

VITA

EXPRESS
YOURSELF:
80's EXCESS
is WHERE
IT'S AT

ROCK SLIDE:
fashion & music
COLLIDE with
MISH WAY

FALL FOOD:
SQUASH,
2 EDGY WAYS

Sin City:
our LOVE
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POINT OF VIEW

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BEST IN CLASS

KELSEY KLASSEN'S PICKS OF THE MONTH



When I was 16 I had visions of being a rock star—singing into the mic to sold-out crowds as stage lights tanned the back of my neck. I managed to extend the dream all the way to recording two albums and performing once at the Commodore Ballroom before life (and a distinct lack of musical ability) took me in a different direction. Thankfully, music and fashion are often partners in crime, and don't we all like to dress like rock stars sometimes? This edition, we revel in the recent '80s resurgence with Gucci's Prince-ly purples and some Freddie Mercury Balmain, while McQueen invokes Madonna (page 4). Meanwhile, we speak to legit rock star and *Vogue* September issue alum **Mish Way** about her fashion must-haves (page 10), as well as review **Victoria Beckham's** posh new makeup collection (page 6). You'll also travel through **Montreal** with managing editor Lise (page 9), and get all the inspiration you need for the **Thanksgiving** table with our squash-two-ways how-to (page 8).

Kelsey Klassen EDITOR-IN-CHIEF

@KELSEYKLASSEN @KELSEY.KLASSEN

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UNDER THE BIG TOP

Clowns terrify us, but this limited-edition Circus collaboration between Italian housewares icon **Alessi** and Dutch designer **Marcel Wanders** might just cure us of our fears. The 29-piece spread features playful tableware and accessories in shiny metallics and brightly coloured big-top patterns that are sure to amaze guests and giftees alike. We're coveting the **Valentina Ballerina Music Box** (\$2,000), which trumpets "The March of the Gladiators" by Julius Fučík, and the **Marcello Strongman Nutcracker** (\$1,700) as we near sitting-around-the-fireplace season. *Preorder at Williamashley.com*



MRS. MONDAVI

The wine world lost a godmother last month with the passing of Napa pioneer Margrit Mondavi at the age of 91. Margrit and her husband Robert (who passed away in 2008) were key figures in the rise of California wine and wine tourism, and formed a passionate link between food, art, music, travel and the pleasures of the vine. In honour of such an indelible matriarch, we'll be picking up a bottle of **Mondavi's Private Selection Cab Sav** to pair with a nice filet mignon this weekend. *\$16 at BC Liquor Stores. Robertmondavivinery.com*



DO TRY THIS AT HOME

We recently launched an exciting new program in our VIP Room that allows our readers to become product testers for some of the most exciting beauty brands in Canada! With **VITA Rewards**, each month our VIP subscribers are invited to sign up for a new product to try at home, like October's **Lipidol Overnight Face Oil** (\$9), and share their reviews with our online community. Membership to the VIP Room is just \$5 a month, and in addition to free samples, you'll receive your own copy of **VITA** in the mail, as well as exclusive access to online contests and interviews that we know you'll love! *Sign up today at Vitadaily.ca*



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IN EXCESS

THE '80'S ARE BACK WITH A VENGEANCE, AND THERE'S NO BETTER TIME TO TAKE RISKS THAN WITH A THROWBACK TO THE SWEET ERA OF ROCK 'N' ROLL.

BY JACQUELINE RANIT

METAL MAIDEN

Turn up the volume on any outfit with this howlite and rhinestone bib necklace. *\$70 at Express, 701 West Georgia St., 604-669-5716.*



BAG OF THE TIGER

Let your inner wild cat loose with this knotted Gucci shoulder bag in funky purple leather. *\$2,975 at Gucci.com*



ROCK ROYALTY

Assume the throne in Balmain's iconic cropped velvet jacket with lion gilded buttons. *\$8,681 at Net-a-porter.com*



SOLE SISTER

Shine bright like a diamond in these embellished plush black velvet pumps by Alexander McQueen. *\$1,650 at Net-a-porter.com*



ROCKER CHIC

Scream your heart out and dance the night away in Moschino's signature belted leather skirt. *\$2,111 at the Outnet.com*

HEAVY METAL

With Givenchy's eye-catching gold hardware around your wrist, you'll start feeling like a rockstar in no time. *\$782 at Barneys.com*



ALL GLAMMED UP

Sweater dresses have never been sexier than this belted wool, off-the-shoulder wonder by Opening Ceremony. *\$690 at Openingceremony.com*



DESPERATELY SEEKING MCQUEEN

Material girl meets 2016 in this dreamy lace corset gown with fur skirt section and fine silver embellishments by master atelier, Alexander McQueen. *Alexandermcqueen.com*



WALK LIKE AN EGYPTIAN

Beads, strass, gold paisley, velvet and satin adorned every surface at Balmain's Fall 2016 runway show. *Balmain.com*



BOHO GODDESS

Forget groupie—command the stage in this paisley printed Just Cavalli dress with plunging neckline and witchy patent boots. *JustCavalli.com*

Hot Shops

MEET VANCOUVER'S NEWEST RETAILERS



ROLEX

With a history of watch-making that dates back to 1926, and with styles we've forever coveted, one can only assume the luxury brand Rolex knows a thing or two about craftsmanship, design and innovation. So when they decided to launch their first West Coast boutique in Vancouver's Shangri-La Hotel, we had to see it for ourselves. Reflective of its West Coast surroundings and drawing inspiration from the iconic Rolex Oyster, Rolex has created a shopping experience that's completely on-brand in the most impressive ways. Along with laser-etched aqua glass, cream-coloured leather and bronze detailing, there's also private show rooms for more discerning shoppers. And lest we forget the exquisite watches and styles on display, with exceptional staff to assist your every need. Do we have some new wrist bling in our future? Only time will tell. *Shangri-La Hotel, 1128 West Georgia St., 604-689-1120. Rolex.com*

AUREA DEMPSEY



STITTGEN

It has been an exciting year for Stittgen Fine Jewelry, who has been designing and creating award-winning pieces for over 50 years. The pre-eminent Vancouver custom jewelry brand opened a new downtown location at the Four Seasons Hotel, and its flagship location has recently undergone a major transformation. Earlier this year the West Vancouver location closed its doors for months of renovations and re-opened a bright, bold and beautiful boutique. The sleek new look uses black and white custom hand-built displays and furnishings to showcase Stittgen's unique and artful pieces in

a contemporary gallery setting. Here you will find a relaxed and welcoming atmosphere to browse the hand-crafted collection, with informed staff ready to help you find exactly what you are looking for—and if it doesn't exist, their Master Goldsmiths will create it for you. Visit either of the two locations and let a Stittgen piece tell your unique story—with holiday shopping not far off, we surely will.

1457 Bellevue Ave. West Vancouver. 604-925-8333.

Four Seasons Hotel, 791 West Georgia St. Vancouver.

604-682-1158, Stittgen.com

A.D.



VANCOUVER'S TRUMP INTERNATIONAL HOTEL & TOWER

Just when you thought Vancouver couldn't get any hotter as a destination, enter the recently opened Trump International Hotel & Tower. Designed by the famed Arthur Erickson, the \$360-million, 69-story twisting tower redefines hotel luxury. Featuring 147 refined residential-like guest rooms, along with 15,000 square feet of meeting and events space, highlights include a state-of-the-art fitness centre, indoor pool, outdoor Jacuzzi and full-service spa by Ivanka Trump. For dining and nightlife, there's Mott 32, a.k.a one of Hong Kong's most awarded dining restaurants, along with the Drai Pool-side Lounge and Trump Champagne Bar. Located in the heart of downtown, Trump Tower is precisely what a world-class city like Vancouver can play host to.

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BY JANE WINKWORTH

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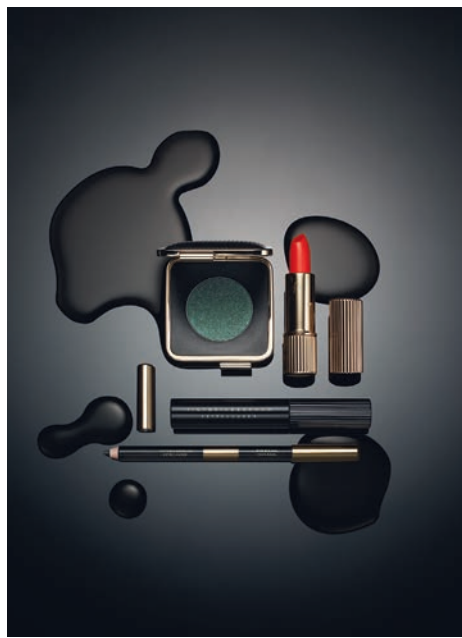
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Posh Beauty

VICTORIA BECKHAM BRINGS HER IMPOSSIBLY CHIC TASTE TO ESTÉE LAUDER'S LATEST LINE.
BY AILEEN LALOR

W

Who would have thought, when the Spice Girls exploded onto the pop scene 20 (20!) years ago that Posh Spice would eventually become a legit fashion icon? Yet here we are, coveting her runway pieces and cooing over her impeccably dressed children and now, her Estée Lauder beauty collab.



“I want to make women feel **EMPOWERED**, to feel sexy & confident.”



We've actually attempted to emulate her personal makeup style before—that high gloss, slightly smudgy finish is sexy in the most grown-up way. Happily the **Victoria Beckham** collection follows the blueprint—nude lips, wet finishes, foil-like shine and lashings of kohl. And because it's **Estée Lauder**, the products are innovative, effective and high quality too. Stand-outs include the **Highlighter in Modern Mercury (\$78)**, which gives that quintessentially VB high-gloss look, **Eye Foil (\$45)**, liquid eyeshadow with a vinyl-like metallic finish and

Brazilian Nude lipstick (\$55), a soft, natural nude. There are also three looks based on cities—London, New York and Paris. Packaging is as chic as Beckham's wardrobe, in black and gold. “I want to make women feel empowered, to feel sexy and confident. This makeup collection does that. I love to make women feel like the best version of themselves,” she says in a press release. **Victoria Beckham x Estée Lauder** launched online on September 13, but is already sold out, and will be on counters throughout Canada starting October 1.



POP UP

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FASHION & SHOPPING

Coat Check

BUFFER THE ELEMENTS IN STYLE WITH THESE STANDOUT THREADS.
BY JACQUELINE RANIT



CAPE OF ARMS

Command the cold in double cashmere and polished gold buttons with this chic Burberry layer. \$4,695 at Burberry, 1101 Alberni St., 604-974-1110. Burberry.com

FERAL FEMME

A tiger can't change her stripes, but you can wearing this Saint Laurent printed stunner. \$15,500 at Saint Laurent, 746 Thurlow St., 778-373-2190. Net-a-porter.com



IN THE NAVY

Add a touch of sweet to military chic in Gucci's 100 per cent wool coat with web bow and silk lining. \$4,180 at Gucci.com

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BY LISE BOULLARD



I fell head over heels for Montreal when I moved there from Vancouver in 2008. A recent trip back for Osheaga music festival rekindled the romance, and reminded me why no other city in Canada compares.



STAY

With its cobblestone streets, posh restaurants and industrial loft condos, Montreal's **Old Port** is by far the most regal neighbourhood in the city. For a funky pad from which to prep for a night out, book a room at the boutique **W Hotel**. From the aromatherapy scents welcoming you when you walk into your room, to the edgy gold and black accents to the heavenly king-sized bed and deep soaker tub (complete with **Bliss** bath products), it was the perfect spot for hanging up our Manolos. **901 Rue du Square-Victoria. 514-395-3100. Wmontrealhotel.com**



SPA

After a hard day's work, the city's young professionals walk down to the black barge moored along the banks of the Saint Lawrence river to spend hours relaxing in the many saunas, hot tubs, pools and rest areas at **Bota Bota**, while taking in panoramic views of their beloved city. In this relaxed state, we headed over to the **Dermologica Institute** (Canada's only hybrid concept store combining a skin bar, micro zone concept, boutique and treatment center) for an **IonActive Hyaluronic Facial**. Known for their intensive research and facial mapping technology, it's no wonder busy urban Montréalaises frequently pop in for 20-minute treatments on their lunch breaks. **Bota Bota, Old Port of Montreal, Corner de la Commune West and McGill, 514-284-0333, Botabota.ca**

SIP

With so many amazing places for a 5 à 7 (that's "happy hour" in French), how does one choose? On a crisp fall evening you'll find locals at **Les Soeur Grises** in Old Montreal downing local craft beer and quintessential pub food (think duck carpaccio and pulled pork barbecue sandwiches) as well as Little Italy's **Vice & Versa** sipping on the biggest selection of microbrews in the city. More into wine? Get gussied up and head to the swanky **Pullman Wine Bar** where you can choose from a selection of 300 wines, 50 of which are available by the glass. **Vice & Versa, 6331 Boul. St. Laurent. 514-272-2498. Vicesetversa.com**

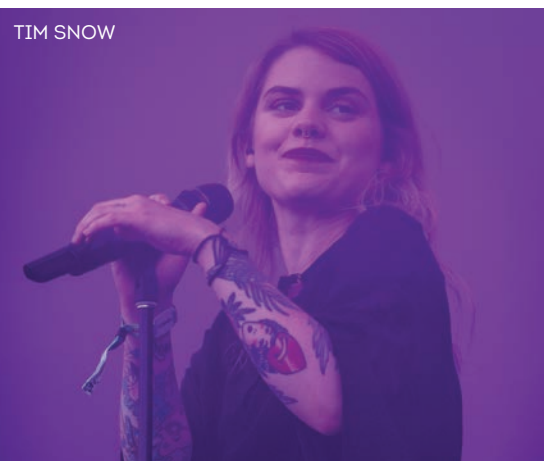


SAVOUR

There's no better place to start the day than with breakfast (gourmandises pastries and home-cooked breakfasts like housemade ricotta with honey, orange zest and Maldon salt) at **Olive & Gourmando** in the Old Port. At lunch, walk over to **Être Avec Toi** at the **W Hotel** for a moules frites fix (we noshed on a version with blonde beer, cheddar and tarragon). For what locals say is the city's best poutine, line up outside **La Banquise** where you can choose from over 30 flavours—Mexican to vegetarian. And please don't leave the city before making a stop at **Le Marché Jean-Talon** (chefs are like kids in candy shops here) to stock up on edible souvenirs like craft beer, locally made cheese, sausages and ice wines at the **Marché Des Saveurs du Québec**. Bon appétit! **Marché Jean Talon, 7070 Avenue Henri-Julien. 514-277-1588. Marchespublics-mtl.com/marches/jean-talon/**

DO

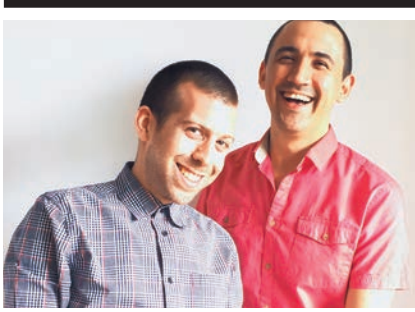
From **Igloofest** (yes, partying in snowsuits) in the winter to **Jazz Fest** in the summer, Montréal is a city of revelry. We had a blast at this summer's **Osheaga** where over 100 bands (including **Radiohead**, **Red Hot Chili Peppers** and **Lana Del Rey**) played over three days to a crowd of 135,000. But it's not all arts and culture: in winter, head to **Mont Royal** in the center of the city for a snowshoe or cross-country ski; in warmer months, rent a **Bixi** (the city's shared bike program) and explore the many unique neighbourhoods. Taking in a neon-pink sunset while riding along the **Lachine Canal** from Old Montréal to **Atwater Market** was one of the highlights of our trip. **Parc Jean-Drapeau on Île Sainte-Hélène. Osheaga.com**



DINING & NIGHTLIFE

Falling for Squash

NEW WAYS TO ENJOY THE SEASON'S BOUNTY.



With summer officially over, we're gravitating towards heartier foods. This month we'll be focusing on the humble butternut squash, which is never short on ways it can be creatively incorporated into a dish. The result is something decidedly outside of the box, and downright delicious. **THE FOOD GAYS**



the appetizer

Butternut Squash Hummus

INGREDIENTS

- 1 can chickpeas, drained and rinsed
- 3 cups steamed butternut squash (about 1 large), skin removed
- 1/4 cup tahini
- 4 garlic cloves
- 2 tbsp lemon juice
- salt and pepper, to taste
- 1/3 cup extra virgin olive oil
- nuts and seeds, to garnish (optional)

METHOD

Steam butternut squash, then let rest at room temperature. Once cool enough to handle, remove skin from squash and place in a food processor. Add chickpeas, tahini, garlic and lemon juice. Season with salt and pepper, and blitz everything together until well combined. Top with olive oil, and garnish with your favourite nuts or seeds (optional). Keep covered in the refrigerator for up to five days. *Serve and enjoy.*

the main dish

Butternut Squash Pizza with Crispy Pancetta, Sage & Pine Nuts

This pizza is simple, but bold in flavour. The combination of butternut squash with pancetta and sage is a match made in heaven. Use fresh mozzarella (you can find it in most Italian delis around town).

INGREDIENTS

- 1 prepared or fresh pizza dough
- 2 cups steamed butternut squash, puréed
- 1/4 tsp garlic powder
- 1/4 cup sunflower oil
- salt and pepper, to taste
- 6-8 slices pancetta
- 6-8 sage leaves
- 1 tbsp pine nuts, toasted
- 1/4 cup fresh mozzarella, torn

METHOD

Heat oven to 400F. Toast pine nuts 3-5 minutes, just until they become golden brown.

Remove from oven and set aside.

In a food processor, combine butternut squash purée, garlic powder, sunflower oil.

Season with salt and pepper to taste. Blitz until smooth, then set aside.

Spread 3-4 tablespoons of purée on the pizza dough, leaving half an inch or so for the crust. Spread the mixture around evenly with a back of a spoon.

Bake in the oven uncovered for 15-17 minutes, or until the crust begins to brown.

Meanwhile, heat up a frying pan on medium. Cook pancetta until crispy, then use the oil to crisp up the sage. Set aside.

Once 15-17 minutes has passed, remove the pizza from the oven. Top with crispy pancetta and dot with fresh mozzarella. Bake another 2-3 minutes, until cheese has melted. Top with crispy sage and toasted pine nuts and serve immediately.

Serve and enjoy.

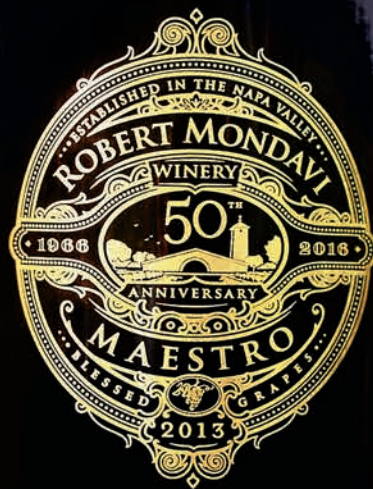


Adrian Harris and Jeremy Inglett are the founders and owners of Food Gays Media.

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Rocked and Loaded

SEX WRITER, MUSICIAN AND FASHIONISTA MISH WAY IS DOING THINGS HER WAY.
BY KELSEY KLASSEN

M

Mish Barber-Way might be best known as the ferocious lead singer and lyricist of White Lung—one of the best punk rock bands of this millennium, and a regularly reviewed favourite of *Rolling Stone* and *Pitchfork* magazines—but the Vancouver-born, LA-based musician doesn't mince words off stage, either. From her tough-talking feminist advice on sex and relationships in the local alt-weekly, *Westender*, to her raw and honest articles for *VICE*, *The Guardian*, *Rookie*, and *i-D*, the 31-year-old powerhouse is a modern-day rock icon with life experience to spare. We caught up with Way fresh off her performance of White Lung's acclaimed 2016 release, *Paradise*, at the Polaris Prize gala in TO to talk fashion, vices, and keeping things sane on the road.

The biggest names in music are almost always fashion icons, whether they mean to be or not. Why does fashion have such a powerful influence in music?

Costume is essential in performance. That's why fashion is important to music. Being on stage, you're exposing one very specific extension of yourself. Style and fashion is a great way to embody that and amp that up and really give yourself that extra boost to feel good. People are staring at you on stage, so you want to look and feel the best you can so you put on a better performance. I used to have a really big issue with fashion, because I never had any money and I had to be creative with it. I would just feel so frustrated with it. I wanted what I couldn't have. When you follow the rules you feel frustrated but then you realize no one who's got great style follows every single rule. I've got a few rules, and they are pretty basic and conservative.

“The outfit has to FEEL like you. If you are uncomfortable, it will show.”

Your look is an integral part of your persona on stage. What is your fashion philosophy?

The outfit has to feel like you. If you are uncomfortable, it will show. You'll squirm like a six-year-old in a party dress she hates.

You write often in your advice column about some hard-partying days and bad decisions past. Do you live a healthier life now, and have things changed at all in the music industry? Is it hard to balance? Being a drug-addled sprite who lives free with a bottle of whiskey in her bag and a cigarette hanging out her mouth is cute until you are about 27 years old. I'm not in my early 20s anymore. Acting out my arrested development into my 30s would be...pathetic. I recently quit smoking, too. I'm three weeks and two days. Look, I want to live as long as I can. I want a family, one day. The last and only vice that will always be hard for me to give up is alcohol, especially on tour. I have given up a lot of things, but they were all bad for me.



How do you maintain a healthy lifestyle on the road. Any tips? Drink lots of water and sleep. Get off your phone and read. Bring four books on every tour and enjoy them.

What do you love about what you do? Many things, but performing on stage gives me a satisfaction I don't get from being in the studio, or writing and researching. However, right now, it's the end of my touring year and I am tired. My throat needs a break. I don't have a desire to be on stage right now. This happens to me. I don't desire to be on stage 100 percent of the time. We don't tour like a punk band. I just want to be at home right now.

What's your favourite Vancouver shop? I don't know if I have a favorite Vancouver shop, but Anita Sikma jewelry is the most original and beautiful Vancouver-made line.

Do you follow fashion trends? If so, what do you have your eye on for fall? I'm not big on following trends. I like what I like. Also, I live in Southern California, so "fall" isn't a thing. I gave up my seasons.

Between music, writing and touring, you're incredibly busy. What do you like to do in your down time? Cooking. I love to cook and bake. Nothing makes me happier. I love

“NO ONE who's got great style follows every single rule.”

antiques and swap meets. I'm big on home décor and gardening, too. I wish I had more time to devote to that. One day I will have a big vegetable garden and tend to it daily. I have been playing guitar lately, too, working on old country covers. We finally set up our music room so I have been playing in the evenings when no one else is around.

What's your most sentimental wardrobe item?

My vintage sheepskin coat. It belonged to my mother and was a graduation present from her grandfather, or *dzadzi* (in Polish.) I've been wearing it since high school. It's in perfect condition and very unique. All my furs are really special, as is most of the vintage my grandmother and mother have passed down to me. Also, my pony hair ankle boots by Ann Demeulemeester and my YSL motorcycle boots.

Dream splurge item?

I have so many. Leopard platforms by Maison Margiela. Anything by Ann Demeulemeester. I'm a big fan of Roberto Cavalli, too. My designer friend let me borrow her leopard cape by Cavalli for my (horrible) performance at the Polaris. I had lost my voice the day before, so it was a nightmare, but at least my outfit looked great.

Favourite designer right now?

I am really into Noe Garments. Their designer gifted me an amazing package of pieces from their line. The fabrics are gorgeous and the shapes really feminine and sexy. Lingerie wear that you can bring into day wear, too. I also love my glasses and sunglasses from Jacques Marie Mage.

Would you ever start your own clothing line? HELLLLLL NO.

You're on the road a lot. What's your style/beauty lifesaver?

I'm really big on skin care and make-up. Glossier products are so fresh and beautiful. I'm a big fan of NARS, Make-Up Forever, and Elizabeth Arden. Make-up wipes are my tour saver.

People tell you you look like—? My father. Or Anne Heche.

What's in your purse at this very moment?

It's a black, leather, custom-fringe bag by ORA bags. And in it is my wallet, Rosebud lip salve, NARS chubby stick in Cruella, keys, pens, FORIA Relief, tampons, change, dead batteries, Chebba Chew, a pocket knife, and too many receipts.

What was your first trophy as a kid?

A figure skating trophy from a competition. I was a competitive figure skater and dancer until I was about 16 years old.

If you could have coffee with a fashion icon past or present, who and why?

Joan Rivers. And we would have drinks, not coffee.

You're an incredibly accomplished Canadian musician. Any advice for young artists looking to break into the music industry?

(Thank you.) Do it because you love it and expect nothing. Always play with musicians who are better than you, so it forces you to hustle and improve.

What's coming up next for you?

White Lung has an East Coast tour, SOS Festival in Texas, and then a tour of Singapore, Australia and New Zealand for Laneway Festival 2017.

Photography by Mandy-Lyn Antoniou.

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