

VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITADAILY.CA • JUNE 2021



*inside
the*

JUNE

ISSUE

#1 DAD
Shop Our Top
Father's Day Gifts

**SOUND
INVESTMENTS**
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Killer Aesthetics

BLANKET STATEMENT
Picnic Perfectly *with*
These Pro Tips

PLANE TRUTH
Why Dermaplaning
is Trending

DIGITAL DRESS UP
Virtual Tools *for*
Trying On

MAKING A SPLASH
Olympian Penny
Oleksiak *is* Tetley's
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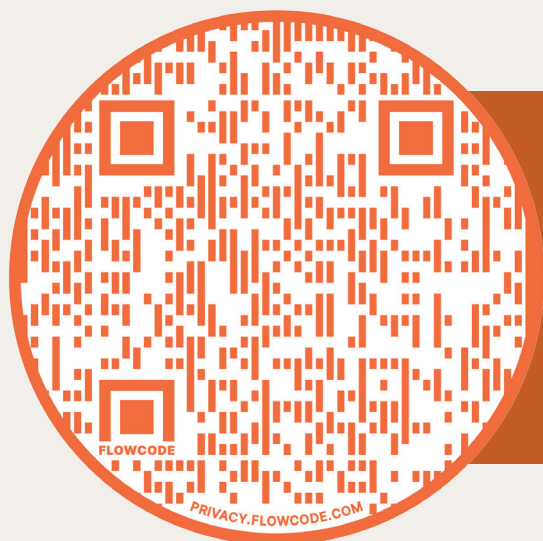
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Plane Truth

WHAT IS DERMAPLANING, WHY IS IT TRENDING AND WHY SHOULD YOU TRY IT?
BY AILEEN LALOR



Every June we like to give the men out there a little love. In the following pages of *VITA*, find our pop-approved Father's Day gift guide (my husband helped curate this piece, likely with the ulterior motive of hinting to me what he himself would like to receive on June 20), a trend report on the evolving state of men's jewelry (it's no longer just chains and watches for the gents) and some stylishly sound speakers to suit his every mood (and every music-needing situation he may find himself in this summer).

Speaking of summer, we're anticipating the start of the season with a guide packed with pro tips about how to achieve picnic perfection (hint: it's not all about the food). And, as British Columbia starts to open up again post-pandemic, we're introducing you to the latest retailers and restaurants to hit the city's shopping and dining scenes (though online shopping isn't going anywhere, as we discover on page 6). Enjoy this month's issue!

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With all the high-tech facial treatments one can get, dermaplaning might seem a little, well, basic. "It is a type of exfoliation where we use a surgical blade to remove the dead skin cells on the top layers of the epidermis to create a clean canvas," explains Dr. William McGillivray of **Project Skin MD**. Sounds a little like shaving, and it does remove facial hair, but Dr. McGillivray says there are far more benefits than that: "It improves texture, increases absorption of topical products, instantly smooths dry, flaking skin, helps smooth acne scars, speeds up turnover of healthy cells and provides instant, glowing skin."

You can have the treatment in a clinic or salon, or you can try it at home—though that's not something Dr. McGillivray encourages. "The tool is very aggressive," he explains. "An inadequately trained clinician can increase the risk of adverse events: cuts on the skin or long-term damage from taking too much of that epidermal layer off, resulting in blisters."

Brand strategist Erin Sousa, however, is a fan. "I've been doing this [at home] for a few years now; I must have seen it on YouTube or something," she says. "It looked easy enough, and I loved the payoff of the peach-fuzz removal, and the deeper exfoliation it provided."

Sousa uses an eyebrow razor from **Shiseido** that she found on **Amazon**, but says that **Sephora** makes a good one, too. You can also get specialist devices like the **Finishing Touch** Flawless Dermaplane Glo, made from Japanese steel and with an LED light so you can see what you're doing, or the **Dermaflash** Luxe anti-aging dermaplaning exfoliation device, which vibrates, supposedly delivering a smoother result.



Dr. McGillivray says he adjusts the treatment for people with oily or extremely dry skin. Those with diabetes might also not be good candidates, and it's not good for thick facial hair like men often have. Sousa's top tips: "Don't do it on any bumps or active acne. Pull the skin taut, do it on freshly washed damp skin, don't press too hard, and try not to go over the same area multiple times. Take great care on the forehead and around the eyes!"

Regrowth isn't typically a problem—Dr. McGillivray says you do get a stubbly feel for two or three days right after a treatment, but it goes away. He recommends

a minimum interval of four weeks before repeat treatments. An added bonus is that it gives you a smoother canvas for foundation and powder, which can often emphasize peach fuzz, so skin looks better without makeup or with it. It's also usually suitable for sensitive skin that can't tolerate lasers or chemical peels.

The treatment has been around for a few years but the pandemic has seen its popularity soaring as we turn to devices we can use at home. In fact, "How to dermaplane" came in it at number 10 in the top Google beauty searches of the year. In other words, it sounds like this thing is really taking off. ♥

VITA

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FIGURAS

Smooth and seamless summer essentials



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FASHION & SHOPPING

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POP-APPROVED
FATHER'S DAY
GIFT GUIDE



Jon Wiebe

@THEROADTODAPPER



INFLUENCER PICK

"With summer approaching, a great pair of sunglasses is something dad can use almost every day. My favourite shades are the Nelson (\$175), designed by Vancouver brand **Oxford & Kin**—a refined take on the aviator style. Bonus: every pair of glasses sold equals a full eye exam and a pair for someone in need." Oxfordandkin.com

PHOTO: IAN AKERS

READ MORE!
Vitadaily.ca



With room to store his laptop and essentials, **Bugatti's** Domus briefcase (\$480) in soft cognac leather will stand the test of time. Bugatticollections.com

WIN THIS!
Vitadaily.ca



Satisfy dad's sweet tooth with a candy box from **Sugar Chic**, filled with gummies that run the gamut from sour to boozy, and Father's Day delivery across Canada. Sugarchiccandy.com



Add dad to the circular economy with this **Fendi** Elite Monster Eyes wallet (\$400 at **Love that Bag etc.** while supplies last). Made of forest-green calfskin, this preloved designer piece will ensure all eyes are on him. Lovethatbagetc.com



Set dad swimming in style this summer with chic shorts from **Dior's** latest beachwear capsule. Dior.com

DAY

Chopard's L.U.C Time Traveler One Black (\$20,500) makes a stellar gift for the post-pandemic globetrotting dad, with a new design and lightweight wearability, and produced as a limited edition of 250 pieces. 105-925 W. [Georgia St., 604-684-6515](http://Georgia.St., 604-684-6515). Chopard.com



Quench his self-care routine with **SkinCeuticals'** Hydrating B5 gel (\$94 at **Project Skin MD**). It replenishes the nutrients dad's skin needs to feel smooth and appear younger, containing vitamin B5 and hyaluronic acid to bind moisture in. Shop.projectskinmd.com

Nothing makes a happy father like beer. From **Stanley Park Brewing**, The Captain Hazy IPA makes an ace gift; straw-coloured and super-hazy from the addition of oats and spelt, it boasts a flavour combo of stone fruit and tropical fruit, a soft medium-full body and a smooth finish. Brewed for captains, serve it to dad with a Father's Day feast of fried chicken and poutine. Stanleyparkbrewing.com | [@stanleyparkbrew](https://twitter.com/stanleyparkbrew)



Fathers are always on their feet, so **Baby Foot**—the foot peel with the cult following—has designed a mint-scented foot exfoliant for men (\$25 at **London Drugs**) in larger sizes. Londondrugs.com

It's funny the things dad gets amped up about, like Wi-Fi. Keep him connected with the **weBoost** Drive Reach (\$700), which ups cell signal in cars and trucks for multiple users. Weboost.ca



Can't purchase dad a **Porsche**? Gift him the Porsche Drive experience—a daily or weekly rental service that provides a vehicle (from an iconic 911 to a fam-friendly Cayenne) with concierge delivery and pickup. Porschedrive.com



Details
BY MR. K

Eclectic, modern, global; find home accessories with personality at **Details by Mr. K**—South Granville's newest décor store.

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WIN THIS!
Vitadaily.ca

Gift dad one of the world's most discerning drinks. **The Dalmore's** 12-year-old Sherry Cask Select (\$130 at **BC Liquor Stores**) is finished in three styles of aged oloroso sherry casks, each providing its own characteristics and flavours. A stunning and elegant single malt bursting with sweet fruit and decadent spice, it's the perfect present for papa. TheDalmore.com Bcliquorstores.com



Shiseido's new men's line is made for dad, with Tsubaki flower extract to negate skin-cell damage caused by male hormones. Shiseido.com



Move over mommy-and-mini fashion, it's time dad got in on the trend. **Little Yogi** makes matchy swimsuits for daddios and kiddos, including boardshorts, rash guards and one pieces, in cool prints. En.littleyogicompany.com



Not only does the **Dyson Purifier Hot+Cool Formaldehyde** (\$900) heat and cool the whole of dad's man cave, it senses, captures and traps pollutants for cleaner air and detects and destroys dangerous formaldehyde. 701 W. [Georgia St., 604-670-1135](http://Georgia.St., 604-670-1135). Dysoncanada.ca



The **Colgate Keep** (\$19 at **London Drugs**) lets dad reduce plastic waste in his routine without sacrificing a healthy smile. Just replace the brush head every three months but "keep" the handle—for life. Londondrugs.com



If dad leads an intense lifestyle, his skin might suffer the consequences. The new **ClarinsMen** energizing duo (gel, \$52; eye gel, \$42) gives stressed-out skin a welcome shot of energy. Clarins.ca

For dad's best friend, **Fendi's** pet travel line includes this luxe leash (\$470) and collar (\$360), the latter with a customized leather tag. 737 [Dunsmuir St., 604-681-1289](http://Dunsmuir.St., 604-681-1289). Fendi.com



Boy Oh Bling

MEN'S JEWELRY HAS EXPANDED WELL PAST WATCHES AND WEDDING RINGS
BY AILEEN LALOR



My husband wears a watch and a wedding ring, and that's the sum total. It wouldn't have occurred to me that he might be interested in wearing other jewelry till recently, when he told me he fancied getting a bracelet. It would be nothing bejewelled or showy—that's not really his style—but, rather, a simple leather strap or stainless-steel bangle.

He's got the right idea, according to stylist Steven Schelling. "Probably the easiest 'gateway' jewelry for a man is a bracelet—something simple and masculine, like braided leather with a metallic clasp or a classic ID chain bracelet," he says. And my husband is also pretty typical of today's 40-something suburban dad: eager to experiment a bit more, not sure quite how to do it.

"The modern man is more comfortable in jewelry than he perhaps once was. The hesitancy that may have existed years ago has seemingly been replaced with curiosity, even enthusiasm," says Lee Tucker, head of merchandising, marketing and creative operations for **David Yurman**. Nowadays, his customers aren't just looking for gateway pieces—they're building jewelry wardrobes. And it's not about fast fashion.

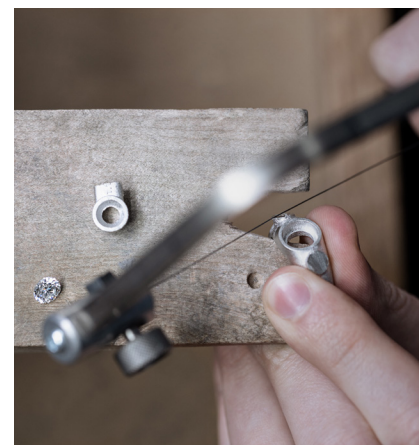
"Consumers are becoming more conscious and shifting toward pieces that are more sustainable through seasons and trends," says Taylor Hill, founder of Toronto-based brand **Boyd Court**. "Longevity is a big thing. You don't want to spend a lot of money and then, next year, you don't want your jewelry any more. Everyone is slowly moving toward timeless design: things you can wear with jeans and a T-shirt, or with a suit."

If you're buying for a partner or parent (it is Father's Day, after all), Hill recommends looking at the metal colour of their watch. "If they have a gold watch, get a gold ring," he says. "Start with something small that will be within their comfort zone." He recommends that jewelry noobs wear their piece consistently for a few days. "If you put a ring on and you're not used to wearing one, it will always feel weird and like it's in the way," he says. "You can just go for a little band or a signet ring and then get it personalized."



Schelling points out that, while my husband might just be dipping his wrist in the box, men's jewelry is nothing new. "Like most things fashion, it's less an evolution and more of a cyclical trend," he says. "The return of 1980s- and early '90s-inspired fashions is reflected in men's jewelry trends. Those of us who lived through that period will remember the trends being heavily influenced by 1960s psychedelia with gender-non-specific club kid and rave culture mixed in for good measure. Many of those trends are back now: dog tags, stacked bracelets from the '80s new romantic and alternative movements, chain necklaces with personalized pendants, the George Michael ... dangling earring ... everything old is new again."

As for my husband: he will, indeed, be receiving a bracelet this year for Father's Day—a friendship band woven by our seven-year-old, who has just learned that essential elementary school craft. It's bespoke, handcrafted and imbued with meaning. And it'll get his wrist accustomed to wearing jewelry, just in case a little something fancier might arrive for his next big birthday. ♡



The latest thing for men is engagement rings. "Even a few years ago, the concept of engagement rings for men didn't exist," says Schelling. "There were rings, sure, and a same-sex or opposite-sex partner could buy an engagement ring for their future husband, but there wasn't a complete collection of choices. Today, pretty much every major brand has a line of dedicated men's engagement rings." To his point, **Tiffany & Co.** has just launched its first engagement collection for men. Known as the Charles Tiffany setting, it has a signet silhouette and comes in platinum or titanium, with a round brilliant or emerald-cut diamond up to five carats.

And how can a gentleman style his jewelry? Just the same way as a woman. "We see more and more men who are buying multiple pieces and curating a unique look of stacked bracelets or styling multiple amulets on a chain," says Tucker. "It creates a personal look that tells each person's own story."



The Making of a Masterpiece



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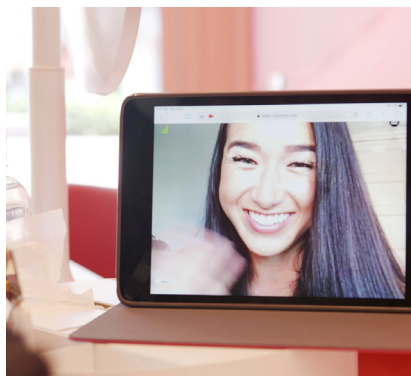
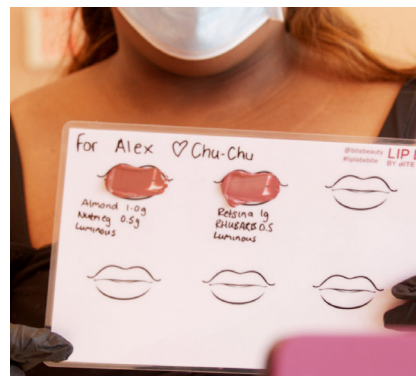
BRANDS AND RETAILERS ARE INNOVATING FOR
A NEW AGE OF ONLINE TRYING-ON
BY AILEEN LALOR



Augmented reality (AR) and virtual reality (VR) have been touted as the next big thing in online retail for umpteen years. Imagine if you could somehow scan your body and virtually try on clothes and beauty products before you commit to buying them? The pandemic would seem to be the perfect opportunity for brands to lean into this new technology. Yet, when we started to research the subject, we found that successful examples of virtual trying-on are limited.

Perhaps the best we've used is the virtual frame finder at **Clearly.ca**, which led us to frames so good we bought them three times (prescription, blue light and sunnies). There are also a number of furniture retailers that let you envisage how a piece might look in your home via apps like **Ikea Place**. But other try-ons, like lipstick, have been less successful. And forget about trying on pants or shoes—a version of Cher's virtual closet in *Clueless* still seems very far away.

It's partly due to feasibility: it is really hard to build the technology that allows for virtual try-on of clothing on real-life bodies, or that can help people really envisage the texture and smell of a lipstick. In any case, says Drew Green, founder of custom menswear brand **Indochino**,



many brands haven't necessarily had the spare cash to invest in new technology over the past year.

"AR and VR, to be completely candid, have taken a backseat to restoring businesses that are impacted by COVID-19 in a healthy way," he says. "To be frank, we were one of the hardest-hit categories because people weren't going to work or having weddings or graduations." That said, brands have still been innovating in the way they sell online. The most successful are thinking of clever ways that they can help you find or create the thing that suits you best.

First, there are the simple product-picker websites. **Dyson** has just launched a hair quiz that will help you identify your hair type and, therefore, which of the brand's Airwrap devices and accessories will suit you best. A **Nexus** quiz does the same, but for shampoo. And, over at **Sephora.ca**, a simple skin-care survey will guide you to the most-effective products based on your concerns and priorities.

Up a level there's the customizers. The **Indochino** team has always been ahead of the game with its custom-making service (upload your height, weight, age and key measurements online and they'll make you a suit that fits perfectly). Just launched is **Pure Culture Beauty**, which creates customized skin care based on a couple of at-home skin tests and a questionnaire. For years **Bite** offered a Lip Lab in-store service where you can customize your own lipstick, but a couple of months into the pandemic the brand expanded that online.

We love how that overlaps into another virtual shopping trend: service with a human touch, since your bespoke Bite lipstick is created after consultation with a real-life beauty consultant. Ours was an artist who knew all about colour theory, could explain the product texture and coverage in great detail, and persuaded us to try a beautiful berry shade that was just far enough out of our comfort zone to be exciting. Jewelry retailer **Mejuri** offers something similar: an online appointment with a stylist who can give you tips on layering necklaces, stacking earrings and more.

We recently tried **Wonder Skincare**, which entails a free virtual Zoom consultation with a medical aesthetician. She asked questions about our current regimen, allergies and skin issues and goals before identifying medical-grade products she thought would suit us. There's no commitment or pressure to buy but, via the website, you can access a broad range of products that are often only available in clinics.

The company launched recently but was in the works before the pandemic. "Good-quality medical-grade skin care is a pillar of taking care of yourself, and there's so much confusion out there that I hear from my patients," says co-founder, plastic surgeon Dr. Robert Shenker. "It became obvious that people need a real consultation that goes beyond what you can get at **Shoppers** or by staring googly-eyed at a wall of skin care."

"We were seeing a lot of trends for skin care and online shopping, but it creates a conflict when you can buy online without advice; for example, you end up spending \$150 on a serum that doesn't work for you," says Wonder co-founder Tara Carere. "It's very important for us to offer that educational element."

What all of these virtual services also offer is a degree of accessibility that conventional retail simply does not. You don't need to be close to a major city to consult with a bona-fide expert in fashion or beauty or to access customized products.

"There are people who have trouble getting to regular practitioners or areas of the country that aren't served by dermatologists. We're trying to reach every corner, working the schedule for different time zones so we can serve people in Newfoundland the same as Victoria," says Dr. Shenker.

Will all this ever replace in-real-life retail? Green doesn't think so—but it may transform it. "We're fully reopened and have launched five additional showrooms in the past year," he says. "Our model was kind of tailor made—pun intended—for the new reality of the world, with virtual inventory and everything by appointment."

Next up? The brand's launched a partnership with **Nordstrom** to offer the **Indochino IRL** experience within department stores. It's a perfect marriage of ultra-traditional retail with an innovative twist, and perhaps a sign of things to come. ✓

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ONLINE & OUTDOORS

Blanket Statement

WITH INTERNATIONAL PICNIC DAY ON JUNE 18,
THE PROS GIVE THEIR TOP TIPS ON OUTDOOR DINING
BY SHERI RADFORD

E

Everyone knows that the first step in planning an al-fresco meal is choosing the right spot. Vancouver has an abundance of gorgeous parks and beaches to choose from but, on sunny days, these can be overrun with, well, people—not to mention errant Frisbees and meandering pooches threatening to disturb your setup or devour your Instagram-worthy spread.

For those looking to pull off a truly foolproof, picture-perfect picnic, Tarina Taylor and Kelly Bertrand of **Say Events** suggest renting a space, like a private farm. It may seem extravagant, but it will allow you to control the elements. The two have planned weddings, retreats and festivals but, during the pandemic, are shifting their focus to intimate outdoor dos. To make even a simple backyard picnic feel special, they recommend adding such thoughtful touches as elegant balloons from **Frankie & Co.** or **Balloon Studio** and fresh flower arrangements. Also consider renting décor pieces and outdoor furniture from **Ellssi**, **Past Pieces** or **Bespoke Decor**, particularly when it comes to organizing a picnic in celebration of a birthday or anniversary—or serving as the backdrop for a marriage proposal.



a picnic sin). Mouthwatering DIY options abound at specialty grocery shops like **Meinhardt Fine Foods**, the **Gourmet Warehouse** and **Urban Fare**. Or, grab a cheese box from **Saputo** and enjoy four fine Canadian selections. If you'd rather let someone else do the meal prep, then support a local resto by ordering a to-go box. A cornucopia of delicious takeout kits for convenient outdoor noshing are available from Vancouver favourites like **Juke Fried Chicken**, **Chanchito Tortilleria** and **St. Lawrence**. The Beach Bag Combo for Two from **Beetbox** comes in a cute organic bag for you to keep, and the plant-based eatery's new four-litre Beet the Heat Slushie Buckets are the perfect thirst-quenching accompaniment. Pretty much anything from the menu at **Railtown Cafe and Catering** is picnic-ready, but our top pick is the Parisian Picnic Lunch, with Niçoise salad, pâté, a house-made baguette and more.

Hopcott Farms packs its picnics in a charming wicker basket that looks ready for a photo shoot. **The Graze Company** has an array of boxes, including a vegan option filled with fruits, veggies, nuts, plant-based cheeses and chocolate. So, pack up and set out. Picnic season is here. ♡

“The Graze Company has an array of boxes, including a vegan option filled with fruits, veggies, nuts, plant-based cheeses and chocolate”



If you prefer to keep your outdoor gathering simple and low-key, and plan to arrange a few such events, you may invest in some fun picnic pieces. **Ikea's** Fjällmott picnic blanket has a waterproof backing and built-in carrying straps; a Turkish blanket from **B Yoga** is soft but durable. Basket wise, the large Sunnyside picnic basket from **Indigo** comes with plates, cups, cutlery, a bottle opener and a cutting board, plus an insulated cold compartment. Add to it some cloth napkins and cheese knives from **EQ3** and you're set. For a one-stop shop, **Bed Bath & Beyond** stocks everything from a practical Picnic Time folding sports chair to a chic Picnic at Ascot cake carrier. But our top pick has to be the Games Galore picnic blanket, printed with four classic board games, which can even be personalized with two lines of text.

Fun accessories aside, one mustn't forget the food (to do so would be



The Captain IS CALLING



ANSWER THE CALL



RETAIL & RESTAURANTS

Hot Shops

VANCOUVER'S GREATEST AND LATEST RETAILERS
BY NOA NICHOL



DAUB

You can now shop Vancouver-based **Daub + Design's** hand-dyed, locally produced, small-batch activewear and wardrobe basics in person, at its new boutique on stylish South Granville Street. The bright, light, fragrant space, created to elicit a "spa-like" experience, showcases designer Lexi Soukoreff's heart-lifting clothing creations (she's a master in traditional shibori and surface-design methods), co-ordinated by colour and punctuated with products by other makers that complete a self-care story, like **Salt & Stone** deodorant, **Céla** skin care, **Luna** bronzer, **Canvas** candles, **Coola** sun care and **Freedom Moses** sandals. There are also in-store Daub exclusives, like tie-dye yoga mats in a rainbow of hues and a scoop-hemmed T-shirt dress we'll be wearing all summer. Head to the back of the store for a curated collection of reads by **Odin Books**, meant to spark meaningful conversations about mindfulness and mental health. **3012 Granville St., 604-730-2841. Daubanddesign.com**



PHOTOS: ASHLEY DRODY



POP-IN@NORDSTROM WELCOMES MARIMEKKO

It's the perfect time for a summer party filled with tasty treats! (Not convinced? Read our picnic piece on page 7.) To assist in this endeavour, **Nordstrom's** latest pop-in showcases Finnish design house **Marimekko's** sunny SS21 collection, aptly named *Treats for Life*. The curated shop offers women's and kids' apparel, handbags, accessories, footwear and home items inspired by the fruits, vegetables and flowers of overflowing summer markets—think a happy mix of strawberries, pears, melons, florals and other fun prints on trousers, T-shirts, dresses, sneakers, hats, bowls, mugs, pillows and more. In fact, Marimekko's *Treats for Life* range features novel pattern designs and archive prints from the 1960s and 1970s, such as Maija Isola's *appelsiini* (orange), *mansikka* (strawberry), *mansikkavuoret* (strawberry mountains) and *melooni* (melon), and Kaarina Kellomäki's *linssi* (lens) along with new fruity additions like Antti Kalevi's *mehu* (juice) and *torin kukat* (market flowers). Whether archival or new, Nordstrom's Marimekko pop-in will bring a beautiful print party right to you. **799 Robson St., 604-699-2100. Nordstrom.ca**

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BEHIND THE STORE-Y: EAST INDIA CARPETS

It's no wonder **East India Carpet** director Ravi Sidhoo has a hero in Kareem Abdul-Jabbar: the basketball great also happens to be an established carpet collector and connoisseur, and has his very own collection with the renowned **Minasian Rug Company**. "I've been a lifelong fan of the Los Angeles Lakers, since I was young. When Kareem joined the team in 1975, he made an impact immediately," says Sidhoo, adding, "Carpets have been part of my family history since my father Jab founded East India Carpets in 1948. Naturally, when I heard about Kareem's interest in carpets in my youth, his hero status was solidified." In 2016, when Abdul-Jabbar sold part of his personal collection to Minasian, Sidhoo was "impressed with how deeply he delved into the trade—collecting from rug shops as he travelled around the world. He's really educated himself on 19th-century Persian Qashqai rugs. I share a similar appreciation for tribal carpets—they evoke nomadic images as opposed to city palace carpets. What makes rugs so special is that it is an art form that has both aesthetic appeal and a practical function." East India Carpets carries Persian rugs from the same family of design, and Sidhoo says one of his favourite pieces from Abdul-Jabbar's collection is an Antique Turkmen Ersari-Beshir with a particularly strong geometric lozenge motif. "When he was selling to Minasian he noted it was once in his kid's bedroom and they somehow managed not to destroy it," he says. "I like how the history of a carpet can be enriched as it passes along." **1606 W. 2nd Ave., 604-736-5681. Eastindiacarpets.com**



ADIDAS

This isn't your run-of-the-mill shoe store. The new **Adidas** boutique at **The Amazing Brentwood** is a first of its kind, with a focus (beyond the footwear) on sustainability. Fine details include a filtered-water bottle refill station complete with a counter to show the positive impact, a fitting-room area with a reclaimed high-school-gym floor and vinyl graphics all made from a PVC-free material. This is all very much in line with a global brand goal to have more than 90 per cent of its products made from recycled materials. Also in store: Adidas' elite Terrex outdoor wear (perfect for B.C. hiking), a focus on women's apparel, community friendly classes and clubs (once restrictions lift) and, of course, plenty of those famous three stripes. **4567 Lougheed Hwy., Burnaby. 778-309-6465. Adidas.ca**

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RETAIL & RESTAURANTS

New Noshes

WHERE AND WHAT TO EAT THIS MONTH
BY NOA NICHOL



PHOTO: LEILA KWOK

BRICK'N'CHEESE

We've scarfed down plenty of the Mexican variety, but a French taco? Our first taste of this unlikely street food came courtesy of **Brick'N'Cheese**—a ghost-kitchen concept by Baptiste Petit and Samy El Jabri. Born and raised in France, the duo is determined to bring Vancouverites what French locals eat (no, it's not just baguettes, crêpes and escargot). At Brick'N'Cheese, each "brick" wrap is packed with fillings like high-quality protein, crispy golden fries, fresh toppings and a secret cheese sauce, then folded and heated like a panini and eaten like a burrito. Choose from a Farmer brick with chicken nuggets, mozza, mushrooms and honey mustard; a Hot'N'Spicy with two servings of ground beef, cheddar, jalapeño and hot sauce; and the bestselling Signature stuffed with ground beef and crispy chicken, cheddar, caramelized onions, pickles and chipotle. It's a simultaneous "oui" and "si" from us! Brickncheese.ca

PIGOT'S BURGER CLUB

What started as an experiment in chef Mike Pigot's apartment has become a craze that's sweeping across Canada, most recently landing in Vancouver's West End. **Pigot's Burger Club** serves up delicious single, double or triple American-style cheeseburgers featuring custom ground-beef patties from **Beretta Farms** topped with brown-sugar onions, a super-secret sauce and a curated American cheddar cheese, all in a soft potato roll. Beyond the countrywide offerings, lucky Vancouverites can snag a burger created in collab with local culinary hero and *Iron Chef Canada* winner Alex Chen that's only available in YVR: the AC Burger boasts two beef patties, white cheddar, house pickles, lettuce, tomato, red onion and bacon aioli. Grab a side of beer-salt fries or an order of Dirty Tots smothered in cheese sauce, brown-sugar onions, tomato and jalapeños—and, if you didn't know, it's pronounced "Pee-Jo". [1795 Beach Ave. Pigotsburgerclub.com](http://1795BeachAve.Pigotsburgerclub.com)



PHOTOS: RICH WON



VENNIE'S SUB SHOP

Doug Stephen and Lindsey Mann have done it again, this time between bread. **Vennie's Sub Shop** on Venables, just steps away from **DL Chicken Shack**, is an ode to the sandwich, the hoagie, the hero, with the sauces, proteins, veg and cheese to make it sing. Using local-as-possible produce, sliced-to-order meats and potato buns delivered fresh daily from **Livia Sweets**, the shop's opening menu features five eight-inch hoagie subs, one Japanese milk-bread creation and sides. One to watch for: the Aftermath, made in partnership with David Bowett's barbecue pop-up, piled with smoked beef, shreduce, slivered onions, Swiss cheese beer mustard, dill pickles and more. Plus, watch for summer picnic packs coming soon. [1692 Venables St.](http://1692VenablesSt)



PICNIC PERFECTION

The picnics of our youth (sticky, ant-attracting and warmed-over) are a thing of the past, with several (too many to mention, in fact) local purveyors offering delish and dead-easy options for open-air noshing this summer. **Fable Diner** has a program, powered by its FocalEats platform, that delivers the kind of food you want to eat outside in the sunshine to select parks across the city; called Picnic to Go, it lets you order tasty sandwiches, salads, milkshakes, ice-cream sammies and even frozen lime or strawberry margaritas in to-go bags directly to select parks for a no-hassle experience. Place your order via picnictogo.ca, or use your phone to scan the QR codes displayed on sandwich boards and public bulletin boards in these green spaces, and let your picnic come to you! **Field & Social** has designed several basket-worthy dishes with packability in mind. Two to try: the carbonara-style bacon and egg miso bowl with **One Arrow** black pepper bacon, ramen egg, romaine, arugula, orzo pasta, roasted yams and miso dressing, and the vegan roasted corn and white bean salad with chopped romaine, kale, chili cauliflower, roasted corn and marinated white beans, red pepper, half an avocado, cilantro, crisp corn tostada, charred jalapeño and tomato vinaigrette (this one is set to feature seasonal Chilliwack corn in July). Don't forget to quench your al-fresco thirst; **Beetbox's** new slushie buckets are four litres of cantaloupe-apple goodness, and come complete with a ladle, four cups, straws and garnishes for \$29 (add on a mickey of tequila or gin for a little more moolah). And the Greatest of All Time picnic box from **Honolulu Coffee** will feed four to six friends with croissant sandwiches, acai bowls, desserts, fancy lattes and tropical drinks.

Basket Case



THREE RECIPES YOU WON'T WANT TO PICNIC WITHOUT

BY MATINA SOMLAI

Packing your own meal? We've got three elevated picnic-friendly recipes—watermelon and feta salad, roasted veggie ciabatta sandwiches and blueberry mini tarts—that are delightful, delicious and, cooking wise, a walk (or picnic) in the park to whip up. Find them online at vitadaily.ca.

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Making a Splash

CANADIAN OLYMPIC SWIMMER PENNY OLEKSIAK IS CELEBRATING SUMMER HYDRATION WITH TETLEY'S COLD INFUSIONS
BY NOA NICHOL

W

What happens when a world-class swimmer teams up with Canada's most-trusted tea brand? A match made in hydration heaven! For Penny Oleksiak, whose record-setting Olympic debut at Rio 2016 saw her become the first Canadian athlete to win four medals at a single Summer Games (at 16 years old, no less!), a partnership with Tetley to celebrate the brand's Cold Infusions herbal-tea water enhancers came as naturally as diving into a pool on a hot summer's day. Here's why.

Tetley's Cold Infusions are a range of sugar-free, caffeine-free herbal infusers that bring cold water to life, giving it a refreshing twist and making it fun and easier than ever to drink. Oleksiak, of course, is no stranger to cold water, so she was a natural fit to come on board as the Tetley Cold Infusions ambassador. With summer coming up, the product was conceived to help boost hydration by adding a naturally delicious hint of flavour to plain water (try it in Strawberry and Watermelon, Raspberry and Cranberry, or Mint, Lemon and Cucumber). It's super easy, too; since it's cold brew, simply drop a sachet in your water bottle (or glass or pitcher), shake or stir, and go. No mess—no fuss—just great-tasting H₂O!

We chatted with Oleksiak about her swimming career, her partnership with Tetley and her top tips to stay hydrated during the summer months (and beyond); so, without further ado, let's dive in! Tetley.ca



“As an athlete, I'm really careful about what I put into my body, so when Tetley approached me about the partnership, I loved that there were no additives, sugars or caffeine in Tetley Cold Infusions, so I can feel good about drinking it”

The road to the Olympics must be a challenging, exhilarating and wild ride! Can you walk (or, rather, swim) us through your journey?

It's pretty hard to think back to then; I was honestly just a kid, who didn't even realize what she was really doing. I literally just worked out and was a normal high-schooler outside of that! I'd say the road to Tokyo has been a lot more of a challenging experience, with everything that I have learned and gone through in the last five years.

When did you first team up with Tetley? What makes it such a “swimming” partnership, especially when it comes to the parallels between your life in the pool and as an athlete, and Tetley's Cold Infusions?

As an athlete, I'm really, really careful about what I put into my body. So, when Tetley approached me about being a brand ambassador, I instantly loved that there were no additives, sugars or caffeine in their Cold Infusions, so I can feel good about drinking it and recommending it. Plus, I've always struggled with my water intake so this helps me stay on track. I also really try to limit my caffeine intake throughout the year, so that caffeine has a bigger impact on me come competition time. All of this considered, how could I say no?!

As an Olympian—and as an athlete training—how does hydration play a role in your active lifestyle, and how do Tetley's Cold Infusions help in that vein?

Hydration is a key part of my training, but it's easy to forget about drinking water when you're surrounded by it all day! And, truthfully, hydration is so important for everyone, not just athletes. Tetley Cold Infusions make it easy to stay hydrated by making my water taste refreshing and delicious, infusing it with a hint of natural flavour. They're made without sugar, caffeine or artificial sweeteners, making them the perfect companion for cold water.

With things being as they are at the moment due to the pandemic, what are you currently working on and training toward?

In the last two years my mind has only been on the Olympics. I have really been working and perfecting everything I'm doing, especially with the extra year, so I can't wait to get to Tokyo and compete!

Final question, and it's a tough one: if you could flavour an entire Olympic-size pool with Tetley's Cold Infusions (minus the chlorine, of course), which flavour would you choose?!

My favourite flavour to drink is the Mint, Lemon and Cucumber, however, to swim in, I think I would have to go with Raspberry and Cranberry—for some reason, I think my skin would love that! ♡



Hi Penny! Has swimming always been a passion, a part of your life?

It honestly wasn't a huge part of my life growing up. We would always go to cottages in the summer and I am terrified of open water so I would never go in—unless it was dangerously wavy! I did a lot of dance and gymnastics and I remember wanting to try something new because I had already done a ton of sports; my mum was a competitive swimmer growing up so she suggested I try out for some teams. Let's just say “third time's a charm” is a real thing ... because at first I did not know what I was doing!

Can you tell us about your athletic siblings, and how your parents encouraged you all in sport?

My whole family has always been super active; growing up, I remember my mum would always be swimming. My dad loved running and still goes cycling all the time and is always in the gym when we go to the cottage now. My brother is such an accomplished hockey player; he has inspired and taught me for so long to be professional and how to carry myself as a pro athlete. My sister literally never gives up; she has gone through an insane amount of injuries through her various high-level athletic endeavours and has always pushed through them. I think she's the reason I love competing and, in fact, why I'm so competitive; she always showed me that you should never back down from a challenge. I could honestly say so much about my family and how inspiring and insanely hard-working they all are. I think that's why we're all so successful at what we do—because my parents never put a limit on us when it came to anything.

Sound Investments

WHETHER YOU'RE INSTALLING A HOME CINEMA OR GLAMPING FOR THE WEEKEND, YOU NEED A DECENT SET OF SPEAKERS
BY AILEEN LALOR

Y

You bought the projector and installed the screen on the wall—and survived the “right a bit, left a bit” dance with your significant other—but the audio in your AV system is lacking. Or, you have a camping trip booked, want to add some oomph to the party, and all you have to play your music on is your phone. Or, you just want to listen to a podcast in the shower without the sound being drowned by the cacophonous flow of water. What you need is a good speaker system or, to be precise, several of them to suit your lifestyle. Luckily, there are plenty of brands out there that specialize in delivering rich and layered sound, in beautiful-looking packages. Here are six luxury speakers you should have on your radar.

Bang & Olufsen's sleek Beosound Explore Bluetooth portable speaker (\$299) offers 27 hours of battery life in a package that's about the height of a soda can. Light, tough, dustproof and waterproof, it offers omnidirectional sound so, wherever you're sitting around the fire pit, you'll hear clearly. **410 Howe St., 604-359-8666. Bang-olufsen.com**

With built-in voice control, Bluetooth and Wi-Fi, and rich, deep bass, **Bose's** portable home speaker (\$449) packs



a lot into its compact height. You can connect it directly to **Apple** devices or Spotify, it's light enough to carry with you and it has a not-too-shabby 12-hour battery life. **Bose.ca**

Get yourself a pair of stunning spherical **Devialet Phantom I** speakers (\$6,000 at **The Sound Room**) for intense, dense, clear sound. They'll connect immediately to any device or system, have a futuristic-looking design and are an ideal gift for audio aficionados (and daddios). **1285 Marine Dr., North Vancouver, 604-736-7771. Soundroom.ca**

Replicate cinema audio at home with LG's Soundbar SP11RA plus surround speakers (\$2,000 at **Best Buy**). The system has AI room calibration (spatial-awareness tech measures your room and then customizes the settings) and is eco-friendly, thanks to the use of recycled materials. **2220 Cambie St., 604-638-4966. Bestbuy.ca**

This could almost be a beautiful new bag, but it's actually a high-tech travel speaker. The **Louis Vuitton** Horizon offers rich and beautiful sound, can be used indoors or outdoors and comes decorated with the brand's iconic Monogram pattern. **730 Burrard St., 604-696-9404. Louisvuitton.com**

Waterproof (it'll even survive brief immersion), this Bluetooth **HeadRush Halo** speaker (\$50 at **The Source**) has a rechargeable battery that lasts 10 hours, an integrated mic that lets you answer calls while you're showering and a no-slip silicon strap for easy hanging. **TheSource.ca**



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