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VITA



The October Issue

GOOD NIGHTS
Sleep is precious, yet elusive. Discover all you need to know to achieve a longer and more restful slumber

INSIDE *the* ISSUE

STYLE Go for Green Discover *our* edit of styles in one of *this season's* key colour

BEAUTY Hair Affair *Balayage, ombre* and *bronde* are just three of the **biggest trends in hair** this fall

HEALTH Scandinave at Home You can now benefit from the Scandinave Spa's wellness experts virtually

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Editor's DESK

A Note From Noa

Welcome to the October issue of VITA. It's the second since our redesign and we are still changing—just like the weather. Please drop me a note and let me know what you think so far; we are always open to suggestions. In the meantime, in these pages, find all the fall content needed to help ease the transition to colder temperatures, from a roundup of favourite products in the “au courant” colour green to tips on autumn's biggest trends in hair from Clairol's Carin Freidag (if you don't know what a “money shot” is, turn to page 7 now). Also inside: the latest and greatest retailers and restaurants to open across the Lower Mainland, Whistler's Scandine Spa's fresh and virtual wellness offerings (hint: expert-guided self-care for body and mind that you can do at home), tips (and picks) for getting the best night's sleep, a look at a very special wine collection from Penfolds (if you aren't into cellaring yet, you'll want to start with these beautiful bottles) and, if you're planning to road trip this season, our take on the best way to get to and spend time in Kelowna. Enjoy!

Noa Nichol EDITOR-IN-CHIEF

Our featured influencer this month is **Aleem Kassam**, whose keen sense of design makes him one of the most stylish people in Vancouver.

Aleem Kassam

@ALEEMKASSAM
@KALUINTERIORS

PHOTO: JASON SU



Tell us a little bit about you and what do you do.

I was born and raised in Vancouver; interior design has been a lifelong passion for me. It took me across Canada, London, Milan and Chicago. I opened Kalu Interiors with Phyllis Lui nearly 15 years ago, delivering spaces that uniquely represent our clients and their aspirations through our lens. Daily, I get to collaborate with many creative people, from trades to makers and our clients themselves, on a variety of projects in Vancouver and abroad.

What's your personal style mantra?

My personal style in fashion and interior design are different! Fashion wise, my style is constantly evolving; I consider myself a “canvas in progress.” Instead of labelling my style, or trying to define who I am through fashion, I allow myself the opportunity to use it to express how I feel at any given moment. I don't necessarily

follow trends, but work with what's accessible: pulling things from the rack, sourcing vintage items or collaborating with local designers on custom looks. Fashion to me should be fun; it should represent your feelings and aspirations and let you make a statement and feel empowered. Interior design is a different story. With fashion, you can create and remove a look in a snap and move on to the next; not so easy when it comes to interiors. So, designing and curating timeless and elegant spaces is very much who I am as a designer at my core. Curating a consistent colour thread and theme, for one, is essential to taking a space through the years without feeling dated. Not to say you can't have fun with your interiors; for me, it's all in the finishing touches and accessories. From soft furnishings to area rugs, art, accents and even plants, I love to explore with contrasting colours, scale and unexpected textures to layer a space and bring it

to the next level. These are what I would consider the “fashions” of the home; they're unattached, interchangeable and allow for a space that can be timeless and evolve with your taste over the years.

Key interior trends for fall?

From colours to textures and even scents, a resurgence to discovering ourselves through our natural settings is, I think, here to stay. Nature never goes out of style! So go ahead: bring plants, bold and large natural arrangements, deep hues of greens and brighter layers of viper green, dark, sultry blacks and browns and organic shapes in furniture and accents into your space.

“I consider myself a ‘*canvas in progress*.’ Instead of labelling my style, or trying to define who I am through fashion, I allow myself the opportunity to use it to express how I feel at any given moment”

Tips on swapping out our summer for fall décor?

Consider one thing: mood. Do dark, rich accents in your tabletop goods (like amber glass and black marbles) and layer your seating with plush velvet pillows and

quilted wool throws. Don't forget about scent, through natural fragrances like sencha tea and guaiacum wood. As the weather starts to cool and become more dreary (especially in Vancouver), we need to turn our focus indoors and curate spaces that bring us joy and warmth. I also recommend harnessing the beauty of nature this fall; harvested branches and foliage, small or large, can really help set the stage for a beautiful season indoors. V

PHOTOS: MINE & YOURS



Get more of Aleem's style insights and details on his top green picks for fall online

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INSIDE THE October Issue

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Go Green

From *emerald* to *matcha* to *parakeet* to *jade*, green is a key colour for fall and winter

Discover our edit of styles in this *fresh hue*, and easily incorporate the trend into your life

1. LE MANOIR MATCHA POLISH, \$25

We love it so matcha! This bright, grassy-green nail polish with yellowish undertones, originally included in the SS20 collection, was so popular, Le Manoir's brought it back for FW21. Lemanoir.com

2. ALEXANDER MCQUEEN PUMP, \$1,185

Spike the season with this punk stud pointed-toe pump. With metal spikes and a pin heel, it's sophisticated-meets-rebel in the most stylish way. Nordstrom.ca

3. BURGA EMERALD POOL CASE

This custom iPhone case (prices vary) is elegant, artsy and a natural convo starter. Burga.com

4. AKRIS SILK SHIRT DRESS, \$3,250

Your garden may not be growing at the moment, but you can still go botanical in this longline shirt dress, with a classic point collar, long sleeves and button cuffs. Made from smooth silk crêpe, the slight A-line shape is enhanced with side slits. Holtrenfrew.com

5. GIVENCHY EYELINER, \$34

Givenchy's Khôl Couture waterproof retractable liner in jade green is rich and vibrant, and comes with a built-in sharpener for ever-smooth application. Givenchy.com



6. BOTTEGA VENETA BAG, \$8,800

In a colour called parakeet and with a gorgeous macramé design, this Point bag is a visual stunner for a knit-worthy season. Bottegaveneta.com

7. CHANEL CREAM SHADOW, \$43

For fall/winter lids, Ombre Première satin finish longwear cream eyeshadow in Verderame is luminous and long-wearing and totally on trend. Chanel.com

8. CHOPARD EMERALD EARRINGS

From the latest Red Carpet Collection, created in celebration of the Cannes Film Festival, these earrings set with two round-shaped emeralds are so star worthy. Chopard.com



NOA'S PICK

I'm giving my home a simple seasonal update by swapping in Maison Sarah Lavoine's Infinity cushion in a colour called Bleu Sarah. Available in two sizes (from \$229 at [Details by Mr. K](http://DetailsbyMr.K)), this pattern is inspired by the flowers of the Tuileries Garden in Paris and is sure to make your décor bloom, too. Detailsbymrk.com



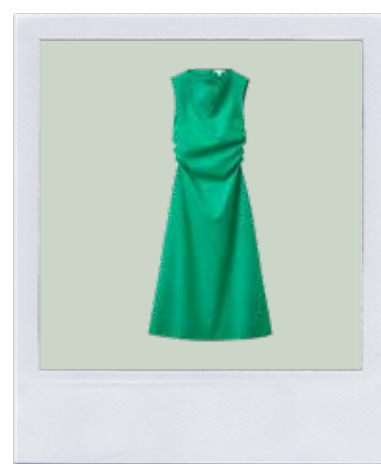
VICKI'S PICK

Because green eyeshadow can be a bit intimidating, I like pairing it with earthy browns and pinks to make it more approachable. This Plant Gay Palette (\$48 USD) from Trixie Cosmetics features cheeky pun names like Botanista and Queen Bee to unleash your inner makeup artist. Trixiecosmetics.com



MADISON'S PICK

I firmly believe that every space needs a piece that adds bold charm, and this mouth-blown balloon vase (€335) from Louise Roe does the trick. Handcrafted in Poland, this vase works beautifully, empty, as a sculptural element, or filled up with fresh seasonal blooms and branches. Louise-roe.com



LYNDI'S PICK

Excited to get dressed up again, I still want to maintain a sense of comfort in my clothes. This midi dress by COS (\$99 USD) is occasionwear perfected, good for going back to the office or out for dinner. Cotton with a hint of stretch, the circle skirt, bateau neckline and gathered details create an easy-yet-elegant look. Cosstores.com

Hot Stops

The latest and greatest retailers and restaurants in Vancouver

Loula's Taverna

Oh my Zeus, there's a new party-vibes Greek taverna in town! The brainchild of six "oi filoi" with ties to Nannos, Sopra Sotto and Minerva, Loula's on the Drive was bound to be a hit. Menu Nannos Estiatorio include lavraki (Mediterranean sea bass flown in weekly from Greece), chicken boutakia marinated for 48 delicious hours, and creamy ekmek custard dessert (its star ingredient, mastika, is only grown on the Greek island of Chios). Experience a no-travel vacay in the pastel-blue dining room, with rich red bougainvillea florals adorning the ceiling, furniture sourced from Greece and a nod to the ubiquitous Greek peripteros via a replica of one of these common convenience-store kiosks. Opa-ing for an extra reason to join Loula's family table? Plastered on the W.C. walls are the faces of 1990s Greek heartthrobs (think Uncle Jesse and Jen Aniston, who is part), perfect for bathroom-break selfies. So order another round of ouzo (on tap), and toast yiamas! **1608 Commercial Dr., 604-255-3787. Loulastaverna.com** MIRANDA SAM



PHOTOS: NIKO MYRYA



Land & Sea

Surf 'n' turf gets elevated at Land & Sea—a new Kerrisdale resto that twists familiar flavours in unexpected ways thanks to its founders' firm food philosophy that, if it tastes good, why limit what ingredients can be paired together? Appies include an Ōra King salmon tartare with mango avocado salsa and crunchy nori tempura chips, and aburi pink scallops with green tea soba salad. The main dishes are aptly sorted by, well, land and sea, perfect for meat-eaters and seafood-lovers alike. For a fresh ocean taste order the Vongole XO, which is a decadent pasta showcasing Fanny Bay clams; for something extra-special from the land side, get the Snake River Farms wagyu. Even the cocktails are on point, served with details like a signature flower-shaped king ice cube or smoked to perfection. No matter what you're craving, Land & Sea is worth making the trek to across any terrain. **1864 W. 57 Ave., 604-263-0155. Landandseayr.com** VICKI DUONG



Bruno

Richmond's first-ever luxury boutique hotel, the Versante, is now open, and so is its restaurant, Bruno, boasting a floor-to-ceiling wine wall showcasing B.C. bottles, an 18-seat communal table at its centre, an all-glass private dining room with a sparkling city view and dozens of Pinterest-worthy banquettes throughout the 6,000-square-foot space. Exec chef Will Lew has put a huge amount of effort into making the menu as sustainable and local as possible, from the oh-so-refreshing burrata summer orchard salad that beautifully captures B.C.'s fresh-fruit scene to the truffle lavender duck, with fowl from Vancouver Island and Fraser Valley lavender. Also on offer: local oysters, geoduck, caviar and shellfish. Says Lew, "Richmond has become my new backyard." **8499 Bridgeport Rd., Richmond, 604-242-2750. Versantehotel.com** LOUISA CHAN



Barry's Bootcamp

Wanna get pumped? Barry's Bootcamp has finally opened in Vancouver. The original high-intensive interval-training studio uses a combo of cardio and strength to help you get your sweat on. It all starts in the infamous Red Room, with a row of treadmills and free weights to raise your heart rate and work your core within the same session. Programmed to take the guesswork out of fitness, every day at Barry's has a designated focus, whether it's arms and abs or chest and back, so you can stay on track in the process. Post-workout, boost your personal recovery by grabbing a smoothie at the Fuel Bar (better yet, pre-order one ahead of your sweat sesh for no wait time après). Local fitness enthusiasts will recognize some founding instructors from virtual workouts over the last year, including Brooke Nagy, co-creator of the Money Maker workouts, and Michael Kong, from multiple studios in the Lower Mainland. Trust us, Barry's was worth the weight. **1035 W. Pender St., 604-639-2010. Barrys.com** VICKI DUONG

October's It Bag

BY ALEESHA HARRIS



The shared creative foundation of fashion and fine art often see the two fields intertwined; a new collab between Louis Vuitton and six artists is a perfect representation of this. The third iteration of Artycapucines sees the brand's iconic Capucines bag decorated with the distinctive work of a half-dozen renowned contemporary artists: Zeng Fanzhi, Gregor Hildebrandt, Donna Huanca, Vik Muniz, Paola Pivi, Huang Yuxing. Perhaps one of the most eye-catching among the range is the swirling blue abstract assemblage of embroidery, printing and painting by Chicago-born, Berlin-based Huanca, based "on a work that incorporates collage from body paintings that were part of my Piedra Quemada performance and installation at Belvedere Museum in Vienna," she has said. "My work is rooted in collage—I assemble materials, images, colours and textures in paintings, sculptures, installations, as well as sound and scent works; likewise, this bag is a collage of past works, as well as sensations of texture that resurface in my works." The Artycapucines handbags (at Louis Vuitton boutiques) are set to launch in late October and, like most fine art finds, will be limited. Only 200 pieces per artist design will be available, according to the brand. **730 Burrard St., 604-696-9404. Ca.louisvuitton.com**

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Home Is Where the Wellness Is

Benefit from Scandinave Spa's wellness experts virtually

BY SHERI RADFORD

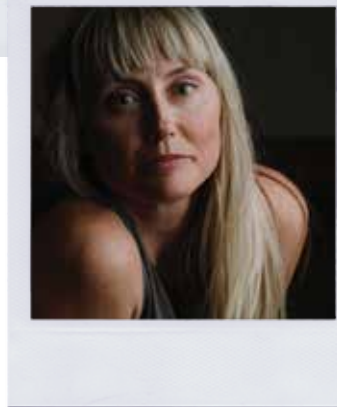
Even if a trip to Scandinave Spa in Whistler isn't in your plans, you can still experience the healing powers and serene beauty through Scandinave at Home. The series of expert-led wellness videos just launched on the spa's website on October 1, and the timing couldn't be better. As the second year of the pandemic drags on, we could all use some extra self-care. [Scandinave.com](https://www.scandinave.com)

MEDITATION with Susan Reifer
"People say things like, 'I can't meditate.' Really? What about if we call it something different, and you try it for 10 seconds?"

Susan Reifer might not be what you imagine when you think of a meditation and mindfulness teacher. Sure, she hails from California, and she's been practising for 30-plus years. But she has a no-nonsense attitude about the entire wellness field, saying, "You don't have to be sitting in a particular way by a statue of the Buddha, with a bubbling fountain in the perfect scenery."

To make meditation accessible to more people, a few years ago she started offering community-based programs in partnership with the Whistler Public Library. "There are a lot of people who won't walk into a yoga studio, or won't go into a Buddhist event," she says. But those same people feel comfortable in a library—and, she hopes, they will feel comfortable trying Scandinave Spa's meditation video at home.

"Ironically, we're using the digital medium to help people have an experience of



unplugging," Reifer says. "The idea is for people to be able to restore themselves with a combination of the guided meditation and the beautiful imagery. My passion as a teacher is to make present-moment mindfulness relevant and accessible, to make it helpful, to be inclusive."

YOGA with Carolyn Anne Budgell
"Life really is quite simple. It's just that humans make it complicated." Carolyn Budgell wants to remind everybody about the immense healing power of simple actions: breathing deeply, experiencing nature, resting more.

The North Vancouver resident has been teaching yoga and meditation for years. She acknowledges how difficult it can be to practise mindfulness during the deep trauma of the pandemic: "When you're really in anxiety and it's got a hold on you, it's hard to sit still. It's really excruciating to sit and be with the thoughts in your mind."

Budgell started offering online classes early in the pandemic because, she says, "the whole world was so confused. And so was I!" She sees enormous benefit in these online experiences. "In one sense, we've really lost the physical connection. But in some ways, we're almost more connected than ever, because there's so much available online and there's a bigger focus on inclusivity."

Her video for Scandinave Spa is a short yoga class that Budgell describes as "super well-rounded, geared toward anyone who sits a lot or drives a car—basically everybody." It includes some simple neck and shoulder stretches, as well as hip openers for all levels, and is "a quick reset for the body."

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WORKOUT with Amanda Eggleton & Kyle Chapman

"If there's one thing you can control, it is your health and your fitness," says Amanda Eggleton, a massage therapist who moved to B.C. from Australia. After experiencing two knee injuries in the same winter—one skiing, one snowboarding—she recovered but then developed back pain. Kyle Chapman, who hails from New Zealand, considers himself more of a movement coach than a personal trainer. "I want to put more emphasis on the quality of movement," he explains.

Eggleton had never exercised in a gym environment before, but with Chapman guiding her strength training, soon her back pain disappeared. "I started feeling completely different, just healthier and stronger and more energized," she says. That's when the couple had a flash of insight: "It's the chronic pain

that develops later, after the initial injury heals, that people don't know what to do about," Eggleton says.

The solution? Combining Chapman's training on proper form with rehab such as Eggleton's massage. The two were already living together in Whistler—first in a small condo, then in a drafty cabin large enough for Chapman to set up an extensive home gym in at the start of the pandemic—when they decided to join forces at work as well, opening Realignment Lab earlier this year.

Their passion for health and fitness comes through clearly in their workout video for Scandinave Spa. "We're very particular with form and technique," Eggleton says. "We hope that no matter what your fitness level, anybody could watch it and find some really important and vital information there."



SOUND BATH with Saida Jusic

"We are sound. Sound is around us. Sound is in us. And when it gets distorted, people can become too much in the head. We're trying to get back in the heart space." For 30 years, Saida Jusic has been helping her clients to heal through massage that incorporates energy work. "It's sort of like energy acupuncture," she adds. "I have the ability to open up this safe place for them to just heal."

Jusic's always been fascinated with sound, making up songs and listening to her musician father perform. After many years of searching, she finally found a course in sound healing. It complemented the healing work she was already doing. When the pandemic hit, she easily adapted her work to online. "It

doesn't matter whether you're in person or whether you're on the other side of the world," she says. "I even did a yoga retreat via Zoom, with my sound healing, which was awesome."

After 19 years in Whistler, she recently moved back to her native Australia. One of the things she'll miss most about Canada is working at Scandinave Spa, which she describes as "a wellness healing place" filled with incredible light and energy.

The goal of her sound bath video for the spa is to bring "you back to where you need to be, where you need to resonate, so you're more grounded. You're focused and you're more in your body." Jusic says, "The intention is just to bring people back into centre, to feel more inner love and peace and joy within themselves." V

Hair Affair

Balayage, ombre and bronde are just three of the big hair trends this season

BY NOA NICHOL

Carin Freidag started with Clairol answering questions on the brand's hotline 35 years ago; she fell in love with hair colour, and secured a full-time job with the company. Now, she runs Clairol's Global Retail Hair Education program. With balayage, ombre and all-over highlights trending this fall and winter, we picked Freidag's brain about the ins and outs of all three styles.

Balayage is trending in hair, big time; why is it so hot right now?

Balayage is the art of painting on highlights as opposed to the foil technique. This type of application provides a more natural result overall since it is generally applied to the top surface of the hair instead of going all throughout the hair and underneath; think of it as how the sun hits your hair. It offers so much versatility to women to create many different looks.

What about ombre? How is it different than balayage?

Think of ombre as the final look, where as balayage is the way to achieve it.

What's involved in achieving each balayage and ombre?

For balayage, you want to work with how you normally style your hair. For instance, where you normally wear your part. You also want to decide how heavy or light you want the final effect to be so you know where to place the lightener if you are doing it on your own. If you're doing it on your own I always recommend doing a trial run with a thick conditioner first so you can get the feel of how to use the brush. For ombre, the overall effect usually starts at the chin if you have long hair and the ears if you have shorter hair, with a little piece framing the face. The key in either case is to create a soft transition from the natural hair to the full ombre, otherwise it will look like you just have grown-out hair colour. The technique to use is to lightly apply the lightener in tiny strokes called feathering a little above where you want the more solid ombre look to be.



at the salon, ask for a plex or bond rebuilding product to take home. Another tip is to be gentle with your hair. This is really important if you pull your hair back in a ponytail. Try not to make it too snug on the hair and change up the position of where you put the ponytail otherwise it may cause breakage.

Any other hair colour trends on your radar for fall/winter?

One of the biggest trends I'm seeing is the return of the "money shot"—but in a very bold way! That is the chunk of lightened hair that comes off the part by the hairline, down through the ends, with very little or very subtle other highlights in the hair. This look works on all starting hair colours. It can be subtle or bold, blonde, copper, gold—whatever you want—and it draws the eye right to the face. This is the perfect trend to use balayage for! A second trend is "bronde," which is the shade right between the transition from brown to blonde. This can be an all-over shade effect or with some highlights in a warm or neutral tone. It looks flattering on all skin tones and ethnicities and it's looking to be big this season. [Clairol.ca](https://www.clairol.ca)



Can we do balayage at home ourselves, or is this an in-salon job?

You can do it at home! At Clairol we offer a balayage kit, one for blondes and one for brunettes. We provide everything you need for an easy DIY experience, including instructions for how to achieve three different end looks: ombre, babylights and all-over highlights.



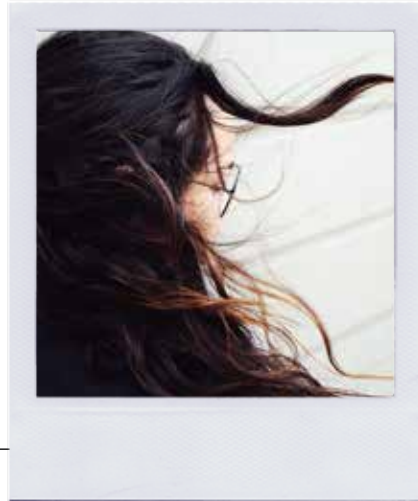
Let's talk about all-over highlights; how is this look achieved?

All over is a way to get a more solid colour look. In addition to using permanent colour, you can get an all-over look in two ways: by using highlights or an on-the-scalp lightener. When highlighting, you either do a very heavy placement in foils, with balayage or by pulling through most of the holes in a highlighting cap. This is great for people who want to be blonde but may have a scalp sensitivity so can't use permanent colour. When using an on-the-scalp lightener, it's applied the same way you would a permanent all-over colour. This has the ability to lighten more than a permanent colour.



What are your top maintenance tips for balayage, ombre and all over?

Keep your hair conditioned! Lighteners are strong products that make the hair more porous. In the Clairol balayage kit we provide a dedicated conditioner in the box that's designed to work on porous hair, creating a smooth surface that lasts through three washes. In 2022, we're coming out with Repair-Plex, which restructures the hair on the inside. If you are getting your hair done



BRANDIE NICKERSON

Hair stylist with 20 years' experience
Educated in Goldwell hair colour and Davines hair care products



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Good Nights

Sleep is precious, yet elusive. Here's all you need to know to achieve a longer and more restful slumber

BY AILEEN LALOR

The more we know about sleep, the more important we find out it is: it allows the body to repair, recover, learn and remember information, regulates metabolism and boosts the immune system. In an interview with *Wired* magazine, sleep scientist Aric Prather called sleep “the dishwasher of the brain,” in that it can help shift toxins that accumulate there and therefore prevent neurodegenerative diseases.

But not all sleep is created equal, and definitions can vary from one person to the next. “There is no universal predictor of good sleep,” says Sam Prochazka, CEO and founder of mattress-maker GoodMorning.com. “For example, some people might toss and turn all night but report having had a restful sleep, whereas others might remain perfectly still and report having had a restless sleep.”

“We have to define what is better sleep,” agrees Kristin Rondeau, national educator for Saje. “I think it’s consistent sleep, being able to fall asleep easily and stay asleep. And that can come from a consistent routine that tells your body, now is time to sleep.” You also need to create a space that’s comfortable, from the right temperature to the right smell, and dedicated just to sleep.

The pandemic played merry hell with sleep patterns; Sleep Foundation even identified a new phenomenon, coronasomnia, where people who ordinarily slept well started to experience issues. Therefore, businesses that specialize in helping you sleep or improving your sleeping environment saw more customers. “There’s definitely been an increase in home goods purchases in that space,” says Lior Ohayon, co-founder of Hush Blankets. “When we ask customers why they’re buying our products, many answer that it’s about relieving anxiety and stress.”

Oana Papuc, co-founder of Vancouver linen company Flax Home, agrees. “With everyone being home all the time, everyone has the impetus to make their living space more comfortable. And we’re all focused on rest, since this period has been taxing physically and psychologically.”

Perhaps your biggest and most important investment is your mattress, and choosing the right one can be daunting, but necessary. Prochazka says the average lifespan for a mattress is just eight to 10 years. “When choosing, two important things to consider are sleep position and body weight. Back sleepers and stomach sleepers require a mattress that is supportive in order to maintain proper spinal alignment. Side sleepers, on the other hand, should stay away from extremes and find a mattress that’s neither too soft nor too firm; if your body sinks in too much or too little when side sleeping, it may not relieve pressure points on your neck, shoulders and hips.”

He points out that people who weigh less than 150 pounds do not sink as deeply into a mattress as those who weigh more, so they should stick to the lower end of the firmness scale—something that rates around 3/10, versus a 6-10 firmness rating for those who weigh more than 200. GoodMorning.com has an online mattress matchmaker quiz that can help you find the best fit for your body and sleep style.

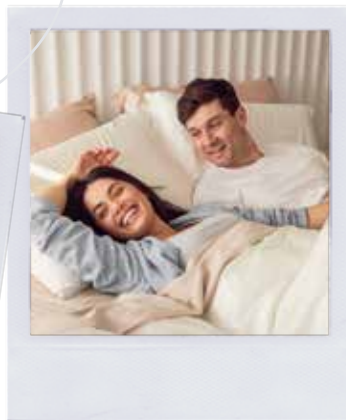
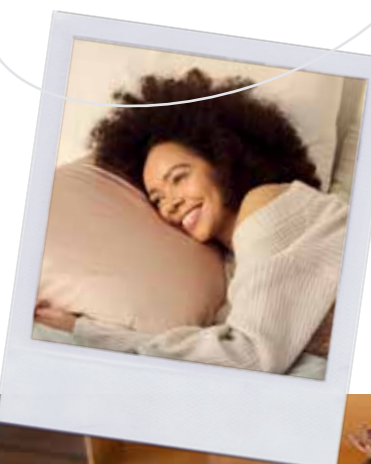
Hush has just started making mattresses in response to consumer demand, but the business started with weighted blankets. Ohayon says these work under the principle of deep-touch pressure simulation—sleeping under one is a bit like being hugged, and causes your body to release hormones like serotonin and melatonin, and reduce cortisol. “It improves how deeply people sleep so they wake up more refreshed,” he explains. In the past, brands would recommend customers choose 10 per cent of their body weight, but Hush’s products tend to be larger so they go over the side of the bed, and heavier, so two people can feel the benefits.

Hush blankets come with a removable cover in either a furry fabric (for winter) or a silky bamboo that stays cool in summer (or if you are a hot sleeper all year round). Another beautiful option for bedding is linen. “My husband and I have different sleep temperatures. I am always cold—even in a heatwave I need a cover—and he is always hot,” says Papuc. “Linen is temperature regulating for both of us and temperature regulation is a big part of healthy sleep. Bedding can go a long way to maintaining that throughout the night.”

Even small accessories can make a big difference to sleep. “Slip silk pillowcases are anti-aging, anti-sleep crease and anti-bed head,” says the Aussie brand’s



“If you want to be in optimal health, it starts with sleep—there’s no debating that”



co-founder, Fiona Stewart. “In laboratory testing, [our] pillowcases were shown to absorb significantly less face cream than cotton pillowcases, so they keep your skin’s moisture and valuable face and hair products where they belong—on your face and hair.” Silk also creates less friction, which means you get reduced stretching and tugging on your skin.

Stewart says real silk is the best material by far for pillowcases and accessories like eye masks (Slip’s just launched a Lovely Lashes mask designed to protect extensions). If you want to avoid animal-derived products (silk comes from silkworms), there are other options. U.S. brand Silvi has a mulberry silk option, but also makes pillowcases from bamboo fabric. These offer the beauty benefits of silk, plus acne-fighting power because they’re infused with silver ions that can supposedly kill bacteria and dust mites.

Once you’ve got your bed fixed up, it’s time to work on the sleep routine, which is where essential oils can come in. “Scent is connected to our limbic system. If we incorporate them into a sleep routine, the body starts to recognize scents and react like, ‘When we smell this, we do this,’” says Rondeau. “When I use particular blends I know I’m going to lie down and relax.”

Saje has a broad range of products designed for sleep and relaxation. For people who have occasional sleep issues, Tranquility contains lavender and chamomile, plus marjoram for deep breathing. “If we breathe deeply, we sleep deeply,” she explains. For those who have chronic and pronounced sleep issues, Sleep Well contains valerian, traditionally used as a sedative. Different ingredients work differently on different people—though there are some firm guiding principles, so it’s worth sampling a few different blends to find the one that suits you best.

Rondeau believes that, ultimately, having a good sleep routine is about self-care. “It’s saying that you deserve the things that will set you up for the rest of your day,” she says. “We should be prioritizing a sleep system and creating a routine like we do during our working life or for our physical fitness. If you want to be in optimal health, it starts with sleep—there’s no debating that.”

Beauty Sleep

You don’t necessarily need a complex nighttime skin-care regimen. But you do need to take your damn makeup off. Cleansing wipes are no good for the environment and, while we love reusable cotton rounds, it takes a heck of a lot of them to thoroughly remove makeup and grime. Enter the Ecotao Reusable Cleansing Wipe (\$30 for seven). These large organic cotton squares have a textured side for deep cleaning and a soft one if you have sensitive skin, and can be used with any cleanser. When you’re done, stick them in the washing machine at 30 C and they come out good as new. In the long term, it saves you money and reduces your environmental impact—plus they’re made in Canada and come in a bamboo box that’s completely biodegradable and looks beautiful on your bedside table. Ecotao.ca



Storing Wines With a Story

Penfolds' 2021 Australia Collection offers a compelling reason to collect

BY LAURA STARR

When it comes to cellaring wine, folks are often split into two camps, either delightedly jumping at the chance to showcase their personal curation of special bottles or outright scoffing at the idea of letting any wine go undrunk by the end of the evening.

This is a good time, however, to replenish those collections (which might be looking a little light these days) or, if you fall into the latter camp, to perhaps consider starting one of your own. Many wines are designed to be cellared, evolving over time and broadening in complexity, depth and character, but an often-overlooked part of holding onto a bottle of wine is that you get a story that grows with age. Opening a bottle can transport you back in time, historically, viscerally or emotionally, and who you share it with can forge memories that last forever.

Recently, Penfolds, one of Australia's oldest and most esteemed wineries, celebrated the 70th anniversary of its flagship wine, Grange—an innovative project whose first vintage in 1951 was mired in scepticism and controversy. To the great benefit of anyone who has tasted the wine, Grange not only persevered, but overdelivered on its original goal of crafting an Australian wine that stands up to time; in fact, Grange has demonstrated a capacity to endure six or seven decades and still shine, and who knows what the future might hold for some of its most promising vintages?

Who would you share that bottle with? Where will you be 70 years from today? The Grange anniversary serves as a reminder that patience with wine can really pay off. Although 70 years of cellaring might sound extreme to some, there is a cheeky type of romance in waiting, and reaping these romantic rewards is more accessible than you might think. You can cellar countless types of wines from wineries all over the world, focusing on those tried and true, or experimenting with your personal preferences, but know that holding onto special bottles offers delayed gratification to amateurs and collectors alike.

Whether you wait seven months or 70 years, there is no doubt we will all have a lot to reflect on when we remember the year 2021. From the Penfolds 2021 collection, here are a few bottles worth hiding away. [Penfolds.com](https://www.penfolds.com)



FOR THE CELLARING NEWBIE

Penfolds 2020 Bin 311 Chardonnay, \$50 at BC Liquor Stores

Drink one now and save one for a few years down the road, so you can taste how this clean-yet-luxurious Chardonnay gets richer with age.

Penfolds 2019 Bin 389 Cabernet Shiraz, \$100 at BC Liquor Stores

A collector's favourite with an affordable price point. A striking balance between fruit and structure grants this wine great potential to age.

FOR THE AVID COLLECTOR

Penfolds 2017 Grange, \$1,000 at BC Liquor Stores

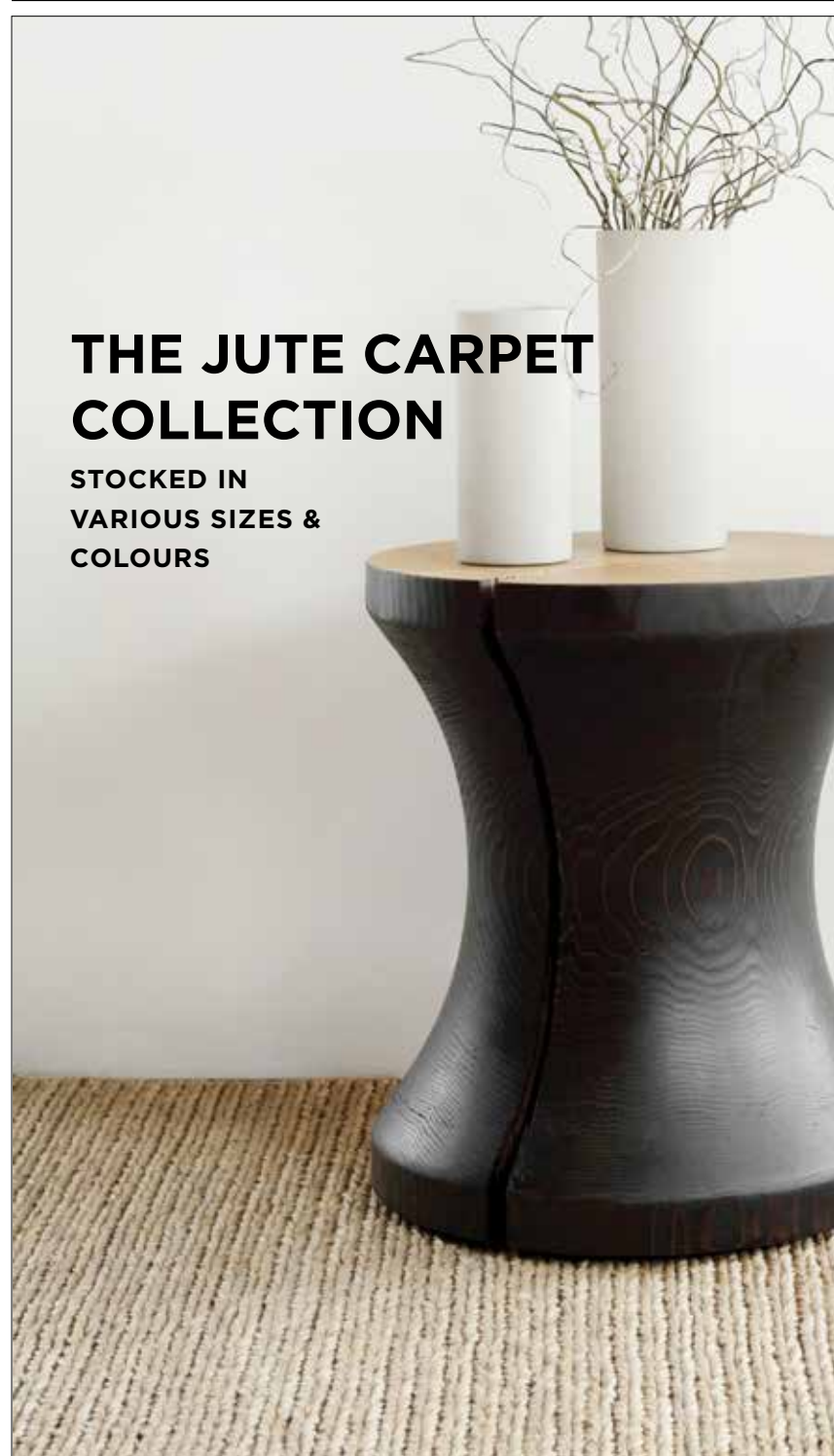
Not only is this vintage the 70-year-anniversary release, but it is also one of only seven vintages ever to boast 100 per cent Shiraz, making this bottle ultra-collectable.

Penfolds 2018 Superblend 802.A Cabernet Shiraz, \$900

The first release of a limited-edition superblend project, showcasing the best of Penfolds' Cabernet and Shiraz grapes under two different production methods (the sister bottle 802.B is slated for release in 2022). Available early 2022, please contact Mark Anthony Wine & Spirits to purchase. [Markanthonywineandspirits.ca](https://www.markanthonywineandspirits.ca)

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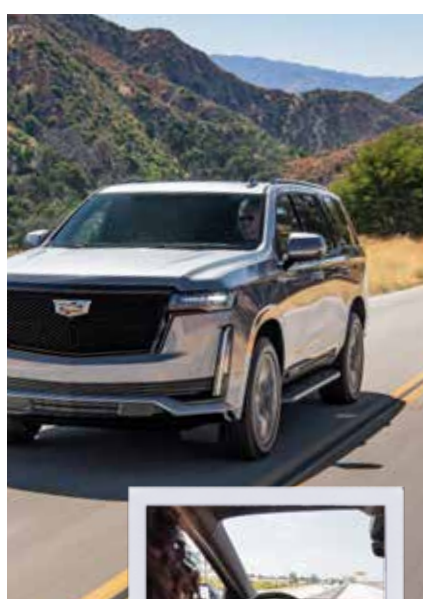
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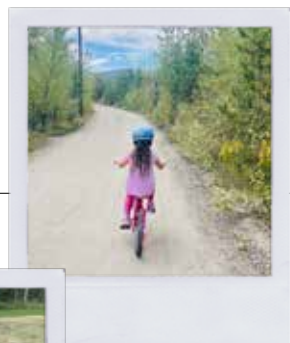
Family Esc

If there's one thing we know about achieving road-trip success it's this: you need the right vehicle for the job **BY NOA NICHOL**



STAY

When it comes to booking a stay with littles in tow, two amenities are musts: a pool (preferably with a waterslide) and a room big enough to accommodate all (with at least two working bedroom doors). The Cove Lakeside Resort fulfills both reqs and more, with suites that include multiple beds and baths, full kitchens, washers/dryers and more than one TV set (no fighting over the remote). The ample outdoor pool area (open seasonally) is one of the best in town, the gardens are peaceful and lush, Okanagan Lake is a stone's throw away (there's even a private sandy beach for guest use) and the on-site Landing Kitchen + Bar is delicious (don't miss the cauliflower "wings" and any one of the "hunch"-worthy burgers). Covelakeside.com



STEER

The kids don't care about fabulous fuel consumption, adaptive cruise control and safety-minded HD surround vision (though this car has all three, and more, in spades)—and, quite frankly, neither do we when they're scrapping in the back seat. Luckily the 2021 Escalade 4WD Sport Platinum has plenty of features they will find thrilling, like a rear-seat entertainment system, a mini fridge to keep drinks cool, illuminated mirror emblems that throw the Cadillac logo onto the street at night and a third row so they don't need to sit next to sis. Add a Sirius XM subscription to the mix (the Disney Channel is 302) and you're family road-trip ready. Cadillaccanada.ca



SEE

There's nothing more scenic than a 12-km bike ride along the Myra Canyon Trestles Trail—whether you pedal with foot power or rent an e-bike from the folks at the foot of the trail. Kiddos will love counting the 18 cool trestle bridges and the path is easy-going enough that you'll hear minimal complaints. Then hop over to Kangaroo Creek Farm for an experience that lets the whole fam get up close and personal with kangaroos, wallabies (the albinos are particularly adorable), capybaras and Priscilla, the friendly resident porcupine (just be sure to stroke her from head to tail, and not the opposite!). Tourismkelowna.com



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SNACK

Since hunger can (and, with kiddos, does) strike anytime, anywhere, Kelowna offers options across the city to suit all tastes. To keep the adults awake, Bright Jenny Coffee roasts an excellent cuppa, while Kekuli Cafe offers light, fluffy, fried bannock with toppings that range from savoury (cheese) to sweet (Skor)—plus a killer saskatoon berry smoothie to wash it down. At new Frind Estate Beach Winery, grab a bottle, snag an outdoor picnic table and munch on chef-made-daily picked veggies while the kids play in the sand. And, since there's nothing kids from one to 100 love more than ice cream, a stop at Parlour, where local ingredients feature in flavours like lavender and whisky hazelnut, is a must.

SIP

Doing the vineyard tour thing can be tough as a family; luckily, there's more to drink in Kelowna than just wine. At Farming Karma Fruit Co., a soda tasting (when restrictions lift) will convince you there's no better place for local apples, peaches, cherries, berries and pears than in a glass. Or, try seven flavours representing seven chakras, plus one ever-changing custom blend, of kombucha in Sajiva's tasting room (there's also a hard kombucha for the non-designated driver). Finally, Off the Grid Organic Winery is kid friendly; while mom and dad enjoy a bottle on the garden patio, the littles can meet the farm's sheep, goats, chicken, bunnies and turkey.



SAVOUR

Meal wise, Kelowna's got you covered, morning, noon and night. For breakfast, recently opened Diner Deluxe has all the classics, from mimosas to mascarpone French toast, and a "big" cinnamon bun available in limited quantities. At lunch, head to Frankie We Salute You!—one of local Jillian Harris' fave spots—for vegan fare even picky kids will gobble up. Dinner at a local winery is divine; CedarCreek Estate's Home Block restaurant offers a fall Terroir to Table paired multi-course meal, featuring dishes that showcase the bounty of the Okanagan, plus the best in a corresponding wine (order the pasta off the kids' menu and you'll likely eat that, too, it's so delish). Cedarcreek.bc.ca



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