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VITA

Rainbow Returns
Our favourite
colourful Pride
picks *give back*

The
june
Issue

INSIDE *the* ISSUE

STYLE **Myles Sexton** Content curator, HIV/AIDS & sobriety *activist*, queer fashion nomad

FASHION **Match Point** Summer's *hottest styles* on and off the tennis court

BEAUTY **Jumping for JVN** TV star and beauty brand founder Jonathan Van Ness

WINE **Savour & Sip** *Expert tips* on how to pair wine and food for summer

TRAVEL **Family Zone** Arizona *sizzles with fun* for the whole gang

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Editor's DESK

A Note From Noa

It's June, and there's so much to celebrate! From Pride to the start of summer, we're covering it all in this issue of *VITA*, beginning with our fabulous content creator of the month, the incomparable Myles Sexton. Then, turn to page 4 for our top rainbow Pride picks, all of which include a great give-back component, and keep flipping for our feature on summer's hottest tennis-inspired styles, as well as our top recommendations for a fun family escape to Scottsdale, Arizona. An exclusive interview with Jonathan Van Ness (a.k.a. Mr. Nice Guy!), a recap of new Toronto restaurants and retailers, and tips on summer food and wine pairings from a pro round out this edition. Happy reading!

Noa Nichol EDITOR-IN-CHIEF

Our featured influencer this month is **Myles Sexton**, whose flowing locks and killer runway walk are but an aside to their tireless work deconstructing and challenging gender constructs that have existed for far too long. A true up-and-coming Canadian style icon!

Myles Sexton
@MYLESSEXTON



Hi Myles! Please tell us a bit about yourself to start.

I'm a content curator, creative director, stylist, makeup artist, HIV/AIDS and sobriety activist and queer fashion nomad.

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

When you first come to my feed right away you see lewks and fashion, but if you actually take a closer look it's not just pretty outfits—I am deconstructing and challenging gender constructs that have existed for far too long. I also use my platform to help fight stigma that still heavily exists in regards to HIV/AIDS and sexual health in general. I am also very open about my sober journey on my platform in hopes to inspire others.

We hear that you recently quit your corporate job in order to pursue content creation full time—congrats! Can you tell us what making that decision was like, what your plans are going forward and what the best part of working for yourself is?

Leaving the stability of a corporate job was honestly one of the most terrifying things I've ever done. I've basically had a full-time job since I was 12 or 13, working for other people. To take the leap to fully just work for myself took a lot of mindfulness because I needed to work on actually loving and believing in myself wholeheartedly. Also, as someone living with HIV and not having health coverage, my medication is not covered by the government and costs over \$4K for three months' worth of pills; to lose that coverage was a terrifying prospect, and I needed to get to a place where I could also afford this huge cost on my own. Despite my fears and areas that needed some loving within me, I needed the freedom to grow into my new higher self. I knew I couldn't do that working for someone else. Growth blooms from these scary moments in our lives and it can have the most transformative impacts. This year for me, ahead, is really just about leaning into myself even more. I've never had an undisturbed period of time in my life where I can create whatever I want and, honestly, I am so excited to see what pours out of me! I would have to say the best part of working for myself is the work-life balance. I got a puppy and moved to where the forest meets a small lake so I can take moments every day for mindfulness and joy. I needed to start feeding my soul again because I've been ignoring it for far too long.

You are honestly one of the most stylish people we know, and we often look to you for inspo! Where does your love for fashion come from? How is fashion changing/evolving? What is one "traditional" mentality or mindset around fashion that you believe really needs to change? What's your personal style/fashion mantra?

My love of fashion really comes from two places in my life. First, fashion is my protest to the world around me, that gender is a construct. I want to challenge how people think and disrupt them from the bubble they feel safe inside of. It takes one tiny pebble to start an infinite ring of ripples. I choose my authenticity over my safety because representation matters and no other baby Myles out there in the world should feel shame if they don't fit the gender constructs pushed upon us at birth. Second, fashion is a form of mindfulness for me; it's my moment I take for myself every day that brings me so much joy and peace within. It's the armour I need when the world can be cruel and an extension of my joy when I'm feeling all the good vibes. It's exciting to see fashion evolving by removing gender from fashion; the last time I checked my sweater didn't have genitals. I love seeing brands blurring the lines in their selections because everyone is going wear what they want anyway, so why are we creating stigma by creating this divide? The biggest mindset that needs to change within fashion would have to be "support local". I have watched so many Canadian brands try and launch their businesses in this country and they have so much talent but consumers are so fixated on luxury over-hyped products or fast fashion that these way more talented designers never make it. I proudly say that 90 per cent of everything I wear supports a Canadian designer or Canadian owned business.

You've been very honest about your journey with HIV/AIDS, and sobriety. How has being so open, publicly, changed your life? What advice would you offer others in terms of speaking out about things that may be difficult or frightening to share?

Reclaiming your power over your trauma and shame is really quite incredible. We often don't realize how much these internal emotions hold us back. Being so public holds me accountable to things that once caused me so much pain, but I have chosen joy instead. The hardest moments in my life have motivated me to truly understand the difference between temporary happiness and pure joy. It's also brought so many people into my life and has fostered a community I didn't know existed prior. So to quote everyone



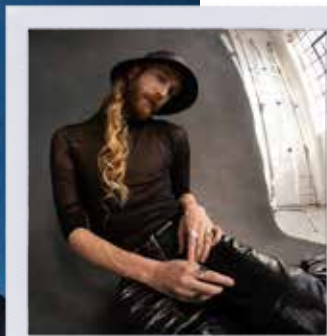
PHOTOS: NICK MERZETTI



on IG, I feel #blessed. Opening up to friends or going public on social media can absolutely be terrifying. I would suggest that, if you want to do it, make sure your relationship with yourself is at a really solid place because you don't know what could come your way from the depths of the Internet. When you're dealing with pain and trauma in particular, it can be emotionally exhausting and triggering; even though you might be putting this information out into the world, set boundaries for yourself so that you don't overwhelm your own emotions. That being said, if you are choosing to use your voice I applaud you because the more stories we share, the more people we touch and the more we normally think, loosening the grasp that stigma has on things like HIV/AIDS or sobriety.

Beyond the impeccable fashion sense, the top-notch makeup tips,

"Opening up to friends or going public on social media can absolutely be TERRIFYING. I would suggest that, if you want to do it, make sure your relationship with yourself is at a really solid place"



the gorgeous travel inspo (Peru!) and the fierce runway walks, what part of your work/career as a content creator (among other things) are you most proud of?

My favourite part of my work is honestly connecting with people on all fronts. I love learning about people's stories and hold space for others who might need it. Getting to collaborate with designers and artists inspires me to push myself artistically. Also having heart-to-hearts with those needing support on wanting to get sober. These stories bring so much fullness into my life and for that I'm so grateful.



With Pride month upon us, how will you be celebrating? Also, we know that many brands launch Pride/rainbow products at this time of year (we're doing a whole roundup of these in this issue!); among those, is there one on your radar that's especially meaningful and makes an impact?

I am very excited that Pride will be in person this year—although, really, it's Pride month every day in the magical world I live in! Community is so important, so seeing everyone come together again, I think, is going to be quite emotional for me this year. There are not many sober spaces unfortunately at Pride so for me it really will be about just being out and about in the public spaces and enjoying the creativity and happiness of everyone around me. I also am confirming many speaking engagements where I hope to educate, fight stigma and inspire others. In terms of Pride-related picks, I would say consumers should always look for what is giving back to the community. Unfortunately, too many brands launch Pride collections just for profit.

Any exciting summer plans for you (and @tattooed_ty)?! What can we look forward to seeing on your platforms in the near future?

This will be Tyler and my first summer together living on the lake so I am super excited to fully enjoy it. We will be doing lots of hiking, I'm sure, and I'm excited to take Tyler to Nova Scotia to see where I grew up and meet my family! v

THE MAKING OF THE Summer Issue

No. 03 ————— 2022

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

Rainbow Returns

These Pride picks give back

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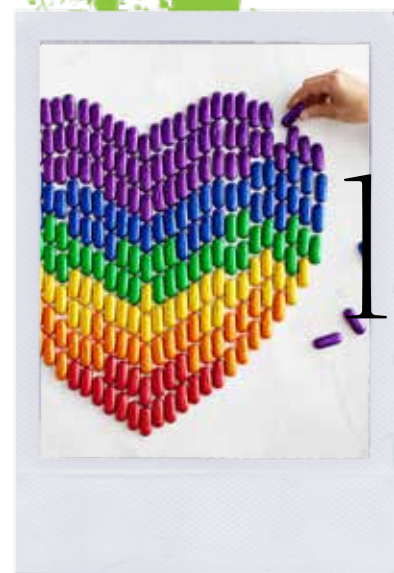


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1. LEVI'S X OUTRIGHT ACTION INTERNATIONAL Levi's has a range of gender-neutral, size-inclusive apparel in honour of the activists and pioneers who kicked off the fight for equal rights. The brand makes an annual donation to advance human rights for LGBTQ+ people. Levi.com / Outrightinternational.org

2. NATIVE SHOES X QMUNITY With all of the fine features you expect from a Native shoe, the Jefferson is shock absorbent, odour resistant, hand-washable and comes in rainbow prints to celebrate Pride (\$68). The brand is giving back to QMUNITY, which works to improve queer, trans and two-spirit lives. Nativeshoes.com / Qmunity.ca

3. OUR PLACE X THE 519 Our Place and artist Viviana Matsuda have created ceramic mugs (\$65) in the hues of queer joy, solidarity and protest. Twenty per cent of profits will support LGBTQ2S communities. Fromourplace.com / The519.org

4. THE BODY SHOP X IT GETS BETTER CANADA This Pride partnership, featuring cheek, lip and eye highlighters (\$22), will see up to \$10K help uplift, empower and connect lesbian, gay, bisexual, transgender and queer youth. Thebodyshop.com / Itgetsbettercanada.org

5. NYX X IT GETS BETTER CANADA To celebrate Pride, NYX is releasing vegan-formulated Ultimate Eye Paints (\$14) in six shades. This brand, too, is partnering with IGBC. Nyxcosmetics.ca / Itgetsbettercanada.org

6. RAINBOW CERTIFIED This brand's funky fashions, like a cotton button-up rainbow shirt (\$35), support the LGBTQIA+ community. Rainbowcertified.com

7. QUO BEAUTY X PFLAG CANADA The Quo beauty and accessories range includes 60 items, from false lashes to nail polish to brow gems, with which to create Pride looks. Shoppers Drug Mart will support the 2SLGBTQIA+ community by contributing 10 per cent of sales to Pflag Canada. Shoppersdrugmart.ca / Pflagcanada.ca

8. VANS X TEGAN AND SARA FOUNDATION The Pride Old Skool sneaker (\$90) plays on the design of Vans' iconic side stripe. The brand will donate funds to the Tegan and Sara Foundation to support camperships for LGBTQ+ summer camps. Vans.ca / Teganandsarafoundation.org

9. M-A-C VIVA GLAM M-A-C partnered with Keith Haring Studio on three lipsticks (\$25) to benefit the brand's philanthropic program, VIVA GLAM, which raises funds for HIV/AIDS research charities, LGBTQ+ community efforts and other causes. Maccosmetics.ca

10. KIEHL'S X THE GET REAL MOVEMENT This year Kiehl's popular Ultra Facial Cream (\$80) will feature Pride packaging designed by Toronto-based queer artist Vivian Rosas. The brand will donate \$10 for every sale to help students unlearn 2SLGBTQ+ discrimination and promote positivity. Kiehls.ca / Thegetrealmovement.com

11. ADIDAS X ATHLETE ALLY Adidas has partnered with queer Australian designer Kris Andrew Small as part its 2022 Pride Love Unites collection of tees, hoodies, track pants and slides; Adidas also partners with Athlete Ally to help end homophobia and transphobia in sport. Adidas.ca / Athleteally.org

12. APPLE X THE TREVOR PROJECT Apple's Pride Edition Sport Loop (\$59) showcases a colour gradient with the word "pride" in a style inspired by the original "hello" greeting on the first Macintosh in 1984. Among LGBTQ+ advocacy orgs supported by Apple is the world's largest suicide prevention and crisis intervention organization for LGBTQ+ young people. Apple.com / Thetrevorproject.org

13. PURDYS X GET REAL MOVEMENT Spread joy and acceptance with lightly salted liquid caramels in creamy milk chocolate shells, wrapped in all the colours of the rainbow (\$14). Since 2021, Purdys has donated nearly \$50,000 to help combat 2SLGBTQ+ discrimination. Purdys.com / Thegetrealmovement.com

14. ALEESHA HARRIS' IT BAG Decorated with eye-catching patches, Coach's Pride Field Tote 22 With Patches (\$595) also boasts a rainbow-hued strap for an added pop. Rather than limit its support to just one month, the Coach Foundation champions several organizations, including the Hetrick-Martin Institute, Point Foundation and Center-Link Community of LGBTQ Centers, year-round. Ca.coach.com

Gloss Up

Clairol's latest colour innovation can make your mane shine

BY NOA NICHOL

Carin Freidag started with Clairol answering questions on the brand's hotline 35 years ago; she fell in love with hair colour and secured a full-time job with the company. Now she runs Clairol's Global Retail Hair Education program. With everything from natural shades to rainbow locks trending this summer, we picked Freidag's brain about hair-hue how-tos and Clairol's latest Color Gloss Up innovation, available at Shoppers Drug Mart and Amazon.ca. Clairol.com

Today we're talking colour! What makes Clairol a leader of hair colour?

We started with hair colour and, while we've added haircare and even appliances to our portfolio over the years, our biggest passion and commitment has always been to colourants. We were the first at-home hair colour kit in North America that lifted and deposited color at the same time. We started at-home highlights with Frost & Tip and introduced demi-permanent hair-colour technology to retail when we launched Natural Instincts in the 1990s. And we haven't stopped there; our R&D team is always looking into new tech and creating colours that enhance everyone's natural beauty.

What is Clairol Color Gloss Up?

It's a semi-permanent colour built into a hair conditioner to give your hair a boost of colour. It comes in a tube as many conditioners do, so it's very familiar and easy to use, especially in the shower—no bowls, brushes or even gloves needed. Plus, we've taken the extra step to add shea butter and argan oil into the already rich conditioner. There is something in this line for everyone since we designed both a Natural and Intense range of shades. The former, which includes Play It Cool Blonde and Toasted Almond Blonde for blondes and Warm Caramel Brownie, Mocha Me Crazy and Espresso for brunettes, enhances the shade you already have, be it natural or colour treated, and it can be used to tone down brassiness in



both blondes and brunettes and add a bit of warmth to dull-looking hair. The latter, including Peach Please, Rosé All Day, Pretty In Hot Pink, Blazin' Red and Out Of The Blue, is best applied to pre-lightened hair to give the most vibrancy of the tone; it can be seen as a hint of colour on hair that is dark blonde or darker. This is also great for anyone who goes to the salon and wants to keep her color fresh until her next visit.

Please walk us, step-by-step, through the application process.

It's best to apply this product to damp

hair. That means, if you're in the shower, apply immediately after shampooing. Or, dampen the hair with a water bottle and then apply. But first, determine how much intensity you want to see apply to toning. If you want just a hint, then immediately after shampooing is your best and easiest bet. Rinse during or at the end of your shower to get a shorter processing time, i.e., less deposit of tone. If you are going for the most tone you can get, we recommend processing for 15 minutes. Wear an old shirt, then dampen your hair with the water bottle before you apply. In either case, the next step is to make sure you



apply plenty of the conditioner and thoroughly massage it through your hair. This is not the time to be stingy! If you miss any strands, they won't get coloured or might come out uneven. Once your time is up, rinse until the water runs clear. This is important to avoid staining from any residual product left on the hair. Remember: every time you wash some of the colour will be washed away. Color Gloss Up causes no damage, so you can freely reapply as often as necessary to keep the hue you want. If you are using the Intense shades on hair that has been bleached, I'd do a strand test on a section to get your timing. The colour will "take" faster, so you may not need the full 15 minutes. And finally, the longer you leave it in, the longer it will last on your hair, even as it fades.

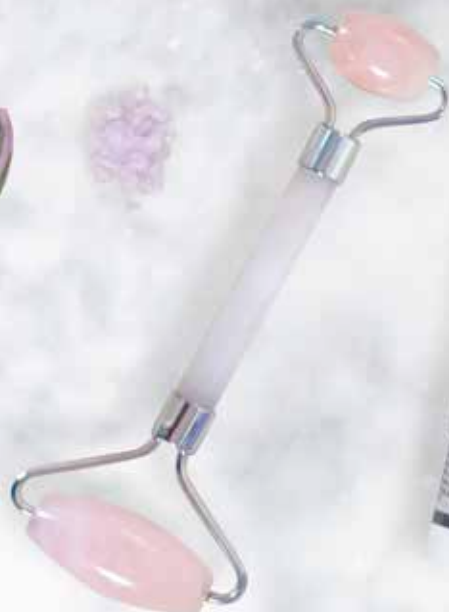
Why do you think Clairol opted to create the Vibrant range?

Self-expression is going strong; our trends analysts are seeing more solid applications of bold colours, but this has always been a bit messy when done via a regular colour application. When we were able to create the hues in a conditioner base that is very easy to use, we created the full line-up of natural and bold expressive shades to offer something to everyone. To get the bold colours to really pop and last, put the product on hair that has been pre-lightened to a pale-yellow color. Since this is a conditioner, there's no worry about any further damage to hair. Just be sure to really saturate and massage the conditioner into the hair to get the best result. V

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Jonathan Van Nice

The TV star, hairdresser, author, gymnast, podcaster, stand-up comedian, ice skater and, now, beauty brand founder, is the real deal

BY AILEEN LALOR

Everyone loves the TV version of Jonathan Van Ness, the hairdresser who in 2018 shot to fame on Netflix's *Queer Eye*, which is about to go into production on its seventh season. So it's a huge relief to report that the real-life (or, at least, Zoom) incarnation of JVN is even more delightful: not saccharine or over-smiley, but thoughtful, clever, passionate, witty, overflowing with empathy and curiosity, and absolutely himself.

The 35-year-old grew up in Quincy, Illinois, and was always destined to work in beauty. "There were three things that attracted me—it was the perfect trifecta," he says. "One was my mom's roller set. My mom would do hot rollers and I just thought hot rollers were the coolest thing of all time. The next was beauty pageants because my mom thought they were really cool—well, thinks they're cool. ... And then ultimately it was when my mom took me to an Aveda store when I was 10. It was 1997 in St. Louis. That's where I started to learn about ingredients and the origins of ingredients. That's the first time when I was a kid when I was like, 'I want to be a hairdresser and go to Aveda,' and that's what I ended up doing."

After finishing his training and working as a hairdresser in Arizona, he landed in Los Angeles. There he had a taste of showbusiness, first with a *Game of Thrones* web series and then *Getting Curious With Jonathan Van Ness*, a podcast he's hosted since 2015. Its title tells you everything you need to know about what drives Van Ness. He interviews everyone from authors to academics, activists and actors about everything from a day in the life of a coral reef to what it was like to get loved up in Georgian England to why we fall for fake news to whether or not figure skaters can defy gravity, all with a focus on listening and questioning with humility, passion and genuine interest.

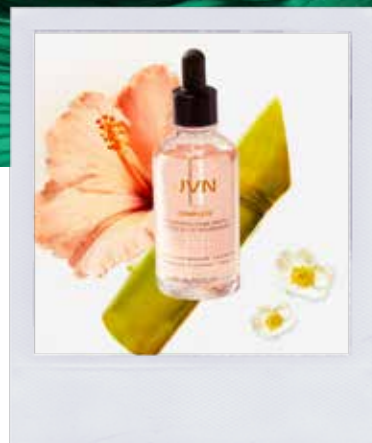
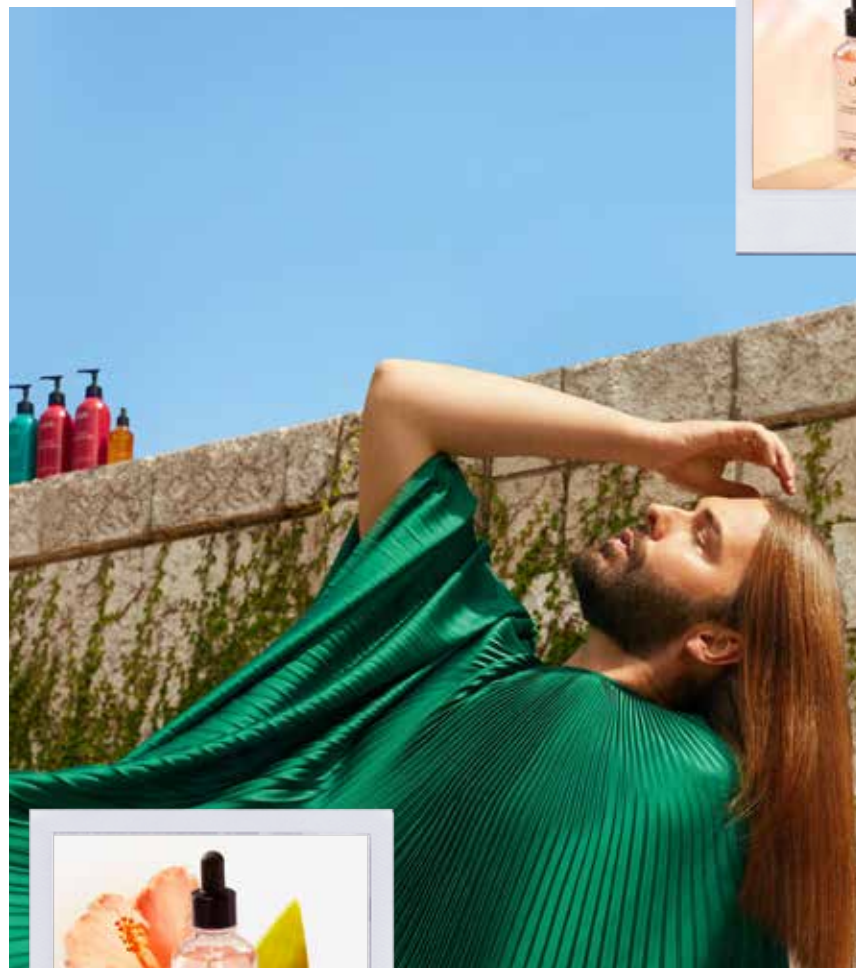
His career path has been a zigzag, as befits such a curious character. After *Queer Eye* exploded, he took up figure skating and gymnastics, popped up in *Detective Pikachu* and wrote a kids' book about a non-binary guinea pig. That he would create a haircare line seems almost mundane, except for the fact that he's doing it in his own unique way.

The JVN range comprises shampoos, conditioners and styling products—so far, so standard. The range is sustainable from both an ingredient and packaging point of view; we're impressed, Van Ness. It's also non-gendered, which is something of a departure for a beauty industry that prefers its products to be clad in macho black for the boys and something pink for the girls.

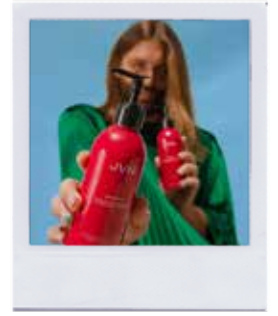
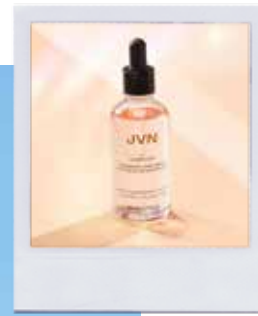
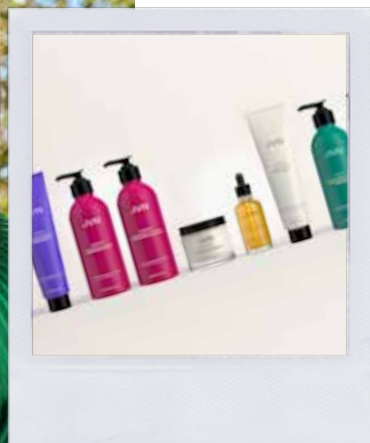
"So many of the biological differences between the sexes are arbitrary. You can say that women usually fall within this range and men usually fall within this one, but there are millions of men and women that fall outside of those. The systems that were defined said that men have more testosterone, so men are like this, and women are like that. Those systems were usually formed by white male doctors in the 1940s through 1980s. It's the same as BMI for instance, all those things—and it's a way of policing fatness or maleness or gender," says Van Ness, who identifies as non-binary and uses he/him, they/them, she/her pronouns. "Whatever your gender is, your hair either is too dry and needs more moisture, or it's too brittle so it's breaking, so it's weak and needs more strength, or it's too fine and you need more body and volume. That's why it was so essential to me to create those shampoo and conditioner lines."

As you'd expect from someone who, as a child, was so obsessed with ingredients that he would read shampoo bottles while washing his hair in the shower, Van Ness is particular about what goes into his range. The key ingredient in all the products is hemisqualane, derived from sustainable sugarcane. "It's so transformative to hair because it's such a refined molecule, and it also is a molecule that makes all the other ingredients in the formula work harder," he explains. "It brings out the best of them because it's such a good carrier. You put it on your hair and it's like, 'Come on, let's go,' to the rest of the things in the formula. It's also light and universally efficacious no matter what your hair type or gender."

The products come in jewel-toned pack-



"It's important to acknowledge how far we've come but also figure out how we spread that equity and liberation to more places"



aging made from aluminum and glass, both highly recyclable, with caps from mostly post-consumer recycled plastic. "My first goal was to be plastic-free on launch and then the scientific team was like, 'There's actually no technology short of shampoo bars,' and I've never used a shampoo bar that didn't ... yeah," Van Ness laughs. "So now we're working on it and our goal is to be plastic-free in 2025."

"The other thing is that with all the plastic that exists, we need better recycling capabilities and there needs to be a market for PCR plastic. So we do want to use that so we can deal with the volume that exists." As you'd expect, given his passion for social justice, Van Ness wants to help move the needle on sustainability on an even grander scale. "We need to do both: pressure lawmakers to regulate more and, because we are in a capitalistic society, show the bigger beauty makers that going plastic free is profitable and people want it," he says. "It can be a parallel path—hello, let's be non-binary."

Perhaps the most enduring criticism that's levelled at beauty is that it's silly and frivolous—that it's vain to care about how you look, that your attention and time are better spent on other things. Van Ness engages with the question thoughtfully. "I think that several truths can exist simultaneously. For some people, that can totally be their truth and that's OK, and I don't need to change that. For me, I don't dress the way I dress or do my hair the way I do because I'm looking for validation. I do it because it's how I feel good and confident, and it's how I like to present. But also, if you see me go to get coffee in the morning or you look at me gardening in my sweat shorts with my hair all sloppy, I feel good like that, too. I feel good in lots of different ways."

As with many things, Van Ness believes it ultimately comes down to connection. "For some people connecting with yourself is like, 'I'm flossing, and that's it.' That could be what some people's connection with their authentic self is and to them I say [applause]. 'Yass queen,' but maybe we could get some Nurture Shampoo and Conditioner, too."

This year has been a particularly challenging one for the LGBTQ+ community in the United States and Van Ness doesn't paint a rosy picture when we talk about whether, these days, it's easier for men to dress and express themselves the way they want. "I think across a lot of spaces there's less shame particularly for men. You see more diverse people in the beauty industry and in entertainment. And also there is a lot of pervasive homophobia and transphobia as it relates to beauty and how men, women and non-binary people choose to express or show that beauty," he says. "This year in particular there's been more anti-trans legislation passed in the U.S.—and it's May—than in the whole of last year. Last year was the biggest number of anti-trans bills passed in U.S. history. We need to start demanding more of our leaders; I live in Texas so this is on my mind now. I feel like I'm talking about that a lot lately because it's important to acknowledge how far we've come but also figure out how we spread that equity and liberation to more places."

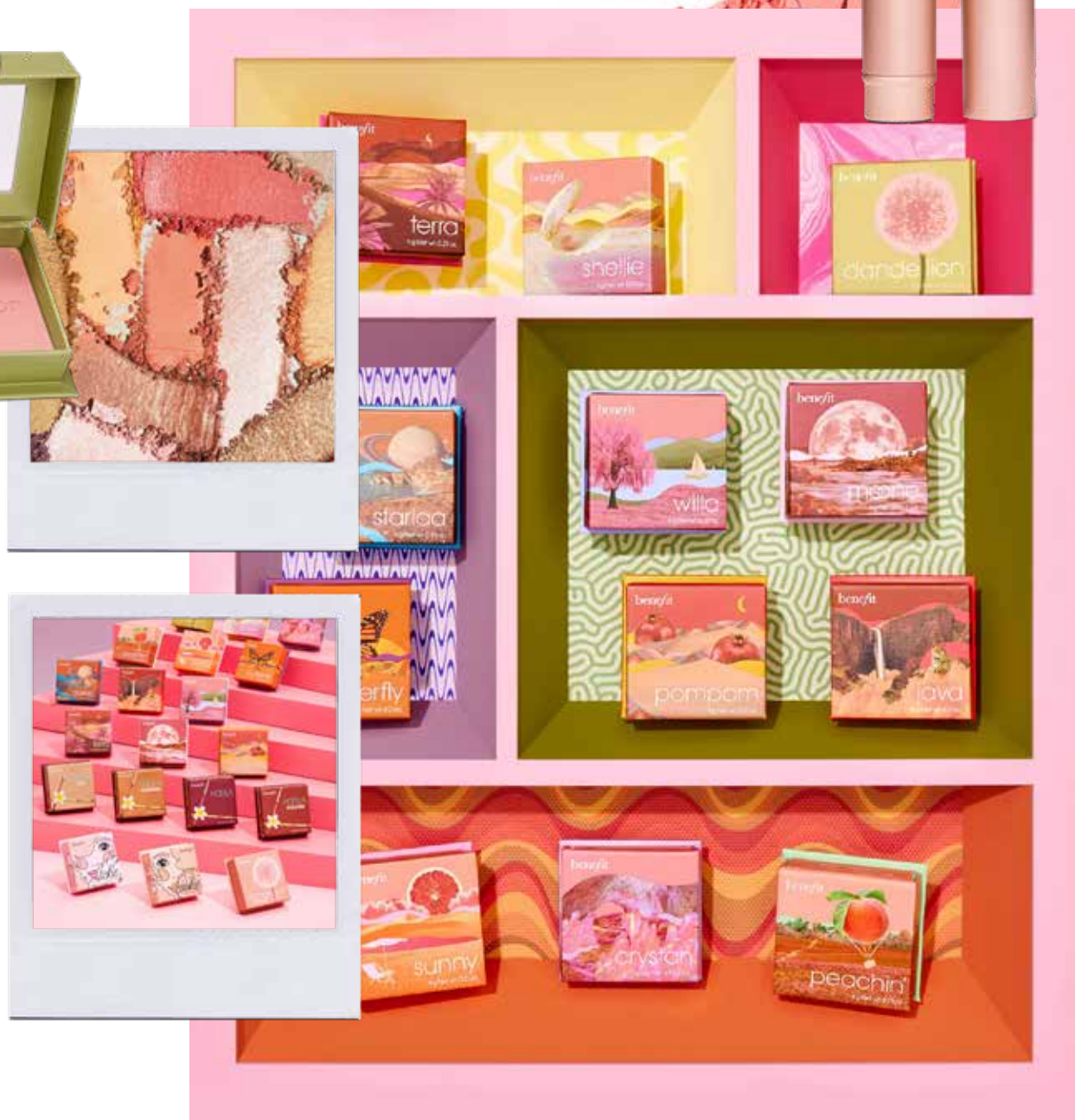
In such a wide-ranging conversation, we're curious now, about what he's curious about now. "So much! How mid-terms will go. I'm going to New Orleans for season 7 of *Queer Eye* and I've never been there before, so I'm excited to live there for a few months," he says. "And we also have so many exciting things with JVN Hair. It's such a passion project for me. I love it so much. It's the most work I've ever done—and that's coming from someone who's written two memoirs and, like, done all this other stuff. And also, I have a husband and five cats and dogs and, henny. I'm just trying to grow into this space in my 30s, spread my roots and thrive." jvnhair.com

The Benefit of *Blush*

BY NOA NICHOL

Longtime lovers of Benefit Cosmetics' award-winning brow products, rejoice! The brand has released a new blush collection, complete with the most wearable and versatile shades yet. Inspired by the colours and personalities found in natural objects (think butterflies, flowers and seashells), the WANDERful World collection features 11 brand-new blushes in addition to Benefit's iconic, cult-favourite Dandelion in new-and-improved packaging. Use these beauties (\$39 each) to create endless cheek looks, with a dozen blush shades ranging from sweet pinks to bright corals, rich berries and everyday neutrals. As for application, look no further than Benefit's Multitasking Cheek Brush (\$43)—a retractable blush, bronzer and highlighting brush (talk about a multi-tasker!). Pair this easy-to-use and travel-friendly brush with any Benefit blush, bronzer or highlighter. It's the perfect powder partner! All available online at Sephora.ca and TSC.ca, and in store at Sephora Canada and Shoppers Drug Mart. For us, it's love at first blush for these cheeky Benefit launches!

Benefitcosmetics.com



Collagen 101

Your top questions about collagen, answered

BY NOA NICHOL

It's not your imagination: you have been hearing more about collagen lately. But what is it? Should you be taking it? How? We asked Amber Vitale, a certified nutritionist and regional educator for Garden of Life—an agricultural company that sells supplements from the cleanest, most traceable sources of real food and botanicals—to help clear up some of the confusion.

Who should be taking collagen, and why? What are the benefits?

Collagen supplements can be beneficial to a wide variety of people, from young athletes to aging retirees. Most come to it first for slowing the effects of aging, both internally and externally, and it is well proven for hair, skin, nails and joint health. We can get native whole collagen from the foods we eat from animals, but only if we eat all the parts. Bone broth, for example, contains partially broken-down collagen full of gelatin (partially hydrolyzed collagen). In supplement form, the effective derivative of this native collagen is fully hydrolyzed collagen called peptides. These are sold as a white powder that's easy to digest and absorb and can be added to and flavoured with practically anything. Consuming collagen peptides sourced from cows, pigs, chicken, game and fish gives consumers a "fast track" to repair in their bodies because they do not have to make collagen entirely from scratch.

What types of collagen products does Garden of Life offer? What makes them unique?

Our collagen peptides powder is the clean, traceable, third-party certified base for all our collagen products. We source from 100 per cent grass-and-forage-fed and pastured bovine as verified by Paleo Foundation. Our finished products contain no GMOs as verified by IGEN.



Bovine-hide collagen is rich in amino acids glycine, proline and hydroxyproline, among others, and can provide your body with what it needs to repair all collagen structures. Using these peptides, we also offer two flavours of beauty collagen with cofactors of vitamin C, biotin and silica from plant sources to support healthy hair, skin and nails. We also offer a turmeric and collagen peptide combo for joints and mobility. Any of our collagen products, regardless of their focus, will help a

consumer with all collagen structures in their bodies. People usually take between 10 and 40 grams a day, depending on their needs. For example, if you are only looking to improve the elasticity and youthfulness of your skin, 10 grams a day may be adequate. However, if you have damaged and stiff joints and are also over 40 and looking to reduce the visible signs of aging in your skin, you may need more. Athletes often consume extra, as do those recovering from surgeries.

Sourcing, traceability and certifications are clearly important pillars for Garden of Life, but why should consumers care?

It is our mission to promote agricultural systems that are healthier for the soil, air, water, farmers, ranchers, families, communities and for the animals themselves. We care about how food is grown, including food fed to animals. How we grow our plants affects our local environments directly, and eventually the end consumer as well.

How do we go about choosing and using collagen correctly, for maximum benefits?

The easiest thing is to choose a product labelled for your most pressing needs. Any collagen peptide product will support collagen production for your whole body. Added ingredients offer additional support that will be indicated on the label. Any "type" of collagen (really, just a way to know what part of the animal it came from) will be rich in the amino acids you need. Decide how many grams you will take based upon the level of repair you need, and, if you are taking more than 10 to 12 grams a day, split the doses for best utilization. Finally, choose a product that suits your lifestyle. If you want it in coffee, pick a plain peptide product. If you want it as a cool, refreshing drink with water, pick a flavoured product. When it comes down to it, collagen peptides in plain water or in a powdered or fresh juice is likely the most absorbable and will give you the most bang for your buck.

Any "cool" tips on how to incorporate Garden of Life grass-fed collagen into tasty summer treats?

One of the best summer treats is using the Beauty or the Turmeric Collagen products to make popsicles! Collagen can also be added to ice cream, if you're making it from scratch. And, you can get more great recipes to make year-round on our website! Gardenoflifecanada.com

Arizona Fam Jam

Two long, travel-free years and in need of a recharge, we headed to Scottsdale for some family-based fun in the desert sun

BY NOA NICHOL



Stay + Play

There's no shortage of fabulous, family-worthy places to stay in Scottsdale, but we may have discovered the top two on this trip. First, the Westin Kierland Resort & Spa boasts gorgeous pools, a lazy river, a 110-foot kid- and adult-friendly waterslide and, uniquely, a FlowRider flowboard simulator for surfing in the desert! Inside the hotel, a kids club offers children activities that include a signature scavenger hunt (with a "pin"-teresting prize at the end) and outdoor recreation. Littles will love (or not) the resident snakes and Gila Monster in the lobby (they're real!), the OK Corral outdoor games area and, every Friday and Saturday evening, s'mores over an open fire pit. Hotel No. 2, The Phoenician, is, in fact, second to none;

the pinnacle of luxury, this resort greets guests with a breathtaking (actually, jaw-dropping) backdrop of Camelback Mountain and a signature lobby scent you won't soon forget (not even with 2,500 kilometres, the distance back to Vancouver, between you). Multi-tiered aquamarine pools—some kid-friendly, others adult-only—cascade down to a standalone spa, complete with treatment rooms (emerge anew after an 80-minute Phoenix Rising scrub and massage) and all the elements needed for a self-guided personal wellness ritual (sauna, steam, cold shower, hot tub and cool shower). For the kids, the Funicians Club offers non-stop entertainment for littles, from splash pad games to cookie decorating to arts and crafts. We cannot wait to return.

See + Do

It may be tempting (very tempting) to stay on-property at either hotel, but don't deny yourself or your family these awesome area adventures. MacDonald's Ranch offers cowboy-led horseback treks through the desert with colourful commentary about the local flora and fauna—read, all sorts of cacti, roadrunners and (watch out!) rattlesnakes. Next up, and up, and up: hot air ballooning. Completely worth the 4 a.m. wake-up call, Scottsdale's Hot Air Expeditions will take you vertically away for a bird's eye (sunrise) view of the desert. Floating several thousand feet above the ground, this is an exceptionally peaceful way to start the day; the only sounds you will hear are the clicks of cameras and rustling of desert animals below, as well as the occasional use of the burner by your pilot. After landing, a mimosa (straight OJ for the kiddos) breakfast is served while the crew puts the balloon and basket away. For a "hydrating" experience, head to OdySea Aquarium; while the desert may seem an odd place to view underwater critters, this superb spot will introduce you to incredible creatures that live in the local Colorado River and beyond (don't miss the rotating Voyager experience; it's thrilling, and gives a glimpse of the aquarium's four largest exhibits). Right next door is Butterfly Wonderland—a beautiful conservatory filled with thousands of fluttering butterflies, moths, reptiles and insects in every colour of the rainbow. Experiencescottsdale.com



PHOTO: JENNA MCKONE



PHOTO: ODYSEA AQUARIUM



PHOTO: BUTTERFLY WONDERLAND



PHOTO: KIERLAND RESORT & SPA



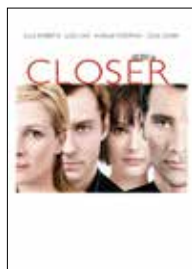
The Watch List

Wondering what's on (the tube, that is) this month? Tune into this watch-worthy list of original content from Roku, Canada's #1 streaming platform, and take the guesswork out of channel surfing.



BEVERLY HILLS NINJA: An American boy washes ashore near a village of Japanese warriors, who work to train him in the ways of ninjitsu. When he grows up unskilled, he remains focused on his mission to keep the beautiful woman he's been assigned to protect safe and become a true ninja.

CLOSER: An American exotic dancer moves to London where she is hit by a taxi and taken to the hospital by Dan. The pair soon begin a romantic relationship, but a year later Dan's affections turn elsewhere as he becomes entangled with a photographer named Anna, jeopardizing both relationships.



PIRATES! THE BAND OF MISFITS: A captain sails the seas and dreams of defeating his rivals in a quest to win the title of Pirate of the Year. The captain and his crew join forces with a young scientist named Charles Darwin as they traverse the shores of Blood Island and the streets of Victorian London.

LINE OF DUTY: A detective is transferred to the anti-corruption unit in Belfast after refusing to cover up an unlawful shooting. With his new partner Kate, an undercover specialist, he takes on complicated cases involving other officers.



RESCUE DAWN: During the Vietnam war, a US pilot and two fellow prisoners make a daring escape - but once free, they learn that the jungle can be just as treacherous, encountering enemy camps.

ROKU

Stay caught up on all your favourite streaming services and get access to Live TV, Roku Originals, and tons of free content. Roku has a lineup of products that are simple to use and easy to love. Learn more at Roku.ca.

Eat + Drink

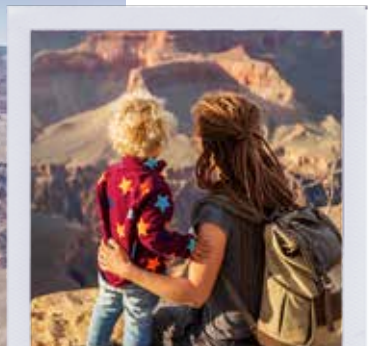
Even the pickiest eaters won't have a problem finding food in Scottsdale. Both resorts cater to kids, particularly poolside, with menu items like Pumpkinville Bento Boxes and Dippin' Dots ice cream (at the Westin's J. Swilling's Pool Bar & Grill) and beach-themed burgers, hot dogs and chicken kabobs (at the Phoenician's Kalio Kabobery). For off-property noshes, rise and shine at Breakfast Club in Old Town, where mom and dad can tuck into an avo or spring berry toast while the littles lick their churro waffle plates clean. Lunch-wise, Brat Haus is a beer garden kids (and dogs) can enjoy, too; there are 28 craft beers on tap at this open-air patio, as well as from-scratch cuisine inspired by European food, including sauerkraut balls, fried pickles, sausages, German potato salad and even a Beyond Brat option for vegans. When dinnertime rolls around, make it Mexican at Los Sombreros, where a wide array of authentic dishes (enchiladas, tacos, tamales) will suit the muchachos and muchachas, too. Of course, no trip to a hot and sunny destination, with kids, is complete without ice cream. Old Town's Sugar Bowl has been dishing out delicious treats since 1958, and will delight the whole family with its nostalgic and authentic soda fountain vibes (it's been placed on Scottsdale's Historic Preservation Register for good reason).



PHOTO: LOS SOMBREROS



PHOTO: RYAN CORDWELL



Road + Trip

Though there's (obviously) lots to see, do and eat in Scottsdale, we couldn't pass up the chance to hop on the highway and show our little one of the Seven Natural Wonders of the World—the Grand Canyon. It's about eight hours round-trip, so plan to make a day of it; luckily, there are plenty of interesting stops one can make along the way, like stunning Sedona in so-called "red rock country" and, in the town of Williams, a drive-thru wildlife park, Bearizona, featuring North American mammals like black bears, porcupines, wolves and badgers (oh my). Once you reach the Grand Canyon National Park Visitor Center, it's a five-minute walk to the South Rim, where the views are nothing short of spectacular and opportunities for family selfies abound. V

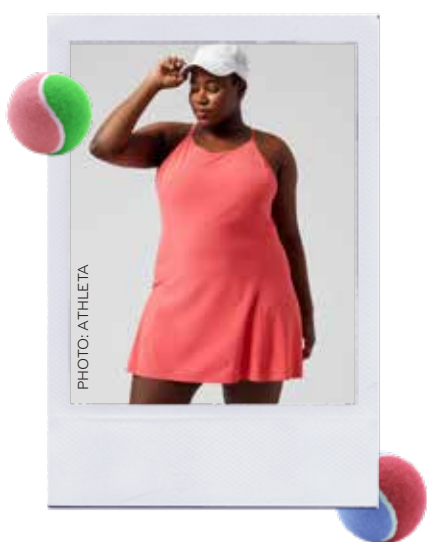
Match Point

Wait, are we all supposed to be playing tennis now?

BY AILEEN LALOR

When I was in high school, my regular tennis opponent was a strong and imposing figure known as The Wall. Tough and implacable, though not given to flashes of inspiration, it had that nickname because ... it was an actual brick wall. I was doomed to play against it every summer because I was so bad at tennis, it was considered unfair to make other humans play against me. Hence, the wall.

So you can imagine my mounting horror when I saw the latest from Chanel's Cruise show, Gucci's collab with Adidas, Michael Kors' collection with Ellesse and more. On the high street, brands like Lululemon and Fabletics have launched tennis lines that are designed for actually playing the sport. What the heck is going on?

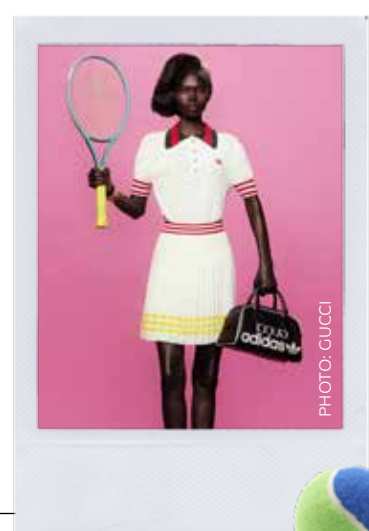


Apparently tennis got more popular during the pandemic, thanks to its socially distant nature—the U.S.'s Physical Activity Council says that 21.64 million people picked up a racquet in 2020, an increase of 22.4 per cent. Then there was Beyoncé at the Oscars ceremony, serving up a tennis-themed look to perform "Be Alive," her song for the Williams family biopic, *King Richard*.

The sport is also shedding its posh image, according to Claudia Inkel, buyer for Altitude Sports, which sells sporty items from Adidas, Lacoste, Scotch & Soda and more. "From Naomi Osaka's documentary on Netflix to the Oscar-nominated *King Richard*, tennis has moved from very elitist to a cool and inclusive sport," she says. And Canadians are performing on the court, too, which piques many armchair tennis fans' interest. "Felix, Leyla, Shapovalov, Andreescu, Raonic. You don't need to be a racquet owner to have heard of them," Inkel says.

We've spent the last couple of years wearing activewear 24-7, and Inkel believes tennis wear can offer a slightly more sophisticated twist on our trusty sweats. But how do you wear the look if you're not planning to hit centre court at Wimbledon any time soon? "Think of it as a take on preppy and varsity," Inkel advises. "Don't be afraid to try on a skort; there are different lengths and they are really comfortable." She suggests finishing the look with a looser tee or fleece crew neck, white mesh sneakers, ankle socks and a cap, subbing white or tan volley shorts if you feel like the skort is too literal a take on the tennis trend.

Game, set—I'm sold. Final question: do any of these cute tennis dresses come in wall-size so I can play matchy-match with my old friend? v



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Hot Shops

Toronto's latest and greatest openings

BY NOA NICHOL

SUMMER @

BISHA HOTEL TORONTO

One of our favourite boutique hotel destinations, located in the heart of the city's Entertainment District, is the hot spot for work, play and living this summer. The Bisha's 44 stunning stories feature 96 luxe-with-an-edge hotel rooms and 355 residential condos that overlook the cityscape; with sweeping views of the 6ix, Bisha provides the perfect escape. Need even more reasons to check in? The hotel's iconic rooftop pool has officially opened for the season and is available to guests. Enjoy panoramic city views while sipping craft cocktails from Köst, Bisha's rooftop restaurant and bar offering lively flavours of the California coastline. Bisha is also introducing a summer package that lets you seamlessly work and play on property. The Work From Bisha special gives hotel guests a pass to the pool, a beach bag filled with work and play essentials, gift cards to Bisha's dining properties and two hours in Bisha's conference room, making it easy for you to do it all—without ever having to check out. **80 Blue Jays Way, 844-275-1726. Bishahoteltoronto.com**



PHOTOS: ALLY PINTUCCI

DOZY

Need a nap? A new retailer on Queen West can make your dreams of a better sleep come true. Toronto-based mattress brand Dozy makes its products in North York, allowing for great prices and the ability to fully customize products, quickly, for customers. Find your perfect-fit mattress with ease, thanks to Dozy's good, better, best rating system. We gotta say, we love that we can buy our next queen on Queen! **290 Queen St. W., 416-840-0224. Dozysleep.ca**



PHOTOS: SPRING MORRIS PHOTO

TAO TEA LEAF

Union Station's Great Hall has welcomed a tea-rrific new shop, Tao Tea Leaf, offering rich, high-quality and, yes, award-winning loose-leaf teas, blended teas and herbs in a gorgeous space filled with gleaming black shelves and cubbies accented by gold hardware. Choose from a wide range of traditional handmade teas sourced directly from growers and tea masters around the world. Tao hand blends and custom crafts its collection of 180 unique teas and blends, including 53 certified-organic selections. Stop for a cup before catching your train. **65 Front St. W. Unit 328, 647-797-2292. Taotealeaf.com**



IKEA

Ikea's latest store is a small-format cashless concept that's brought convenient ways to shop (and a unique dining experience) to Aura Shopping Centre. The 66,000-square-foot space features the Swedish Deli, offering eat-in meals and beverages along with to-go options to cook at home (grab a pack of the Huvudroll frozen, meatless plant balls for dinner and thank us later). As far as furniture, the store offers 2,000-plus products for takeaway, with larger items on display for delivery. When you're ready to go, download the Ikea app to scan your purchases along the way, then pay at one of the many checkout lanes located on both levels of the store. **382 Yonge St., 866-866-4532. Ikea.ca**

Toronto Tapas Tour

BY LAUREN WALKER-LEE

Lunch, dinner and drinks, Spanish style



MADRINA BAR Y TAPAS

Located in Toronto's historic Distillery District, Madrina Bar y Tapas serves Spanish dishes meant to be shared. Outfitted in shades of amber, cinnamon and terracotta, with mahogany arches and geometric tiled floors, chef Ramon Simarro's modern take on classic Iberian tapas includes Patatas Bravas, Paella of Red Shrimps and creamy Imbérico Ham Croquetas. Pair each bite with a sip of delicious sangria poured at the 37-foot bar, and admire the ham-carving station as you eat. **2 Trinity St., 416-548-8055. Madrinatapas.com**



BAR CHICA

Inspired by Barcelona's laneway tapas bars, Bar Chica is the playful little sister to local King Street fave Patria. At Chica, all high-top tables add to a casual, cool and jovial atmosphere that's perfect for late-night bites and hangouts. With plenty of tapas to choose from, we suggest trying

the Pan y Mantequilla, Jamon Iberico de Bellota, Vieiras Crudas, Tostadas Con Sardinas and Prucha con Pan Mafz y Sobrasada—and that's just scratching the surface. A top-notch cocktail list and Spanish wine program includes classic sherries to wash it all down. **75 Portland St., 416-479-9779. Barchica.com**

BAR RAVAL

A bit tough-to-get-to but totally-worth-the-trip, Bar Raval on College boasts an amazing atmosphere and pintxos—small finger foods served at bars and taverns throughout the Basque Country. Try shoshito peppers, tuna pickle gilda, manchego and jamón serrano, along with cocktails like the Santa Maria, made with tarragon vermouth, tequila, brine, lemon and pear cider. Be sure to cosy up to the curvy carved Gaudi-esque bar; it helped Bar Raval take top spot in Canada's 100 Best list for best bars in 2020. **505 College St. Thisisbarraval.com**



Sip & Savour

Pro tips on how to pair wine with food this summer

BY NOA NICHOL

You've got your favourite wines, and your favourite recipes—but does the stuff you've poured into your glass “go” with the food you've placed on your plate? We tapped master sommelier Gillian Balance for her best tips around wine and food pairing, with a particular focus on summer.

Hi Gillian! What does it take to become a master sommelier (we hear it's quite the journey!)? Once you have the title, what does your work involve?

It is a journey, but it's a rewarding one! I started out on the floor of fine-dining restaurants and tasted a lot of wines from around the world, so becoming a master sommelier was many years in the making. That said, once you pass all stages and levels, a big part of holding the diploma is the responsibility of mentoring future candidates, which I find so gratifying.

Let's talk summer wines, and perfect food pairings. One of our favourites is Stags' Leap Napa Valley Cabernet Sauvignon. Please tell us about this wine.

I love Stags' Leap Winery Cabernet Sauvignon! While many Napa Cabernet Sauvignons can be a little heavy on tannins and alcohol for summer sipping, this wine is elegant and beautifully fragranced, with well-integrated tannins. It's just delicious with a mixed grill: chicken, pork, ribs and sausages.

Moving on to another good bottle, Penfolds Bin 600 Cabernet Shiraz. Tell us about this one.

Oh, this is such a delicious fruit-driven blend of Cabernet and Shiraz that we expect from Penfolds—but it's not from Australia! This wine is part of the new Penfolds California Collection, sourced from Napa Valley and Paso Robles. The dark fruits provide a perfect contrast to



so many foods—think burgers topped with blue cheese and bacon.

Last but not least, give us the scoop on the Beringer Napa Valley Chardonnay.

I absolutely love the balance between oak and fruit in this Napa Valley Chardonnay. Southernly Napa vineyards contribute

citrus and apple fruits while the oak aging gives subtle oak spices—I think that sweet summer corn with creamy lobster risotto makes for a most heavenly match with this one.

Let's dive a little deeper into wines that are considered perfect for summer.

What qualities in general make them so? Any wines to “avoid” in warm weather?

Generally speaking, it's best to avoid heavier wines in summer weather; thinking “like for like” is always a good way to go. Summer weather is about eating light—lots of salads, for example—but there are still those that enjoy heavier wines. I would probably stick to grilled meats for those.

Beyond the three wines mentioned above, do you keep any other favourites handy for al fresco dinners and patio parties in summertime?

Sauvignon blanc and rosé! I always have some chilled because they pair beautifully with summer vegetable dishes. Matua Sauvignon Blanc or either 19 Crimes or Matua Rosé are the perfect patio party sippers—reasonably priced and full of freshness!

Any advice on how to store/serve wines during the summer months? Are there some fun tricks you use when the temperature really climbs (hello, heat dome) to make wine not only taste good but feel refreshing?

Some people would be offended, but I really don't mind an ice cube in white or rosé (just like Martha Stewart!). I also love the reusable freezer cubes; they come in handy and don't dilute the flavours of the wine.

Finally, what are some general rules around food pairings, especially with hot weather in mind (i.e., less cooking please)? How about grilling? We're planning on doing a lot of barbecuing this summer, and would love to know how to pair grilled foods with our wine.

When in doubt, go for a great rosé! This will stand up to grilled items and keep you cool, too. v

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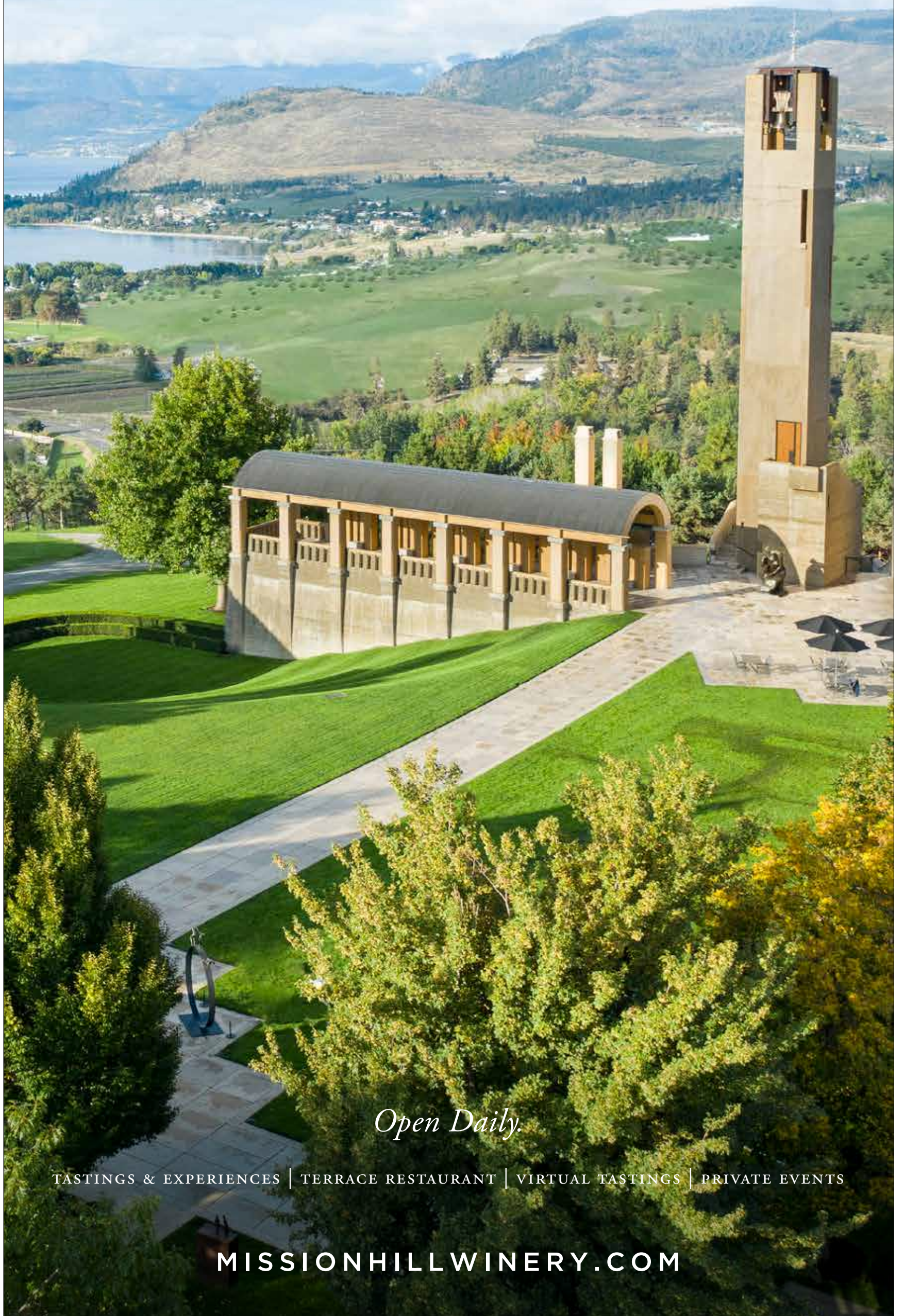




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