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VITA

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

The
October
Issue

INSIDE *the* ISSUE

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FASHION **Run the gauntlet** in gloves that are long, *dramatic* and statement making

BEAUTY How does cancer *and* treatment *impact* skin and hair?

DÉCOR **Celebrating B.C.'s coolest** furniture designers and makers

TRAVEL **Wymara Resort and Villas** Turks and Caicos *is the tropical escape to take now*

Fall For Fashion

on West 4th

6 key pieces you need *now*

West 4th retailers are gearing up for fall, stocking the latest styles to help you stay trendy—even as the temperatures take a dip. We've rounded up six key pieces to snag along Vancouver's hottest shopping street: from shoes to shirts to cosy sweaters, West 4th retailers have got your autumn covered, from head to trendy toe.

SHOPWEST4TH.COM | @SHOPWEST4TH

1 | Judith & Charles Marceau Pullover, \$450

We love the high/low hem detail on this long-sleeve easy-fit turtleneck. Made with fabric of Italian origin (read: 96 per cent virgin wool), we can't think of a more perfect pullover for fall. 2207 W. 4th Ave., 604-733-4100. Judithandcharles.com @judithandcharles



2 | Mejuri Heart Enamel Pendant Necklace, \$198

From Mejuri comes a new icon, the heart. Handcrafted in 18k gold vermeil and black enamel, featuring a white sapphire-set thread, you'll love this playful pendant statement forever—and certainly well past fall. 2166 W. 4th Ave., 236-521-9220. Mejuri.com @mejuri



3 | Gravitypopo Natalie Ankle Boot, \$295

With all-day wear in mind, the gravitypopo Natalie, in brick suede, brings forward classic styling with a minimalist design—and a gorgeous autumn colour, to boot. 2205 W. 4th Ave., 604-731-7673. Gravitypopo.com @gravitypopo



3



2

4 | Allbirds Women's Wool Runner Fluffs, \$160

Super soft. Super warm. Super fluffy. These woolly trainers capture the season's sherpa trend in a shoe and are every bit as comfy as they look (machine washable, too!). 2262 W. 4th Ave., 778-800-9069. Allbirds.ca @allbirds

5 | Frank And Oak The Skyline Reversible Bomber, \$169

Made from a blend of recycled PET bottles and featuring warm vegan insulation, this wind-resistant and water-repellent jacket is designed to keep you shielded throughout the seasons. Bonus: it's reversible. 2138 W. 4th Ave., 604-283-7615. Ca.frankandoak.com @frankandoak

6 | The Latest Scoop Basic Ls Crew & Jogger, \$90 & \$82

Two welcome staple pieces to the Latest Scoop crew. For the full set, match the crew with your basic joggers (thoughtfully fit and tapered through the leg to level-up your athleisure style). Or pair the top with jeans and some chunky jewelry for something casual but comfy. 2242 W. 4th Ave., 778-379-1400. Thelatestscoop.ca @thelatestscoop_



4

6

WEST 4TH

#ShopWest4th @SHOPWEST4TH



Editor's DESK

A Note From Noa

We know the importance of exercising our body, so why don't we give the same type of toning attention to our face? That's where my latest skin-loving, anti-aging discovery comes in—it's a local (to Vancouver) "facial fitness" treatment I'm loving so much, I want to let you in on the secret! Founded in 1992 by Gisele Rasmussen, and now with locations on South Granville and in North Vancouver, Facial Fitness is the first microcurrent spa in the city and continues to be the leader in offering microcurrent treatments. This science-backed holistic beauty offering, referred to as the "non-invasive facelift," uses medical-grade equipment to stimulate and tone facial muscles, giving the entire face an intensive workout. Bonus: it's suitable for everyone, both women and men, of all ages, from 20 to 80 years old and beyond! I completed six sessions in six weeks, and couldn't be happier with the results—which can include opening up the eyes, creating fullness in the upper cheek, firming the jawline, stimulating collagen and elastin production, and promoting circulation to achieve glowing skin. No "frozen" look here; my face looks naturally lifted and renewed, glowing and toned—just like my body does when we work our muscles regularly and right! You can read more about my experience online, at Vitadailyca, as well as additional information on Facial Fitness' website. Facialfitness.ca

Noa Nichol EDITOR-IN-CHIEF

Our featured influencer this month is Bri Beaudoin, a food fanatic whose debut cookbook promises to dish out meatless dinner ideas in spades.

Bri Beaudoin @EVERGREENKITCHEN

PHOTO: CARLOSTBERG



Hi Bri! Tell us a bit about yourself. I'm a recipe developer, food stylist and certified holistic nutritionist in Vancouver. I started a food blog, Evergreen Kitchen, in 2015. At that time my partner and I were trying to eat vegetarian so, in the beginning, it was a way to document and share what we were cooking. Since then, it's grown into an active vegetarian food blog with a great community of readers. I consider myself lucky to be able to play with food all day!

What sparked your interest in food?

The first thing I ever "cooked" was a brownie in an Easy-Bake Oven—I got it for Christmas and thought it was the coolest thing ever! As soon as I could go to the library I started taking out cookbooks and food magazines. They were what I fell asleep to, reading at night. In summer I was more excited to take a baking course than go to camp. My mom and grandmas are talented cooks—so I picked it up from them and ran with it.

Congrats on your first cookbook!

Thank you! Evergreen Kitchen: Weeknight Vegetarian Dinners for Everyone will be published on October 18. It's packed with over 110 dinner recipes. My goal is to provide weeknight dinner inspiration—whether you want to eat a vegetarian meal one night a week, or every night of the week.

To what do you attribute the rise of vegetarian curiosity?

There's more awareness and concern about the environment—and a willingness to make some daily choices that reduce one's footprint. There's more discussion and education about the benefits of centering the plate around veg, whole-grains and other plant-based ingredients. It's becoming easier to find meatless grocery-store substitutes, and more restaurants are offering vegetarian/vegan options on their menus. I really like how you say vegetarian "curiosity," because that aligns so well with what I'm seeing these days. Most of my blog readers don't consider themselves vegetarians; they're just people who love to eat and are excited about cooking vegetarian



PHOTO: ANGUEL DIMOV

once in a while. I wrote this cookbook with everyone in mind. I want people to be excited about eating vegetarian food, but it doesn't have to be an everyday thing—unless you want it to be!

Tips for testing the meatless waters?

Start with a dish that you're truly excited to eat. If you're craving a cosy, comforting meal tonight, then maybe save the salad for another day. When I'm cooking for vegetarian skeptics, I usually opt for a satisfying and savory dish. Recipes like Mushroom Stroganoff, Meatless Meatballs with Garlic Bread or Veggie Skillet Pot Pie are crowd-pleasers! This cookbook was written with newbies and veg-curious folks in mind. In fact, almost all our recipe testers aren't vegetarian—because it was important to me that these were recipes that everyone could love.

For seasoned vegetarians, top tips to keep meals interesting?

Keep experimenting! There are so many simple cooking tips that can really elevate your home cooking so it feels like a restaurant-quality dish. Adding a splash of acid—vinegar, lemon juice or quick-pickled veggies—can help brighten flavours. Make sure you're seasoning (salting) food throughout the cooking process—rather than just at the end—so that it has time to penetrate all your ingredients. Think about ways to add more umami to you dish through ingredients like tomato paste, miso, soy sauce, mushrooms. Or take a minute when you're done cooking to sprinkle some pretty and tasty garnishes on top. Cooking and eating should be fun—so enjoy the process!

Your fave recipe from the book?

The Spicy Miso Ramen is a super-flavourful soup that comes together quickly; it's one of my favourites. Around the holidays, I often get asked about meatless dishes that are good for entertaining. For that I'd recommend the Shepherd's Pie or Veggie Skillet Pot Pie. V



PHOTO: ANGUEL DIMOV

THE MAKING OF THE October Issue

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Wild Side

Unleash your inner critter



1. CHRISTIAN LOUBOUTIN SO KATE PUMPS, \$1,145
The Grand Bain print with multi-coloured stripes on this pretty pump reminds of us of an abstract, rainbow-hued zebra. Holtrenfrew.com

2. GUERLAIN ROUGE G CUSTOMIZABLE LIPSTICK CASES, \$28 Guerlain beauty director Violette Serrat's fascination with nature informed these customizable Rouge G lipstick cases. "We studied butterfly wings very closely and noticed this very, very thin dust of shimmer that's absorbing the light and making the colour vibrate," she says. "I thought that was very special." Guerlain.com

3. MAX MARA SILK CREPE DE CHINE DRESS, \$1,620 This ape-print garment's silhouette is defined by a gather-creating elasticated waist and matching leather belt. Ca.maxmara.com

4. ORTIGIA STRIPED BEACH BAG, \$119 Tote this on your next winter getaway; made from Egyptian cotton canvas, the silk-screened bag supports women seamstresses in Cairo. Detailsbymrk.com

5. MARIE JO REGE CAPSULE COLLECTION, FROM \$115 Choose from two bra styles boasting eye-catching animal prints and made with recycled lace. Dianeslingerie.com

6. COS JACQUARD MOHAIR VEST, \$175 This modern mohair and merino wool piece is jacquard-knitted with an abstract animal motif. Cos.com

7. ALEXANDER MCQUEEN MEMORIES SCARF, \$510 This silk shawl features artworks retranslating key codes of the McQueen DNA: birds, flowers and butterflies, mixed with shots of McQueen dresses. Holtrenfrew.com

8. MAGUIRE SINTRA COW LOAFER, \$235 Stand out from the crowd with these chunky penny loafers; they give new meaning to moo-ving your feet. Maguireshoes.com

9. EDITOR'S TOP FALL PICK: SMYTHE HOSTESS DRESS, \$595 "New silhouette alert! This dress is so gorgeous and easy to layer. I plan to wear mine as a day dress with a chunky boot and a blazer. Fitted through the waist and hips, I love the dramatic lantern sleeves, leggy asymmetrical hem line and self-tie belt that flatters the waist. And the pattern? Leopard-print perfection." Shopsmythe.ca

10. MARC CAIN BELT, \$150 Spotted: a narrow hip belt in a fashionable "hairy" fun-fur look. Marc-cain.com

11. MARIAH CAREY HAPPY BUTTERFLY COLLECTION The diva herself has collaborated with jeweler Chopard on a special range centred around her favourite symbol, the butterfly. Chopard.com

12. MARC CAIN DALMATIAN SWEATER, \$670 This cosy top features knitted black outlines that create an intriguing canine pattern. Marc-cain.com

October's It Bags

BY ALEESHA HARRIS

A luxury handbag—already an undeniably special accessory—can be made all the more unique by an exotic material. Louis Vuitton has stepped up its use of precious skins (sourced from farms certified under the LVMH Crocodilians Standard), offering an impressive selection of handbags made from crocodile, lizard, python and more. Earlier this year, the luxury fashion and accessories house celebrated the addition of two ateliers, Abbaye in Vendôme and Oratoire in Azé, each said to specialize in exotic creations. Some of the house's most spectacular silhouettes, like the top-handle Capucines, trunk-inspired Petit Malle and the chain-strapped Twist, can be found decorated in the exquisitely rare materials—the exotic skins rendering each coveted silhouette a truly one-of-a-kind creation. Ca.louisvuitton.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 beauty brand 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), Kalahari melon and licorice root, this Dew Dream Hydrating Cleansing Balm (\$39) from buzzy BIPOC- and female-founded

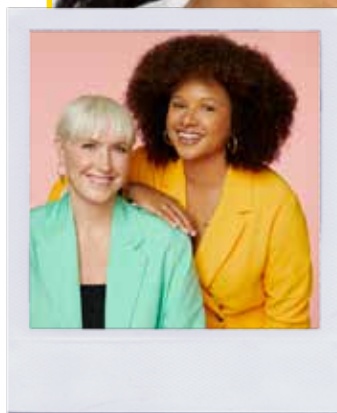


PHOTO: COLIN GAUDET



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 Trinny London's Better Off (\$50), 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](#)

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](#)

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

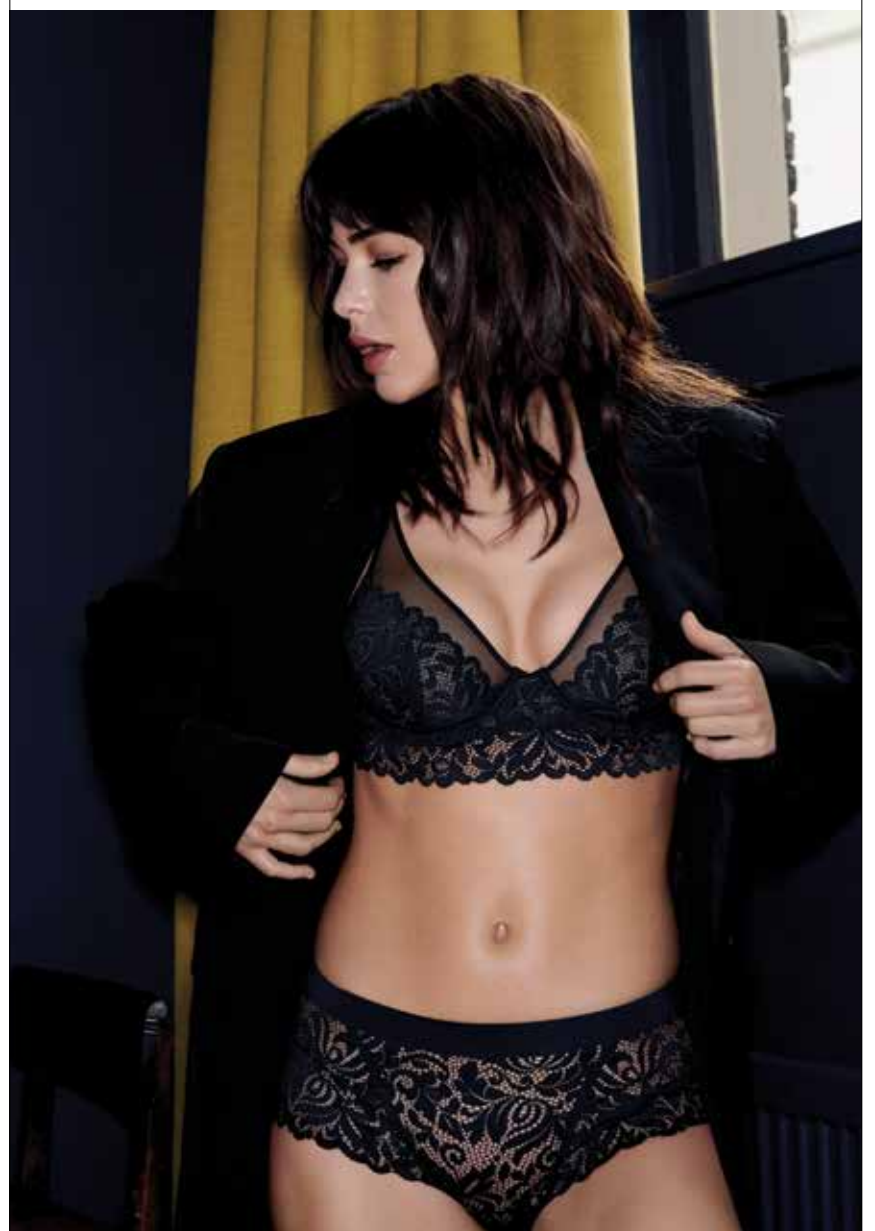
Max Mara @ Nordstrom



Nordstrom Vancouver's upper level has, well, levelled up, thanks to the addition of a Max Mara dedicated boutique, courtesy of local luxury retail company Vestis Fashion Group. Small but achingly stylish, the space showcases a "pocket" of what the nearby Pacific Centre store stocks; i.e., a tightly curated range of the Italian brand's iconic coats, form-skimming separates, smart suits and elegant accessories. "Think of our selection as pieces hand-picked for the Nordstrom client base—the real DNA of the brand," according to a manager who was on site the day we visited. Among the current fall/winter collection on offer, we spotted plenty of warm tones, cashmere, Teddy fabric bags and jackets and, as featured in our exotics roundup to the left, elevated animal prints. 799 Robson St., 604-699-2100 ext. 2133. [Vestisfashion.com/max-mara-collection](#) NOA NICHOL

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She's Back

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

BY ALEESHA HARRIS



Barbie—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.

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



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



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. ♡

The *Gloves* Are On

This season, run the gauntlet in gloves that are long, dramatic and statement making

BY AILEEN LALOR

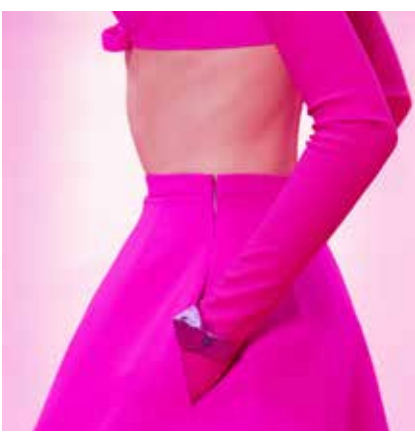
Do you still think of gloves as a thing to keep your hands warm in winter? Sweet summer child! This season they've been promoted from practical accessory to fashion statement. Fendi took your standard woolly warmers and brought them up to the elbow. At Dior, they were in leather, inspired by motorsports. At Balenciaga and Valentino, opera gloves grazed the armpits. And at Schiaparelli ... well, Edward Scissorhands, eat your heart out (if you can pick up the knife and fork with those things).

Fashion stylist and cultural commentator Steven Schelling says it's not entirely unexpected, since the forearm has been a fashion focal point for a while—think stacked bangles and dramatic sleeves. The success of *Bridgerton* may also play a part, though Schelling says it's not like Team Shonda invented the opera glove. "I seem to remember a certain Michelle Obama wearing an ivory Tom Ford halter gown with matching opera gloves to a 2011 state dinner at Buckingham Palace," he says. "And it's practically impossible to conjure up an image of 1961's *Breakfast at Tiffany's*-era Audrey Hepburn in your mind without her iconic black gloves [and cigarette holder]."



PHOTO: SCHIAPARELLI FALL 2022 READY-TOWEAR

"I seem to remember a certain Michelle Obama wearing an ivory Tom Ford halter gown with matching opera gloves to a 2011 state dinner at Buckingham Palace"



Aside from *Bridgerton*, there's also some post-Covid caution—who these days wants to go around opening elevator doors with nude hands? When it comes to the leather and corset-inspired gloves we've seen at Schiaparelli and Gucci, there's more than a hint of kink to play as well.

So how do we style modern mitts? Satin opera gloves look stunning and dramatic when perfectly matched to an evening gown—and they cover your arms and keep them warm if you're wearing a sleeveless frock. Cashmere gloves are practical and luxurious, and mean you can wear your favourite tees into fall, without having to ruin your look with a sweater. Leather gloves are classic and versatile. And the *Edward Scissorhands* gloves will come in handy if you need a haircut or have a little topiary to do.

Designer gloves might set you back \$1,500 or so, which is a far cry short of a garment or bag. It's also easy enough to find fashion-forward gloves on the high street, with stores like Zara and H&M offering many different styles. If you don't want to splash out on a cashmere sweater or leather jacket, you can pick up a pair of gloves from Ariztia or Canada Goose and get the look, without the price tag.

Schelling says our current glove love might have interesting political roots. "If we wanted to do a deep zeitgeist-y dive, we might want to look at the last era where opera gloves were a necessity for any truly fashionable lady. The Gilded Age—think Rose Dewitt Bukater [Kate Winslet] offering her white-gloved hand to an enraptured Jack [Leonardo DiCaprio] in *Titanic*," he says. In fact, Gilded Glamour was the theme of this year's Met Gala, at which stars like Blake Lively, Olivia Rodrigo and Bella Hadid wore opera gloves.

The Gilded Age stretched from the U.S. Civil War to WWI. "It was a period of social and political upheaval, ever-growing wealth disparity, an almost religious reverence for wealthy robber barons," Schelling says. Alongside that, there was the rising workers' rights movement that followed decades of unbridled capitalism. Sound familiar?

What next for the opera glove? Schelling has a theory. "I'm not saying they're the last gasp of a corrupt ruling class before everything they built with their own hubris sinks into the depths beneath them but, if the glove fits ... " ▽

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More Than *Skin* Deep

When it comes to the impact cancer has on skin and hair, doctors, brands and non-profits are taking steps to help those going through treatment

BY AILEEN LALOR

When people are told they have cancer, they naturally fear for their health and worry about how the diagnosis might affect aspects of their lives like family and work. At the back of their minds, though, may be a concern they might feel is trivial or shallow: how will this impact my appearance?

"People often feel in their conversations with medical teams that they're embarrassed to bring up issues like hair loss because they perceive it as vain," says Sue Larkin, VP of programs and marketing for Look Good Feel Better, which organizes beauty workshops for women undergoing cancer treatment. "But how we look can have a huge impact on how we feel. People with cancer lose so much control of what's happening in their lives. Changes in appearance are a very visible reminder of this loss of control."

As well as changes to appearance, treatments can make skin sore and uncomfortable. "Around 80 per cent of patients experience skin side effects as a result of cancer treatment," says Dr. Tarek Hijal, a radiation oncologist at McGill University Health Centre. "It can vary based on the type of treatment: skin can become darker or lighter. Some treatments like radiation burn the skin and you get radiation dermatitis, where skin becomes red and inflamed, sloughs off and blisters. As well as the well-known effect on hair, the nails can become weaker or stop growing temporarily." Effects of initial treatment can last for weeks, months or even years, and patients may also need to have medication long after the cancer is "cured" in order to prevent recurrence.

Dr. Hijal is part of a group of physicians called the Canadian Skin Management in Oncology Group (CaSMO), which is researching this exact subject with the support of La Roche-Posay. "Part of the work of La Roche Posay is to collaborate with different physicians, dermatologists, pharmacists and nurses to find recommendations for patients," says Dr. Nour Dayeh, the brand's medical communications manager. "When a patient is suffering from skin side effects, a lot of products don't work for them anymore. We have worked with CaSMO on developing a basic approach—a set of recommendations that are adapted to the needs of people undergoing cancer treatments." The idea is that all healthcare professionals who work with those who have cancer can help educate them on what will work best for their skin.

La Roche-Posay, along with many other brands, also works with Look Good Feel Better to provide workshops for people on skincare, makeup, wigs and hair alternatives. "Typically in non-Covid times we see 10,000 women a year," says Larkin. "The workshop in person lasts two hours, and online it's three separate sessions. We talk about the full experience: skincare and sunscreen, colour cosmetics including concealer if you have dark circles, hair loss that impacts lashes and brows." She says the workshops are about giving women practical skills, but it goes way beyond that. "It's empowering women. Beyond the feeling of control about how they look, it's also about who knows they're sick. When you're at the grocery store or school pickup or brunch, you might not want to say to the whole world that you're undergoing cancer treatment."



"People with cancer lose so much control of what's happening in their lives. Changes in appearance are a very visible reminder of this loss of control"



While Larkin says it was initially challenging to pivot to online programs during the pandemic, there were some advantages and, even when the organization reintroduces IRL meetups, it will maintain online options. "They have been very important for teenage girls in small communities, for example, who might not know anyone else who has gone through the same thing," she explains. "For our teens it's an ongoing series: we give the core info but in each session we also do something applicable to the time, like Halloween makeup, holiday sparkle or spring looks. A lovely community can develop."

Sometimes the side effects of cancer treatment can be enough to make people ditch it completely. In a study published in *The Oncologist* in 2013, 8 per cent of women said they'd reject treatment based on hair loss. And interventions like workshops are helpful—2018 research showed they can help reduce depressive symptoms and increase quality of life, self-esteem and wellbeing. Dr. Hijal wants to convey the message that people shouldn't be embarrassed to raise their concerns about their appearance with their medical teams. "This is important: cancer affects every Canadian in some way," he says. "A lot of patients will stop treatment or ask for a change because the skin side effects are so severe," adds Dr. Dayeh. "This is where the brand initiative comes in because we can raise awareness of managing those side effects and offer a way to decrease their severity." If you head to the La Roche-Posay website you'll see a whole section devoted to caring for skin through cancer: gentle cleansers, moisturizers and sun protection, all fragrance free.

Larkin encourages people whose loved ones have cancer to recommend Look Good Feel Better. "When someone we love is going through a challenge, we do things for them: We drop off food, we run errands or shovel snow or mow the lawn or help with the kids," she says. "I always say, add recommending Look Good Feel Better as something you can do for a person you love. They deserve to take time for themselves. They deserve the tips, techniques and information they'll receive. And the magic is what happens when a group gets together that is going through a shared experience. They laugh, they cry, and they connect. You can't bottle that."

Skin Kind

La Roche-Posay recommends a whole regimen for people undergoing cancer treatment. Start with a face/body cleanser like Lipikar Huile AP+; pat skin dry instead of rubbing. Follow with a moisturizer like Toleriane Ultra Crème or Lipikar Baume AP+. If you have particularly sore and dry spots—including lips—treat with Cicaplast Baume B5. Protect with SPF 50+, like Anthelios Ultra-Fluid; don't neglect sensitive spots like the nose, lips ears and scalp, if you've lost your hair. If you've had radiation the treated areas will be particularly susceptible to sunburn, and this will continue to be the case for the rest of your life. Scars should also be protected and kept out of the sun as they can be prone to hyperpigmentation.

Chelsea Bice, Dermablend's education expert, says you may want to change your makeup while undergoing treatment; skin can get bumpy or inflamed, and you may have scarring. "Shade selection can be something to consider because ... people may not be experiencing as much exposure outside and treatments may cause the skin tone to become more fair and sallow," she says. "On the contrary, some may opt for a shade slightly deeper to bring colour and vitality back to the complexion." Her pick: the brand's Flawless Creator Liquid Foundation Drops. With minimal ingredients, use alone or add to moisturizer to give a bit of coverage. It's also oil free—helpful for people who wear a wig as it won't disrupt adhesive. Some cancer treatments lead to menopausal-like symptoms like hot flashes, so she suggests waterproof Cover Care Concealer. If

you have texture changes due to hair loss or scarring that could make it harder for makeup to stick, try Insta-Grip Jelly Primer. "It has a unique gripping texture that can be really helpful for face and body—for example, to help adhere products to create eyebrows after hair loss."

If you've lost your brows, Benefit's Breigh Bellavance suggests a trip to the brand's Brow Bar for an eye-mask treatment and in-depth consult, to learn to create a brow from scratch. If there's hair remaining, it might not be ideal to have brow-waxing as treatment can make skin sensitive. "In this circumstance, a tweeze and trim will get everything in tip-top shape till the skin is in a ready-to-wax state." To create brows at home, she suggests Benefit's full-pigment POWMade. "Sweep a steep-angled brush into the formula and wipe the brush tip across its custom-built wiper. Result? A

precise, natural and easy-to-control brow fill that lasts a full 36 hours."

For hair replacement, Locks & Mane founder Jennifer Parrott says wigs are the only choice. "This is the safest and most natural-looking option. Extensions would not be recommended until the hair has fully grown back—and only if the hair is strong and healthy." Her brand donates human-hair wigs to young women undergoing cancer treatment through her non-profit, Strong Like Me. "When my son was three he was diagnosed with leukemia and, through my time spent at the children's hospital, I met a number of teens who I was able to provide with wigs," she explains. "We now have a formal process in place with the social-work team at the hospital and hope to expand the program across North America, to include women of all ages." V

Home Base

There's a chic new space in the city that celebrates the coolest B.C. furniture designers and makers

BY ISABEL ONG

When you step into Provide Design Gallery, you might look around and wonder if it's a furniture store or an art gallery. The answer? It's both. Founder David Keeler describes the 1,700-square-foot store in Vancouver's Armoury District, which opened in April this year, as an "elevated space [with a] realistic living environment so that people can imagine these pieces in their homes."

What else sets it apart: its strong focus on locally designed pieces from brands like Studio Sturdy and Brent Comber. Provide Design Gallery was created, Keeler elaborates, because he perceived that local furniture designers and makers were not being represented well.

"We make things to order and often ship them off, so nobody gets to see them. To have a showroom for Studio Sturdy is really exciting," says Jessica Anderson, who helps the renowned Vancouver-based brand and is thrilled to have her pieces available in Provide Design Gallery. Keeler describes Studio Sturdy offerings as "classic, minimal designs that never go out of style." The brand primarily uses resin and steel to create sleek and stylish tables, stools, bowls, vases, platters and more. "Unlike marble or stone, resin is warm to the touch; it has a softness that you don't necessarily find in those other materials," explains Anderson.

The console tables are one of the brand's most popular pieces, especially since they can be made in different sizes, heights and hues. They also often use a technique known as dual pour, where any two colours appear at once to produce a striking result. The console and another bestseller, the floating coffee table—which Anderson describes as "modern, functional art"—are available at Provide Design Gallery.

Brent Comber is another local and internationally recognized artist and designer at Provide Design Gallery whose pieces are, in his own words, "sculptural, story-based [and] slightly evocative." They also emphasize the importance of place as he uses indigenous woods like Western red cedar, maple, and Douglas fir, sourced from arborists, homeowners and local businesses. All of Comber's pieces are designed around a story and are also highly sensorial. Take Tafoni, a solid wood bench with a "beautiful sinuous pattern [that evokes] how waves will erode soft sandstone cliffs, like [on] Galiano Island," Comber reveals. His Alder series, which includes coffee tables, a bench, a cube stool and wall art, uses a particular varnish to make surfaces feel silky to the touch.

And then there's Cording, his newest sculptural series. "It's a swirling mass of roots that I made freehand using yellow cedar and a special finish to give it an ivory-esque look and feel," he explains. "I added neon light so it creates a beautiful glow."

"We make things to order and often ship them off, so nobody gets to see them"

Besides Studio Sturdy and Brent Comber, you'll also discover up-and-coming B.C. brands like Origins, which offers contemporary furniture "with a handcrafted feel that's been technically made with perfection," says Keeler, and Quake Studio, whose furniture references the natural world through intriguing cut-out elements on its tabletops. Provide has also teamed up with another local brand, Lock & Mortice, to create a new furniture range comprising a sofa, daybed, shelving unit and a bed, all with a rounded, asymmetrical feel.

"Vancouver has needed a good curator of furniture and art to showcase local artists for a long, long time," Comber muses. And so far, responses to this creative retail concept, brimming with understated luxury and a laidback West Coast vibe, are encouraging. "People are loving the whole mood of the space; it has a comforting, calming effect," Keeler shares. "They're really responding to the fact that a lot of the furniture is local. They want to support local." Providehome.com / Thearmourydistrict.com

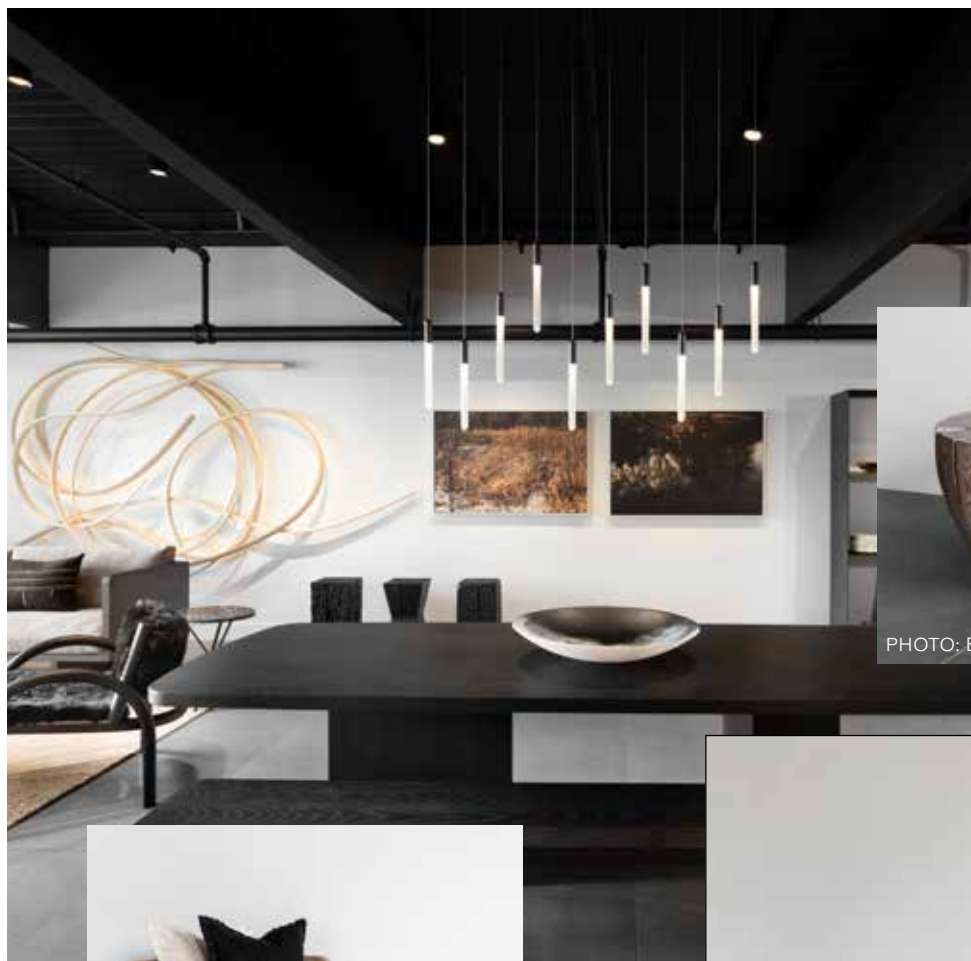


PHOTO: BRENT COMBER



PHOTO: PROVIDE X LOCK & MORTICE



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Paradise Found

Set on Grace Bay, named the world's best beach in 2022 by *Tripadvisor*, Wymara Resort and Villas Turks and Caicos is the tropical escape you've been searching for

BY NOA NICHOL

STAY

Wymara owner Bruce Maclaren is not your run-of-the-mill hotelier. An Ottawa native who developed his construction chops Down Under, Maclaren's attention to detail when it comes to his Turks and Caicos luxury hotel and villas—not to mention, willingness to do what it takes to achieve perfection, even if it means getting his hands dirty—is admirable and, frankly, unique.

"Everything about the Wymara design is about creating perfection and comfort for our guests," he explains. "After living in the resort myself for eight years, and now five years in one of our villas, I'm constantly wanting to improve the experience in line with what I learn about the properties. So, when you come stay with us you are benefiting from so many aspects of the design."

From the gorgeously appointed (and newly renovated) hotel to, a short drive away, a collection of private and secluded luxury villas, Maclaren has taken his personal experiences after 30 years of combined island living in Australia and Turks to consider sun, shade and breeze in his designs, so that there are always multiple areas to enjoy the outdoors on property—plus, multiple amenity areas to keep everyone in the group engaged and content.

"We strive to have our guests keep coming back for more, while constantly improving each experience," he says, adding that there are several top-secret upgrades to the villas property, in particular, in the works, that will soon be revealed. "We want to wow our guests from the moment they arrive until they depart."

Maclaren's vision is to create the perfect home away from home. A place where owners and guests can get an emotional high from the beautiful turquoise waters and perfect weather Turks and Caicos is renowned for. A place to recharge their batteries and enjoy quality time with their loved ones. "We want



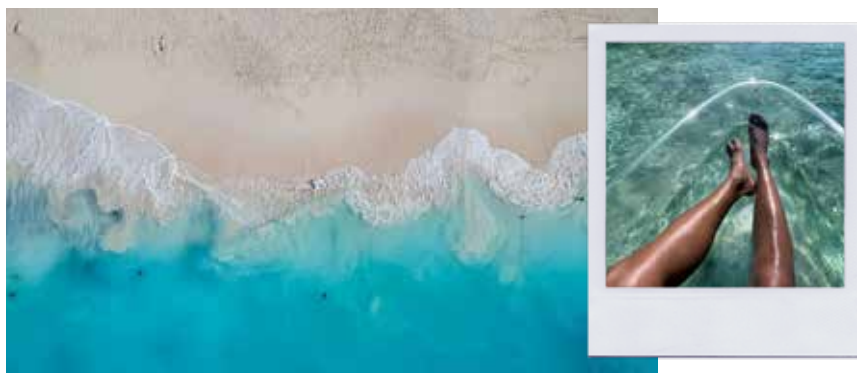
everyone who visits to feel part of our Wymara family with our wonderful staff and caring and attentive personalized service," he says.

Truly, Wymara Resort and Villas is an unequivocal oasis for all—and countless details make it so. Among our favourite below-the-radar features: fresh-baked banana bread at breakfast, Dyson hair-dryers in each room and, at two of the seven multi-bedroom, multimillion-dollar villas, a salt-water slide that shoots you directly into a must-be-seen-to-be-believed crystal-clear Caribbean Sea. Don't sleep on this impeccable escape. **Lower Bight Rd., The Bight Settlement, Turks and Caicos Islands, 888-844-5986. Wymararesortandvillas.com**



SAVOUR

No need to leave resort grounds to get good grub. Wymara's on-site Indigo restaurant and (newly expanded) Zest beach bar let you indulge in local and delicious Caribbean treats with a modern twist. Executive chef Andrew Mirosch is, essentially, a magician in the kitchen (how else do you explain the World's Best Ice Cream, which does not "melt" like the normal stuff?!), sharing recipes inspired by his Australian roots and the tropical flavours of Turks and Caicos. Top tries include the crispy pork belly tacos, fried plantain tostones and a delightful curried soup made with roasted pumpkin and coconut. Insider tip: check the hotel schedule to join in on a lively, weekly, al fresco beach barbecue, featuring live music and a bountiful buffet served up under the night sky, on the white sands of Grace Bay.



SNAP

Ever wonder how travellers obtain those perfect shots of themselves floating, seemingly isolated, in a bluer-than-blue ocean? The Looking Glass Watersports & Adventures offers clear-bottomed "crystal" kayak rentals, plus aerial drone photography services to boot, to produce the most incredible, Instagrammable shots. Your social media feed will look like a stock photo gallery, in the best possible way. **TheLookingGlass.tc**

SPA

There's only one organic-certified spa in Turks and Caicos, and it's at Wymara. Signature treatments utilize luxe, biodynamic products by beauty brand Eminence; try the After Sun facial to calm and repair skin after a day at the beach, or the Caicos Coco Calmer head-to-toe massage with a soothing, smoothing coconut body polish. Then, take time to meditate in the relaxation garden, or join a Pilates, yoga or HIIT class at the fitness centre to round out your journey to wellness.

SHOP

There's definitely a paradise vibe to be found on Turks and Caicos—an energy that one fashion label, Okaicos, describes as Feelin' #Okaicos. Wymara's on-site boutique carries, among a range of luxe beachwear and gifts, a curated collection of this feel-good brand's fun, positive and stylish wares. Our top picks include a classic white embroidered crewneck and, for him, Mojito Mint Aztec swim shorts. Turks and Caicos may have inspired this brand but, thanks to its designs, you can take the feeling of the island back home with you. **Okaicos.com**



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Netflix & Chilled

Perfect pairings for pop-culture moments

BY JANET HELOU

Streaming service loaded. Bingeable new release queued. Lights dimmed. Snack prepped. All that's missing is something in your glass to accompany your entertainment. Gone are the days where the dwindling wine selection on your shelf is "good enough" for a night in on the couch; this occasion calls for a curated pairing. Here, some sommelier picks to couple with your top pop-culture moments.

1. *Emily In Paris* & Moët & Chandon Imperial Rosé

When you transplant a starry-eyed 20-something American in Paris, the storyline begs to be coupled with un verre de vin français. Champagne it is! The most versatile wine to pair, Champagne's effervescence and acidity balance out rich treats like charcuterie plates and French fries. Toast to santé with a glass or two of Moët & Chandon Imperial Rosé while indulging every gloriously Parisian experience with Emily et al. This beautifully balanced bubble is Pinot Noir-dominant; the zesty red fruit character echoes Emily's resilient sass, with an elegant floral character.

2. *Bridgerton* & Segura Viudas Reserva Heredad Cava

When it's social season in the Regency era, one wouldn't be caught with anything but the finest liquid in their coupe. In fact, the most noble and powerful *Bridgerton* family would give a nod to pair the show with Segura Viudas Reserva Heredad Cava—Spain's answer to Champagne. Its delicate brioche, citrus and honeysuckle floral notes pair with the period costume and décor, while the racy minerality and chiffon undertones are as suggestive as the first season's ... less PG-friendly moments. Serve with a side of scandal, or in a Gin Affair cocktail with London Dry Gin, Earl Grey simple syrup and a dash of bitters.

3. *Stranger Things* & Penfolds Bin 311 Chardonnay

The delightfully '80s-themed *Stranger Things* is hard not to fall in love with: a gang of childhood friends battling a sinister presence with low-fi nerdiness alongside their telepathic heroine, El. Any good 1980s mom, like Joyce Byers, would likely serve pigs-in-a-blanket or a Jell-O salad alongside an overly oaked Chardonnay—but not today! A much more sophisticated pairing for this throwback thriller is Penfolds Bin 311 Chardonnay: a cool-climate Tasmanian with structure and intrigue, and a touch of cheekiness. Picture growing grapes in Hawkins, Illinois, but with a rustic, mysterious Australian charm. The mineral backbone with balanced acidity would be a perfect match with a ketchupy meatloaf or TV dinner.

4. *Ozark* & Liquidity Estate Pinot Noir

Deep, dark and brooding: the same descriptor applies to the *Ozark* series and Liquidity Estate Pinot Noir. The series is not a journey to tread lightly upon; rather, pour a hefty glass and hang on for the ride. On first sip the juicy red-fruit characters are like fresh sunshine atop the Missouri Belle, a subtle structured intensity like the Byrde family backbone—a touch of spice character from Ruth Langmore, but in a good way. Overlay that with a Cedar-laced Ozark mountain floor and a subtle intrigue of something more sinister. No spoilers, but just when you think things in the series can't get worse, it may be time to refill your glass. You've been warned.

5. *The Great Canadian Baking Show* & Mission Hill Family Estate Reserve Merlot

Watching even a single episode of the longstanding GCBS series will leave you in awe of each baker's talent. Baking, like winemaking, is at the intricate confluence of science and art. The attention and precision in harvesting grapes at their optimal ripeness in the Osoyoos and Oliver vineyards, then working with their natural beauty to transform them into a structured and full-bodied wine with elegant notes of wild blackberry and dark cherry would make any baker (or wine lover) weak in the knees. With refined tannins and a long finish, this wine would pair perfectly with an expertly baked Black Forest Cake.

6. *The Bachelor* & Austin Hope Paso Robles Cabernet Sauvignon

What does one pair with waves of lustful courting, intrigue, companionship and

drama under the watchful gaze of a reality-show camera? It has to be stunningly approachable, bold but with layers of complexity. Think: your candidate is from rolling hills with beautifully manicured vineyards, and although 2019 was a challenging growing season (none of us are perfect), by the end a perfect balance has been struck. The result is a deep ruby stunner whose embrace smells like chocolate-coated black currant and juicy cherry notes, subtly savoury or tobacco-noted, with just a touch of vanilla-meets-baking spice. We don't even need to wait for the next episode to queue; pour us another glass!

7. *Sex And The City* & Belvedere Cosmo

When SATC premiered in 1998, the world of fashion and feminism boomed with the show's popularity. And, when Carrie Bradshaw ordered a Cosmopolitan, the world followed and the sweet-tart cocktail has been flowing ever since. Even though the drink is ubiquitous, 20-plus years on modern variations have cropped up. Feel free to make it yours by swapping out the cranberry juice with pomegranate, or a low-sugar version with soda water and Angostura bitters—or even topping with bubbles for a delightfully "uptown" experience.

8. *The Crown* & No.3 London Dry Gin & Dubonnet

The Crown is a masterpiece: a dramatic series profiling the rise and extensive tenure of the late Queen Elizabeth II, beautifully weaving the demands of monarchy with the pulls of politics, family dynamics, nations under conflict and the weight of a patriarchal society. The cinematography, acting and costuming alone are worthy of a fine sip, and the Queen's choice of tippie was the Dubonnet and London Dry Gin. Pour one and you'll feel like you're sitting in a horse-drawn carriage right next to Elizabeth.

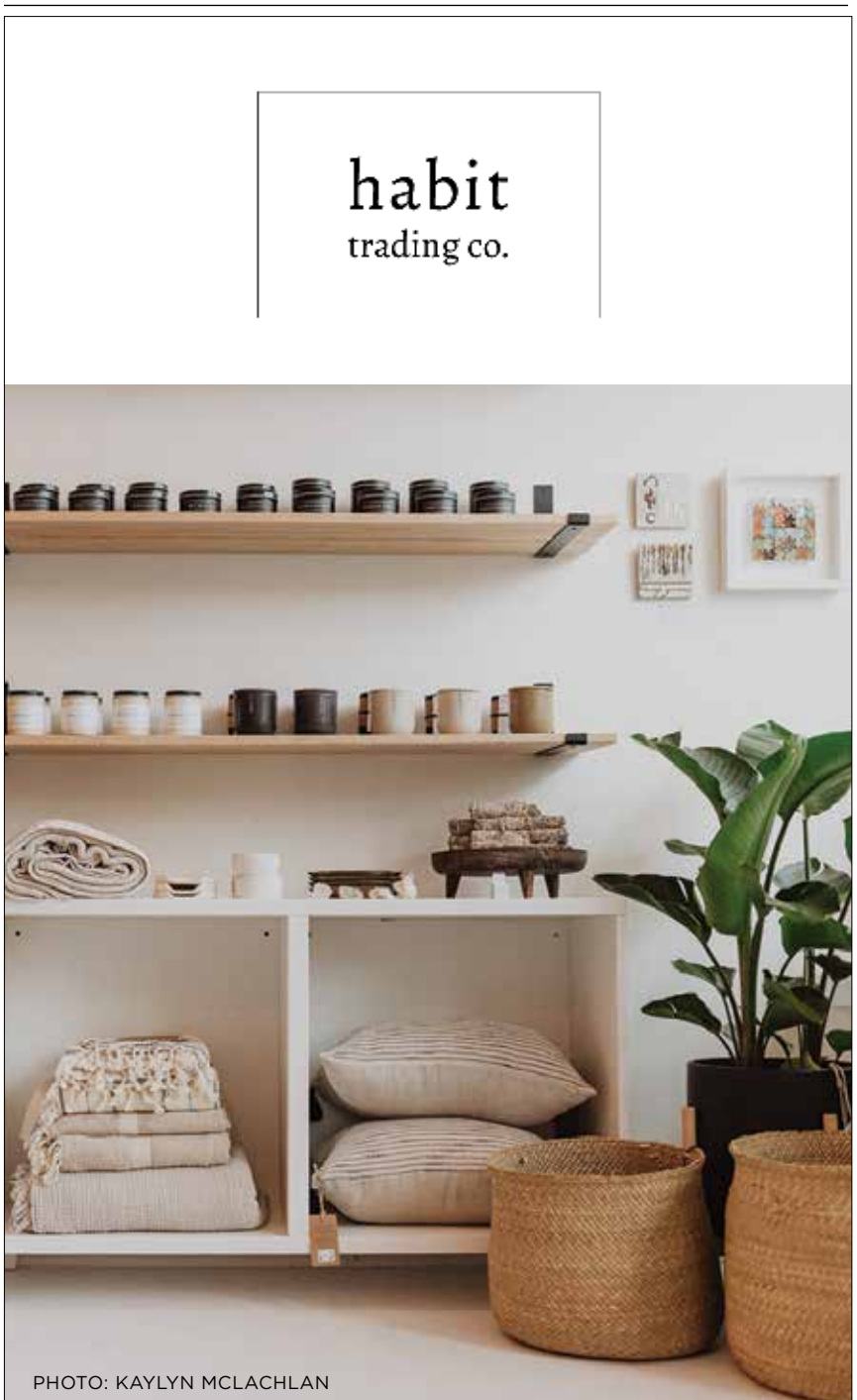


PHOTO: KAYLYN MCLACHLAN

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 refinery 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.

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