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VITA

The February Issue

haute PINK
With Valentine's Day in sight, pops of fuchsia, coral, rose and *blush* are *hot, hot, HOT*

— Find our favourite PINK Versace platforms on PAGE 4

INSIDE *the* ISSUE

STYLE Hot Shops Vancouver's retail scene is *staying fresh* with several *stylish new* additions

BEAUTY Skin Deeper Understanding collagen—the key to *healthy skin, joints and bones*

DÉCOR More is More Move over *minimalism*, *maximalism* is all the rage now

SIPS Pink Drinks Try one (*or all*) of these *rosy-hued libations* for *Valentine's Day*

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Editor's DESK

A Note From Noa

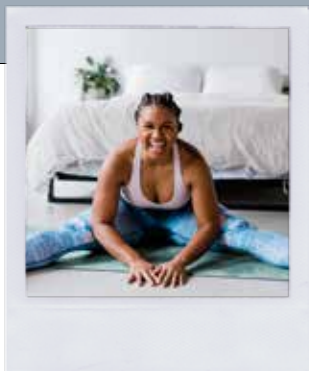
Welcome to the February issue of VITA! Our Vancouver team took a break, as always, from publishing in January (besides our Lunar New Year issue, of course, which you can catch online), and we're back and feeling refreshed. A big thank you to Kelsey Ellis, our influencer of the month (below), whose words of wisdom around wellness are giving us motivation to view, and do, 2022 with energy, optimism and self-love. This month, it was also a pleasure to round up some of our favourite items (for Valentine's Day gifting or simply enjoying) in our Haute Pink feature on page 4—everything about this rosy hue feels joyful and uplifting. In this issue, we're also taking a look at the ins and outs of collagen, considering "more" for our home décor and reviewing several delightfully pink drinks for Love Day. Enjoy!

Noa Nichol EDITOR-IN-CHIEF

Our featured influencer this month is **Kelsey Ellis**, an awe-inspiring registered holistic nutritionist and certified personal trainer who has dedicated her life to helping people move with joy, build self-acceptance and take the shame out of their wellness game. *Amen!*

Kelsey Ellis

@HEALTHY_WITH_KELSEY



Tell us a bit about yourself to start!

I am the owner of Healthy With Kelsey, a personal wellness brand that aims to help people move with joy, overcome body shame and divest from unhealthy behaviours rooted in diet culture. My work is centred around non-diet and healthy at every size (HAES) approaches to helping my clients build healthier relationships with food and exercise. My mission for the

past few years has been to deconstruct conventional wellness practices and teach clients how to heal the body physically, mentally and emotionally through self-nurturing practices like joyful movement and intuitive eating. My work is founded on both my background in holistic nutrition, trauma-informed training and my personal experience of developing disordered eating behaviours after 10 years of working in a conventional fitness environment. I believe that, as a society, we have reached a point where we recognize that the systems of suppression and oppression under the guise of wellness are no longer working for us, and we need to relearn our instinctual ability to self-trust and use our own internal guidance as a way to navigate our health. I help people take back their personal autonomy around their body and wellness.

What's your wellness mantra?

"I don't have to, I get to." It is a simple and clear reminder to have gratitude for my health and the ability to move my body. I can acknowledge the privilege that I have the time, accessibility and resources to care for my body in a way that not all have access to. This reminds me to stay curious about others' wellness practices and be compassionate toward all.

The best thing about a new year?

Meeting new people and the energy they bring to their goals! People generally start to make some serious considerations about changing their health this time of year and I get so excited for them because I know how powerful and exciting taking control of your health is. They are eager to learn and understand that working together can be the difference between using will power

alone to accomplish one month of progress toward their goals or working with a coach to accomplish 12 months of progress toward their goals. Instead of creating surface-level resolutions without any action plan, I get to help them bring the vision they have for their health to life, create a sustainable strategy plan and help them stay accountable when the going inevitably gets tough. I don't believe that there is anything wrong with creating resolutions, but I don't personally set them, as I make a continuous effort throughout the year to evaluate many areas of my life and take action as needed. I don't want to reduce it down to once per year, when humans are always learning, evolving and growing!

Tips to boost our health in 2022?

The best place to start making changes to your health is by addressing basic self-care and looking at where your body could use more support. Basic self-care is having shelter and safety, eating nutrient-rich foods, drinking clean water, getting enough sleep, moving your body regularly, breathing fresh air, getting enough sunlight and having meaningful relationships. Basic self-care is often ignored in lieu of shiny new health trends but, unless you are meeting your basic needs, you will find new lifestyle changes above and beyond these basic needs difficult to sustain long term.

Read the rest of Kelsey's Q&A

ONLINE EXCLUSIVE VITADAILY.CA →

THE MAKING OF THE February Issue

No. 75 ————— 2022

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COVER VERSACE SS 2022

VITA
PUBLISHED BY
VITA DAILY MEDIA INC.
CANADA POST PUBLICATIONS
MAIL AGREEMENT #42849020

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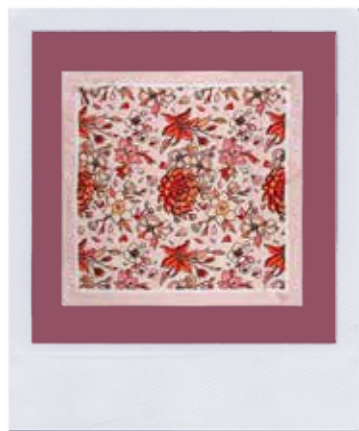
Vancouver, B.C.

Haute Pink

With Valentine's Day in sight, the colour of LOVE is what's hot



1. SLIP SLEEP MASK, \$70
A pure silk sleep mask developed over a decade to provide the ultimate combination of shine, thickness and durability. [Nordstrom.ca](#)
2. LE CREUSET FRENCH OVEN, \$465
Shell Pink. Le Creuset's newest hue, will add a soft pop of colour to your kitchen. We love this large pot, but the shade extends to other cookware, too. [LeCreuset.ca](#)
3. SIMONE PÉRÈLE BRA, \$159
This pretty Wish bra was born from the work of a jeweller: it boasts satin jacquard and guipure motifs. [Lajoliemadameboutique.com](#)
4. ESTELLE COLORED GLASS FLUTES, \$140
Cheers to love with this set of two champagne flutes, hand-blown by highly skilled glass artisans in Poland. [Holtrenfrew.com](#)
5. FENDI MINI BAG, \$2,750
Fendi, but make it fun! This small Mon Tresor bucket bag has detachable shoulder straps, one long and one short, so you can wear it over the shoulder or cross-body. [Fendi.com](#)
6. MINICHIELLO JEWELLERS RING, \$2,350
Think pink? You won't be able to get the colour off your mind with this morganite halo ring on your finger! Crafted in 14-karat rose gold, this stunning beauty is "ring around the rosie" defined! [Minichellojewellers.com](#)
7. ALEXANDER WANG DRESS, \$1,435
Crafted of a heavy satin with a luxe sheen, this double-breasted blazer dress has a centre front waist closure and a matching removable belt, plus softly padded shoulders to enhance its structural shape. [Holtrenfrew.com](#)
8. CHOPARD WATCH, \$75,600
This heart-shaped timepiece is graced with a pink mother-of-pearl dial featuring refined guilloché work. [Chopard.com](#)
9. VERSACE PLATFORM, \$1,850
This towering loafer crafted in candy-pink calfskin is gilded with a Medusa-head charm on the classic penny keeper. [Nordstrom.ca](#)
10. MUGLER ANGEL NOVA, \$99
This new multi-faceted eau de toilette includes the sustainably grown Isparta rose for a distinctively Muglerian, feminine scent. The late designer's spirit lives on. [Sephora.com](#)
11. WUNDERKAMMER CARPET
Italian designer Matteo Cibic's Wunderkammer collection hand-weaves the dreamy and vibrant nature of Rajasthan, Jaipur, a.k.a. the Pink City, into your space. [Eastindiacarpets.com](#)
12. HANKY PANKY THONG, \$29
Our fave panties in the brand's ultra-comfy signature stretch lace are pretty in Sugar Rush Pink. [Thefindsboutique.com](#)
13. February's It Bag BY ALEESHA HARRIS
Take the look of love well beyond Valentine's Day with this alluring heart-shaped bag from Chanel. Part of the SS22 collection, the precious pink Heart Flap design (price by request) makes us nostalgic for the colourful creativity of the sartorial styles from the '80s and '90s. Pair this playful piece with everything from oversized knits and wide-legged cropped trousers, to sweet, flowy dresses later this spring and summer. This novelty design is sure to become a beloved favourite. True love does exist. [Chanel.ca](#)
14. NUMI BLOUSE, \$284
What makes the Simone by Numi so great? It's stain repellent (so long, wine-spill woes) and machine washable; at the end of the day, just throw it in with the rest of your laundry. A classic button-up that will be your new go-to style staple. [Wearnumi.com](#)
15. JIMMY CHOO PUMP, \$1,250
Exquisite, extravagant, elegant, these asymmetrical Avery pumps boast two oversized bows that are intricately woven, hand tied and sewn on for a dramatic finish. [Holtrenfrew.com](#)



NOA'S PICK

"I love this square Luna scarf (\$50), created by Montreal-based vegan-leather accessories brand Lambert in collaboration with Laura Kwok, a Chinese-born artist who grew up on the West Coast of Canada. The brightly coloured flowers carry a plethora of meaning: chrysanthemums for longevity, tiger lilies for confidence and joy, daffodils for prosperity and cherry blossoms for a renewal of life." [Designlambert.com](#)



VICKI'S PICK

"I am all about practising self-love and supporting local female-run brands. For a ritual that checks both of these boxes, reach for Cuticle Savior Hand Cream (\$25), a collab by Midnight Paloma and Brunette the Label. Coconut oil and shea butter hydrates dry winter skin while rose and vanilla leave a sweet scent. Who says you can't get yourself roses for Valentine's Day?" [Midnightpaloma.com](#)



MADISON'S PICK

"Are you planning to cook for people you love this Valentine's Day? My go-to cookbook for an edible love-fest is *Bitter Honey* (\$58) by chef Letitia Clark. The ethos behind the book, which showcases dishes from Italy's Island of Sardinia, is an invitation to slow down, enjoy yourself and nourish friends and family, and I think we all could use a pinch of that." [Indigo.ca](#)



LYNDI'S PICK

"With daylight saving time just six weeks away (mark it on your calendar!) I'm feeling optimistic about longer days and warmer weather in my rose-coloured glasses! These pretty-in-pink Chloe shades (\$295) are available locally at Kits Eyecare. They're made from lightweight acetate with a unique geometric frame, giving a chic vintage vibe that's currently all the rage." [Kits.ca](#)

Hot Shops

The latest and greatest
retailers in Vancouver

Maison Kitsuné

Gastown is now home to Canada's very first Café Kitsuné coffee shop and Maison Kitsuné boutique. The Paris-meets-Tokyo brand occupies side-by-side, dual-entranced spaces, each designed to emanate connectivity, warmth and modernity, with local natural materials throughout. Beyond its flavourful coffee, the café, with a brushed stainless-steel counter and custom walnut tables, serves a variety of specialty drinks, pastries, small plates, natural wines, sakes and cocktails. Pick up a bag of homemade granola, created in partnership with Butterboom bakery, or a collaborative Okanagan sour cherry and plum spread by beloved pâtisserie Cadeaux Bakery before padding over to the retail side to explore the latest collection (and exclusive Vancouver range) alongside apparel and accessories sporting the brand's iconic, adorable fox head.

157 & 159 Water St., 236-477-4771. Maisonkitsune.com NOA NICHOL



PHOTOS: MARCY MEDIA

Mejuri

The fine-jewelry brand that marketed bling-buying "for your damn self" is stepping up its brick-and-mortar game with a storefront on West Fourth. Open since December, Mejuri's first Vancouver shop oozes calm and cool chicness: think natural light-wood design with custom millwork and glimmers of gold. The setting is an ideal showcase for the brilliant pendants, necklaces, rings, bracelets and jewelry boxes the brand is famous for. If you're used to snagging your Mejuri finds online, and that suits you just fine, it's certainly worth taking a trip to the store IRL to try pieces on in person, and to chat up the knowledgeable staffers. From how to layer your chain necklaces like a pro stylist to explaining the differences between gold vermeil and 14-karat recycled gold, they know it all. Give yourself ample time to browse the bling and find your perfect size at the ring bar, or get your ears expertly pierced on-site at the full-service piercing station before adorning your lobes with some studs. Each piercing appointment comes with complimentary check-ups and post downsizing once healing is complete. Overall, this is as fun as shopping experiences get—just don't forget to do as the brand loyalists do, and treat your damn self!

2166 W. 4th Ave., 236-521-9220. Mejuri.com KATIE NANTON

Kits Eyecare

Vancouver-based eyewear brand Kits has opened its first boutique steps away from its namesake, Kitsilano Beach. Not just a retail space to house its locally manufactured wares, this is a community hub and café (it was previously a popular Starbucks, after all), serving up drinks and snacks by Level V Bakery, Whisk Matcha, Plates by Payts, To Live For, Agro Roasters, Tea Leaves, Pure+ Kombucha, The Juice Truck and more, and boasting garage-style doors that, once summer hits, will be opened wide to allow in the ocean breeze. Shop prescription glasses, sunnies and contacts for men, women and kiddies, and consult with the in-house optometrist if you need an eye exam.

1500 Yew St., 888-416-3461. Kits.ca LYNDI BARRETT



Chopard & Tudor

A bit of brick-and-mortar news from leading luxury watch retailer Global Watch Company to double your shopping pleasure in 2022: two new boutiques, located side-by-side (and connected on the inside) on Alberni Street are now open, providing unparalleled retail experiences to customers. First up: Swiss watch and jewelry maker Chopard has shifted its Georgia Street boutique to a larger location, featuring light-wood floors and wall paneling alongside fabrics and furnishings that artfully reflect the feel of a luxe family home (there's even a "gentlemen's area" rife with rich leathers and a library). Peruse sparkling time- and statement pieces—including offerings from the unique Haute Joaillerie and Precious Lace collections, and the iconic L'Heure du Diamant, Happy Diamonds and Ice Cube ranges—while simultaneously indulging in the shop's upscale atmosphere. Second, Tudor has opened its first standalone boutique in Western Canada. Tastefully done in the brand's iconic colours of red, black and grey, the space offers an exceptional range of men's and women's timepieces, including classic, sport, diving and heritage-inspired watches and the newly released Royal line—sport-chic watches with an integrated bracelet, signature notched bezel and automatic movement that are both versatile and affordable. Two true gems. **1108 Alberni St., 604-684-6515. Chopard.com | 1106 Alberni St., 604-288-8091. Tudorwatch.com** LOUISA CHAN

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More Than Skin Deep

Understanding collagen—the key to healthy skin, joints and bones

BY SHERI RADFORD

It's not your imagination: you have been hearing more about collagen lately. But what is it? Should you be taking it? How?

"Most people don't know that, without collagen, we wouldn't be able to form bones, cartilage or skin," says biochemist Jean-Yves Leroux, president and co-CEO of Medelys, a Quebec company that makes natural health products. "There are 28 types of collagens in our bodies, each with various functions. Overall, their role is structural, mechanical and responsible for making our systems, organs and tissues run smoothly."

Andrea Pierce-Ghafoor trained as a dietician, and now works as director of insights and innovation at Genuine Health. She says of collagen, "It's the most abundant protein in your entire body." It's found in skin, muscles, tendons, cartilage, bones, organs, teeth and nails. Among the reasons everyone needs collagen, she lists: "to build up your joints, to increase elasticity of your skin and your hair and your nails. We're continuing to find new reasons why it's so important."

So far, so good. But there is a downside—for anyone over age 20, at least. According to Jenna Mangan, a certified nutritional practitioner at CanPrev Natural Health Products, "Somewhere around our mid-20s, our bodies break down collagen faster than we make it. Specifically for women, this catabolic process increases around the menopause age, which is usually where we detect more signs of collagen loss." She pinpoints the commonly blamed culprits: "sun damage, poor diet, nutrition, stress, overexercise—but it really comes down to the chronological, inevitable aging process."

As collagen production slows, skin starts to sag, muscles ache, gastrointestinal issues occur, muscle mass decreases and tendons and ligaments stiffen. Certain foods can help—bone broth, chicken



and fish with the skin left on. But most experts agree: it's practically impossible to get enough collagen through diet alone, which is where supplements come in.

"When you look at the collagen out there, most of the time it has been hydrolyzed into peptides, and that makes it more bioavailable," Mangan explains. "A lot of research has been done on the size of the peptides, [looking at] their interaction to the receptors on our cells for triggering collagen synthesis at different areas in the body." In other words, different peptide sizes target different areas of concern, such as joint cartilage tissue or the skin's fibroblast cells.

These collagen supplements come in powder, liquid or pill form. The key is to find whatever form works for your lifestyle, so that taking collagen becomes a daily habit. Only by consuming it daily do the positive effects continue.

Three main types of collagen are used in the supplements: marine (fish), bovine (cow) and porcine (pig). "Marine collagen is extracted from fish skin. And prior to the popularity of marine collagen, fish skin was actually just a by-product that was waste in the fishing industry," explains Avalon Lukacs, founder and CEO of Aura Inner Beauty. The Calgary company focuses on transforming skin from within, using probiotics, adaptogens and collagen. "Marine collagen is really the most premium collagen. It has smaller peptides, which means it's better absorbed by our body."

As for vegan options, according to Lukacs, "There isn't really a vegan collagen. If there was, we would use it." Companies such as Geltor in the U.S. are working on developing vegan formulations, but thorny questions remain around the safety of genetically modified organisms. Lukacs asks, "At what point do we just realize things from nature matter more than being completely vegan? Because there's usually some sacrifice along the way."

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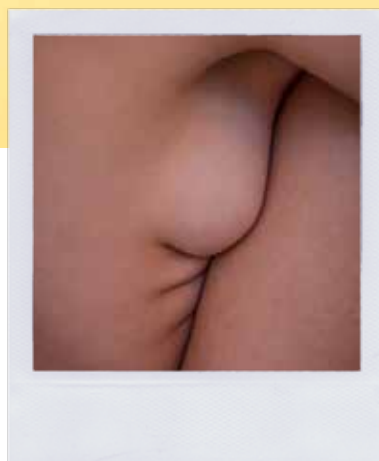
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"It's *practically impossible* to get enough collagen through diet alone, which is where supplements come in"



Adding to consumer confusion are the many products advertised as vegan collagen. "It's more or less just vitamin C, which is a natural booster of your own collagen production," says Lukacs. Collagen boosters can be beneficial, but they're no replacement for collagen supplements.

Certain surface treatments can help with collagen. Formula Fig, a medical spa with locations in Vancouver and one opening in Toronto, offers a Collagen + Texture facial that uses nano-needling, cryo-lymphatic massage and LED light therapy to stimulate collagen production, resulting in skin that looks and feels rejuvenated. Other ways to give your body's natural collagen a little help include topical formulations such as Graydon's Fullmoon Serum. It includes African mahogany bark extract, which has been shown to enhance collagen production.

Leroux, ever the biochemist, clarifies how collagen applied externally differs from that taken internally: "When applied topically, it will stimulate localized collagen production but is more limited since peptides and amino acids don't enter the skin as efficiently as in the gut."

Much is yet to be learned about collagen. Mangan says, "There's lots of emerging research out there on wound healing, digestive disturbances and even Alzheimer's disease, which is quite fascinating." One thing the scientists do seem to agree on, though, is that collagen is the closest thing we've found (so far) to a fountain of youth. V

New Noshes

Where and what to eat this month

BY NOA NICHOL

Hot Chocolate Festival

Sip, sip, hooray! Until February 14, you can sample scrumptious hot chocolate creations at participating cafés across Greater Vancouver. Start with a refreshing Aria Fresca at Giovane Caffè. The mint hot chocolate has an herbaceous basil twist—a subtle spin on a peppermint patty-inspired drink. There's also the Ciao Bella, based on one of the fan-favourite pastries baked daily by the chef. This decadent beverage sees a milky hazelnut chocolate concoction topped with crunchy cookie crumbs. At Honolulu Coffee, the Bananako'i combines passion fruit and banana with dark chocolate and comes with a Bananas Foster ice cream sandwich to cool you down. Sciué's Mask-querade pistachio white hot chocolate is served in a crushed pistachio-rimmed mug with a spiced shortbread masquerade mask cookie inspired by legendary Carnival of Venice balls. Looking for a healthier hot chocolate? The Formula Piccante at Caffè Super Veloce is a chile HC that will get you breathing and clear your sinuses, while the Pronti, Partenza, Via marries the classic duo of peanut butter and chocolate, providing healthy fats and protein. Ten of Artigiano's cafes will participate in this year's festival with two custom drinks: the Fluffernutter, with chocolate peanut syrup, whipped marshmallow, shaved chocolate and a same-name cookie on the side, and the Salted Caramel Miso, made with miso powder, Vancouver Island salt, Callebaut pearls and caramel sugar. Last but not least (on our list, at least), unique-as-always offerings from Beaucoup Bakery, starting with a Strawberry Pocky Forever sipping chocolate infused with a hint of sweet rose and served with a house-made strawberry pocky for dipping, and a Smooth Like Butter HC inspired by the popular Korean honey butter potato chip snack: caramelized honey butter sauce blended into blond chocolate and served with potato chips flavoured with caramelized cultured butter and locally sourced honey. It's a confoundedly delicious combo! Hotchocolatefest.com



PHOTO: RICH WON



Valentine's Day Eats & Treats

If the way to the heart is through the stomach, Vancouver food makers are heeding the call. Sweet and savoury specials abound, in time for Valentine's Day gifting and gobbling. At Beaucoup Bakery, snag a nine-piece box of chocolate bonbons in flavours like hazelnut passion fruit, raspberry lychee and lavender honey for your honey, and a take-home heat-and-serve individual-sized molten chocolate cake for yourself. The team at Temper is offering Valentine's-themed confections guaranteed to set hearts aflutter, like a berrylicious strawberry dessert cake and specialty chocolate hearts in ganache, strawberry, yuzu and dulce flavours. Want to make an over-the-top love statement? Skip the roses and send Purdys 252-piece heart-shaped box of chocolates (the price tag: \$360). And, since not every lover has a sweet tooth, Do Chay Yaletown's plant-based Valentine's Day dinner, on February 14, features six courses of elevated "street food" style dishes, aromatic rice, noodles and a palate-cleansing dessert, paired with a bottle of sparkling wine.



Dry February With RISE Kombucha

Taking on Dry February? RISE Kombucha has your back! Whether you're looking for a way to unwind or a substitute beverage at your weekly Zoom "Thirsty Thursday" meeting, RISE can be enjoyed on its own or as an ingredient in the yummiest mocktails (make a refreshing Vanilla Ice at home by following the recipe below). In a range of flavours, these versatile, better-for-you drinks are packed with health benefits, too, thanks to their living cultures and antioxidants—plus, they're low in sugar and calories. RISE Kombucha will leave you feeling satisfied and wanting more, without worrying about how you're going to feel the next day.

VANILLA ICE Mocktail

- ✦ 7 OZ (207ML) RISE 1G RASPBERRY & VANILLA KOMBUCHA
- ✦ 6 RASPBERRIES
- ✦ 3 FRESH THYME SPRIGS
- ✦ ICE

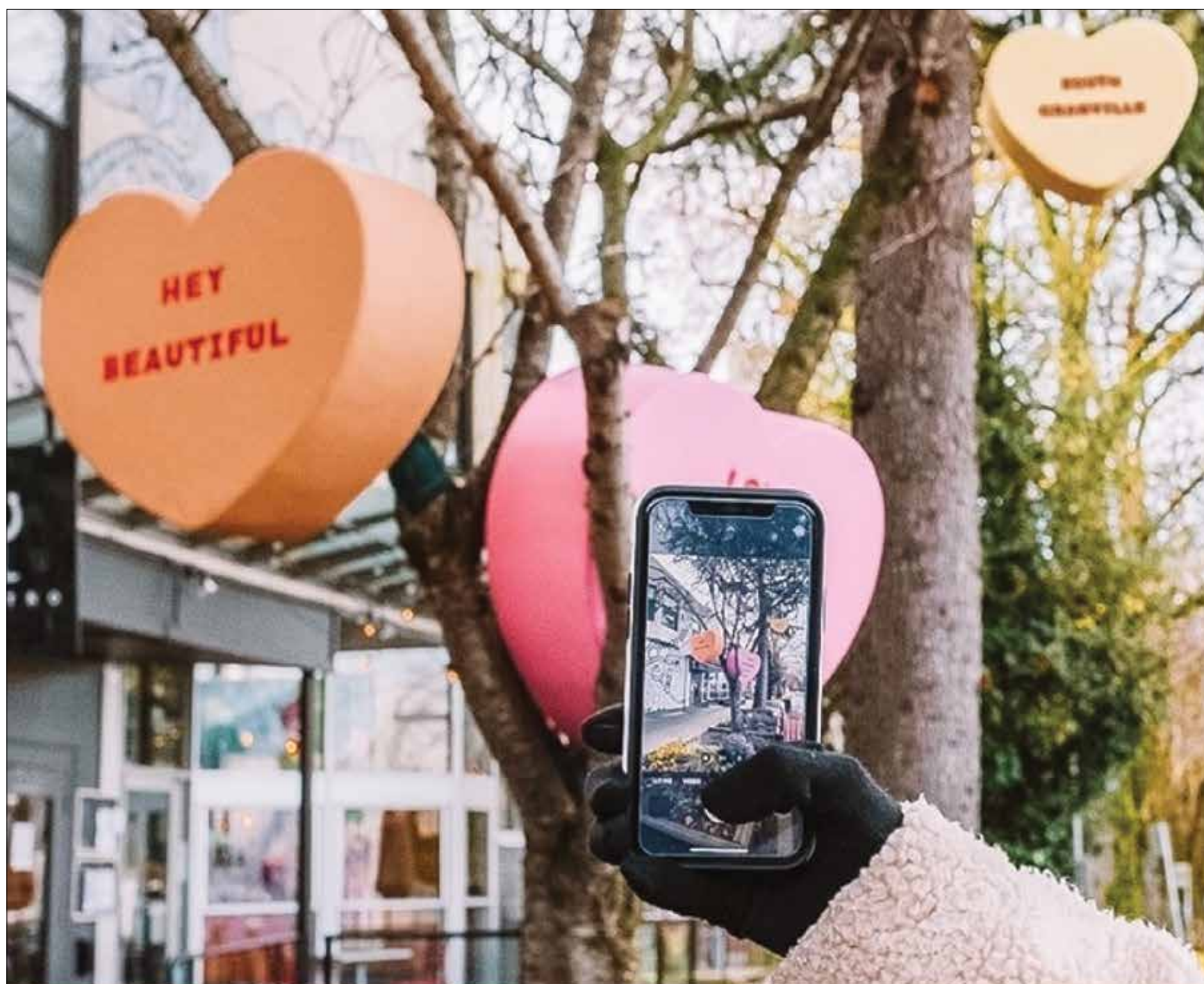
Crush raspberries and place in a cocktail shaker. Add two sprigs of thyme, kombucha and ice. Stir well with a bar spoon. Strain your mixture and pour it into a wine glass. Garnish with the last thyme sprig. Experience the taste of fruit-forward thinking! Risekombucha.com



PHOTO: RICH WON



PHOTO: JAMIE LAUREN



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More is More

Move over, minimalism. Maximalism is all the rage now—and with good reason

BY ISABEL ONG

Now that we're spending most of our time at home, making our indoor spaces a thriving environment for work, play and everything in-between is paramount. And if your plain white walls are starting to feel drab and stifling, you're not alone. Enter maximalism, the buzz-worthy home décor trend that's breathing new life into our dwellings.

Maximalism has earned a reputation for being "over the top"—think riotous colours, clashing patterns and sumptuous textures all in one room. But there is some method to this madness even if it's not immediately apparent.

"Coming home to so much stuff or colour could feel very claustrophobic for some people. But, for me, maximalism is about showing and having everything that you love around you to fill your cup," Toronto-based multi-disciplinary designer Tiffany Pratt discloses. Kate Austin, another Toronto-based fashion and home designer, agrees. In her words, a maximalist home radiates "happy chaos" with "prints and patterns of every style all in a jolly jumble." Her brightly-striped Shigras baskets, handmade by Quechua women in the Andes, immediately come to mind.

On why maximalism is having a moment now, both pros cite it as the natural swing of the (design) pendulum. "Minimalism was such a huge trend for so long, and we are craving something different," Austin muses. "We want art, life, and soul around us—and we have found [that] our homes can be exciting outlets for self-expression." Pratt, affectionately dubbed the Queen of Colour, asserts, "Maximalism is a way of bringing a sense of comfort and cosiness [into the home]."

Pratt's description of maximalism fittingly encapsulates Andrew Karrasch's brand ethos. The founder of home accessories concept store Details by Mr. K in Vancouver is a self-described "minimal maximalist," who advocates practising



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maximalism in a "restrained" way. His pieces exude an "eclectic, modern and global" vibe, like whimsical animal-shaped rugs from sustainable Dutch brand Doing Goods and patterned cushions that range from refined to rustic.

Bold home accessories, though, aren't exactly where you should begin when introducing maximalism into the home. Our design experts are unanimous: start with colour scheme. "Find a palette that makes you happy, that you want to live with," says Austin. "[You] can't be afraid of colour," quips Karrasch. Pratt takes it a step further as she strongly believes that colour isn't simply an aesthetic choice. Rather, it's intimately connected with the kind of emotions that one wants to convey or usher into a space: "When I became an interior designer, I realized that [I could help] my clients to find colours that would evoke special emotional reactions that they would want to feel when they came home."

Besides finalizing a colour scheme for your space, it's important to establish a focal point for maximum effect—which also keeps the home from feeling cluttered. "I use a lot of white space in order to make my coloured or maximal moments pop," says Pratt. She also recommends including a style statement in the home by collecting similar items and placing them together, like a bangle wall she constructed in her own abode or a client's stunning collection of artisanal plates. "When you see lots of things clustered en masse," she elaborates, "it makes you feel like a little egg would feel in the middle of a beautifully formed nest by its bird mother."

Karrasch, meanwhile, suggests that maximalism isn't just about adding lots of colour, pattern and texture into the home but incorporating elements of one's culture into the mix. "Depending on your cultural background, each maximalist style could be something that a homeowner would have some connection to or love for," he says.

Above all, the one rule when it comes to maximalist home décor is that there are (obviously) no rules to keep because the home is an ever-evolving space. "Decorating maximally is an organic process," Austin declares. "It's the story of your home that unfolds as you find pieces that bring joy and meaning to your daily life." Pratt puts it best: "Home is like a human being: we're constantly changing and shifting. You can move things around the room, change up pillows, get a new rug—things are never done, so don't look at home décor as a race." v



PHOTO: KOKO PHOTO



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Itch Factor

Do you think you're allergic to wool because wearing sweaters irritates your skin? The truth could be more complicated, and the solution may surprise you

BY AILEEN LALOR

It seems these days like wool is hard to avoid—it's in virtually every sweater and cardigan in varying amounts—making cosy dressing virtually impossible for those with sensitive and itch-prone skin. Or so we thought ...

Chatting with dermatologist Dr. Aegean Chan, we found most people don't have a wool allergy at all; rather, their skin reacts against woolly things. "Research has been done where they found that fibres larger than around 30 nanometers are typically the ones that trigger that itch reaction," she says. "This is not specific to wool itself. If you put on a horsehair sweater made from coarse horsehair you would have that same itchy feeling. It's not a true allergic reaction."

In fact, says Dr. Harvey Lui, professor of dermatology at UBC and a dermatologist at Vancouver General Hospital, synthetic fabrics that feel woolly can give people the same prickly sensation as real wool. People can also get skin reactions to materials that are tight. "You can get histamine reactions to pressure, so wearing a garment with a tight band can cause hives," Dr. Lui explains.

It's a condition known as dermatographism. "If you trace a fingernail on someone's skin that has it, then they will develop a weal, where the skin becomes red and swollen in seconds," says Dr. Chan. Antihistamines work well to bring down hives quite quickly.

Other than that, people can react to the dyes in fabric, or to lanolin, the wax found on the surface of sheep's fleeces. "It's not that common though," Dr. Chan says. "I also found in clinical practice that a lot of people get irritant contact dermatitis—a non-specific skin rash, not a true allergy—from detergents left over in clothing, particularly detergents with a lot of fragrance." Mostly, however, the problems with wool and other fabrics come down to their texture; their fibres physically scratch the skin and make it feel uncomfortable.



People who have generally sensitive skin or conditions like eczema tend to find they get more irritation from fabric because their moisture barriers offer less protection. Ironically, sensitivity tends to be even more pronounced in the colder months, and that's exactly when you will be looking for warm sweaters that could potentially be exacerbating things. Beyond conventional treatments like moisturizing and applying hydrocortisone cream, there's one surprising way of addressing your sensitivity: ultrafine and superfine merino wool. Dr. Chan says that there are studies that show wearing garments made from these can reduce flares of atopic dermatitis.

And, if you really want to wear a scratchy sweater, Dr. Lui says to don a cotton or synthetic breathable shirt underneath—just avoid anything that even feels like wool. For a tried-and-tested shopping guide of itch-free styles, visit us online. Vitadaily.ca

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REAL BEAUTY BELIEVES IN BETTER.

The Pink Sip

Rosy-hued drinks
for Valentine's Day

BY JANET HELOU



MIRAVAL CÔTE DE PROVENCE ROSÉ

The South of France truly perfected rosé wines and Miraval (\$30 at BC Liquor Stores) is a signature example: food friendly yet expressive enough to stand on its own. Notes of red plum, berries and pastries with a generous textural element.

LIQUIDITY ROSÉ

This Pinot Noir-based rosé (\$29, winery exclusive) from young vines was crushed and soaked on skins for just three hours and then cool-temperature fermented, yielding a fresh-strawberries-and-cream profile. It's slightly off-dry and pairs perfectly with a romantic dinner of margherita pizza or sushi.

CEDAR CREEK JAGGED ROCK SPARKLING ROSÉ

The pinot noir grapes harvested for this rosé (\$35, winery direct) from the Jagged Rock Vineyard yield an elegant balance of strawberry, grapefruit and savoury cream. Perfectly paired with a roast chicken, for two.

LA PETITE ABEILLE SPARKLING ROSÉ CIDER

This Penticton cidery presses out drinks from hand-picked fruit cultivated in its own Blue Bee Orchard. The sparkling rosé cider (\$25, cidery direct) is lush with fragrant apple, blackberry and red fruit; its vibrant acidity plays well with tarte tatin or a brie-baked appetizer.

DILLON'S THE PROFESSOR'S NEGRONI

Crafted with Dillon's Dry Gin 7, sweet vermouth and Professor Dillon's aperitivo liqueur, the bottles in this four-pack (\$25 at BC Liquor Stores) are perfect for a two-for-two Valentine's date night.

MATUA PINOT NOIR ROSÉ MARLBOROUGH

This New Zealand pinot noir (\$19 at private liquor stores) rosé is a sip of summer, packed with strawberry, citrus and peach flavours leading to a crisp, dry finish. A perfect partner for shrimp risotto with mango and a squeeze of lime. NOA NICHOL

SEGURA VIUDAS CAVA ROSÉ

Cava is Spain's answer to Champagne. This sparkling rosé (\$18 at BC Liquor Stores) is made with trepat, pinot noir and garnacha (a.k.a. grenache); a lovely salmon hue, it shows plenty of red-fruit character and lively acidity. BCLS suggests pairing it with chocolate-covered strawberries.

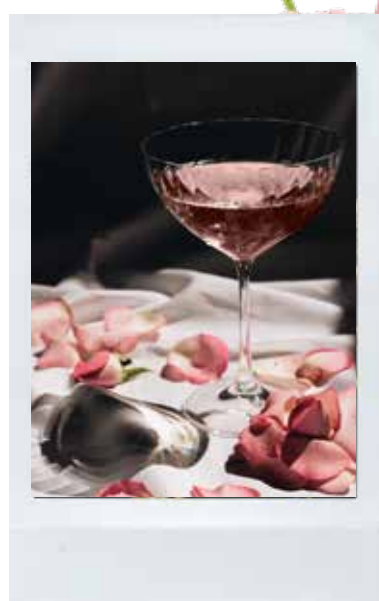
MIONETTO PRESTIGE PROSECCO ROSÉ

This extra-dry Prosecco (\$19 at private liquor stores) is obtained through soft pressing of the glera and pinot nero grapes, which have been left in contact with the skins to macerate for several days to give it a pale pink hue. A fruity bouquet with notes of honey, berries and citrus, these bubbles are nothing short of elegant. N.N.

GLENDALOUGH ROSE GIN

With soft juniper notes and perfumed with fresh rose, this gin (\$58 at private liquor stores) tastes of sweet spice with a hint of citrus. Use it to mix a Rose G&T: 60ml in an ice-filled glass, topped with tonic and garnished with fresh lime and mint. N.N.

Just how is rosé made? While it's romantic to think of a red wine and a white wine falling in love (especially as Valentine's Day approaches), this doesn't quite paint an accurate picture. Rather, rosé wine is born when the skins of red grapes are kept in contact with the juice during processing; not quite long enough to result in a red wine but not instantly removed as would be done in white winemaking. Rosés can be made with nearly any red-wine grape varietal and in a multitude of styles, ranging from light-bodied refreshers for hot summer days to complex and textural darker styles to accompany rich foods, and can even age well. Rosy-hued beverages aren't limited to wine either; the market is flush with great quality packaged cocktails such as the Cosmopolitan, Paloma, Negroni, and ciders, too. Whether you're toasting to love (and, always, self-love) with a wine or a cocktail, here are our top pink drinks to fill your rose-coloured glass(es).



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