

VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITA DAILY • SUMMER 2018



inside the

SUMMER

ISSUE

LAVENDER LOVE

Our Editors' Favourite Purple Picks

PARADISE FOUND

Bringing the Tropics Home this Season

HIGH DIVE

Designer Swimwear and Poolside Slides

FESTIVAL BEAUTY

Good Brows and Freckles for All!



BLUBIRD

*New store
now open*

Your style destination for women's contemporary fashion

JONATHAN SIMKHAI | A.L.C. | ZIMMERMANN | VINCE
RED VALENTINO | M MISSONI | TIBI | FRAME DENIM | 3X1
CANADA GOOSE | REBECCA TAYLOR | SELF PORTRAIT

EDITOR'S DESK

editor's letter



When designer **Kate Spade** passed away last month, former *Glamour* magazine editor-in-chief Cindi Leive paid tribute to the woman and the powerhouse fashion brand she'd built by saying, "She understood that women are going to respond to things that feel like they're made by a human, that they are expressing someone's personality. If you put a pulse into it and every fibre of your being, people are going to respond."

These words couldn't ring more true for me today, with this edition of *VITA* representing a full year of my going it solo; I pour my heart, soul and, indeed, self into each issue, daring to hope that it comes across in every page, paragraph and punctuation point. Thank you for reading, and stay tuned for much exciting newness in the year ahead!

Noa Nichol

EDITOR-IN-CHIEF

P.S. With lavender being lauded as the colour of summer, VITA assistant editor Rachel Johnston has graciously helped me round up some pretty light-purple picks, right, to set the season off to a mauve-llous start!



SISTERLY LOVE

The "Blonde" and "Brunette" editions (also, "Rosé Okay") are Vancouverite staples, and now **Brunette the Label** is treating us to a summer collection that's rife with lovely lavender versions of some of its bestselling crews. **231 Union St., 604-428-4094. BrunettetheLabel.com**



FACE TIME

We love summer but, at the end of a long, sun-filled day, it's crucial to wipe the slate—our face—clean. **Clinique's** lilac-hued Take the Day Off cleansing oil (\$35) easily glides on and rinses off cleanly with water, leaving no residue behind. **6551 No. 3 Rd., Richmond, 604-279-3449. Clinique.ca**

CARRY ON

Crafted in cross-grain leather, this classically sleek **Coach Courier** bag (\$99) is a versatile crossbody that's perfect for light-long summer days on the go. **755 Burrard St., 604-694-1772. Ca.coach.com**



HELLO MOTO

Handcrafted from vintage leather in our home-and-native land, this **Roots Tribe** moto jacket (\$788) is the ultimate summer-evening coverup. Stylish and staple-worthy, it's detailed with practical zipper pockets, belting and silver hardware. **1153 Robson St., 604-684-8801. Roots.com**



WIN THIS!
Vitadaily.ca/
contests

SUMMER SHOWERS

Lather up with **Le Petit Marseillais' Lavender Honey Extra Gentle Body Wash** (\$8 at food, drug and mass merchandisers), formulated from ingredients harvested on the **Alp-de-Haute-Provence**. France's fave body wash also recently released two new scents—**Mandarin & Lime** and **Apricot & Hazelnut**—to which we say, *oui!* **Lepetitmarseillais.ca**



OF A FEATHER

These adorable **Kotare Heather** limited-edition runners (\$135) by **Allbirds** are made from ethically sourced merino wool that the company mills into its own temp-regulating, water-repelling material. Recently launched in Canada, the ultra-sustainable footwear brand is definitely ruling the roost. **Allbirds.ca**

SUN STRUCK

Coat your world pretty in these metal-framed **Havana** sunnies (\$175) by **Michael Kors**. With 100 per cent UV protection, you'll be so set for summer. **650 W. 41st Ave., 604-629-0286. Michaelkors.ca**



VITA

PUBLISHED BY **VITA DAILY MEDIA INC.** EDITOR-IN-CHIEF **NOA NICHOL** CREATIVE DIRECTOR **MADISON HOPE VEITCH** ASSISTANT EDITOR **RACHEL JOHNSTON** CONTRIBUTORS **LISE BOULLARD KASIA FRYKLUND AILEEN LALOR ISABEL ONG MIRANDA SAM LAURA STARR** COVER **BROCK SS18 / OVIDIU HRUBARU / SHUTTERSTOCK.COM** CONTACT ✉ noa@vitamindaily.com 📱 [@vitadailyvan](https://www.instagram.com/vitadailyvan) 📺 [@vitadailyca](https://www.instagram.com/vitadailyca)



Iconic shopping and dining #onRobson in the heart of downtown Vancouver.

@robsonstreet

robsonstreet.ca

Paradise Found

TROPICAL TREASURES FOR SUMMER

PAPAYA GUY

Made for men, Caryl Baker Visage's Papaya Perfecting line, pumped full of natural anti-aging vitamins, antioxidants and enzymes, promises to help guys get their skin glowing and facial hair game strong. Carylbakervisage.com



BODY BLISS

New Body Yogurts (\$16) by The Body Shop offer next-level moisture in several tropical scents—think strawberry, mango, almond milk, coconut and special-edition banana (the latter made with fruit of all shapes and sizes that won't sell in the food industry!). 700 Georgia St., 604-687-2744. Thebodyshop.com



SOLE MATES

These fab flamingo Hefner flats (\$390) from French Sole are part of an exclusive collection designed in collab with fashion influencer and style muse Alice Naylor-Leyland. Unit 1052, Park Royal Shopping Centre S., West Vancouver, 604-913-0312. Frenchsole.com



GILDED GOODS

Charlotte Tilbury's latest Bar of Gold Trio launch (\$75 from July 9th and only online) boasts three sublime shades of show-stopping gold highlighter that promise to bring instant magic to summer makeup looks. Charlottetilbury.com



Erin Sousa

@ERINCG



READ MORE!
Vitadaily.ca/lifestyle

INFLUENCER PICK

"I love swapping out my décor for the season, and something as simple as a new throw pillow on my patio really freshens things up! This fun 'tropical dots' printed number from Chapters Indigo (\$26) is outdoor-friendly and won't go out of style any time soon." 2505 Granville St., 604-731-7822. Chapters.indigo.ca



WIN THIS!
Vitadaily.ca/contests

CANDY LAND

Move over five-cent gummies—there's a new sweet-tooth satifier in town. Founded in Vancouver by Hala Hamach, Candy Fix is Canada's first online interactive sweets boutique that lets you create and customize your own candy boxes (for special-occasion gifts or for yourself; the company also offers party favours for, say, weddings). Just pick your package, choose your candies (tropicaly speaking, we're into the mango gummy bears and sour pineapple slices), add personal touches—like a customized label—et voila! Candy crushing it! Candyfix.ca



MISS SPADE

From Kate Spade's by the Pool collection, this raffia-trimmed flamingo Pippa leather bucket bag (\$458 at Nordstrom) pays a tropical tribute to the late designer. 799 Robson St., 604-699-2100. Shop.nordstrom.com



PEARLY PEEPERS

There's something very "south of the equator" about pearls—as proven by these adorned Fendi shades (\$725 at Holt Renfrew). 737 Dunsmuir St., 604-681-3121. Holtrenfrew.com



ORANGE JUICE

Mandarine (\$180 at Hudson's Bay), in keeping with the vision of Daniela Andrier for Les Infusions de Prada, is a "choreographed re-enactment of the raw events of an orange" (sounds juicy, right?!). 674 Granville St., 604-681-6211. Thebay.com



TROPICAL TWISTER

A fleeting rainstorm followed by a glorious rainbow—it doesn't get much more tropical than that, and this Furla minibag (\$545 at Blubird) proves it. 1108 Alberni St., 604-257-0700. Blubird.ca



PINEAPPLE RING

This APM Monaco ring (\$116 at Blubird) with zirconia stones is on pineapple point. 1108 Alberni St., 604-257-0700. Blubird.ca



WHAT A MELON

These cute dangly watermelon earrings (\$39) from Poppy & Peonies have us feelin' fine, fruity and quite Carmen Miranda. Poppyandpeonies.com



DKNY Oakridge

121 - 650 41ST AVENUE W, VANCOUVER 604.263.8889
ENDA-B.COM/DKNYOAKRIDGE @ENDABFASHION

Hot Shops

VANCOUVER'S GREATEST AND LATEST RETAILERS



JIMMY CHOO

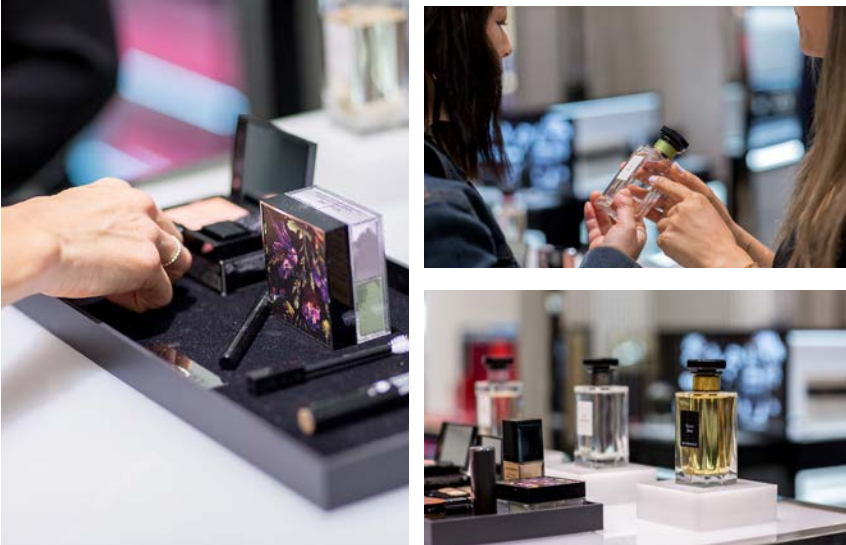
If the designer's "foot candy" makes us feel like princesses, it's because his shoes have royal approval—Princess Diana helped catapult Jimmy Choo's career when she donned his chic footwear in the 1990s, and (lucky) Vancouverites can now access the label's array of shoes, handbags, shades and fragrances at the city's new flagship, featuring plush rugs and marble finishings that provide an understated backdrop for fabulous footwear art (case in point: the iconic Romy 100 pump in black suede with gold detailing and edgy Sophia heel with an asymmetrical deep-V design). While, TBH, we'd wear Choos any time, any place, the brand has become a go-to for weddings (Kate Middleton rocked a pair to Meghan and Harry's nuptials), with brides currently coveting the ruby-red Swarovski-encrusted pointy-toe Ari pumps (\$5,000) from the ready-made Cinderella Edit line. Go see them for yourself: Vancouver's is the only store in Canada to display a pair. **1035 Alberni St., 604-800-5935. Jimmychoo.com** LISE BOULLARD

BLUBIRD

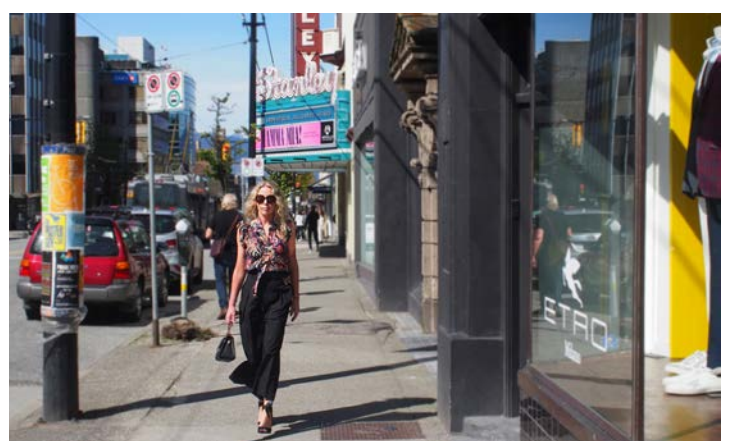
The brand isn't new (in fact, it's been 10 years in the making), but the space it occupies (still on super-stylish Alberni, but shouldering Thurlow this time) and its logo (boasting a new, all-grown-up font in a more-mature shade of opal—rather than baby—blue), are. To mark a decade since first opening in Vancouver, Blubird's "flown the coop," so to speak, to a drop-dead-gorgeous, 2,200-square-foot locale featuring an oblong, carefully colour-blocked shopping flow that's an absolute delight to navigate, as well as a plethora of thoughtful store details that have upped its ante as one of our city's staple fashion destinations. Among the covetable brands on these shelves: Zimmermann, Self Portrait, Red Valentino and Tibi, plus unique hand-picked designers like Unfleur and Aviu (both hailing from Italy) that you'll only find here. Don't miss the superbly stocked denim wall, including a constant rotation of the trendiest jeans, and check the glass cases for beautiful bling by Avec New York and other one-of-a-kind jewelers. More fun features are found in the changing rooms (think custom-made neon selfie lights whose inspiring messages are only revealed with a glance in the mirror) and hanging above (look up, way up, for a show-stopping "nest" chandelier). Also shopping-bag worthy: luxe lifestyle products like Boy Smells candles and Tangent GC premium denim washes and detergents (we swear by these to keep all our Blubird buys looking their best!). **1108 Alberni St., 604-257-0700. Blubird.ca** NOA NICHOL

GIVENCHY

More than a cosmetics counter, Givenchy's new presence in Holt Renfrew's Beauty Hall has a boutique feel, and is a first for Canada. The luxury fashion-and-beauty label has no problem waiting, patiently, for the perfect site to clear before entering into partnership with a department store and, when the near-300-square-foot area at the stylish foot of a sweeping escalator became available, the stars aligned. The resulting space is a designer dream come true, with architectural elements and décor that mimic some of the brand's packaging (compare the backlit panels with the silver studs on any bullet of Le Rouge lipstick, for instance) as well as tech and tools to enhance each client's experience to the max (we should all have mirrors with a range of mood-lighting options—from "overcast" to "candlelight"—in our power rooms). Pick up a "couture-edition" Prisme Libre mat-finish loose powder (\$75) in a case that pulls a piece of pattern right off the runway, and a tube of lash-boosting Noir Couture mascara (\$38) with its "three-ball" brush. **737 Dunsmuir St., 604-681-3121. Holtrenfrew.com** NOA NICHOL



**SOUTH
GRANVILLE**
NEIGHBOURHOOD



SOUTHGRANVILLE.ORG | [@SOUTHGRANVILLE](https://www.instagram.com/southgranville)

Visit Granville Street from 6th to 16th Avenue



HERSCHEL

Homegrown—and long-since gone global—purveyor of chic packs, satchels and totes, Herschel has honoured its born-in-Vancouver roots by opening its first North American storefront in Gastown (yes!). The 5,000-square-foot space, designed by Bucci creative director Omer Arbel, sees figurative sculptures commissioned by various Lower Mainland artists, screens showing daily non-events in destinations beyond the six-oh-four (these aim to connect store patrons with parallel realities in locations around the globe) and modern installations blend beautifully with the preserved heritage elements of the building. Our favourite in-store feature though? The bags, of course, particularly those fitting the tropical theme of this, VITA's summer issue. **347 Water St., 604-620-1155. Herschel.ca** NOA NICHOL

High Dive

THERE'S GOOD REASON TO SPLASH OUT ON SWIMWEAR THIS SEASON: HERE, OUR TOP SUMMER PICKS AND HOW TO CARE FOR THEM
BY AILEEN LALOR

H

Hands up if you've been seduced by inexpensive swimwear—you know, the stuff that looks cute, but fits funny, pills, sags or (yikes!) goes see-through at the most awkward moments. There's a reason this stuff can be pricey; it's really tricky to manufacture the quality stuff. Like the best lingerie, it should be constructed to flatter and sculpt your figure, made from fabric that stretches in all directions but fits well. Further, it has to be light and thin but resilient—you know, able to cope with sand, chlorine, saltwater, UV rays and more.

Once we've splashed out a couple hundred bucks on a swimsuit, we want it to last as long as possible. Olivia De Vellis, general manager of Toronto brand **Fortnight**, says it's not ideal to roll our wet bathers in a ball till next time or pop them on the balcony to bake in the sun. "Rinse your swimsuit immediately," she says. "After every use, cold gentle machine wash separately or hand wash with lukewarm water using mild detergent." Softeners, bleach and tumble dryers will reduce the life of your suit.

De Vellis adds a good swimsuit is not just for the season—it should endure for years if you take care of it. Still, swimwear is subject to trends. This summer we're seeing lots of solid colour, but also bold baroque prints and polka dots. The runways, of course, have an influence: think ruffles, embellishments and even streetwear-inspired suits. (Note: we're eagerly anticipating the launch of **Chanel's** Coco Beach collection of swimming costumes and two-pieces, plus dresses, playsuits and terrycloth shorts.)

Finally, do consider your tan lines; cutouts are cute, for now, but may leave you struggling to dress once the holiday is over (bonus: your favourite one-pieces can also double as bodysuits for nights out). ♡



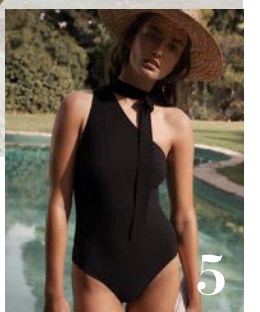
1



2



3



1 FORTNIGHT SWIM TIE-BACK ONE PIECE IN ITALIAN JERSEY, \$229 AT DIANE'S LINGERIE

2 DOLCE & GABBANA PRINTED BALCONETTE SWIMSUIT, \$720 AT NET-A-PORTER.COM

3 NORMA KAMALI ONE-SHOULDER MIO SWIMSUIT IN PALM LEAF, \$219 AT SHOPBOP.COM

4 ÁGUA DE COCO PALM TREE ONE-PIECE, \$368 AT ANTHROPOLOGIE

5 ZIMMERMANN IRIS TIE NECK ONE PIECE, \$493 AT ZIMMERMANNWEAR.COM

slide SHOW

The perfect footwear to go with your designer swim togs, all available at **Holt Renfrew**. (Don't feel like footing the bill for high-end slides? **Old Navy** offers pretty pairs, far right, for just \$20 apiece.)



SALVATORE FERRAGAMO, \$360



GIVENCHY, \$400



FENDI, \$765



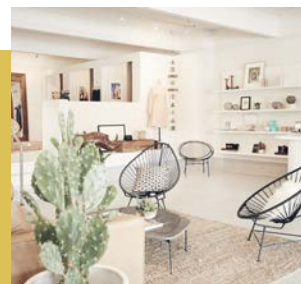
Hot Shops

VANCOUVER'S GREATEST AND LATEST RETAILERS
CONTINUED FROM PAGE 5



BILL REID GALLERY

Not a newly opened shop, per se, but, with 10 years behind it and a brand-new \$1.8 million reno in the books, it's certainly worth a revisit. Vancouver's **Bill Reid Gallery of Northwest Coast Art's** recent makeover includes a new mezzanine gallery, a fresh educational and social gathering place and a soon-to-be revealed covered pavilion. The aim of the update: to enrich the visitor experience and reflect the gallery's dedication to contemporary indigenous artists and the preservation of the legacy of its renowned namesake, Haida master Bill Reid. Indeed, among many highlights to watch for: a stunning new design of Raven's Trove, where Reid's exquisite jewelry is now on permanent, dazzling display. **639 Hornby St., 604-682-3455. Billreidgallery.ca** NOA NICHOL



AMI BOUTIQUE

It means "friend" in French, and West Vancouver's newest (and quite possibly most-stylish) retailer is quickly manifesting its namesake destiny by solidifying highly personal relationships with its customers and becoming a source for fashion they can count on. Opened by husband-and-wife team Maurice and Jennifer Chaplick (he's got a brain for business, she has an exquisite eye for fashion), **a m i** is housed in a gorgeously updated space on Marine Drive (think creamy walls, polished pebbled floors, plush **Article** and **Vancouver Special** seating, beach-house-worthy framed prints and dusty-green succulents) and showcases the kind of clothes we'd like to fill our own closet with. From **James Perse** to **Rag and Bone** to **Apiece Apart** (not to mention **Natalie Martin** maxi dresses, which fly off the racks), each and every label is lovingly selected by Jennifer herself, whose retail crush is **Barneys New York**

and who aspires to provide the most exceptional service in the city. "We've got a book full of client information, their likes and dislikes and wish lists, and we welcome absolutely anyone to come in for a personal styling," she says. Her hubby adds, "As soon as the paper came off the windows, people starting coming in. The response has been unbelievable from day one." Also in store: a light and lovely range of lifestyle products (summer-perfect mojito lip balm and perfume by **Malin + Goetz**) and décor (German-made **Raumgestalt** "a big bag of light" oil candles), one-of-a-kind ceramics, leather bags and shoes and fabulous accessories (we're going back for a trio of desert-palette **Ozma** kerchiefs). The final verdict on **a m i**? We'd happily cross any number of bridges to shop this Dunderave Village boutique—and you should, too. **2463 Marine Dr., West Vancouver, 604-281-4040. Amiboutique.com** NOA NICHOL



GRAIL

In case you missed the memo, sneakers are the footwear of choice these days, leaping over heels, boots and everything in-between. Tucked into the South Granville strip, it's evident **Grail** is no run-of-the-mill shoe retailer, teasing with a storefront digital display and sound system pumping tunes to match the kicks in the window. Inside the concept space the wow-factor continues with industrial-inspired steel, exposed piping, LED lighting and local artist script to backdrop concrete walls laden with statement-making sneaks. Spot familiars like **Nike** and **New Balance** next to niche brands **Colmar**, **Leather Crown** and **Voile Blanche**—some not available anywhere else on the continent. Opting for quality over quantity, it's all about that "special" pair here and, with staff hand-picked based on sneaker obsession, there's no doubt you'll be walking out with yours, too. **2867 Granville St., 778-724-0402. Grailshop.ca** RACHEL JOHNSTON



THE ORIGINAL
French Sole
BY JANE WINKWORTH
EST. LONDON SINCE 1989

DESIGNED IN LONDON, HANDMADE IN EUROPE.

Unit 1052 Park Royal Shopping Centre (South) West Vancouver BC V7T 2W4
Tel 604.913.0312 www.frenchsole.com

LISE CHARMEL®



— Introducing the Forêt Lumière collection, now at —

Diane's Lingerie

Vancouver's destination for personalized bra fittings + lingerie solutions

604 738 5121 | 2950 GRANVILLE ST. VANCOUVER, BC | DIANESLINGERIE.COM

Festival Beauty Best

THIS SUMMER, FESTIVAL MAKEUP HAS GONE COLOURFUL, PRETTY AND EASY FOR ANYONE TO PULL OFF
BY AILEEN LALOR

W

When you're of a certain vintage, there's one iconic look that immediately springs to mind when you think about festival beauty: Gwen Stefani circa 1995 with a bejewelled forehead, blue hair and astonishingly skinny brows. Well, we've all moved on from those days, in a number of ways. But one thing has stayed the same: when it comes to summer festivals, we want beauty looks with extra pizzazz, that are easy to apply, have staying power and won't leave us looking ridiculous in photos 20 years on.

WHAT'S TRENDING NOW?

Yes, boho elements remain. "You'll see the flower crowns that are so Snapchat filterish," says Maddox Lu, national brow and trend artist for Benefit Canada. "But festival looks have evolved and incorporated a lot more street style. It's not so far off what you'd see day-to-day, but everything is elevated. Now people are more interested in the craft of the look: whether the brow is beautifully executed and the contour and highlight are on point and lasting."



"GOOD BROWS, nice lashes and freckles for everyone!"



KEEP IT CASUAL

We won't see many looks that need precision and that tend to get sweated and smudged away, like smoky eyes and winged liner. Instead, Lu's tipping "no makeup-makeup," for which the essentials are a good concealer, lip/cheek tint, brow gel and mascara. How to take it up a notch? "Highlighters on bare skin can give a very natural, believable radiance," he says. "The cutest thing ever is using a brow pencil like Precisely My Brow Pencil (\$32) to do the brows but also freckles on the nose and cheeks. It's 12-hour waterproof so very festival appropriate."

COLOUR ME GOOD

If no makeup-makeup has you stifling a yawn, how can you get a flashier festival look without it being high maintenance or OTT? Coloured eyebrows! "This is a fantastic way for those who want to dip their toe into something more adventurous without doing fuchsia eyeshadow or blue lipstick," says Lu. "3D Brow Tones (\$32) give just a subtle glimmer that can be built to a nice pigment, and they come in very 'festival' colours like magenta, fuchsia, indigo, teal and copper. They go great with festival fashion like jewel-toned clothing and accessories, too."

MAKEUP FOR ALL

The best news? Lu says there are no age constraints on who can wear these looks. "They can really apply to anyone," he says. "Maybe the more irresponsible, younger generation might not consider SPF, moisturizer and cleanser—though they should—but, other than that, I say good brows, nice lashes and freckles for everyone!" Benefitcosmetics.com



Face Plant

FERNS (PLUS A POSITIVE ATTITUDE)
MAKE FOR A BEAUTIFUL GLOW
BY RACHEL JOHNSTON

C

Chances are you've strolled past a fern recently. The feather-like foliage grows thick in our Canadian forests and beautifies our home gardens. What you may not know, though, is the magical impact this common plant has on our skin! Intrigued? Read on for insights (including the most powerful ingredient, beyond his products, for skin health) from Timm Golueke, German dermatologist and founder of **Royal Fern Skincare**, available now at **Holt Renfrew**.

How did you discover the benefits of the fern plant?

Being a dermatologist, I'm always looking to find skin-care solutions. A lot of my patients see me because they are lost with all the beauty products and don't know which one is appropriate for them. So that's why I started thinking about creating my own line and was looking for an ingredient that I believed in. I started talking to a German biochemist because having an idea and creating a product are two different things—I know about ingredients but don't know how to create a skin-care line. I read a study from Memorial Sloan Kettering Cancer Hospital in New York and they provide fern as a supplement to melanoma patients because it protects the cell DNA from UV rays. Once we started investigating further, we realized that cultures all over the world have been using the fern for centuries, to heal eczema, inflammation, skin disease. For example, I have a lot of clients from Russia and, for them, using the fern is nothing new. They use fern leaves to treat open wounds. In Latin America it's used for inflammation and, in Korea, the monks drink a tea made of fern for its strong antioxidant qualities. We are the only skin-care line using the fern so it's very unique.

What other ingredients make up the compound used in the products?

It depends on the product but the main components are: fern extract, consisting of leaves and roots; Voacanga seed oil, from an African tree; wild rose oil for the high percentage of vitamin C; sea buckthorn because of its moisture-keeping properties; and, very important, mineral oxide to reflect sunlight, thereby protecting the skin from UV rays. Those five ingredients form the Royal Fern Complex, of which I hold the patent. They are found in every product. But there are also additional ingredients in each product depending on what it's used for. For example, the lighter version of the cream contains the complex, of course, plus hyaluronic acid, vitamin C and retinol from peach extract. Our eye cream, in addition to the complex, contains chamomile for puffiness and a high percentage of vitamin C to treat dark circles. We also have a regular cream that is heavier for night, a cleansing balm, serum and mask. There are also a few new products. One of them is the Phytoactive Illuminating Ampoules to enlighten skin and reduce and prevent pigmentation. They contain chlorophyll, niacinamide, vitamin C and Asian lizard tail—a Korean ingredient used to brighten your skin. We also have a hair-stimulating solution that contains caffeine to activate the microcirculation of the scalp, ginkgo, hyaluronic acid, cinnamon, which is antibacterial, and an African plant called Kigelia.



At what age do you recommend we start using anti-aging skin care?

You shouldn't wait too long. The average starting age is around 25 and I would suggest starting with an eye cream because it's the most delicate area of the face. This is where the first lines appear. The second product to consider is a cleanser because of pollution. Make sure to clean your skin every night. Also, a little tip: look at your mother to see where your problem areas might be and then you know what to target!

Are there lifestyle habits you recommend for skin health, particularly in summer?

Sunblock is, of course, very important, especially if you're an outdoorsy person. Even if it's cloudy, and ideally an SPF 50. Choose good-quality pharmacy products like **La Roche-Posay** because they contain UVA and UVB. Make sure to get enough sleep—it's the most important thing. And, of course—try and be happy! You can use luxurious skin care and dress in expensive clothes all you want but you just don't look as good when you're not happy.

What are your thoughts on cosmetic procedures like injectables?

Skin care can never replace esthetic procedures just like esthetic procedures can never replace skin care. You can get fillers if you choose but that doesn't take the place of good skin care. You have to invest in what works best for you. I'm a dermatologist so, of course, 50 per cent of what I do at my clinic is esthetic. I think on the whole, esthetics, medicine and dermatology have changed so much in the last few years. Everything is much more natural now, thank goodness. Now when people do things you don't necessarily see exactly what it is but it makes an overall positive difference.

Are your products suitable for problematic or acneic skin?

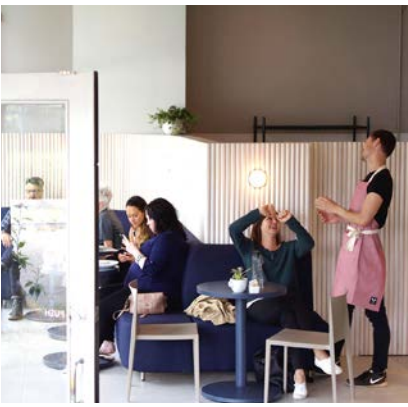
Yes, we found this out later! A lot of people have rosacea and acne and Royal Fern helps with that because of how it tackles inflammation. Of course, you should see your dermatologist to find out why you have the issues in the first place, but our products would be perfect for these conditions.

What else makes your product special?

I'm a dermatologist so it's not created by a big company or investor. Royal Fern is an honest, true, skin-care line, hand-filled in Germany, and all of the ingredients are very high quality. They are also paraben-free and were not tested on animals. Royalfern.com

New Noshes

WHERE AND WHAT TO EAT THIS SUMMER
CONTINUED ON PAGE 13



BEL CAFÉ

The **Hawksworth** dining empire has expanded with its fourth entity: a second, light-flooded location of casual-chic **Bel Café** in breezy Kitsilano. The bright space, open till 5 p.m. daily, boasts a menu of innovative and gourmet breakfast, lunch and snack items that celebrate seasonal and local ingredients and showcase Kits-specific goods (**Nectar Juicery** elixirs, **Blume** latte mixes and **49th Parallel** coffee). Our brekkie included dishes unique to this location: a house-cured salmon bagel with labneh and pickled red onion, plus healthy kale and egg toast made with spicy braised kale. The lunch crowd, which flocks from Fourth Avenue and the adjacent industrial businesses, is sure to love the salmon sushi salad with brown rice and roasted tomato soup (both old faves at Bel's downtown café). And, for those with a sweet tooth (read: us), pastry chef Wayne Kozinko serves up flaky fresh-baked croissants, sweet lemon tarts and fruit danishes (full disclosure: we took a pistachio and orange kouign-amann to go). So, yes, the **Hawksworth** culinary affair continues. **1780 W. 3rd Ave., 604-736-5812. Belcafe.com** LISE BOULLARD



CLIFF HOUSE

Perched precisely where adventurer and **Capilano Suspension Bridge** founder George Grant Mackay erected his log cabin back in 1889, the **Cliff House** has a story to tell. Just over yonder from the swinging landmark, the wood-framed restaurant offers surreal views with generous windows looking out to soaring Douglas firs and the rushing river below. Boasting vaulted ceilings, a towering stone fireplace and historic black-and-white photographs, the warm space offers the perfect finale to a day spent exploring the park, with B.C. craft beer or wine flights and delish dishes like foragers mushroom ravioli and Ocean Wise baked wild salmon for the adults, and mini fish-'n'-chips or mac-'n'-cheese for the kiddos. Can't get enough of the great outdoors? Pop on your sunnies and opt for the tree-embraced terrace. It is summer, after all! **3735 Capilano Rd., 604-985-7474. Capbridge.com** RACHEL JOHNSTON

SUMMER AT STARBUCKS

You may have noticed a few (five) sandwiches debut at **Starbucks** recently. Inspired by international flavours, these Canadian exclusives include a Cubano and a vegetarian-friendly Caprese, made with natural ingredients and stone-baked breads (for max enjoyment, ask for yours warmed). Also new: cold-drink offerings to encourage perfect summer pairings. Look for three luxe Frappuccinos (Triple Mocha, Ultra Caramel and Serious Strawberry, each with several saucy layers), iced Teavana tea lattes, an electric-purple Mango Dragonfruit Refresher and cold foam, available as a topper to any cold coffee bev you fancy. **Starbucks.ca** NOA NICHOL

DIP SHOP

Summer and soft serve: the two are practically synonymous, making the opening the **Dip Shop** in Richmond a (happy) fateful occasion. Indulge in velvety vanilla dipped in parent-company **Cacao 70's** range of coatings, whose flavours range from classic dark, milk or white chocolate to more adventurous maple, matcha, praline, peanut butter, chai and even black sesame. Also on offer: dipped waffles with whimsical toppings (think whipped cream, caramelized bananas, crème brûlée cheesecake, torched marshmallows and coffee beans) and a variety of brewed and chilled coffee and chocolate drinks. **115-3866 Bayview St., Richmond, 604-370-7072. Cacao70.com** NOA NICHOL



East India Carpets
DISTINCTIVE DESIGNS SINCE 1948

1606 West 2nd at Fir Armoury District Vancouver
Mon-Sat 10-5:30 604 736 5681 eastindiacarpets.com
CARPET CLEANING AND RESTORATION SERVICES AVAILABLE

PHOTOGRAPHY: BARRY CALHOUN PHOTOGRAPHY ACCESSORIES: PROVIDE HOME

DÉCOR & DINING

Paradise Found

TROPICAL AND BOTANICAL PRINTS ARE TAKING OVER AT HOME, BRINGING THE BEAUTIFUL, BALMY OUTDOORS IN
BY ISABEL ONG

T

There's something about summer that makes us yearn for a white-sand getaway in an exotic locale. But, nice as that is, it's a temporary fix—which is why we're bringing the tropical vibes on home this season.

"Green elements add ambience to your living space and make it more inviting and calming," says Stephen Michlits, PC Home Collection's creative lead. "There are a lot of wellness attributes that are associated with 'green living.'"

That, in a tropical nutshell, is probably why botanicals become one of 2018's top décor trends (according to Michlits, a slight shift will occur in 2019 to more meadow-like florals). On Instagram, scores of homes are shown filled to the brim with plants of every kind, or covered in wallpaper featuring verdant leafy prints. The hashtag #jungalowstyle has near 540,000 entries, while #urbanjungle has more than a million posts—further (social) proof of the obsession with greenery is as real as it gets.

Styling-wise, there are so many iterations to explore when dressing up your home with tropical and botanical prints. Michlits recommends using oversized straw or rattan baskets as plant pots for "a bohemian, desert-chic vibe" or, alternatively, pairing them with marble to lend a classy, elegant touch. Succulents are still big (as is the "desert oasis" motif) and, on the fauna side of things, flamingos have been replaced, to some extent, by a new bird: the fabulous toucan.

Shop our roundup of "polar-opposite" décor picks that will bring the leafy-green outdoors in and boost your sense of well-being, stat! ♡



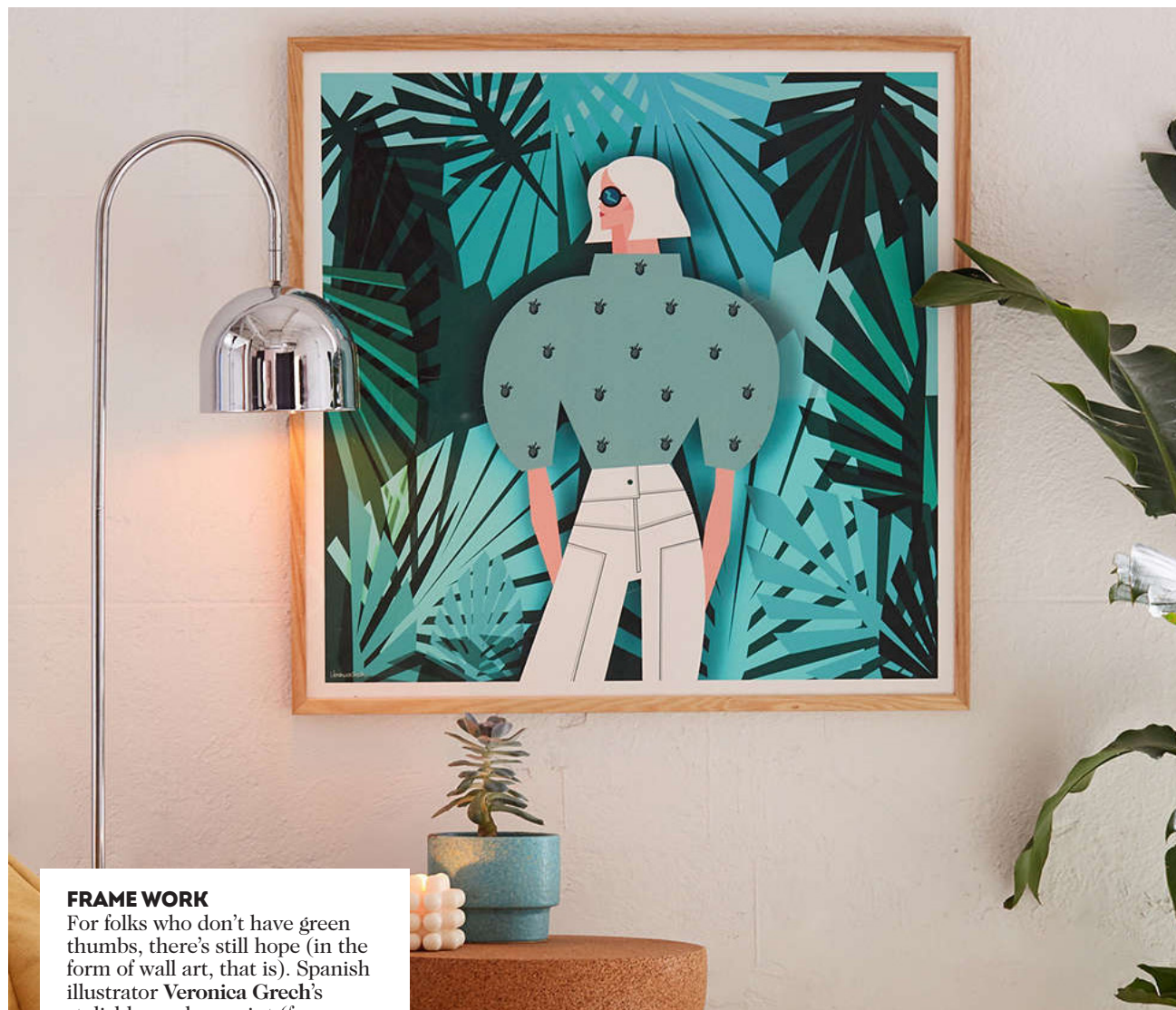
EMERALD CITY

If you prefer not to go down the print-heavy route, opt for furnishings in rich colours that are equal parts lush and luxe. German designer Sebastian Herkner's Merwyn dining chairs (from \$2,050 at Avenue Road) come in emerald-green upholstery, and their sleek, contemporary profiles only add to their allure. 301 W. Pender St., 778-588-6840. avenue-road.com



PALM READING

Tropical prints add a lively, playful dimension to marble motifs. As Michlits explains, "The lush green colours of tropical florals contrast well with cooler, crisper Carrara marble." The vibrant fronds on the this Life at Home bath dispenser and soap dish (from \$8 at Real Canadian Superstore) will jazz up the tiles in your bathroom or kitchen beautifully. 3185 Grandview Hwy., 604-436-6407. realcanadiansuperstore.ca



FRAME WORK

For folks who don't have green thumbs, there's still hope (in the form of wall art, that is). Spanish illustrator Veronica Grech's stylishly modern print (from \$34 at Urban Outfitters) is a botanical attention-grabber—and you'll never need to water it. 830 Granville St., 604-685-1970. urbanoutfitters.com



TOTALLY FLOORED

Bright hues make a world of difference in any interior. This cheery peach-coloured rug (from \$62 at Anthropologie) comes with mini palm-leaf prints in varying shades of green and can be used both indoors and out. 2912 Granville St., 604-734-2529. anthropologie.com



WILD CARD

Flamingo prints may be ubiquitous, but there's a new "hot" bird in town: the toucan. "We looked at Costa Rica for inspiration and found that the toucan is a refreshing update to the flamingo. It's so full of character," says Michlits. The PC bamboo-fibre tropical collection of dinnerware (from \$3 at Real Canadian Superstore), which features this feathered friend, will surely infuse an air of flamboyant tropical living at mealtimes. 3185 Grandview Hwy., 604-436-6407. realcanadiansuperstore.ca

THROWING SHADE

This adorable cotton lampshade (\$148 at Anthropologie), featuring embroidered etchings of cockatoos amid colourful wildflowers, would make a fun addition to any sitting-room setup. The best part? You can change up the shade display at any time simply by swivelling it horizontally. 2912 Granville St., 604-734-2529. anthropologie.com



PARADISE LOST

Missing those sun-soaked days you spent in Hawaii? Invite the tropics in with these gorgeous prints (\$215 each at The Cross). At 31-inches tall and framed in wood, they're large enough to command attention without dwarfing other points of interest in your room. 1198 Homer St., 604-689-2900. thecrossdesign.com

PARKS & REC

Now that longer daylight hours are (finally) here, it's time to invest in sturdy-yet-stylish outdoor furniture. Made of rattan, this beautifully crafted Birds of Paradise chair (\$850 at The Cross) presents a fine way to spend many a slow summer evening out on the porch. 1198 Homer St., 604-689-2900. thecrossdesign.com

QUIET TIME

Throw out your plain (read: boring) bedsheets in favour of Levtext's Carmen quilt (from \$133 at Nordstrom). Strewn with a variety of botanical prints, it's a fun way to inject a breath of fresh air into the bedroom with minimal muss. 799 Robson St., 604-699-2100. shop.nordstrom.com



SHOOTING THE BREEZE

If backyard barbecues and pool parties figure in your ideal vision of summer, Indigo's tropical-print outdoor pillow (\$35) will make a great addition to your patio or garden. Made of water-repellent cotton, the colourful botanical-leaf prints aren't run-of-the-mill—which is why we can't take our eyes off of it. 2505 Granville St., 604-731-7822. indigo.ca



New Noshes

WHERE AND WHAT TO EAT THIS SUMMER
CONTINUED FROM PAGE 11

TANDOORI FLAME

The largest Indian buffet in North America has opened its first B.C. location in Delta and, trust us, it's worth a visit (tip: come hungry). Warm, welcoming and sumptuously decorated, **Tandoori Flame** boasts a "grand Indian buffet" of 150-plus veg and meat delicacies, including 15 curries, sweets (don't miss the melt-in-your-mouth jalebi) and a western-style salad bar. On our plates: heaping portions of chana masala, soyabean aboo, mango paneer, aromatic rice and fluffy naan pulled piping hot from a traditional oven. Don't neglect the drinks: a fully stocked bar serves up one-of-a-kind craft cocktails, as well as a must-try Gulabo sangria—a blend of rosé, peach vodka and white cranberry juice topped with an edible bright-purple flower. The best part of the experience? Going back for seconds is encouraged. **11970 88 Ave., Delta, 778-578-7777. Tandooriflame.com** KASIA FRYKLUND

PHOTOS: STUDIO ORANGE



ORIGO CLUB

Find flat whites at dawn and foie gras at dusk at **Origo Club**, a luxe new resto, café and gallery concept done up in the style of a private-club setting in Richmond's Oval Village. During the day, enjoy viennoiseries while feasting your eyes on contemporary Asian art from a private collection (currently on display: Tibetan Thangka paintings). At night, a must-order petit plat from the French-inspired menu is the melt-in-your-mouth boeuf tartare, its flavour enhanced by dollops of tangy horseradish mayo, 48-hour cured yolk and crunchy house-made potato chips. The wine list is curated entirely from l'Hexagone but, if you're intrigued by all things eastern, the Jikon sake (a rarity, as it's only sold via a lottery system in Japan) comes highly recommended. Finally, food or not, the space itself is worth a visit: we're simply aswoon over the decadent oak "moon gate" leading into the art gallery. **110-6888 River Rd., 604-285-8889. Origoclub.ca** MIRANDA SAM

DOWNLOW CHICKEN SHACK

Things are heating up on Commercial Drive thanks to **Downlow Chicken Shack**, the city's first Nashville hot-chicken joint. What started as a menu item frequent diners at **Merchant's Workshop** tried to keep on the "down low" has become its own concept in its own down-the-street space. Take a fire-engine-red stool and watch quarter-birds fried and hot-chicken sandwiches prepped, southern-style, before your eyes. Whether you go "classic" or choose between five rising heat levels ("side of milk" is spiciest), be sure to order a side of honey butter corn bread and/or pimento cheese macaroni salad to keep your tongue happy (and cooled). While restaurateur Doug Stephens won't reveal his top-secret recipe, he admits, "It's really easy to make something spicy, but it's really hard to make a spicy thing tasty." Mission accomplished. **905 Commercial Dr., 604-283-2582. Dlchickenshack.ca** MIRANDA SAM



PERVERTED ICE CREAM

Forget about bubble gum and birthday cake, and don't expect vegan and sugarless options either—**Perverted Ice Cream** is all about sinful summertime indulgence. Situated just off Robson Street, the tiny space is done up all in black (inside and out) to comp the twisted theme, from the tinted windows to honeycomb tile and gothic accents. Geared to an adult crowd, naughty witticisms pepper the room, along with a mural incorporating the brand's logo into a mashup of drawings by risqué British artist Aubrey Beardsley. Decadent treats on offer are all based with organic milk soft serve sitting in daily-made charcoal waffle cones (or opt for a bowl) and garnished with unique house toppings. Order a Brand Spanking, featuring creamy chocolate swirl, chocolate wafer and sprinkled with "perverted crumble" (a wicked mix of black sugar and parmesan cheese) or, for a lighter option, try the Lemon My FAO—a citrusy mélange with graham cookie, lemon dust and toasted marshmallow. Open late (till 2 a.m. on weekends), skip the hot dog and head here for your next guilty pleasure. **797 Thurloew St. Pervertedicecream.com** RACHEL JOHNSTON



RODA
ARENA DAYBED

LIVINGSPLACE

1706 WEST 1ST AVE
ARMOURY DISTRICT
VANCOUVER 604 683 1116
LIVINGSPLACE.COM

TRIPS & SIPS

Tropical Trio

SUN, FUN AND PLENTY OF RUM IN NICARAGUA
BY NOA NICHOL

A

A straight shot (save a quick stop in, say, Houston) south from Vancouver, Nicaragua is a country that's up-and-coming in the "tropical getaway" game—not to mention, a place that's producing some of the best rum in the world (if a piña colado doesn't say "paradise found," we're not sure what does). Our recent visit featured boozy, beautiful stops in Chichigalpa, Granada and Playa Guacalito, and included every mark (read: sun, sea and sand) of a hot-weather holiday.



PHOTO: JORDAN DYCK



CHICHIGALPA
While Nicaragua is still experiencing growing pains (full disclosure: social, political and economic unrest, at times, poses a risk to visitors), homegrown companies—like world-renowned super-premium rum-maker **Flor de Caña**—remain staunchly committed to making things better. Located at kilometer 120 on the road to Chinandega, Chichigalpa, the Flor de Caña plant, with its unique view of the San Cristobal volcano, offers a fascinating tour that includes six stations (not to mention, opportunities to taste and savour the product in its different stages, from raw material to its final, delicious iteration) that take you through more than 125 years and an astounding five generations of the Pellas' family's rum-making tradition. You'll also learn about the brand's highly admirable commitment to making the life of its workers—and indeed, fellow Nicaraguans—better through education, environmental initiatives and critical medical care. Tourflordecana.com

PLAYA GUACALITO

When it comes to **Mukul**, part of the **Auberge Resorts Collection**, the word "luxury" simply doesn't cut it. Envisioned by the Pellas family (yes, of Flor de Caña fame), this magnificent getaway, set along a strip of pristine white sand and emerald water, doesn't include your standard hotel rooms. Rather, it's made up of a generous smattering of meandering-pathway-connected no-detail-missed villas, standalone suites, private residences and vacation rentals boasting magnificent ocean views, artisan-crafted décor (think carved native teak tables, sugarcane twig headboards and rum barrel staves), private pools, sensuous secret-garden monsoon showers and soaker tubs in which to try your complimentary **Molton Brown** bath goodies. From poolside cocktails (go for those that are rum-based, of course) to surf lessons to traditional local (and ancient) spa treatments to private helicopter tours to curated nature excursions to vintage rum tastings in the intimate Flor de Caña rum cellar, no guest pleasure is denied at this stuff-dreams-are-made-of Nicaraguan destination. Mukul.aubergeresorts.com

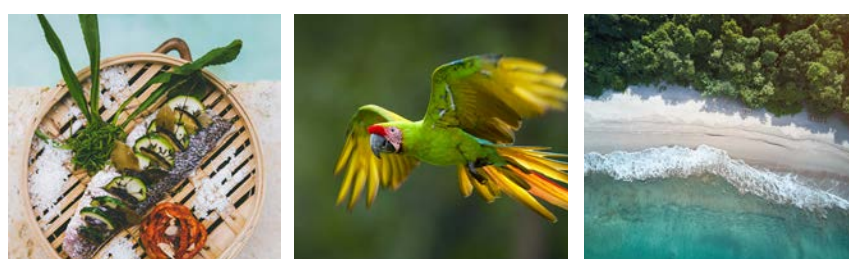


PHOTO: JORDAN DYCK



GRANADA

One of the prettiest little towns we've ever seen, the pastel-coloured homes and buildings of central Granada are like ice cream for the eyes (keep your peepers peeled for the Pellas family's own historic mansion). Stay at the **Hotel Gran Balcón**—centrally located, modern and elegant with a gorgeous inner garden, Instagram-able pool and café serving up (equally social share-worthy) smoothies and beautiful breakfast bowls showcasing the local bounty of fruit. A stroll to nearby freshwater Lake Nicaragua (a body of *agua* so enormous, the Spanish conquistadors mistook it for the ocean till they saw their horses drinking from it) yields the opportunity for watersports and chartered boat rides galore—and, if you're lucky, an invite to visit one of 365 privately-owned islets (some luxuriously outfitted with beach homes, hammocks and hot tubs). Hotelgranbalcon.com

TRAVEL TIP

Please note that, at press time, the Republic of Nicaragua was experiencing civil and political unrest. As always, prior to taking any vacation, be sure to check with the Government of Canada for any current travel advisories or warnings. Our hearts are with this beautiful country and its people during this difficult time. Travel.gc.ca



TRIPS & SIPS

Bottled Bouquets

FIVE FLORAL WINES PAY TRIBUTE TO SUMMER
BY LAURA STARR

S

Summer and the city's abuzz with blossoms. You raise your glass to cheers the season and realize that your wine, too, is a posy of floral aromas. Lilies, roses, violets and honeysuckle—why does your drink smell like the Garden of Eden?

Wines are full of compounds that, though formally labelled with standoffish scientific names like pyrazines, esters, terpenes and thiols, are responsible for many pleasurable scents. These compounds are often found in the skins, or essential oils, of the grapes. A few wines are known for their aromatic characteristics, particularly in the floral department.

Our list is far from exhaustive but, if you want to start exploring this ambrosial world of wine, here are a few classic examples to get your nose tuned for summer. ♡

VIIGNIER

Sometimes lightly blended into red wines like Syrah, giving them a lilac aroma, this grape variety owns the richer and riper floral notes of honeysuckle, lilac, jasmine and orange blossom.



NEBBIOLO

An Italian red varietal, often expressing aromas of rose petals and violets.



GEWÜRZTRAMINER

Globally recognized for its rose-petal nose (in addition to its trademark aroma: lychee).



TORRONTÉS

This Argentinian grape often has a wildflower/potpourri quality, with aromas of lilies, lavender and white flowers.

MUSCAT

Another aromatic variety that exudes orange blossom and honeysuckle (its trademark being the unusual aroma of actual grapes).



GLOSTER TUUCI CANE-LINE DEDON JANUS ET CIE BROWN JORDAN HARBOUR OUTDOOR KINGSLEY BATE

EXCEPTIONAL INDOOR & OUTDOOR FURNISHINGS

Furniture Showrooms: 1855/1880 Fir Street Armoury District Vancouver
604.736.8822 Mon-Sat 10-5:30 pm broughaminteriors.com

brougham
interiors



ROLEX

THE LADY-DATEJUST

The classically feminine Rolex, sized and styled to perfectly match its wearer since 1957. It doesn't just tell time. It tells history.



OYSTER PERPETUAL LADY-DATEJUST 28



GLOBAL WATCH COMPANY

1119 Alberni St. Vancouver | globalwatchco.com

ROLEX BOUTIQUE