

# VITA

YOUR LIFESTYLE SUPPLEMENT FROM VITADAILY.CA • AUGUST 2020

*inside the*  
**AUGUST** *ISSUE*

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# Hang Out

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# EDITOR'S DESK



We usually publish a single summer issue of *VITA* at the start of July, but this year found ourselves with enough to say to fill two magazines! Welcome to August, where we're taking a look at everything from thinning hair (it happens to women, too) to workwear (for the home office, naturally) to maskne (a skin issue unique to PPE) to mini bags (they're the "biggest" rage in summer accessories) to refreshing (and new-to-market) wine-based spritzers.

We're also talking summer patio trends with our friend Ross Bonetti of **LivingSpace Interiors**, touring **South Granville Street** with some of the city's top influencers and taking a red-hot Miami Blue Porsche for a Sea-to-Sky spin. Plus, our Hot Shops and New Noshes features show Canadian businesses are going strong despite the need to stay vigilant in the face of COVID-19. All of this with a goal to help you make the most of the final fabulous days of summer. Enjoy!

*Noa Nichol*  
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Remember flying places? That was fun. Luckily, **Melanie Auld** has come up with a cure for my lack-of-travelling woes, with a La Plage collection comprised of brightly hued enamel stud earrings, precious prism pendants, delicate stone strand chokers and more, all meant to evoke colourful Mediterranean vacations of yore. **1575 W. 6th Ave., 236-986-7845. Melanieauld.ca**



The **Dyson** styling trifacta is complete! With the brand's new Corrale straightener (\$650), I've found a way to flat-iron my curly hair without excessive heat—in fact, it takes fewer passes than usual to get shiny, sleek results (and no fried smell, to boot). The best part? The Corrale is cordless, so you don't have to worry about knocking all your products off the bathroom counter while styling, and the outside stays cool to the touch—a feature my fingertips are particularly thankful for! **701 W. Georgia St., 604-670-1135. Dysoncanada.ca**

My sweet summer bag—the Dreamweaver by **Poppy & Peonies** (\$59)—has essentially helped me travel back in time (read: escape 2020) to the 1970s, thanks to its intricate handwoven macramé design, wooden (and very beachy) bead detailing and neutral colour palette. It's a summer staple that's infused my daily jaunts to the farm market, seaside and everything in-between with vintage charm. **Poppyandpeonies.com**



The Jute Carpet Collection (from \$580, with custom sizes available)—a new collaboration between Armoury District neighbours **East India Carpets** and **Provide**—has made a tread-worthy addition to my home. Handwoven by skilled artisans at a mill in India that's registered with the **Carpet Export Promotion Council**, these rugs are 70 per cent jute and 30 per cent cotton, so they're easy on the feet and the environment, too. Choose from two textures—skinny braid (a tighter weave) and chunky braid (a looser, thicker weave)—and four colours (white, natural, grey and black), and feel free to take one home to try before you buy. **1805 Fir St., 604-632-0095. Providehome.com**

I'm loving the story and the serum from new local beauty brand **East 29th**. You can learn more about founder Victoria Ferguson's unique journey to entrepreneurship on our website—and enter to win a bottle of her hydration-boosting, texture-improving and wrinkle-smoothing Vital Serum (\$88), which is a product I'm absolutely into for summer (it includes antioxidant-rich lemon-rind extract—a bright ingredient that perfectly matches this sunniest of seasons). **East29th.com**



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CONTESTS

**VITA**

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## THE JUTE CARPET COLLECTION

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The Armoury District Vancouver

# Sunny days

SAVOUR THE LAST, LINGERING DAYS OF SUMMER WITH OUR TOP SUN-INSPIRED PICKS

## Jennifer Hallett

@JEYLALOVES



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lifestyle

### INFLUENCER PICK

“My girl Laura Reid just launched **Livmore the Label** and I am absolutely obsessed with her dresses and skirts. The fit is on point, the fabric is luxe and each piece is reversible! If you know me, you know I love having options—especially when I’m on the summer go!” [Livmorethelabel.com](http://Livmorethelabel.com)

Green summer thumb, here we come! **Plantstome** is one of the first online-only houseplant stores that matches B.C. peeps with their perfect leafy babies via a web-dating-like approach (but less creepy, unless you go for a vine). In our pot this summer: a *Monstera Adansonii* named Alfredo (from \$19). [Plantstome.ca](http://Plantstome.ca)

WIN THIS!  
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What natural body scrub is shimmering pink? Rose Gold Shimmer Scrub (\$20) by **Frank Body**. Exfoliate, hydrate and highlight with this limited-ed sugary, caffeinated and cruelty-free scrub, for smooth skin that prefers to be pantless. [Frankbody.com](http://Frankbody.com)

Warm sun, salty air, ocean breeze. **Mala the Brand**'s newest limited-edition candle collab with Maple Ridge's **Bohème Goods** has yielded *Sunset* (\$34)—the perfect burn for summer. [MalaTheBrand.com](http://MalaTheBrand.com)

Skip the stand! **The Body Shop**'s Zesty Lemon Body Yogurt (\$16) smells just how lemonade tastes. Pop it in the fridge and apply it right after showering to give skin a cooling and moisturizing feel. **700 W. Georgia St., 604-687-2744. Thebodyshop.com**



The “perfect” sun-day spritz comes in the cutest vessel—Perfect **Marc Jacobs** (\$145), featuring a summery scent of fresh floral, soothing accords, and notes of rhubarb and daffodil, boasts a bottle topped with coloured charms, all of which were hand selected by MJ himself. [Marcjacobs.com](http://Marcjacobs.com)

“Summer, for me, is about two things: watermelon on hot days and great hair on all days. These pursuits collide perfectly in **Jūs by Oreyá**'s Hair Dew (\$46)—a delightfully light serum that tames frizz without the greasy finish or weigh down. Made in Canada and containing watermelon-seed oil to protect against damage and perk up dry or dull hair, try pairing this prod with **Jūs All Natural Refreshment Mask** (\$55) for a Piña Colada-scented hair cocktail.” [Jus-by-oreya.myshopify.com](http://Jus-by-oreya.myshopify.com)

Missed out the first time? The **Saltwater Collective**'s swimsuit collab with Canadian beauty influencer Allana Davison (@allanaramaa) is back in stock, featuring a fresh shade called *Malé* (top and bottom, \$97 each). Hurry, these are sure to sell out in a splash. [TheSaltwaterCollective.com](http://TheSaltwaterCollective.com)



“When it comes to achieving a bronzy—albeit safe and sunless—look, **St. Tropez**' new Self Tan Purity Vitamins Face Serum (\$39 at **Sephora**) is my fave. Vegan, it contains hyaluronic acid and avocado oil to add hydration, making it a seamless skin-care-routine addition. It can even be mixed with your moisturizer to achieve all your #glowgoals!” **1045 Robson St., 604-681-9704. Sephora.com**



Lower Mainland sisters Amardeep and Inder Garcha, via their beauty brand **Arch**, make mood-boosting essential-oil products from organically grown, natural and ethically sourced ingredients. Summertime, and we're loving the *Rise Essential Roll-On* (\$22)—a bright and citrusy blend of orange, juniper, sandalwood and ylang ylang perfect for putting some extra pep in your sandaled step. [Findyourarch.ca](http://Findyourarch.ca)



“Nothing screams summer to me more than citrus fruits! Though they make a year-round appearance in my home, there is something especially summer-y about a slice of lime. My suggestion is to upgrade your countertop citrus situation with a unique fruit bowl, like this *Banswara marble bowl* from **CB2**. Not only is it unique, but the design gives a nod to beachy vibes while keeping it couture year round.” **1277 Robson St., 604-669-9797. Cb2.ca**



“The best summer pieces are easy and comfy, and this gorgeous *Silk Jumpsuit* (\$302) from **COS** is a go-to favourite. A loose fit, it features a wide-leg cut, ruched elastic shoulder straps and ... pockets! Made from mulberry silk, it's perfect in the heat—come cooler temps, simply throw on a cardigan and wear it well into fall.” **1070 Robson St., 778-783-5837. Cosstores.com**

## August's It Bag

BY ALEESHA HARRIS



Celebrating all things warm-weather-wear calls for a handbag that doesn't just say “summer”—it practically screams it. And this **Valentino** Garavani Small The Rope leather clutch bag (\$2,770 at **Holt Renfrew**) does just that. In soft white leather, the fringe-accented accessory would pair well with literally any piece you could imagine wearing it with. The rope detail strap adds a touch of texture, while functional elements such as an adjustable and removable strap allows this bag to be worn several stylish ways. Say hello to your new summer companion. **737 Dunsmuir St., 604-681-3121. Holtrenfrew.com**



# Shop South Granville

FROM DESIGNER FASHION TO FINE ART, HOME DÉCOR,  
DELICIOUS DINING AND THRILLING THEATRE  
THIS VANCOUVER DISTRICT HAS IT ALL  
BY NOA NICHOL



When a group of Vancouver's top lifestyle influencers gathered on a mild March evening to tour, along with *VITA*, some of **South Granville's** finest boutiques and restaurants, no one had a clue just how much life (not to mention, the local retail and dining scene) was about to change. Needless to say, COVID-19 had a profound impact on this district (as all shopping districts), effectively shutting South Granville down for a stretch of weeks and then, as B.C.'s success in flattening the curve became evident, seeing the area reopen with thoughtful and compliant measures in place to keep the safety, health and well-being of shoppers, diners and visitors—not to mention those who work in the neighbourhood—top of mind. Below, a recap of the original *VITA* x South Granville spring shopping tour, plus the latest on the area's COVID-19-related plans and exciting summer developments (think new patios, plazas and murals). All point to the fact: South Granville is back, and better than ever!

## THE TOUR

What better way to begin a shopping tour than with coffee? Our group met at **Le Creuset**—whose South Granville store offers delicious distractions by way of a full-service café, culinary atelier and 12-seat bar table—for espresso-based sips, pastries and an introduction to the French brand's highly coveted cookware (plus a sneak peek at the then-latest colourway, Teal). Next up: **Lolë**—a bright boutique dedicated to the Montreal apparel-maker's range of all-season activewear, from packable down jackets to yoga pants, cosy knit coverups, swimwear and even a men's line. (The real hit here, however, was Lolë's Micro Lily Bag (\$69), which one guest enthusiastically described as "better than a Prada!") Our third stop was at **The Latest Scoop**, where style-minded staff treated us to a lively spring-trends talk and allowed us time to peruse the expertly curated and one-of-a-kind selection of fashion, décor, accessories, stationery, gifts and more. We ended the tour on a floral note at **Bau-Xi Gallery**, where an exhibition of artist Jamie Evrard's gloriously rich still-life paintings provided plenty of pretty photo opps (translation: every influencer's dream).



“ South Granville is back, and better than ever ”



EVENT PHOTOS: SVENJA MEHMKE



## THE MEAL

If ever there was a hidden dining gem, a true culinary treasure, it can be easily uncovered at **The Rise Eatery**, where chef Dan Leung and his wife, Wanda Lai, are dedicated to pushing the boundaries of food ingenuity and bringing together the distinct flavours of regions in Asia, Europe, the Americas and beyond. Guests feasted on whimsically named dishes like Ode to Adobo (adobo duck leg confit, menudo longanisa cassoulet), Uni-Versal Pasta XO Edition (house sautéed prawns, squid-ink pasta, sea urchin cream, egg yolk, flying fish roe, toasted seaweed) and Golly Squash! (slow-roasted kabocha squash, sautéed kale and mushrooms, smoked marinara, pepita pesto, crispy tempeh). The cherry atop this beautiful meal (besides matcha cheese tart and salted-caramel crème brûlée for dessert)? A dreamy table-scape featuring dishes and décor from **West Elm**, gorgeous blooms by **Queen Bee Flowers** and calligraphy work courtesy of **Moss & Marble Design**.

## THE BAG

Special thanks, too, to our fabulous South Granville swag-bag contributors: **Diane's Lingerie**, **Jamjar Canteen**, **Le Creuset**, **L'Occitane en Provence**, **Lolë**, **Project Skin MD**, **Purdy's Chocolatier**, **Suki's Salons** and **The Latest Scoop**. Talk about bountiful!

## SUMMER IN SOUTH GRANVILLE

Now, several months later, South Granville is back open, with all the measures in place needed to make your visit safe and comfortable. Many of the street's businesses have reopened, though some with limited hours, by appointment only or with restrictions in place around the number of people allowed in at any given time. And, though this summer may look different than usual, South Granville businesses are working hard to create an environment for you to enjoy the weather and socialize safely. In partnership with the **City of Vancouver**, the **South Granville Business Improvement Association** has created temporary recovery plazas at 13th and 14th avenues for people to Hang Out to Help Out. These pop-up plazas provide a space to enjoy take-out from nearby eateries and bask in the summer sun outside while complying with social-distancing protocols.

Patio wise, more and more South Granville restaurants have added outdoor seating, where patrons are invited to dine safely. Among the latest additions: **Goodge Place**, **The Marquis Grill** and **Stable House Bistro**, with more soon to come. And, as the **Vancouver Mural Fest** (August 18th to September 7th) continues to expand its area, South Granville (a natural fit as one of Vancouver's renowned art districts) is getting fresh street pieces for you to explore ... and take gorgeous selfies with! Currently, check out The Pigeons at Granville and 11th, The Lily at Granville and 13th, The Stable House Mural at Granville and 13th and The Fabric Wall at Granville and 14th). Last but not least in summer news: parking. South Granville offers lots of it, but is now revealing on its website where the "hidden" spots and parkades lie. See you on South Granville! [Southgranville.org/summer](http://Southgranville.org/summer)

# The New Workwear

WHAT TO WEAR TO THE HOME OFFICE  
BY AILEEN LALOR

W

Working from home may be new to most people but, if you're a freelancer, it's been the norm for years, and the first piece of advice we share with newbies is simple: get dressed as if you're going for work. That means makeup, ironed clothes and smart pants—yes, even a bra (though we draw the line at heels). Why? It puts a clear gap between your domestic self and your professional one, which makes it easier to get into the right frame of mind to work.

That said, the past few years have seen a total transformation of what workwear means, such that we don't quite know what's (home) office-appropriate anymore. Things have become casual, and not just on Fridays.

"There are very few offices that require 'corporate' attire such as suits and blazers anymore ... and even there, you are seeing a relaxation for administrative and back-office staff," says Torie Rogers, senior recruitment consultant at **McNeill Nakamoto**. She attributes the newly casual vibe to the boom in industries like tech, gaming and fashion that typically encourage staff to use clothing as self-expression.

One tech friend has adopted a work uniform à la Steve Jobs—black pants, top and sneakers—which means she



BOTTEGA VENETA SPRING 2020 RTW



MUJI

never has to think about what to wear, but as soon as she's in her outfit, she's mentally ready for the office. A teacher pal dresses as anonymously as possible so her clothes don't become a topic of convo for her students. There are those who love the chance to pop on heels, and those who find the whole process unspeakably tedious—but everyone agrees PJs don't work for work.

With the work dress code becoming blurrier, is anything off the sartorial menu? Rogers discourages faded or ripped clothes or anything revealing—and that makes sense as much for working from home as for real life.

Stylist Steven Schelling has a couple of big no-nos. Pre-pandemic, he said flip-flops were out of the question thanks to the noise, though these days that might be less of a problem, unless your partner or dog objects. "It's probably best to steer clear of overtly political statement garments," he says. "Other than that, if you're not facing clients that day, there are no rules."

Trend-conscious women, some SS20 looks might have to stay firmly in your home wardrobe—even the most chilled-out manager might look askance at crochet dresses, though perhaps hot pants might be acceptable, provided they're not visible on that **Zoom** call. One runway style Schelling says will work is "tailored Bermuda shorts ...

“ Hot pants might be acceptable, provided they're not visible on that Zoom call ”

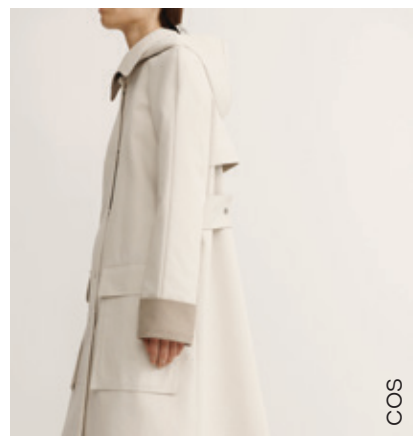
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in gorgeous fabrics with matching boyfriend jackets." Look to **Dion Lee**, **Bottega Veneta**, **Chloe** and **Tod's** for inspiration.

As for men, "You'll want to avoid almost everything, as always," Schelling says. "Runway looks for men are there to shock and awe fashion folk, not Jim in accounting. That said, if you look past the transparent tank tops and tunic shirts, there are a few trends you can work into your office 'lewk.' Pinstripes, that sartorial bastion of upright bankers everywhere, is back. And pink is a major colour this season, so tossing a powder-pink button-down into your weekday mix should be an easy update."

He reckons there are a few staples we should all have and, luckily, they're classics that will work in a post-pandemic IRL working world, too. Women need a black skirt or pant suit, a comfy but smart sweater and a trench; men, make sure you own a sharp suit, decent coat and black business shoes. "You can't go wrong with a basic navy suit, but extra points for a grey or black one instead—or for the particularly adventurous, a royal-blue or French-blue suit, halfway between navy and electric. It stands out, but not in a pushy way."

And is it really a good thing that work uniforms are getting less, well, uniform? Schelling believes so, and that's even more the case these days.

"Clothing's main function, after covering up nakedness and offering warmth, is to say something about its wearer. Just like a teen may have their lucky hoodie come exam time or the team shirt during the playoffs, clothing can pack a powerful psychological punch. You want to wear your sharpest suit on the day you need to cut that deal. On some other day when you're updating spreadsheets, you want to dress as if you're having fun, to offset the doldrums." A hot-pink shirt to counter the pandemic blues? Bring it on. ♡

# Teensy Totes

GET YOUR MAGNIFYING GLASS OUT: SMALL, MINI (AND, IN SOME CASES, MICRO) BAGS ARE SUMMER'S TINIEST TREND  
BY JEANINE GORDON & NOA NICHOL

T



Forget mini—**Fendi's** gone micro, shrinking its most-iconic bag into a Nano Baguette Charm version. Choose from 14 iterations (from \$790), each with a flap and FF magnetic-clasp fastening. The clip and buckle on the back allow this baby to be attached to larger bags or belts, or wear it crossbody thanks to the fine-chain shoulder strap. [Fendi.com](http://Fendi.com)

They say good things come in small packages, and this season's hottest handheld trend is all the proof we need. Get on board with a baby bag of your own with these pint-sized picks.



**Chanel** sure gets cute with its collection of mini flap bags in variations of leather, tweed, fabric and, for a glammed-up downsize, sequins (prices upon request). [Chanel.ca](http://Chanel.ca)

**Dolce & Gabbana's** small Devotion bag (\$2,145) makes a big impact. Made with mordore nappa leather and embellished with a bejeweled hand-tooled heart, part proceeds support D&G's Amore for Scientific Research project in collaboration with **Humanitas University**. [Dolcegabbana.com](http://Dolcegabbana.com)



We've fallen hard for **Matt & Nat's** vegan Gessi micro small crossbody bag (\$175) for its chic sensibility, chain strap and versatile styling. Take this li'l darling for a night out with your fave summer dress and a pair of killer heels. [Mattandnat.com](http://Mattandnat.com)

Of course **Coach** would have the perfect solution to our bulky bag woes. A modern nod to an iconic design, this petite Rambler Crossbody 16 (\$225) is crafted of butter-soft colour-block leather and finished with a turn-lock closure. Whether you're grocery shopping or out for a walk, this itty-bitty bag packs all the freedom and fashion you need. [755 Burrard St., 604-694-1772. Ca.coach.com](http://755 Burrard St., 604-694-1772. Ca.coach.com)



Despite the fact we won't be attending any crowded concerts this summer, **Poppy & Peonies'** Festival crossbody (\$49) is the perfect hands-free solution for essentials that doesn't compromise when it comes to on-trend design. Plus, we love the nude hue for its go-with-every-outfit vibe. [Poppyandpeonies.com](http://Poppyandpeonies.com)



We're head-over-heels for this **By Far** mini bag (\$713 at **Shopbop**) that combines all the trends we love for summer: brightly hued and bite-sized. Pair this beauty with denim cutoffs and a tank or take it into evening with a slip dress and strappy sandals. Either way, this miniature bag is a must-have in our books. [Shopbop.com](http://Shopbop.com)



Message received—mini bags have taken to the runways, with the **Chloé** Mini Marcie leather crossbody (\$480 at **Nordstrom**) at centre stage. A clean and classic off-white shade make this the perfect purse for toting your stuff this summer. [799 Robson St., 604-699-2100. Nordstrom.ca](http://799 Robson St., 604-699-2100. Nordstrom.ca)

## Itty Bitty It Bag

BY ALEESHA HARRIS



**Mansur Gavriel** may go down in fashion history as the brand that inspired waitlists for a simply chic bucket bag. But it's not a one-design style story. The duo behind the company, Rachel Mansur and Florian Gavriel, have expanded the New York-based label's product offering to include a full (and fully covetable) range of accessories, footwear and select ready-to-wear pieces. One of the latest accessory designs to catch our attention is this Mini Pleated Bucket Bag (\$975 at **Nordstrom**), which builds on the popularity of the aforementioned classic bucket design, adding an interesting accordion pleat. Crafted from Italian lamb leather, the bag features a drawstring closure and a crossbody strap for hands-free wear. Available in an array of colours, we're loving this beautiful blue hue, dubbed Laguna, which feels bright and optimistic without being too bold to pair perfectly with everyday looks. [799 Robson St., 604-699-2100. Nordstrom.ca](http://799 Robson St., 604-699-2100. Nordstrom.ca)

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# FASHION & SHOPPING

## Hot Shops

### CHANEL CALGARY

Chanel has reopened the doors of its updated boutique in Calgary and, trust us, it's worth a social-distancing-measures-in-place visit. The in-Holt Renfrew boutique, designed by architect Peter Marino, recalls the timeless codes synonymous with the brand—matte-white finishes are contrasted with black and ivory lacquer furnishings and softened and elevated with bronze and gold accents, providing an understated-yet-captivating allure throughout. Guests entering from the street are welcomed to a vestibule featuring a work of art by Margaret Evangelina, depicting the camellia flower that was so dear to Mademoiselle Chanel. Shopping wise, find the latest handbags and small leather goods, watches, fine and costume jewelry, eyewear, headwear, belts and scarves and, in a second salon, Chanel's ready-to-wear collection, presented in a space inspired by Mlle's legendary apartment at 31 rue Cambon in Paris. Also in store: shoes, glorious shoes, including the brand's iconic two-tone pump (its timeless allure is reinvented with every collection), ballerina flats, sneakers and more. Welcome to Cowtown, Coco! 510 8th Ave. S.W., Calgary, 403-232-6240. [Chanel.ca](http://Chanel.ca) NOA NICHOL



CANADA'S GREATEST AND LATEST RETAILERS



### CAUDALIE HAZELTON HOUSE

Want to feel in France at the heart of The Six? Bordeaux beauty brand **Caudalie** has opened its first Canadian outpost in Toronto's Yorkville district, in an 1,100-plus-square-foot boutique dubbed Hazelton House. From a custom grapevine chandelier to white-oak wine-barrel merchandising fixtures to marble inspired by the original **Les Sources des Caudalie's** spa tiles, the space is meant to transport you to the home of Caudalie in French wine country. Immerse yourself in the product-discovery and sampling areas and, in the spirit of social distancing, use a special scanner (with guidance from a pro therapist) to analyze your skin's needs and receive a personalized regimen. While fan-fave facials like the Premier Cru won't be offered until the city enters Phase 3, you can book a body treatment, like the Crushed Cabernet Scrub, in one of the two private spa rooms. And because the environment is top of mind no matter where in the world you may be, Caudalie has partnered with **Terracycle** to recycle any product empties returned to the shop. Ooh la la! 17 Hazelton Ave., Toronto, 437-215-1267. [Caudalie.ca](http://Caudalie.ca) NOA NICHOL

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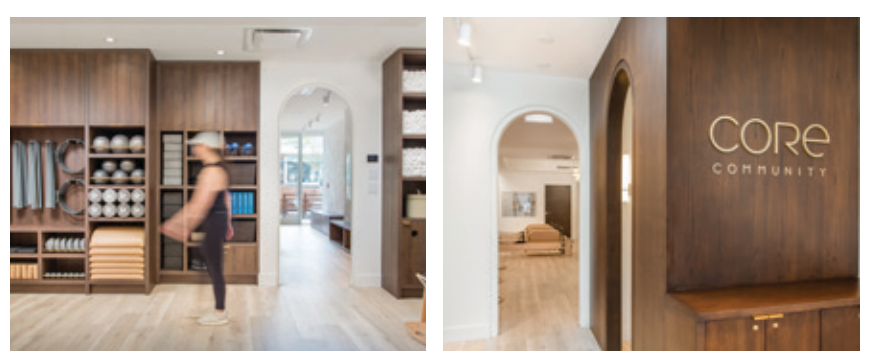
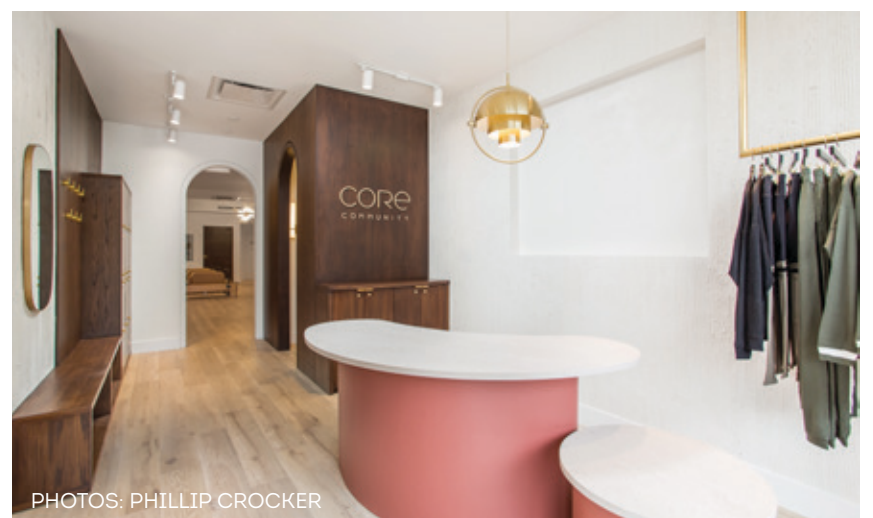


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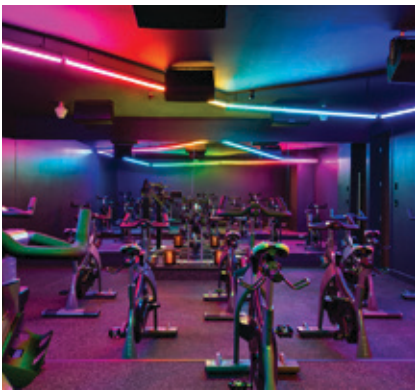
### CORE COMMUNITY

What's a California-style Pilates studio, you ask? Head to **Core Community**, newly opened in Kits, to find out. Stocking her 1,200-square-foot studio with state-of-the-art **Balanced Body** equipment, L.A.-trained founder and head instructor Mira Lutsky's aim is to teach students of all experience levels and help them find meaningful connections with their bodies and the community (case in point: the space is styled with warm woods, soft hues and raked plaster walls to reflect the textures of the surrounding beaches). Sign up for beginner, intermediate or "vigorous" classes, or opt for private training, knowing that coaching techniques that comply with increased health and safety regs are in place. Don't forget your grip socks (if you do, you can purchase a pair on site)! 1926 West 4th Ave., 604-416-2710. [Corecommunity.ca](http://Corecommunity.ca) NOA NICHOL





# FASHION & SHOPPING



## CMMN GRND

Ready to rethink fitness? New to Olympic Village, **Cmmn Grnd's** unique approach to health sees the studio cultivate support systems for its members in the areas of physical, mental, emotional and spiritual wellness, all through the connective power of fitness and movement. The space was designed by **Netflix** star and founder of **House of Bohn** Karin Bohn, and the attention to detail is apparent in every square inch. The gender-neutral washrooms feature stunning terrazzo walls and countertops perfect for your post-workout IG story, while the hallway that houses the lockers (numbered in gold) boasts a bright-orange ceiling, archways over the water fountains and benches aplenty for recharging and refuelling. Classes range from low intensity (find a moment of stillness in a "vibe maintenance" meditation class) to high (the spin room, complete with coloured lights, feels like a dance club), and all instructors are trained to use language promoting gender and body neutrality. Our personal fave fit hit: the Reign Mvmt full-body strength and cardio class with hip-hop-inspired dance moves in low lighting to eliminate distractions. **121 W. 2nd Ave., 604-423-9150. Cmmngrnd.ca** VICKI DUONG

## MAISON APOTHECARE MOBILE SHOP

A new mobile shop has rolled into the GTA in response to COVID-19. Fighting to save her small business (after permanently shuttering two of her three physical locations), Natacha Rey, mom of two and founder of Oakville, Ontario-based **Maison Apothecare**, has taken her all-natural, plant-based, small-batch skin-care, aromatherapy, baby-care, gentleman's apothecary and Lemon Aide home-cleaning products to the road, food-truck-style, in a Jeep reconfigured (using locally sourced Canadian fir and spruce wood) by her automotive-engineer husband. Keep a keen eye out through your windshield for the Maison Apothecare Mobile Shop, with Rey at the wheel and behind the register, throughout Toronto all summer! **Maisonapothecare.ca** NOA NICHOL



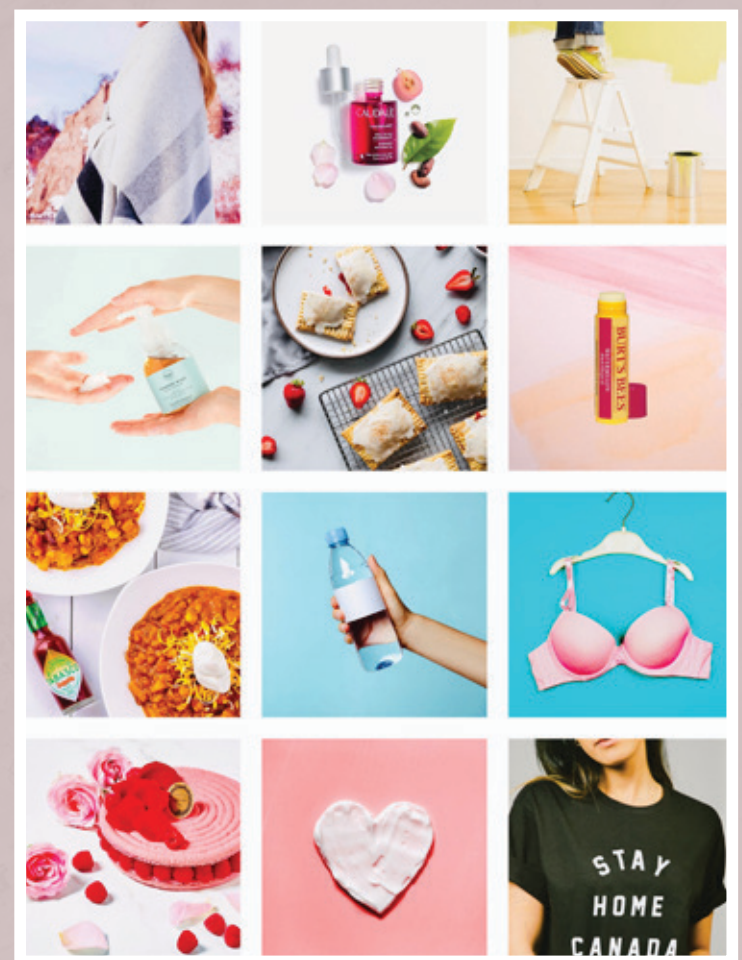
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contests



## CHANEL BEAUTY STUDIO

Back to Toronto, where **Chanel** has opened its first-ever Canadian Beauty Studio. This creative destination for makeup and skin care, located on the main level of **Holt Renfrew** on Bloor, allows visitors to discover the brand's beauty universe through a new experiential journey that includes an illuminated wall composed of iconic cosmetics that visually animate the space (read: the silhouettes and shapes of the products appear to resemble pixels on a digital façade, creating a vivid monochromatic effect). Head over to the so-called Beauty Creative Table to play with and explore new collections, shades and products, and check out digital-friendly elements throughout the space to further enhance your interactive experience. If you happen to be there on August 6th, 7th, 8th, 13th, 14th or 15th, you can preview the FW20 Collection Candeur et Expérience - Acte II (officially launching August 15th) via live tutorials with a Chanel MUA. **50 Bloor St. W., Toronto, 416-922-233 ext. 21500. Chanel.ca** NOA NICHOL

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# Growth Plan

ABOUT A THIRD OF WOMEN WILL EXPERIENCE THINNING HAIR BY THE TIME THEY'RE 50. WHAT ARE THE CAUSES, AND WHAT CAN BE DONE TO PREVENT OR DISGUISE IT?



Thinning hair is usually considered a male thing, part of the natural course of ageing, and it's true that guys are more likely to lose their hair: around 60 per cent will experience thinning by the time they're 50 compared with 35 per cent of women. But according to dermatologist Dr. Jeff Donovan, a specialist in hair loss and owner of Whistler's **Donovan Hair Clinic**, the emotional impact on women can be much more significant.

"Multiple studies over the last 30 years have shown that the appearance of a woman's hair tends to be more closely linked to the way she feels about herself than for men," he says. "These studies have confirmed that hair loss has the potential to impact multiple aspects of their personality and in particular changes the way they ... view their femininity, attractiveness and sexuality."

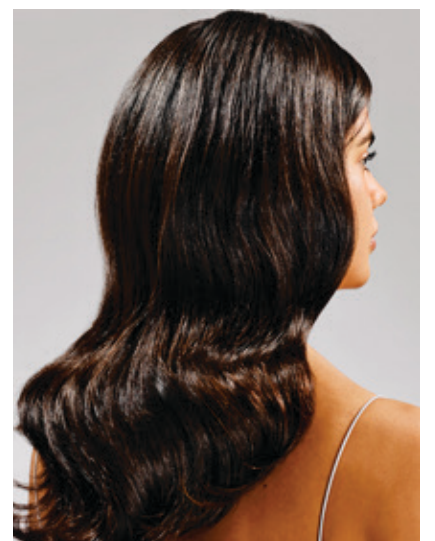
The reasons for hair loss are myriad; Donovan says there are more than 100. Most of these are temporary, like shedding because of stress, poor diet or hormonal shifts after pregnancy, and hair loss due to chemotherapy. Others are long term, including thyroid problems and androgenic alopecia (female-pattern hair loss), which is believed to have a hormonal cause, though the mechanism in women is not quite understood.

When it comes to treatment, most women will go for styling products first. Many brands have options that plump up hair strands so they look thicker instantly. **Redken's** Cerafill Dense FX Hair Diameter Thickening Treatment (\$90 at **Walmart**) is said to make hairs look nine per cent thicker immediately, while 77 per cent of testers said **L'Oreal Professionnel's** Serioxyl Thicker Hair Serum (\$45 at **Chatters**) made their tresses more voluminous. For thinning around the hairline, there are powders like **Toppik** Hair Building Fibers (from \$10), which come in nine shades and is wind, rain and sweat resistant.

For a longer-term fix, dietary changes can be helpful. Hairdresser Beth Weber, founder of **Refuge Hair**, says good fats are a must for healthy hair growth. "If we don't get enough ... that can cause breakage, which people sometimes see as hair loss. Iron, zinc and antioxidants are also important. Some supplements may also do good—the best-known hair-specific one is **Viviscal**, which contains biotin, vitamin C and iron and is said to give results in three to six months.

Nutrient-rich shampoos and conditioners can also nourish tresses from the scalp so the hairs start off healthy. **Alterna's** full range (at **Sephora**) includes an Age-Control Complex of omega-3s, proteins, minerals and antioxidants. Then there are leave-on scalp treatments. Specialist brand **Nioxin** offers Night Density Rescue (\$45 at **Ulta Beauty**), which contains antioxidants that reduce free-radical damage to the scalp to minimize shedding. **Biologique Recherche**, found in spas, suggests starting with its Lotion P50 Capillaire to exfoliate the scalp so subsequent products are better absorbed, and following up with Complexe Cegaba Bioproline two to three times a week. This is said to limit hair loss by increasing hair's growth phase and reducing its falling-out phase. **Refuge Hair's** Rejuv Weekly Treatment contains fennel-seed extract, said to dilate blood vessels so nutrients like linoleic acid and avocado oil are better delivered to the hair shaft.

Additionally, Weber points out that even something as simple as the position of your ponytail can make a difference; she suggests going high one day and tying at the nape the next so that you're not constantly pulling on the same hairs.



One drawback to treatments like laser or transplantation is the expense. A newer (cheaper) long-term option that gives the illusion of more hair without actually helping with regrowth is scalp micropigmentation (SMP). This involves tattooing tiny amounts of pigment on the scalp.

"These replicate a hair follicle to the tee, and can add a darker shade to the scalp, giving the illusion of a fuller head of hair," explains Kyle Otsuji, co-founder of Langley's **The Ink Barber** along with Shannon Liddell. The treatment is suitable for most people, except those who are taking blood-thinning medication or are prone to keloid scarring, and costs between \$2,500 and \$4,000 depending on how much work is needed, compared with up to \$20,000 for hair transplantation.

"SMP is done over three or four sessions, and once it's completed you should be good for three to five years before needing a touchup," says Otsuji. Pigment might fade more quickly with sun exposure, so he recommends wearing a hat and sunscreen to prolong results.

Above all, Otsuji wants to reassure women who have hair loss that they're not alone. "We've noticed that a lot of women feel like they're the only person ever to experience this and are hesitant to talk about it, but it's actually very normal," he says. "Hair loss is a taboo subject, and we want to change that. It's incredible how uncomfortable people get talking about a problem that affects such a huge proportion of the population." ❖

According to Donovan, there are a number of clinical treatments that can be effective but the key is finding the right one based on your individual condition. For hair thinning due to androgenic alopecia, options include topical minoxidil (an over-the-counter treatment), anti-androgen tablets (prescription-only medication), laser treatments and platelet-rich plasma therapy, a process in which plasma is extracted from your blood, enriched with growth factors and re-injected into the scalp.

"Oral minoxidil tablets and topical anti-androgen lotions are increasingly used by dermatologists around the world. Hair transplantation may be an option, but many women are not candidates because hairs are required from the back of the scalp for the procedure, and they have thinning there, too," he explains. "For other types of hair loss, the results vary widely. For women with a single patch of hair loss due to alopecia areata, the chances of successful regrowth with steroid injections is well above 90 per cent."

## The Root of the Problem

The scalp is a unique area of skin: thick, (usually) covered in hair, with an abundant blood supply to feed all those hair follicles, a tonne of oil-producing glands and a complex system of bacteria, too. Shampoo—a product designed for hair—simply won't cut it when it comes to cleaning, rebalancing and exfoliating it. Enter the new Scalp Collection from **Virtue Labs**, which comprises two products. The Topical Scalp Supplement (\$73 at **Sephora**) is a serum that you apply nightly to your dry scalp before bed. It contains peptides that are said to be good for hair health, ceramides to improve the skin barrier and biotin, commonly used to boost hair growth. There's also the brand's proprietary form of keratin, prebiotics to rebalance the microbiome and B vitamins. The Exfoliating Scalp Treatment (\$62) is used in place of conditioner once or twice a week. Fruit enzymes and BHAs slough off dead cells, the massaging action of rubbing it into your scalp boosts circulation and there are botanical oils to moisturize so, unlike many hair exfoliants, it doesn't leave your tresses frazzled. This new collection doesn't just leave your scalp feeling fresh and clean. It also makes hair feel silky and strong, proving that a healthy scalp is the best route to beautiful locks—pun most definitely intended. [Virtuelabs.com](http://Virtuelabs.com)

# New Noshes

WHERE AND WHAT TO EAT THIS MONTH



## BEL CAFÉ PASTRIES

Have a hankering for something flaky, buttery and finger-licking good? Head to either of **Bel Café's** two locations (there is one downtown in the **Rosewood Hotel Georgia** and another in Kitsilano, just off West 4th Avenue) to try one of five new tantalizing treats created by senior pastry sous chef Tessa Faulkner just in time for August snacking. Take your pick between an herby, savoury rosemary twist, a sweet and sugary cinnamon morning bun, a tangy and fruity raspberry vanilla scone, a classic ham and cheese bostock (it's similar to French toast) or an unexpectedly mouthwatering miso almond kouign amann—a Breton cake that's often described as one of the world's tastiest pastries. Or, as we did, throw all caution to those late-summer breezes and give them all a try. **801 W. Georgia St., 604-673-7000 and 1780 W. 3rd Ave., 604-736-5812. Belcafe.com** NOA NICHOL

## LADURÉE SIDEWALK PATIO

Don't let summer pass you by without a visit to Paris—no flight required. Not only has **Ladurée** on Robson released new seasonal offerings, it's also opened a whimsical 10-seat patio featuring bright greenery, furniture in Ladurée's signature green hue and custom umbrellas, all designed to make you feel like you've been transported to the City of Light. Menu wise, nibble on hot-weather-worthy macarons with creamy ice cream between two delicate shells, rose, pistachio, chocolate or raspberry ice-cream cups with a macaron shell on top, or a raspberry-and-passionfruit or apricot tart, both made with B.C. fruits. Want to take the French experience to go? Grab a Ladurée Picnic Set (from \$23) packed with a savoury butter croissant with ham, cheese and smoked salmon atop cream cheese, cucumber and dill, a refreshing fruit cup and a box of three assorted macarons. Ooh la la! **1141 Robson St., 604-336-3030. Ladureecanada.ca** NOA NICHOL



PHOTOS: JULIAN SCHLOSSER

## FOOD FOLK EATERY

There's a new fun-and-tasty culinary experience to be had at **McArthurGlen Designer Outlet Vancouver Airport. Food Folk Eatery** is a casual hub that houses three purveyors of gorge-worthy grub: **Chachi's**, **Dirtbelly** and **Hula Poké**. Chachi's creates sandwiches heaped with house-made pickles and sauces plus the choicest meats and cheeses piled high on fresh local-bakery-made buns, while Hula Poké serves up good vibes and made-from-scratch poké using only **Oceanwise** seafood. Last but not least, Dirtbelly boasts good eats from the garden—think fresh salads and warm bowls featuring veg-centric greens and grains. Open daily from 11 a.m. to 9 p.m., it's the perfect start or end to a day of shopping at the outlet. **1000 - 7899 Templeton Stn. Rd., Richmond, 604-242-2161. Mcarthurglen.com** NOA NICHOL



PHOTO: SHALLON CUNNINGHAM

## OPHELIA

We love Latin American cuisine: the spices, the heat, the unpretentious way of enjoying food. Every bite is filled with sunshine. After a bit of a pandemic-related delay, **Ophelia** has finally opened its doors in Olympic Village, and we couldn't be more pleased. This upscale Latin cocina, which specializes in authentic south-of-the-border-to-our-south cuisine, is named for chef Francisco Higuera's Spanish-born mother, who inspired his passion for cooking (and provides a source for his recipes). The dining room is adorned with hand-painted alebrijes—folk-art wooden sculptures that depict whimsical and mystical creatures—and a large mural of Ophelia by renowned Mexican artist Saicker. Specialty dishes like sopa de tortilla, pulpo en mole blanco (corn-crusted octopus with chorizo and white mole), enchiladas grantinadas with braised chicken and costilla de cerdo (roasted pork chop with chicharron cheddar mashed potatoes and pipian verde sauce) pair perfectly with mezcal and tequila tasting flights, housemade margaritas in a variety of signature flavours (try the pink Ophelia) and a sip-worthy lineup of cervezas, including local craft beers and imported brews from abroad. **165 W. 2nd Ave., 604-800-5253. Opheliakitchen.ca** LOUISA CHAN



## MISS VICKIE'S SIGNATURES

There are three new types of **Miss Vickie's** kettle-cooked potato chips to enjoy this summer, and, with help from celeb chef Eden Grinshpan, a new way to enjoy them, too. While Miss Vickie's Signatures, in Apple Cider Vinaigrette and Shallot, Citrus and Black Peppercorn, and Hickory Smoked Salt, can most certainly be enjoyed straight from the bag, why not use them to build a next-level charcuterie board? Among Grinshpan's top "chip tips" for this snack-worthy endeavour: land on just one strong flavour to build around (for example, place parm on a board that centres around the Black Truffle and Parmesan chips to highlight flavour and add a crystalized texture); find a balance between sweet and salty, rich and light (so, for every salty item placed on your board, add a sweeter element to create balance); leave cheeses chunky rather than sliced for an organic look (and to tempt guests to create new flavour combos); pile filler items like grapes and chips high in mounds and consider placing elevated bundles for smaller items like nuts and garnishes to make them stand out; and add bundles of herbs for a decorative and aromatic touch (Grinshpan likes to use thyme and lavender for a pop of colour). Last but not least, let the chips fall as they may—fill in empty spots with more Miss Vickie's so the entire board is covered. You really can't go wrong! **Missvickies.ca** NOA NICHOL

CONTINUED ON PAGE 13

# Maskne 101

HOW TO TREAT SKIN ISSUES CAUSED BY WEARING PERSONAL PROTECTIVE EQUIPMENT  
BY AILEEN LALOR

# W

We are fully aboard the mask train—we'll do anything to help keep people safe and get all of us back to normal—but there's no doubt wearing face coverings is hard on the skin. It's because heat, moisture, sweat and saliva get trapped between the skin and mask, explains Kathryn Sawers, owner of **Collective Skin Care**. "This can result in greater oil secretions, similar to how skin would behave if you were in a hot and humid environment, potentially leading to greater congestion and breakouts. Tight masks can also rub the face, harming the skin barrier and leading to irritation, redness and rashes.

The more you wear your mask, the worse these problems get—so people who have to cover up all day long are particularly at risk, but all of us might experience problems. Luckily—and coincidentally—beauty brands have recently started to cater more for adult acne and inflammation.

Sawers says oil cleansers can be good for deep cleaning without removing moisture from skin. A perennial favourite is **Dermalogica's** Pre-Cleanse. You can follow that up with a gentle daily exfoliant. We like **An-Hydra** The Powder of Youth, which comes as a powder that you mix with



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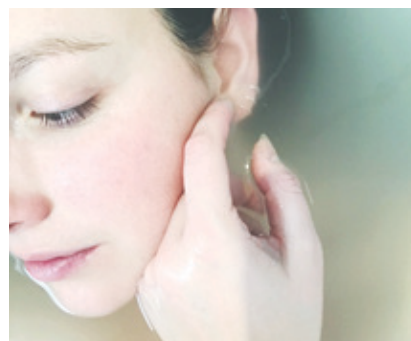
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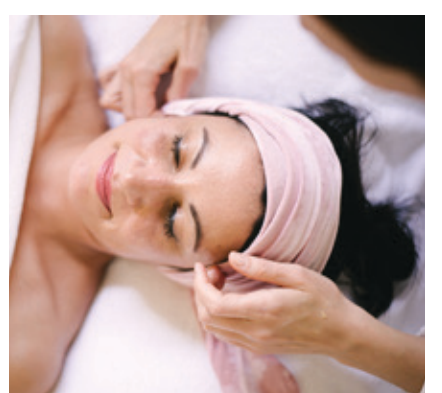


water and has enzymes and amino acids to remove dead cells, probiotics and hyaluronic acid, and clay to reduce excess oil.

When it comes to everyday products, **Avène's** new Cleanance Corrective Serum is specifically targeted at people who experience both fine lines and pimples. If your problem is dryness, Sawers likes to use a hydrating, soothing serum like **Caudalie** Vinosource S.O.S Thirst Quenching Serum. Top that with moisturizers that have squalane (the only ingredient in **Biossance's** 100 per cent Squalane Oil) and ceramides (found in **CeraVe** Ultra Light Moisturizing Lotion). Both can also be used on parched, over-washed hands.

Weekly masks can help give the skin a boost. **Rodan + Fields** Unblemish Clarifying Mask has sulfur clay and can be applied all over the face to reduce oil, or directly onto occasional pimples. There's also **The Body Shop's** Tea Tree Targeted Gel, a beauty classic that dries out zits, fast.

Now that our favourite salons are open, professional treatments can prove to be a great way of reducing the acne and inflammation associated with mask-wearing. "A classic facial is a great opportunity to give your skin a refresh and address any particular issues without compromising the skin barrier," Sawers says. She suggests skipping resurfacing treatments like dermaplaning, microneedling or laser resurfacing that can leave the skin sensitized for a couple of weeks after. **1268 Pacific Blvd., 778-228-4275. Collectiveskincare.com**



# BEAUTY & BITES

CONTINUED FROM PAGE 11

PHOTOS: LEILA KWOK



## PAC RIM PATIO POP-UP

There's a new, al fresco way to enjoy one of Vancouver's finest stay-places and its mouthwatering culinary offerings: the **Fairmont Pacific Rim's** pop-up patio highlights barbecue creations by the hotel's executive chef Damon Campbell, paired with refreshing craft beer, drinks and wine. Open daily from 12 noon to 8 p.m. (weather dependent, but we're banking on a lovely August), sit and enjoy such patio pleasers as burgers, sandwiches, poke bowls and desserts alongside **Bulleit Bourbon** old-fashioned cocktails, a lineup of local (in the most literal sense) brews from **Stanley Park Brewing** and the toe-tapping live music the Pac Rim is known for. It's summer in the city, full swing! **1038 Canada Pl., 604-695-5300. Fairmont.com** NOA NICHOL

## INTO THE WILD

Now you can take the tastes of one of the city's most acclaimed restaurants "into the wild" with you. After temporarily closing due to COVID-19 in mid-March, **Chambar Restaurant** began making free meals for residents of the Downtown Eastside so the food they still had on hand wouldn't go to waste. The resulting partnership, Food Coalition, provided meals to more than 20,000 vulnerable people—and still continues. Now, building on the foundations of that charitable endeavour (as well as her own experience as a working mom trying to home-school three rambunctious boys), Chambar co-owner Karri Green-Schuermans has recognized an opportunity to help families stock table-ready, nutritious meals in their freezers—and has launched a line of frozen products via grocery delivery and select grocery stores. Chambar's **Into the Wild** range showcases some of the restaurant's most-popular dishes, as well as four foundational cooking staples: a curry sauce and three nutritious broths, both bone and vegetarian. There are also mains (lamb tagine, Moroccan meatballs, braised short ribs, miso and parsnip risotto) that come perfectly seasoned and ready to defrost; serve them as-is or bumped-up with ingredients from your pantry, fridge or home garden. Not only are these frozen meals great for last-of-summer boating, the cabin or camping, the packages save cooler space by acting as ice packs, simultaneously perfecting outdoor sustenance and easy restaurant-quality entertaining. **568 Beatty St., 604-879-7119. Chambar.com** NOA NICHOL



## UVA CAFFÈ BAR & CIBO BRUNCH

Since life is what happens between coffee and wine, may as well start your day off right. **Uva Caffè Bar** is a new daytime destination courtesy of downtown's nightcap darling, **Uva Wine & Cocktail Bar**. From 7 a.m. to 2 p.m., dine in on or take out espresso-based bevies, fresh-pressed juices and paninos with veg, fish or meat toppings. Then, when the weekend rolls around, visit Uva's next-door neighbour, **Cibo Trattoria**, for a delightfully delicious, come-as-you-are morning brunch menu of signature faves, all offered for \$15 from 10 a.m. to 2 p.m., Saturdays and Sundays. On the Bel Paese-inspired menu: eggs benedict (classic, or try Taste of Florence—a housemade sourdough English muffin with whipped ricotta, spinach alla panna, poached eggs and rosemary Hollandaise), ciabatta French toast, and egg dishes named for Italian cities (the Roman comes with a sunny-side egg, artichokes alla Romana, prosciutto cotto, grilled tomato, ciabatta, salsa rosa, toasted fig and honey crumble, while the Tuscan boasts sausage, poached eggs, grilled ciabatta, creamed kale and cannellini bean). Order the create-your-own, self-serve mimosas (one bottle of Prosecco and a flight of seasonally inspired juices, \$45) and wash your brunch down with some fun! **900 Seymour St. Cibotrattoria.com. Uvavancouver.com** NOA NICHOL



## GRANVILLE ISLAND DELIVERY CO.

Missing your **Granville Island Public Market** goodies? Don't despair! **Granville Island Delivery Co.** (a.k.a. **Granville Island Foodie Delivery**) is offering popular market provisions and custom bundles (from individual items to starter packs to bigger boxes) for delivery. Simply order online and get treats from **Lee's Donuts**, **Benton Cheese**, **Oyama Sausage Company** and other vendors straight to your door through safe contact-less delivery. Talk about a great way to support local! **Granvilleislandfoodiedelivery.com** NOA NICHOL

PHOTOS: RICH WON



## POTLUCK HAWKER EATERY

The much-anticipated **Potluck Hawker Eatery** has officially opened in Cambie Village and we're already big fans of this Southeast Asian street-food resto. With vivid wallpaper (think papaya and durian) and eye-catching coloured ware and seating, Potluck is sure to be a hit for anyone looking to brighten their mood—and their social food feed. In addition to being Instagram-friendly, the walls showcase such traditional Asian sauces and ingredients as rock sugar and fish sauce, similar to how traditional hawker (i.e., someone who sells food) markets display their ingredients. And so, drawing inspo from Malaysian, Thai and Filipino street food, chef Justin Cheung aims to serve dishes that invoke a family potluck-style of eating. The launch menu includes snacking share plates, mains and a special feature of fried chicken. Our must-try choices are the beet carpaccio (vegetarian friendly, with fresh herbs) and salted egg yolk fried-chicken sando (on special-made **Fife Bakery** milk bread)—trust us, you won't want to miss this. **3524 Cambie St., 604-423-9344. Potluckyvr.com** VICKI DUONG

# Hair Dry

PUT DOWN THAT BLOW DRYER—THIS SUMMER IS ALL ABOUT  
NATURALLY AIR-DRIED HAIR  
BY NOA NICHOL

N

No need to blast red-hot air at your head with August temps balmy enough as it is. We turned to **Roberto Sousa** (@rbertosousa) of **Nadio Albano Style Inc.** (nota bene: he has just kicked off a year of paternity leave to spend with his newborn daughter, Lola, so you'll need to wait till next summer to book in with him) for his top tips on “h-air” drying, naturally, with style. **1874 W. 1st Ave. #4, 604-682-3016. Nadiaalbano.com**

**Hi Roberto! Does hair type matter when it comes to successful air drying? What about product?**

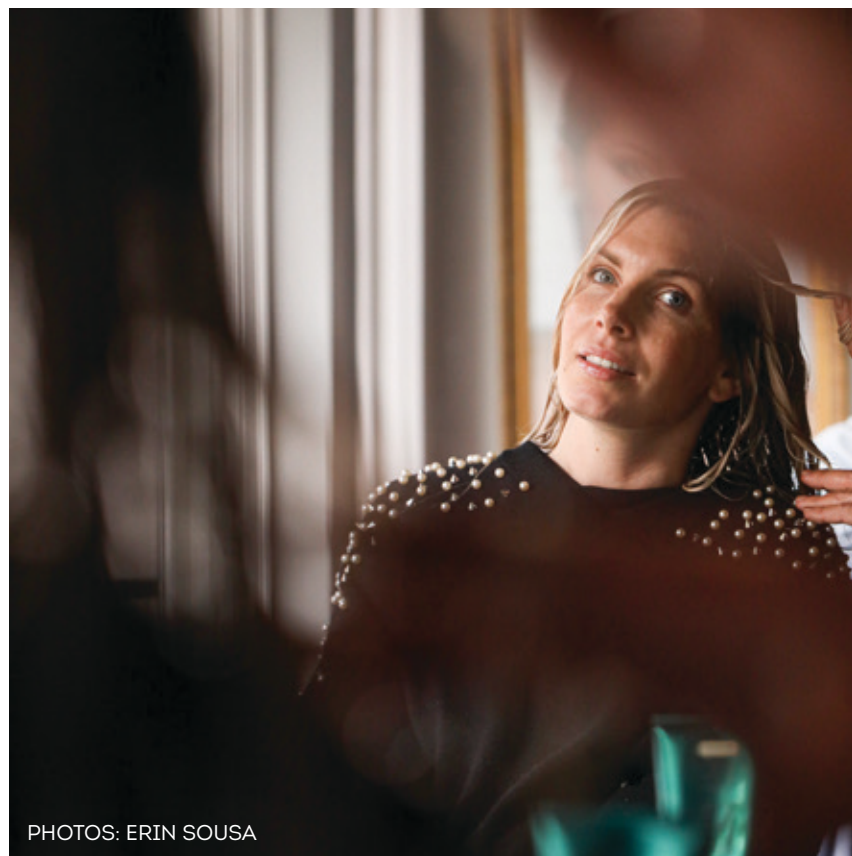
Hello! When it comes to air drying hair, it's essential to take your unique hair type into account as products and techniques may differ according to your hair texture, pattern, porosity and density. You should ask yourself whether you're trying to create waves, or control them. If it's the former, for fine hair, use a texturizing spray like *Spray à Porter* by **Kérastase**, which will encourage texture and waves. For increased control, use *Curl Gloss & Hold* by **Oribe**. Both are used on wet hair and will provide hold that won't make the hair at all sticky. For thick hair, use a product that sculpts as well as controls, like *Bouncy & Tender* by **L'Oréal Professionnel**. For coarser, thicker hair, which tends to be naturally dryer, use *Oribe Styling Butter Curl Enhancing Crème*.

**For us, frizz is an issue when air drying. Your tips to tame?**

I get asked this question all the time and really, it's not what you do to your hair to get rid of frizz and pouffiness—it's what you don't do. Break that age-old rule of brushing your hair after you get out of the shower; the more you mess, touch, flip and play with your hair as it air dries, the frizzer and pouffier it will get. This bears repeating: do not do anything that will tamper with your natural texture from wash to finish. If you need some control, or want to define a parting, try no-bend hair clips; the flat backing ensures there's no crease or dent left on the hair once it dries. Really afraid of the frizziness and the volume it brings? I've been known to wear a thin knit toque or beanie while my hair air dries. It keeps the pouffiness away—especially when it's humid—and, unlike a baseball cap, you don't have to worry about the dreaded hat-head imprint.

**Speaking of such, are there steps we can take, say, in the shower or in generally treating/taking care of hair to prep for a successful air dry?**

Yes! A successful air dry style starts even before you turn on the water in the shower. First, brush your hair out, using an oval or paddle brush, getting rid of tangles and knots to ensure the conditioner goes through the hair better. If you tend to have a dry, itchy scalp, take that same brush to loosen those problem areas on the scalp so the scalp is evenly cleansed during the shampoo. Once in the shower, make sure the hair is fully saturated in water and, without shampoo, scrub the scalp and the ends to loosen any debris in the hair before shampooing. Hydration is key for a successful air dry so use a shampoo that hydrates, like *Moisture & Control* by **Oribe** or *Smooth Again Wash* from **Kevin Murphy**. For conditioner, use *Intense Conditioner For Moisture & Control* by **Oribe** or *Smooth Again Rinse* by **Kevin Murphy**. Make sure to apply to your mid-lengths to ends,



PHOTOS: ERIN SOUSA



avoiding the scalp as much as possible. Then, using a wide-tooth comb, comb the conditioner or mask through your hair. This is the last time you'll comb through your hair. Once you're out of the shower, with your towel, only pat dry your scalp. Do not rub your hair, as this will rough-up your hair's cuticle. Finish by squeezing the towel through your ends. This will help the product you're about to apply distribute evenly. After that, touch your hair as little as



possible. When applying a product (mists and sprays included) make sure to start with a quarter-sized amount (add more if needed) and make sure it's evenly distributed in and around your fingers, just like hand cream. Tilt your head to one side and, using your hands, rake the product through first and then scrunch. Repeat on the other side. Once all the product has been distributed, let the hair settle. And: Don't. Touch. It. If it gets in your face just deal with it the

best you can. Once it's dry you can add a drop or two of *Gold Lust Nourishing Hair Oil* by **Oribe** to help smooth out the ends. Oh, and did I mention? Once dry. DO. NOT. TOUCH. IT.

**Is it possible to achieve different styles via air drying? How?**

It's more about persuading your hair into a style, so make sure to give yourself some time (depending on how fast your hair dries). After distributing the appropriate product for your hair type, divide hair into manageable sections. I personally like five sections: two in front, two behind that, and then one in back. For beachy waves, braid each section in a loose braid and, while it's drying, twist and clip the braids into a bun a few inches below the crown to lift the hair up and give it more body. For polished bends, purposely flatten the roots, and braid each section in loose braids; once dry, flip your head, shake out your hair and polish the ends with a drop or two of a finishing serum. For spirals, instead of braiding, twist up each section around a piece of fabric, “maypole-style”. Can't find a piece of fabric? Use a belt from a terry cloth robe, and keep the belt fastened to your head using a claw hair clip.



**What's your personal favourite or a great tried-and-true air-dried style for summer? Steps to achieve?**

The best air-dried style for summer is one that lets you enjoy more summer! Let sleep be your stylist and make two loose braids before you go to bed; you can twist them into a bun and clip to secure. A rough sleeper? Get a pair of ankle hosiery, place each braided bun into each one and secure with a scrunchie—this will keep the braided buns secure and prevent frizz causing friction from tossing and turning. In the morning, shake them out and spray with *Dry Texturizing Spray* by **Oribe**, spraying from underneath (this product offers light hold and its patented polymers absorb oil at the roots). And did I mention? Don't touch it. The more air-dried hair is manipulated, the frizzier it gets. So make every hair flip count. If you really want to polish the hair, you could use a curling iron to add waves to a few pieces as needed.

**OK! Let's recap your top products!**

For finer hair types use *Spray à Porter* by **Kérastase**—a lightweight texturizing beach-wave spray that holds without leaving hair sticky—or *Curl Gloss & Hold* by **Oribe**, which holds up to humidity for a crunchless curl. For thicker hair try *Bouncy & Tender* by **L'Oréal Professionnel**, which is actually two products in one: a curl gel and a sculpting cream. Both work in tandem for bouncy and defined curls. For my hair type (thick, coarse and textured) I tend to reach for *Styling Butter Curl Enhancing Crème* by **Oribe**. It's perfect for hair that requires a product with a lot more hydration to soften and define curls. I also have been loving *Smooth Again* by **Kevin Murphy**: it works as a leave-in conditioner and a styling product, eliminating frizz and leaving you with smoother, silkier hair. If you feel nothing out there can tame your wild hair, then definitely try anything and everything **Bouclème** (especially the *Curl Cream*). Introduced to me by the founder of **Ayla Beauty** (a natural beauty haven based in San Francisco), *Bouclème* products are packed with nourishing and penetrating ingredients to help hydrate and strengthen the cuticle from the inside out. ♡

# Fenty's Face Fresh Masterclass

WHEN IT COMES TO INNOVATIVE COSMETICS AND AN INCLUSIVE SHADE RANGE, FENTY BEAUTY TAKES THE CAKE (WITHOUT EVER LOOKING CAKEY)

BY VICKI DUONG

W

We recently attended (virtually, of course) a **Fenty** Face Fresh masterclass with the brand's global makeup artist, Priscilla Ono, for techniques that she uses on Rihanna herself and tips on how to create the perfect no-makeup-makeup look for summer.

#### NATURAL-LOOKING FLUSH

When it comes to adding blush, Ono recommends using Fenty's new Cheeks Out Freestyle Cream Blush (\$26 at **Sephora**). This light-as-air, non-greasy formula melts into skin for a natural "blush-from-within" look that's both buildable and versatile. Apply on the apple of your cheek for a youthful glow and along the contour line for a more-chiselled effect. The cream can also be used for a touch of colour on lips.



#### ADAPTABILITY IS KEY

Application can drastically change a makeup look; there's no one-size-fits-all for every occasion. For summer photo shoots, Ono opts for hydrating foundations (they give a dewier finish that photographs better) and skips powder, which can cause flashback. For red-carpet looks, her main objective is to be able to "set it and forget it," because she may not be able to touch up a client throughout the event.

#### FULL BROWS

One of the trends that Ono is loving (and personally accessing) most at the moment is so-called "soap brows." So easy to achieve, bar soap is used in place of gel to give brows extra fluff and hold. Simply dampen a clean spoolie brush, add to it a glycerin-based soap and apply to the brows, both brushing up and backcombing, then up again.

#### WEAR IT WITH CONFIDENCE

Makeup trends come and go but confidence (something RiRi has in spades) is the key to pulling off any look. Ono recommends going for a monochromatic makeup look whenever you're experimenting with a shade you might be inexperienced with, but emphasizes that confidence is the ideal way to put your best look forward. [Fentybeauty.com](http://Fentybeauty.com)

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# DESIGN & DRIVE

## Outside In

SIX SUMMER LIVING TRENDS  
TO PEP UP YOUR PATIO SPACE

# W

With summer in full swing, why not up your outdoor décor game with these sun-sational trends courtesy of Vancouver's own **LivingSpace Interiors**? From colour to organization to lighting, we unearthed founder and furnishings pro Ross Bonetti top tips to maximize your patio prowess this season. *1706 W. 1st Ave., 604-683-1116. LivingSpace.com*

### CALL ON COLOUR

By introducing a pop of colour you can instantly brighten and energize your outdoor space. **Paola Lenti**, found in the LivingSpace showroom, is an expert at this with its vast range of bold fabrics and finishes. The brand also makes use of interesting fabrics, including its signature Rope T fabric, made from actual climbing rope and available in a variety of colours.



### BLUR THE LINE BETWEEN INDOOR AND OUTDOOR FURNITURE

The easiest way to expand your living space is to extend to the outdoors. Patio furniture such as that made by **Roda** provides the comfort and style of indoor living-room pieces while remaining weather resistant. Customizable sectionals found in Roda's Eden collection allow for stylish seating incorporating technology that doesn't let rain (because, Vancouver) harm the fabric.

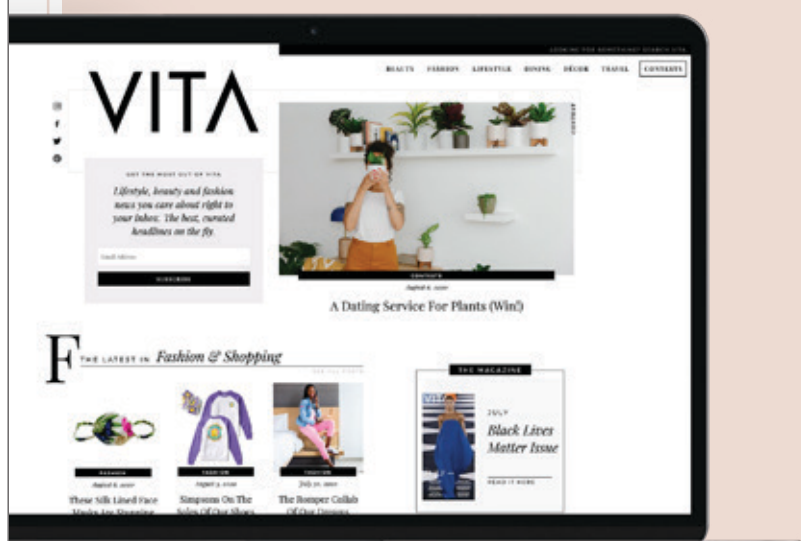


### ORGANIZATION IS KEY

When it comes to serving your guests, make sure to have the proper equipment. Bar carts or outdoor drink stations can help remove the process of running to the kitchen and back. The 1966 Serving Cart designed by Richard Shulz for **Knoll** is the perfect solution. Also great to keep in mind are stackable seats—**Plana** by **Kristalia** are stylish chairs that are easy to store.

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### FIND THE RIGHT LIGHTING

An essential thing people tend to skip over when finishing their outdoor space is lighting. With the warmth of the right light, patio hours can be easily extended. Many of LivingSpace's favourite suppliers who carry indoor lighting are now updating their offerings to make them accessible for outdoor use. The Captain Flint by Flos is a great example of a floor lamp that can now be used outdoors.



### ACCESSORIZE, ACCESSORIZE, ACCESSORIZE

The right accessories will create an inviting atmosphere. Having the right throw pillows, outdoor rugs and blankets or bringing in pops of colour can complement a space. Also, consider having something of interest such as the Spun rotating chair by **Magis**—it will leave your guests wanting to come back.

### BUY AN OUTDOOR BISTRO SET

Equipping your small patio or balcony with a bistro set is a great way to update and provide some life to your outdoor space. Belgium-based **Extremis** offers durable outdoor patio furniture, such as its Bistro set and Picnik.





DESIGN & DRIVE

# Porsche Approach

THERE'S JUST ONE PROBLEM WITH BORROWING A PORSCHE FOR A WEEK MID-SUMMER: YOU REALIZE THAT YOU ACTUALLY NEED A PORSCHE IN YOUR LIFE, PERMANENTLY  
BY JAY NICHOL



*Sleek, stylish and very sexy*, the cherry on top when it comes to the 911 Carrera S Cabriolet has to be the fact that its soft top opens and closes in 12 seconds flat at speeds of up to 50 klicks an hour—a trick that garners many lingering stares. Soaring up the scenic Sea-to-Sky Highway, this pretty **Porsche**, in an eye-popping hue called Miami Blue, more than matched the panoramic views with its wide body (adopted from the previous-generation 911 Carrera 4 and GTS models) and satin platinum-painted wheels, and was an above-par match for the road thanks to a plethora of power delivered via 443 horsepower coupled to an eight-speed dual-clutch automatic transmission. Inside, adaptive 18-way sports seats and a **Bose** surround-sound system impressed us adults, but the toddler we took with us (booster in the backseat and all) found the “frunk” (trunk up front) most compelling. The sum of this Porche’s parts? A car that’s fast, fun and the envy of the road. **Porsche.com**



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# Spritz Up!

A SLEW OF SUMMER-WORTHY WINE-BASED SIPS HAS SPRUNG UP JUST IN TIME FOR THE SUN  
BY LAURA STARR

S

Summertime is here, and do not underestimate the power of the sun to demand certain criteria when choosing a wine. Atmosphere often plays a key role in wine selection, but usually in the form of who you're with, if the night is celebratory or casual, or whether you're eating food or sipping solely for satisfaction. So what do you choose when the sun is beating down and your body is screaming for a glug-worthy beverage?

The secret to pairing wine with the sun is low alcohol content. Wine typically falls within 12.5 to 15.5 per cent ABV (alcohol by volume) and doesn't do justice to your body when consumed quickly; plus, nothing kills the buzz of a beach more than overconsumption.

So let's get those ABVs below eight per cent and spritz up your summer selections! New products have been popping up that proudly boast the less-is-more attitude, giving you fresh and feisty wine-based beverages that are guaranteed to offer a satisfying quench.



“ New products have been popping up that proudly boast the less-is-more attitude, giving you fresh and feisty wine-based beverages guaranteed to offer a satisfying summer quench ”

**A Sunday in August**, one of B.C.'s darling independent wineries, has just released a line of Piquette wines, which are technically not wine, as they are made from leftover pressed grapes that are then rehydrated with water, pressed off again and topped with a touch of local, organic honey before being bottled and left to lightly ferment in pét-nat style, resulting in wildly fresh, effervescent fruit bombs that boast a refreshingly light 7 per cent ABV. The white, red and rosé Piquettes are available in bottles and cans, and the demand has been so high they sold out almost immediately at release, with remaining inventory at a few restaurant locations around the province (if you're lucky, the **Pie Shoppe** in Vancouver might still have a bottle or two left). In the famous words of winemaker Mike Schindler, “Splash!”

**Lulu Spritz** is another great new-to-market offering, selling four-pack cans of a sparkling Pinot Grigio cocktail mixed with tonic and bitters. It echoes the herbaceous bitterness of an Aperol Spritz and also shares in the satisfying neon-coral-orange hue—something you should definitely show off as this beverage is enjoyed best in a glass over ice. At a friendly seven per cent ABV, Lulu Spritz cans are a perfect pairing with the sun, and they're easily picked up at any **BC Liquor Store** at a very affordable price of \$11.

**Creek and Gully** is one of the newest cideries to hit the Naramata Bench, but stands out in its style of making cider like wine, producing gorgeous bottles that mimic sparkling vino made in both the traditional and pét-nat methods. It even collaborated with B.C. winery **Ursa Major**, making a special-release (and very sold-out) bottle called Stay Golden, containing 50 per cent Chardonnay and 50 per cent cider. Creek and Gully's ciders drink and cheers like sparkling wine, while keeping a soft seven to eight per cent ABV—and it offers free shipping from the winery direct.

You may have to do some searching for these in-demand treats, but they're worth the hunt—and your sun-kissed body will appreciate the refreshing and quencher attributes of these summer sippers! 🍷





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