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VITA



The *Holiday* Issue

SPARKLE SEASON
Sequins, diamonds & gold dust; 'tis the time to shimmer and shine

INSIDE *the* ISSUE

STYLE Winter Warmers Want to keep *cosy* and *dry* while looking stylish? These *outerwear brands* have you covered

BEAUTY Season of Scents From concept to juice, what *actually* goes into creating the perfect *perfume*?

FASHION Tried & Tested Why some brands test their products under the world's *most extreme* conditions

WINE CheckMate Three times a *100-point charm* for one *extraordinary* B.C. wine

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Editor's DESK

A Note From Noa

Last month, I promised you a “holly jolly” holiday edition, and I believe we’ve delivered! From a glittering gift guide to sparkling wines, let this issue of *VITA* put you in a fabulous, festive mood. Also inside: we’re keeping winter weather top of mind, from trends in outerwear to adventure-tested gear: taking a “nose dive” into how fragrances are created (along with suggestions for scented gifting); and revealing a big win for a B.C. wine. Enjoy!

Noa Nichol EDITOR-IN-CHIEF



EDITOR'S GIFT PICK

The way to my heart? *Through my hair!* Kerastase's *Sérum Universel Chronologiste* (\$250) uses something called biomimetic caviar encapsulation alongside hyaluronic acid, abyssine and vitamin E at their purest potency to hydrate, thicken and plump. Kerastase.ca

Our featured influencer this month is **Cara Jourdan Clare**, who is one of Vancouver's OG social media stars.

Cara Jourdan Clare

@CARAJOURDAN



Hi Cara! Tell us about you and what do you do!

I have been working as a full-time blogger (I say “blogger” because I started before Instagram existed, when we all really just had blogs/websites!) since 2012, living in Vancouver while travelling the world to create fun content to share on my media outlets. Before getting into blogging I worked as a fashion buyer for Secret Location in Vancouver and, way back, went to the University of Victoria and graduated with a women's studies degree.

How do you use your platform to impact those who follow you?

I strive to create content that is inspiring and happy as I know social media can be a tough place sometimes; even for a grownup who works in the industry, it can be intimidating and harsh, so I try to create fun imagery and share a little bit about my background or experiences when I feel it is really necessary to speak up (women's rights are always a big one for me, or even smaller issues like feeling the pressures of always looking perfect. I struggle with acne, and have shared a few of my experiences with that just to let people know, not all is what it seems online!). I hope to inspire my audience to follow their dreams and to take risks. I remember leaving my job to pursue blogging full time and, while it was so scary (it was so new at the time, my friends and family, I think, were a bit nervous!), I am so grateful now to be running my own business and that I am excited for Mondays and to go to work. I want that for everyone, and encourage all readers to work hard toward whatever goal they want to achieve, be it work, a family, a trip, a new activity—all dreams are happy and we should all have the freedom and opportunity to go for it.

What's your personal style mantra?

Comfort is key! When you are comfortable, you can be confident in your outfit. If those shoes only work for you to sit in, if you already want to hem a dress before you leave the store or if you are always

adjusting that top, skip it. I also believe that you don't always have to follow the trends; I discovered Levi's wedgie fit straight jeans and love the way they feel and fit my body, so I have about four pairs that I rotate through and, no matter what, I always feel confident when I wear them. If there is a piece that makes you feel amazing, wear the heck out of it!

It's Christmas!

Are you a holly jolly junkie?

I absolutely love the holidays! Decorating the tree is always a special moment for me. I have wonderful memories doing it with my family as a child and, now, memories with my family (husband, step-daughter and baby on the way!) that just make me so happy. Watching good old holiday movies and, of course, getting a chance to visit with family are all just the most fun things about this time of year, for me. Oh, and the food. We can't forget about the food! Turkey and stuffing, Baileys and coffee, chocolate and pie—bring it on baby!

Do you have favourite gifts to give?

I actually try to make lists for my loved ones throughout the year so I'm not scrambling at Christmastime. My fave gifts to give are those that someone mentioned or wanted but never bought for themselves. I also love sending Christmas cards; gifts don't always have to be extravagant to be meaningful, that's for sure. One of my favourite gifts I have given recently was to my husband: I bought a pack of cards and wrote a reason why

I loved him on each one to make 52 reasons of love. Another great tradition that we have started is getting one new tree ornament that represents that year for us, and adding it to the tree. It is the little things for me!

What's on your wish list this year?

I just moved into a new space and am pregnant, so my wish list is very grown-up, with lots of housewares and baby items filling it up!

“My fave gifts to give are those that someone mentioned or wanted but never bought for themselves”



PHOTOS: PAIGE OWEN

THE MAKING OF THE
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Sparkle Season

BY LOUISA CHAN & NOA NICHOL

Sequins, diamonds and gold dust: 'tis the time to shimmer and shine



1. JIMMY CHOO SHOES
Step into the holiday spirit (and step up the glam) with a pair of Jimmy Choo heels. Find styles for up to 70 per cent less while supplies last at McArthurGlen Designer Outlet. Mcarthurglenvancouver.com

2. DIOR TOP COAT, \$36
Use this limited-edition pearlescent top-coat lacquer with gold and silver sparkles for a festive manicure. Holtrenfrew.com

3. LISE WATIER LIP GLOSS, \$27
Gild your lips with this high-shine irresistible gold shimmer gloss. Lisewatier.ca



4. YSL EYESHADOW PALETTE, \$175
The Couture Clutch Holiday 2021 palette contains 10 festive shades in a case adorned with gold leaves. Yslbeauty.ca

5. OPEN EDIT BLAZER & PANTS, \$234
Pair this sequin-soaked one-button blazer with these twinkling trousers to deliver a disco-diva vibe. Nordstrom.ca

6. ALDO HEAD BAND, \$40
Level-up your holiday hair with this cute little number, called Severahar. Aldo.ca



7. MICHAEL HILL RING, \$1,299
Bound to turn heads, this diamond cluster ring in yellow gold comprises a breathtaking 1.25-carat total weight of diamonds for the most incredible sparkle. Michaelhill.ca

8. GUERLAIN LIPSTICK, \$350
This luminous, limited-edition brick-red lippy is housed in a "bee"-jewelled case. Holtrenfrew.com

9. CHOPARD TIMEPIECE
The Alpine Eagle Frozen white-gold watch captures the beauty of snowflakes glistening on mountain peaks. Chopard.com



10. CRESCENT MOON STUDS, \$425
Light up a holiday night with these earrings in yellow gold, set with round brilliant-cut diamonds. Minichiellojewellers.com

11. BALMAIN GOWN, \$6,650
Glittering stones frame the astral cutouts of this jersey dress that's sure to make you the star of the holiday party. Holtrenfrew.com

12. CHANEL NECKLACE
Inspired by Russian embroidery, Chanel's Sarafane necklace boasts a camellia motif in diamonds and pearls. Chanel.com



13. BUGATTI CARRY-ON BAG, \$150
The Milano 21.5-inch lightweight carry-on hardside in rose gold will see you travelling in sparkling style. Featuring a telescopic trolley handle that locks in two separate positions and eight spinner wheels for precise control and smooth, quiet rolling, the interior boasts a dividing panel and tightening straps that help keep your clothes and personal belongings securely in place when on the move. Bugatticollections.com

14. LOUBOUTIN LIP GLOSS, \$115
With star-like pigment pearls for a metallic finish, this gloss helps lips appear fuller with long-lasting shine. Holtrenfrew.com

Enter to win this!
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December's It Bag \$10,200 BY ALEESHA HARRIS

The limited-edition 24K Galuchat Serpenti bag from Bulgari is a piece of high jewelry that can be carried, in hand. Numbered to only 10 units, and available only in North America, the structured, top-handle design features Galuchat—a signature Bulgari material from stingray—along with a malachite nappa-leather lining and a classic Serpenti head closure. The iconic serpentine design, in 24-karat gold, has glistening eyes made of malachite. The unique accessory also comes in a custom "moulded box" to help preserve each precious piece. Bulgari.com

Signed, Sealed & Same-Day Delivered

Can't wait to receive your online purchase? You're not alone

BY MURSAL RAHMAN

The rush of anticipation after online-ordering an item you've been eyeing for a while; there's nothing quite like it. And, though waiting for the physical package to arrive can be excruciating, the excitement when FedEx, UPS or Canada Post finally knocks on the door almost makes you forget everything that's going wrong in your life. Luckily, since Amazon Prime launched, people no longer have to wait weeks for their packages to be delivered—it's (nearly) every shopper's dream.

Seeing the success of Prime, many retailers have followed in Amazon's footsteps. In Toronto, Nordstrom offers free two-day shipping on select items, while Canada Goose extends next-day shipping to those who have to, just have to, don their new winter coat ASAP. And, just this year (in time for the holiday season), brands like The Body Shop and Sephora are offering same-day delivery, too.

The idea certainly is enticing. It's super convenient, especially for last-minute shoppers; according to a survey by Deloitte in 2018, "More than 70 per cent of consumers cite convenience and free shipping as their top reasons to shop online." The pandemic only enhanced these preferences, and made rush delivery even more of a must. According to PwC's June Global Consumer Insights Pulse Survey, "Forty-one per cent of consumers are willing to pay a charge for same-day delivery, while almost a quarter of shoppers said they would pay more to receive packages within a one-or two-hour window of their choosing." It's fast becoming the norm to expect packages to show up tout suite.

"Retailers make decisions based on customer demand. We're at the point where customers are so accustomed to same-day, or almost immediate, deliveries that other retailers have to offer that same level



of service just to compete," says Ashley Barby, founder of FashionTech. That's likely the reason The Body Shop partnered with Instacart: to keep up with customer demand and reach new customers.

The brand recognized the shift in consumer buying behaviour, especially because standard and expedited e-commerce shipping options were popular among shoppers before same-day delivery was an option. The Body Shop's

vice-president, marketing and responsibility for North America, Hilary Lloyd, says, "Instacart, and same-day delivery, provide the instant gratification that customers in a hurry may be looking for, especially after our e-commerce holiday shipping cut-off deadlines approach for last-minute shoppers." She adds that the retailer is already seeing positive results.

Barby mentions that same-day delivery allows customers to indulge in impulse

buying—something that previously wasn't achievable on the Internet. "I think with e-commerce you kind of lost the pleasure of impulse buying and that immediate gratification you would get when you're window shopping or when you go to the mall. Now I think there's that inclination to do a little bit more impulse shopping [online] when you know you can get something the same day."

Impulse shopping could lead to discovering something amazing—or something you'll use only once (or even regret purchasing). As we all know, increasing overconsumption of this nature carries with it an environmental impact. Not only can it lead to unwanted items being tossed out, founder of Fashion Takes Action Kelly Drennan says that same-day delivery can force the retail industry to make products faster—and that's not necessarily a good thing.

"The industry makes the items faster and they make more ... because the material and labour are cheaper. Then we buy faster and we buy more because of how cheap it is. So the entire experience becomes faster, which naturally leads to us wanting to wear it as quickly as possible—in some cases before the trend is over, which can result in a garment being worn less than five times before it is disposed of."

The implication: the convenience of same-day delivery could affect people's willingness to shop sustainably. Drennan shares that research has proven that many people want to shop with Mother Nature in mind, but don't, and speedy delivery times may not be helping the cause.

"People are still motivated by price and now it seems convenient as well," she says. "So if you are in a pinch and need a gift ASAP, you are more likely to buy something that was not made sustainably. What matters most is getting it on time."V

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Tried & Tested

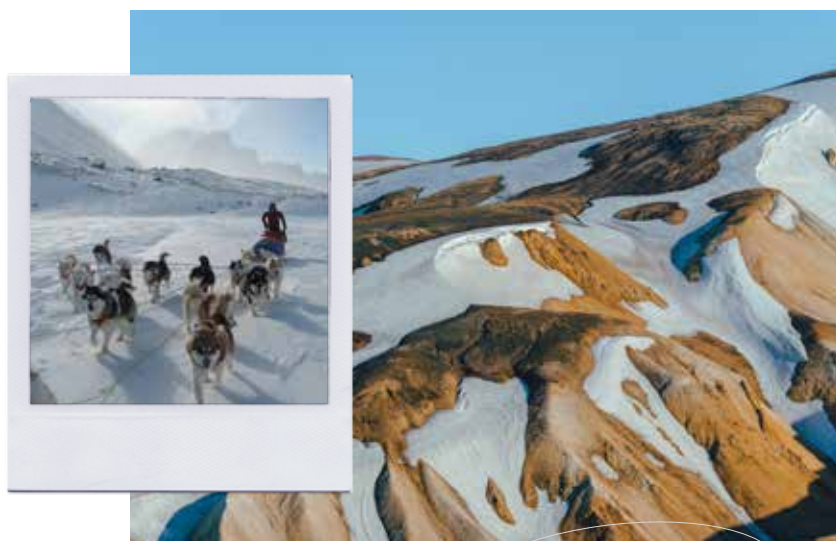
Some brands test their products under the most extreme conditions. Why do they do that, and what benefit does it deliver to the average customer?

BY AILEEN LALOR

Rolex watches, Kiehl's moisturizers and The North Face jackets have scaled Mount Everest. Canada Goose's coats have been to Antarctica. Baffin's boots have climbed Machu Picchu. Why care if the furthest we're planning on traveling is the top of the street?

It's the difference between factory testing—think of the Ikea Pöång chair being rhythmically pushed in a plexiglass box—and how we actually use and wear products. “In 2011, our CEO Paul [Hubner] was innovating a new line of soft-shell hiking boots and took a pair to Machu Picchu before they were launched,” says Mark Hubner, Baffin's testing team director. “They came apart at the sole! They pretty well ended up duct taped together! They totally succumbed to the environment! Friends of his gave him a hard time—how does it feel? Your boots failed—and he replied that it wasn't a failure. It was an opportunity to address something before it reached the feet of our end users.” Since then, the Canadian brand has real-world tested every product it makes.

In lab, brands can test features like colour fastness, washing and care and durability—like, how does the sole of a boot stand up to being flexed 50,000 times? Wear testing and gear testing level things up. “We wear test to validate the product and materials in real-life scenarios, which allow us to verify qualities that can't be tested in a lab,” explains Niamh McManus, senior design director at Canada Goose. “For example, the softness of a material—how comfortable it is against the skin, how luxurious it feels—as well as testing for how [it] reacts and works in cold temperatures.” Individuals wear prototypes in harsh climates, then are interviewed so the brand can take on board feedback in creating the final product. Testers include researchers,



deep-sea divers and climate scientists. “They work in the most remote locations in the world, from Churchill, Manitoba, to McMurdo Station in Antarctica,” says McManus. “We are constantly looking for opportunities to improve and innovate and rely on these individuals to really test and beat up our products.”

As times change and new trends or needs emerge, brands can iterate on those real-life-tested products to make them even better. “In the '90s we armed athletes and mountaineers with our Nuptse jacket [after the mountain in the Nepalese Himalayas] and gave them free rein to go exploring. From there, the jacket weathered many mountains and climates, including Mount Everest, Nuptse, Great Trango in Pakistan, Denali in Alaska and Antarctica,” says Marianna Petlicki, senior marketplace manager for The North Face. “With our newest Nuptse version, [we've] answered the call of sustainability; the jacket now features sustainably conscious materials and 100 per cent recycled fabrics.” The latest dive into the archives is a limited-edition re-issue of the Trans-Antarctica Expedition collection, originally created for the first dogsled crossing of Antarctica in 1990.

Some brands are also helping with scientific research at the extremes; for example, Rolex supported the 2019 National Geographic and Rolex Perpetual Planet Everest Expedition, in which climate scientists visited Everest's “death zone” to understand the impacts of temperatures rising on life on Earth.

Not just fashion brands test their products to the extremes. “Adventure has always been part of the Kiehl's brand,” says Donna Paty, education manager. “Aaron Morse ... of the family that owned Kiehl's from the 1920s onward, was an adventurer himself. He was a WWII fighter pilot and owned stunt planes called the Kiehl's Eagles. He even displayed one of those planes in the flagship store in New York.”

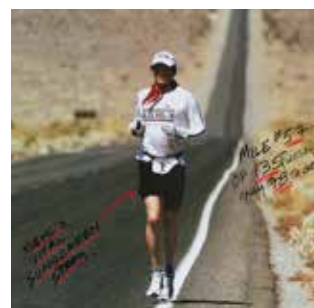
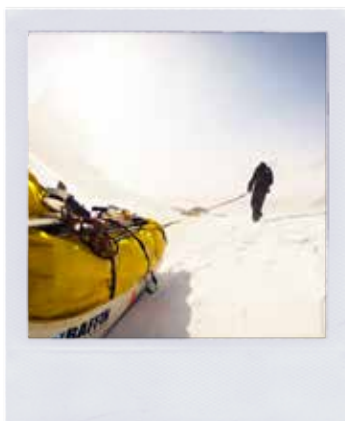
Kiehl's started its adventure-testing program in 1988 with explorer Robert Anderson leading an Everest expedition as a celebration of the 35th anniversary of the first ascent by Sir Edmund Hillary. It was to be the first ascent of the east face of Everest, and the first without oxygen. Anderson and his team were sponsored by Kiehl's and took five products that are still sold in Kiehl's stores today: Cucumber Herbal Alcohol-Free Toner, Lip Balm #1, Creme de Corps, Ultra Facial Moisturizer and Ultimate Brushless Shave Cream White Eagle, which can be used with no water. Paty says: “Of course you think of these extreme temperatures on the climb, but water was also a hot commodity so they wanted something people could use without that.”

Anderson continued to work with the brand on trips to Antarctica and Greenland, where he tested lab samples of the new Ultra Facial Cream, now the No. 1 moisturizer for Kiehl's customers. “I met [Robert] in 2005 and was quite amazed at how he looked considering the extremes he's been to,” says Paty. “He attributed all that to Kiehl's. When he and his team are preparing they think about clothing, of course, but the weather can be so extreme that people can't summit because their skin is destroyed.”

What can the average urbanite gain from all this? “The most important thing with real-world testing is absolute confidence,” says Hubner. “If I know this product can perform in the most extreme conditions on the planet, I don't think twice about it when I'm shovelling the driveway or walking the dog.” McManus agrees: “The feedback and needs of our extreme users are often quite relatable to our consumers. They want to be warm, dry and comfortable, but also want products that fit well, layer easily and let them feel both protected and stylish.”

Hubner cautions, though, that it's not about buying the boot that's been tested on Everest and wearing it in Vancouver: “What we're evolving toward is providing a system of guidance as to how comfortable people will be in our product in different environments.” Baffin has developed Real-World Tested Cold Comfort Ratings that go from Elemental (for light activity and city wear) to Polar Rated (for the coldest moments on earth). “We have a great friend of the brand, [polar adventurer] Eric Larsen, who grew up in Minnesota. He has this go-to quote: adventure is everywhere,” says Hubner. “It's something that really hit home with me. You can cycle around in Canada and see people using the slides at a playground covered in snow or skiing in a park. And some days, just getting outside your home and on to the bus can be an adventure.”

“We are *constantly* looking for opportunities to ... *really test & beat up our products*”



DECK THE HALLS

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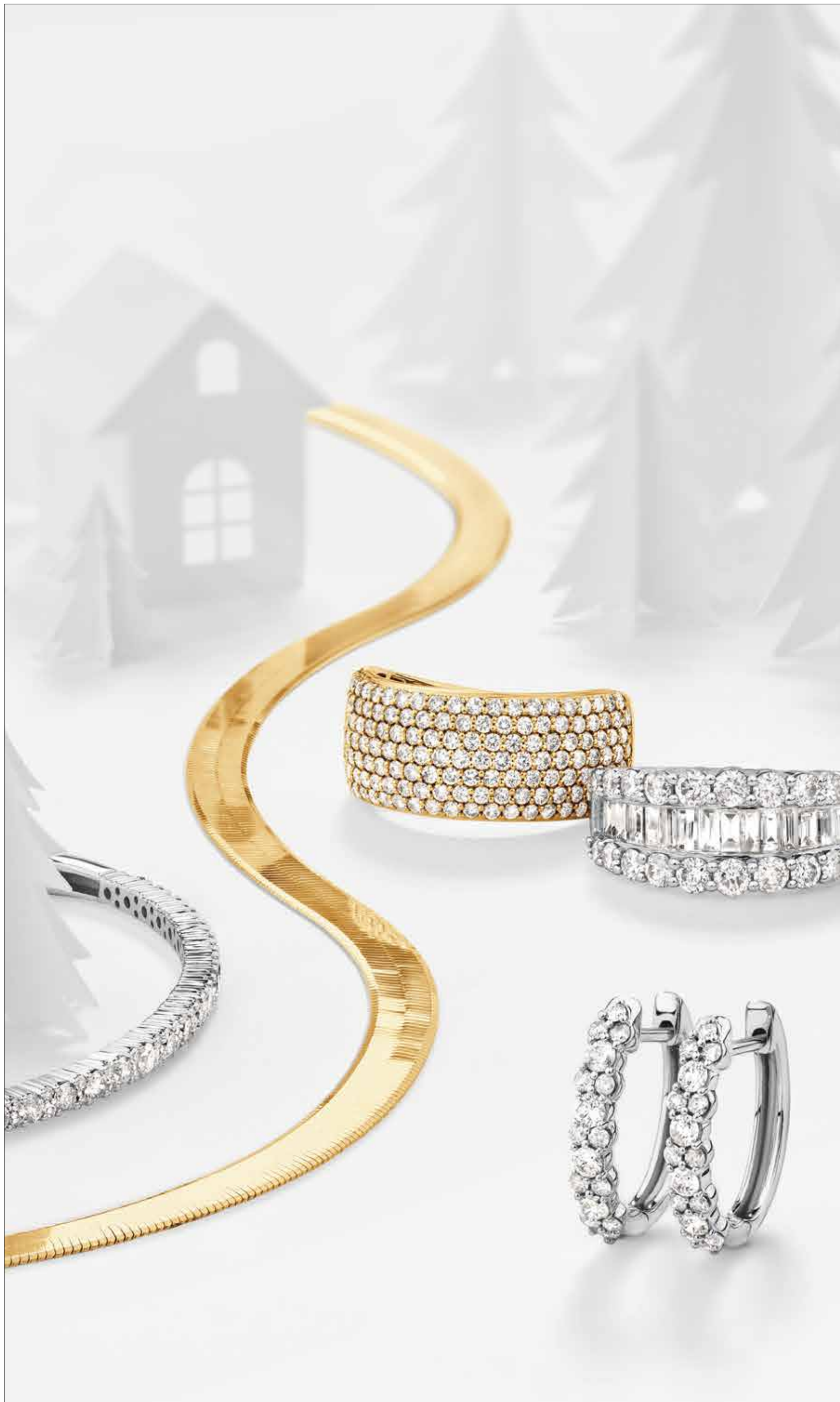
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Make their Christmas

Winter Warmers

Want to keep cosy and dry while looking stylish? These outerwear brands have you covered

BY SHERI RADFORD

“Sustainability is the permanent trend focus.” That’s the opinion of Alexandra Franco, design director of Judith & Charles. “Consumers are not only more aware but more concerned about how outerwear is made, whether it’s ethical and safe and how they can invest in something that feels luxurious without impacting the environment.”

The Quebec company has a new collection of wind- and water-resistant coats that are PFC-free, cruelty-free and filled with down that’s been upcycled. Franco says, “We’re able to make a premium sustainable product by reducing global waste and upcycling recovered material. Down is a fully sustainable natural material with the highest performance in terms of breathability, warmth and lightness.”

Arc'teryx is also concerned about down. The Vancouver company makes sure products like its high-performance Agrium hoody (which also features a plant-based liner) and breathable bomber-style Kole jacket meet the Responsible Down Standard.

“We challenged ourselves to create a down product that had the same durability and performance as our existing products while using responsible materials and constructing them in a way that is more easily repairable, for years of use and enjoyment,” says design director Greg Grenzke. “Designing our products for longevity is always one of our top priorities ... and we know this can help to reduce environmental impacts significantly over the lifetime of the product.”

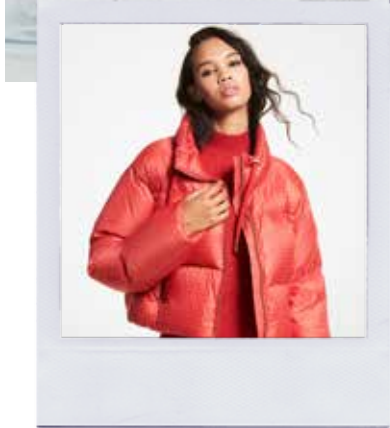
Another Canadian brand focusing on sustainability is Norden. Baked right into the Quebec company’s ethos is a commitment to having as small a carbon footprint as possible. All materials used are recycled and repurposed, including polyester, nylon, insulation and zippers. Norden’s also embraced materials like Polartec Power Fill, which delivers maximum warmth and durability while using all recycled PET plastic, with the aim “to redefine outerwear.” Fortunately, the PETA-certified label hasn’t had to sacrifice style or comfort, as evidenced by its new minimalist parkas and puffers for 2021.

Cosiness is the perpetual theme for winterwear, and this year is no different. Hunter has tweaked its popular vegan Rubberized Puffer collection to boost sustainability, using upcycled plastic bottles to make the padded insulation and recycled polyester for the lining. Also, check out the new puffer jackets from Michael Kors and Burton, the subtly stretchy Tracadie coat from Moose Knuckles and The North Face’s blast-from-the-past 1996 Retro Nuptse jacket, with oversized baffles for warmth and ripstop fabric to keep out water.

Two beloved American brands teamed up to produce a collection of instantly iconic pieces, including the Coach x Schott N.Y.C. shearling coat. Ideal for layering, this oversized number marries Coach’s craftsmanship with Schott N.Y.C.’s rugged style, and the end result is unforgettable—and simultaneously soft and cosy.

Another memorable newcomer is the infinitely adaptable McKenna jacket from Canada Goose. It has an adjustable hood and waist belt along with interior backpack straps for hands-free carrying over your shoulders if the temperature climbs, and features new “performance satin”—a versatile fabric that feels silky but is designed for durability.

Vallier’s latest collection features several parkas. The Quebec brand effortlessly blends urban essentials with the innovations of outdoor technical clothing, all while using organic, ethical and sustainable materials such as textiles



certified to meet the Standard 100 by Oeko-Tex (which tests for harmful substances). “We prefer to revamp classic styles versus follow trends, making it easier for us to focus on performance,” says product manager Simon Pelletier Marcotte. “Buy better is the motto here.”

When investing in a quality outerwear piece, timelessness and longevity are key—for the sake of both planet and pocketbook. Embrace the magic of the mountains with a retro-chic jacket from the DiorAlps capsule collection, or evoke the vibe of a ski holiday mixed with cool Parisian chic with a statement coat from the Chanel Coco Neige range. You can’t go wrong with a cuddly, oversized Teddy Bear Icon Coat from Max Mara.

Cody Gowanlock, North American account manager at Nobis, has noticed some small style changes since last winter. He observes that, in 2020, “consumers had longevity on their minds and were seeking investment pieces with timeless silhouettes.” Now? “As we start to emerge from the pandemic and return to some semblance of normalcy, we’ve noticed consumers refocused on more fashion-forward pieces, as they cautiously get back to socializing out on the town.” Trends he notes include “oversized and exaggerated silhouettes alongside vivid prints.”

Even for pieces that boast eye-catching patterns, Nobis still focuses firmly on the technical aspects of its outerwear, ensuring everything—including its below-the-knee parkas, oversized cocoon jackets and reversible puffers—is windproof, waterproof and breathable.

On the West Coast, a mere rain jacket can be enough on many winter days. From Lolë, the waterproof Piper jacket packs down to almost nothing, making it perfect for tucking in a bag or briefcase. From Vancouver’s own Lululemon, the StretchSeal relaxed-fit long rain jacket features the brand’s new proprietary fabric, which moves and breathes with you while keeping out wind and wet.

If it’s a wee one you’re outfitting for chilly days, choose a waterproof, breathable snowsuit from Quebec brand Souris Mini, which features backpack-style straps inside. For rainy days, opt for a waterproof Puddle Jumper jacket—complete with a cosy Sherpa-lined hood and jersey-lined sleeves—from Vancouver company PK Beans. And, if you’re feeling the seasonal blues, just think: isn’t it wonderful that the frightful winter weather leads to such delightful winterwear? V



Walking in a Winter Wonderland

Keeping your tender tootsies toasty warm is crucial for staying comfortable when Mother Nature wields her worst. Quebec’s Anfibio focuses on durability, and makes a no-frills aesthetic look pretty darned appealing. Two examples are the Karina, made from waterproof leather, and the Ines, crafted from waterproof suede. Both boots boast natural wool lining and a functional-size zipper (key for frozen fingers). Ontario’s Baffin emphasizes performance. Styles such as the adaptable Yellowknife and the stylish Telluride have leather uppers and a sturdy rubber base. According to Mark Hubner, SVP, brand, “Slip resistance continues to be a strong trend. With climate change we are seeing more freezing and thawing occurring in the fall and winter and, as such, consumers are looking for better protection from the changing elements.” Amen to that!

What's in a nose?

We discovered what actually goes into creating a perfume, from concept to juice, plus the most interesting and luxurious options to try now

BY AILEEN LALOR



Perfume composition is like any art form—the artist is trying to express an idea and evoke an emotion. It's science, too: the juice interacts with the body chemistry of the user, becoming something else unique. And, it is subject to trends and market forces—think of the full-bodied 1980s scents like Opium and Poison versus the clean and uplifting fragrances popular now. All of this goes to say: making a perfume is really, really hard.

"I try to envision the final image for the fragrance, and I always start with the name," says iconic French perfumer Francis Kurkdjian. "It is the very first element of the creation and it sums up what I want to say with my perfume, the story I want to tell, my inspiration. It's like the title of a book; it helps guide me on my creative path. Words are extremely important to me. After this, I start writing the formula."

Many other fragrance creators are trying to execute someone else's vision—that of a brand, for example. "I experiment with different versions to present to the client," explains Adriana Medina, Givaudan VP perfumer, who recently created the first scents for hair-care brand Oribe. For these two, she worked closely with co-founder and president Daniel Kaner. "He started by sharing images for what each should smell like: Desertland was inspired by his trip to Marfa, Texas—mountains, desert, lots of green, very southwest in feel—and Valley of Flowers was referenced by striking images of flowers and gardens including roses, lush greens, which felt very magical."

At The 7 Virtues, the approach is different again, since the brand is led by a mission of social good. "Our scents are always a reflection of our lives and where we are at in the world, politically," says founder Barb Stegemann. While she doesn't compose the scents, she likens herself to a music producer: "I have a very clear idea ... of what the commercial DNA needs to be to make a hit."



PHOTO: ZACHARY HANDLEY FOR PARFUMS CHRISTIAN DIOR



Turning inspiration to reality takes time. "Up to 18 months," says Kurkdjian. "There are two phases, starting with my time of reflection and creating the name and guideline for the scent. And then I begin the composition and spend time in the lab."

Kurkdjian became attracted to the idea of being a perfumer after reading a magazine article at 14. "Perfume is so much linked to the couture world; it's so much close to the skin, even closer than a piece of clothing," he says. He went to ISIPCA, a perfume school in Versailles. "You first have to learn the basics. The world of scent is like foreign languages in that you must start learning the alphabet [the raw materials] one by one, describing them, classifying them with your own words, feelings. Then you create words [small fragrance accords] and then sentences. But it is like any other art form. If you do consider that everybody knows how to write, paint, draw, sing, but not everybody is an artist, who creates new things. Not everybody knows how to express newness and create a new form."

Medina, also formally educated in fragrance, adds, "You also need to have a lot of patience, passion, resilience, curiosity and the ability to take ... criticism."

A key trend for perfume buyers now is if a brand aligns with their values, which is where purpose-led companies like The 7 Virtues come in. Stegemann and her team have always developed their scents to support unstable countries. "I had to reflect on where our next scent could do the most good. And it led me to Days for Girls ... which will help end period poverty by advancing menstrual equity," she explains. The brand's new scent, Lotus Pear, will be launched on March 8, International Women's Day, and fund kits with washable pads and panties. Till then, try the brand's Vanilla Woods; with vanilla sourced from a fair-trade co-op in Madagascar, it has top notes of pear, mid-notes of rose, and dries down to a vanilla amber scent.

If we want to talk about storied fragrances, we must discuss Chanel No. 5. To her perfumer, Ernest Beaux, Coco said she wanted something that smelled clean and soapy. Beaux produced scents labelled one to five and 20 to 24; madame picked No. 5 and an icon was born. This holiday season, the brand has created a limited-edition Chanel No. 5 Eau de Parfum in a bottle that incorporates recycled glass, in a box made from biodegradable paper pulp and with the famous numeral inscribed in gold.

Perfumer-creator François Demachy has created Vanilla Diorama as part of La Collection Privée Christian Dior. His goal: to celebrate vanilla in a way far removed from sugary stereotypes and sweet clichés. He chose a bourbon vanilla from Madagascar, harvested via artisanal methods. "I wanted this scent to be a faithful portrait, to reveal its fragrant, nuanced beauty and to embody its mellow aspect, heightened by joyful citrus notes, as well as its richer, more organic side, wrapped in an enveloping base. In the end, it is a 'true,' authentic and intense perfumer's vanilla that emerges."

Kurkdjian's Cologne Forte range was launched earlier this year. He told us the main inspiration behind the original Aqua collection could be summed up with the Latin quote, "mens sana in corpore sano," or "a healthy body in a healthy mind." This iteration includes the word forte, borrowed from music, to convey that these are played louder and more intensely. We adore the Aqua Celestia Cologne Forte Eau De Parfum for its fresh, bright, bergamot radiance.

Maison Martin Margiela's Replica series is unmatched for faithfully recreating scents and feelings. The latest, Autumn Vibes, reminds us of tramping through crispy leaves with the faint smell of pine in the air. If you'd like to take a trip somewhere hot when it's cold, do so with Oribe Desertland EDP; bright, thanks to juniper, with a warm Texas cedarwood base. Of its creation, Medina says, "Listening to your inner voice and following your own instinct may be the right answer. When your idea matches what someone else has in mind, it becomes the perfect fit!"

Iconic Canada-born architect Frank Gehry was one of the minds behind Louis Vuitton's Les Extraits Collection, the stand-out of which is Stellar Times (\$620). The scent's construction is a nod to Gehry—all of the collection was designed to have no top, heart or base—and he also designed the bottle, which is arc-shaped and topped with a lid made from crumpled aluminum. Stellar Times is a deep and woody oriental scent, thanks to Peruvian balsam and plant amber, but with the light and bright notes of orange blossom. It's intended to evoke a golden palace in the sky, or an escape on a magic carpet. V



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Good Gifting

Make *giving* as great as it can get

BY AMANDA ROSS

1 | This past year has afforded us the opportunity to press reset, both mentally and physically, and to re-evaluate what's really important. For that reason, the luxury of time spent with loved ones, time outdoors (because we may be social distancing for a while) and mindful time with ourselves is what we've got cued up on Santa's good gifting list.

3 | We've been washing our hands assiduously for almost a year-and-a-half now, but with Bowen Island-based Sangre de Fruta's botanical hand duo (\$134), these mundane rituals are elevated to opulent indulgence in notes of cedarwood, sandalwood and bergamot. Handcrafted in small batches with all plant-based ingredients and essential oils, the lotion and wash are offered in two scents: Neroli or Garden of Earthly Delights. **563 Artisan Lane, Bowen Island, 236-357-2000. Sangredefruta.com**

2 | When Christian Dior happened upon a Parisian townhouse in 1946, he'd found the perfect atelier to house his couture label. The gold metal-etched Rouge Dior Minaudière from the Atelier of Dreams collection (\$240 at Sephora), with limited-edition engraved lipstick and three refills, recalls 30 Montaigne, the legendary address where he first featured these exquisite, tiny cases, typically carried as a clutch or over the shoulder with chain strap. **1045 Robson St., 604-681-9704. Sephora.ca**

3 | Christmas without cosy slippers is like St. Nick without a sleigh, but not all slip-ons are created equal. Some don't allow your feet to breathe while others won't last the month, but the limited-edition Wool Dwellers from carbon-neutral Allbirds (\$98) balance both. Made from 60 per cent reused wool scraps and 40 per cent recycled polyester, this fluffy footwear will have you walking on holiday cloud nine. **Allbirds.ca**

4 | If the pandemic has brought uncertainty to every aspect of your life, just roll with it. For the first time, Tom Ford puts his signature scents in a limited private blend discovery collection that features six tiny iconic fragrances (\$125 at Nordstrom), perfect for those of us not able to make quick decisions. From Oud Wood (earthy and woody in rare oud wood and Chinese pepper) to Neroli Portofino (fresh and citrusy with Italian bergamot and Sicilian lemon), there's now a mood for every occasion, all in recyclable, plastic-free packaging. **799 Robson St., 604-699-2100. Nordstrom.ca**

5 | With so much time spent on the homefront, creative pursuits reached a feverish pitch—and Hermès' artisans were no exception. Leftover leather and fabric from the Petit H atelier were reimagined into beautiful everyday objects, like these handcrafted double-fringe leather embellishments (\$140). Recalling classic golf-shoe details, these charming sneaker add-ons are the perfect pandemic prescription. **717 Burrard St., 604-681-9965. Hermes.com**

6 | Before Yeti came along, coolers could only keep ice cold for about two days—or cracked if you plunked your flannelled self down on them. The rugged Yeti V Series stainless-steel cooler (\$1,100) recalls classic ice chests of old, but adds futuristic technology that keeps your water solid for two weeks—and it doubles as strapping seating. It's the ne plus ultra gear for the outdoor enthusiast. **Yeti.ca**

7 | While we may not be able to easily travel to far-flung places right now, we can at least eat like we are. Think of local Arc Iberico Imports Christmas gift boxes (from \$100) with their Jamón Ibérico—one of the most revered meats in the world—as Spain in a box. The rare free-range Iberian black pig feasts exclusively on acorns, which produces a coveted rich, nutty flavour. **#1020-12471 Horseshoe Way, Richmond, 778-998-5322. Arcimports.ca**

8 | The outdoors call, but the ravages of winter first show up on unprotected skin as dry, flaky patches. Founded in Japan, Clé de Peau Beauté really is the key to the epidermis, with innovative, science-backed ingredients like Japanese pearl and perilla extracts. Sleep the sleep of angels this holiday with the limited-edition Garden of Splendor Collection's La Crème (\$700 at Holt Renfrew), which targets skin's innate ability to self-regenerate overnight with hyaluronic acid and squalane. **737 Dunsmuir St., 604-681-3121. Holtrenfrew.com**



9 | By Ortigia—a small Italian soap and scent company in Sicily—this antipasti plate set (\$79) makes a wonderful gift. The striking red tin contains five glass plates that can be used to serve the traditional first course of a formal Italian meal (cured and pickled meats, olives, mushrooms, anchovies, artichoke hearts, cheeses, vegetables in oil or vinegar) or as soap or jewelry dishes (each plate is themed to an iconic Ortigia scent). **2717 Granville St., 604-806-0510. Detailsbymrk.com**

10 | Dawson City-based Aurum Skincare harvests its hero ingredient, birch water, from the Yukon's boreal forests each spring, then bio-ferments it to produce key prebiotics to help soothe and repair the skin's barrier. This women-owned brand's Calming Birch Serum (\$84) features willowherb extract (called fireweed in the North) that rounds out the anti-inflammatory heft, promising a reduction in redness after just seven days. Make way for the new gold rush. **Aurumskincare.ca**

11 | Purpose-led brand Obakki asked the children at St. Valentine's Orphanage in Cameroon, Africa, what makes them joyful (hint: it's not stuff). Their heartfelt answers are writ large for all to see—or wear—on these What Makes You Happy double-faced Italian silk scarves (\$89). Plus, all proceeds help provide food, education, medical support and housing for these kids. **261 E. Pender St., 604-669-9790. Obakki.com**

12 | From Red Barn winery at Jagged Rock (new and opening to visitors in spring), the Silent Partner Cabernet Franc (\$50 at Artisan Wine Shop) delivers, on the nose, espresso, chocolate-covered cherries and blackberry and, on the palate, cassis, blackberry, licorice and coffee, for a festive and wintry offering. Notice the label: a muted and masked portrait of the "silent partner" winemaker; this inky, midnight background gives you just a glimpse. **#119-123 Carrie Cates Ct., North Vancouver, 604-264-4008. Artisanwineshop.ca**

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New Noshes

Where and what to eat this month

BY NOA NICHOL



World's First Pizza Subscription Lands in Vancouver

Magazines, wine, flowers—and finally ... pizza! Our friends at General Assembly, who are dedicated to making delicious artisanal pizzas available to everyone, everywhere, are bringing their critically acclaimed frozen pizza subscriptions to the Lower Mainland (Abbotsford, Burnaby, Coquitlam, Delta, Langley, Maple Ridge, New Westminster, North Vancouver, Richmond, Surrey, Vancouver and West Vancouver). Ready in seven mins (yes, seven mins), created by real chefs and made with naturally leavened dough, these diet-friendly (multiple meat-free and plant-based options) are available via subscription, one-time purchase and a one-of-a-kind pizza gifting service. “My time living in Vancouver taught me how much the city loves good food—that’s why the city was a no-brainer for our first outpost outside of Ontario,” says founder and CEO Ali Khan Lalani. “We’re so excited to bring our elevated frozen pizza experience to the West Coast.” Each of General Assembly’s naturally leavened pies is par-baked and flash-frozen so that an expertly cooked pizza is always ready when you are. Made with premium ingredients, they lead the frozen pizza world in “deliciousness.” Choose from eight signature pizzas in stacks of six, eight or 10, delivered every four, six or eight weeks on a date of your choosing, from just \$65 (with 10 per cent off all new orders for the holidays and free delivery site-wide until January 4). Each 10-inch pizza is tidily packaged and frozen ice-cold, minimizing the environmental footprint while respecting the freezer space of even the tiniest False Creek condo. Want to give the gift of pizza for the holidays? Purchase boxes of four or eight pizzas and choose when to notify the lucky recipient with a personalized virtual GA Pizza Stack Card (from \$49). “The holidays are a time for generosity, for nourishment and, above all, for joy—and what is more joyous than pizza?” says Lalani. “When you give the gift of pizza, you’re giving your friends and loved ones the gifts of time quality, and flavour.” We’ll “say cheese” to that! Gapizza.com



Artigiano Whistler

Locally owned and operated Artigiano has opened in Whistler Village—the latest in the brand’s enterprising expansion and franchising program of converting former Starbucks locations into Artigiano cafés, all while revitalizing neighbourhoods and supporting local artists. The new Whistler location is locally owned by community partner Angela Lovegrove, who, prior to becoming a franchisee, worked with Artigiano as a manager for more than four years; suffice it to say, she knows the brand like the bottom of her coffee cup! The new Artigiano Whistler café, which houses 10 interior seats and 20 heated patio seats, proudly features Keep it Wild—an interior mural wall and ceiling feature created by award-winning B.C.-based graphic artist Alex James Fowkes, who explains the piece is “all about consciousness. The coastal mountain range is a beautiful place to live, work, and play. As a mindful resident of the Sea to Sky corridor, it’s important to ensure everyone considers how they move through and impact their surroundings ... leave a space better than you found it, call people out who are not respecting the land or nature, and consider every footprint.” Artigiano’s new Whistler location will feature the menu favourites available at all 23 Western Canada locations, including an inventive “grab and go” program perfect for ski season, and the recently launched selection of hot winter drinks (try the rosemary vanilla latte; trust us). We’re looking forward to après ski at Artigiano! **4340 Lorimer Rd., Whistler, 604-962-1418. Caffeartigiano.com**

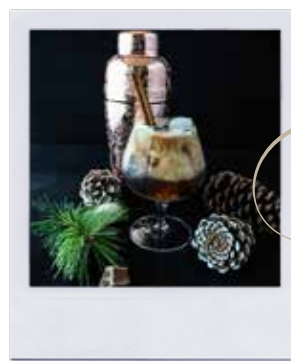


Game Nights @ Parq

With in-arena capacity limits lifted by the province, Parq—located just a stone’s throw away from Rogers Arena—is perfectly positioned to provide hockey fans with world-class food, drink and entertainment experiences for both home and away games. Show your hometown pride by taking part in “money-can’t-buy” contests this NHL season that will offer fans a chance to enjoy the ultimate Vancouver hockey game night at the casino resort. Plus, Parq has fantastic game-day features that include: 15 per cent off food orders at its cool-and-contemporary BC Kitchen sports bar when presenting same-day tickets; a Centre Bar special of a Parq Burger with fries and choice of a 16-oz lager; feature glass of wine or well highball for \$13 available two hours before the game; and special room rates for season ticket members at the JW Marriott and The Douglas Autograph Collection Hotels. Parq also offers ample and convenient underground parking adjacent to Rogers Arena for fans heading to the game or watching all the action at the casino resort. Go Canucks! **39 Smithe St., 604-683-7277. Parqvancouver.com**

The Night Before by SPUD

It’s that time of year: gifts for parents, teachers, frontline workers and friends all need to fall into place within weeks (well, days for some of us). It’s fun to give, but it can also be stressful—and, let’s be honest, wasteful. To take the pressure off and put the purpose in, online grocery service SPUD has created The Night Before, allowing you to order lovely local artisanal gifts (everything from a thoughtful selection of cheeses from Les Amis du Fromage to Noisette Salami made in North Vancouver; La Baguette sourdough loaves by Blé Bakery; Botanica’s warm and cosy Organic Reishi Hot Chocolate; New Brunswick-based Upfront Cosmetics’ sustainable shampoo and conditioner bars; Be Fresh luxe bath salts and so much more) with next-day delivery to your own or your recipient’s home. It’s a uniquely sustainable and super-convenient way to check every name off your list—no matter how last-minute you’ve left your shopping. Spud.ca



Holiday

Cocktail

BY CINDY YU

I’ve never been an eggnog person, so just typing this recipe seems crazy. But it’s the holidays and, for some inexplicable reason, there’s a magic that happens rendering any undesirable concoction to be potentially yummy. Eggnog is one such drink. A regular White Russian made with whole cream is already desirable—not to mention, indulgent. When you add eggnog, it’s taken to another level. For this recipe, you can play around with the booziness by adding more vodka; there have been many riffs on the White Russian cocktail in general, but I prefer mine to be more coffee forward. And, with the added cinnamon stick, the whole experience becomes more balanced. Cheers!

Eggnog White Russian

- 2 SHOTS KAHLÚA (OR OTHER COFFEE LIQUEUR)
- 1 SHOT VODKA
- 2 SHOTS EGGNOG
- FRESHLY GRATED NUTMEG AND CINNAMON STICK TO GARNISH

Put Kahlúa and vodka in a shaker glass filled with ice. Shake for 15 seconds and strain into a brandy glass. Pour the eggnog over the glass and garnish with nutmeg. Add cinnamon sticks and a couple of coffee beans if you’re feeling fancy. (Seriously, it makes a difference to the nose when you sip it). Cocktailsinthejungle.com

Modern Crumble Festive Pan Stuffing

A great dish for a crowd, this plant-based party pleaser will pair perfectly with your fave gravy.

MAKES 8 SERVINGS, BUT THE RECIPE CAN EASILY BE HALVED

THEMODERNMEAT.COM



Ingredients

- 1 LOAF WHITE SLICED GLUTEN-FREE BREAD, APPROX. 500-600 G
- 3 TBSP (45 ML) VEGAN BUTTER OR NEUTRAL-FLAVOURED OIL, DIVIDED
- 1 1/2 CUPS (375 ML) DICED ONION
- 3/4 CUP (180 ML) DICED CELERY
- 3/4 CUP (180 ML) DICED CARROT
- 2 SMALL SWEET AND TART APPLES (E.G., SPARTAN, HONEYCRISP, GALA) CORED AND DICED
- 1 TSP (5 ML) DRIED THYME LEAVES
- 2 TSP (10 ML) DRIED RUBBED SAGE
- 1 TSP (5 ML) SALT
- 1/4 TSP (1 ML) GROUND BLACK PEPPER
- 2 CUPS (500 ML) LOW-SODIUM VEGETABLE STOCK OR WATER
- 1 ONE-POUND (454 G) PACKAGE MODERN CRUMBLE, THAWED

Instructions

Heat the oven to 300 F (150 C). Cut the bread into 1-inch (2.5-cm) squares; transfer to a large, rimmed baking sheet. Bake for 10-15 minutes until bread is dry and golden in spots. Transfer to a large bowl. Heat 2 tbsp (30 ml) butter in a large frying pan over medium-high heat.

Add vegetables and cook until onion is translucent. Add apple, thyme, sage, salt, pepper and stock. Bring to a simmer and cook until the carrot is tender.

Remove from the heat. Heat the oven to 350 F (175 C). Clean frying pan and return to the heat. Melt the remaining butter; add the crumble. Cook, breaking it up, until firm and lightly browned.

Add to bowl of bread. Pour vegetable mixture over all; toss gently to keep bread intact. Transfer to a 2-quart (2-L) shallow baking dish. Cover tightly with foil; bake for 30 minutes.

Remove foil; bake for 15 minutes longer to crisp the top. Can be made the day before; cover and refrigerate. Increase the initial cooking time to 45 minutes.

Pop a Cork

Best bubbles for closing out 2021 and bringing in 2022? We've got them here, from Champagne to prosecco, crémant to cava, and lots in-between. *Happy New Year!*

BY CATHERINE DUNWOODY



Dom Pérignon Rosé Vintage 2006 Lady Gaga (\$330 at select BCLS) is like sipping stars, plus every purchase supports the Born This Way Foundation. Bcliquorstores.com

Lanson Le Black Label Brut (\$56 at New District) is a confident French Champagne lovely with shellfish or (a box of) chocolates. Newdistrict.ca

Lar de Plata Cava from Spain (\$16 at Jak's) has a crisp fresh bite, with notes of white flower and apple. Jaks.com

Mionetto Prosecco Rosé (\$20 at Legacy), from Italy, is extra dry and nice with risotto, also from Italy. Legacyliquorstore.com

Wolfberger Crémant d'Alsace Rosé (\$31 at Marquis Wine Cellars) shows off French Pinot in the best bubbly way. Marquis-wines.com

Limited-edition Veuve Clicquot La Grande Dame x Yayoi Kusama 2012 (\$256 at select BCLS) is a collab with the renowned Japanese artist and a tribute to Madame Clicquot, a.k.a., the Grande Dame of Champagne. Bcliquorstores.com

B.C.'s Road 13 Sparkling Chenin Blanc 2016 (\$40 at BCLS) is crisp, citrusy and nice with popcorn on holiday movie night (yes, we will be watching *Love Actually* again this year). Bcliquorstores.com

Chandon Brut Rosé (\$34 at BCLS) is a California sparkling that never disappoints, especially in this creamy pink. Bcliquorstores.com

Vini Tonon Magia Fiore Rosso Spumante Dolce (\$23 at Everything Wine) is fun and festive: an Italian sparkling red perfect with dessert, plus a pretty bottle, too. Everythingwine.ca

Luc Belaire Bleu (\$41 at Crosstown Liquor Store) is not only a French cuvée with notes of fresh berries and tropical fruits, but truly a blue bubble (boom, there's your next party trick). Myliquorstore.ca



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Keeping Score

Three times a 100-point charm for one extraordinary B.C. wine

BY LAURA STARR

Sports analogies don't often coincide with wine writing, but a recent hat trick earned by CheckMate Artisanal Winery is a triple feat worth cheering for. Consecutively, for the third time, CheckMate's Little Pawn Chardonnay has received a wine score of 100 points by iconic Canadian wine writer John Schreiner, who boasts a lifetime of knowledge on Canadian and B.C. wine.

Say what you will about wine scores—not all the gold emblazoned numbers on bottles hold equal merit in terms of earnest or even unbiased scoring—this type of acknowledgement year in and out from a wine authority such as Schreiner holds significance, not just for CheckMate, but for B.C. wine as an industry.

Graham Nordin, GM of Iconic Wineries of British Columbia tells about how, after the initial feelings of excitement and pride that everyone at CheckMate felt after receiving news of the third 100-point score, what really stood out was the sense of validation for what they already knew to be true: CheckMate wines belong shoulder-to-shoulder with great wines around the world.

CheckMate Artisanal Winery is tucked into the beautiful landscape of Oliver, B.C., and specializes in Chardonnay and Merlot exclusively. With less than a decade under its belt, the winery boasts vines that date back 40-plus years, with five focused and unique vineyard sites that each tell a specific story of South Okanagan time and place.

For Little Pawn, this hat-trick story expresses from the confines of Jagged Rock Vineyard, planted in 1999 with vines that face west on the foothills of the Black Sage Bench, containing sandy and porous soils. When water drains away quickly, it results in small grape clusters that hold massive concentration of flavour. Thanks to the warm western-facing slope and the sunny climate in Oliver, these concentrated flavours burst with ripeness. Think ripe peaches and tangerines, big creamy texture, toasty warmth, and a crisp, spicy finish. Though it is called Little Pawn, this is a big, big wine.

With one perfect score, you can say it



With one perfect score, you can say it was a good vintage. A second score you *might* call luck. But three perfect 100-point scores mean you are looking at *excellent winemaking*



was a good vintage. A second score you might call luck. But three perfect 100-point scores mean you are looking at excellent winemaking, and Philip McGahan does B.C. proud with very natural winemaking efforts: manual harvesting, wild fermentation, and zero fining or filtration—there is even word that we will see organic certification in the near future. There is nothing trendy about these wines, though. As “new world” as they may be, they scream old world in style, and boast a power and balance that is rare in B.C. wine.

Struggling to remember visiting this remarkable winery? There has, in fact, been no permanent tasting room (though you may have experienced the temporary pop-up) to visit—until now. Nordin says CheckMate's done it in reverse, building a great winery reputation first and then following with the buildout of a new winery and tasting room. At the helm of the project's design is Tom Kundig, a now-famous architect who once-upon-a-time designed Mission Hill Family Estate, sparking the beginning of a long-running collaborative relationship between Kundig and wine mogul Anthony von Mandl, who says, “I've had the privilege of working with Tom ... since the mid-1990s. We know each other so well that Tom has permission to take his architecture and design to new places that others might not be willing to embrace. This is a remarkable relationship rooted in deep trust and mutual respect which has enabled us to create extraordinary things together.”

Adds Kundig: “We drew a lot of inspiration from the CheckMate brand and the idea of a classic chessboard, including the graphic black-and-white skin; inside, a custom screen between the entry and the tasting room is presented as an abstracted chessboard, continuing that theme. The cantilevered tasting room deliberately frames views across the vineyards, to the valley and mountains beyond, making sure the guest experience is linked to the natural surroundings.”

The final product—an astonishing visual experience that vividly showcases the land, with floor-to-ceiling glass walls that let you see all five vineyard sites from the main room—deserves a perfect score in and of itself. But, perhaps most importantly, it finally, finally gives visitors a chance to taste through CheckMate's wines—an experience that one can only “triple” hope includes the member-exclusive Little Pawn. **V**



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Artisanal Winery

Little Pawn Chardonnay
AWARDED A THIRD
100 POINT SCORE



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CHECKMATEWINERY.COM



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