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*All In*  
One-size  
fashions are seeing  
a return to style

The  
*autumn*  
Issue

## INSIDE *the* ISSUE

STYLE Today's coolest influencers are *stylish, confident* and *over 50*

FASHION Denim trends for fall are breaking the *skinny* barrier

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SIPS CedarCreek Estate Winery earns *accolades* upon *accolades* upon *accolades*

TRAVEL Timepieces to suit a journey over *land, sea* and *sky*

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Editor's DESK

A Note From Noa

Am I ready for fall? Nope. I'm a summer girl, through and through. Travel, though, helps, and I have a few trips planned in the next few months to ease the transition back to the Canadian cold. While my destinations will vary from the Caribbean to Chicago, one thing all my adventures will include are pieces from Away's new range of teal offerings: polycarbonate luggage and handy packables available exclusively online and in-store at the travel brand's Yorkdale location.

Noa Nichol EDITOR-IN-CHIEF



Our featured influencer this month is Kim Appelt, a "fashion stylist" (more on that below) whose upcoming book will see her style advice and fashion inspo jump from social and screen to the printed page.

Kim Appelt @STYLEBYKIMXO



Tell us about your very stylish self! When asked what I do I often reply the short answer of, "I dress people." I feel like the term fashion stylist is thrown around so often these days and there are so many different types of stylists. I prefer to be relatable in conversation and leave some room for questions. I have been blessed in my career to have experienced so much variation. From the red carpet of the Junos, Emmys and Oscars, print editorials and private A-list clients, I have loved it all and experienced everything I had wanted to when I started. On social, when I

started styling, I was posting what I was wearing (back before influencing was an actual thing!) and organically gained a following. Many years ago my manager at the time suggested I start a YouTube channel; I did, and it took off. It now has a dedicated following and more than 8 million views. I was invited on CityLine as a celebrity style expert and I was just recently offered a publishing contract with Penguin Random House. My book will be on shelves in the U.K., U.S. and Canada in September 2023. I try to use my platform as a place to inspire women and teach them about HOW to look and feel their best. I spend a lot of time on YouTube talking about body shape and curating a wardrobe of basics. I also just recently had breast cancer and I shared my story in hopes of encouraging more women to get mammograms and be proactive with their health.



What unique perspective/spin do you think "mature" content creators can bring to the table?

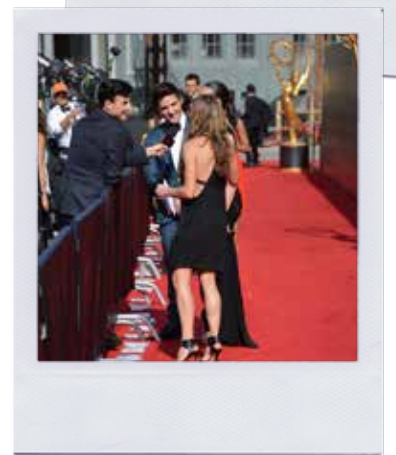
They always say that with age comes wisdom. Years ago, elders would share stories and tips, communities were smaller and this was easier to do. Social media is the modern way of sharing that wisdom. They have more time to experience dressing a changing body shape, they hunt out new brands that work. I follow a few mature influencers that I really love. I find them inspiring and they help me think outside of the box for clients I'm styling.

What's your personal style/beauty mantra or philosophy?

It sounds cheesy but it's so true: beauty starts from within. You can have on the most stunning clothing but if your energy or vibrations are off ... you will in fact ruin the look. My other mantra is that the key to great style and being able to get ready without panic lies in having the basics at hand. The fashion pieces are wonderful but, if you don't have a base, it's hard to pull a look together.

As we head into fall, what are some of your favourite autumn activities to do locally in Toronto?

I've only been in Toronto for two years; I've spent most of my time on the West Coast (California and B.C.), but I love to stroll through Yorkville (my neighbourhood) browsing the stores, coffee shops and restaurants (I'm a fixture on the patio at One!). I also love all the events that start up in September like TIFF, concerts and the simplicity of a bike ride or walk on the waterfront along Humber Bay! V



THE MAKING OF THE Autumn Issue

No. 04 ————— 2022

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COVER MARC CAIN FW 2022

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

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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. The 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-queening 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 Hydrate Superfood Deep Treatment Mask—a silicone-free treatment that will intensely nourish and soften hair with key ingredients like avocado and coconut oils and, bonus, smells like a vacation in a bottle (think pineapple, coconut and vanilla). Leave this on for five to 10 minutes and rinse. 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 camolina, coconut and olive oils, it's like a multi-vitamin 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

# It's All in the Jeans

Denim trends for fall are breaking the skinny barrier

BY SHERI RADFORD

“Skinny jeans are dead, dead in the water.” That’s according to Vancouver-based personal stylist Michelle Addison. She rattles off the styles that are on trend right now: “Baggy jeans that are a little high-waisted, loose jeans, barrel-cut jeans, wide-leg denim.”

Overall the move is toward “bigger, baggier pants with a crop top,” Addison says. For those who don’t feel comfortable wearing a cropped tee or short sweater, she recommends tucking in a shirt and perhaps adding a belt, to avoid looking bulky or boxy. As for footwear, she suggests “wider shoes or chunkier boots, or even chunky loafers.”

Not only do these wider-legged jeans look good, they feel great, too. “When we move into the straight-leg denim and a little bit of a higher waist, and it’s a little bit more forgiving, we will have a hard time going back and putting those skin-tight skinny jeans on,” she says.

Addison acknowledges that some shoppers may feel nervous about abandoning the familiar (read: skinny) and trying something looser, “because they can feel like, ‘Oh, I’m wearing my dad’s pants.’” She offers a solution: “Always get the jean tailored to your own body.”

Jill Guenza, VP design, women’s apparel for Levi’s Global says, “The most exciting thing about denim style right now is that so many trends are happening at the same time. After a decade of a singular silhouette—the skinny jean—dominating our closets, denim fans are enthusiastically experimenting with style. While we truly are in an ‘anything goes’ style moment, a few key silhouettes are generating a lot of buzz. Straight-leg jeans, baggy or loose jeans and wide-leg jeans are the strongest of the denim trends right now.”

*“After a decade of a singular silhouette—the skinny jean—dominating our closets, denim fans are enthusiastically experimenting with style”*

For fall and winter, the fit the folks at Levi’s are most excited about is the Baggy Dad. “Inspired by late ‘90s style, [it] rests just below the waist and has a loose fit through the hips and legs with the slightest taper at the hem,” Guenza says. “It’s the ultimate throwback to 1990s street style, with a few tweaks to make it extra relevant for today.”

And don’t expect these wider styles to disappear any time soon. According to Nico Antonopoulos, brand manager of Quebec-based Yoga Jeans, “Wider legs have taken over the denim world.” She says, “What is fun is that now, women have more choices in terms of fit and can really dress according to their body shape.” Her prediction for the rest of the year? “I do believe that wide legs will continue.”

Guenza agrees. “While we don’t have a crystal ball, we do anticipate that comfort and nostalgia will be driving principles behind trends for the near future. Baggy and loose silhouettes perfectly capture easy wear and ‘90s nostalgia and therefore have the potential to take a central spot in our closets for a while. However, we see those silhouettes supplemented by emerging fits such as low-rise straights and flares, and the always in-style 501.”

Pretty much any brand you can think of is stocking a huge range of denim styles right now, including straight legs, flares, dad jeans, crops and balloon cuts. If you’re ready to test out the wide-legged world, the boyfriend or girlfriend fits at Mavi are a good place to start. Stacy Gerritse, marketing director, describes them as “sort of like a baby step into these wider fits.”

Addison also has advice for nervous newcomers: “Lots and lots of brands will have different types of wide denim, so don’t get discouraged if you try one wide-leg denim on and it looks terrible.”



PHOTO: LEVI STRAUSS & CO



PHOTO: LEVI STRAUSS & CO



PHOTO: BUFFALO JEANS



PHOTO: LEVI STRAUSS & CO

There’s going to be a certain style that will fit your body.” She also recommends scouring vintage stores for treasures from the 1990s. “And even if they aren’t exactly right for you, you can always alter them to be great.”

Guenza, too, has some below-the-belt tips. “The beauty of baggy, loose and wide-leg styles is that they are super comfortable and incredibly versatile. For those who prefer a bare look, baggy jeans with a cropped tee or tank and a pair of chunky sneakers creates a casual and cool ‘90s throwback look. Throw a blazer over a bralette and match the baggy jeans with a bare, strappy kitten heel for a night out. For a casual-yet-sophisticated look, half tuck an oversized crisp cotton button down into the front of loose or wide leg jeans and pair with a pointy flat or heel.”

Of course there is one other option. “Skinny jeans may not be the hottest trend, but they are still incredibly relevant because of their comfort, versatility, familiarity, and most important, how flattering they are for most body types. They are an easy choice because we know how to style them, and we feel confident when we wear them,” Guenza says. “When worn with confidence, anything goes.” v

# Is the Season the Reason?

Should you change your haircare as the weather gets colder?

BY AILEEN LALOR

There's a lot of good evidence to say you should change your skincare with the seasons: central heating makes the indoor air drier while the cold outdoor air and harsh wind can do a number on skin's moisture barrier. So far, so logical. But what about hair?

First, we were skeptical—after all, hair is made up of dead cells, and much of its appearance and condition is determined by genes. And then we remembered Monica from *Friends*, with her poofy humidity locks, and we thought again.

"Seasonally, hair changes all the time and there are many factors," says celebrity hairstylist and Voir ambassador Aaron O'Bryan. "In the summer we are fighting against humidity and heat, whereas in the winter we are working against dry heat within our living space and then temperature change when we go out into the cold." O'Bryan says that cold weather can affect the scalp too, making it drier and exacerbating conditions like dandruff.

Why is humidity such a problem for hair? "It can actually work both ways: it can pull moisture out and add it in," explains Ann Marie Krutzler, salon education manager for AG Hair. "Along the hair shaft you have cuticles that are kind of like scales. In a high-humidity area the cuticles raise up and the humidity can penetrate, so you can look like a frizzy mess." O'Bryan points out that, while that doesn't necessarily mean your hair is in bad condition, it is more susceptible to damage when you brush or style it.

What about when the weather is cold? "In low humidity, maybe coupled with cold temperatures, the humidity can't get into the hair shaft, so the hair might be lacking moisture and therefore feeling rough and brittle," Krutzler says. Brittle hair is fragile, so you end up with breakage and split ends.

As well as the weather changing, our behaviour alters with the seasons. In summer we might be hitting the beach or pool, so there's exposure to saltwater and chlorine and we likely wash hair more often. In winter we blow-dry more frequently instead of letting hair air dry, and wear hats that can cause static and flatten our 'dos—though, says Krutzler, they're actually pretty good at protecting our locks from the cold.

One factor we might not think about so much is pollution—so, if you spend summer in the countryside and return to the city when it's back-to-work time, you may think it's the season screwing up your hair, when it's actually the air and water. "Pollution, in the form of environmental debris in the air and contaminants and heavy metals from hard water, is the most common external factor hindering hair growth. These clog the scalp and disrupt the scalp microbiota responsible for strong and healthy hair growth," says Shab Reslan, trichologist and Inkey List partner.

So should we have a summer and winter wardrobe for haircare products and, if so, what changes should we be making? It doesn't need to be as rigid as all that, Krutzler says: "Notice how your hair feels when you're blow-drying and cleansing, and observe changes that way."

If you do notice your hair has become lacklustre with the change of season—or for any other reason—Reslan recommends a reset. "Using a hair detox such as a clarifying or detox shampoo will safely remove any residue and build-up accumulated from water, products or air pollution."

Krutzler agrees: "A clarifying treatment will make a huge difference in terms of pulling out pollutants that may have attached themselves to the hair shaft." She likes AG Hair's Renew Clarifying Shampoo and its Balance Apple Cider Vinegar Sulfate-Free Shampoo. The brand has recently tweaked all its formulations so they're completely vegan and sulfate free. You can also replace your conditioner with a mask once a week or so; O'Bryan recommends Voir's A Walk in the Sun Inside Out Moisturizing and Repairing Masque, which he describes as "magic." It contains vegan keratin that's said to strengthen and repair hair, so it becomes more resilient. If you think heavy metal build-up is the problem, L'Oréal Professionnel has a whole range of haircare products, Serie Expert Metal Detox. This includes shampoo, conditioner, masks, in-salon services and a new Metal Detox Oil that helps with daily protection.

When it comes to increasing resilience, Reslan says The Inkey List's PCA Bond



*"Along the hair shaft you have cuticles that are kind of like scales. In a high-humidity area the cuticles raise up and the humidity can penetrate, so you can look like a frizzy mess"*



Repair Hair Treatment is a winner, even for severely damaged, over-processed hair. She is also a fan of everyone's favourite skincare staple, hyaluronic acid. "This helps increase hair's ability to absorb and maintain water molecules inside," she says, making it a good choice for anyone who has dry hair. Her favourite is The Inkey List's Hyaluronic Acid Hydrating Treatment, which is applied after shampoo and conditioner and before drying.

Krutzler says there are some really basic, non-product-based things we can do to look after our hair. Water temperature in the shower can make a difference: very hot H<sub>2</sub>O isn't great for hair or skin, so Krutzler recommends keeping it lukewarm to seal the cuticle. Use a microfibre towel to gently dry hair, and wear a hat outside to protect it.

Finally, she says, use your hairstylist. "They will be assessing concerns when you're getting your service, so talk about what's bothering you and let them use their expertise to help you." ▽

## Benefit Brow Lamination

Benefit Cosmetics recently launched Brow Lamination services to get you full, lifted brows that last! Benefit's new Brow Lamination service sets and straightens brows, so they can be easily repositioned into a full, lifted shape! Lamination lifts brows vertically to give an illusion of fullness and lasts for up to eight weeks! Available at your local Benefit BrowBar at Sephora and starting at \$100, we asked Benefit brow queen Breigh Bellavance to tell us more. [Sephora.benefitbrowbars.com](https://www.sephora.com/benefitbrowbars)

### What is brow lamination?

Brow Lamination is a service that sets and straightens brows, so they can be easily repositioned into a full, lifted shape. Lamination lifts brows vertically to give an illusion of fullness. Lasts up to eight weeks!

### What can we expect the process to be like?

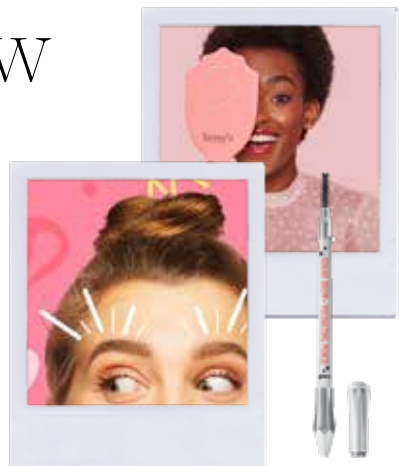
When clients come to the Benefit BrowBar for a Brow Lamination service, we follow the "Relax, Reposition, Condition, and Lock" process. First, break down the bond of the hairs by relaxing them. Then, reposition brows to a full and feathery shape. Finally, condition and lock brows in place with our 24-HR Brow Setter. Depending on client preference, brow hairs can also be repositioned into a more clean, sleek and side-swept position, if so desired!

### What's the benefit of this service?

Brow lamination instantly lifts the brows while also giving them full and feathery appearance. Brow lamination utilizes the position and length of the brow hair to fill in any brow vacancies or sparseness. An instant gratification service!

### Tell us about after care and maintenance.

Much like when we colour the hair on our head, the texture of the actual hair can change. To ensure your healthiest brows yet, it's encouraged to nourish the brows daily with a hydrating oil, like castor oil or jojoba oil. Hair is hair! Imagine



if we didn't condition the hair on our heads? No steam or sweat in brow area for 24 hours and avoid use of retinols or exfoliators 72 hours after.

### How long does it last?

Brow lamination can last anywhere from six to eight weeks. This can vary per individual depending on hair growth cycles.

### What brow types benefit most from brow lamination?

The ideal brow for brow lamination just requires some form of natural brow hair. If there are sparse areas of the brow, brow lamination will still enhance the overall fullness, but it's recommended to spot treat the brows by flicking in a few faux hairs using a fine tipped pencil, like Precisely, My Brow Pencil.

### Who is brow lamination not recommended for?

Brow lamination is not recommended for those who experience ritual brow hair loss or suffer from alopecia, particularly in the brow area. It is also recommended to wait six months post any form of brow tattooing or microblading, as the skin is still in repair mode.

### Tell us about Benefit's brand-new Gimme Brow+ Volumizing Pencil!

This first-of-its-kind volumizing brow pencil combined fibres and powder to volumize, fill and define brows, and is available in 12 shades! Get it for \$32 at Sephora, Shoppers Drug Mart and TSC.ca; apply it throughout the entire brow, and again in the opposite direction of the brow's natural hair growth. Results? Major va-va-volume! NOA NICHOL

# new Age

Today's coolest influencers are stylish, confident and *over 50*

BY AILEEN LALOR

We all know the idea of the invisible woman. Once you've turned 35, you begin to disappear as you become undesirable or interesting only as a tag-along to others like your partner or children. It happens in reality and in culture—think of all those movies where the elderly male star woos a 20-something. Rosanna Arquette even made a documentary about it, *Searching for Debra Winger*, featuring Winger and other actresses of her generation like Sharon Stone, Whoopi Goldberg and Meg Ryan. "It can be a mean business, especially when you turn 40. It's like we're in our prime, we're ready to rock—and they tell us to play the mother of a 20-year-old," Arquette told *The New York Times* when the film came out in 2002.

Twenty years on, we have a more inclusive society, in which the definition of what's beautiful has expanded far beyond simply white and thin and young. In Hollywood, stars like Jennifer Lopez (53), Angela Bassett (64) and Michelle Yeoh (60) continue to headline huge movies. We have the return of three-quarters of the *SATC* crew in *And Just Like That*, all in their 50s, all still figuring out sex, relationships, love and friendship. Maye Musk just appeared on the front cover of the swimsuit edition of *Sports Illustrated* at 74. And, in fashion circles, interior designer Iris Apfel has just turned 100—and partnered with H&M on a capsule collection to celebrate.

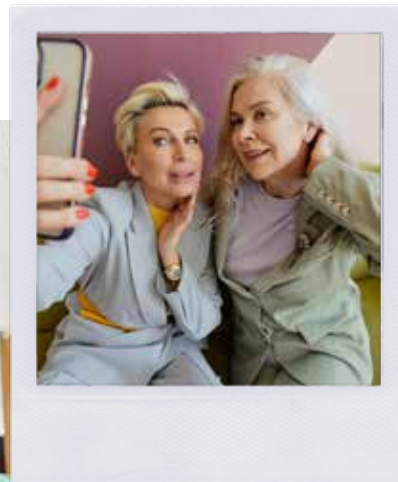
It's an evolution Lisa Tant has been excited to see. "I spent 20-plus years as an editor in chief and writer in the fashion industry at *Chatelaine* and *Flare* magazines and I have a huge interest in fashion and how it reflects general attitudes," she says. "In the past, someone like Iris Apfel was considered an oddity; what was considered desirable or even just acceptable was framed by a male perspective. Now I don't feel like it's that at all."

Tant says it's partly because the media has changed. "Even just the way some of the supermodels of the '90s like Cindy Crawford and Christy Turlington are still used in advertising and seen as beautiful women, I don't think that would have been the case in the past." Though it's not all rosy in the garden—57-year-old supermodel and pro-aging activist Paulina Porizkova recently clapped back at a commenter who told her she was "too old and ugly" to share bikini photos. "I get comments like these every time I post a photo of my body. This is the ageist shaming that sets my teeth on edge," she wrote.

It's worth remembering, though, that Porizkova was able to clap back because she has a platform—828K followers on Instagram—who are interested in her candid shots, deep thoughts and hashtags like #greypride and #betweenjloandbettywhite. "I started on Instagram just as a hobby—something to do and a way to connect with people who were likeminded," says 61-year-old Renate McSherry, whose Style Alive After 55 account has nearly 180K followers. "It's now almost a full-time job. It's fun! And you learn a lot about social media and what works."

McSherry, who grew up in the Netherlands, has always been a fashion lover, and has only seen that grow as she's aged. "I think women are more self-confident in their 60s. They can wear what they want; they can work or not work; they can do what they want. And it's not important to get approval from a man."

Dr. Candace Konnert, a professor of psychology at the University of Calgary who specializes in aging, says that women's increased financial independence has had an impact. "There's a general unwillingness to stay in relationships that are poor. Women don't see themselves in



the context of a relationship or needing to be in a relationship—there's this phenomenon of living apart together," she says. "People maintain their independence and don't merge their assets, for example."

McSherry points out that this financial independence could also be the reason older influencers are now being courted by brands. "We have the money to buy the products that are being advertised. What 20-year-old will drop [\$400] on a pair of pants? Well, she might, but she won't eat all month!" she says. "A few years ago there was a big store that opened in Vancouver and they had invited all the young influencers and I didn't get an invitation. I just thought, I'm your target audience. But nowadays that is changing."

Tant says that women's financial independence in wider culture is having an impact, too. "I don't mean that women have to have a lot of personal wealth—that's too restrictive and unrealistic," she says. "But women with money—Reese Witherspoon, for example—have the funds and freedom to produce entertainment that features mature women. And what we see on TV and in popular culture helps normalize these changes. It inspires women to realize that you don't have to dress like an 'old lady' and wear quiet navy and cut your hair."

Having a community and strong friendships can be important in helping women maintain their identities and independence as they age, says Dr. Konnert, and this may be facilitated by social networks. "My online audience is 90 per cent women and I would say 75 per cent of those are over 45, so they're my peers," says McSherry. "I literally know women all over the world, my age, doing the same thing, which is really nice. People get sick, people's husbands pass away and you go through that with them. They say that Instagram is not real life, but what's behind the accounts are just women you connect with and talk with. Though there is a competitive component. A lot of women reach out and ask me my secret to how I grew my account and continue to develop it."

What's clear about at least these older women now is that they are loving their lives. "When my mom passed away almost 30 years ago, she said to me she hoped I would have the life she didn't have," says Tant. "She had three children, no career and never had her own identity. I never got married or had kids—but I had a big career and a fantastic time. The generation of women who is emerging now is the last generation that felt invisible. They've had their kids and maybe moved out of a job. There's so much wisdom and style—and it's so exciting to see it develop."

## Invisible Men

The pressure on women regarding their appearance may be lessening, but Dr. Konnert says there's increased pressure on men, too. "There used to be this perception that, for men, status came from their bank account or the car they drove," says model Paul Mason, socially known as @FashionSanta. "But everyone these days is hyperaware of appearance. Back

in the day they called it a metrosexual—maybe that opened the door to men thinking more about style and fashion."

Mason was a model in New York City for 15 years before moving back to Toronto when his mother was diagnosed with cancer. "She died in 2013 and I let myself go and grew this big white beard," he says. "I created this character of Fashion Santa because I knew there could be a niche for a more svelte Santa. It wasn't a gimmick; there was a lot of pain associated with it and there is also a

charitable component. But it has bought me another 20 years in my career I believe, if all goes well."

Mason isn't particularly interested in the nuts and bolts of building a social-media presence, even though his Instagram account has more than 70K followers. "I couldn't give a crap about brand building. I sweat before I post. It's not pleasing to me. I work myself into a tizzy," he says. "I pay someone now so that it's a better experience."

Some people are amazed that Mason

is still around and working. "But why not? Where was I supposed to go?" he says. And like Tant and McSherry, he says that simply caring less about what others think is key to a happy and fulfilled life. "I've always gone to the beat of my own drum and even more so now. I remember being younger and people older than myself would say that they found life easier now because they don't need to care. Now I look back at the things that affected me when I was young and wonder what I was thinking." v

# All In

One-size fashions are seeing a return to style

BY ALEESHA HARRIS

Sarah Millman's one-size dress design originated as much out of necessity as it did from practicality. "The first dress designs I made were to accommodate pregnant dancers in a short film, so the pieces had to be easy to move in, elegant and comfortable," she says.

The creation—a loose-fitting sheath with an elasticized neckline and flowing sleeves—was shaped to accommodate sizes zero to 16, though Millman notes she's received feedback from shoppers that it can fit larger sizes, as well. That early design helped form the framework for her brand, The Local Woman, which specializes in offering small-batch styles that are made in Toronto, often using deadstock and upcycled fabrics.

"I loved one-size-fits-many because it felt democratic. I also was so new to having a clothing line, I was intimidated by anything too tailored or that needed pattern grading," she explains. Launching during the pandemic, Millman found the comfortable-yet-chic one-size-fits-many dress design proved a popular alternative to the loungewear that was a style staple for those sticking close to home.

"When I decided to develop those prototypes into an actual clothing line, it was the first summer of the pandemic, when people were in need of comfort first, but also some cheerfulness and to feel good," she says. "Sweatpants are amazing, and I feel like we all revolted against anything too restrictive or uncomfortable, but by the summer I could sense people were looking for a bit of glamour or specialness back in their wardrobes."

While Millman has since introduced sized styles to her range, she hopes her designs continue to help people focus less on a numerical size tag and more on how a garment makes them feel. "People have told us they feel beautiful ... in the pieces, which is music to my ears."

Prior to the 1940s, clothing sizes for girls were based on age. According to a 2014 article in *Time* titled *The Bizarre History of Women's Clothing Sizes*, this meant a size 16 was for a 16-year-old, 14 for a 14-year-old, and so on. Women's sizes were based on bust size—an approach that proved inadequate and flawed.

From there, the history of sizing has unfolded in a bizarre series of developments ranging from size models gleaned from paid participation in surveys conducted by the U.S. Department of Agriculture in an attempt to create a standardized system in North America, to the rise of "vanity sizing" by brands eager to smooth the egos of shoppers who preferred to fit into one size versus another. This inconsistency among clothing brands has left many consumers frustrated and confused—two emotions Millman says are helping grow the interest in one-size options.

"I think people are sick of feeling restricted by their clothing, and retailers are hearing that," she muses. "One size generally means ease of wear, and I think that's so important to make people feel confident and beautiful."

More one-size fashions are appearing on the market today, led by small fashion brands, ranging from swimwear from the U.K.-based brand Youswim, with its suits that fit sizes two to 14, to hand-knit sweaters from the Sooke, B.C.-based brand Olann Handmade. For Winnipeg-based designer Miriam Delos Santos, the push toward one-size styles was inspired by her own desire to find a dress that didn't prompt any personal sizing stress.

"I get stressed out thinking about my size and the range I fit into," the founder of Hello Darling Co. says. "I have always loved sizing models which veer away from using numbers sizing or the confusing S/M, M/L, etc. As a woman, my body is constantly fluctuating and it's very easy to be one size one month and another the next. Moving to a one-size model simplifies this. And it diversifies and includes so much more of a demographic of people who can wear your clothing."

In order to suit her own preference for a wear-everywhere dress that would fit no matter where her body was at, Delos Santos created the one-size Nati Dress a few years ago. The design, a column dress with cap-style sleeves fits sizes two to 22, according to the designer.

"Mainly because I love a good comfy and roomy fit, something that doesn't make me feel too constricted or restrained in any way," she explains of the inspiration for the design. "I loved how the Nati wasn't something I had to put much thought into how my body would feel wearing it as I purposely designed



TEESH DRESS, \$325, FROM LOCAL WOMAN



OLANN HANDMADE'S BEAUTIFUL KNITWEAR OFTEN SELLS OUT



APLOMB HIGH-WAIST TWO-PIECE SWIMSUIT, \$167, FROM YOUSWIM



DESIGNER MIRIAM DELOS SANTOS WEARS THE NATI DRESS, FROM \$160, FROM HER LINE HELLO DARLING CO. PHOTO: MEGAN WILSON

it to drape in a flattering and structured way. It wasn't hiding my body, it was bringing a new modern silhouette to it."

Delos Santos began posting the dress on Instagram—and received a cascade of feedback from people of all shapes and sizes who were looking for a similar style. It was then she knew she had a hit. "Something I love seeing is, although the cut of the dress is the same as a one size, people have styled and accessorized it according to their own personalities and aesthetic," she says of the dresses, which are often one-of-a-kind pieces made using remnant and deadstock fabrics. "Each look is so unique and provides a base garment for personal expression."

In addition to attracting customers looking for a one-size option, for small brands, a one-size approach also helps minimize production costs. "Every single size that is graded costs money, because you have to develop that size with a sewist, and it can really add up," Millman explains. As sizes get smaller/larger, patterns often have to be reworked to get the proportions right. "It takes a lot of time and resources to offer a huge range of sizes," she adds.

But a one-size approach also has its downfalls. "It sometimes doesn't work for the people on either end of the size chart," Millman says. "For very petite people, the arms might be too long, or the fabric overwhelms them. For people on the larger side, maybe it fits differently in the way it's meant to drape." In an attempt to mitigate this, both designers interviewed noted they're happy to consider requests for sizing expansions or customizations.

"I appreciate accommodating special requests and offer, at no extra charge, custom measurement fittings, whether it be adding a couple inches to the all-around pattern, taking it in and/or lengthening or shortening," Delos Santos says. "One-size garments won't fit everyone perfectly. This is why having a thoughtful approach to having the ability to customize clothing is an important offering." V

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MARCCAIN



# She's Back

*Barbie's* comeback has coloured everything from fashion to beauty to home décor trends

BY ALEESHA HARRIS



**B**arbie—or, more accurately, Barbiecore—took over social media feeds this summer. Inspired by the iconic doll's particular shade of pink, Pantone Pink 219C, the fashion moment sees all manner of garments and accessories on offer in the recognizable hue.

"The beauty of Barbiecore is that it is so wearable," Maggie Adhami-Boynton, the CEO and co-founder of the live shopping app, ShopThing, explains. The trend, experts say, has less to do with an association with the doll itself, which has had a polarizing position in pop culture since its debut in 1959, and more to do with the feeling the bright-pink pieces elicit in their wearers. "People are excited to dress up again," Adhami-Boynton says. "The dopamine dressing trend has exploded and Barbiecore is a clear extension of that."

Notably introduced during Italian fashion house Valentino's FW 22/23 runway show, the trend has evolved throughout the year thanks to social media mentions and celebrity support. "Barbiecore has been strongly driven by celeb fashion moments like Zendaya's pink suit at Paris Fashion Week, Anne Hathaway's sequin dress at Haute Couture Week and, of course, the incredible looks from the upcoming *Barbie* film starring Margot Robbie," Adhami-Boynton says.

The trend also plays into the ongoing appreciation for 2000s style, according to Michele Park, senior director of women's design at Gap. "Y2K was such an important and influential time," she says. "From red carpets and runways to social-media feeds, Barbie pink is undeniably one of this season's hottest hues. And it's here to stay."

The colour trend, Park assures, can be worn by everyone. "It's universal and can truly work for any occasion or time of year," she says. "It's bright, vibrant and alongside the rise of dopamine dressing, there are so many ways to complete the look." She points to the brand's current-season denim utility shirt jacket, organic cotton vintage long-sleeve pocket T-shirt and GapFit seamless ribbed bike shorts as a few of the versatile pink pieces that can be mixed and matched into most wardrobe rotations.

For those not keen to adopt a full-colour 'fit, Adhami-Boynton recommends opting for accessories as an effortless buy-in on the trend. "If head-to-toe pink is too big of a statement—it is bold!—opt for a shoe or handbag," she advises. "I love a statement heel or a bold purse to really complete the look. My current obsessions are my hot-pink Jimmy Choo PVC Bing mules and my Jacquemus Grand Chiquito bag in fuchsia. Feel free to mix and match pink tones to create an effortless but uber-elegant look."

Canadian womenswear designer Hilary MacMillan partnered with Barbie to create a 15-piece Shades of Pink capsule collection entirely dedicated to the aesthetic. The range includes designs such as trousers, a plaid blazer and a statement-making pink trench coat with red trim. To mark the collection, MacMillan opened a month-long pop-up shop in Toronto this summer.



*"Barbie pink is undeniably one of this season's hottest hues. And it's here to stay"*



But Barbiecore doesn't end with fashion pieces. The trend has also seeped into beauty products and home décor, too. U.K.-based skincare brand 7th Heaven recently revealed a lineup of ooey-goey face masks in partnership with Barbie. And, spurred on by the 60th anniversary of the Barbie Dreamhouse, paint company BeautiTone recently released a collection of 13 Barbie-inspired shades. The range, aptly named the Barbie Dreamhouse Colour Collection, taps into the current trend, while also playing into people's "nostalgic love" for the doll, according to Canadian interior designer Tiffany Pratt.

"Barbie makes for a fantastic point of inspiration, being all about confidence, empowerment and fun," Pratt says. "The palette was designed to help Canadians bring their Dreamhouse to life—no matter their décor or design style." She points to children's spaces in the home as a perfect place to position a pop of pink. "Children gravitate toward colour and using the collection here encourages creativity and play," she says, though she encourages people to consider adding a bold hue to other areas of their home as well.

"Don't shy away from colour. Know that you don't have to paint the whole wall Barbie Pink, you can paint a bold stripe or do scalloping designs while using a neutral base to add that sense of personality and fun while keeping it accessible," Pratt says.

After all, fun is the underlying theme to the Barbiecore movement, regardless of whether you opt in with fashion, beauty or home goods. "Barbie, which we all associate with childhood, represents playful, youthful energy," Adhami-Boynton summarizes. "This is a big part of Barbiecore's appeal." We'll pink to that. **V**



# Hot Shops

Toronto's latest and greatest openings

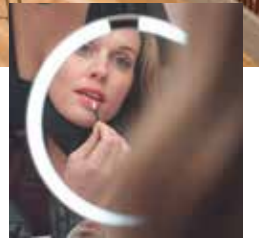
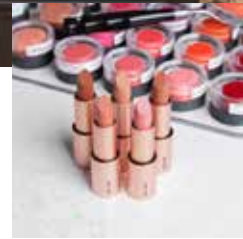


## WORLD OF BARBIE

Step into Barbie's shoes and stroll her neighbourhood streets at the interactive World of Barbie experience at Square One, Mississauga. Open till the end of this month, the 30,000-square-foot immersive attraction features vividly coloured life-size installations inspired by the doll's lifestyle. The goal, says its creators, is to cultivate visitors' dreams and inspire them to imagine endless possibilities for themselves while walking in Barbie's footsteps as a scientist, designer, news anchor, astronaut and more. Explore the iconic Dreamhouse complete with a patio and ball pit pool, a laboratory with microscopes and chemical reactions, a one-of-a-kind space shuttle, a full-size camper van and, of course, a fashion runway, complete with a pink carpet. Finally, the World of Barbie Museum showcases the evolution of Barbie via a style gallery that features the dolls and Dreamhouses from different decades, along with an array of her vintage cars. *199 Rathburn Rd. W., Mississauga. [Theworldofbarbie.com](http://Theworldofbarbie.com)* NOA NICHOL

## LIP LAB

In Toronto? Lucky you: Lip Lab is open, allowing you to come in, in person, to get your very own custom lip colours mixed and made IRL. You can even make it group affair—a fun activity for you and your BFFs to share on a milestone birthday, as a bachelorette celebration or for a girl's night out. Unable to visit the lab IRL? No worries. The Lip Lab offers virtual appointments, meaning you can be anywhere in North America and still get your custom colour on. We hopped on a video call with one of their colour experts, who cheerfully walked us through the process, from choosing our preferred hue, finish and fragrance, to mixing the formula on screen, to jotting down what we wished our engraved bullet to say. We can't wait for our custom lippies (VITA Violet and Published Peach, \$75 each) to arrive (in only days, hooray!), and to virtually make more colours soon! *678 Queen St. W., 416-860-5652. [Liplabboutique.com](http://Liplabboutique.com)* NOA NICHOL



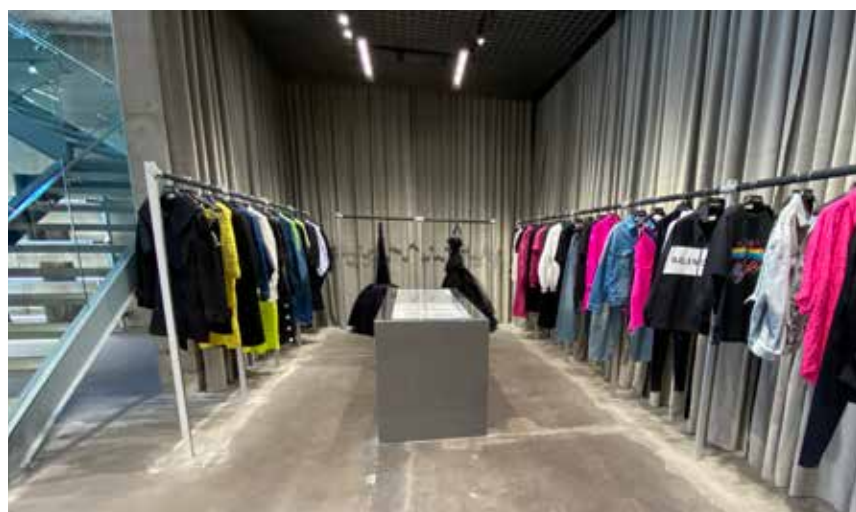
## MARC CAIN

Finally, upscale German women's fashion brand Marc Cain has launched its Canadian e-commerce website, making its gorgeous women's fashions, accessories, shoes and handbags available online to Canadians from coast-to-coast. Log on to peruse the stock—quality clothes featuring trend-worthy and exclusive styles, one-of-a-kind prints and ingenious, thoughtful details—all in Canadian pricing and with unique content, in both English and French. With product orders fulfilled from a Canadian distribution centre and the website regularly updated with new products, you'll be able to stay in style no matter the Great North season. The site also features an Inspiration section, including a range of specials—like the Premium Knit capsule—a digital magazine covering various topics and a Key Looks section so you'll know just what you need to stay on trend. Indeed, Marc Cain makes the kind of "slow-fashion" garments that are meant to hold a treasured place in your wardrobe forever—and we're thankful we can now fill our closets with these coveted pieces with a simple click of the mouse. *[Marc-cain.com](http://Marc-cain.com)* NOA NICHOL

## BALENCIAGA

After a successful pop-up with Gucci, Balenciaga is making Yorkville its permanent home. The new flagship offers two levels and 7,000 square feet of luxury hype fabulousness—plus, it's the first store in North America to feature a distressed and raw look similar to that found at New Bond Street in London. Think exposed concrete walls and flooring as well as scratched dressing-room doors and an open staircase. Balenciaga's recognizable handbags take pride of place on the main floor, while ready-to-wear resides upstairs with those hard-to-find and coveted designer looks that populate our social media feeds. *92 Yorkville Ave., 416-814-7776. [Balenciaga.com](http://Balenciaga.com)*

LAUREN WALKER-LEE



## DIPTYQUE

Luxe olfactory has landed at Yorkdale by way of Maison Diptyque Paris. Marking the first standalone store in North America, this French perfumery offers a personalized, intimate and luxurious experience meant to evoke inspiration, art and beauty. Wander through this Parisian-like apartment, breathing in enchanting scents via fragrances and candles, bath and body, home décor and eco-friendly cleaning products. Sample bestsellers like Eau Capitale and Oud Palao EDP and be transported to faraway places and pleasant past memories. *Unit 227 3401 Dufferin St., 416-925-8026. [Diptyqueparis.com](http://Diptyqueparis.com)* LAUREN WALKER-LEE

# Max Relax

BY TRUC NGUYEN

Looking to get pampered? Whether you have just 30 minutes or an entire day to get away, there are now more luxe spa options than ever to choose from, locally. A host of new and newly renovated treatment spaces and day spas, all thoughtfully designed and created with distinctive points of view, have opened this year in and near the city. Here are our new faves for high-tech facials, restorative body treatments and more.

## FORMULA FIG

Vancouver-launched Formula Fig opened this summer in a sleek, calming Ossington space inspired by the London Tube and offering injections and tech-led facials, done efficiently and with efficacy in mind—the vast majority of treatments are just 30 minutes and can be done via appointment or drop-in. “We’re all about high tech. We have LED, ultrasound, radiofrequency—we really pack a punch in the facials,” says JJ Walsh, co-founder and CEO of Formula Fig. “With our stingers, which is what we call our neuromodulators, we follow the French approach: little and often and discreet.” For your first visit, be sure to book the All-In, one of Fig’s signature facials. It incorporates microdermabrasion, microcurrents, LED light therapy, ultrasonic technology and more to lift, sculpt and hydrate your skin. **50 Ossington Ave., 416-534-4242. [Formulafig.com](http://Formulafig.com)**

## STILLWATER SPA

Toronto’s iconic Stillwater Spa reopened in June, following the much-lauded multi-year renovation of the Park Hyatt. Like the hotel, the spa’s serene, welcoming design was a collab between Alessandro Munge of Studio Munge and KPMG Architects. The new treatment menu includes personalized massages and facials, indulgent body rituals featuring products by Aromatherapy Associates and more. “Our Ultimate Aromatherapy Experience is very popular,” says spa

director Kerry Werner. “It integrates a lot of massage modalities—including chakra balancing, reflexology, acupressure and Swedish massage—and is very much about connecting back to mind and body using essential oils.” After your treatment, be sure to visit the sauna and spend some time in the spa lounge, where you’ll find a beautiful, rotating selection of both healthy and indulgent spa bites every day. **4 Avenue Rd., 416-925-1234. [Hyatt.com](http://Hyatt.com)**

## THE ROYAL HOTEL SPA

If you’re in Prince Edward County this fall, add a treatment at the newly renovated Royal Hotel in Picton to your bucket list. The cosy, three-room spa offers facials, Swedish massages and relaxing body treatments including a Tuscan thermal mud wrap and an aromatherapy volcanic scrub. Comfort Zone’s sustainable, made-in-Italy products are used for treatments, and all massages are performed by RMTs. Unfortunately, the hotel pool

is not open to spa guests, but you’ll want to spend time in the spacious traditional Finnish sauna during your visit. **247 Picton Main St., Picton, 613-961-2600. [TheRoyalhotel.ca](http://TheRoyalhotel.ca)**

## PROVINCE APOTHECARY AT THE DETOX MARKET

This summer, green beauty retailer The Detox Market began offering Province Apothecary’s signature custom organic facials, including a 30-minute express treatment, at its new Summerhill locale. Performed in the store’s two minimalist-modern spa suites, the hydrating, strengthening and detoxifying facials feature the Canadian skincare brand’s natural products, and each treatment is customized to your skin’s needs. “We focus on true healing, not covering up or resisting problems,” says Julie Clark, holistic aesthetician and founder of Province Apothecary. “Our products are infused with powerful healing plant medicine and holistic science to help the skin’s healing process.” **1170 Yonge St., 647-692-1170. [Thedetoxmarket.ca](http://Thedetoxmarket.ca)**

## THE SPA AT Q

The luxurious 124 on Queen Hotel and Spa in Niagara-on-the-Lake completed a major expansion and reno earlier this year, and its 12,000-square-foot spa is not to be missed. Opened in June, the spa offers everything from pedicures to oxygen facials and exfoliating body treatments, but the body massage experiences are a highlight. “People love the four experiences—they are really special and include different styles of massage,” says Daphne Swenerton, director of spa operations. You can spend all day at the Spa at Q. There’s a relaxation lounge, private infrared sauna in the spa’s experience suite, wet treatment rooms and a water circuit that includes cool and hot pools, sensory showers, a eucalyptus steam room, traditional sauna and, starting this fall, a snow room. “Our goal is to be a destination retreat,” Swenerton says. **124 Queen St., Niagara-on-the-Lake, 905-468-4552. [124queen.com](http://124queen.com)**



# Clean Slate

The T-Zone ladies want you to wash your face

BY EMILY MACCULLOCH & INGRIE WILLIAMS

For our exciting debut in *VITA* (watch for our quarterly column going forward), it felt fitting to intro ourselves with what we consider the starting point for an A+ skincare routine: a great cleanser. Whether you’re looking to gently exfoliate or remove the day’s makeup, selecting the right face wash is a make-or-break decision that allows everything that follows (i.e., serum and moisturizer) to work harder. And, lately, we’ve been clocking a slew of innovative textures to choose from—including powders and oils—that will set your skin up for success. Here’s five cleansers we’re all in a lather about.

An oil cleanser is an overachieving go-to that just feels so good. Jojoba, sunflower and plant-derived squalane are the key ingredients behind Consonant Skin+Care’s high-powered, ultra-silky Makeup Removing Cleansing Oil (\$49), making quick work of even the most stubborn waterproof makeup.

Ideal for a smooth start to the day—or as the second act in your evening’s double cleanse—Dermalogica Daily Milkfoliant (\$87) boasts an ultra-fine blend that balances dried coconut milk and oat bran extract with fruit-based exfoliants and hyaluronic acid. When mixed with a few drops of water, the delicate froth manages to whisk away dead skin while soothing and is gentle enough for daily use.

Foam face washes often get a bad rep for leaving skin feeling parched, but the latest iterations of whipped cleansers are the epitome of hydration. Freshly launched in Canada, Skin Proud’s silky mousse Velvet Cloud Cleanser (\$17 at Walmart) contains vitamin B3 and antioxidants to brighten the skin while the cloud-like texture feels truly dreamy.

Cleansing balms are the jack of all trades of cleansers. Not only do they gently remove makeup, but they won’t strip the skin and leave it dry. Loaded with soothing ingredients like tiger grass (a.k.a. cica),

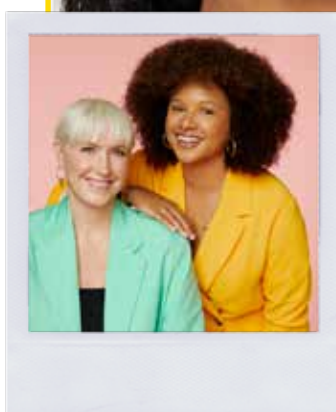


PHOTO: COLIN GAUDET



Kalahari melon and licorice root, this Dew Dream Hydrating Cleansing Balm (\$39) from buzzy BIPOC- and female-founded Eadem is a boundary defying jelly-to-oil-to-milk cleansing balm that melts away SPF and more.

Blessed with oily to combination skin? We’re quick to recommend a gel cleanser with exfoliating actives that can help keep excess oil and clogged pores in check. In this refillable option, lactic and malic acid (two powerhouse AHAs) team up with lactobionic acid (a PHA that can exfoliate and hydrate), to clear out congestion and keep skin soft and glowing.

We can’t wait to share more of what’s on our beauty brains with you; in the meantime, follow along on IG. [@t.zonebeauty](https://www.instagram.com/t.zonebeauty)

## Shape Shifter

FYI: We refuse to give up bright colour for fall! Here are the hues we’ll be dipping into all season long.



Haus Labs Hy-Power Eye, Cheek & Lip Pigment Paint in Mint Matte, \$31, [Sephora.ca](http://Sephora.ca)

OPI Nail Lacquer in Rust and Relaxation, \$13, [Amazon.ca](http://Amazon.ca)

# A Toast-Worthy Achievement

CedarCreek wins 2022  
Winery of the Year

BY JANET HELOU

Canadian wines have evolved tremendously in the past few decades, earning a spot on the global stage. British Columbia, whose diverse terroir and microclimates yields increasingly exceptional quality, is drawing the gaze of the world's best. The proof is in the bottle: B.C. wines dominated the recent 2022 judging of the WineAlign National Wine Awards of Canada, and Kelowna's CedarCreek Estate Winery proudly took home the top honour: Winery of the Year.

There are no tricks or secrets involved in earning this coveted award (if only!). But, in speaking with CedarCreek team members, a few recurring themes prevail: a laser focus on making quality wines, in the best and most sustainable way possible, while continually improving year-over-year, backed by great teamwork and support. This way of doing things goes back to a pivotal moment, when Anthony von Mandl, seeing great promise in the cool-climate North Okanagan vineyards, bought the winery from the Fitzpatrick family and made the strategic decision to move to 100 per cent organic farming and winemaking, hand-picking viticulturist Kurt Simcic from his native New Zealand to lead the effort. Matched with winemaker Taylor Whelan, the likeminded duo hit the ground running. With Whelan's background in the field of ecology, it's no surprise many of his and Simcic's hours were and continue to be spent in the vineyards talking, quite literally, about the birds and the bees.

"Going organic was the spark that started everything that we've worked on to change the entire business. It's been more profound than I expected it to be," Whelan notes, adding that, while both he and Simcic would like to take full, individual credit for the Winery of the Year accolade, it's really more of a Lennon-McCartney song-writing partnership. "We take equal



credit for each other's work."

The profound changes at the vineyard level and the resulting wines are due to small but incremental changes that have added up over the years. Going organic was the catalyst, but in taking out conventional pesticides, herbicides and fertilizers, Simcic added back much more. Cover crops were introduced to promote better soil health. Resident hens rove the property, aiding in pest control, aeration and fertilization of the soil, and their eggs are expertly prepared at the winery's own Home Block Restaurant, whose kitchen scraps are composted and returned back to the soil. There's beekeeping and a worm farm, and we'd be remiss not to mention the wee herd of Highland cattle that's equal parts benefiting the soil and charming as heck. All that's missing is a proverbial free-range partridge in an organic pear tree.

As a result, the entire ecology of CedarCreek has changed, evolving from a quiet monoculture of grapevines to one that's flourishing with life. "The biodiversity of the property has exploded; we've seen so many new species show up in the vineyards since we started this process," Whelan says. "The populations of different bird species have gone way up, we're seeing coyotes, prairie dogs, bears, you name it. The web of life is stronger and I think that has contributed to the vineyards being more resilient and able to withstand different stress better than in the past, and in turn providing better fruit."

The biodiversity isn't the only positive change that's emerged—it's also what's ending up the glass. Kurt notes, "For example, the Aspect Riesling Block 3 was originally quite high vigour, with really big bunches and berries but, in going organic, removing the conventional fertilizers and watering more deeply, the flavour profile of the fruit is changing. It's been quite dramatic; that block in particular is showing spectrums of flavour that it's never shown before and more balance than ever. And because we do everything by hand we can capture those parcels when each one is ripe, all to make better wine."

And better wine, it is. In fact, it's the best. The competition at the WineAlign National Wine Awards of Canada, which aims to establish a benchmark for Canadian wines, is stiff. The judging panel is a veritable lineup of 24 local and international industry rockstars, carefully curated over the last two decades by WineAlign co-creators Anthony Gismondi and David Lawason. If you think tasting 90-plus wines over several days sounds like a walk in the park, you're sorely mistaken. It takes a palate that's been finely tuned from years of wine evaluation, intense focus and stamina. All wines are blind tasted, organized by varietal or style and prepared at the perfect service temperature in polished glassware by an impressive support team, tasked with pouring a staggering 1,890 entries from more than 250 different producers.

At this year's judging, which took place in late June in Niagara Falls, CedarCreek notched an impressive 19 wines on the awards list: two platinum awards, four gold, eight silver and five bronze. One of the two wines that snagged the Platinum honour is the CedarCreek Aspect Collection Block 5 Chardonnay, a top pick for both Simcic and Whelan. "It truly reflects everything about the way the vines have changed, how Taylor and I select the block when it's ready to be picked, and how it evolves in the winery," Simcic says. The Home Block vineyard is especially significant: it's where the winery itself is nestled and it earned CedarCreek a gold for its Home Block Riesling and silver for its Home Block Rosé. "I think it shows that the Home Block has a pretty strong vineyard for whites, pinot noir ... and shows that across our sites we're farming in a quality way," echoes Whelan.

As for what's next for CedarCreek, both winemaker and viti agree that the future is bright. Per Simcic, "Even with this recent accomplishment, I still think we can be doing things better yet, in farming, in winemaking and into the future. I would say that not getting complacent about what you do is probably the key to how we've gotten here." Whelan, overjoyed and humbled to receive Winery of the Year, adds, "I've always wanted CedarCreek to win this; in terms of an accolade by itself it's great, but for me it just indicates we're on the right track." [Cedarcreek.bc.ca](http://cedarcreek.bc.ca)

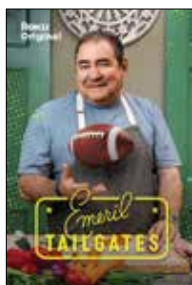
## The Watch List

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.



### HEATHERS - THE MUSICAL:

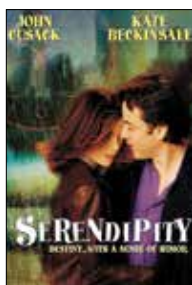
A dark-comedy rock musical based on the 1988 cult-classic movie, follow high-school senior Veronica's struggle to survive the teenage rollercoaster while navigating the beautiful-but-cruel Heathers, a dangerous romance and the constant pressure to fit in.



**EMERIL TAILGATES:** Football fans are notoriously competitive—and not just in stadiums cheering on their teams but at tailgate parties, too. Emeril will choose a different football-obsessed city and a home-team super fan to win that fight at his next gathering.

### A SHINE OF RAINBOWS:

The life of a lonely orphan is transformed when he learns how to discover the magic in himself and in nature.



**SERENDIPITY:** Starring John Cusack and Kate Beckinsale, Jonathan and Sara are not sure if it's love at first sight or destiny that pulled them together. After 10 years, they need to decide if fate wants them together. When love feels like magic, it is called destiny; when destiny has a sense of humor, it is serendipity.

### MURDER HOUSE FLIP SEASON 2:

An unconventional home-renovation show that takes on the country's most infamous homes, known for the mysterious murders within their walls.



**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](http://Roku.ca).



# Old & Improved

Pre-loved fashion is becoming mainstream, and secondhand furnishings are following suit

BY SHERI RADFORD

Fast food, fast fashion, fast furniture—none of it is good for either people or the planet. And more and more young people are saying “no thanks” to all of it.

“There is a shifting global consumer base that is demanding better of its retail corporations amid the devastating effects of climate change, overconsumption and human rights violations—all of which are especially important to Millennials and Gen Z—and the resale of used goods that already exist in the environment are an answer to that,” says Kristina Urquhart, founder of Thevintageseeker.ca, an online magazine for buyers and sellers of antiques and vintage items across Canada.

The Toronto resident launched her business in the first year of the pandemic, which she describes as the tipping point for secondhand furniture, with “more people looking to redecorate—and with time on their hands to browse the Internet for items—and more people selling to make extra money.” Plus, supply-chain problems (that continue today) meant consumers often faced long wait times when ordering new furniture from overseas, upping the appeal of used items available immediately.

The carbon footprint of constructing new furniture, shipping it and, all too soon, throwing it away, is huge. Many new pieces are so poorly built, they’re not intended to last from one year to the next, never mind across generations. The Environmental Protection Agency reports 9.68 million tonnes of furnishings ended up in U.S. landfills in 2018—more than three times more than half a century earlier. But it’s more than just the sustainability aspect that appeals to shoppers today. As the pandemic drags on, many of us are still spending an increased amount of time at home. Staring at boring furniture all day just doesn’t cut it anymore.

As a writer, Steffani Cameron is home a lot. “I bought all decent stuff from Ikea and Structube but hated how little personality it had,” she says. After moving from Ottawa to Victoria, she realized none of the furniture she’d paid to ship cross-country worked in her new place. She replaced it with used pieces that she painted in vibrant colours. “Now all my furniture looks bespoke,” Cameron says. “Amazing what a coat of paint does.” And some of these old pieces have personal stories, like the coffee table made from her great-grandparents’ 120-year-old breadboard.

Rebecca Northan is another fan of how rich in character old furniture is. “I live for secondhand, restored, reupholstered furniture. There is not a lick of new furniture in my house, other than our bed,” says the actor and improviser, who lives in Stratford, Ontario. “Each piece has a story, an adventure, something emotional.”

Secondhand pieces can also be economical. Tanya Johnston, who owns The Sellution in Vancouver, says used furniture is “typically less expensive than what you would spend on a new piece of furniture, and it lasts longer.” She notes, “If you use your imagination, you can do so many things with older furniture to liven it up and make it suit your needs.” As a consignment-store owner, her problem is having too much of a good thing: Johnston’s staff have been known to stop her from taking home new treasures.

But used furniture is not always less expensive than buying new, especially when repairs and reupholstering are involved, though the quality is worth the extra cost. “Something that’s moved and moved multiple times over 50, 60, 80 years, other than a few bumps and bruises, they’re solid pieces,” says Diana Ross, owner of A Changing Nest in Toronto. Nicole McConnell, who runs a vintage furniture and clothing business, @shopwoven, in Vancouver, agrees. She says, with a little TLC, “pieces that have been around since the ‘50s and ‘60s could last another 100 years.” In terms of ensuring you’re purchasing quality items, she gives this advice: “Go with someone who has been doing it for a long time; most local shops are reputable. Ask lots of questions ... and check all the drawers!”

McConnell adds that, while Facebook Marketplace turns up a plethora of used furniture, it can be difficult to vet a seller’s rep. Instagram, she offers, is a safer bet, and it’s “huge for sales of pre-owned furniture these days. There’s an interest in protecting one’s reputation on IG, because sellers are ‘known’ and have their follow-



“If you use your *imagination*, you can do so many *things* with *older furniture* to *liven* it up and make it *suit your needs*”



OUR EDITOR RECENTLY SNAGGED THIS SOLID-WOOD DRESSER FOR HER HOME

ers to answer to. On Marketplace, despite there being a star system that some do use, people can just delete an ad once an item is sold, and disappear.” As for why she believes used décor is trending these days: “I like to think it’s for the planet, but for many people it’s aesthetics, having something unique. But that’s OK, too.”

Indeed, many of these older items are the type of one-of-a-kind pieces that “you’re not seeing in everybody’s living room, and it’s those pieces people ... ask about when they come into your home,” echoes Ross. When customers complain about their dwellings seeming sterile, she shares a secret: “Mix some older pieces in with the new, and that gives you the soul and the feeling. Big difference.”

Pre-owned furniture isn’t just for homes. Clothier Kotn opened a store in Vancouver earlier this year, in which 80 per cent of the furniture is secondhand. The certified B Corp has pledged to do the same in each new location. “Sourcing used furniture is a great way to extend the life of old pieces, make use of the resources we already have and support our local communities,” says Mackenzie Yeates, Kotn’s co-founder and chief brand officer. “Part of the joy of finding our best pieces—like our teak table, arch mirror and nesting coffee table stools—was discovering the history behind each of them.”

HGTV star Sarah Richardson also recommends used furniture for homes and businesses. She advises looking past the clutter in any consignment store to sleuth out tucked-away gems. Gorgeous furniture might be hidden beneath small items, or marred with scratches or a drab colour, but it’s worth the effort to repaint or refinish a well-constructed piece.

Ready to hunt for treasure? All that’s required is a good imagination (and a truck to haul home your finds). ▽



# Time Travel

Watches to suit adventures on land,  
at sea and in the air

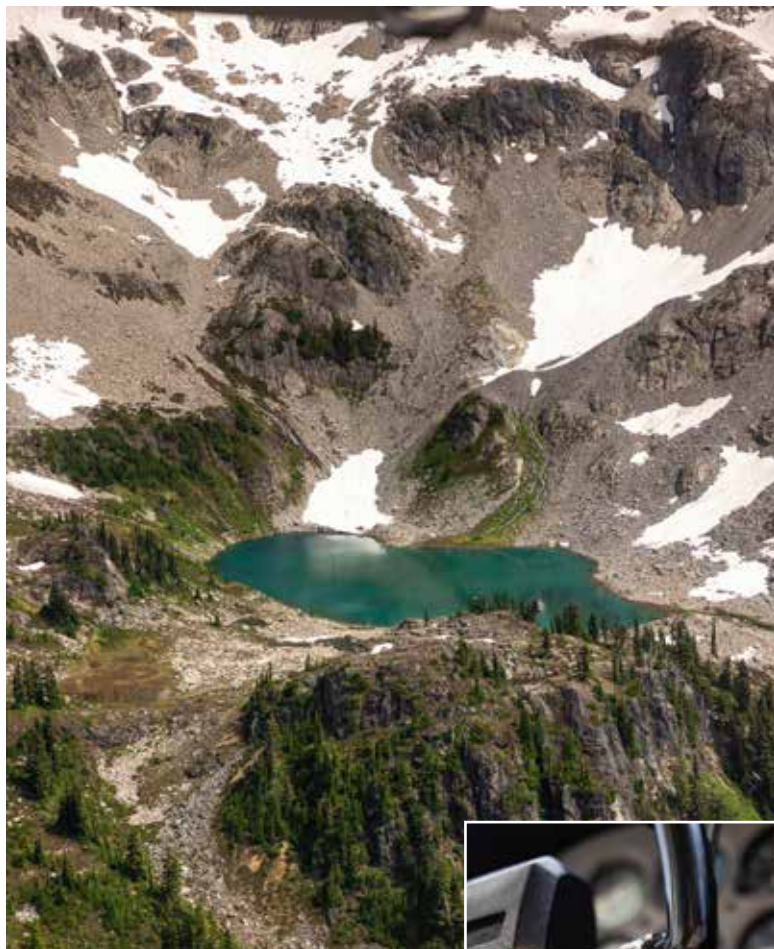
BY SHERI RADFORD

If you're the type who lives for outdoor adventures—or if you enjoy merely looking the part—Citizen Watch Canada has an array of rugged but elegant timepieces for you. The most challenging part? Choosing just one. Fortunately, the decision is made slightly easier when you consider what watch pairs best with your favourite pastime (pun intended).

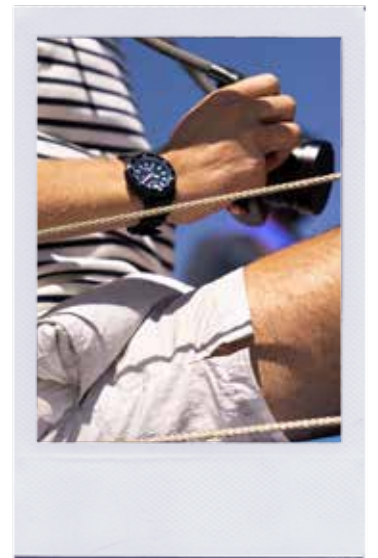
With this in mind, we travelled with the brand to British Columbia's famous Sea-to-Sky Corridor, a region just beyond Vancouver's city limits that spreads from Horseshoe Bay through Whistler to the Pemberton Valley, where one can find some of the best scuba diving, sailing, boating and whale watching in the world. There's no better way to while away a sunny Sunday afternoon than by searching for orcas, humpbacks and minke whales from a private boat on the Salish Sea, or diving into the deep for an up-close look at harbour seals and wolf eels.

The perfect accompaniment to these marine adventures is the Promaster Dive (BN0230-04E). If the watch's design makes you think of an orca, that's no coincidence. It was inspired by the shapes and colour scheme of a majestic killer whale. Nicknamed "Orca" by fans, this ISO-compliant timepiece is equally useful for adventures above and below the waterline, since it's water-resistant up to 200 metres. The one-way elapsed-time bezel is crucial for keeping track of scuba diving time, and the Super-Luminova hands and markers make everything easy to see—even in less-than-ideal light conditions. This iconic dive watch even comes in a cute scuba tank-inspired box.

Powering the Promaster Dive is Eco-Drive—Citizen's ingenious technology that converts any kind of light into energy. Everyday light sources such as fluorescents and floor lamps are all that



“Although *Citizen* is best known for its *dive* watches, the company's offerings for air and land are just as covetable”



PHOTOS: BEN WAUGH

the watch needs, and a single charge can keep the timepiece going for months, even in the dark. The use of Eco-Drive technology eliminates the need for millions of watch batteries each year.

Citizen's waterproof dive watches have long been renowned for their durability. In fact, one of the brand's self-winding watches was discovered in 1983 on Long Reef Beach in Australia. It had been underwater for so many years that barnacles completely encrusted it—but the watch itself was still running perfectly. The Promaster Dive Automatic (NB6021-17E) was inspired by the design of that long-ago, apparently indestructible timepiece, which has been lovingly nicknamed "Fujitsubo" (Japanese for "barnacles").

Although Citizen is best known for its dive watches, its offerings for air and land are as covetable. Sea-to-Sky country is home to majestic glaciers, best viewed from a four-seat aircraft—and the ideal accompaniment for any aerial adventure is the Promaster Snowbirds Skyhawk A-T (JY8129-53H). Packed with features useful to both pro pilots and the everyday enthusiast, this timepiece is powered by Eco-Drive, has dual time, a pair of alarms and a 99-minute countdown timer. It's also water-resistant up to 200 metres and uses atomic time clock synchronization. The case is black stainless steel—and the coolest part? Both dial and case back feature the Snowbirds insignia. Citizen has an official partnership with the Royal Canadian Air Force's military aerobatics flight demonstration squadron for the creation of these timepieces—a testament to the strength of the brand's air offering. The Snowbirds exemplify the discipline and dedication of the Canadian Armed Forces. The precision and elegance they demonstrate is a perfect match for the Promaster Air collection.

After driving a couple of hours from Vancouver along the stunning Highway 99, our next stop is Whistler, to explore the backcountry. UTVs are best for those on the hunt for all-terrain thrills, while hiking is for anyone seeking a more relaxing sightseeing pace. No matter what the speed, the Promaster Altichron (BN5058-07E) is perfect for keeping track of the time. Water-resistant up to 200 metres, this watch has an electronic compass, an anti-reflective crystal and a shock counteraction function, to stop the watch's hands from getting accidentally bumped out of place. The whole thing is powered by Eco-Drive. This practical timepiece also has an altimeter that can measure anywhere from 300 metres below sea level all the way up to 10,000 above—higher than any mountain on the planet.

Of course, if you're feeling equally enticed by the land, sea and air options, no one will judge you for selecting a trio of adventures—and the perfect timepieces to go with them. [Citizenwatch.com](http://Citizenwatch.com)



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