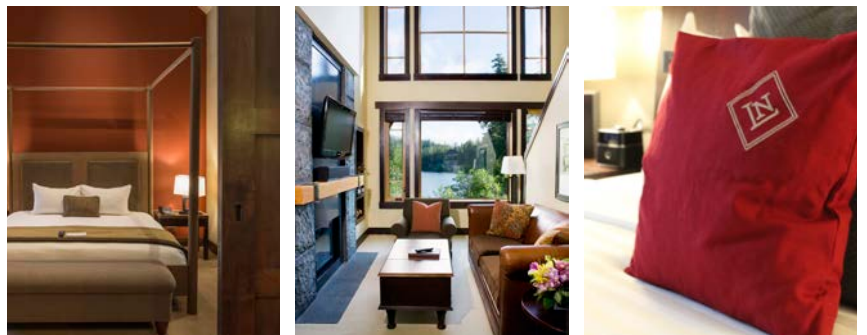
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POMELLATO.COM



### SAVOUR

When it's time to eat, float down to Nita Lake's newly renovated and decorated (look for artist Rachel Denny's crochet deer—a colourful play on usual mountain-lodge game décor—on the wall) **Aura Restaurant**, where an open-concept kitchen creates mouthwatering food that combines traditional French cooking techniques with a love of West Coast ingredients. When it comes to dishes that could best set you up for a great night's sleep, consider a warming bowl of vegan smoked tomato soup laced with basil oil, a **Farmcrest** free-range chicken breast with a smoked-corn and potato ratatouille and, for dessert, white chocolate crème brûlée (although, you really can't go wrong ordering whatever you like off this stellar menu).



### SLEEP

Bedtime—but, before you tuck in for the night, it's highly recommended you maximize your state of stillness by making use of your room's deep-soaker tub (be sure to fill it with North Vancouver-made **Carina Organics** lavender bubble bath—the bottle is your gift to take home. Then, flick on the basalt gas fireplace, fold into your plush bed and snuggle up with your very own (also to keep) **Zirbenherz** sleep-therapy pillow, infused with pine oil to promote restorative and natural sleep by boosting mood and relieving mental and physical fatigue. After what ought to be the perfect top sleeps of your life, enjoy a leisurely late checkout at noon—the among the opportunities to take advantage of the resort's many wellness amenities, including newly renovated spa-style hot tubs with mountain views, classes at on-property **Loka Yoga**, complimentary bikes, stand-up paddle boards, kayaks and canoes in summer and snowshoes and fat bikes in winter—you'll most certainly be rested enough to muster up the energy for any of these options! **2131 Lake Placid Rd., Whistler, 1-888-755-6482. Nitalakelodge.com**

# TRIPS & SIPS

## Killer Wines

SPOOKY SIPS TO SET THE MOOD THIS MONTH  
BY LAURA STARR

# F

Fall has descended upon British Columbia with a speed and swiftness reminiscent of a hunter in the woods, and the chill is particularly unnerving with the smell of a burning province still lingering in our noses. If all things spooky tickle your startled nerves, though, get ready to party (in your mouth) with some monsters from your very own backyard. These local wines are killers: bloody, meaty, gamey sips that cut, chew, awaken and delight. They are the best of the B.C. beasts, and definitely not for the faint of heart. ♣



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### 1. BAILLIE-GROHMAN 2013 PINOT NOIR RESERVE

An elegant Pinot that subtly teases the nose with a piercing mineral tinge of iodine, like raw blood is somewhere near. It balances out the savoury spice and game with wild berry fruit that is holding on firmly to its youthful vitality. \$45, winery direct. [Bailliegrohman.com](http://Bailliegrohman.com)

### 2. RUST WINE CO. 2016 MERLOT LAZY RIVER VINEYARD

Chewy and meaty right out the gate, this entrancing Merlot demands gamey venison—or steak or pork or something equally savoury and bloody—to satiate all thirsts, friend or fiend. \$27, private or winery direct. [Rustwine.com](http://Rustwine.com)

### 3. BLACK MARKET WINE CO. 2015 SYRAH

This is a monster wine at 15.3 per cent alc. with a nose that screams butcher-shop blood and meaty spice, balanced with juicy, brambly fruit and dark chocolate. \$36, private or winery direct. [Blackmarketwine.ca](http://Blackmarketwine.ca)

### 4. LE VIEUX PIN 2015 EQUINOXE SYRAH

A devilish wine with a floral nose that delicately lures you in, followed by an unapologetic thud of raw, savoury game and leathery spice. The palate lingers with a dangerously masterful balance between earthy tones and lively dark fruit. \$90, private or winery direct. [Levieuxpin.ca](http://Levieuxpin.ca)

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