

VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITAMIN DAILY · APRIL 2015



*NATURALLY BEAUTIFUL:
MOTHER NATURE'S FAVOURITE
BEAUTY BRANDS*

*HOT SHOPS:
THE LATEST & GREATEST
LOCAL RETAIL*

*LUXURY TRAVEL:
MAUI, SEDONA, ANGUILLA
... OH MY!*

*STYLE ICON:
MAX MARA LOVES
MARILYN MONROE*

Heart pounds



Blood rushes

Lips quiver

Give her a moment 

Brinkhaus
The jeweller you trust

1018 W Georgia St. 604-689-7055
brinkhaus.com

Sex and Candy (and Star Trek)

WHETHER HER MEDIUM IS SILK OR SUGAR, MAAYAN ZILBERMAN CREATES IRRESISTIBLE OBJECTS OF DESIRE.

M

Maayan Zilberman is, simply put, a cool person. The Vancouver-raised lingerie designer behind bombshell intimates line **The Lake & Stars**, as well as artist, baker and candy maker has, clearly, an eclectic array of talents and the incredible imagination to fuel them. Case in point: her most recent work involves creating rose-and-coconut-flavoured flower petals out of chewing gum and rendering lipstick in sugar. Here, Zilberman explains how her *Star Trek* obsession has influenced her taste, dishes about where to find glamorous vintage when in Vancouver and schools us on the importance of memories that melt in your mouth.

Tell us a bit about yourself and the origins of your creativity.

These days I split my time between New York and L.A., but I was born in Israel, grew up in Vancouver. When I was little I would walk to the library in Kits and check out books on cakes, astronomy, Lautrec and Judy Blume's *Deenie*. Rather than segregating my hobbies, I mashed them all together.

Your resumé is incredibly diverse: lingerie designer, visual artist, jeweler, baker, candy and even mood-ring maker. What unites your passions across the board?

What fulfills me is making things that feel new and that unite people—the medium doesn't matter. I'm mostly interested in taking the frills away from



stereotypical representations of lingerie, jewelry and desserts. Everything I work on has to put a smile on your face. After all, life is already so serious; I'm just trying to lighten it up a bit.

You've made cakes that look like giant burritos and candies that look like handcuffs and orthodontic retainers. What draws you to render certain objects in sugar?

The objects I make into candy are all nostalgic items for me—pieces of my personal history that I want to share and, in candy, become memories you can put in your mouth, dissolve and make your own. It's highly personal. The combinations of objects and flavours are an ongoing conversation.

As someone who works with both food and fashion, is there an esthetic overlap between what you produce and how you dress?

Yes, definitely. I'm drawn to outfits that blur the lines between femininity, science fiction and formality. I like fashion that tells a story. I'd much rather wear a dress resembling something off the set of *Star Trek* in the 1960s than a runway look.

When visiting Vancouver, what are some cool things you get up to?

My favourite time to visit home is in August, when the gardens are in bloom and I can wander around Queen Elizabeth Park and visit the night market in Richmond. The first thing I do is drive to the **Great Canadian Superstore** with my mom and stock up on my favourite **President's Choice** cookies, and everything **Joe Fresh**. I think the best place for vintage is **Bureau's Angels Vintage Boutique**; every dress I've worn for events has come from there! Finally, **Costco**! Nobody realizes this, but Vancouver Costco is the best in the world, with the greatest selection of candy, beauty products and hosiery. ♡



W

When I look for souvenirs of my travels, I mostly shop for specialty food items (we're still enjoying the fancy tins of sardines from our stop at the new **Bonne Marché** gourmet emporium in Paris last summer). But, on a recent family trip to Maui (which you can read all about on page 8), I was seduced by a suitcase.

It's called "the Diplomat," and it's by **Steamline Luggage**—a range started by a female fashion entrepreneur who was looking for something more stylish than Samsonite (see photos, right and above). As I type this it's back ordered,

as each gorgeous cream-and-tan leather specimen is made to order. I hope to have it in my hot little hands by the time this issue drops, at which point packing it for my next escapade will be sheer pleasure. After all, in a world of lineups, cramped seats and delays, it's nice to know one thing about my trip will be perfect.

For this, our inaugural luxury travel issue, we also touch down in Anguilla in the Lesser Antilles (page 9) and Sedona, Arizona (page 10), and, plus give lots of great packing ideas for your hotel room—and your home; from



PLAZA PREMIUM LOUNGE

Frequent travellers, we clock some serious time at airports, waiting out delays or amusing ourselves through long connection times. So the presence of a stylishly appointed lounge is deeply appreciated. Now, domestic YVR travellers can make the most of their wait times with the recently updated **Plaza Premium Lounge**, which can comfortably hold 135. Among the luxe offerings: a business centre, semi-private lounge rooms (complete with showers) and a fresh kitchen turning out home-baked breads, salads and full, healthy meals. And, of course, there's a bar. 604-276-0082. Yvr.ca



spring-inspired beauty picks to seasonal fashion essentials. Because, as I like to say, one day your ship will come in—make sure you're dressed for it!

Sarah Bancroft EDITOR-IN-CHIEF

What would you like to see featured in VITA?

Contact me:
Email info@vitamindaily.com
Twitter [@thesarahfile](https://twitter.com/thesarahfile)
Instagram [@thesarahfile](https://www.instagram.com/thesarahfile)

HEALTH & BEAUTY

ORGANIC. VEGAN. EVEN GLUTEN-FREE. WE UNCOVER FOUR SKIN-CARE AND COSMETICS LINES THAT FIT THE EARTH- AND HEALTH-FRIENDLY BILL PERFECTLY. **NOA NICHOL**

EMANI VEGAN COSMETICS

Suited to even “the most discriminating skin,” Emani products, recently made available at London Drugs, contain no petrochemicals, nano-particles, dyes, parabens, talc, gluten or otherwise “junky” ingredients. Founded in 1998 by Michelle Doan, this beauty line is meant for fashion-forward, eco-conscious women who are as passionate about their Prada as they are about recycling. One of our faves from the collection is the Perfect10 Primer Serum—100 per cent vegan and super velvety in texture, its plethora of good-for-you organic extracts (including ginkgo biloba, chamomile and witch hazel) prepped our skin for ultimate foundation application. Londondrugs.com



DALISH COSMETICS

The truthful tagline for this made-in-Toronto (and available locally at LYNNSteven Boutique) cosmetics collection is “uncomplicated beauty.” Created by “real girl” Melanie Cruickshank, Dalish’s antioxidant-rich makeup and skin care is produced with as many locally sourced, natural ingredients as possible—without the use of phthalates, parabens, petrochemicals, GMOs, gluten or sulfates. Plus, you can see exactly how natural the product really is, because the percentages are posted right on the box. 225 Carrall St., 604-899-0808. Lynnsteven.com

Naturally Beautiful

PAI SKINCARE

For skin that’s highly prone to irritation, this collection of organic products claims to have “one of the cleanest ingredients policies on the market,” plus a refund policy that guarantees full protection for your wallet. We tested Pai’s Camellia & Rose Gentle Hydrating Cleanser (\$70), and saw some seriously stunning results. Bursting with omega-3 and vitamins A, B and E, it’s no wonder this wash replenished our skin’s moisture barrier, leaving it soft and supple (the handy exfoliating muslin cloth it came with helped lift away dead skin cells, too). Paiskincare.com



LIPPY GIRL MAKEUP

The message embodied by this natural, eco-friendly, organic, vegetarian/vegan line, created by mom-of-two and high-school science teacher Darcey Diehl in Vancouver and available at Wish List Boutique, is straight to the point: “Makeup, not madness.” As such, Lippy Girl products aim to prove that chemicals, animal additives and testing are completely unnecessary to top-quality makeup. In fact, the only non-vegan ingredient in this stuff is the beeswax used to create the luscious Lip Love Lip Conditioning Stick and stunning ShaZam Lip Shimmer. 2811 W Broadway, 604-676-8070. Wishlistboutique.ca



Luxury Aromatherapy

Vancouver siblings Sara and Sean Panton are all about creating healthy, happy, sweet-smelling routines. Their new luxury artisanal aromatherapy line, Vitruvi, is inspired by ancient botanical practices and includes such beneficial essential oil blends as Wake, with top notes of juniper and bergamot to invigorate mornings (or wear it all day as your signature scent, like Sara does). Focus, featuring rosemary, basil and lemongrass, is another fave, and can be used to promote productivity, while Still, with clary sage, mandarin and frankincense, should be rolled onto wrists when a moment of calm is in order. With a portion of all sales to organizations supporting female empowerment, you can feel good about making these blends a part of your daily to-dos. Vitruvi.com



CHERRY BALM

A straight stick might be Katy Perry’s choice for chap but, given our druthers, we’re keener on Tony Moly’s Cherry Lip Balm (\$10 at Sephora)—a creamy, fruit-based formula that plumps lips, with packaging that’s too sweet to resist. 1045 Robson St., 604-681-9704. Sephora.com



MIRACLE OF MIRACLES

A body cream that eliminates stubborn fat? Sign us up! We tested Clarins new poppy seed-and-caffeine-infused Body Shaping Cream (\$68 at Hudson’s Bay and London Drugs) for a month and, while it didn’t turn us into waif-y Kiera Knightleys, we did learn some tips from the company’s beauty experts. For example, one should apply cream to one’s stomach in a clockwise direction to promote good digestion, and to the arms with a firm upward motion directing excess fat toward the lymph nodes.

STREET SMARTS

Kerrisdale Cool

ADRIENNE MATEI ON HOW ONE OF OUR OLDEST NEIGHBOURHOODS STAYS HIP.

K

Kerrisdale may bill itself as Vancouver's most charming neighbourhood but, off the record, it really identifies as more of a village. After all, the community was at work planting its now-enormous trees before it even joined the city, officially. So it makes sense the local atmosphere's retained a pleasant quaintness, with the small shops, cafés and tea salons—both well-established and sparkingly new—to prove it.

Blake & Riley is the latter—a gorgeous children's store where the emphasis is on design up-and-comers: Mini Dressing socks with fox faces, Scandinavian Maze décor (unique in the city) and "taxidermy" plush unicorn, bunny and giraffe heads perfect for baby Hemingways.

Jacardi, a seaside-blue Parisian shop, has beautiful kid clothing but, if it's a teen you want to spoil, **Hills of Kerrisdale** has palm tree-printed Skull Cashmere sweaters, artfully destroyed Rich & Skinny denim, tiny tie-dye shorts with pom-poms and infinitely more styles lost on those over 30.

The neighbourhood's gold-medal category, however, is second-hand clothing. **The Hob**, new to Kerrisdale, curates the finest from Shaughnessy ladies' closets, resulting in some seriously first-rate labels. For men, **Andy Trott** is tailored suit and shirting with old-school customer service.

The bookish will delight in **Hager Books** and **The Newsroom**—an expansive magazine shop like few left in the city—while gardeners will love florist **Thomas Hobbs**, which, after 30 years,



HILL'S OF KERRISDALE



THOMAS HOBBS FLORIST



BLAKE & RILEY

is practically an institution on West 41st. Décor nuts should head to **Form & Function**, where tree trunks become elegant, custom furniture.

Hungry? **Bufala** has incredible pizza (try the chicken with buttered leeks) and **Fish Café** is great for simple and well-prepared fresh (what else?) seafood with garlic butter and chips (of course we mean fries). For dessert, **Secret Garden Tea** serves high tea and daintily iced cakes fit to render you nostalgic regardless of age or life experience. **Faubourg Paris** brings to the table classic patisserie and rotat-

ing monthly specials (like a passion fruit-matcha mousse cake topped with a tiny chocolate ladybug). Finally, get a ganache-stuffed fig from **Gem Chocolates** if you know what's good for you.

We're keeping an eye out (and so should you) for the imminent openings of **Minerva Greek Restaurant's** new wine bar and lounge, **Jinya Ramen Bar** (amazing vegetarian ramen plus tempura Brussels sprouts) and one of our favourite cafés, **Rocanini**.

Hey, Kerrisdale, you may be historic, but your present and future are certainly looking cool. ♡

DIRECTORY

ANDY TROTT
2034 W 41st Ave. 604-569-3773
Andytrott.com

BLAKE & RILEY
2150 W 41st Ave. 778-379-2555
Blakeandriley.com

BUFALA
5395 W Blvd. 604-267-7499
Bufala.ca

FAUBOURG PARIS
2156 W 41st Ave. 604-266-2156
Faubourg.com

FISH CAFÉ
2053 W 41st Ave. 604-267-3474
Fishcafe.ca

FORM & FUNCTION
2035 W 41st Ave. 604-222-1317
Formfunction.ca

GEM CHOCOLATES
2029 W 41st Ave. 604-263-9878
Gemchocolates.ca

HAGER BOOKS
2176 W 41st Ave. 604-263-9412
Hagerbooks.ca

HILL'S OF KERRISDALE
2125 W 41st Ave. 604-266-9177
Hillsofkerrisdale.com

JACARDI
2299 W 41st Ave. 604-266-5448
Jacardivancouver.ca

MINERVA GREEK RESTAURANT
2411 W 41st Ave. 604-263-1774
Minervas.ca

SECRET GARDEN TEA
5559 W Blvd. 604-261-3070
Secretgardentea.com

THE HOB
2236 W 41st Ave. 604-733-1412
Vancouverhospice.org

THE NEWSROOM
2256 W 41st Ave. 604-263-0588

THOMAS HOBBS FLORIST
2127 W 41st Ave. 604-263-2601
Thomashobbsflorist.com



RED VALENTINO / TANYA TAYLOR
VINCE / HERNO / M MISSION / A.L.C.
J BRAND / IRO / FRAME DENIM

Bluebird

OAKRIDGE CENTRE
604.257.0707

1055 ALBERNI STREET
604.257.0700

BLUBIRD.CA



stittgen
FINE JEWELRY

WINNERS OF THE CANADIAN EXCELLENCE
IN DESIGN COMPETITION

1457 Bellevue Avenue, West Vancouver • 604.925.8333
Tuesday to Saturday 10-5 or by appointment
stittgen.com

FASHION & SHOPPING

NOA NICHOL ON WHAT'S NEW IN THE CITY'S RETAIL SCENE.

Hot Shops

DO THE 'DEW

When we think shoes, we think Ingledeew's. The 100-year-old B.C. footwear biz has moved from its longtime location at the foot of Granville Street to a new-and-fabulous flagship occupying the former Chanel boutique at the corner of Hastings and Hornby. The space may be fresh, but we know to expect the same astoundingly great assortment of styles, sizes and widths, plus superior fit expertise and customer service. Something else to look forward to later this year: the launch of the retailer's official e-commerce store, which will allow us to do Ingledeew's any time we like. 900 W Hastings St., 604-687-8606. Ingledeews.com



INGLEDEEW'S SHOES



BLOW ME DRY

For a quickie blowout before a big night out (or, simply, a fast-and-furious beauty boost, no very special occasion required), nothing, in our minds, beats Blo. So, naturally, we were delighted to hear that the Vancouver-born blow-dry bar—which famously offers a limited menu of hairstyling services, no cuts, no colour, no ma'am—has joined forces with TOPSHOP to open four new Canadian locations, including one in our very own Hudson's Bay downtown. Access to flawless hair while we shop the latest fashion trends? Sounds like a no-brainer, blo-in-one to us. 674 Granville St. Blomedry.com



GRAF VON FABER-CASTELL / CHARALS

WRITE ON

Lovers of the written word, we're giddy over the opening of Graf von Faber-Castell's first Writing Boutique in B.C., in CHARALS on Robson. The luxury brand produces high-end writing instruments, including its annual Pen of the Year collection. For 2015, Graf von Faber-Castell designers used gold plating, Silesian serpentine and smoky Russian quartz to create limited-edition pens inspired by the architecture of the New Palace of Sanssouci in Germany. Also available: small leather goods and accessories. 171 Robson St., 604-689-3497. Charals.com



SPRING'S IN THE BAG

Blossoms: if you try to yank them off trees, people may look at you funny. This Coach mini carry-all, with its flowery print, attracts different kinds of stares (\$295). 755 Burrard, 604-694-1772. Coach.com

HOP TO IT

Admission: we're the proud godparents of our pal's pet bunnies, Nightmare and Nugget. They're the cutest, though sometimes they attack each other and require separation (don't we all?). Petty misunderstandings aside, we've found ourselves keen on showing our love via sartorial rabbit-themed paraphernalia this spring—like this pair of Minna Parikka kicks (\$365 at Blubird) that, in addition to being cute as all get-out, are, you gotta admit, kinda perfect for when the club is jumpin' jumpin'. 1055 Alberni St., 604-257-0700. Blubird.ca



THE CLASH Pink and red: the combo's frowned upon by the "no white after Labour Day" crowd, but it's just that bit of "off-ness" that we think makes for a stunning look. Having outgrown our teenage "I'm not a typical girl!" anti-pink stance, we've come to appreciate the controversial hue (it's really flattering), particularly when rendered extra-assertive via a partnership with heart-stopping cerise. Subversive and sweet—that's our kinda power clash.



MIU MIU



CARVEN



CELINE



DIOR

Style Icon

W

When her career took off, Marilyn Monroe said “there were days or weeks when I wanted only occasional company to bury myself in reading.” The actress’ private, intelligent nature permeates pictures snapped in 1962—Monroe in a worn masculine Norwegian cardigan, splashing in the ocean, and swaddled in a much-washed camel blanket on the beach.

Max Mara’s FW 15/16 collection imagines a wardrobe as light and soft as that blanket, as comforting and familiar as that cardigan. Signature coats are worn with luxurious beach wraps, and the actress’ “me time” menswear classics—bomber jackets, overcoats, peacoats, duffels, sweat-shirts—are reinvented in camel hair, cashmere, alpaca and quilted silk, as are her signature slip dresses, bustiers and pencil skirts.

Silhouettes are shrunken or maxi-sized, in shades of camel, sand, casha and ivory that recall that famous seaside shoot. Sun-bleached, powdery pinks, yellows, greens and blues for feather-light cashmere knits, fleecy tweeds, flocculent alpacas and mink that peep, at times, from a coat hem. The Hollywood bag with its signature clasp gives discrete glamour; the newest version is worn like a backpack.

“Give a girl the right shoes, and she can conquer the world,” Monroe famously joked. So, naturally, there are heeled pumps in ponyskin and glitter. But there are also bookish tassel loafers—just add pastel reading glasses for a vision that’s brainy, sexy and modern. ♡



Robson in bloom.
Refresh for spring.

   #robsonlife

robsonstreet.ca

Maui Coast to Coast

ONE LONG WEEKEND, TWO LUXE RESORTS AND AN EXHILARATING DRIVE. SARAH BANCROFT

M

MAUI, WEST

The first thing our kids see at the Maui airport is a pair of chickens skittering across the Budget parking lot. (“Why did the chicken cross the road? To get to Avis!”) There’s just something about landing in Hawaii that brings a smile to one’s face. We’ve got just four days to cover the entire island, from the westernmost tip to the easternmost, so no time for joking around—we’re off!

Forty-five minutes up the coast (and several whale sightings later) we pull into the **Ritz Carlton Kapalua**—a property of rolling hills and views of countryside, dunes and ocean. True, it’s high whale season in mid-February, but the show is still spectacular.

Our first meal, at the plain-air lobby bar, is a martini glass of ahi tuna poke, almost fluorescent pink with black sesame and tree seaweed harvested from the Big Island. Sublime. Our suite is incredibly private and luxurious and, although there is a cold front passing through, we enjoy whale watching from the private lanai.

With the girls enrolled in beach-combing camp (the Jean-Michel Cousteau-designed children’s program—yes, Jacques’ grandson—has them learning about ocean ecology), we play tennis and relax by the pool. Later, we team up for a family game of soccer on the new pitch, with a gold soccer ball and a five-year-old goal tender. Kites, basketballs, even lacrosse equipment is available for guests, and we take full advantage. When the rain hits, we turn to two massive flat screens newly added to the rooms to catch up on Oscar picks.

The next morning, with the kids geocaching around the property (yes, there’s an app for that), we take a run through oceanfront dunes and return to the spectacular spa for a couple’s massage. With a six-hour drive ahead of us, we need to prepare. After a final goodbye to the resort’s resident Vietnamese pigs (who eat quinoa and provide hours of entertainment for the children) we head onto the road, eastward-bound. *The Ritz-Carlton, Kapalua, 1 Ritz-Carlton Dr., Kapalua, Maui, 808-669-6200. [Ritzcarlton.com](http://ritzcarlton.com)*



MAUI, EAST

They say getting there is half the journey—no better way to describe the drive to Hana, on the easternmost tip of Maui. The Road to Hana is the stuff of bucket lists (and among the Top 10 Drives in the World, alongside Vancouver’s Sea to Sky Highway). A slender ribbon of switchbacks, blind turns and single-lane bridges, depending on how well you’re channelling your inner Mario Andretti, the 84-kilometre stretch can take up to three hours to navigate. But you may wend your way longer: there are plenty of pullouts from which to admire craggy oceanfront drop-offs reminiscent of Nice’s Grande Corniche, and soaring verdant cliffs, resplendent with red flowering Flame trees and waterfalls. You can stop at a black-sand beach and a bamboo forest or pull into a fruit stand, all the while looking out for tiny wild pigs by the roadside.

We arrive, tired but exhilarated, to our two-bedroom family suite at Hana’s **Travaasa** resort. (The room’s gargantuan size makes more sense when we learn it was built as a million-dollar condo.) We look onto the pitch-and-putt green and prep our mahi mahi in the simply equipped kitchen. With no TVs in the bedrooms, it’s early to bed.

Day 2 opens with glorious sunrise yoga followed by a family bike ride through the rolling countryside. Our kids aren’t old enough for the daily horseback riding, but we play a few rounds of croquet before delving into a hearty lunch of octopus salad with ribs we picked up at the roadside food truck **Braddah Hutts BBQ**, known islandwide. The kids play ukulele with



the staff while we pick out our snorkeling gear and boogie boards and catch a shuttle to Hamoa beach. Pristine white sand and exciting waves await on this private half-moon beach, where the hotel provides towels, umbrellas and loungers for guests. As the family enjoys sunset on our patio before heading to the resort restaurant that night, I recall wondering: has this been the best day of my life? (Did I mention the Wi-Fi was out the entire two days? Apparently Time Warner’s repair guy wasn’t as excited about the drive as we were.)

After yoga—my husband’s turn today; he declares he’s a new man—we’re back to beach and the **Huli Huli** chicken restaurant with bamboo huts set up beachside. Massive plates of pulled pork, chicken, rice and salad with live local music set us up for the road. While we pack, the kids make real flower leis in the activity centre, and it’s all we can do to drag them into the car for the long journey home.

While circumnavigating Maui (with kids) for a long weekend may seem ambitious, with the breadth of food, fun and adventure, we’d gladly do it again. *Travaasa Hana, 5031 Hana Hwy., Hana, 888-820-1043. Travaasa.com*

MAUI PIT STOPS

DINE: MIGRANT

Before hitting the airport for our red-eye home we ate at this **Wailea Beach Marriott** hot spot, where chef Simeon puts a modern take on Hawaiian fare. Served family style, the blistered green beans with crispy quinoa were a favourite, as was street-style corn on the cob and perfect hangar steak, served with thinly sliced hot peppers. *3700 Wailea Alanui Dr., Kihei, 808-875-9394. Migrantmaui.com*

GROCERIES: FOODLAND FARMS

If you’re in a self-catering suite, fresh local fish and a great wine selection can be found just off the highway. *345 Keawe St., Lahaina. Foodland.com*

SHOP: PAITA

Pull into this boho surf-town reminiscent of Tofino where we found shell-and-coral-embellished gold rings by Maui Mari Ocean Jewelry, beautiful tasseled tunics and a white swimsuit at **LeTarte**. *24 Baldwin Ave., Paia, 808-579-6022. Letartestwimwear.com*



PHOTOS COURTESY OF TRAVAASA HANA, MAUI UNLESS CREDITED OTHERWISE

A-List in Anguilla

JOIN TAYLOR SWIFT, DRAKE AND BEYONCÉ ON THIS UNDER-THE-RADAR ISLAND PARADISE. **KAREN KWAN**

S

Somehow, Anguilla manages to fly relatively under the radar—quite the feat for this luxe Caribbean island, which boasts breathtaking beaches and a super culinary scene. A mere 20 minutes by boat from tourist-heavy St. Maarten, this is where Taylor Swift, Drake and Beyoncé go for a paparazzi-free getaway—we suggest you do the same.



DO
Schedule a trip to Shoal Bay through the Ani Villas staff. This most-perfect-of-perfect beaches (think several miles of pristine white powder (we're loathe to call it sand), azure water and coral for snorkelling off shore) is best complemented by chef Sweet's ribs, juicy barbecue chicken, rice and peas and beyond-tasty potato salad, delicately seasoned with a bit of curry powder (his secret is roasting the potatoes rather than boiling them). Closer to home, take a short walk (or let the staff take you via golf cart) to the top of the cliff that leads down into nearby Little Bay. Holding onto a rope, it's an exhilarating climb 30 feet down, and a guaranteed adrenaline rush.



STAY
Skip the stuffy resort for a luxe stay at Ani Villas, where each pad has access to a private pool surrounded by a lush tropical garden, set on a cliff with a to-die-for ocean view. Meals here are no worry; everything chef Kelston Sweets prepares is lick-your-plate delicious (fresh fish with coconut milk is a must), and tennis pro Devon Walwyn will happily help you burn off those extra calories on the court. Anivillas.com



SAVOUR
Kick back for lunch or dinner at Blanchards Beach Shack (Blanchards-beach-shack.com), where there's something on the menu to suit even the pickiest eater (but, seriously, go for the blackened mahi mahi plate). Another good option after a day on the beach, is Picante (Picante-restaurant-anguilla.com), where the Mexi-vibe's so casual there's no stressing about dressing for dinner, and the fajitas arrive to your table still sizzling (they pair perfectly with the bartender's frozen passion fruit mojito, by the way). ♡

FOREVERMARK



THE DIAMOND. THE PROMISE.



A TRUE PROMISE WILL NEVER BE BROKEN

© Forevermark 2014. Forevermark, The Diamond, and The Promise are Trade Marks used under license from The De Beers Group of Companies.



LUGARO

PARK ROYAL METROPOLIS AT METROTOWN MAYFAIR CENTRE
WWW.LUGARO.COM

There's Something about Sedona

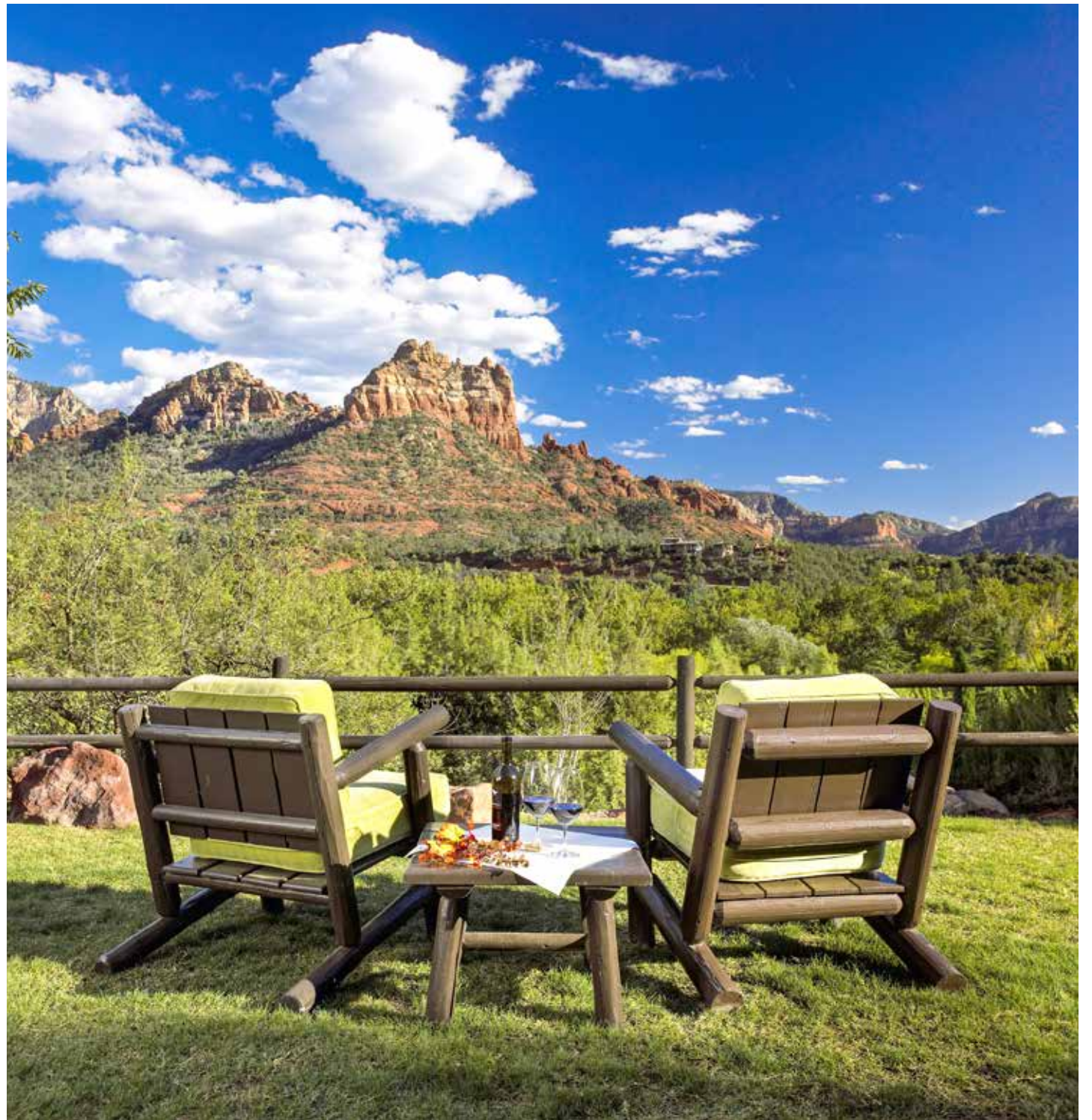
STAY, PLAY AND SPIRITUALIZE, IN STYLE, IN ARIZONA'S SWEETEST LITTLE CITY. WORDS NOA NICHOL

S

Springtime, and high time for a break, we headed to sunny Arizona—specifically, stunning and spiritually charged Sedona, a quick-but-scenic two-hour drive from the Phoenix airport—to shake the last of our winter blues. With 48 freedom-filled hours to spare, we hit up a luxury resort and spa, saw red rocks and faraway stars, ate like royalty and hiked a wonder of the world. All in a day's (well, two days') work.

STAY & SPLURGE

There's no better place to stay (in our humble opinion) than **L'Auberge de Sedona**, situated in town on the banks of gurgling Oak Creek and boasting breathtaking views of surrounding Red Rock State Park. The luxury resort offers several room styles ranging from individual suites in the lodge to spacious standalone cottages. For a real treat, do as we did and check into the beautifully appointed Vista Cottage, with a supple king-sized bed dressed in Fili D'Oro Italian linens, a cosy gas fireplace, a Jacuzzi tub and outdoor cedar shower, sweet-smelling hair and skin products from Gilchrist & Soames (so good, our own face wash, shampoo and conditioner were left untouched in our makeup bag) and oversized picture windows in every room providing an unobstructed, 180-degree panoramic view. It truly doesn't get any better than this. 301 L'Auberge Ln., 855-923-8102. Lauberge.com



SEE & DO

The resort offers a plethora of activities on site, inviting guests to participate in its ritual morning feedings of the resident ducks (bread is provided for the birds and, for the people, coffee, tea, creamy hot chocolate and warm scones with jam). Several nights a week a local astronomer sets up his giant, custom-made telescope in the upper driveway, offering guests an opportunity to climb a ladder and peer in wonder at distant planets, galaxies and constellations (we took an incredible look at a blue-tinted Jupiter and its many moons). Off site, the Grand Canyon, a close and lovely drive, is so vast, you need to see it in person (no well-intended selfie can capture its true beauty; trust us, we tried). If you're inclined to hike down into the canyon, pick a trail to suit your time, footwear and abilities—and remember, what goes down, must eventually come back up (we learned the hard way). Nps.gov/grca

RELAX & REJUVENATE

It would be practically criminal to stay at L'Auberge de Sedona without signing up for one (or two, three, four) of its signature spa treatments. The Feet in the Creek experience, for one, is a playful session that starts with a barefooted wade in the pristine waters of Oak Creek followed by a head, neck and shoulder massage and foot reflexology. Our 90-minute Quiet Mind treatment began with a guided breathing meditation and culminated in a deeply relaxing massage. After, we had a chance to blend our own signature herbal body scrub (we chose a pleasing mix of rose, lavender, cane sugar and oil, using a real mortar and pestle to coax the ingredients into a happy union) at the spa's own apothecary, and tasted our multi-talented technician's locally handmade **Chocolita** raw dark chocolate (so rich and good, with notes of ground pink rose petals, we purchased a few bars to take home).



LUNCH & DINNER

For a five-star feast in a setting that can't be beat, **L'Auberge Restaurant on Oak Creek** serves what our travel partner happily described as "the best meal of my entire life." Seated outdoors by the bubbling brook, our mouths watered over a locally inspired menu created by chef Rochelle Daniel (who made a personal appearance at our table to ensure we were enjoying her food). In town, dining options range from health-conscious vegetarian to cowboy-style steakhouses, spicy Southwestern to elegant Italian, and everything in-between. Tiny, unassuming **Tortas De Fuego** turned out to be our favourite casual-yet-delicious lunch spot, offering sparkling Mexican cokes in tall glass bottles, a fresh salsa bar and flavourful, handmade south-of-the-U.S.-border fare that won't break the bank. 1630 W State Route 89A, Unit A, 928-282-0226.

SHOP & SPIRITUALIZE

Sedona possesses an eclectic mix of retail, including many independently owned art boutiques and high-end souvenir shops to ensure that no visitor goes home empty handed. In addition to filling your suitcase right up, there is plenty of opportunity in town to fill your soul, with spiritual service providers galore offering counselling, psychic readings, therapeutic bodywork, life coaching and more. Want to get up close and personal with a whirling, swirling centre of subtle energy? Google and download a free "Sedona Vortex Map" from the Internet and feel the positive effects of your encounter long after you leave. (Here's a final, friendly, local word of advice: it's vortexes, plural, not vortices.) ♥

PHOTOS L'AUBERGE DE SEDONA

TOP NOTCH

The Fairmont Hotel Vancouver is unveiling a new addition to downtown's elegant hotel bar scene—and this one is, well, top notch. **Notch 8** was so named after a train's highest speed, a nod to the Fairmont's rich past as a Canadian Pacific Railway hoteier. Inside, the décor is bygone-era luxe with safari stylings (zebra-print chairs) and Art Deco nods (dramatic light fixtures that evoke dandelions gone to seed). The drinks are classic, and chef Cameron Ballendine describes the menu as comfort food (promising words coming from a man who'll send hotel guests room-service cherry crumble, with a Nutella, peanut butter and banana sandwich for the kids). The coolest feature? A back room with a cigars-and-cognac atmosphere and walls thickly stocked with vintage books (we checked; they're real). 900 W Georgia St., 604-684-3131. Notch8-dining.com



SALAD DAYS

Anyone who knows us knows we eat our greens (we'd take a bowl of broccoli over a bowl of ice cream any day). So, it was with great anticipation that we got a pre-opening peek at the **Living Produce Aisle**—a new Yaletown concept unique the world over, according to its founders at the Urban Cultivator. Here you can buy super-food micro-greens alive by the flat, in a smoothie or as salad, all grown in chef's fridge-cultivators (also available in wine-fridge size for home). With all due respect to Kermit the Frog, it's pretty easy being green. 1168 Hamilton St., 604-637-2874. Livingproduceaisle.com



SOUP'S UP

Kits Kitchen's 48-Hour Soup Reset (\$80) was designed to give your body a fortifying reprieve from processed foods. Six daily soups net you about 800 warm, hearty calories in recipes like curried chicken and mint, mushroom and buckwheat and garlic-kale (our favourite). Start and end your day with mineral-rich bone broth—a brew enjoyed since prehistory that's undergoing resurgent popularity thanks to its high concentration of collagen and cartilage—both friendly on the stomach (it also eases autoimmune conditions and inflammation). Everything was so tasty we didn't feel deprived (plus, this not being a hard-and-fast cleanse, grabbing some fruit is A-OK. The end goal of good health will prevail). Local, organic, healthy and delicious, this soup reset might just be the new juice cleanse. 401 Industrial Ave., 778-968-1987. Kitskitchen.ca



WE <3 VANVAN

Think Robson has enough Izakayas? No such thing. Recently established **Van-Van** (the phrase means "a lot" in Japanese) is a particularly joyful little nook to get your okonomiyaki fix. Chalkboard walls are chock-full of "vanvanvan" and "We <3 Van" phrasing, so you'll feel the love (if not, incredibly well-priced drinks will help). Food-wise, you're looking at nicely prepared authentic classics like yamakake, ton-toro and chicken nanban (crispy-cutlet style), with a few surprises such as Russian roulette takoyaki, in which one out of the five on your plate will be super hot (our dining companion found out which). Desserts are small and sweet: a little mochi cake with a big ripe strawberry inside. 1333 Robson St., 604-563-2998.



KITSILANO COOL

First, **AnnaLena** is a cool space. The décor in this Kitsilano resto is striking, with elegantly integrated playfulness in the form of Tetris-inspired bar shelves, Lego lamps and MediCom Bearbrick figurines. Lights and seating take a tangly liquorice bootstrap approach, and a retractable front window surely means warm sea breezes all summer long. Dishes are meant to be shared. We split spinach-asiago ravioli (bread-crumbed-crisped pasta with a generous leafy filling), tuna confit and must-have mussels with fennel and torn bread. All menu options offer a contemporary perspective on a classic, including dessert, which for us meant a chocolate custard "crème brûlée" topped with crunchy seafoam candy and salted caramel gelato. A fantastic departure from the norm. 1809 W First Ave., 778-379-4052. Annalena.ca

Future Furniture



With smartphones, e-readers, tablets and other devices a natural part of modern daily life, it's high time the process of charging these gadgets blended more seamlessly into the space that surrounds us. That's why, starting this month, **Ikea** will be offering its new line of wireless charging furniture in stores and online, with a promise to eliminate the need for awkward cables that often have to stretch in order to reach the nearest outlet. So far, the Home Smart collection includes side tables and lamps (boasting the brand's usual assortment of quirky Swedish names, Varv, Riggad, Nordli, Selje), each boasting a nifty little "plus sign" loaded with the latest in electromagnetic wireless charging technology, called Qi. Just place your compatible phone on the spot and watch your battery fill to overflowing. Smart, huh? Ikea.com



HEAD PIECE

The new Muse Headband is like a Fitbit for your brain

Do you ever feel like a mosquito? Like, you can't stop your mind from buzzing off in all directions at once? The Muse brain-sensing headband, \$300 by Toronto-based company **InteraXon**, may be able to help.

Billed as being akin to a Fitbit for your mind, the set—a headpiece synced via Bluetooth to a smartphone app—provides real-time data on what's going on "in there." Once we donned Muse, its monitors began responding to our brain activity, filling our iPhone screen with colour to indicate whether we were scattered or keeping things meditative. Then, a mini test, in which a soothing voice asked us to think of as many items as possible in a certain category (vegetables, movies) in order to calibrate the headband. That made us a bit jumpy, but the next thing Muse asked us to do required serene discipline: control a storm with our mind, the point being, if you're distracted, whipping hurricane noises and crashing waves are audible but, take a few deep breaths and settle your thoughts and, suddenly, things sound like a tropical oasis (ahhh).

The longer you use Muse, the better you become at maintaining mental peacefulness for longer periods (you accumulate points based on successful sessions, kinda like a game). In turn, the technology claims reduced stress and improved sleep. We worked our way up to being 42 per cent calm before sending this story to press, so ... we're trying. ChooseMuse.com

Lounge Act



ALL ABOARD

Charcuterie is all the rage in restaurants these days—why not make your own at home? Among the required items: a selection of meats, cheeses, sweet and savoury garnishes, dried fruits, nuts, drizzling honey and, of course, a stunning serving board to wow your guests. We love these solid walnut boards by Kate Duncan—locally handmade and available at **Atkinson's**, they range from \$60 to \$195 in price, feature stainless steel or brass handles, and can do double duty as cutting boards and serving trays. Plus, these beauties are sturdy enough to be used at dinner parties for years to come. 1501 W Sixth Ave., 604-736-3378. AtkinsonsofVancouver.com

PHOTOS: JANIS NICOLAY

LAST MONTH SAW THE RELEASE OF A CHAIR SO LOCAL, IT'S LEISURELY. The Vancouver Beach Chair (\$169), a collaboration between luxury outdoor living products maker **Gallant & Jones** and talented textile designers **KT&Paul** (all based in our fair city, no less), features a sturdy and transportable two-piece oak frame and a hand-printed fabric back that proudly states VANCOUVER in bold lettering, with highly symbolic local icons (sunshine and rain, tankers and trees) to boot. Best of all, \$10 from the sale of each chair directly benefits homeless youth at Covenant House. Gallantandjones.com

DESIGN

MADE SIMPLE.



MOE'S

h o m e c o l l e c t i o n

VANCOUVER Now with a third-floor showroom,
TERMINAL STORE bringing even more style.

**NORTH
VANCOUVER**

SEATTLE

MOESHOME.CA

1.800.990.MOES

   @moeshome



PHOTOS SAGMEISTER WALSH

C'MON GET HAPPY

Lifting our spirits this month (no matter how mood-dampening April showers may be) is a new exhibit at the **Museum of Vancouver**. The Happy Show, by Stefan Sagmeister, offers thoughts and recommendations based on the Austrian designer's own decade-long exploration of happiness. On from April 23rd to September 7th, the exhibit will literally take over MOV, filling the museum's galleries, stairwells, hallways and restrooms with infographics, video projections and interactive installations all meant to ask the question: what makes us happy? We're particularly

looking forward to riding a stationary bike that will power a wall of neon and checking out a series of gumball machines that, somehow, will display visitors' collective level of happiness. We're also curious to get a sneak peek at Sagmeister's soon-to-be-released documentary, *The Happy Film*, which shows his attempts at increasing his level of contentment through meditation, therapy and (don't try this at home) mood-altering pharmaceuticals. Happy, happy, joy, joy. 1100 Chestnut St., 604-736-4431.

Museumofvancouver.ca



SENSORY CINEMA

Need a date idea? **Here There Studio** has your back, organizing such notable must-dos as Orphan Thanksgiving and Rain City Chronicles. Its latest venture is Sensory Cinema: dinner and a movie, simultaneously, perfectly paired. Last month we dropped by **Bon Accord** (the events are hosted in cool, out-of-the-way spots) to watch *The Big Lebowski*, with dinner by **Upstairs at Campagnolo**. When "The Dude" drank White Russians, so did we; when the characters drove by White Castle, tasty sliders were passed around; and, during the scene when someone's ear's bitten off ... we ate fried pork ear. Past pairings have included *Fantastic Mr. Fox* and **The Acorn Restaurant**; could **Beaucoup Bakery** and *Amelie* be next? Heretherestudio.com



Subscribe to win.

SUBSCRIBE TO **VITA MAGAZINE** AND BE IN WITH A CHANCE TO **WIN A TWO-NIGHT STAY** AT VANCOUVER ISLAND'S EXCLUSIVE **BLACK ROCK OCEANFRONT RESORT**. TO ENTER, CHECK OUT VITAMINDAILY.COM/VITA FOR DETAILS.

PRIZE INCLUDES TWO NIGHTS IN A ONE BEDROOM LODGE SUITE PLUS \$25 GIFT CREDIT FOR USE IN THE FETCH RESTAURANT OR FLOAT LOUNGE. TOTAL VALUE OF PRIZE - \$525 (EX-TAX).

VITA

Revitalize.



SUBSCRIBE TO VITA VITAMINDAILY.COM/VITA



Introducing the new 2015 GLA.



Ask us about Prepaid Maintenance.
Mercedes-Benz.ca/PPM

Take on rain, shine, and everything in between
with one of the world's best All-Wheel Drive systems.

THE 2015 GLA 250 4MATIC™

TOTAL PRICE* STARTS AT:

\$40,260*

** Fees and taxes extra.

STANDARD FEATURES INCLUDE:

- » 4MATIC™ permanent all-wheel drive system
- » Turbocharged engine with 208 Horsepower, 258 lb-ft of Torque
- » 8.7L/100KM Combined Fuel Economy¹
- » 7-speed dual clutch transmission
- » Hill Start Assist
- » Media interface with Bluetooth
- » Heated and powered front seats
- » COLLISION PREVENTION ASSIST



Mercedes-Benz
The best or nothing.

Mercedes-Benz Vancouver Area Retail Group

**Mercedes-Benz Vancouver
AMG Performance Centre**
550 Terminal Avenue,
Vancouver | D#6276
Open Sunday: 12pm – 5pm

Mercedes-Benz Boundary
3550 Lougheed Highway,
Vancouver | D#6279
Open Sunday: 12pm – 5pm

Mercedes-Benz North Shore
1375 Marine Drive,
North Vancouver | D#6277
Open Sunday: 11am – 5pm

Mercedes-Benz Richmond
5691 Parkwood Way,
Richmond | D#6278
Open Sunday: 11am – 5pm

Mercedes me
Aberdeen Centre,
Richmond | D#6278
Open Sunday: 11am – 7pm

Mercedes-Benz Surrey
15508-104 Avenue,
Surrey | D#11013
Open Sunday: 11am – 5pm

1-855-604-6477 | mbvancouver.ca

©2015 Mercedes-Benz Canada Inc. Shown above is 2015 GLA 250 4MATIC™. National MSRP \$37,200. *Total price starts at \$40,260, includes freight/PDI of \$2,295, dealer admin fee of \$595, air-conditioning levy of \$100, PPSA up to \$45.48 and a \$25.00 fee covering EHF tires, filters and batteries. **Vehicle options, fees and taxes extra. Vehicle license, insurance, and registration are extra. Dealer may lease or finance for less. ¹These estimates are based on Government of Canada testing methods. The actual fuel consumption of these vehicles may vary. Refer to the Government of Canada Fuel Consumption Guide. See your authorized Mercedes-Benz Vancouver dealer for details or call the Mercedes-Benz Vancouver Customer Care at 1-855-604-6477. Offer ends April 30, 2015.