

Lifestyle content you care about from *Vitadaily.ca*

VITA

The
summer
Issue



Dopamine Dressing
Coloured clothing is the *mood booster* we all need right now

INSIDE *the* ISSUE

FASHION **Canadian Cool** Small *and diverse brands* **redefine True North style**

BEAUTY **Groom Thing** How to *shave, wax and tweeze* like a pro

WINE **Drink Duos** *Expert tips* on how to pair wine with **food this summer**

FOLLOW US & ENTER TO WIN @vitadaily.ca

Read more daily at VITADAILY.CA



MARIE JO

La Jolie Madame
LINGERIE

Personalized service since 1971.
Specializing in bra fittings | 30-44 A-I Cups

Shop our selection online:
LAJOLIEMADAMEBOUTIQUE.COM

849 Hornby Street Vancouver, BC
PHONE: (604) 669-1831



HAPPY ANNIVERSARY SALE

BRAND-NEW ARRIVALS ON SALE FOR A LIMITED TIME

100+ TOP BRANDS: TED BAKER LONDON, HERSCHEL SUPPLY CO., JENNY BIRD, JACK VICTOR, BONY LEVY, ZELLA, NIKE, OPEN EDIT, UGG, ESTÉE LAUDER, BOSS, BAREFOOT DREAMS, JO MALONE LONDON, KIEHL'S, CHRISTIAN DIOR, MINI BODEN, VINCE CAMUTO, REISS, CHARLOTTE TILBURY, OLAPLEX, VOLUSPA AND MORE!

NORDSTROM

PICK UP TODAY IN STORE



Editor's DESK

A Note From Noa

Summer sure had a slow start in Vancouver, but I'm hopeful that, by the time this issue of VITA drops, the best season of the year (in my opinion) will be in full swing! That said, our pages are packed with content to make July and August the best they can be, from cool Canadian brands to fresh and fruit-forward beauty products to what is being referred to as "dopamine dressing" (infusing your OOTD with colour to boost your mood). We've also got wine-and-food-pairing advice from a pro, hot-weather grooming tips, beachy décor inspo and info on the can't-miss shopping event of the year, the Nordstrom Anniversary Sale. I'll be hitting the store July 15 to 31 to top up my summer wardrobe! Speaking of warm-weather garb, I plan to do a lot of living this season in my fave Levi's 501 original high-rise women's shorts, which for me (and Steph, below) are an absolute staple for fun in the sun!

Noa Nichol EDITOR-IN-CHIEF



Our featured influencer this month is **Stephanie Jung**, who found social-media stardom after picking up a communal skipping rope at the gym. Now, she's inspiring people everywhere to jump for joy!

Stephanie Jung
@STEPHJUNGER.JUMPS



PHOTO: BUTTER STUDIOS

How, when and why did you get into jumping rope?

In November 2019, just over a year since I had my second baby, we booked our first family vacation as a family of four. In an effort to shape up for the trip I started frequenting our condo gym after being pretty inactive for nearly six years. On a whim I picked up the communal jump rope to "warm up" before a run. I had



PHOTO: BRENDAN BERNARDO

skipped quite a bit as a kid and was pleasantly surprised that I could still remember how to do the basic bounce and get my feet over the rope! Within weeks I was completely hooked and suddenly found myself searching the Internet for jump-rope content. That's when I found what we affectionately call the JRC or "jump rope community" on Instagram and from there my fate was sealed.

Did you ever dream it would amass you such a huge social following?

Absolutely not! In fact, I was very hesitant to open up a public profile. I'm not from this new generation that shares their entire lives online; I don't even have a Facebook account. But I desperately wanted to engage with all the other amazing jumpers I had discovered. I wanted to participate in the challenges and be more connected to them, which I just couldn't do from a private page. The growth that has come with this account, I think, is just a byproduct of my obvious passion for that jump-rope life!

What do you wish people knew about skipping (here's your chance to dispel some myths!)?

Skipping is not just for kids or boxers. It exercises both your body and your mind in a way I have never experienced. It enhances your coordination, cardiovascular endurance, balance—even bone density. The mental-health benefits are also unmatched, in my opinion. We use so much brain power to "unlock" a new skill or remember a certain sequence of moves (a combo as we call it), it's nearly impossible to think about anything other than your workout. A good jump session will clear your head like nothing else!

“Skipping is **not** just for *kids or boxers*. It exercises both your **body and your mind** in a way I have *never experienced*”

Skipping tips for absolute beginners? Top (secret) tip in general?

Resist the urge to overdo it! When you are starting out 5-10 minutes per day is lots. Going too hard in the beginning can result in shin splints and sometimes even joint pain. This will just force you to take recovery days you don't want to take.

Having the right rope for your workout also makes a huge difference! For an absolute beginner I always recommend a good beaded rope; it will give you more "feedback" of the movement and help you find that perfect timing.

Favourite moment so far in this crazy jump-rope journey of yours?

Right about the same time I started sharing my journey online I met two local women that shared my love for jump rope. We arranged for a blind date-style meetup in Olympic Village to jump together and pretty much instantly fell in love. The three of us went on to establish our local meetup group, Jump Rope Vancouver, and it has truly been the most amazing experience.

Fashion and beauty wise, what's your personal style mantra/philosophy?

I haven't met a black T-shirt I didn't love! Quality over quantity when it comes to clothes and accessories. I love a good capsule wardrobe where you can't really pick a bad outfit and everything works together. I have one pair of Levi's 501 jean shorts I plan on living in this summer.

Speaking of summer, any fun plans?

Vancouver summers can't be beat, so we tend to stay local for most of the season. We will do all the classic things I did as a kid like pick blueberries at the farm, hit the waterslides in Tsawwassen, and take the water taxis to Granville Island. At the very end of summer we are going on our first family vacation since Covid. v

THE MAKING OF THE
Summer Issue

No. 80 ————— 2022

EDITOR-IN-CHIEF NOA NICHOL
CREATIVE DIRECTOR MADISON HOPE
SOCIAL MEDIA ELIN MOLENAAR
SPECIAL EVENTS LYNDI BARRETT
PROOFREADER KATIE NANTON

CONTRIBUTORS
JENNIFER COX, ALEESHA HARRIS,
ISABEL ONG, SHERI RADFORD
COVER MOSCHINO
SPRING/SUMMER 2022

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

@VITADAILY.CA

f VITADAILY.CA

@VITADAILYVAN

✉ NOA@VITAMINDAILY.COM

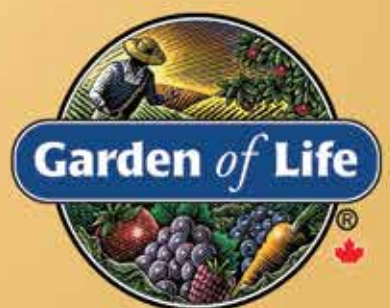
VITADAILY.CA

EXTRAORDINARY INGREDIENTS, EXTRAORDINARY LIVING



COLLAGEN MADE EXTRAORDINARY

Garden of Life now offers four Collagen products to meet your specific needs. The entire line is Non-GMO Tested and Certified, Keto Certified, Certified Paleo Friendly and NSF Gluten Free. Whether it's fortifying hair, skin and nails or supporting healthy joints and mobility, we have the clean, convenient answer in our collagen powders.



GARDENOFLIFECANADA.COM

@GARDENOFLIFECANADA



Canadian Cool

Small brands are redefining the way we think of True North style

BY ALESHA HARRIS

Canadian fashion is so much more than a winter-appropriate parka or head-to-toe denim. "Canadian style has evolved not only in terms of fashion norms and limitations. [It has] highlighted and celebrated the uniqueness of each human being," Nancy Caouette, founder of Quebec brands Truand Truand and Little Yogis, says. "Many of us are questioning outdated ideologies that we no longer relate to, which is why we are still redefining the standards of beauty to include everyone and anyone."

Thanks to an ever-growing number of designers and brands, the definition of our country's style has become decidedly richer—and more sustainable. "Canadian style has definitely moved toward being more socially conscious and earth friendly," says Jennifer Cheung, founder of Vancouver jewelry brand Fair. "Consumers are thinking about where their products and fashion purchases come from."

The shift in consumer consciousness has, says Molly Spittal, creative director of Vancouver's Decade Studio, led to a "purchasing evolution" pushed along by "the awareness of the environmental impact of overconsumption" and the power of knowing exactly where our dollars go. "I'm looking forward to the day when fast-fashion houses are forced to make big changes in their practices and pace to keep up with the huge shift in demand."

This shift toward more sustainable style, insiders say, has much to do with the growing influence of small brands. "I believe that we have a direct impact on consumer education," Caouette agrees. "With social media, it is possible to build communities ... with whom we have certain similarities and where people can relate to each other's experience. We can talk about real issues: the real costs behind the clothes, the environmental impact of the fashion industry. We review the systems, reduce our environmental impacts, and think of ways in which we can afford to be a little more daring due to small quantities." ▽



Montreal's Bouquet creates handbags that are like works of art. By Véronique Urban de Xivry, the bags include petite zip-top purses, totes and a sweet striped mini bucket design. Bouquetmtl.com

Decade Studio is disrupting denim, specifically the cotton variety. The brand is for anyone who has had a hard time finding the perfect fit in jeans and wants incredible denim made using a sustainable model. The inclusive styles range from size 25 to 50. Decadestudio.com

Vancouver designer Cheung creates adornments that span demi-fine to fine jewelry and wedding pieces using conflict-free and ethical materials—like recycled glass and gold. Fairjewelry.ca

There are hair accessories, and then there are the fantastically fashionable designs of Winnipeg's Hello Darling. By Miriam Delos Santos, each head wrap, band and scrunchie boasts a whimsical twist—like a pom-pom-filled crown. Hellodarlingco.ca

Milliner Jay Cheng offers classes in Toronto for those keen to make their own hat. Feeling less hands-on? Cheng's designs are available in limited ready-made block styles, or by special order for a truly unique topper. Jaycowmillinery.com

Kate Pierre uses her brand Kate&Frances to support the sustainable, slow-fashion movement and increase inclusivity in fashion by using only BIPOC models to show off her designs. Playing with volume, the Vancouver-manufactured range is size-inclusive, comfortable and timeless. Kateandfrances.com

Mya Beaudry, an Algonquin from the Kitigan Zibi Anishinabeg First Nation, creates colourful scrunchies, scarves, hair bows and more. In addition to its core collection of accessories, the brand offers limited-edition drops on Sundays that often sell out. Kokomscrunchies.ca

Toronto's Sarah Millman is behind slow-fashion brand Local Woman. With styles like the dreamy ruffled Cloud Blouse, these creations use deadstock fabric and limited runs to eliminate waste and stay exclusive. Thelocalwoman.com

Kristen Haines uses vegetable-tanned leather to create waist satchels, cross-body bags, pouches and more. The Edmontonian crafts the accessories between raising and homeschooling her kids, so supply is limited. Lunagoods.ca

Sisters Myriam and Romy offer quality footwear through Maguire. From winter-ready boots to eye-catching oxfords, designs are dreamed up in Montreal and made in Europe. The Cortina Boot is an MVP. Maguireboutique.com

Mckenna Bisson creates "easy-to-wear pieces" for the line Mas Montreal. Sweaters, T-shirts, jeans and dresses, the pieces are designed to inspire comfort and confidence. Masmontreal.com

Procuring a piece from Sooke, B.C.-based Olann Handmade may be a lesson in patience—there are waitlists for every design. Emily Mabel Scholes Guillaume hand-knits each order with care, creating conscious fashion that's sure to be retained for years. Olannhandmade.com

Smythe, the Canadian label founded by Christie Smythe and Andrea Lenczner, has collaborated with Katalen Webb, a James Bay Cree mixed Indigenous textile artist, on seven styles featuring four of Webb's prints. Fifty dollars from each piece sold supports Indigenous Fashion Arts Toronto. Shopsmythe.ca

Métis designer Emma-Love makes dangling earrings featuring intricate bead designs inspired by traditional Métis techniques. Threesistersbyemma.com

In Quebec, Truand Truand makes small-batch women's clothing of sustainable materials like recycled polyester. Offering sizes XS to 4XL. Truandtruand.co

Aileen Lee designs minimalist dresses, tops and pants, made in Vancouver by sewers paid a living wage. The line's cut-and-sew accessories are created by participants in the non-profit society Common Thread. Vestigestory.com

Oge Ajibe's eponymous Vancouver label was born out of the designer's early love of fashion. Now, she makes highly coveted eco-friendly clothing for everyday wear. Ogeajibe.com

habit
trading co.



PHOTO: KAYLYN MCLACHLAN

Habit Trading Co. is a female-owned, California desert-inspired collection of home goods - textiles, pottery, natural wood products, baskets, candles - as well as a small on-site refillery for soaps and household cleaning products. With a strong focus on the environment, as well as fair trade and many female-owned brands, Habit is a unique collection of beautiful things for the mindful home.

4410 W. 10TH AVE., VANCOUVER | HABITTRADINGCO.COM
FOLLOW US ON INSTAGRAM @HABITTRADINGCO



Colour Us Happy

Dopamine dressing is the mood booster we all need right now

BY SHERI RADFORD

Whether it's Zendaya decked out in hot pink, Blake Lively in eye-popping orange or Anne Hathaway in polka dots, celebs have adopted a mood-boosting style of dressing this year. "Pinterest predicted that 2022 would be the year of 'dopamine dressing' as people embrace fashion trends that make them feel good," says Alexandra Nikolajev, global senior lead of creator content and partnerships at Pinterest. "It's all about incorporating vibrant colours into outfits and creating bright colourful palettes."

From rainbow dresses to electric-blue prints, bright-green blazers and fuchsia dresses, it's no wonder so many people are seeking sartorial serotonin, after two-plus years of non-stop catastrophes dominating the news cycle. Garret Louie, brand manager at Taikan, explains, "As people move on from a challenging and chaotic time, our desire to be happy, social and positive is being expressed with mood-boosting clothing in bright and happy shades." Taikan's gender-neutral bags, tees and shorts are available in some jaunty new colours, like mellow yellow, cool blue and moss green.

"The ... trend is calling us to walk a little lighter, to stand a little taller, to smile and laugh," says Ashley Freeborn, founder of Smash + Tess—the romper brand that, earlier this year, partnered with Mattel to produce a limited-edition capsule in Barbie pink. "Although we know the world continues to be a challenging place, dopamine dressing adds some sunshine into our wardrobe and a little pep in our step."

Examples of the trend abound everywhere you look: whimsical purses by Coach and Furla, colourful rings by Pandora, fun footwear by Hunter, Vans and Ecco. Altitude Sports carries sandals in striking shades. Aldo stocks sky-high

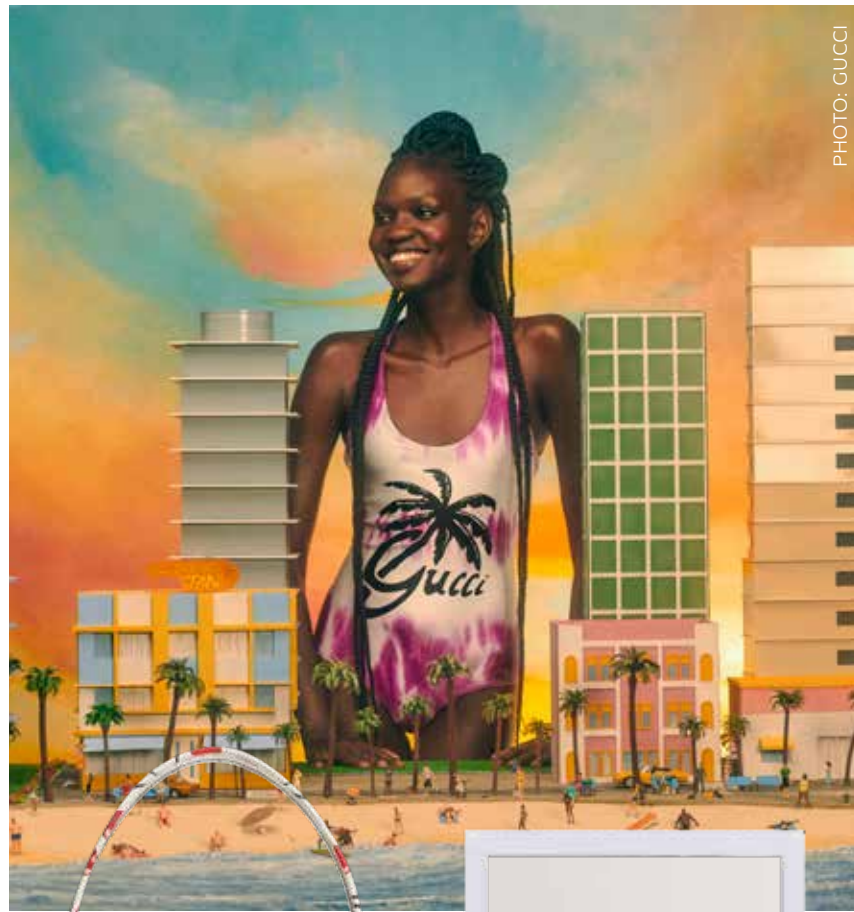


PHOTO: GUCCI



gum-pink hair. For her, dopamine dressing isn't a flash in the pan. "It seems like something we do naturally," she says.

Ready to try it? First, ditch the neutral navy and basic black and seek out ultra-saturated colours, or adopt a cheerful mix of polka dots, plaids and stripes in feel-good colours. The key is to wear something bright and fun that makes you feel confident and happy—even euphoric. For inspo, look on Pinterest or search for a hashtag such as #colorcombo on TikTok. "I think as long as your colours are bold, you can't go wrong," advises Freeborn. "Don't be afraid to mix that pink with that orange, or a bold Kelly green. The more vibrant, the better!"

For those still feeling unsure, Louie has some advice: "To embrace without looking like a fashion disaster, keep it simple by using the three-colour rule, wearing a maximum of three colours in the outfit to ensure it all matches. Balancing with a neutral will also work. If the pants are wild, maybe the rest in neutral. Start there until you feel more comfortable with it all."

Of course, the most important thing is to wear outfits that spark joy. Nikolajev sums it up perfectly: "I believe fashion mirrors our attitude, and you can feel the joy radiating off this trend." ▽



PHOTO: ALDO

heels in hot hues. Labels like Ba&sh and Azur Fit have endless options in mood-boosting colours and prints, while Gucci's latest lines overflow with bright bursts of colour. Chloe Claus, director of brand partnerships for Brunette the Label, talks about shades like hot pink and cobalt blue that Brunette rolled out for spring and summer. "These bright tones, combined with our signature uplifting and positive messaging, are the hit of dopamine we all need after a long and cold winter."

For some labels dopamine dressing isn't a trend—it's baked into their DNA. Native Shoes makes lightweight footwear in an array of bright colours and joyful prints. Herschel Supply supplements its core of neutral-coloured backpacks and totes with brighter seasonal colourways, such as the playful pieces in recent collabs with The Simpsons and The Andy Warhol Foundation for the Visual Arts. And then there's the master of dopamine dressing, John Fluevog; the Vancouver-based footwear master explains why his creations have always been wonderfully wacky. "You don't get lost in the crowd. I think it's about honouring our creativity and ourselves."

Fluevog recently teamed up with Dame Zandra Rhodes—whose clothing has been worn by the likes of Princess Diana and Freddie Mercury—on a capsule of five madcap shoe styles. "I've always worn bright colours. I find bright colours are just as practical as wearing black," says Rhodes, who sports bubble-



FINE FINDS

• BOUTIQUE •



CLOTHING GIFTS SHOES ACCESSORIES

SHOP ONLINE! FREE CANADA-WIDE SHIPPING OVER \$100

finefindsboutique.com

1014 Mainland St, Vancouver | 604-669-8325

It's a *Groom* Thing

How to shave, wax and tweeze like a pro

BY JENNIFER COX

None's saying you have to shave your legs—in summer, or any time. You don't have to pluck your brows or paint your nails, either, if you don't want to. But if you do wish-slash-like to do these things, we've got pro tips to help you do them right.

"Grooming is an important ritual because consistency is key when it comes to results," says Amandine Azran of Amandine Sol Botanicals. "Rituals are also very healing for both the skin and mental state. The right products, from scent to texture, can transport us to a calming oasis. It can be very meditative and calming, while also making us more confident to take things on."

Azran says the grooming products we choose and how we use them are especially important in summer because the elements can harm our skin in new ways: sweat, sun, dirt and pollution all have negative effects. "We want to make sure we're consistently caring for our skin to prevent damage."

Shaving is one of the most common grooming rituals, and it can become tricky in hot months, thanks to increased exposure to sunscreen, sweat and the elements. Julia LaFeldt, communications director for Gillette North America, says while shaving can be a cathartic time of quiet, reflective self-grooming, the right products are necessary to stave off mishaps.

"Shaving can provide ... a moment for self-reflection, a time to prepare for the day and a time to get [one's] game-face on. A [summer] ritual complete with a cooling shave prep, efficient shaving and soothing skin care can help avoid common skin irritations like itchiness and scratching that can be triggered by summer factors."

Hot, humid weather and tight, wet bathing suits can cause skin problems for the bikini area, which is why choosing good-quality shaving products is key. "Whether the hair is there, gone or

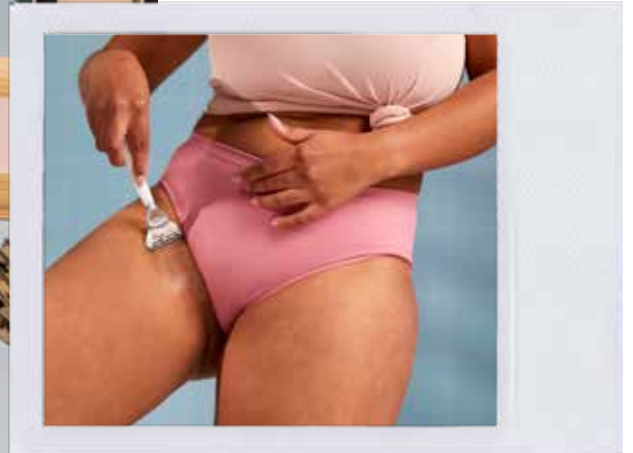


PHOTO: CHELLE BODY



growing, we offer ... products that are designed specifically to prevent ... irritation, like itch and ingrown hairs," says MyAnh Nghiem, communications director, Gillette Venus. "When smooth skin is something [one wants] to show, we want to [supply] the best tools for the job." To that end, the brand's Pubic Hair & Skin collection includes a razor, exfoliant, shave gel, serum, oil and a trimmer for an effective close-skin shave with much fewer bumps and cuts.

Ingrown hairs are, too, a hassle when it comes to shaving and waxing—a bigger



"Shaving can provide ... a moment for self-reflection, a time to prepare for the day and a time to get [one's] game-face on"

"CRUCIAL TO YOUR BEAUTY ROUTINE"

- Sandy J.



"I WISH I COULD GIVE IT TEN STARS!"

- Kim C.



"CAN'T LIVE WITHOUT THIS SERUM"

- Winnie N.



issue in summer, when many of us are removing hair more often. "From your legs and underarms to your bikini line, ingrown hairs happen," says Gloria Chik, co-founder of Chelle Body. "Ingrown hairs appear when dead skin cells clog hair follicles but, fortunately, exfoliating [ahead of time] can help reduce opportunities for clogged follicles, thus reducing the chance of ingrown hairs."

Kelsey Germain, field training manager and lead educator at Foxy Box Laser + Wax Bar agrees. "Exfoliation is an excellent start to buff out old and dry skin cells, revealing fresh and soft skin. [It] also aids in the spreading of your favourite products like moisturizer, allowing you to use less."

She adds, "The best exfoliator out there is the dry brush: you buff in a circular motion toward the heart before the shower and shower your normal routine after. This will not only keep you bump-free but also aids in lymphatic drainage, promoting proper blood flow."

Tweezing can be a great way to maintain smaller areas that you wax or shave, as well as areas of the face, like brows and the upper lip. The key to a more successful and less-painful tweezing session is having good-quality tweezers. But not all tweezers are created equally—they can have different tips, weights, and feels when you work with them, so find one that you like using and one that is effective at plucking out stray hairs easily and efficiently. Also, the best time to tweeze is after a shower. Pull hairs out at the base and in the direction of its growth, and always remember: less is more. (Hot tip: apply a cooling aloe after plucking.)

For those who are more mobile come the warmer months, Kristin Moschetto, senior manager, PR, for Tweezerman International, has a great summer tweezing tip: "We have many travel and mini sets that are perfect for on-the-go grooming, whether it be in your travel bag, car or gym tote. Our mini tools are created with the same precision as full-sized items and are a must-have. The mini cuticle nipper and brow-shaping set are two great items for summer." v



EASTERN HERBS

GROWTH FACTORS

ANTIOXIDANTS



WWW.FORGETBEAUTY.COM

FORGET BEAUTY™
FEED YOUR SKIN. NOURISH YOUR SOUL.

Hot Shops

The latest and greatest retailers in Vancouver



NORDSTROM ANNIVERSARY SALE

It's that time of year again! The annual, one-of-a-kind, incredible, amazing, can't-miss Nordstrom Anniversary Sale will take place from July 15 to July 31, and we can hardly contain our excitement! The Nordstrom Anniversary Sale is, of course, the retailer's biggest, most-popular sale of the year, featuring brand-new arrivals from highly sought-after brands for the whole family on sale for a limited time (psst: prices go back up on August 1). As we are all rediscovering the joys of everyday living, working and gathering together again, the Anniversary Sale is the perfect time to shop for everything you need, and to treat yourself, your wardrobe and your home to a happy refresh. Be sure to check out nordstrom.ca/anniversarysale to find

out everything you need to know, from key dates to when Nordy Club Ambassadors get to shop, along with a look at what labels will be part of the sale ... including more than 25 new brands, like Mini Boden, Moccamaster, Naked Wardrobe, Reiss and Open Edit, plus customer faves Nike, Zella, AllSaints, Frame, UGG, Voluspa, Barefoot Dreams, Bony Levy, Olaplex, Charlotte Tilbury, Kiehl's ... and so many more. And, as always, Nordstrom makes sale-ing a cinch, offering personalized style help in-store and online and services that make shopping fast and easy. But word to the wise: plan to shop early, as the most popular items will undoubtedly sell out. **799 Robson St., 604-699-2100. Nordstrom.ca/anniversarysale** NOA NICHOL

FORGET BEAUTY

Amanda Beisel's love for "discovering new people, places and things that evolve and expand my mind, body and spirit" led her to open SKN Clinic in Vancouver in 2008 as a space for people to elevate their skin health via customized medifacials, microneedling, hydrating facials and photofacials, plus exclusive treatment combos, without feeling judged. As someone who "tries everything first and then shares it with the world," Beisel inevitably went on to launch her Forget Beauty skincare line with an aim to spread the word that, when it comes to beauty, we are all unique and different. "Forget Beauty takes a more empowering path than the average skincare line," she explains. "The true mission behind the name is to simply forget beauty standards. Forget what society says we're supposed to look like and remember your unique natural beauty. Forget about using products that are harmful in the long term and remember to use empowering products that preserve your skin health. Our intention is to rewrite the outdated skincare script that is promoting the over-use of actives leading to sensitive skin and inflammatory skin conditions. This starts with creating a strong, healthy skin barrier and microbiome. You cannot have healthy,

youthful skin without a strong barrier and microbiome. It is the root cause of most skin issues and accelerated skin aging"

To that end, the Forget Beauty range consists of a cleanser, exfoliators, water-based serums, oil, moisturizer and a powder booster, designed for all skin types and needs. At the core of the collection, says Beisel, is the 3 Layers of Hydration System, which consists of the brand's Awakened Hydrating Serum, Nurtured Replenishing Oil and Immersed Nourishing Moisturizer that all work on different layers of the skin to build a strong, beautiful skin barrier—and seriously hydrated skin. "This is the baseline to prepare the skin to receive active ingredients like retinoids, vitamin C and acids," she explains. "It has literally transformed hundreds of faces over the years." Another thing that sets Forget Beauty apart is its mandate to bridge skincare and self-care. Beisel explains the philosophy as such: "The brand is built on the foundation of honouring your unique beauty and not conforming to what you are told is beautiful by society. We do this with empowering messages on each bottle for the consumer to see each day." Truly, that makes complete skin sense to us. **Forgetbeauty.com** NOA NICHOL



ALLBIRDS

West Fourth is ground zero for hot products you used to only be able to buy online—Mejuri, Knix, Peloton, to name a few. Now, "the world's most comfortable shoe" has stepped into the ring. Allbirds' new shop sells the coveted footwear that the San Fran-based company is known for, and its athleisure clothing line, too. Set foot inside and find lifestyle products on the left, performance products on the right, and a huge foot-shaped mirror (ahem, Insta-worthy) near the back. As for shoes, there's a tonne of choice, and the beauty of a brick-and-mortar store is that you can try them all on! If a futuristic feel is your vibe, go for the Tree Flyer runner (its design inspo included Tesla cars); if you're known for hitting Pacific Spirit trails, the Trail Runner SWT (it stands for the materials: sugar, wool, tree) will offer the traction you need. For a summer vibe, opt for the slip-on Tree Loungers or bouncy Sugar Sliders, crafted from sugarcane and the world's first carbon-neutral EVA. Allbirds' design ethos is firmly rooted in sustainability, and the materials used are a testament to that: eucalyptus tree fibre, recycled plastic bottles and even ground-up snow crab shells—a byproduct of the seafood industry—which are woven into a naturally odour-fighting fibre called TrinoXO, and used in items like supersoft T-shirts. The shop also makes customer research easy by clearly displaying the carbon footprint of each product, so you can take note as you browse. In a cute final touch, the Vancouver store has a bespoke shoelace colour: Stanley Park Seawall green. **2262 W. 4th Ave., 778-800-9069. Allbirds.ca** KATIE NANTON

VITA X PUREOLOGY

The *Wet* Look

Just like skin, our hair needs a hydrating boost come summer

BY NOA NICHOL

As seasons change from winter to summer, dryness and dullness can stress out our strands. We asked Lisa DeVito, national education lead at Pureology Canada, why it's important to hydrate hair and keep it moisturized when the heat is on, and what steps should be taken to do so. **Pureology.ca**

What makes Pureology a leader in helping to achieve and maintain healthy hair?

We are all about extraordinary colour care for beautiful hair! We have incredible patented and trademarked technologies that allow us to give you the best-quality products for your hair colour, such as our anti-fade complex, which focuses on ultimate colour protection and can be found in all Pureology products, from haircare to styling. As well, our zero-sulfate technology provides an ultimate cleanse without abrasion. Our signature aromatherapies are derived from organic plant botanicals that will give you a therapeutic spa-like experience every time you shower.

Why does our hair get duller and dryer as the seasons change?

The changes in weather can contribute to changes in your skin and your hair. Many



of us may be switching up our skincare routines to address these changes in temperature—the same goes for your hair! We can experience things like dryness, frizz and breakage and, in the summer months, our hair is exposed to more sun, which can cause our colour to fade quicker.

What can we do to prevent or correct this?

A great place to start is to introduce a hydrating shampoo and conditioner into your routine in order to deeply hydrate and nourish the hair, as well as incorporate products that focus on colour and heat protection. And, of course, drink lots

of water! Pureology's Hydrate collection is here to bring softness, life, and manageability back to hair that is dry, dull and dehydrated. It is a great system to prepare your hair for those seasonal changes. With the patented anti-fade complex, it will protect your hair colour first and foremost and, secondary to that, will focus on deeply hydrating and softening the hair. For finer hair types, Pureology's Hydrate Sheer system is a silicone-free option that provides lightweight conditioning to nourish fine, dry, colour-treated hair. This shampoo and conditioner contain key ingredients like jojoba, green tea and sage that will condition, moisturize,

revitalize and support healthy hair. Like the original Hydrate Conditioner, the Hydrate Sheer Conditioner also contains a fragrance blend of mint, menthol and greens, providing a cooling and tingling sensation at the scalp that feels and smells super fresh!

Tips around creating a hair-quenching routine?

Begin your haircare routine with the Hydrate Sheer Shampoo and Conditioner duo; for an added boost of hydration try switching out your conditioner once a week for the Hydration Superfood Mask, which is a silicone-free treatment that will intensely nourish and soften hair with key ingredients like avocado oil and coconut oil and—bonus—smells like a vacation in a bottle (think pineapple, coconut and vanilla). Leave this on for five to 10 minutes and rinse out. To add some extra support to your hair colour and style finish off with the Color Fanatic Multi-Tasking Leave-in Spray with 21 benefits to prime, protect and perfect hair. With camelina, coconut and olive oils, it's like a multivitamin for your hair. A must-have for me, this spray detangles, is your first defense against frizz, adds shine and softness and works as a UVA/UVB filter. A pro tip: spray onto damp hair and towel dry, then spray another layer and comb through. V

Fruit Face

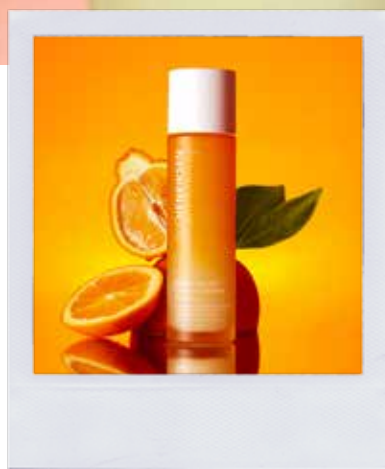
When it comes to skincare, nothing tops Mother Nature's finest ingredients

BY SHERI RADFORD

Summertime is synonymous with eating fresh fruits and berries. It's also the perfect time to seek out fruit-based natural ingredients in your beauty and skincare products—but please, no nibbling. Burt's Bees is probably the brand most closely associated with these types of wholesome ingredients. Just a few of its newest releases include hydrating facial cleanser towelettes with watermelon, as well as tropical pineapple lip balm and Squeezy tinted lip balm in summer melon. Associate product developer and director Abena Antwi notes that the company has been making use of so-called waste from the food industry for years, since long before upcycling became a sustainability buzzword. She describes it as “really looking at the whole product stream to see what we can use instead of just throwing stuff away.”

To that end, strawberries, mango and papaya add flavour to Burt's Bees products, and their extracts also benefit the skin in various ways thanks to the antioxidants and vitamins they're packed with. Antwi points out that fruit-based ingredients are often as effective as their synthetic counterparts at nourishing, moisturizing and exfoliating the skin. Another top-of-mind brand for fruity formulations is The Body Shop. One of its new products, a glow-boosting moisturizer, gets its vitamin C from camu camu berries. “They may look tiny, but [they're] positively bursting with antioxidant-rich vitamin C,” says Hilary Lloyd, VP marketing and values. “Our camu camu berries, sourced in the Amazonian rainforests of Peru, help to improve the look of skin tone and texture, boost radiance and protect skin against scavenging effects of free radicals.”

Lots of other popular brands have been embracing the power of appetizing ingredients, too. Sade Baron uses natural ingredients like apricot kernel oil in its All Moi multipurpose balm and Tai body oil. Also key to Tai is prickly pear oil. According to co-founder and CEO Rachel Lambo, “Prickly pear oil contributes vitamins E and K and is particularly rich



in amino acids that stimulate collagen production, essential fatty acids that calm inflammation and polyphenols to fight signs of aging.” She notes that it's “one of the most expensive botanical oils in the world, due to the small seed size and high-labour demands of extracting oil.”

Ole Henriksen makes a Barrier Booster orange ferment essence with orange extract, stem cells and ferment, all of which are beneficial for the skin. Its Firmly Yours toning dry body oil has elderberry, black currant and cloudberry oil, along with antioxidant-rich black currant extract. And its Lemonade smoothing scrub is especially useful in summertime, since ingredients like lemon peel exfoliant, enzyme and fruit extract help combat the effects of sun damage. “We believe in combining scientifically proven, trusted ingredients and skin-loving natural ingredients to deliver comprehensive benefits and results in clean, highly active formulas,” says Riva Barak, VP product development at parent company Kendo Brands.

Some other must-haves to add to your fruity skincare regime include Boscia's papaya and pomegranate enzyme exfoliating body cleanser with pomegranate fruit enzymes; L'Occitane's verbena citrus fresh granita body gel with orange and lemon essential oils and grapefruit extract; Laneige's lip sleeping mask in mango with berry fruit complex; and Dans un Jardin's soaps, scrubs and body creams—the brand's star ingredient is its exclusive Bota Biome Complex, of botanicals like elderberry, goldenrod and goldenseal.

Fresh's sugar strawberry exfoliating face wash has strawberry and black currant extracts to maintain a healthy-looking complexion, along with grapeseed oil for hydration. Pura Botanicals' hyaluronic watermelon essence contains wild mushroom, cucumber and watermelon extracts to plump and replenish the skin. Glow Recipe is a fruit-forward brand that uses antioxidant-rich foods in a host of products, including banana soufflé moisture cream, blueberry bounce gentle cleanser, plum plump hyaluronic cream and watermelon glow sunscreen.

Dew of the Gods produces the Fijifuji collagen whip vitamin mask with vitamin C and lychee extract. Founder (and TikTok star) Ryan Dubs explains why lychee is so useful: “It smells amazing, but it's also really good as an anti-aging ingredient.” He likens lychee to a natural Botox, adding that it's also effective at reducing inflammation. “The whole vibe of this mask is to make your skin feel dewy and bright and bouncy, and just awake, basically.”

Dubs ensures that all ingredients used in Dew of the Gods products have a good EWG score, meaning they're not toxic or harmful, and he encourages consumers to Google ingredients before buying beauty and skincare products. “Just be knowledgeable about what you're putting on your skin,” he says. “It's crazy how these other brands, they just bank on the fact that people won't do that.” In other words, be sure to cherry-pick your products, just like you would your produce. We certainly don't want to put any bad apples on our faces. V



HOME ACCESSORIES WITH PERSONALITY



Details
BY MR. K

2717 GRANVILLE STREET VANCOUVER
MON - SAT 11 TO 6 SUN 12 TO 5
T 604.806.0510 / DETAILSBYMRK.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 ageing 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. ♡

VITA X GARDEN OF LIFE

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

Summer Space

Japandi, maximalism and crustacean-core are some of this season's hottest décor trends

BY ISABEL ONG

Summer's in full swing, and while we've swapped our winter wardrobes for light, breezy garb, the question for home-décor enthusiasts remains: what summer-worthy trends can I play with and implement this season? Ashley Hilder, owner of Canadian online store Green Bohème, is a firm believer in building an "intentional" home, a place that is "a true reflection of you [and] one that you personally connect with, where you're able to ground yourself, reflect and recharge daily."

A design trend that encapsulates Hilder's vision of such a home is Japandi. She describes it as "the delicate fusion between wabi sabi Japanese [and] Scandinavian hygge. We value the importance of bringing the outdoors in, focusing on natural materials like wooden furniture, straw baskets and handmade ceramics, complemented by a simple, earthy colour palette." On her list of must-have home accessories: ceramic lemon juicers, stone-ware carafes and handmade tree bark hanging baskets sourced from Mexico. All her products are sustainably made, and 10 per cent of profits are donated to the Nature Conservancy of Canada.

Canadian designer Hilary MacMillan also offers a range of home goods that are equal parts stylish and comfortable. Her latest home collection is summer-ready: jacquard knit pillows and tiger- and leopard-print knit blankets in colours ranging from soft pastel hues to bold, vibrant shades. "When I was designing the collection, it felt like such a hopeful time," she shares. "I wanted to create a collection that was bright, fun, and playful to reflect how I was feeling. A lot of the pillow fabrics are sourced from a mill we work with in France, and everything is handwoven by master weavers."

For MacMillan, maximalism is the summer décor trend that's making



waves right now: "It's all about being extra, stacking textures and colours, embracing darker colours and richer fabrics, and really playing with your space." Her top tips for styling summer pillows creatively? "Declutter your home to make them the central focal point. Stick with cool tones or warm tones and layer the pillows. Styling a more neutral square pillow with a colourful or textured lumbar pillow or vice versa creates a really inviting visual space."



PHOTO: ETSY'S DAYNA ISOM JOHNSON

Nouveau Arrival.



East India Carpets
Since 1948

www.eastindiacarpets.com



PHOTO: DETAILS BY MR. K



PHOTO: ETSY



PHOTO: ETSY



PHOTO: HILARY MACMILLAN

Like MacMillan, Etsy trend expert extraordinaire Dayna Isom Johnson is into maximalism—and introducing this trend into the home this summer need not feel intimidating. "Start with just one or maybe two complementary colours and work within that palette when adding décor," Johnson suggests. "Same thing for prints—pick one you love and choose other items within that colour palette to help bring it all together. Natural motifs like floral and botanical prints are timeless and will also add that summery outdoor vibe to your home."

Johnson reveals that Etsy customers are currently big on "hyper-tactile décor, mood-boosting hues and statement pieces for both indoor and outdoor spaces." In the last three months, the global online marketplace has seen a 166 per cent increase in searches for pastel décor and a 146 per cent increase in searches for ombre or gradient art compared with the same time last year.

There's one more "snappy" décor style Johnson and her team are loving right now: crustacean-core. Johnson elaborates: "Crustacean motifs are becoming a mainstay amongst shoppers this summer, coming off the heels of the coastal grandma aesthetic. We like to think of it as [the latter's] bolder, brighter younger sister." That said, items like crab or prawn art prints and shell-shaped vases and serveware are selling like, well, crab cakes right now. Etsy has also seen a 112 per cent jump in searches for lobster prints in the last three months compared with the same time last year.

Indeed, with warmer weather and longer daylight hours, outdoor spaces in the home should not be neglected. Hilder's carefully curated pieces, like handwoven palm-leaf placemats ethically made in Morocco and "freckled" ceramic stone-ware vases made in Ucluelet, B.C. by Kay Ceramics, instantly lend a chic-meets-bohemian air to al fresco dining areas. MacMillan's blankets, too, are portable and perfect for patio or backyard lounging: "I wanted to create a cosy blanket but also keep in mind that it is spring and summer, so we made it out of cotton for breathability and function in the warmer months. Each one comes with its own carrying case so you can easily take it up to the cottage or to the park."

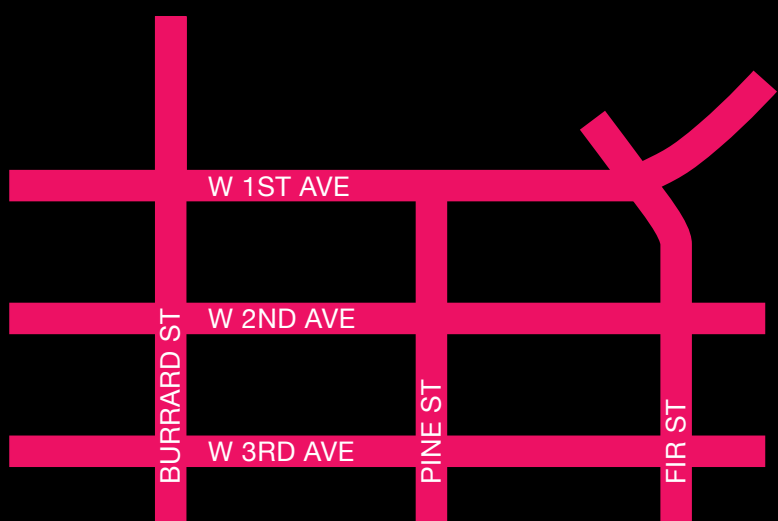
Finally, Johnson suggests, "My best tip when designing an outdoor space is to decorate with the same mentality as you do your indoor spaces. Opt for colourful—and water-resistant!—printed accent pillows and throws, textured outdoor furniture arranged in a way you would a living room, and lots of plants." ▽

DESSERT BEFORE DARK

Join us in Vancouver's Armoury District
on Thursday, July 21 from 3pm – 7pm
for a vibrant celebration of design.

Take part in a special evening of desserts,
drinks, decor and more at participating
showrooms in the AD design community.
We look forward to seeing you.

THE
ARMOURY
DISTRICT
JULY 21
3PM – 7PM



EAST INDIA CARPETS / PROVIDE / ANN SACKS / KRAVET / MET HOME / PROVIDE DESIGN GALLERY / ZOE PAWLAK / SWITZER CULT CREATIVE / BRADFORD HARDWARE
BROUGHAM INTERIORS / LUMINOSA / ANNE STAR / BLOOM / LIVING SPACE / CRYSTAL WORKS / PRADO CAFE / ELISSA CRISTALL ART OFFICE + MORE

Liquidity

A True Expression of Okanagan Falls

CAPTURING THE ART OF WINEMAKING
FROM GRAPE TO GLASS



liquiditywines.com

Experience Liquidity Wines

Tastings & Experiences | Wine Club | Private Events | Weddings