

VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITADAILY.CA • NOVEMBER 2020

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EDITOR'S DESK



Sweet Sanitizers

THESE HANDY CLEANSERS KILL BACTERIA AND GERMS—AND SMELL GOOD, TOO
BY CATHERINE DUNWOODY

Sprays, gels, wipes—they all do the job to sanitize our hands but, with most containing a fair amount of alcohol to effectively kill harmful germs and bacteria, they're not always pleasant to use. Don't we deserve to enjoy the sanitization experience? Here are a few positively palatable options you can tuck into your bag, glove box and desk drawer, from some brands we love. ♡

As of press time we were still eagerly awaiting the launch of **Paume**, which not only promises a sanitizer made with moisturizing plant-based emollients and essential oils of cedar, orange, lavender and rosemary to delight your senses, but also a pretty, refillable pump bottle to eliminate waste. Mypaume.ca NOA NICHOL



editor's letter

I've said it here before, and I'll do so again: I'm no fan of winter. Rain makes me gloomy and, since I tend to run cold year-round, the dropping temperatures feel extra chilling. For some reason, however, this season feels different; perhaps it's the state of the world, and the fact that we experienced a pre-winter of sorts when COVID-19 had us holed up at home last spring, but I do, somehow, feel better prepared to face the cold this time around.

Our top seasonal picks, on page 4, help, as does timely advice in our fashion feature, page 5, outlining the ins and outs of winter boots (add #peaktopub to your vocab). In this issue, we've also got a roundup of beauty products that are best kept cold, simple design tips to cosy up your indoor space, a Rockies road-trip itinerary and, while we remain grounded, flights of wine perfect for these flightless winter days. Enjoy!

Noa Nichol
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This jasmine-scented **Nomad** gel (\$18) by **Rocky Mountain Soap Co.** contains mushroom-derived Chitosan that keeps hands from over-drying, plus the package is pretty enough to perch on your desk. Rockymountainsoap.com



From British brand **Neal's Yard Remedies**, this natural-defence spray (\$15 at **Whole Foods**) is a blend of essential oils (thyme, lavender, vetiver) and witch hazel, that smells more like a spa than a sanitizer. Wholefoodsmarket.com

Not only are these new **Attitude** sanitizers (\$6) for adults and kids formulated with clean, non-toxic, biodegradable ingredients that are safe for skin and waterways, with every product purchase the company will plant a tree. Ca.attitudeliving.com N.N.



One of America's top-selling organic fair-trade personal-care brands (phew!), **Dr. Bronner's**, recently launched this peppermint hand sanitizer in Canada. Know the lavender version? Then you'll love this new minty-clean scented spray (\$6 at **Choices Markets**). Choicesmarkets.com



Canada's own **Ecological** makes this well-priced gel (\$6 at **Shoppers Drug Mart**) that's alcohol and paraben free, vegan and contains skin-loving aloe. Starts sticky but don't panic—it quickly dries to a nice, clean-hands finish. Shoppersdrugmart.ca



When the pandemic had Vancouver-based **AG Hair** shifting gears to create a new hand sanitizer, we applauded. This spray (\$10) claims to kill nearly 100 per cent of germs without drying, due to vitamin E, glycerine and aloe vera. Aghair.com

A pick-me-up every time you spritz, this non-drying lemongrass formula (\$8) by **Pacific Refill Club** is used exclusively by **Science World, Fairmont Hotels** and the **Vancouver Lawn, Tennis & Badminton Club**. Pacifierefillclub.ca



From green beauty brand **Graydon**, this nourishing sanitizer (\$10) is made with seven sea ingredients, including mineral-rich oceanic clay and glacial water from the north coast of B.C., plus soothing calendula, aloe vera, blueberry extract and lavender. Graydonskincare.com N.N.



VITA

PUBLISHED BY VITA DAILY MEDIA INC. EDITOR NOA NICHOL CREATIVE DIRECTOR MADISON HOPE SOCIAL MEDIA MANAGER VICKI DUONG
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Cosy up and quench your thirst with this delicious wintertime dark wheat ale. Layer Up by **Stanley Park Brewing** is the first beer ever to use the unique flavourful combo of fig, raspberry, orange and ginger. Embrace the season with your perfect partner for the colder months. [@stanleyparkbrew](https://stanleyparkbrew.com) [Stanleyparkbrewing.com](https://stanleyparkbrewing.com)

COLD Call

WARM UP WITH OUR TOP WINTER PICKS



Protection from the cold is looking extra chic (and extra Canadian) this winter, thanks to this wear-tested **Nobis Scout** ladies' parka (\$1,150), in enough colours to make the Northern Lights jealous (we're partial to this bright-orange hue). [Nobis.com](https://nobis.com)

Sophia Hassanali

@ONESWEETPIECE

INFLUENCER PICK



READ MORE!
[Vitadaily.ca](https://vitadaily.ca)

"My new favourite must-have item for this winter is a shacket—it's a shirt and jacket all rolled into one, and it's oh-so-versatile! I recently picked this one (\$80) up from **Hunni's** in Langley. I love the neutral plaid, and it can be worn in so many different ways: as a jacket over an outfit, like a shirt with jeans, or even as a dress!" #5 8590 200 St., Langley, 604-888-7990. [Shophunnis.com](https://shophunnis.com)

The iconic design of **Hunter's** Original boot is the inspo behind the brand's new, more-minimalist Play release—a waterproof boot (\$130) fashioned with contrast panels and a unique speckled sole, and available in five freeze-worthy hues, from bayou purple to Scottish moss green to moonstone pink to our fave colourway, kombu/sea fern green with a California pink trim. [Hunterboots.com](https://hunterboots.com)



A new collab between two Swedish design powerhouses, **Byredo** founder Ben Gorham and **Ikea**, has yielded Osynlig—a baker's dozen of scented candles (\$7 each) made to "provoke a wide range of emotion, from nostalgic memories to dreams of the future and ... heighten the experience of being at home through scent" via the use of smell, sound and light. Our flames: the fresh basil and mint, cotton flower and apple, and sandalwood and vanilla varieties. 1000 Lougheed Hwy., Coquitlam, 866-866-4532. [Ikea.com](https://ikea.com)



TEAM PICK | LYNDI
@STYLECALLING

"A Canadian classic! **Roots'** salt-and-pepper sweatsuit was first introduced in 1979, the soft fleece quickly becoming an iconic fabric for the brand—and a favourite for fashionistas to this day. This matching pant and hoodie (both pieces come in a variety of fits and styles) is perfect for couch cosiness or comfy road-trip attire; in other words, it's an all-around staple for winter." 2091 W. 4th Ave., 604-629-1195. [Roots.com](https://roots.com)

TEAM PICK | VICKY
@VICKIDUONG



"After months of basking in the sun, my hair is in need of some serious TLC. I've been loving **Moroccanoil's** all-in-one leave-in conditioner (\$32 at **Sephora**) not only for its detangling and nourishing powers but because it never weighs my hair down and it protects my tresses from heat damage. Best of all, this lightweight spray possesses that signature Moroccanoil scent that'll make you feel fresh out of the salon." 1045 Robson St., 604-681-9704. [Sephora.com](https://sephora.com)



Enjoy all the extra washing you'll be doing this season with **AG Hair's** healthy hand soap (\$13), boasting benzalkonium chloride and antimicrobial essential oils to reduce bacteria, and aloe vera and cucumber extracts to add hydration. Follow it up with the brand's new lotion (\$13), which combines shea butter with hydrating hyaluronic acid, moisturizing argan and Abyssinian oils. (Bonus: it's antimicrobial, too, adding extra protection to your cleaning routine.) [Aghair.com](https://aghair.com)

Relax and dream the winter away in 100 per cent organic cotton sheets by **Takasa** (from \$190), finished in warm and luxurious sateen. Healthier for your home and the environment, GOTS-certified fibres make your bed more welcoming, night and day. Choose from three calming earth-tone shades: white, natural and, our seasonal fave, alps. [Takasa.co](https://takasa.co)



Chic aho! **Max Mara's** Treasure Island special-edition range takes inspiration from the FW 2020 collection's maritime theme and simultaneously (and playfully) celebrates the label's iconic Teddy Bear fabric with a fun new assortment of products—like this #MaxTheTeddy charm (\$135). 3025 Granville St., 604-257-2350. [Ca.maxmara.com](https://ca.maxmara.com)



"It's officially time to up your cosy game. I'm feeling inspired by all things grandmillennial these days, and I'm welcoming those granny vibes into my home via my blanket collection. I love this Kantha quilt (and so many more) from **TR Handicraft**. With a wide variety of patterns and sizes, available, your perfect winter blankie awaits!" [Etsy.com](https://etsy.com)

TEAM PICK | MADISON
@MADISONANDJULIE



Hudson's Bay has collaborated with designer Jeremy Scott on an exclusive collection, just in time for a dip in temp. The 11-piece range features distinctive **Moschino** pieces reimagined through the lens of the iconic HBC red, green, yellow and indigo stripes. Find seasonal street-style staples like hoodies and joggers alongside a fuzzy moto coat (\$1,495) and twinning "collared" jacket bag (\$1,695). 674 Granville St., 604-681-6211. [Thebay.com](https://thebay.com)

TEAM PICK | ALEESHA
@ALEESHA_H



Winter in much of Canada means ice—lots of ice. That's why **Yeti's** created a Pink Ice collection of coolers, drinkware and accessories, inspired by powdered peaks at first light and, in the case of this cute travel tumbler (\$40), guaranteed to keep your coffee or cocoa piping hot, no matter how deep the seasonal freeze. [Yeti.com](https://yeti.com)

November's It Bag

BY ALEESHA HARRIS

Winter fashion should give its wearer a warm and fuzzy feeling. This Mon Tresor bag (\$2,890 at **Holt Renfrew**) from **Fendi** does just that. The miniature bucket-bag style is crafted from a fuzzy brown sheepskin material to give it a plush, tactile appeal, with the addition of the iconic FF logo diagonally printed all over the soft surface. As bucket bags continue to make a statement (and, really, they always have) we can imagine this petite made-in-Italy purse becoming a closet keepsake that's returned to sartorial rotation for many a cold-weather season to come. 737 Dunsmuir St., 604-681-3121. [Holtrenfrew.com](https://holtrenfrew.com)



These Boots Are Made For Everything

WHATEVER THE WEATHER, GREAT WINTER FOOTWEAR CAN TAKE YOU FROM PEAK TO PUB—AND EVERYWHERE IN BETWEEN
BY AILEEN LALOR



The place in our homes most likely to get cluttered in winter is right by the front door. Sneakers and loafers nestle, rain and snow boots jostle and, perhaps, a stray flip-flop remains. Happily, designers have come up with an alternative to a giant rack: boots versatile enough for every weather occasion.

“The outdoor influence is permeating lifestyle—brown leathers, red laces, textured wool that reminds you of hiking boots but is more sophisticated,” says Kristin Nelson, **MEC** merchandise director, softgoods. Referring to these kinds of boots as “peak to pub,” she has tips for what to look for when shopping for those can-do-everything boots, to make sure they’re practical, too.

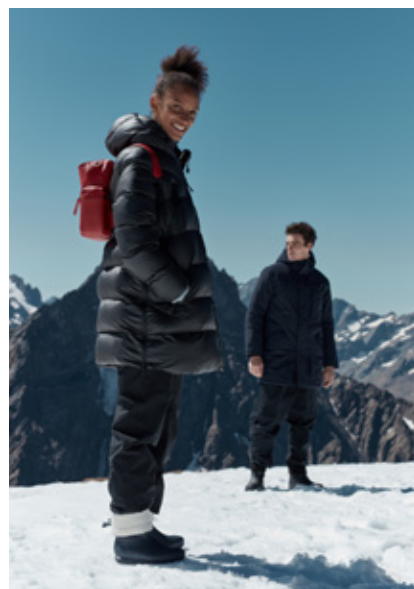
“For waterproofness, the best is a bootie construction, where there’s a waterproof membrane inside to keep the foot warm and dry and it’s still breathable,” she says. GoreTex is the best-known material for this—breathability is a must to reduce sweatiness. “Open up the footwear and see where the membrane ends. There’s something called gaiter construction, where there’s extra fabric behind the tongue and laces to prevent your foot getting wet.”

Brands used to give temperature ratings for boots to indicate what weather they’re best suited to, but Nelson says not all do that these days, since people have individual preferences about how warm they want their toes to be. “Some like to have extra-toasty feet but, if you’re being active outdoors, you don’t necessarily want all that insulation.” Insulating materials include warm and naturally odour-resistant wool, and fleece. U.S. brand **Keen** insulates with recycled PET plastic.

The soles of your shoes need to be made from rubber to give good grip—materials like EVA, usually used for sneakers, will slip on ice. **Hunter** boots’ soles are natural rubber, vulcanized for durability and waterproofness, and the brand’s tall rain boots and Chelsea boots now come in insulated versions. Italian brand **Olang** incorporates a folding cleat into its winter boots. Flip it out when you’re walking on icy ground to get max grip and back in when on the sidewalk or indoors. You can also add traction devices (city crampons or urban spikes) to give extra grip.

As far as hiking or snow, leather is a good and hardwearing option, though these days you can also get breathable synthetic fabrics—or rubber for a rainy Vancouver winter. Another option is to look for certified better leather, which is audited for its environmental impact. Brands that use this include **Keen** and **Timberland**.

Laces or zips? Lacing up boots can be one step too many if you just want to get outside. If they become undone, they trail in snow, rain and mud, and no one wants to touch a soggy bootlace. Zips are easy on and off but don’t provide a variety of fit for different-sized calves. The modern solution is both: lace your boot to your comfort level, then forget about it and use the zip. Try your boots before you commit; they should feel comfortable brand new. “Make sure you still have enough room to wear a good pair of socks,”



says Myriam Séguin, project coordinator at Olang Canada. Insoles can be used to add or remove warmth and reduce stink.

Looking after your boots through winter is essential to giving them longevity. Wipe them with a damp cloth after every use to remove salt—Nelson suggests diluted white vinegar and water. “There are many aftermarket boot-treatment kits that restore waterproofing and offer salt protection. While **Keen** boots are waterproof right out the box, some fans find these kits helpful to extend the life of their winter boots,” says Lindsey Elliott, **Keen**’s director of regional merchandising. It’s not a one-and-done situation—far better to waterproof your boots periodically through the winter.

At season’s end, give your boots a thorough clean before storing them. “I place cut-up pool noodles inside [my taller boots] and then put them in boxes,” Nelson says.

The best thing about modern winter boots is choice—you can get sporty rainproof ones from **Vans**, sleek, toasty ones from **Hunter**, rugged stylish ones from **Ugg** and a modern twist on traditional from **Sperry**. And you really can get one boot to rule them all. “The big focus is to make boots multifunctional,” says Nelson. “People just want to own less.” Giving foyer clutter the boot? We’re here for it. ♡

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You Look Like Gold

FORGET BRICKS: INVEST IN THESE GILDED BEAUTY PRODUCTS
BY BIANCA BUJAN

N

No longer just a glam accessory, gold can also make a glistening addition to your bullion, er, beauty regime, offering anti-aging, anti-inflammatory and radiance-boosting qualities when mixed into your creams, masks and serums. This winter, dig the rich rewards of a golden glow with gold-infused products that are sure to make your skin shimmer, sparkle and shine—just like you. ♡

Guerlain's cult-fave-since-1987 *Météorites* has been reinvented in a limited Golden Bee edition (\$77 at **Hudson's Bay**), including a new golden pearl that, thanks to Stardust Technology (a diamond powder encapsulated in microspheres to reflect light) gives skin a luminous matte glow your whole hive will be buzzing about. **674 Granville St., 604-681-6211. Thebay.com**

Smell as good as gold via a perfume packed with rich aromas like juniper, nutmeg, coriander, musk, amber woods and vanilla. Fall (winter?) in love with the fanciful fragrance of **Maison Francis Kurkdjian Paris' Gentle Fluidity Gold Edition** spray (\$233 at **Holt Renfrew**); for an added fee, you can even have your bottle engraved through the brand's website. **737 Dunsmuir St., 604-681-3121. Holtrenfrew.com**



This gold-standard anti-aging hero by **Prai Beauty** (\$90 at **TSC**) harnesses the power of retinol to dramatically firm, smooth and brighten skin as you snooze. Infused with the glow-giving powers of gold and the hydrating properties of hyaluronic acid, you'll experience a sparkling skin transformation. **Tsc.ca**

Protect your skin and get a golden glow with **Maison Jacynthe Sérums Or** (\$165)—an exotic elixir that's made with a wealth of natural, pure and active ingredients. The 24-karat gold and aromatic oils infused into this sensational stuff will leave you with a luminous complexion you'll love. **Maisonjacynthe.ca**

Opt for an opulent seasonal self-care session including this **Peter Thomas Roth** pure luxury lift and firm mask (\$112 at **Sephora**), with 24-karat and colloidal gold to reduce the look of fine lines and wrinkles. Caffeine will help your skin appear firmer and tighter, while peridot—an exquisite gemstone rich in magnesium—will re-energize your natural glow. **1045 Robson St., 604-681-9704. Sephora.com**

Boasting a natural rosewater base and with 24-karat gold, **Chantecaille** Nano Gold Energizing eye serum (\$210 at **Nordstrom**) moisturizes, soothes, erases the appearance of fine lines and prevents visible signs of fatigue. Plus, the cooling rollerball will de-puff morning eyes, and leave you with an irresistible golden-girl glow. **799 Robson St., 604-699-2100. Nordstrom.ca**

Get eyes that glitter with a good night's sleep—from a bottle. Infused with gold, the 24K Gold undereye gel by **Masqueology** (\$39 at **Walmart**) will firm, depuff and brighten dark bags and circles while fighting fine lines and wrinkles. Plus, a shimmery glitter accent will surely perk up your peepers. **Walmart.ca**



Coin a truly luxe look thanks to **Oribe** with this preciously infused moisturizing and brightening Gold Envy Luminous face mask (\$110 at **Beauty Bar**) that soothes and hydrates while enhancing the appearance of skin. There's also caviar lime included in the mix to gently exfoliate your skin, and sodium hyaluronate to help preserve suppleness, elasticity and tone—talk about a gold mine! **2142 W. 4th Ave., 604-733-9000. Beautybarcosmetics.com**



As the winter air chills, tighten and tone your complexion with **NuFace's** cold-gel primer (\$52 at **Sephora**). It's packed with anti-aging benefits and helps diminish the look of dark spots; its lightweight leave-on formula will lift and revitalize your skin while giving you lasting shimmer and shine, and its built-in brush allows for cold-easy application. **1045 Robson St., 604-681-9704. Sephora.com**



Get (or give) a gilded kiss with **Tatcha's** ultra-hydrating Camellia Gold Spun lip balm (\$39 at **Sephora**), infused with 23-karat golden flakes that create a subtle shimmer, plus camellia oil that absorbs quickly to leave your smackers feeling soft. **1045 Robson St., 604-681-9704. Sephora.com**



OroGold's revolutionary (and rich!) 60-second eye solution (\$1,178) directly targets dark circles and puffiness, leaving your baby blues, browns, greens or hazels feeling bright and energized. Infused with 24-karat gold, you'll see improved elasticity and eye brightness in a gold rush. **Orogoldcosmetics.ca**



judith & charles

HEALTH & BEAUTY

Best Kept Cold

UP THE ANTE (FREEZE) BY PUTTING YOUR
BEAUTY PRODUCTS ON ICE
BY SYDNEY SOCIAS

W

Wintertime and, it being 2020, there's nothing more essential than escaping with a little me-time. A skin-care mini fridge (like mine, obtained online from **Vanity Planet**) is ideal to store things like sheet masks, serums, rollers and certain moisturizers that may be even more effective when used cold (note: avoid putting things like makeup, certain oils or balms inside; low temperatures could cause these to separate). In some cases, like with vitamin C serum, in-fridge storage will delay the oxidation process, extending shelf (or is it crisper?) life. In others, the heightened cooling sensation can help reduce puffiness, smooth fine lines and improve circulation (especially when applied with an also-chilled tool, like a quartz roller). The result: a healthy, dewy glow, and skin that, seemingly, has no best-by date. ❖

Gua sha facial massage with this nifty, nippy tool by **Midnight Paloma** (\$22 at **Kiss and Makeup**) is my latest obsession. It promotes a brighter complexion and visibly lifts and contours the face. It also increases circulation, helps skin products absorb better, prevents fine lines and wrinkles and, I swear, makes skin appear more healthy and youthful. 1-1545 Marine Dr., West Vancouver, 604-922-6292. Kissandmakeupstore.com



PHOTO: MELISSA SKODA



I love **Summer Fridays'** CC Me serum (\$84 at **Sephora**) for my daily dose of vitamin C; even better cold, it brightens dull skin and corrects dark spots and uneven texture in an icy instant. 1045 Robson St., 604-681-9704. Sephora.com

Mist Connection (\$53) by **Wander Beauty** is a two-in-one essence and toner that balances and moisturizes skin in a single brisk step. Simply shake to combine, then lightly mist over your bare face, or over skin care or makeup, for a dewy finish. I'm obsessed with this stuff—and it's even better from the ice box. Wanderbeauty.com

New to my routine, **Goop's** all-in-one nourishing eye cream (\$75 at **Sephora**) has quickly become a cold-snap staple; it's a great all-round eye fix that both hydrates and helps fill in fine lines. Sephora.com

Peter Thomas Roth Water Drench hyaluronic cloud hydra-gel eye patches (\$73 at **Sephora**) are super firming and some of the most hydrating eye masks I've tried. Store them in the fridge to use if you're feeling tired or hungover—you'll thank me later. Sephora.com

Another **Wander Beauty** win! These individually packaged (read: grab-and-go-friendly) gold-foil Baggage Claim eye masks (\$33 at **Sephora**) work to brighten, hydrate and reduce the appearance of dark circles. Keep them chilled for an added cooling effect to reduce puffy eyes and dark circles. Sephora.com

Saje's quartz crystal facial roller (\$32) also supports lymphatic drainage and reduces the appearance of puffiness and dark circles. I like to use this tool, iced, around my eyes—it's the perfect size. 2252 W. 4th Ave., 604-738-7253. Saje.com



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WHERE AND WHAT TO EAT THIS MONTH



BREAD X BUTTER CAFÉ

At the heart of downtown Vancouver lies former *Top Chef Canada* contestant and **Heritage Asian Eatery** chef Felix Zhou's latest venture—an elevated all-day breakfast nosherie called **Bread x Butter Café**. The stars of the show at this eatery are the Korean street-toast-inspired egg sandwiches: fluffy scrambled eggs spilling from a half-sliced open piece of challah bread. Try them with truffle aioli, **Spam** or, our fave, poached prawns and a tangy lemon caper aioli. Also on offer is a constant rotation of new items like smoked paprika chicken wings, fried Brussels sprouts and, for takeaway, sticks of artisanal butter in truffle and seaweed varieties. Insider's tip: this "hidden" café also accommodates pandemic-safe small parties in its own private courtyard—fully catered, of course. **140 - 925 W. Georgia St., 604-631-3981. Breadxbuttercafe.com** MIRANDA SAM

SASHIMIYA

Tokyo-born Takayuki Omi, former executive sushi chef at the **Fairmont Pacific Rim's RawBar**, has graced Vancouver with a new kind of Japanese market. **Sashimiya** specializes in making quality, sashimi-grade seafood (think hamachi, amaebi, ikura and madaï) available to all, with Omi often waking at 4 a.m. to ensure he can secure the best for his customers. Also available in shop: pantry staples like premium Japanese rice, nori, miso, soy sauce and snacks (hello, unique **Pocky** flavours) alongside grab-and-go edibles like sushi, sashimi platters (up to 100 pieces) and chirashi bowls. For a more bespoke experience, ask the chef to personally slice fish to your liking, whether it be nigiri, sashimi, poke or handrolls, and thus customize your order. **1348 Hornby St., 604-689-0088. Sashimiya.ca** NOA NICHOL



PHOTOS: MARK YUEN

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SUPERFLUX LOUNGE

Cold brews and buns? Count us in! **Superflux Beer Company's** newly opened lounge provides a delicious extension to this new-kid-on-the-block East Van ale-maker, offering rotating taps and a curated menu of sausages and salads in a space that's situated smack-dab in the centre of a working brewery. Graham Marceau of **Corduroy Pie Company** has designed a menu of premium hot dogs with unique toppings like oven-dried tomatoes, dressed rock crab, corn ragout, mortadella, lemon mayo and potato crumb, while chef Justin Lee, formerly of **Crow Bar**, tosses together hyper-seasonal salads featuring incredible local produce from **Zaklan Heritage Farm**. On tap: fan favourites featuring Superflux classics like Colour & Shape IPA, Happyness IPA, Easy Tiger, Coconuts IPA, Mañana IPA and more. So grab a beer, order a dog and enjoy this thirst-quenching space. **505 Clark Dr. Superfluxbeer.com** NOA NICHOL



PHOTOS: DENNIS CHUI



BAR GOBO

Vancouver's top chef Andrea Carlson (of **Burdock & Co** and **Harvest Community Foods**) has done it again. Bar Gobo, Vancouver's newest wine bar located in historic Chinatown, offers a vibrant menu of completely naturalist wines and bespoke cocktails paired with farm-to-table snacks to the sounds of good music. In the kitchen, Carlson has curated a menu of comforting plates—think Beausoleil oysters with tarragon mignonette; anchovy toast; caciocavallo with cheese potatoes; cheese and charcuterie; pork ribs with tahini yogurt; and simple mixed-drink offering. The intimate 500 square-foot space (formerly occupied by **The Parker**) accommodates 10 seats inside plus several outside, with physical distancing protocols in place due to COVID-19. **237 Union St., 604-423-5400. Bargobo.com** NOA NICHOL

DINING & DÉCOR

Lagom Your Home

A SWEDISH PHILOSOPHY INSPIRES INTERIORS CENTRED
AROUND MODERATION AND SIMPLICITY
BY JEANINE GORDON

W

When it comes to refreshing design concept and décor style, the Swedes have it just right. In fact, “just right,” is the definition of Lagom, the Swedish philosophy that’s created one of today’s hottest interior-design trends.

Lagom is all about balance. Not too much, not too little. While trends swing from minimalist to maximalist, Lagom falls in the middle. A Lagom-inspired room is one with visual harmony via a soothing colour pallet (think shades of blue and grey, and natural-wood finishes) and a single focal point, like a great couch that grounds the space without looking too busy.

The Lagom look is something that today’s consumer craves. As Albert Yee of **LivingSpace** says, “Our clients express that they want just enough. Balance means the right amount of ornamentation without being over the top. People always want their homes to be comfortable and calm, balancing enough warmth and character without excess.”

In an increasingly busy world, Lagom-designed interiors invite us to slow down. Sebastien Fauteux of **Urban Barn** believes that a more



relaxed pace is at the heart of Lagom décor: “The simplicity of it has widespread appeal. As people’s lives become busier, they’re looking for a way to find balance.”

Nils Vik of **EQ3** agrees: “Deep down we all want simplicity and comfort. The concept of Lagom is aligned with our own internal design philosophy that seeks to remove

unnecessary elements in favour of functional simplicity.”

As a focal piece, the Katharine sectional sofa (from \$4,795 at **The Cross**) “adds value and beauty to every space” and “provides the feeling of home,” says creative director Stephanie Vogler.

Bath Built Custom Furniture’s Paris bookcase (\$1,975), “offers just the right amount of function and esthetics,” says sales manager Keara Mager. For the Lagom enthusiast, Mager pinpoints customers’ desire for simplicity alongside “beautiful and functional furniture.”

Lagom-inspired décor is thoughtful and conscious. Rather than overpowering art, the Barcelona macramé wall hanging (\$45) from **Simons** adds beauty to your space while maintaining a natural, home-like feel.

Lagom décor is purposeful, with a handful of special pieces placed throughout a room rather than loads of tchotchkes. **Urban Barn’s** Maryn vases (from \$29) add visual interest while welcoming a touch of soothing blue to your space.

EQ3 is known for pieces designed with modern elegance in mind, and the Bingo stool (\$200) fits seamlessly into Lagom’s perfect-simple definition. Vik believes in “effortless confidence,” citing it as the spirit behind “taking inspiration from the natural world, which is, by nature, effortless.”

Last but not least, visual noise is a Lagom taboo. The Cross’s Grey Shore storage baskets (from \$125) are the perfect home for kids’ toys, throw blankets or decorative plants and branches—the perfect way to achieve calm over clutter. ♡

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Rockies Road Trip

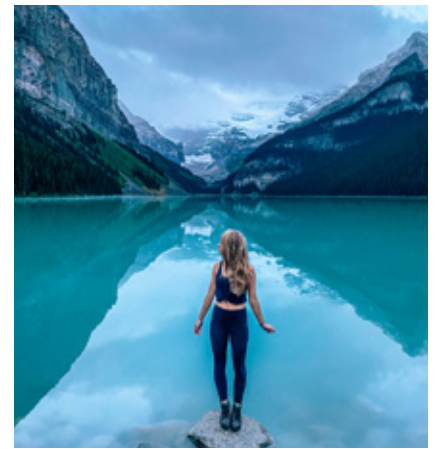
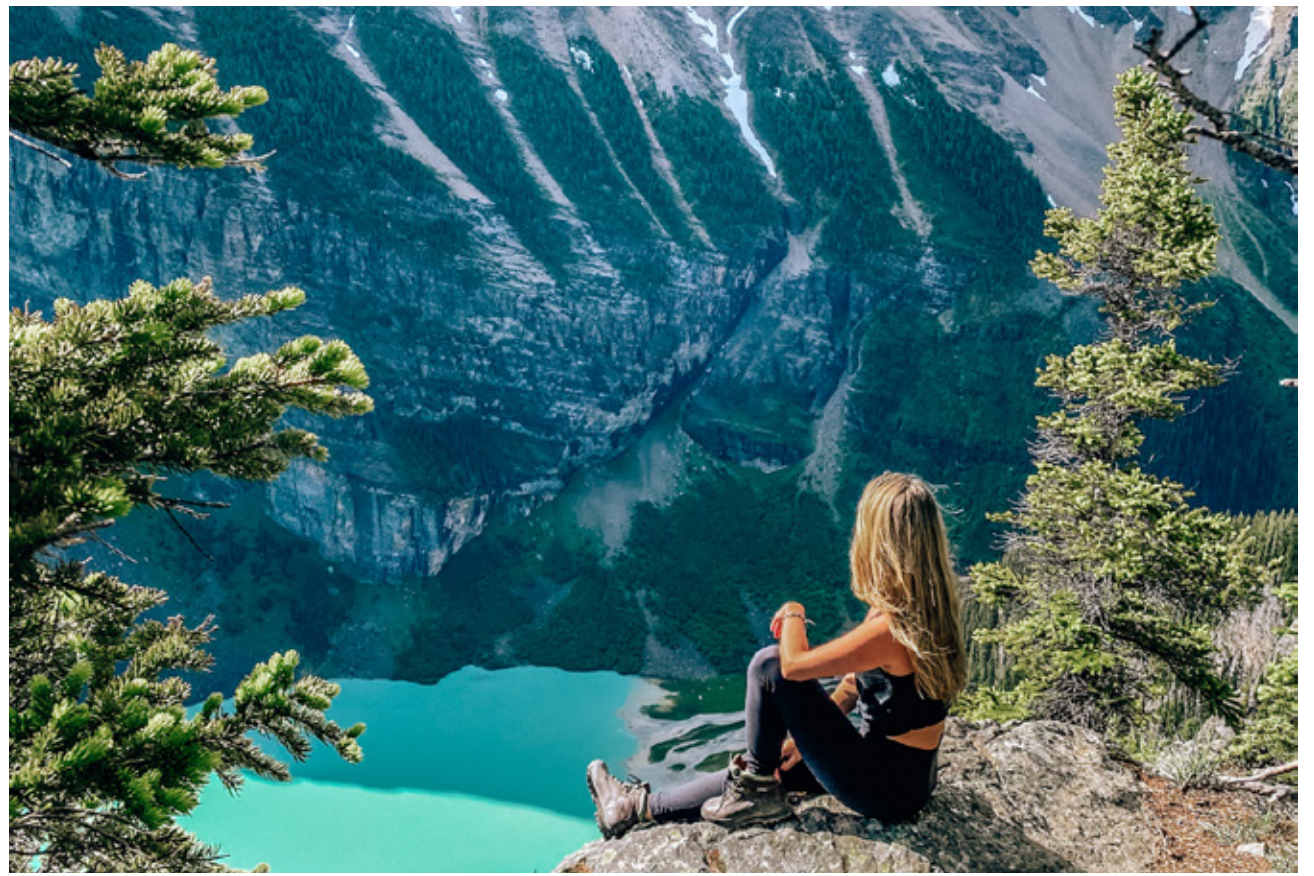
MORE THAN EVER, THE MOUNTAINS ARE CALLING
BY KELLIE PAXIAN

R

Road tripping the Canadian Rocky Mountains is an experience that wanderlusters around the world dream of checking off their bucket lists; however, during the pandemic, there is a unique opportunity for Canadians to explore this region without the usual crowds of international tourists. With a mix of world-renowned attractions and off-the-beaten-path gems, the Rockies are jam-packed with reasons to visit.

The setting consists of so-blue-they-look-fake glacial lakes, strikingly towering mountains, awe-inspiring glaciers, super-powered waterfalls, crystal-clear creeks and wildlife waiting to be spotted (look but don't lure). Equip yourself with a vehicle packed with snacks, healthily worn-in hiking boots and bear spray at the ready, and you're all set for an adventure of a lifetime.

For those who enjoy an authentically rustic Canadian experience that offers an opportunity to meet fellow adventurers, **Hostelling International** offers the perfect accommodation in which to stay throughout your journey. With private-room and dorm options in Banff, Lake Louise, Jasper and along the Icefields Parkway, these properties are reliable and central lodging options that have everything you need to rest and recharge along your road trip.



Rachel

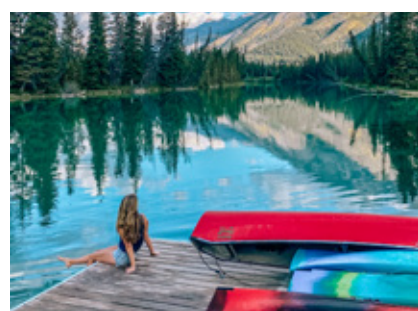
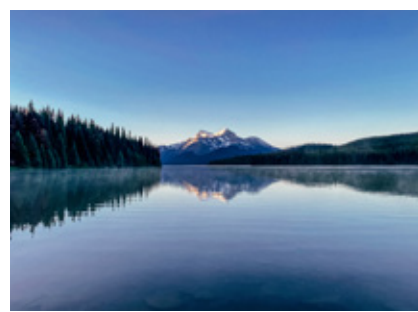
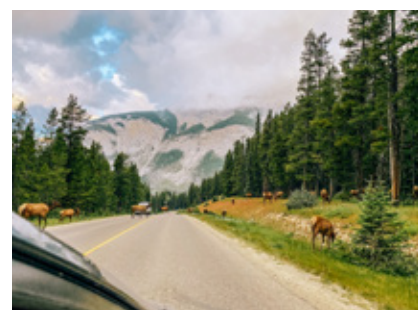
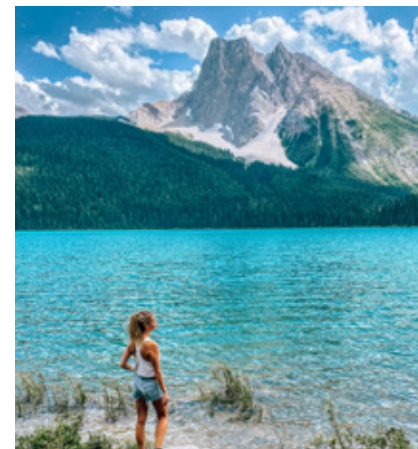


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Start at the mountain town of Banff, which, during a normal year, is elbow-to-elbow with international tourists (but even during COVID-19 attracts about 70 per cent of Rockies' visitors). Hiking enthusiasts can catch incredible views from Tunnel Mountain or Sulphur Mountain, and those wishing to find some lakeside serenity can visit Two Jack Lake or Vermillion Lakes—highly recommended at sunrise and sunset, respectively.

A trip to the Canadian Rockies wouldn't be complete without a stop at the iconic Lake Louise, which shines in all its turquoise glory and is best viewed from its shores before the crowds arrive at 9 a.m.; dining at the **Fairmont Chateau Lake Louise**; or atop one of the surrounding mountains, such as the Big Beehive Trail. Don't forget to stop for a cup of tea at the **Lake Agnes Tea House** (open again in June) on the way down.

The vivid blues don't stop at Lake Louise, as a short drive away sits the Gatorade-blue Lake Moraine surrounded by the Valley of Ten Peaks, and just up the Icefields Parkway awaits Bow Lake or Peyto Lake for further proof that the colour of that water is indeed not Photoshopped. Once on the Parkway, continue on to take in the stunning roadside landscapes of mountains, waterfalls, glaciers and creeks. It's not uncommon to spot wildlife on this road such as bears, deer, moose or wolves, so abide by the speed limit and keep your eyes peeled.

Sitting a few hours' drive north of Lake Louise, Jasper is a calmer mountain town where wildflowers line the streets, trains run past the town, and establishments like **Jasper Brewing Company** and **Jasper Pizza Place** are the go-tos. Do not miss a visit to Maligne Lake, where it's not uncommon to spot moose along the road in the wee hours of the morning or grazing at the adjacent Moose Lake. You can also take a boat to Spirit Island, which is one of the most-photographed spots in Canada—it's not hard to see why.

If you're not all hiked out yet, visit the iceberg-covered glacial pond of Edith Cavell and journey through its scenic Meadows Trail, and visit Maligne Canyon for incredible waterfalls and a nice easy trail. Finally, if you're looking for a lake you can actually swim in, visit the Caribbean-like blues of Lake Annette or Lake Edith, which are spring-fed instead of glacier-fed and definitely worthy of a dip in the warmer months.

You'll find no shortage of spectacular views and things to do along your Rocky Mountain road trip, and there are few experiences that will make you feel more grateful to be Canadian. Now is the time to make the most of it! 🇨🇦

TRIPS & SIPS

Flights for the Flightless

NO TRAVEL? NO PINOT NOIR PROBLEM
BY LAURA STARR

W

With travel plans on hold and restrictions still up in the air, we're wondering when we might set foot on a plane again. With our urge to explore being limited to local, it's been a surprisingly satisfying season of rediscovery of our own province; that said, there's simply no substitute for the feeling of a jet taxiing down the runway, taking us to explore somewhere new.

While we wait for the world to reopen, let's explore a different kind of flight—one made of an assortment of sips of the earth's most amorous grape: Pinot Noir. Flights of wine are a fantastic way to taste nuances across different bottles and, lucky for us, B.C. does a phenomenal job growing and producing Pinot Noir, with several wineries featuring for-purchase that give you the chance to taste this grape in different ways, whether those differences be clones, vineyard sites or production methods.

The best part: it's the cheapest flight you'll take, and each experience is bound to be a total sensory trip. So, choose your destination, buckle up and get ready to fly through some of B.C.'s best Pinot Noir. 🍷



ROCHE WINES & STAG'S HOLLOW

The Pinot Noir Okanagan Single Vineyard Edition Collab (\$100) is one of B.C.'s coolest team-ups ever. Four expressions of Pinot Noir made in two specific vineyard sites (Naramata Bench and Okanagan Falls) by two separate B.C. winemakers. This is truly terroir versus winemaker. Rterroir.ca

CEDARCREEK ESTATE WINERY

The 2018 Home Block Platinum Pinot Noir Clonal Set (\$135) offers three wines from the same place and made in the same way, the only difference being the clone of the grape (clone 115, 667 and 777). Enjoy these beauties side-by-side, and discover just how much a clone can alter the profile of the wine. Cedarcreek.bc.ca



OKANAGAN CRUSH PAD

Head to the website and pick your own pack of Pinot! The **Okanagan Crush Pad** portfolio includes a range of expressions, meaning you can taste sparkling Pinot Noir, white Pinot Noir (a.k.a. Vin Gris), blended Pinot Noir and vineyard-specific Pinot Noir, as well as different production methods. Six styles worth cruising through: Haywire Pinot Noir (\$27); Free Form Vin Gris (white Pinot Noir) (\$27); Haywire Garnet Valley Ranch Pinot Noir (\$35); Haywire Waters & Banks Pinot Noir (\$30); Haywire The Bub (Pinot Noir + Chardonnay) (\$30); Bizou + Yukon BEE-zoo Rosé Bubbles (a blend, with colour from Pinot Noir skins) (\$25). Okanagancrushpad.com



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