

VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITADAILY.CA • SUMMER 2019



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EDITOR'S DESK



The sunshine, the heat, the long, light-filled days—I love everything about summer, and compiling the July/August issue of *VITA* is an annual pleasure for me. This time around it was fun to focus on seasonally appropriate themes like citrus fruits, local festivals, (self) tanning and travel; flip through these pages to find stories on all of these topics and visit us online for even more summer sizzle!

Also inside: interviews with fashion and beauty pros like **Edeline Lee** and Breigh Bellavance, a tonne of new Vancouver retail and restaurant openings, Moroccan-inspired (and Princess Jasmine-approved) home décor and travel tips for Oregon's magical Mt. Hood and the Columbia River Gorge Region. Oh, and a contest or two (or three) for you to enter, too! Happy summer indeed!

Noa Nichol
EDITOR-IN-CHIEF

@VITADAILY.CA
@VITADAILY.CA
@VITADAILYVAN
NOA@VITAMINDAILY.COM
VITADAILY.CA



HAIR AFFAIR

It's true: I'm cheating on my curling and flat irons with **Dyson's** Airwrap styler (\$700 for the complete set, with nine nifty accessories). This incredible hair tool harnesses the power of something called the "coanda effect" to create damage-free curls, beach waves and silky-smooth tresses and, trust me, is worth every penny. Dysoncanada.ca



IN THE STRAW BAG
A seasonal essential, **Poppy & Peonies'** handwoven seaside tote (\$75) simply screams summer, don't you think? Poppyandpeonies.com



GUCCI GOODS

Gorgeous inside and out, **Gucci's** new lipsticks (satin, sheer and balm, \$49 each at **Holt Renfrew**) are total colour knockouts (the star hue, 25 Goldie Red, references creative director Alessandro Michele's lucky number) and smell like violets, to boot. **737 Dunsmuir St., 604-681-3121. Holtrenfrew.com**



SALAD SNEAKERS

My top thing to eat this season: fresh produce, and lots of it. And now I can wear my fave fruits and veggies on my feet, thanks to **Native's** launch of its plant shoe (\$250), made wholly from things that grow. **14 Water St., 604-800-8630. Nativeshoes.com**



CHAIN REACTION

Perusing the new **Melanie Auld** boutique, my eye went straight to this stone heart necklace (\$105) featuring a faceted moonstone. Summer swoon! **1575 W. 6th Ave., 236-986-7845. Melanieauld.ca**



DENIM DO

Summer means breaking out all of my white denim, like this **Outland** Florence mid-length skirt (\$220 at **Nordstrom**). Not only does it invoke all the warm-weather feels, the brand is dedicated to changing the lives of women who have fallen victim to the human-trafficking industry by giving them employment, stability and safety. **799 Robson St., 604-699-2100. Shop.nordstrom.com**

VITA

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SOCIAL MEDIA MANAGER **VICKI DUONG** CONTRIBUTORS **LYNDI BARRETT RACHEL JOHNSTON AILEEN LALOR ISABEL ONG**
MIRANDA SAM LAURA STARR ON THE COVER **MARC CAIN SPRING-SUMMER 2019** CANADA POST PUBLICATIONS MAIL AGREEMENT #42849020



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ORANGES, LEMONS AND LIMES!
SUMMER'S SWEETEST TREND IS CITRUS



CITRUS TRIP

From **Chanel**, this limited-edition Paris-Riviera eau de parfum (\$149) creates a snapshot of summer thanks to a refreshing veil of orange peel and petit grain. Chanel.com



INFLUENCER PICK

The **Body Shop's** Satsuma collection is one of my favourite citrus and summertime scents, particularly the shower gel (\$6). Plus, the company's been working to address the global plastic crisis, partnering with **Plastics for Change** to focus on cleaning up our planet via recycling and give-back programs. Now that's juicy! **700 W. Georgia St., 604-687-2744. Thebodyshop.com**

ORANGE DÉCOR
From **EQ3**, this round Lollygagger outdoor table (\$435) will hold your favourite patio drinks—and your bare feet! **2536 Granville St., 604-681-5155. Eq3.com**



STILL LIFE

The age-old practice of painting fruit gets a modern twist in this citrus-inspired piece by Susan Hable (\$648 at **Anthropologie**). **2912 Granville St., 604-734-2529. Anthropologie.com**



JUICY LIPS

From pool to patio, we're giving our lips the protection they deserve this summer with **Eos' Lemon Twist SPF 15** and **Fresh Grapefruit SPF 30** balms (\$4 each). Evolutionofsmooth.ca



LIMONE LOVE

Bastide's newest unisex scent, Verveine du Sud (\$165 at **Holt Renfrew**), gives a sparkling surge of Italian lemon from spray one. **737 Dunsmuir St., 604-681-3121. Holtrenfrew.com**



PINK ADE

These Saebrylla earrings (\$12 at **Aldo**) in a vibrant hue remind us of the citrus slices accessorizing our summer drinks. **1025 Robson St., 604-683-2443. Aldoshoes.com**



LULU LEMON

Lululemon stayed true to its name when creating this printed Deep Sea swim top (\$74), boasting built-in cups that give shape and coverage in the water and out. **2101 W. 4th Ave., 604-732-6111. Shop.lululemon.com**

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July's It Bag

BY NOA NICHOL

If you've ever wished for a purse that could "magically" change its appearance to match your MO, it's your lucky month! The Swap Bag (\$830) by **Marc Cain** is available in three colour combos: seed (light beige), apricot beige and black. Though each option comes with a basic-black tipped flap, the swappy secret is in the rounded coloured cover flap, which can be switched out with a zip. As for the handle, keep it short or change it out for a longer shoulder strap to make this handbag all yours. **Pacific Centre: 701 W. Georgia St. (lower level); Oakridge Centre: 650 W. 41st Ave., 604-398-7878. Marc-cain.com**



Hot Shops

VANCOUVER'S GREATEST AND LATEST RETAILERS
BY NOA NICHOL

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MELANIE AULD JEWELRY

If you've been waiting with bated breath, like we have, you can exhale. The **Melanie Auld** boutique has opened on Vancouver's west side, and it's everything we dreamed of—and more! Bright and light and decorated in dusty pinks, mint greens and cool blues, it's like a MAJ piece in architectural form (the restroom in the back is just as beautiful as the rest of the shop). Among the highlights (besides the glittering jewelry, of course, much of which can be custom engraved in house while you wait), the store offers hand-painted and thrown ceramics made in a third-generation studio in Italy (tip: the acorn-like flower buds, called pumo de fiore, are an old-country good-luck charm) and Murano glassware, hand-blown on a Venetian island by an artisan named Carlo. (Psst: head to our website or Instagram feed for a chance to win an engravable piece!) 1575 W. 6th Ave. 236-986-7845. Melanieauld.ca



BROUGHAM OUTDOOR SHOWROOM

Just in time for summer, **Brougham Interiors** has opened up a new 4,500-square-foot outdoor showroom featuring dining and seating, lounging, accessories (think lanterns, lighting, planters and outdoor pillows) umbrellas and more! Open year-round, the space displays the best from globally leading brands (**Gloster**, **Brown Jordan**, **Kingsley Bate**, **Tuuci**, **Cane-line** and **Harbour Outdoor**, among others) carefully selected for not only the quality of design but also the quality of craftsmanship, including durability and weather resistance. Our top pick: an iconic Nestrest lounger by **Dedon** (really, could it get any more patio perfect?). 1855 Fir St., 604-736-8822. Broughaminteriors.com



WEST FOURTH FESTIVAL FASHION

It's a question we ask every summer: what to wear to this year's outdoor festivals? With street parties like **Khatsahlano** (July 6th, don't you know) happening all sunny season long, dressing the part is key—thank goodness **West Fourth** retailers have us covered, from head to tune-tapping toe. From **Middle Sister**, an **Indi & Cold** sleeveless top with ties (\$100) is festival-ly floral and pairs perfectly with **Frame** cut-off raw-edge denim shorts (\$289 at **Coco's Closet**). On our feet: **Birkenstocks**, in a dusty rose suede (\$155 at **Gravity Pope**), or two-step-worthy **Ganni** Meg cowboy boots (\$574 at **Hill's Dry Goods**). And the topper? A haku (flower crown) handmade by **Leis de Buds** (from \$49). Festival set! Shopwest4th.com

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FASHION & SHOPPING

Designing Woman

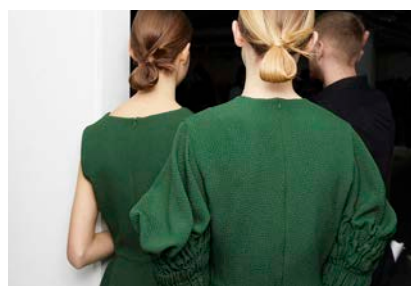
EDELIN LEE IS MAKING FASHIONABLE, FEMINIST WAVES
BY LYNDI BARRETT

V

Vancouver-born London-based designer **Edeline Lee** is making waves in the fashion world. After graduating from Central Saint Martins and completing internships with big names like **Alexander McQueen** and **John Galiano**, Lee started a collection under her own name. Since, her designs have graced the pages of *Vogue*, *Harper's Bazaar* and *WWD* and her celeb clientele includes Alicia Vikander, Taylor Swift, Solange Knowles, Ciara, Olivia Colman and Amy Fine Collins. She has been nominated as Breakthrough Womenswear Designer of the Year at the WGSN Futures Awards and awarded the **British Fashion Council** Fashion Trust grant, and we caught up with her after her Fall 2019 presentation at London Fashion Week. Edelinelee.com

How would you describe the Edeline Lee woman?

The "Future Lady" is an idea that I made up to encompass the woman that I am designing for. Female identity is in flux in our generation; our roles are shifting so dramatically in our lifetime. We can't automatically subscribe to the identities that have been laid out for us historically; modern women now live hectic, collaged lives. Women now



are more beautiful, more powerful, more free, stronger, more aware, more capable than at any other time in history. Yet we still have a way to go before we fulfil our true potential. How does the Future Lady dress? What is it to dress with true power, grace, beauty and dignity in today's world?

Your Fall 2019 show at London Fashion Week was very unique, showcasing incredible women telling their stories. What was the inspiration behind the presentation?

This season I am inspired by Mary Beard's *Women and Power*, a manifesto exploring "the public voice of women and our cultural assumptions about women's relationship with power". Public voice is power and, since ancient history, women's voices have been diminished. Fashion itself is an arena where women are always seen, seldom heard. So I want to try to upend this in my presentation by showing voice after voice of female power, structured as a marathon of oration. We have collected an immense and wonderful group of truly powerful women to participate in our show. It has been such a joyful and inspiring experience to put this project together.

Tell us about some of the women you chose for your presentation.

Wow. That's a difficult question as there were 35 unbelievable women in the show. Mary Beard herself opened the show. Some of the highlights were: Baroness Jane Bonham-Carter, a member of the House of Lords speaking about friendship and bravery; Clarissa Ward, chief international correspondent for **CNN** speaking about her on-the-ground experiences in Syria; Zoé Whitley, the curator of the British Pavilion at this year's Venice Biennale; Dame Helena Morrissey, a mega financier and mother of nine children speaking about women and their relationship to money; Sally Gunnell, Olympic gold medalist; Dame Evelyn Glennie, a prolific percussionist who is also profoundly deaf; and Reverend Dr. Christina Beardsley, who is a trans Church of England priest and advocate for **LGBTQI+** inclusion within the church.

What's next for the Edeline Lee brand?

I feel that I am still working on completing the foundation for the brand. My goal is to build it into a sustainable business that nurtures both my team and my clients. I would like to continue growing organically, toward longevity. We've spent some time developing the business in Europe, now I want to focus more on North America and Asia.

When you're back Vancouver, what are some of your favourite places to visit?

It's been a long time since I lived in Vancouver but I still miss the smell of the trees. The forests smell different in Vancouver, wetter and more lush. I head straight for Stanley Park for a walk among the old trees. Japanese and Chinese food is better there, too, so that's next on my list.

What advice would you give to an aspiring fashion designer?

There is no time for fear. Get out there, take internships and get as much experience as you can, as early as you can. At its core, this business is a craft. In the long run, lack of experience and a solid foundation always shows. ♡

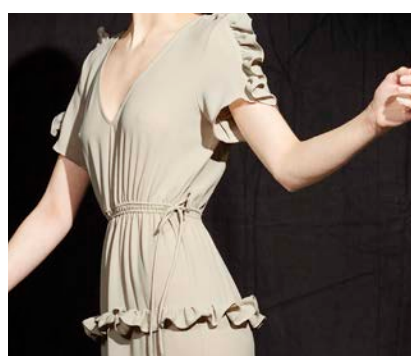
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FASHION & SHOPPING

CONTINUED FROM PAGE 5

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MARC CAIN

Can't get enough **Marc Cain**? You're in luck: the German clothing maker is opening its second-in-Vancouver store this summer in **Pacific Centre** (this in addition to its **Oakridge** boutique, which opened back in 2017). The 2,125-square-foot shop will feature the latest trends in women's fashion, with a comprehensive selection of the brand's latest garments, accessories, shoes and handbags. We can't wait to peruse the stock—quality clothes featuring trend-worthy and exclusive styles, one-of-a-kind prints and ingenious, thoughtful details. Marc Cain, without a doubt, makes so-called “slow-fashion” garments that are meant to hold a treasured place in one's wardrobe forever (and they really need to be seen in person to be believed). The store will be located near Guest Services on M1, the lower level of the mall. **701 W. Georgia St. marc-cain.com**



KING LIVING

The latest addition to South Granville's furniture row is an Aussie brand 44 years in the making. The **King Living** showroom—a grand and gorgeous, light-filled, 11,000-square-foot, two-level corner space on Granville and 15th—is the first of its kind in North America (though there are nearly two-dozen others worldwide) and gives new, true meaning to the term modular furnishings. Using a “**Lego-like**” system of brackets that fit into carefully placed holes, many of King's designs (like its bestselling Delta sofa) instantly and easily transform from seats to loungers to beds and back again. Plus, the exclusive use of steel rather than timber frames means this isn't “fast” furniture; it's meant to last rather than for the landfill (and can be recovered and refinished to your heart's content). Peruse and play upstairs but, for the real piece de resistance, head downstairs to check (and try) out the King Cloud III (sounds royal, right?): this ultimate lounger uses smart touch-button tech to adjust recline and comfort levels (think **Netflix** mode). Now that's furniture fit for a king. **3097 Granville St., 236-521-6666. Kingliving.ca**



GO BLUE ON SOUTH GRANVILLE

Something berry exciting is happening this summer on **South Granville** as the neighbourhood partners for the first time ever with the **BC Blueberry Council** for a fun and fruit-focused celebration. From July 18th to 28th, 2019, a number of South Granville's restaurants will Go Blue and feature local blueberries in both savoury and sweet offerings and beverages. The street (from 5th to 16th Avenue) will be transformed with hues of blue as various retailers honour our personal favourite berry (we pop 'em like candy around here) via promos, sales, events and, of course, blue décor. **Bcblueberry.com**

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Beyond the Pale

INDOOR TANNING IS LEGAL (AND SOMETHING MORE THAN A MILLION CANADIANS DO) SO HOW BAD CAN IT BE? PRETTY DARN BAD
BY AILEEN LALOR

B

Beach season, wedding season, spaghetti-strap season—summer’s in full swing. We’re on board with the fact that any bod is a beach bod, but also admit we like the look of a post-vacation tan. The problem is how to get it if we’re not heading to Cabo or the Maldives. And, when we canvassed our girlfriends, we were surprised to hear how often the “s” word came up: sunbeds. They’re quick and easy to use; you can find them in lots of gyms and salons. You don’t end up orange or burnt, with ludicrous tan lines you spend the rest of the season trying to get rid of. And they make you feel nice on a cloudy day. That’s why, according to the most recent research from Statistics Canada, about 1.35 million of us are still using them.

We asked dermatologist Dr. Shannon Humphrey of Vancouver’s **Carruthers & Humphrey Cosmetic Dermatology** just how bad they actually are, and she brought us back to earth pretty darn quickly: “The bottom-line, unequivocal, scientific truth is that indoor tanning is carcinogenic—it causes skin cancer ... including melanoma, the most serious and deadly. It’s definitive.”

Suitably deflated, we pressed a little harder. We weren’t talking about weekly tan sessions—just one or two before that wedding where we really want to wear a strapless dress.

Alas, “even a single visit to a sunbed increases your baseline risk of skin cancer,” she says. “As well, it has addictive properties, like smoking and alcohol, which means if you start, it can be hard to break the cycle.” In fact, tanning beds are so harmful and addictive that, since 2012, B.C. has banned the under-18 set from using them at all.

On the plus side, tanning gives us necessary vitamin D and it can be helpful for eczema ... right? “If you expose yourself to natural light or radiation from sunbeds you can get vitamin D, but diet and supplements work just as well,” Dr. Humphrey says. “Treatment for eczema, psoriasis and some other conditions is called phototherapy and it’s a totally different thing from a tanning bed. It uses a particular type of light under the supervision of a dermatologist. In terms of benefits from sunbeds, there aren’t any.”

“The bottom-line, unequivocal, scientific truth is that indoor tanning is carcinogenic—it causes skin cancer ... including melanoma, the most serious and deadly. It’s definitive”

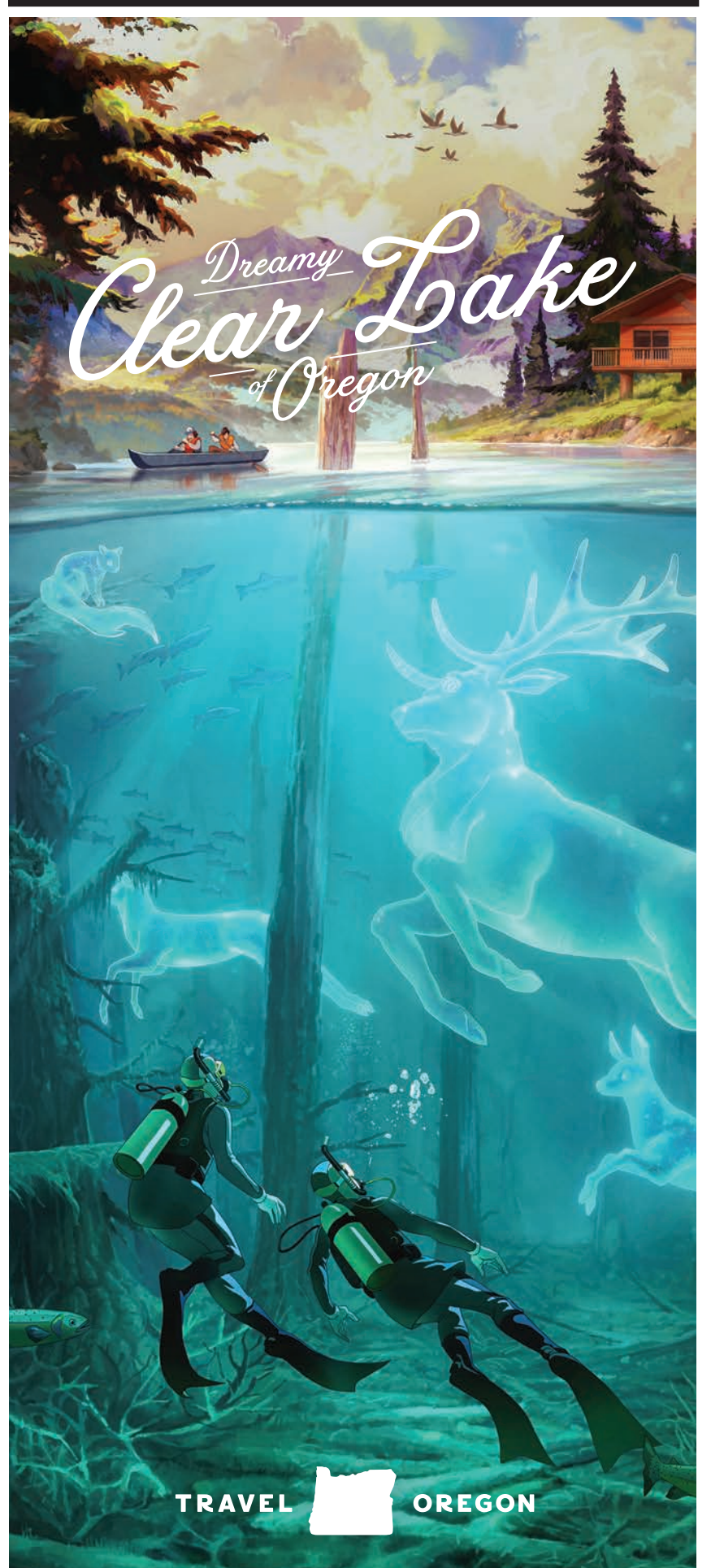


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Bronze Medal BY NOA NICHOL



Focusing on the refreshing properties of coconut water, **Marc Jacobs** recently launched three must-have coconut-infused, radiance-enhancing essentials to give skin a glowing perfection—sans the sun. First up: Under(cover), an invisible primer that acts like a skin filter for a soft-matte finish (\$48). Next, Gel Drops highlighter in a new hue, Tantalize, that’s the perfect golden shade for summer (\$56). Finally, O’mega Bronze, also newly available in Tantalize; this oversized bronzer gives the perfect, matte, sun-kissed look in the brand’s most-requested deep-bronze shade (\$59, all at **Sephora**). A winning combo in our bronzed books! **1045 Robson St., 604-681-9704. Sephora.com**



TRAVEL  OREGON

Brow Babe

BENEFIT CANADA'S GOT A NEW NATIONAL BROW ARTIST
IN BREIGH BELLAVANCE—AND BOY DOES SHE KNOW EYEBROWS
BY NOA NICHOL

What was your reaction when you found out you were going to be Benefit's new National Brow Artist?! How did you celebrate?

My boyfriend and I cracked open our best bottle of wine and ordered Craig's Cookies (the most indulgent chocolate chip cookies ever). It was a day I will never forget!

What is a "national brow artist" anyway?!

Being national brow Artist for Benefit Canada means 24-7 brows. Whether it's brow services, brow styling, content creation, education, identifying trends or providing expertise, I'm here to bring all of that to life—while having a tonne of fun of course! After all, laughter is the best cosmetic. With more than 10 years of brows under my belt, I feel a personal duty to educate people and make them feel confident and beautiful, inside and out, with the simple power of a brow.

What justifies the need for an entire role dedicated to eyebrows?

At Benefit, brows are what we do best! A role dedicated entirely to brows might have seemed crazy in the past, but today the eyebrow industry is growing faster than my brows ever did! Traditional and social media have created some major brow awareness and are setting the brow bar high, inspiring many to make the move to seek professional brow services and advice, and today you can find a brow gel or pencil in almost every makeup bag. I am here to demystify brows and make everybody their own brow expert.

What do you plan on bringing to the role?

When it comes to brows, I have seen it all and been through it all! My experience is akin to a brow encyclopedia, and I cannot wait to share all of my brow secrets. I also have a fun but real approach to beauty, and the Benefit DNA is so aligned with who I am as a person: lighthearted, punny and I don't take life too seriously! Every Bene-babe is encouraged to be their true self, and you'll see that from me on the @benefitcanada Instagram. You can also follow me personally and all of my brow transformations @breighbellavance.

Can you fill us in on summer's hottest brow trends?

I see a lot of beachin' brows looking fluffed and feathered this year. The soft, effortless look is majorly trending. The ultimate out-the-door beach brow is done using Gimme Brow +, a water resistant volumizing fibre tinted brow gel, to sweep through the brow to add colour, density and tame the hairs. To take your brows from beach to patio, simply build by adding in a little more definition into naturally sparse areas using Precisely My Brow Pencil with a light flicking motion to feather in natural hair-like strokes. On the flip side, festival brows will be far from subtle. I'm predicting pops of colour, and perhaps even added glam in the form of glitter or gold leafing. Embracing the trend can be as easy as brushing through a fun and flirty coloured brow gel, like 3D Browtones Magenta (which also supports our Bold is Beautiful program year-round!). If you're feeling crafty, use a disposable mascara wand, dip into a clear brow gel like 24HR Brow Setter, and then dip the same wand into your favourite glitter. Simply sweep through your brows and you're ready to party!

Fall is next; anything new in eyebrows coming up?

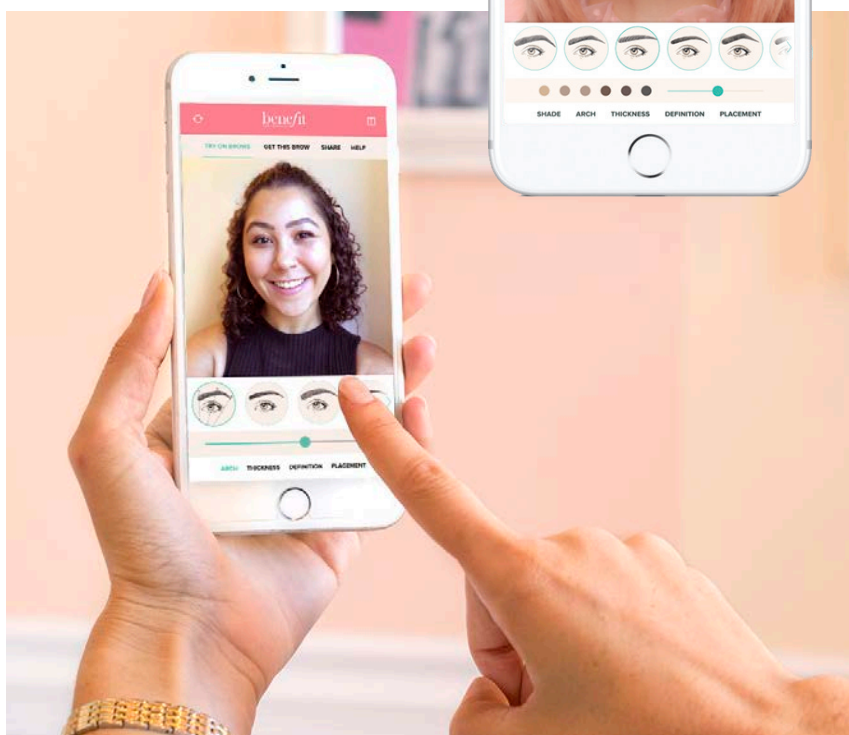
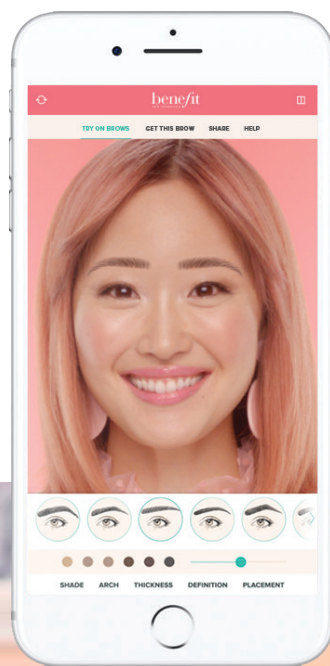
This fall you may see brows doing a bit of a 180. For some, full and fluffed will be here to stay but, for others, a more structured brow is on the horizon. As brows naturally re-darken from being lightened by the summer sun, I find post-summer babes are looking for a bit more of a polished brow.

How do we choose the brow look that works best for us and choose the best method for creating and maintaining the ultimate eyebrows?

They key to finding your best brow is by letting someone else do them.



“The eyebrow industry is growing faster than my brows ever did!”



Not your sister or best friend, but an experienced Arch Expert. They will use the method of brow mapping to customize a shape that will be uniquely yours, based on your facial features and style. If seeing an Arch Expert is easier said than done, our website has a Brow Try On tool that allows you to virtually try on any brow style in seconds. The easiest way to figure out what method, from waxing to threading to tweezing to microblading, is best for you is by simply asking yourself what your brow goals are. If you're looking for organic, barely tamed brows, tweezing might be your perfect option. If you're looking for a natural-but-clean brow, it may call for a little waxing or threading. When it comes to the more semi-permanent/permanent brow options, ask yourself, "What's my commitment level?" If you're tattooing or microblading your brows, you better be ready to "put a ring on it," because you'll be married to your brows!

In general, what can each of us do to keep our brows looking their best?

If you want to keep your brows looking their best, it's all about brow maintenance. This doesn't mean a DIY tweeze or a kitchen-scissor brow trim, but pre-booking your brow appointments. Our brow hair grows in three-week cycles so, at that three-to-four-week mark, you'll be craving a brow touch-up and you will be tempted to tweeze. Getting your brows professionally shaped every three to four weeks will make sure your shape will stay strong and consistent.

Is there a "best" brow type for each face shape? Or is it more personal than that?

There are tonnes of "rules" and recommendations when considering brows and face shapes, but I am a believer that it really is more personal than that. Not only is it face shape but it's personal image, makeup routine, hairstyle or even how the eyes are set. There is so much to consider! It's all about creating a customized brow to frame and open the eyes and to balance our facial features, while still having our personal style shine through.

What are your top products for brow grooming and glamming?

My absolute top products for brow grooming and glamming are 24HR Brow Setter, Precisely My Brow Pencil, and Gimme Brow + by Benefit Cosmetics. Precisely My Brow Pencil is 12-hour waterproof and so soft and natural, while at the same time can be built up for a much more defined brow. Gimme Brow + is the second step to almost any brow I do. The gel contains tiny microfibres that latch onto the hair and the skin giving any sparse areas perfect colour and density. And, last but not least, 24HR Brow Setter is my personal life nectar. It is made for literally anyone with eyebrows. This double-duty gel is the best for sculpting and shaping the actual hairs of the brow. Benefitcosmetics.com



BEAUTY & BROWS

CONTINUED FROM PAGE 9

All of this leaves us either pale and interesting, or looking for another tanning solution. Enter self-tanners, which, according to Transparency Market Research, will hit global revenues of nearly \$5.5 billion U.S. by 2026. Still, many of the women we spoke to were unenthusiastic, thanks to past bad experiences of orange tans and funny smells. Should they give it another go?

“Self-tan has improved 100 per cent; it’s not like the old days and the younger generation won’t even be making these assumptions,” says Sophie Evans, **St. Tropez** skin-finishing expert. “St. Tropez has mood-boost fragrance technology that makes you smell fresh, clean and will uplift your senses. The tanning agent known as DHA [the magic ingredient that makes your skin turn brown] is what causes the old-fashioned wet-dog smell. So instead of trying to mask the odour, which just makes the smell come back worse, we work in unison with the scent to make it smell fresh, pleasant and clean.”

So we’ll smell great, but still look like tangerines? Not so. Evans says the orange colour is a result of DHA being used alone, but St. Tropez formulates its products with pigments that counteract the orange hues and work with your own pigmentation and body chemistry so you won’t end up unnaturally dark if you’re very pale to start.

There is some skill to using self-tanner. “Exfoliate 24 hours before application and use the product sparingly around elbows, knees and ankles,” says Dana Rock, brand manager for **Jergens**. “Go section by section in a single direction, applying evenly over the entire body. Tanning mitts are also helpful to aid with even and smooth application.”

She adds: “Hands and feet are the only area we tan differently as the skin is dry, so stop at the wrist or ankle and then, with the excess product that is left on the applicator mitt, blend over hands and feet. Then take a wet wipe to remove self-tan from the nails and palms if needed. If you have severe dry skin on your hands and feet,



like corns and calluses, blend a little moisturizer over the top.”

The finished look can also come down to the product you choose. For newbies, Evans suggests Gradual Tan Watermelon Infusion Everyday Moisture Miracle Body Lotion (\$38), which has anti-aging benefits, too, while Jergens has a whole Natural Glow gradual collection (from \$10).

“Apply the product just as you would when you apply your lotion daily and you will be able to see a subtle development of colour and achieve a natural shade,” says Rock. For those who have a naturally darker skin tone or would like to achieve one, there’s Jergens’ new Instant Sun Ultra Deep (\$14) in a mousse texture. And for the ultra-lazy, St. Tropez offers an

in-shower gradual tan, a one-minute tanner and its bestselling Self Tan Express Bronzing Mousse (\$54)—the colour develops in an hour. You can also get ultra-light hydrating options like **Rodial**’s Tanning Water with hyaluronic acid (\$49) and organic tanners like **Eco Tan** Cacao Tanning Mousse (\$55 at **Kiss and Makeup**). For fairer-skinned folk, there’s **Rose Glow Skin** (from \$15), made in Vancouver from ingredients like organic cold-pressed aloe. And, fresh on the market is **James Read**’s Sleep Mask Face with retinol (\$45), which provides serious anti-aging boons while you sleep, maybe even undoing some of the effects of all that tanning.

If self-tanner still seems too intimidating, there are a number of makeup options to help you fake it. **Cocoon Apothecary** Carotene Glow Antioxidant Booster (\$28) looks terrifyingly orange in the bottle but can be mixed into serum or moisturizer for a wash-off glow. The carotene also converts to anti-aging retinol after application and one tiny bottle lasts for months.

Guerlain just launched its limited-edition Terracotta Contour & Glow palette (\$84), which has a matte contour shade, bronzer, blush and highlighter in a beautiful compact. For a bronzed look on milky white legs there’s **Soleil Toujours** Mineral Sunscreen Glow (\$50 at Kiss and Makeup) that gives skin a luminous slightly bronzed finish and, unlike a real tan, offers SPF 30 broad-spectrum sun protection.

A couple of days after interviewing Dr. Humphrey, we overheard a staff member at our gym telling a client that “the tanning bed isn’t harmful to skin because it only uses UVA, not UVB rays.” Emboldened by our research, we decided to educate him.

“Actually, UVA causes aging and UVB causes burning and they both cause cancer,” we said, before dropping some of Dr. H.’s stone-cold facts. “There’s a lot of misinformation around tanning beds being safe but it’s just not true. It’s never OK to use sunbeds—not even once.”



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New Noshes

WHERE AND WHAT TO EAT THIS SUMMER



PHOTOS: BETTY HUNG



BERRIES AT BEAUCOUP

In addition to the blueberry festival just up the street on South Granville (read more on page 7), we're planning to further celebrate B.C.'s bounty of berries at **Beaucoup Bakery** via its new summer menu. On offer: a raspberry lychee rhubarb Eton Mess croissant, raspberry tarte Tropicaine, vegan raspberry verrine, strawberry roulade, avocado chimichurri savoury tarte and **La Glace** Crème Anglaise ice cream affogato. Co-owner Betty Hung's favourite? The blueberry cheesecake morning cream bun: flakey, creamy and berry all at once. **2150 Fir St., 604-732-4222. Beaucoupbakery.com** NOA NICHOL

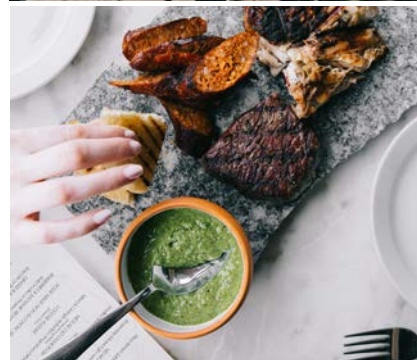
BLOSSOM DIM SUM

East meets West is a cuisine concept that can be difficult to execute without sacrificing authenticity. Newly opened **Blossom Dim Sum** strikes the perfect balance by offering handcrafted dim sum, grilled meats and fresh sushi, sashimi and shareable whole fish. Among our favourite bites: the seared foie gras rice bowl (great for foie gras first timers), the lobster or wild mushroom dumpling (with black truffle aioli, uncommonly pre-plated) and, to drink, a boozy Hong Kong bowl (word of warning: it serves four!). **808 Bute St., 604-428-5132. Blossomdimsum.com** VICKI DUONG



CACAO LATIN-AMERICAN BARBECUE

Summer's here, which means one thing: boozy drinks and barbecues. If you're craving all that but elevated, look no further than Kitsilano's **Cacao** restaurant, serving up Latin American-style 'cue (and back for its second year). Trade hot dogs for traditional asado—an Argentinean fiesta consisting of a variety of open-fire-grilled meats like steak, chicken (the juiciest), house-made morcilla (blood sausage) and spicy chorizo. Don't worry, the set menu is a balanced meal that comes with a side of veggies and crispy yuca fries, too. Dip it all in the guasacaca: a Venezuelan chimichurri made with avocado and chef Jefferson Alvarez's personal touch, cumin. These Saturday-only asados last till just after Labour Day, so claim a seat on one of Cacao's two patios and enjoy an Insta-worthy Blue Matcha G&T before the meat coma kicks in. **1898 W. 1st Ave., 604-731-5370. Cacaovancouver.com** MIRANDA SAM



CULTIVATE TEA

Bathed in natural light on Main, **Cultivate Tea** has found a fresh home for its tea brew and kombucha bar, replacing its original, smaller location. Featuring handmade woodwork stained with tea, the new space screams (quietly) well-executed simplicity. This esthetic extends to the drinks, which exclude artificial flavours and heavy syrups to let the tea itself star. The menu rotates to keep with the seasons; with summer temps rising, white and green teas are in. Also in stock now: a green peony tea so scarce, Cultivate could only source 1.5 kilos this year! Also on offer: kombucha (try strawberry rhubarb and honeydew with cantaloupe) in flights and growlers and loose leaves to take home and brew yourself. **2280 Main St., 778-877-8587. Cultivatetea.com** VICKI DUONG



HACHIRO RAMEN BAR

Never ones to resist a hot bowl of noodles, North Van's newly opened **Hachiro Ramen Bar** is the perfect nosh spot for those of us who identify as raving ramen addicts. Made-for-many plates include twice-fried chicken karaage and miso butter lobster tail you may not really want to share but, whatever your mood, save room for the noods. Available with tonkatsu (pork-based) or vegetarian broth (read: all bowls can be made veg-friendly), each serving comes with a generous portion sure to satisfy. Still need us to shoyu another must-try? Hachiro's matcha mascarpone layer cake with white chocolate ganache is a match(a) made in heaven. **140 16th St. W., North Vancouver, 604-988-7561. Hachiroramen.com** VICKI DUONG



HYDRA

Vancouver's new upscale Mediterranean restaurant, **Hydra** (say hee-dra) is downright divine. Arriving at the main dining room is an experience in itself: pass through Hydra's café-by-day and mezze-bar-by-night concept on the ground floor before heading up a white staircase of epic-Greek-myth status before, finally, indulging your senses in marine-themed décor, including Scabetti swirling fish chandeliers and a fish-scale-inspired tile bar wall. From sensational spreads on forno-roasted pita to grilled Mediterranean octopus and grilled sea bream prepared tableside to just-sweet-enough halva for dessert, the menu is a delight, though the real show-stealer is the refreshingly elevated take on a traditional Greek salad, made with the tastiest local tomatoes we've had outside of Italy and deliciously creamy (not crumbly!) feta straight from the Hellenic Republic. As the Greek saying goes, "One bite and all is forgiven." **475 Howe St., 604-416-0880. hydravancouver.com** MIRANDA SAM



PAPI'S SEAFOOD & OYSTER BAR

We see food: seafood, that is! Now open on Denman (with a clutch view of English Bay), **Papi's Seafood and Oyster Bar** is a breath of fresh marine air, done up in breezy ocean greens and blues and serving up the best fresh catches from the Pacific Northwest and beyond. The bounty begins at the oyster bar, offering as many as a dozen daily varieties from both coasts on the half shell. Other menu highlights: a belly-filling chowder, crab cakes with a tangy lime dressing and a salmon burger with a side of triple-cooked fries (vegans can order the **Beyond Meat** version, and there's a beef patty option, to boot). Wash your meal down with a charred peach Bellini, honey water margarita or mermaid sour from the bar (or order an oyster shooter with a choice of tequila, vodka or whisky—or all three in a Papi's Oyster Tridont) and admire the back-room wall mural depicting the Greek sea goddess Amphitrite, painted by local artists Arden Marow Ross and Peter Ricq. **1193 Denman St., 604-685-7337. Papisoysterbar.com** NOA NICHOL



WIN THIS!
VitaDaily.ca
contests

PHOTO: CLINTON HUSSEY

SHIFT SHAKES

A new to-go smoothie and snack spot in Kitsilano is proving that "mylk" shakes aren't an unhealthy option. **Shift Shakes** offers (so far) eight signature superfoods-packed blended drinks made with house-created nut mylk and offering a myriad of body-good benefits (thanks to naturopathic doctor Noya Madadi, who helped shape the menu). Try the Immune Warrior with rosehip, green spirulina and vitamin C, or the detoxing Black Sesame, with activated charcoal. Our fave: the luxe 24K Gold Longevity, featuring collagen, pine pollen, ginseng and, yes, edible 24-karat gold flakes. All shakes can be ordered "fit" or "fancy"—the latter includes simply delicious on-site-made coconut whip—and be sure to grab a "power pop" ball on the side. **1835 W. 1st Ave. Shiftshakes.com** NOA NICHOL

DINING & DÉCOR

Arabian Days

NATURAL TEXTURES, PRINTS THAT POP AND DIVINE
DETAILING MAKE MOROCCAN-INSPIRED DÉCOR A HIT
BY ISABEL ONG

We're hooked on certain dreamy scenes from **Disney's** live-action remake of *Aladdin* depicting the stunning fictional city of Agrabah. These were inspired by a host of real-life countries, including Morocco. Home to bustling souks and Insta-worthy riads (traditional lodgings), this North African kingdom possesses a beguiling charm that's made it one of the world's hottest travel destinations.

Home décor has also picked up on these Middle Eastern queues, with Swedish fast-fashion retailer **H&M's** summer collection drawing heavily from the Moroccan landscape and Marrakesh's architecture, resulting in pieces that embody "the natural tones of the desert and the colours of the city," says Evelina Kravaev Söderberg, head of design and creative at H&M Home.

Shop our favourite picks to help you transform your home into a modern-day Moroccan gem—without the help of a genie in a lamp! ♡

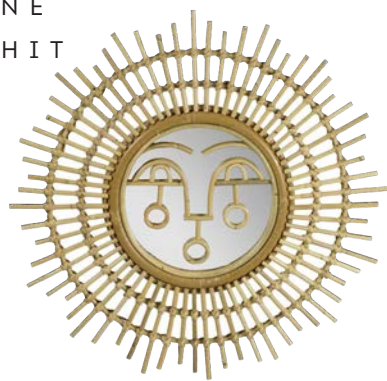


DINE OUT

Give your dining room or backyard a refresh with **Article's** Malou chair (\$199). Rattan, it adds an interesting dimension when paired with a wooden table. (Bonus points for being hardy and durable.) Article.com

OH SO EXOTIC

The smallest home furnishings can have a huge impact. This leather pouf (\$339 from **CB2**), covered in gold-painted Moroccan symbols, will give your space an instant splash of intrigue. **1277 Robson St., 604-669-9797. Cb2.com**



RISE AND SHINE

White walls may seem plain but, with a visually arresting fixture like the Alyssa mirror (\$250 at **The Cross**), your home will never seem dull. Made of rattan, wood and metal, its design simulates the shining sun in a quirky, offbeat way. **1198 Homer St., 604-689-2900. Thecrossdesign.com**

DUSK TO DAWN

Patio season is here, and H&M's metal candle lantern (\$20) is a gorgeous seasonal accent. Its gold sheen and intricate detailing make us think of lounging poolside in a riad. **609 Granville St., 855-272-7007. Hm.com**



TILE ENVY

Handmade in Morocco, this luxe Sabra silk pillow (\$70 at **Rug & Weave**) comes in a beautiful shade of blue akin to what you'll see on the streets of Chefchaouen, popularly known as the Blue City of Morocco. Rugandweave.com



PLANT POWER

Bring the outdoors in with **Surya Home's** Gilani table lamp (\$147 at **Nordstrom**). Its ridged exterior and vivid turquoise hue pay homage to the lush greenery you see in every Moroccan riad (read: it would fit right into Princess Jasmine's abode). **799 Robson St., 604-699-2100. Shop.nordstrom.com**



MAGIC CARPET

The Marcello rug (from \$105 at **Anthropologie**) doesn't fly, but we love its bold colour combo, tile pattern and indoor-outdoor versatility. **2912 Granville St., 604-734-2529. Anthropologie.com**



PHOTO: BRITNEY GILL

COSY DOES IT

Perfect for beach hangs, picnics or **Netflix** marathons, new Vancouver brand **Droplet's** organic cotton blanket in "ocean" (\$185) is ethically made in Turkey. Light and breathable but designed to keep you warm and snug. Droplethomegoods.com



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Falling for Oregon

EXPLORING ENCHANTING MT. HOOD AND THE COLUMBIA RIVER GORGE REGION
BY RACHEL JOHNSTON

Y

Yes, the coast is certainly stunning, and Portland's pretty darn cool, but venture a little off Oregon's beaten path to Mt. Hood and the Columbia River Gorge Region and prepare to be wowed by surging waterfalls, striking mountain vistas and a burgeoning wine industry that's keeping Napa on its toes. Hood-gorge.com

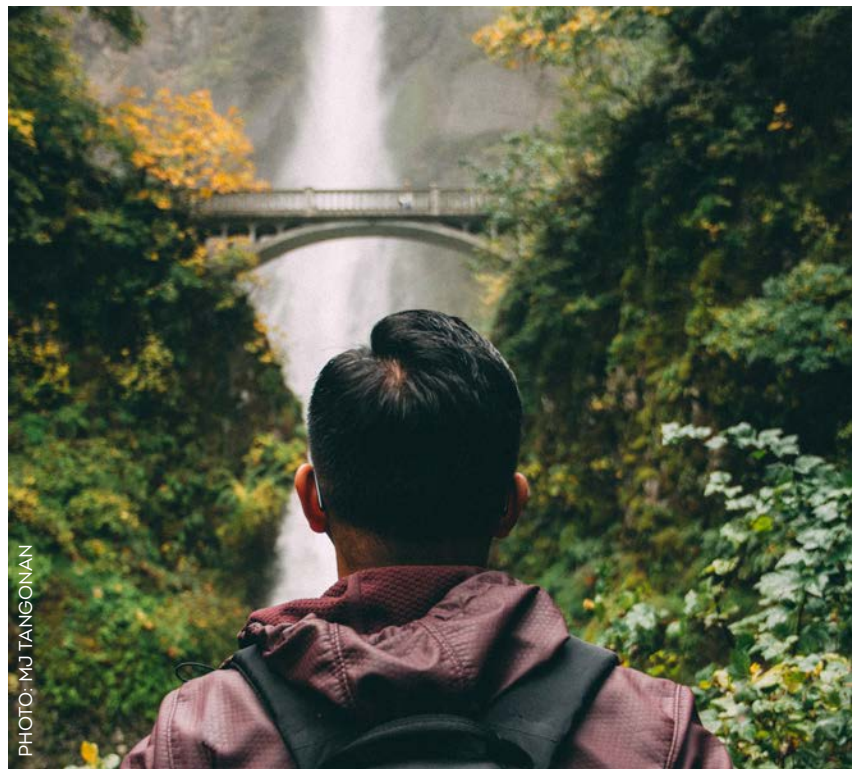


PHOTO: MJ TANGONAN

STAY

An easy-breezy 30-minute drive from Portland's airport, settle in at **Bridal Veil Lodge**—an immaculately kept bed and breakfast resting along the historic Columbia River Highway. Owners Beatrice and Nina have pulled out all the stops while embracing the rich heritage of the property, originally constructed in 1927. Go for a private cottage room nestled in the forest, with skylights framing starry skies and delicious details like luxury linen, Turkish terrycloth robes, prettily packaged natural soaps and books to set the mood among the mid-century modern aesthetic. In the a.m., head to the communal lodge for a farm-to-table breakfast, complimentary with your stay. The menu changes daily but imagine fresh-caught Chinook salmon and soft-boiled egg atop asparagus and greens, or an artfully placed nut-and-dried-fruit board with fresh sourdough and cold-pressed orange juice. Bridalveilodge.com

SEE

After seeking out the lodge's namesake falls across the way, hop in your ride and wind along the highway's "Waterfall Lane" for more cascading goodness. Formed during the most recent ice age, the region boasts nearly 50 falls and, while some require a hike in, many can be viewed right from the road. Don't miss Multnomah—a two-tiered, 620-foot beauty coined the "Granddaddy" of the Columbia Gorge waterfalls. Witness the majesty from a couple of easily accessed vantage points before dining at the **Multnomah Falls Lodge Restaurant** for more epic views while enjoying a locally inspired menu and, naturally, Oregon wines. Multnomahfalls lodge.com



SHOP

Whether you're into trendy boutiques or thrifty finds, the area offers loads of options in the shopping realm. Spend an afternoon in The Dalles with a toasty cup from **Kainos Coffee** and perusal of **Klindt's Booksellers** (the oldest book store in the state) before browsing vintage dishware and décor at **Breezeway Antiques & Gifts**. Then to Hood River for upscale shops like **Twiggs**—a gourmet tea heaven.



SPA

Slot in some soothing self-care at Hood River's **Spa Remedease**, situated in the historic **Columbia Gorge Hotel** and overlooking yet another stunning waterfall. We chose an antioxidant facial using the **Osmosis** and **Naturopathica** lines (request the cherry exfoliator) that left us radiant. The spa also offers "desserts"—face and body extras to top off your treatment. Sparemedease.com

SAVOUR

Ask any local for a lunch suggestion and **Sugarpine Drive-In** is sure to be raved about. Perched on the Sandy River, the walkup resto's menu ranges from waffle grilled cheese (try it with kimchi) or pulled-pork sammies to seasonally inspired salads. Grab a Larch Mountain sundae for the road—this mind-blowing treat features vanilla-chocolate soft-serve swirl dazzled with blueberry lavender sauce, honeycomb crunch and blondie brownie. For evening eats, head to Hood River's **Celilo** and indulge in such Pacific Northwest gems as skillet-roasted mussels in fennel sauce, Cascade natural hanger steak with local gold potato and sautéed asparagus and trout cakes over lentils and ruby chard with farm-fresh greens.



PHOTO: AUBRIE LEGAULT

SIP

There's no better way to explore the abundance of award-winning wineries in the area than with a **MountNbarreL** cycle tour, where the focus is on both the wines and the unique story behind each vineyard visited. Pedal through fruit orchards (and pick a peach or two) en route to **Marchesi Vineyards**, where Franco and Sandy focus on Italian varietals like the swoon-worthy Nebbiolo Riserva and serve charcuterie platters on a wraparound patio overlooking the vines. At **Hood Crest Winery**, Jill-of-all-trades Tess Bar is winemaker, chef and head of a country band that gigs at the vineyard weekly. After a stop at **Stave and Stone Estate Winery** for luscious sips in a new tasting room overlooking Mt. Hood, cruise over to **Phelps Creek** for the grand finale. One of the oldest wineries in the region, this stunning estate is known for its Pinot Noir and "Lynette" Chardonnay, which winegrower Bob named after his lovely Canadian wife. Mountnbarrel.com

TRIPS & SIPS

Valley Vines

OREGON'S WILLAMETTE VALLEY BOASTS HIGH-QUALITY COOL-CLIMATE WINERIES

BY LAURA STARR

C

California move over! Oregon winemakers make a bold impression despite (or, perhaps, because of) a more-often-than-not modest and authentic approach. Although there are four distinct regions throughout the state, with a plethora of sub-appellations, it is the beloved Willamette Valley that takes the cake for best-in-show wines, including extraordinary Pinot Noirs that are oft Burgundian in style and made in much smaller production compared to their Cali counterparts.

In British Columbia, your best bet when it comes to scoring a bottle of Oregon wine is at a private store. And, thanks to the Willamette Valley's temperate climate—think hot in the day and cool at night with a fascinating volcanic soil—we can drink bright and lively wines that only exist due to these unique and special terroir conditions.

Indeed, it will only take one sniff of these delicious gems before you'll be booking a train to Portland and planning a weekend away in the state's booming (and luxury) tourism industry. Buckle up, and get ready to fall in love with these wonderful Willamette Valley wines! 🍷



BACHELDER OREGON PINOT NOIR

A Canadian winemaker with original roots in Ontario makes this Pinot Noir with grip, body and boldness, plus a clarity of fruit and a solid backbone of acidity. Thomasbachelder.com



SOKOL BLOSSER PINOT GRIS

From a family-run op, here is a rich, waxy and honeyed Pinot Gris, grippy in the mouth, with a wildly fruity palate of lime, ripe apple and pear. Sokolblosser.com



ELK COVE ESTATE RIESLING

A powerful and complex palate of orange-blossom, honeysuckle and green apple positioned perfectly between electric acidity and an off-dry finish. Elkcove.com



ST. INNOCENT PINOT NOIR MONTAZI

It's a delicate dance between power and grace, and this wine exhibits both in perfect balance. Spicy, bold and rich with a clean backbone of fruit and acid. Stinnocentwine.com

TRAVEL **OREGON**



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