

# VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITADAILY.CA • MARCH 2021

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*ISSUE*

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# EDITOR'S DESK

## Team Picks

VITA STAFFERS SELECT THEIR  
WORK-FROM-HOME ESSENTIALS



editor's letter

WFH. The acronym for “work from home” has gone mainstream since last March. And for good reason: nearly everyone we know is doing it, whether in a den, from a corner carved out of their bedroom or at their kitchen table—and of course, via handy tools like Zoom that connect us with our colleagues virtually. The phenomenon is so widespread, we made the theme of this month's *VITA* “work from home”—with a little Pantone-inspired colour thrown in for good measure.

Find in this issue styling tips good for Google Meet, fashion suggestions that won't betray your new lounge-y lifestyle and pro advice for making your home office, well, work. Plus, a tasty recipe that, like other pandemic-time dishes, recently went viral on social media, and a wine-delivery service that brings some seriously good sips to your doorstep (no travel required). Plus, our Pantone Color of the Year picks for your pleasure. Enjoy!

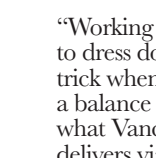
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“Open my WFH desk drawer and you'll discover my collection of notepads and paper. Many of these are designed by my favourite stationery brand, **Rifle Paper Co.** Created by illustrator Anna Bond, Rifle products offer pretty, whimsical designs in pleasing colour palettes. The latest addition to my growing stash: this floral soft-cover spiral-coil Colette notebook with gold-foil accents (\$20 at **Indigo**) is making my at-home to-do list much easier to tackle!” *2505 Granville St., 604-731-7822. Chapters.indigo.ca*



“Since I'm constantly washing my hands these days, my skin's been feeling stripped and depleted of much-needed moisture. While I can't control the hand soaps and sanitizers provided by the businesses I support, I can stock up on the best at home. All-natural **Ellie Bianca** liquid hand soap (\$9) is ultra-hydrating, deeply cleansing and gentle to boot. My personal fave is the citrus and tea tree scent for a natural uplift, with aloe vera for serious skin softening.” *Store.elliebianca.com*



“Working from home means the temptation to dress down—waaay down—is real. The trick when it comes to WFH wear is to strike a balance between comfy and chic. This is what Vancouver designer Ogechukwu Ajibe delivers via her **Oge Ajibe** label (formerly Fashion Voice). Her Fancy skirt (\$78), made to order with super-soft and comfortable ribbed Tencel, can be styled with jackets, tops and sweaters, or paired with a matching Desire turtleneck (\$108) for a ‘dress’ look that's equal parts profesh and pajamas.” *Ogeajibe.com*



“Working from home in a small space is not without its challenges. In an effort to keep my desk feeling neat and looking chic (hello, Italian pebbled leather!), I love this weighted wireless charging pad from **Courant** (\$100 at **SSENSE**). It mitigates the need for extra wires hanging about, and makes it easy to keep all of my many devices fully charged. Très chic!” *Ssense.com*



**Sharla Farrell**  
@SHAR.LA



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### INFLUENCER PICK

“I find joy in lighting a candle at my desk during the day while I'm working. It helps improve my mood and alleviate stress. I also find that candles can transport you through the power of scent, which is great when I'm daydreaming about a beach vacation in-between meetings. I am currently obsessed with the mellow and smooth vibe of **Homecoming Candles'** sandalwood smoke candle (\$65), which is a new release from the brand's Gradient Collection. They're Vancouver-based, too!” *Homecomingcandles.com*

VITA

PUBLISHED BY VITA DAILY MEDIA INC. EDITOR NOA NICHOL CREATIVE DIRECTOR MADISON HOPE SOCIAL MEDIA MANAGER VICKI DUONG VITA PRESENTS LYNDI BARRETT PROOFREADER KATIE NANTON CONTRIBUTORS JEANINE GORDON ALEESHA HARRIS AILEEN LALOR MATINA SOMLAI LAURA STARR COVER MARC CAIN SPRING/SUMMER 2021 CANADA POST PUBLICATIONS MAIL AGREEMENT #42849020

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# FASHION & SHOPPING

# PANTONE

## Picks

ULTIMATE GRAY AND ILLUMINATING YELLOW ARE THE TWO HUES OF THE YEAR FOR 2021



**Les-Ottomans'** silk velvet cushion (\$199 at **Details by Mr. K**) will add personality to any chair or couch—though we think it's worthy of framing. **2717 Granville St., 604-806-0510. Detailsbymrk.com**



This blouse-style top with statement sleeves by **Marc Cain** (\$410) is the perfect "keyboard dressing" piece (read more on page 5). **701 W. Georgia St., 604-398-7777. Marc-cain.com**



Portable, rechargeable, wireless, Bellhop by **Flos** (\$413 at **LivingSpace**) is a sleek, modern LED tabletop lamp that was originally created for the **London Design Museum. 1706 W. 1st Ave., 604-683-1116. Shop.livingspace.com**



To fully represent the city's emblematic colour, two pairs of perfumers created two iterations—**Donna** (\$123) and **Uomo** (\$92)—of **Valentino's** Born in Roma Yellow Dream fragrance, available at Sephora this month. **1045 Robson St., 604-681-9704. Sephora.com**



**Manolo Blahnik's** Gable Jewel Crepe de Chine heeled mule sandals (\$1,185 at **Holt Renfrew**) are Pantone pretty in grey, with a crystal buckle on the strap. **Holtrenfrew.com**



This **Rodney Strong** Blue Wing Chardonnay (\$30 at **BCLS**) fits the present Pantone palette perfectly. **Bcliquorstores.com**



These dainty drop earrings by **Lizzie Fortunato** (\$315 at **Holt Renfrew**) feature rectangular lemon topaz quartz stones and hanging baroque freshwater pearls. **737 Dunsmuir St., 604-681-3121. Holtrenfrew.com**



**Le Creuset's** new hue, Nutmeg, with cool and dramatic undertones meant to convey tranquillity, is available across product categories, from cookware to dinnerware and beyond, this month. **2997 Granville St., 604-620-3915. LeCreuset.ca**



Give yourself a backseat mani with **Taxi Hopping**—an acidic-yellow quick-dry polish from **Essie** (\$11 at **Shoppers Drug Mart**). **2888 Granville St., 604-738-3107. Shop.shoppersdrugmart.ca**



**Touchland** Power Mist moisturizing sanitizer in vanilla cinnamon (\$18 at **Nordstrom**) contains aloe vera and essential oils to leave hands soft and healthy, and 500-plus spritzes to evenly eliminate germs. **Nordstrom.ca**

## FINE FINDS

• BOUTIQUE •



You'll have to wait till May for this one, but your smile (and bathroom décor) will thank you: a **Brüush** electric toothbrush in a limited-edition shade, Grey Mist (\$99). **Bruush.com**

Think outside the little blue box with this stunning **Tiffany** True engagement ring featuring a cushion-cut yellow diamond and a diamond band in gold. **723 Burrard St., 604-630-1300. Tiffany.ca**



Get set for summer with the **Tulip 139** perforated slip-on sneaker by **Ilse Jacobsen** (\$105 at **Fine Finds**). In Goldenrod, this lightweight casual style offers comfort, with chic suede cut-out detailing and a flexible sole. **1014 Mainland St., 604-669-8325. Finefindsboutique.com**



**Hunter's** new Play clog (\$85) in zinc grey or primrose yellow is certified vegan, waterproof and ready for adventure at a slip-on-moment's notice. **Hunterboots.com**



Made from merino wool, you can find bright and beautiful **Blusbar by Basics** pieces at Vancouver's **Shabby Rabbit** boutique. **2254 W. 4th Ave., 604-336-9454. Shabbyrabbitclothing.com**



## March's It Bag

BY ALEESHA HARRIS



Fans of **Louis Vuitton's** Monogram Empreinte Leather are sure to have a new handbag obsession in the **Coussin PM** (\$4,450). While the original logo-embossed material is crafted from supple calfskin, the cool new Coussin (pictured here in silver) sees Vuitton's iconic monogram pressed into "the softest of lambskins," according to the brand. Divided into three compartments, the soft-sided handbag design can be worn in hand, on the shoulder or cross-body, and features a bold (and removable) chain-link strap. Inspired by artistic director of women's collections **Nicolas Ghesquière's** appreciation for "the stylistic space between the feminine and masculine" the gender-fluid handbag design is sure to be among the season's hottest arm candy. **730 Burrard St., 604-696-9404. Ca.louisvuitton.com**

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# Keyboard Dressing

FROM WAIST TO FACE, HERE'S HOW TO ACHIEVE WEBCAM-WORTHY STYLE  
BY JEANINE GORDON

R

Rewind with us, if you will, back to the heyday of dinner parties in the 1980s, where the concept of “tabletop dressing” gave style cues to focus one’s look from the waist up. Today, there’s an entirely different reason to dress just our top halves; with Covid forcing so many of us to stay home, being on screen is all in a day’s work. And, given the fact that only our heads and shoulders make an appearance on webcam, styling ourselves up top (and taking a more lackadaisical approach down below) is now the norm as we get ready for our daily screen debut.

So, you might be able to work in your pajamas these days—but should you? Tyler Franch, vice-president and fashion director for **Hudson’s Bay**, believes there’s something to be said for getting dressed, even when you’re going it solo at home. “Looking and feeling your best can definitely have an impact on your attitude and motivation,” he says.

Award-winning beauty influencer Jill Lansky of *The August Diaries* certainly notices the difference when she takes the time to get ready. “Makeup and fashion can better your mood and increase productivity and confidence, which is important not only for motivational reasons, but for your mental health as well,” she says. “There’s something about a morning routine that gets you ready for the day.”

According to personal stylist Michelle Addison, how you dress while working at home speaks to your professional persona. “When your outside is put together, your inside can step up,” she says, adding that it’s also important to think beyond simply looking good. “What image are you putting out there? Does your clothing convey power and a sense of strength? While working from home has created a more-casual work style, I still recommend that people suit up and show up, as a good rule of thumb. It says, ‘I care, I’m working,’ versus being too relaxed at home.”

If you’re going to be on cam, you might as well step up your style to



PHOTO: HAUTE STOCK

make the most of your screen time. Franch says his fashion must-buys for the season include transitional pieces that don’t compromise on comfort or style: “Women are elevating even the simplest work-from-home outfits by incorporating trends like statement jewelry and accessories in their wardrobe.”

When it comes to so-called “above-the-keyboard dressing,” he suggests adding some key pieces, like a puff-sleeve blouse that “shows beautifully over Zoom, and brings a level of drama with its statement shape,” jewelry that adds a layer of boldness and individuality to any outfit, and eye-catching hair accessories from a label like **Lele Sadoughi** that are “sure to be the star of your next Zoom call.”

Addison’s picks align with Franch’s focus on accessories, statement shoulder silhouettes and interesting necklines. “Women are now more inclined to try trends like bib collars, textured fabrics, embellishments, shoulder pads and layering accessories. Have some great necklaces to wear over your basics and rings to accentuate speaking with your hands while on camera,” she recommends. “You can do fashion. It’s your chance to put forward the best version of yourself. Always show up like you care.”

Outfits aside, there’s also potential concern for what your webcam face looks like. “As people spend more time on video conference calls, it causes them to take a closer look at their face and identify areas they would like to enhance. It’s the ultimate rude awakening when you look at yourself on Zoom and are confronted by dark circles under your eyes,” says Dr. Thomas Buonassisi, board-certified facial plastic surgeon and founder of



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## Sneaky Cheats

Feeling lazy? When your loungewear is just as chic as your on-screen office attire, you can successfully sub it in for “typical” work clothes. Marie De Guzman of downtown’s **La Jolie Madame** (LJM) and our own editor, Noa Nichol, share luxe picks no one on your virtual call will know are really meant for laying back.



You can’t go wrong with a high-end camisole, either as a simple basic or a lace-trimmed version. Style pretty ones by **Christine Lingerie** (this Garbo spaghetti-strap cami, for example; \$165 at LJM) under a V-neck sweater or blazer for work. **849 Hornby St., 604-669-1831. Lajoliemadameboutique.com**



A nightgown with the look of a crisp button-down shirt, like this rose washed linen edition by **The Sleep Shirt** (\$255 at LJM) keeps even the most discerning woman ready for either business or bedtime. **Lajoliemadameboutique.com**



Buttery soft tops by **P.J. Salvage** make perfect WFH attire. They look like cashmere sweaters, so you can get away with dressing in comfort without compromising style. We love this Colorful Classics set (\$198 at LJM). **Lajoliemadameboutique.com**



The Cozzzy loungewear set by **Knix** (\$227) includes three pieces—a crew top, track pant and lounge cardigan—that are both home-office and *Bridgerton*-binge worthy. **2076 W. 4th Ave., 604-336-9261. Knix.ca**

KNIX PHOTO: OSOB MOHAMUD

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# Beat the Blues

WHAT ARE THE MAIN SOURCES OF BLUE LIGHT, WHY IS IT BAD FOR SKIN AND EYES, AND HOW CAN WE REDUCE OUR EXPOSURE?  
BY AILEEN LALOR

O

Our screen time has increased just a teeny tiny little bit in the past year. Not great for a lot of reasons. Our mental health and focus are impacted by mindless doom-scrolling, and the lines around our necks are increasingly prominent as a result of constantly looking down at our devices. But the thing that's got us most concerned is blue-light exposure.

"Our eyes see the world by light entering them. Light is composed of many wavelengths, and what we see is a combination that goes from blue-violet—short wavelength, high energy—to red," explains optometrist Dr. Justin Asgarpour, a partner at online eyewear retailer **Clearly**. "Blue-violet sits next to UV on the spectrum, which is even higher energy, and the damage it can do is well documented. The impact of blue light is not as well developed in terms of research, but we know there are some implications."

The biggest source of visible light is the sun (the reason the sky is blue is that we see blue light); we're obviously exposed to a large amount of that during the daytime. So why all the hoo-ha about it now? Because the screens of devices like phones, tablets, TVs and computers emit blue light and, with the massive uptick in usage over the past nine months, experts are concerned about the additional exposure. Phones and tablets are



take to limit our exposure. Adjust the settings on phones, tablets and monitors. Most devices allow you to fiddle with the colour, removing some of the blue tones, though these might not be suitable for, say, designers who need to see shades very precisely. You can also buy blue-light reflecting glasses, and these can be made either with regular glass or to your corrective prescription.

"I use themselves as I find them more comfortable, less straining, and I'm potentially benefiting my eye health," says Dr. Asgarpour. While he isn't suggesting that we give up our devices, he says there is one simple technique to reduce the stress on our eyes. "Every 20 minutes, look 20 feet away from the screen for 20 seconds. It allows the focusing mechanism to work less hard."

Dr. Ulmer says that, in terms of protecting skin, she gives the same advice as for protection from sunlight: "Apply a daily antioxidant and a daily sunscreen each morning." Antioxidants are designed to mitigate the effect of oxidative stress and sunscreens may block blue light. "When we think about blue-light protection, mineral sunscreens with iron oxide are the best choice. Topicals containing pigments and metal oxides absorb, reflect and scatter light, providing photoprotection beyond the UV spectrum," she says, noting there's need for more research on what sunscreens can do to block blue light, and there's no labelling system or rating.

Whatever we do, it's worth remembering that we can't block all blue light—who wants to miss out on seeing blue skies? And both docs emphasize that, while there's debate about how harmful blue light can be, there's no question about UV. That means sunscreen every day, and sunglasses even if you think you don't need them.

"Even on a snowy day or an overcast day, UV penetrates the atmosphere," says Dr. Asgarpour. That means we could end up needing a whole wardrobe of specs—prescription, blue light, sunglasses and more, which is the perfect excuse to start shopping. It's for our health, you see. ♡

*Blue-violet sits next to UV on the spectrum, which is even higher energy, and the damage it can do is well documented*

particularly worrisome because we tend to be looking at them at close range for many hours a day.

According to Dr. Asgarpour, health implications under investigation include sleep disturbance (our brains believe that blue light means daytime, so late-night phone scrolling can lead to insomnia) and eye strain. Most concerning: the possibility that blue light can cause oxidative stress, and that can damage retinal tissue. This could lead to macular degeneration, a leading cause of blindness. The doctor says children may be particularly vulnerable to potential damage, since their lenses are clear and therefore more blue light can enter the back of the eye. Also, anyone who has had cataract surgery is at risk, since the replacement lens is clear.

Oxidative stress isn't just bad for our eyeballs. "The general link between oxidative stress and aging has been well documented, hence the concern for blue light contributing to premature aging," explains dermatologist Dr. Marcie Ulmer, who cites collagen breakdown and pigment darkening as two possible consequences. "It may also have indirect effects, as we know that blue light can disrupt the natural circadian rhythm, negatively affecting our sleep patterns."

She cautions that additional studies are required to better understand the full effect of blue light on skin, but says patients with skin of colour seem more prone to hyperpigmentation caused by blue light than patients with lighter skin. "Melasma, a chronic skin condition with blotchy pigmented patches typically on the face, may be worsened by blue-light exposure, too," she says.

There are a few measures we can



PHOTO: CLEARLY

## The Light Fantastic



All of **Clearly**'s glasses, including the Main + Central Athlonc-52 specs (\$60 for the frame only), can be fitted with lenses that protect your peepers by filtering blue light. For skin, antioxidants are the way to go when trying to mitigate any environmental damage, from pollution to UV rays to, potentially, blue light. Luckily, many cosmetics contain some kind of antioxidant, from everyday moisturizers to specialist products. **Roc** Multi Correxion Revive + Glow (\$44 at **Shoppers Drug Mart**) has 10 per cent vitamin C plus antioxidant Kakadu plum and knotgrass extracts. When it comes to moisturizer, **Laneige** Radian-C Cream (\$46 at **Sephora**) has 8.5 per cent vitamin C, in a form said to maintain potency, rather than degrading and becoming weaker as most vit C does. The key ingredient in **Sulwhasoo**'s Bloomstay Vitalizing Cream (\$205 at Sephora and select **Nordstrom** and **Holt Renfrew** locations) is plum blossom extract, which is an antioxidant, as is yuzu extract. There's also a fruit and seed compound meant to reduce dullness. The skin around your eyes is particularly vulnerable to environmental damage because it's thin and delicate: **Valmont**'s V-Line Lifting Eye Cream (\$305) has vitamin C, plus proprietary Triple DNA, which the brand says is a strong antioxidant. If you're worried about your tech neck, there's **Dermalogica** Neck Fit Contour Serum (\$116), containing antioxidant griffonia seed extract and peptides to reduce the appearance of fine lines. Mineral sunscreens that contain iron oxide are tricky to find, but we've hunted down two: **SkinCeuticals** Physical Fusion UV Defense SPF 50 (\$49) and **Clinique** SPF 50 Mineral Fluid For Face (\$41). And for bedtime, there's **L'Occitane**'s Immortelle Precious Overnight Mask (\$85): it boasts two antioxidant extracts from the immortelle plant and is highly moisturizing, so you wake up to fresh skin ... however late you stayed up swiping aimlessly the night before.

# Viral Vittles

FIND OUT FOR YOURSELF WHY THIS BAKED FETA PASTA WAS TRENDING DURING QUARANTINE  
BY MATINA SOMLAI

# F

First it was sourdough bread, then banana loaf, followed by Dalgona coffee, hot cocoa bombs and pancake cereal. As the pandemic's worn on, more and more make-at-home recipes have gone viral, enjoying their 15 foodie minutes of Internet fame. First seen on **TikTok**, this baked feta pasta is a delicious trending dish featuring cheese, cherry tomatoes and noodles. Try it in your own kitchen—and be sure to post the result!

- 1 pint cherry tomatoes (about 1.5 cups)
- 1 red pepper, sliced
- ½ red onion, sliced
- 1 block of feta cheese (200g)
- ½ head of garlic, top sliced off to expose the garlic cloves
- 4 tbsp olive oil, plus 1 more tbsp separated
- ¼ cup pitted kalamata olives, cut in half
- 2-3 sprigs of thyme (or 1 tsp dried thyme)
- Pinch of red pepper flakes
- Salt and pepper to taste
- 250g cavatappi pasta or other pasta of choice (about 2 heaping cups)
- ¼ cup basil, chopped (plus more for garnish)



Pre-heat oven to 400 F. In an oven-safe baking dish, combine tomatoes, peppers, red onions, olive oil, salt and pepper. Place the feta and the garlic in the dish, pushing the other vegetables a little to the side. Add the olives and thyme springs. Drizzle the last tablespoon of olive oil on top of the feta and garlic, and sprinkle some more pepper and red pepper flakes on top of the feta. Bake for 35 minutes. Meanwhile, cook pasta as per package instructions. Save 1/4 cup of the pasta water, when the pasta is almost cooked. Remove feta from the oven, and remove the thyme springs and garlic. Let the garlic cool on the side for a minute or so, and carefully pop each clove out into the baking dish. Mash all the tomatoes, garlic and feta together, and then mix with the rest of the vegetables. Mix in the pasta and the pasta water, until all combined. Add basil and toss. Serve warm, with more fresh basil and an extra drizzle of olive oil. Enjoy! [@thehappyfig](#)

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# Home Work

EXPERTS SHARE SOME OF THEIR TOP TIPS FOR SETTING UP A HOME OFFICE  
BY SHERI RADFORD

# W

When most of us started working from home (WFH) last March, it was supposed to be temporary—lounging in pajamas, hunched over a laptop on the couch, munching on quarantine snacks for two weeks. Now, one year later, with no return to the office in sight, it's time to get serious about setting up a proper WFH space.

The first necessity is a good chair. According to Sarah Richardson, interior designer and host of several shows on HGTV, there's no need to break the bank on this. "The desk chairs that my family is all using at home are from **Ikea**," she says. "Super stylish, really comfortable, and everybody's happy." She's a big believer in finding affordable solutions: "You don't have to have a lot of money to make your space fabulous."

But if you are picking just one thing to splurge on, a good chair is a wise choice. It largely dictates your physical comfort for 40 hours a week. Ross Bonetti, founder of **LivingSpace**, saw an uptick in sales of **Herman Miller** chairs when the pandemic hit. The iconic chair is known for improving posture and reducing back and wrist strain.

The next WFH must-have is a desk. Many of Bonetti's customers have been buying nicer ones than they might have in pre-Covid times:

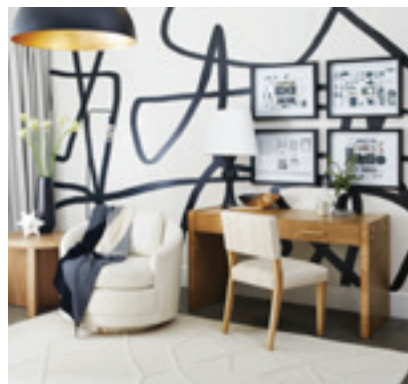


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"If they're going to spend a lot of time at home they definitely want to have a quality piece ... something that makes them feel good in their space."

Maria Lopez, owner of **Creative Home Furnishings**, has noticed a similar trend. She says the increase in WFH combined with the decrease in spending on travel and restaurant meals has led to more customers treating themselves to the high-quality, made-in-Canada furniture her company specializes in. She keeps hearing, "Where was this made? Is it real wood? If I'm going to buy something, I want to make sure my money's well spent."

Another key to WFH is keeping everything organized. Lopez observes that, in a traditional office, "pretty much everything you need is within a five-foot radius," so you should mimic that at home with shelves, drawers and other storage. Bookshelves in particular have taken centre stage during the pandemic, as a coveted background for Zoom calls. According to Lopez, bookcases "tell a story about who you are."

Working from home can cause an unfortunate blurring of the line between work and personal life. Liana Thomson, accessories product developer for **EQ3**, stresses that, even if you don't have a self-contained home office with a door, you need to "find ways to delineate between your work and comfort space." Nobody should be distracted by piles of unfinished work while watching TV—or by the TV while working.

The final piece of advice from all the experts is to get creative. According to Richardson the old way of designing a home, with just a single workspace—what she describes as "dad's home office" with a "banker-esque" vibe—has been replaced by the need for multifunctional zones "that can transition from family life to work life to school life and back to family life fluidly throughout the course of any given day." That may mean investing in the perfect custom-built desk, or it may mean repurposing "a \$10 table at a flea market."

Whether your personal style skews more toward corraling office supplies in something traditional (an Elisa desktop organizer by **Oui x Bigso** from **Indigo**, rustic (a Revistero basket by **Makaua** from **Goodee**) or luxurious (a bone china paper cup from **Tiffany & Co.**), it's all about finding the solution that works for you—and your budget.

Oh, and one bonus tip from the experts: face a window during your video calls. The natural light is extremely flattering.

Now, get back to work. ✓



# SPACE & STYLE

CONTINUED FROM PAGE 5

**8 West Cosmetic Surgery & Laser Skin Clinic** in Vancouver, adding that one's appearance and confidence are intimately connected.

"If people take care of their health, both internally and externally, naturally they will begin to feel confident and motivated while working from home. When you put your best face forward, it gives you the opportunity to really accelerate in your life and career."

Like Dr. Buonassisi, Lansky sees a renewed spotlight on skin: "My followers and I are definitely doubling down on skin care by adding new products or steps into our routine. At-home skin and beauty routines have increased dramatically during Covid." Her top tips involve "facial massage with gua sha and hyaluronic acid for hydration" along with DIY manicures and spa treatments for those who are staying home.

When it comes to makeup, less is more. "My favourite tip is to spot-conceal," Lansky says. "No one needs foundation everywhere. It takes two minutes and makes you look so much more awake. Add blush, mascara (if you want) and you're done," she recommends.

In the same way that Addison and Franch see women experimenting with fashion trends, Lansky encourages the same type of play with cosmetics. "Many of us, myself included, are



wearing less makeup in general, so minimal, glowing looks will be popular. On the other hand, [current] beauty trends are also very colourful. Makeup is a mood-booster and wearing bright colours is a great pick-me-up."

The general consensus, then, is to get ready for Zoom, yes. But to go overboard? That's a hard no from Addison and Lansky, both when it comes to what you wear and your surroundings. "Don't compete with your background," Addison advises. "Stay away from prints that are too loud or distracting, especially against a busy background."

For Lansky, "Your skin looks so much more natural if you leave parts of it bare. There's no need to overdo it! Also, don't use an overhead light while on virtual meetings. It casts shadows in all the places you don't want, like under your eyes. If you can, sit somewhere where light is in front of you, where it's most flattering."

Keyboard dressing comes down to presenting the best version of yourself, and fashion and beauty give you tools to tackle tough meetings in style. Working from home has its own set of challenges to navigate, but keeping up appearances is key. Even the dreaded afternoon slump is no match for a little style therapy. "On those gloomy days, wearing a great top paired with a bold lip can truly make a difference," Franch says. ♡

## Face Time

We're all guilty of checking ourselves out when we're on video; realizing that your appearance is less than ideal can give your business confidence a blow. As a result, Dr. Buonassisi of **8 West** has seen an uptick in treatments at his clinic, both surgical and non-surgical. "Eyes, skin and lips are areas that will dramatically impact a person's appearance," he says, adding that there are plenty of minimally invasive options available for those who want relatively quick procedures with great results.

### EYES

"Rejuvenating the area around the eye can significantly brighten your look.

Neuromodulators, like **Botox**, and dermal fillers are quick and effective treatments for brightening the eyes by softening lines, restoring volume under the eye and lifting the eye and brows. They can help fill out intense lines or plump up hollow areas. It's a natural and easy option to make your eyes look younger and more alert."

### FACE

"Our favourite laser skin-rejuvenating treatments are **Halo** and **BroadBand Light (BBL)**. Halo will improve skin's overall tone and texture, significantly remove discoloration and reduce pore size to increase your skin's luminous glow. BBL produces clearer-looking skin that's firmer and more even in texture."

### LIPS

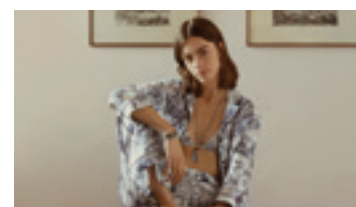
"Lip fillers are a great way to polish your look by creating shape or adding volume to thin or aging lips. It's a quick treatment that gives you beautiful plump lips. Injectables are a quick and easy way to rejuvenate your appearance with no downtime."

### EXTRA

For those who are looking for truly dramatic results, Dr. Buonassisi recommends surgical procedures like an eye lift. "Blepharoplasty is our most popular surgical eye treatment. It tightens sagging skin around the eyes and often involves removal of fat pockets that make the eyes look puffy," he says.



## Chez Moi



When it's **Dior**, does it matter that it's loungewear? We say "non," and are fully supportive of anyone wishing to rock the brand's new **Chez Moi** collection on cam. Creative director Maria Grazia Chiuri designed the range based on the fact that her personal style (which she refers to as "comfort dressing") hasn't changed much in lockdown. The result: pajama sets, robes, socks, slides and ponchos that celebrate the art of living—and working—at home. NOA NICHOL



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# TRIPS & SIPS

## Wine Chez Vous

HOME BOTTLE DELIVERY SERVICES  
ARE A SIP-WORTHY SIGN OF THE TIMES  
BY LAURA STARR

# W

Working from home is not always easy, and these last dozen months have tested the resolve of a large number of people, thrust into the throes of home offices and virtual colleagues. From the turmoil of 2020, however, grew one deliciously wine-related success story that serves not only as an example of a working-from-home woman who ran with an idea that really landed with her community, but also as a delightful offering to help you elevate your at-home experience—whether you work there or not.

Apéro Chez Vous is a wine-delivery membership service that blossomed out of the constraints of Covid. It is owned and operated by Maude Renaud-Brisson—a local and beloved wine pro known for her contagious affection for vino and the stories each bottle contains. Her company, **Apéro Mode**, was founded in 2019 and helped expose Vancouver to the French apéro (Renaud-Brisson hails from Quebec), a social pause between work and dinner in which to unwind and enjoy a drink. Apéro Nights was an immediate hit, filling pop-up locations with winos savouring really interesting sips. It had just gained serious traction when coronavirus hit, and the world turned inwards.

She took little more than a pause before redirecting her efforts toward



bringing Apéro to individual homes with Apéro Chez Vous—curated boxes of wines delivered to your door, paired with notes and a Zoom date to enjoy alongside Renaud-Brisson herself, featured winemakers or sommeliers, and others who purchased the same box. In such a time of unknowns, these brief and tasty moments of connection were a godsend to many, and the boxes quickly sold out each month.

What sets Apéro Chez Vous apart is an extremely personal touch, which promptly translates into an actual wine experience in your home. Each box contains four wines, always thoughtfully selected, with a focus on sustainability and quality. The Apéro branding is catchy and endearing, and Maude's attention to detail never fails to impress, with detailed notes and stories that give you genuine personal insight into the makers and shakers of the wine world.

Most importantly, she recently announced delivery across all of B.C. We know how important it is to support local but, in this case, Apéro Chez Vous actually serves to support you. We have all spent an inordinate amount of time at home, and now you can unwind with your own rendition of apéro at home. Take the pause and sip the wine; you've earned it. [Aperomode.com](http://Aperomode.com)



## Virtual Wine Tastings Feature Some Of B.C.'s Best Bottles

BY CATHERINE DUNWOODY



Fancy yourself an oenophile? Or a self-described newbie to wine but nothing if not enthusiastic? Now we can enjoy expert-guided tastings safely at home, hosted by some of B.C.'s finest wineries. **Mission Hill Family Estate, CedarCreek Estate Winery, Road 13 Vineyards** and **Liquidity Wines** have created Canada's largest collection of virtual tastings, hosted digitally by expert wine ambassadors. Choose from seasonal and themed collections, like Mission Hill's The Winemaker's Craft or CedarCreek's Purely Platinum, or do a deep dive into Pinot Noirs, Burgundian-style Chardonnays ... you get the picture. To host your own tasting, for yourself and others that do not live in your household, anywhere in the country, via Zoom, choose online from one or more of the exclusive tasting collections, plus optional themed add-ons like artisan cheeses, chocolates and chef demos. Then, provide a list of shipping addresses. Your orders will be couriered to each participant's door. Set up your tasting date and time, learn and sip! These virtual tastings are a great way to keep connected with your friends or family (or work fam), especially if you want to throw a distanced special-occasion celebration with other wine lovers. You and guests will be personally guided through each wine, along with an informative, engaging visual presentation. Cheers! [Missionhillwinery.com](http://Missionhillwinery.com) | [Cedarcreek.bc.ca](http://Cedarcreek.bc.ca)

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