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VITA



The *november* Issue

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Kitsmas is coming



Get ahead of that holiday wish list with our West 4th Gift Guide. Take a peek for gift ideas of fashion, decor, toys and more! Stay tuned for other festive fun coming this season on @shopwest4th.



Jacket from Arc'teryx
2033 W 4th Ave - \$800
New, larger location coming soon



Oakley Goggles from Comor
1787 W 4th Ave
\$189.99



Skincare from Plain Jane
Now Open at 1970 W 4th Ave
Clearing Masque: \$61



Plaid Shirt from Motherland
2080 W 4th Ave
\$169



Skittle Water Bottle from Signed, Sealed, Delivered
Newly renovated location now open 1988 W 4th Ave



Rings from Bloodline
2005 W 4th Ave
\$450-510



Bocci Bag from Hill's Dry Goods
2081 W 4th Ave
\$215



Socks from Anian
2149 W 4th Ave
\$38



Workout Set from TurF
2041 W 4th Ave
Leggings: \$108, Tank: \$68



Bath & Body from Beauty Bar
2142 W 4th Ave
Lotion: \$48





Editor's DESK

A Note From Noa

Yes, you are seeing double! Our cover this month features one of the incredible looks from Gucci's Twinsburg Collection, for which creative director Alessandro Michele recruited 68 sets of twins to walk the runway. He drew his inspiration from his own upbringing; his mother was an identical twin. "I am a son of two mothers: mum Eralda and mum Giuliana. Two extraordinary women who made their twinship the ultimate seal of their existence. They lived in the same body. They dressed and combed their hair in the same way. They were magically mirrored. One multiplied the other. That was my world, perfectly double and doubled." Michele derived true joy from this reality, and we hope you feel the same reading this issue of VITA.

Noa Nichol EDITOR-IN-CHIEF



Our featured influencer this month is Joyce Lam, an OG food blogger who loves nothing more than dining out with family and friends, cooking with her mama and camping with her hubby.

Joyce Lam @VANFOODIES



Hi Joyce! Where does your great love of food come from?

I definitely owe it to my parents, who helped me develop a great love of food. Growing up in Hong Kong, my parents would take me out to try new restaurants and cuisines. I remember being fascinated as a kid by the wide variety of live, fresh seafood at local markets and restaurants, and equally impressed by the ability to try a little bit of everything at hotel buffets. I was already familiar

with adventurous ingredients like quails, mantis shrimps, raw oysters and offal at a young age. To this day, my food motto remains, "I will try anything once!" I launched my website back in 2009 (boy, am I dating myself!) Food blogging was just starting to gain popularity locally, and I had always shared my dining-out experiences with friends anyway. So I thought, why not venture into the food blogging world and share my experiences and thoughts with other food lovers?



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

These days I'm most active on Instagram and TikTok, as it's easier to show my experiences in video format. It definitely takes a lot of effort to edit all the footage and add voiceover and music to my videos,

but moving pictures are more engaging and immersive for my followers. I also try to demonstrate how fun and unique each experience is for me. I'm blessed with food-loving family and friends so I'm always dining and exploring with someone, and my interactions with them are captured on camera as well.

What's been your favourite thing to eat, and why?

I get asked a lot what my favourite restaurant is, or my favourite things to eat. Truthfully, there isn't one thing or one place that I would eat (at) over and over. I've always been an adventurous diner, so I would much rather try a new restaurant, or a new dish, than go back to the same place, or order the same meal again. That being said, there's a certain comfort in Chinese food for me, so I would not say no to a delicious bowl of noodle soup, or congee, or dumplings. And I would NEVER say no to my mom's (a.k.a. Mama Lam's) cooking!



O, Christmas! Are you a holly jolly junkie? What's your favourite thing about this time of year—and some of your favourite festive things to eat in Vancouver?

Christmas is my favourite holiday! I love going out to the local attractions for their holiday light displays, and Christmas markets and pop-up craft fairs are a joy. Of course, it's also the season of feasting. I have always enjoyed a bountiful Christmas Day brunch at a local hotel, as well as holiday cakes and pastries from local patisseries and bakeries. For years now, my husband and I (mostly my husband, since I usually do the eating) would prepare a brunch or dinner for our families. We would try to prepare a bird of some kind, so we've roasted a goose in years past, and last year we slow-roasted a succulent turkey crown and a hearty bouillabaisse. This year, I may attempt to make individual servings of stuffed quail. We'll see! ♡

THE MAKING OF THE November Issue

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JOY *to the* WORLD 1.

Show your *happy* with these emoji-full picks



1. KURT GEIGER HEART CHARM BRACELET, \$215 A playful ring of resin hearts brings laid-back charm to a gold-tone-plated bracelet housing a dazzling array of cubic zirconia. [Nordstrom.ca](#)

2. ROXANNE ASSOULIN THE SMILE NECKLACE, \$245 This necklace features hand-painted enamel coated beads strung on brown wax cord with a button closure and red macramé detailing on the ends. [Holtrenfrew.com](#)

3. STONEY CLOVER LANE HEART PATCH, \$18 This rainbow heart-shaped embroidered patch with glitter is complete with a sticker backing. [Holtrenfrew.com](#)

4. JULYLIEBE HEART BEATS DRESS, \$438 From slow-fashion brand Julyliebe comes this heart-warming frock printed with colourful hearts and boasting balloon sleeves, heart-shaped buttons and a mandarin collar. [Julyliebe.com](#)

5. KURT GEIGER RAINBOW SNEAKER, \$150 Metallic stripes pop on a smooth leather sneaker that delivers suave street style. [Nordstrom.ca](#)

6. SWATCH CAMELLISSIMA WATCH, \$85 Do not eat! This playful timepiece features a strap made of multicoloured candy-like links that looks so sweet. [Swatch.com](#)

7. LISA GOZLAN HAPPY JEWEL BRACELET, \$128 A unique twist on this Toronto jeweler's best-selling happy face design that's sure to improve your move and your wrist stack. [Lisagozlan.com](#)

8. MEJURI HEART ENAMEL PENDANT NECKLACE, \$198 Throw some <3's in the mix. Handcrafted in 18-karat gold vermeil and pink enamel, and featuring a tsavorite-set thread, you'll love this playful statement forever. [Mejuri.com](#)

9. ELLIE MAE NOVA OVERALLS, \$590 Made with chevron knit fabrication from materials sourced in Italy, this is the perfect print to inject personality to your look and brighten up those gloomy fall days. [Elliemae studios.com](#)

10. GOGO SWEATERS JORDANA'S RAINBOWS CARDIGAN, \$675 This colourful, limited-edition collaboration between Jordana's Rainbows and Gogo Sweaters sees 10 per cent of proceeds benefit research for childhood cancer. [Gogosweaters.com](#)

11. LOUIS VUITTON ARTYCAPUCINES BAG For the fourth edition of its Artycapucines collection, Louis Vuitton tapped six leading contemporary artists, including Ugo Rondinone, to bring their visions to the Capucines bag. Each creation will be released in a limited edition of 200 and available in Louis Vuitton stores worldwide. [Ca.louisvuitton.com](#)

12. RELEVÉ SMILE SLIPPERS, \$45 These adorable slippers will put a smile on your face every time you look down. They feature an ultra soft faux wool lining for easy slip-on/slip-off accessibility. The rubber sole also gives extra traction, so you won't slip while wearing them. [Releveclothing.com](#)

13. SIMONE ROCHA MICRO HEART PERSPEX MINAUDIÈRE, \$935 Milky marbled Perspex acrylic brings a pearlescent lustre to a heart-shaped purse furnished with a leather wrist strap and imitation-pearl crossbody strap. [Nordstrom.ca](#)

14. CHOPARD MY HAPPY HEARTS RINGS, PRICES VARY My Happy Hearts jewelry collection borrows its most famous codes—the heart and mobile diamonds—from Chopard's legendary creations. The heart motifs of My Happy Hearts diamond rings form a delicate constellation, to be worn alone or stacked as a stylish accessory. Motto: Me, Myself and My Happy Hearts. [Chopard.com](#)

15. AWAY LUGGAGE TAG CHARMS TRIO, \$30 Part of the travel brand's '90s Pop collection, attach these tag charms to your Away luggage tag for a stylish personal touch. [Awaytravel.com](#)

November's It Bag

BY ALEESHA HARRIS This design from Marc Jacobs is sure to inspire a smile or two. Dubbed the Eclipse shoulder bag (\$450 at [Ssense.com](#)), the crescent-shaped style gives off serious "smirk" vibes thanks to its overall rounded shape. Crafted from grained leather, this wear-everywhere bag features two-tone metal detailing for added interest and attitude, a shoulder strap along with a semi-detachable chain, and a two-way zipper for easy access to the interior. Available in a selection of shades, including buttery beige, grey and black; bet you can't get just one. [Marcjacobs.com](#)



Smile High Club

Everything you need to know about looking after your smile, from teeth trends to the best aesthetic procedures (lip flip, anyone?)

BY AILEEN LALOR

Is it a bit facile to say that smiling is good for us? Like, duh, making a happy face is obviously better than making a sad one. But it's actually an area that's been heavily researched. Experts have found that smiley folks have better immune systems, lower blood pressure, and may even live longer.

That's all very well, but what if you don't like your teeth or lips, or are self-conscious about your smile? Dentist Dr. Farshid Shahbazi of Theory + Essence in North Vancouver says that's become increasingly common in recent years. "Social media platforms are now a main form of communication," he says. "Selfie culture and posting pictures online have caused people and generally young adults to turn to cosmetic dentistry to create beautiful smiles, which at times goes hand in hand with increased self-esteem."

Dr. Shahbazi says Covid didn't particularly change people's approach to aesthetic dentistry—aside from the fact that patients were reluctant to visit the clinic during the height of the pandemic. But the same isn't true for general aesthetic medicine. "Lips have always been a big part of my aesthetic practice, but when we were moving toward virtual work and school I found that there was a bit of an increase in people focusing on their perceived flaws," says dermatologist Dr. Angela Law of Dermapure Vancouver. "Some perhaps noticed they had lost volume in their lips. Also, the pandemic was a time when you could kind of hide out after a treatment, so perhaps people were a bit more willing to pursue something they were thinking of."

If you are keen to explore any aesthetic procedures, there are many options, but a key thing is to visit a specialist who can tailor treatments just for you. "The evaluation of a patient's smile is essential," explains Dr. Shahbazi. "The patient's desires and expectations are addressed at this stage, and also facial symmetry, lip position and the smile line, along with gum height and contours." These days, clinics have digital tools and scanners that can show patients exactly what their new smile might look like, taking much of the guesswork away. Want a Hollywood-white smile? Factors like your skin tone can affect how natural your new gnashers look.

Likewise, Dr. Law is looking at balance and symmetry when consulting with you about what type of lip procedures might be suitable. The most popular treatments at her clinic are hyaluronic acid fillers. "If you're not ready for full volume, there's also the lip flip," she says. "This is where we use neurotoxin in small amounts at the vermilion border at the top of the lips. It just subtly averts [flips] the top lip for perceived fullness." If you have "smokers' lines" Dr. Law suggests Juvederm skin boosters—a hyaluronic acid product that creates deep hydration to minimize the appearance of lines. "For very deep lines I would probably suggest ablative resurfacing of the upper lip to get collagen stimulation," she says.

There are a lot of different dental procedures that can alter the appearance of the smile and these have become more advanced in recent years. "New developments in porcelain ceramic material allows thin veneers to be natural in appearance and also more durable," he says. "These can then be used to resolve issues such as teeth alignment and shape, open spaces, rotated teeth and also stain and colour concerns." Invisalign offers a quicker and easier alternative to traditional braces while whitening technology is always improving. He says that different types of sedation can also be used to help make things easier for nervous patients.

Daily dental maintenance is the same as it ever was—have regular check-ups, don't smoke, floss and brush. Dr. Shahbazi says you can get just as good results with a manual toothbrush as an electric one, the electric ones can be better for people with limited movement, people who are used to brushing too hard, kids, and anyone who wouldn't ordinarily do their full two minutes (thanks, built-in timer!). We love Vancouver's Brüush brushes, which clean brilliantly and look stylish, too.

On the other hand, there's lots of innovation in lips, where you can find myriad balms, sunscreens and colours



to try. These targeted treatments are important because lip skin is thinner than that of the face, and therefore more prone to problems like dryness and fine lines. Dr. Law says that persistently dry lips can be a problem for people with atopic dermatitis, if you're in the habit of licking your lips or when the air outside is cold and dry. That might be exacerbated as we get into cold and flu season, when you're constantly wiping your nose and the area around the nose and upper lip might be irritated. "If you have dry and chapped lips then keep your lip care simple," she says. "Use limited products with the fewest ingredients; my go-tos are petrolatum jelly [Vaseline] and Aquaphor, which is more water-based. Essentially anything that will be a good barrier to lock in moisture and prevent further irritation."

As well as those basics, Dr. Law suggests looking for ingredients like hyaluronic acid, and ceramides, both of which are present in U Beauty's Plasma Lip Compound. "I've always loved the look of lip gloss, but most formulas are sticky, and my lips craved the moisture of balms, but they never delivered a consistency that was up to my standards," explains brand founder Tina Craig. The Plasma Lip Compound delivers immediate hydration in a light texture, and Craig says with continued use, you'll have less inflammation and chapping, visible plumping, and reduced fine lines. For severely chapped lips, we also like Flexitol Lip Balm, which has a petrolatum base, with lanolin, and water, plus comforting camphor, and is said to be good even for post-chemo dryness.

You might also want to consider a lip-specific sunscreen, especially on cold and bright fall days, or if you're skiing. Dr. Law says to look for one with mineral filters, as the chemical ones can taste unpleasant. These can be hard to find, but The Detox Market has a number, including Hurraw Sun Protection Lip Balm, Solara Pout Protector Moisturizing Lip Serum and Ava Isa Sun Lip Sun Whip Clear Sunshine. All have zinc oxide to shield from the sun, and the Ava Isa product comes in three different tints to add a dash of colour.

Jennifer MacDonald, national sales and education manager for Nyx Cosmetics says people's focus was largely on skincare and comfort throughout the pandemic. "We're now seeing the post-Covid power-lip trend rising," she says. "Consumers are becoming more open to trying a bold or bright shade of lipstick of gloss for a put-together look, without fear of how the mask will impact the makeup underneath."

If you're reluctant to try a bright lip after a couple of years of nudes, she suggests trying a lip liner such as Nyx's Line Loud Vegan Longwear Lip Liner, paired with gloss. "Pick a bright shade like Movin Up or Hottie Hijacker and line and fill your lip," she says. "Add a touch of gloss over top and you've got an uncomplicated yet trending lippie shade." If you're looking for something long-lasting, you can try the brand's two-step Shine Loud High Shine Lip Color. Start with a sweep of highly pigmented base coat and then finish with the non-sticky gloss topcoat. It'll give you up to 16 hours with no colour transfer.

Finally, for those who want a unique lip look, you can get your own customized lippie from Lip Lab. The Canadian-founded company shuttered its ready-to-wear arm, Bite Beauty, earlier this year, but the bespoke service remains. Visit an IRL store (one each in Toronto and Paris and eight in the U.S.) or arrange an online appointment. A colour expert will analyze your skin tone, chat to you about preference in shade and texture, and customize a lippie for you, which you'll receive in a few days. It brings a whole new meaning to the term "lip service." V



That's the Rub

Perfecting your personal massage experience

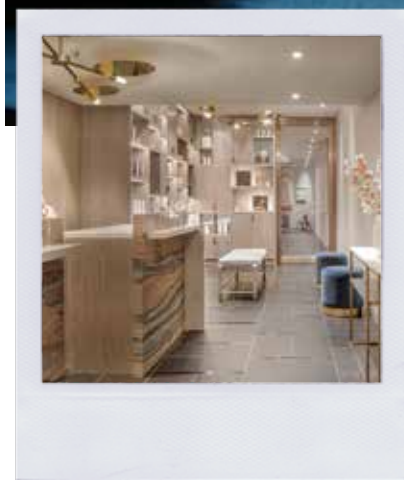
BY JENNIFER COX

Is there anything better than a relaxing massage? OK, maybe chocolate or wine, but that's a quick fix and won't have the long-lasting benefits that a great rub-down can have. We all remember getting that one massage that left us feeling like putty, where the relaxation and tension relief lasted well beyond the hour-long session at a spa. This is the type of treatment we strive for. A massage is both a time and money investment, and it's important that you get the most out of your experience. But what ensures you have a great one?

First, know that massage therapy can have huge benefits for your health. It's especially worthwhile when you can commit to getting rubbed on the regular. As Kate Martin, resident manager at CHI, The Spa, at Shangri-La Hotel Vancouver, lists, "Massages help in reducing stress and increasing relaxation, reducing pain and muscle soreness and tension, improving circulation, energy and alertness, lowering heart rate and blood pressure and improving immune function."

Certain massages can help pinpoint certain ailments; it all depends on the type of massage you book. "Different massages, such as Thai massage, can help with stretching, which would be particularly useful after exercise," says Julie Simcox, spa director at Langdon Hall Country House Hotel & Spa in Cambridge, Ontario. "Massages such as hot stone and hot steam can add heat to the muscles, and some types of massage also have the benefits of aromatherapy where there is a scent journey involved." Massages, she adds, also benefit mental health: "Shutting off for an hour uninterrupted is rare these days, and it's a time where you can just be present in the service."

The amazing thing about massage is that it can also usher in other avenues of treatment. "It's one of many tools that people can tap into to improve their wellbeing," says Brianna Sloan, marketing manager at Nimmo Bay Resort in British



Columbia. "We integrate forest bathing, meditation, journaling, yoga, sound healing and bodywork treatments as part of our wellness offerings, and pride ourselves on a well-rounded and nature-based program. Massage is a beautiful part of a well-rounded approach to wellness."

However, when booking a massage, it's important to ask certain questions to ensure you're setting yourself up for a treatment that's truly going to benefit you. At the Spa at Four Seasons Hotel Toronto, every massage begins with a detailed health consultation conducted by a registered massage therapist to understand your medical history and the goals of your visit. "We not only ask what areas they want to focus on but also if there are areas they want to avoid," says Carlos Calvo Rodriguez, senior spa director.

You should also communicate with your massage therapist during the massage. "Be honest with your feedback: if the pressure is too light, say so. The therapist wants you to have the best experience, and they can adapt quite a bit to suit your needs," Simcox says. "Direction during the treatment is very welcome and is not taken personally by the service provider—they really want you to enjoy it."

Robyn Libby, lead massage therapist at The St. Regis Toronto, agrees: "As a client, you should always feel empowered to let your therapist know when something doesn't feel good to you. While we can tell how your soft tissue might be responding to any technique we provide, how you experience it is very individual and personal."

Because every person's massage needs are different, and preferences for relaxation are so individualized, spas strive to offer a wide range of products and services to meet those expectations and, oftentimes, exceed them. "Each treatment is completely customized during an in-person consultation during the check-in process, including a signature aromatherapy blend to enhance wellbeing," CHI's Martin points out. "We also offer a range of products and add-ons that guests can select from to enhance their treatments."

At Nimmo, Sloan says they're all about building relationships with guests over time to get to know them on a more personal level; practitioners can then learn from guests' physical movements, energy levels and choices of experiences. "It's a constant learning process that continues during the treatments themselves. Once hands are on, a whole other level of information can be gleaned from muscle, tiny reactions and the cadence and pace of the breath. The body itself will fill any gaps that conversation and observation haven't filled, and the practitioner can then adjust and flow with the needs of each individual."

There are many factors that will play a role in the type of massage experience you have, and these go well beyond the therapist. Things like atmosphere also impact your response to the treatment, including the surroundings and things like privacy, lighting and even scent. At the Shangri-La Hotel Vancouver, each spa suite includes a small lounge, private bathroom, private steam shower and soaker tub, and at the Spa at The St. Regis Toronto, every massage service starts with a mild foot scrub and exfoliation. "We have discovered this is a welcome introductory touch and it's a wonderful way to help one's body begin the relaxation process before we start their chosen massage," Libby says.

Other elements will influence the mood of the massage, too. "When entering our silent sanctuary, guests are met with gentle background music, dimmed lights, a comfortable room temperature and a calming aroma to activate all senses," Rodriguez says. "This allows the body to slip into a state of relaxation." Plus, many of today's spas have been outfitted with high-tech massage beds to bring massages to the next level. At the Shangri-La Hotel Vancouver, state-of-the-art heated electric massage beds contour to the natural curves of the body, and The St. Regis Toronto has cosy table heaters that makes guests feel sublimely snug and warm.

There are a lot of dynamics that play into a massage experience, from the therapist and questions you ask to the way in which a spa curates a comfortable, relaxing atmosphere. In the end, to get a beneficial massage that resonates with you, it's all about surrendering to the opportunity to unwind. "A beautiful and calming setting, an intuitive practitioner and an intentional approach are the elements of an amazing spa experience," Sloan says. "[But] sometimes the most important part of the treatment is the moment you enter the room and dedicate yourself to leaving everything else outside." ▽



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Hot Shops

Vancouver's latest and
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BY NOA NICHOL

MARC CAIN

Finally, upscale German 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



LEVI'S SHOP-IN-SHOP @ THE BAY

Vancouver has a new denim destination, thanks to the opening of the Levi's shop-in-shop at The Bay downtown. Celebrating the brand's heritage, sustainability and modern design aesthetic, this is more than just a place to find brand icons (read: 501 jeans and Trucker jackets); it's a 6,600-square-foot immersive experience that offers styling, product tailoring and customization, tech-enabled fitting rooms and a larger assortment of the label's favourite products. Here, stylists have been specially trained to provide advice and inspo so you can find your perfect pair. Got a piece in the changeroom that's not quite right? Ask for an alternative style or fit, or request heels or a belt to help visualize how the look will wear after purchase at the touch of a button. Over at the Levi's Tailor Shop, make sure your new jeans fit just the way you want by cropping a hem, tapering the leg or adjusting the waist. From coloured shank buttons and rivets to patches, pocket linings, chain stitching and embroidery, the Tailor Shop offers a full range of customization options that ensure each pair of jeans can be a one-of-a-kind creation, made specially for you. **674 Granville St., 604-681-6211.** Levi.com | Thebay.com

Squalane Squad



How one superstar ingredient is changing the skincare game

If you didn't realize October 14 was special, you're forgiven; after all, 2022 marked the very first annual National Squalane Day in Canada, championed by beauty brand Biossance. Meant to laud not only the amazing power of superstar squalane, the occasion was also an opportunity to understand how the use of sustainable-yet-efficacious ingredients can lead the way to a brighter future.

If you aren't already familiar, Biossance

uses squalane as the heart of every one of its formulas. What makes squalane so impressive is the molecule's ability to weightlessly absorb into the skin and provide hydration, because it is bioidentical in composition to the moisture that naturally occurs in human skin.

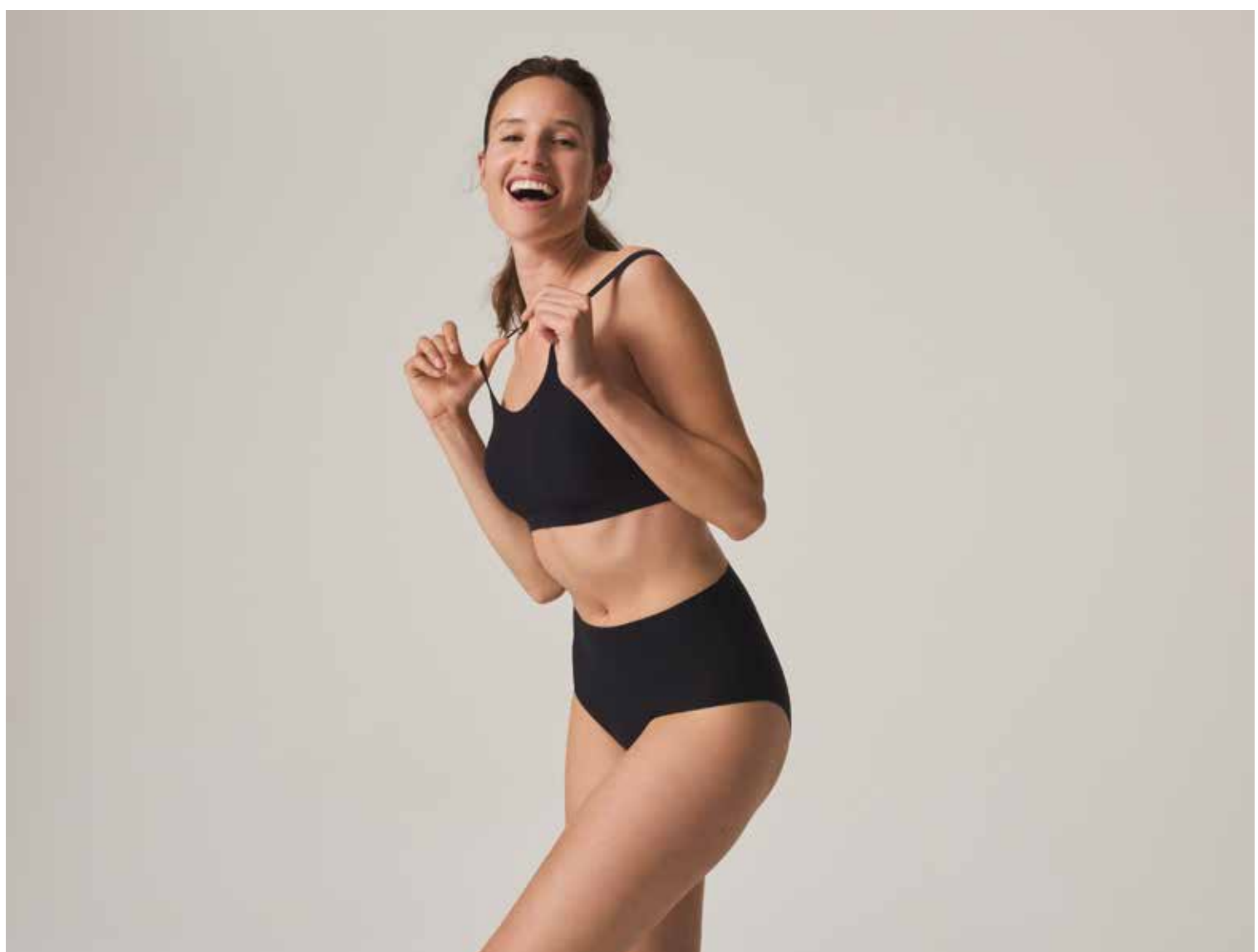
Not only that, this powerhouse ingredient represents a larger shift in the beauty industry toward more ethical and earth-friendly practices. For generations, beauty products often contained squalene derived from shark livers, killing millions of sharks each year. Today, through this plant-derived alternative, Biossance's use of squalane saves almost 2 million sharks per year. Biossance also continues to pay

it forward by selling its squalane back to its competitors, so we can all move forward to a more ethical, sustainable future for skin care.

Among our favourite squalane-infused products from Biossance are its 100% Squalane Oil (use it head to toe!), smoothing and brightening Squalane + Vitamin C Rose Oil, rich and plumping Squalane + Omega Repair Cream, and fine line-diminishing Squalane + Marine Algae Eye Cream. Also, this month, be on the lookout for Biossance's latest launch, Squalane + Retinol Night Serum—a retinol plus retinal time-release formula that works even on sensitive skin thanks, in part, to squalane. Talk about a skin superstar! Sephora.ca

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New Noshes

Where and what to eat this month

BY KATIE NANTON



PHOTOS: IAN LANTERMAN / GLASFURD & WALKER

ARCHER

This moody-cool room, awash in rich greens, coastal hues and rough-hewn stone masonry, aims to be a West Coast culinary oasis in the heart of downtown, and its menu falls right in line with that vision. Executive chef Clement Chan presides (if you're familiar with Torafuku and Chambar, you've likely eaten his food), with chef de cuisine Sandy Chen alongside, and the small-but-thoughtful menu is somewhat earthy, rife with seafood and foraged fare that tastes as if plucked from nature that very day and prepared on a plate in the evening. Take, for instance, a dish of foraged mushrooms: sauteed chanterelles, maitake and lobster shrooms paired with edible dirt and a statement "garnish" of (very inedible) driftwood. It looks like something you may come across on a hike in Stanley Park, but beautifully plated and cooked to a T. The Hokkaido scallop dish presents three large seared scallops on beds of arborio and cauliflower risotto with braised kohlrabi and confit fennel. The dill chicken wings are fried up with dill and coriander essence, and the charred octopus is paired with baby beets, fingerling potatoes and crispy kale. Try pastry chef Kiko Nakata's (previously of Miku) signature flaming cheesecake: a 70 per cent chocolate dome with white sesame crust, miso caramel cheesecake, blood orange gel and a fiery Grand Marnier shot. *1152 Alberni St., 778-737-6218. Archerdining.com*

SUYO MODERN PERUVIAN

Before Ricardo Valverde opened Suyo, his new modern Peruvian restaurant on Main Street, the chef spent time elevating his culinary game in some of the city's best restos, including Blue Water Cafe and Ancora. Rewind further and Valverde will tell you about his early life in Peru, before moving to Canada at 18; that's where the roots of his restaurant were really born. "Suvo honours my father, my family and everything they sacrificed for me to be here today," he explains, adding that the name of his intimate new eatery come from a South American Indigenous word meaning homeland. And indeed, if you've ever visited Peru, a few bites will transport you right back. Start with Andean tartare with steelhead salmon and crispy prawn causa with quail eggs, then dig into creamy aji de gallina ravioli—a take on the creamy Peruvian chili-chicken stew with the addition of grana padano and black truffle. Add a hearty lomo saltado tenderloin to the table, emboldened with the spice of aji hot peppers, and a side of summer squash ceviche with charred tomato, and you've got yourself a feast worth writing home about. Don't leave without ordering cocktails crafted by award-winning bar manager Max Curzon-Price, previously of Botanist; the pisco sour is excellent, and the bountiful bar stocks all eight varieties of pisco. To the left of it you might spy a Peruvian artwork depicting a traditional tumi ceremonial knife; often hung for good luck, it must be working its magic as Suvo is humming with bookings for weeks. *3475 Main St., 604-322-1588. Suvo.ca*



PHOTOS: CHELSEA BROWN PHOTOGRAPHY



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HONOLULU COFFEE

Another coffee shop has thrown its aloha-filled hat in the ring of Olympic Village, and this wins the "feels most like a vacation" award. Honolulu Coffee's beachside-cool oasis has a creamy light-green colour palette, a surfboard on the wall and potted palms that make for a great photo op. Go for the farm-to-cup coffee—grown on the lush slopes of the Mauna Loa volcano on Hawaii's Big Island and roasted in Kona—and stay for best-in-town açai bowls, made of berries blended with a variety of fruits and topped with a range of gourmet toppings, like house-made granola, toasted Macadamia nuts and coconut flakes. The guava bread is addictive, and there are also stellar sandwiches, tropical fruit smoothies, house-made pastries, breakfast burritos and a range of Hawaiian-inspired and regular coffee beverages to try. If you're a fan of Hawaiian Sun canned fruit juice, Honolulu has you covered in the cooler case—it will all take you back to your last beach vacay. Keep the chill vibes going at home by leaving with some HC merch: cute tees and "hang loose" hats. *97 W. 2nd Ave., 604-620-1616. Honolulucoffeevr.com*



PRESERVATORY PROVISIONS & TOAST BAR

It's high time Vancouver had a toast bar, and the new one in Granville Island knocks it out of the park. Preservatory is a café and market serving artisanal to-go toasts using local bread and topped with inventive combos; the ricotta toast, for one, is laden with preserves and house-whipped cheese, cracked pepper, flaked salt, seasonal fruit and a hint of lemon. The market shelves are stocked with local pickles, syrups, honey, chocolate and more, including Umami Bomb shitake chili oil and Kula Foods pili pili sauce. And, don't you dare leave without a few jars of The Preservatory's award-winning small-batch jam and spread offerings, which include fig and walnut wine, green heirloom tomato and garam masala, salted lemon and nori, and spiced walnut butter, each with "perfect pairings" suggestions listed right on the jar. *1689 Johnston St., 604-529-4822. Preservatorytoastbar.com*

All Together Now

Three ways the beauty industry is embracing inclusivity

BY EMILY MACCULLOCH & INGRIE WILLIAMS

If there's one thing we believe to our core, it's that everyone deserves to see themselves in the beauty world, and making space for that means expanding the notion of the term "beauty" itself. Certainly, there's plenty of room for improvement (no debate there), but here are three ways we're happy to see the industry embracing inclusivity.

Melanin Wins

Beyond brands offering a wider range of foundation shades (case in point: Estée Lauder's range of 55 hues), the next chapter of shade inclusivity is amplifying BIPOC expertise and experiences behind-the-scenes to create products informed by a diverse POV. One stellar win is a nude nail polish collection curated for all skin tones, the result of a collaboration between Essie and Toronto's Révolutionnaire. Co-founded by sisters Nia and Justice Faith, Révolutionnaire started with a mission to revolutionize "nude" dance apparel and has grown to include a social network of Gen Z changemakers. Likewise, Smashbox recently tapped into company talent to launch a lipstick, called Be Legendary, made by three women of colour for people of colour. The deep-red hue, perfected for melanin-rich skin by a chemist, makeup artist and product developer, goes well beyond lip service.

Mobility & More

The act of painting on a bright lip or brushing your hair is something many take for granted; in fact, it can prove challenging or impossible for those with limited mobility or impairments. Finally, the beauty biz is starting to catch up, thanks to a few brands creating inclusive products that make primping possible for everybody. Guide Beauty—run by Terri Bryant, who has Parkinson's, and Selma Blair, who has multiple sclerosis—is a line of universally designed



cosmetics and tools that opens the door for people of varied mobilities and skill to get precise applications of notoriously tricky products like gel eyeliner. For those who are visually impaired, Pharrell Williams' Humanrace skincare line (available at Thedetoxmarket.ca) is designed with Braille-printed accessible labels. In the world of haircare, the Manta healthy hairbrush (\$42) not only helps minimize breakage while gliding through tangled tresses, but its unique,

lightweight and flexible design makes it easier for people with limited strength, dexterity and motor skills to use, compared to a traditional brush.

Ditching Gender Roles

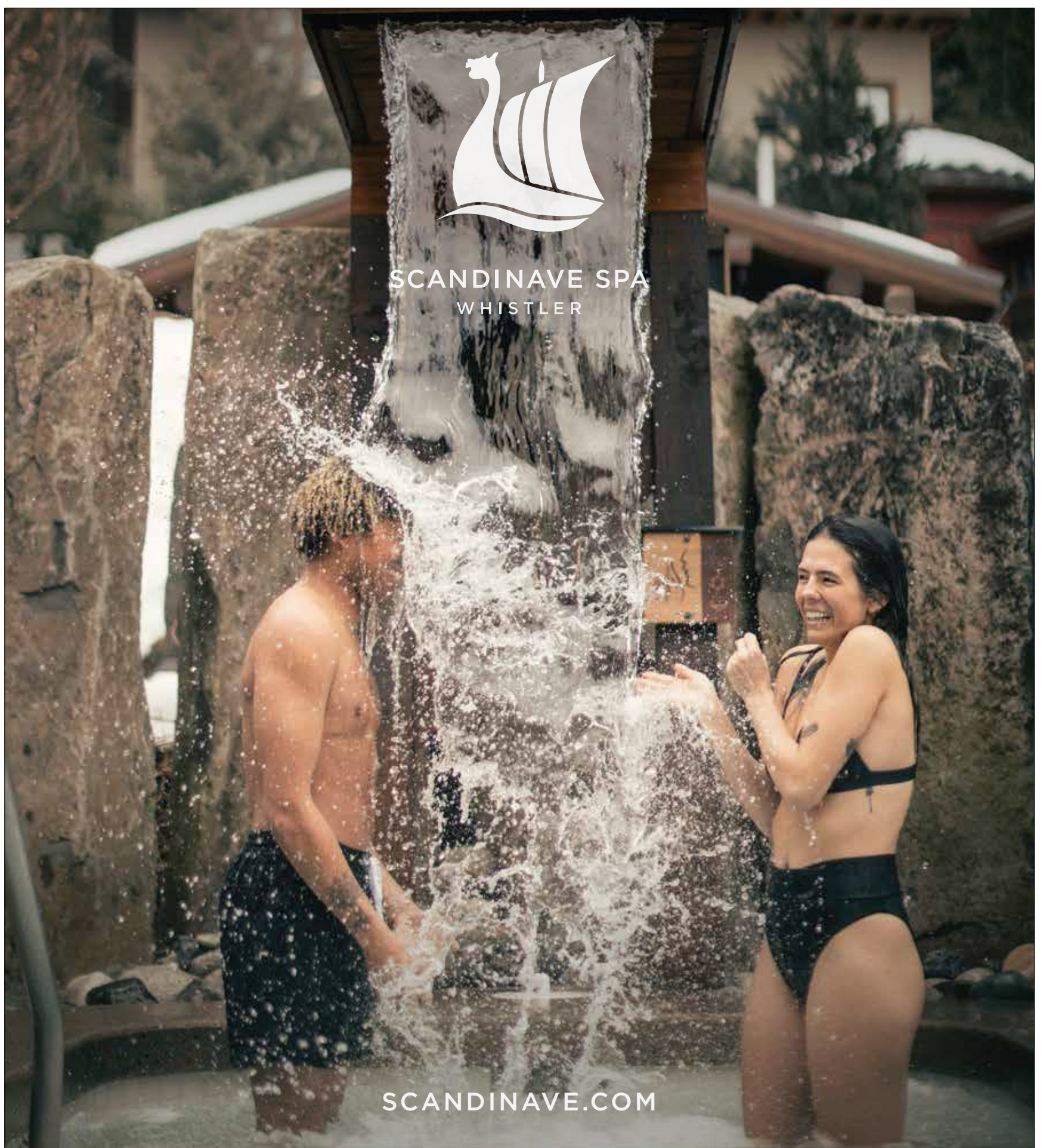
Another piece in the inclusivity puzzle is genderless designs. Whether it's skincare that doesn't conform to traditional gender roles or makeup that's formulated for every face, many brands are tossing aside the limiting

idea that products should be made with only one type of person in mind. A perfect example is The Body Shop's new vitamin C concealer (\$18). During the user-trial period for the makeup multi-tasker, the brand included male and transgender candidates in the panel to ensure the coverage performed for all needs, concealing beard shadow along with blemishes and under-eye circles. While more brands are getting on board with genderless makeup, skincare lines like Malin+Goetz were early trailblazers of the movement. Their grapefruit face cleanser (\$50 at Nordstrom) has been a best seller since 2004. V

SPF 365



Just cause summer's a wrap, doesn't mean you can slack off on your daily dose of sunscreen; UVA rays can damage your skin year-round. Two nourishing formulas we'll be reaching for this winter: Nudestix Nudescreen Daily Mineral Veil SPF 30 (\$40 at Nudestix.ca) and Black Girl Sunscreen SPF 30 (\$25 at Formulafig.com).



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Star City

Chicago's flag includes four stars; we think someone should make it five

BY NOA NICHOL

Chicago's flag is a big deal. It flies in business districts and from front porches all over town. It's seen on T-shirts and in tattoos. In it, four red stars stand for important things in the city's history. The first star is for Fort Dearborn, the second represents the Great Chicago Fire, the third and fourth stand for the two world's fairs that took place in Chicago. But, after a recent visit, we think this classy city deserves a fifth star for all its fabulousness (as do readers of *Condé Nast Traveler*, who recently ranked it the No. 1 Best Big City in the U.S. for a sixth straight year). Here are some top-rated things to do in the Windy City. [Choosechicago.com](#)



STAY

One of the city's newest hotels, The LaSalle Chicago, Autograph Collection, is not only perfectly situated in the heart of downtown but perched 21 stories above street level for a truly levelled-up stay. Gorgeously appointed with all the marble and mirrors, the property boasts oversized guest rooms and luxuriously appointed suites with Beautyrest Black by Simmons beds, Calacatta marble-clad bathrooms with spacious walk-in showers, Lavazza coffee machines, mini-refrigerators, 65-inch UHD TVs, wood floors and Egyptian area rugs. Dining wise, Grill on 21 offers a modern interpretation on the classic American grill, with green smoothies and avocado toast for breakfast, a tartare bar for lunch (choose from steak or carrot options), and lobster bisque, caviar, filet mignon and more for dinner. [Thelasallechicago.com](#)



SEE

After you've posed in front of Chicago's famous silver Bean, seek out a few more under-the-radar landmarks and sites. Start in Millennium Park (dubbed the city's "front yard"), where gardens and public art installations are awe-inspiring, before touring the Chicago Cultural Center across the street, which used to serve as the city's central public library. Art abounds at the Museum of Contemporary Art, where colourful exhibits will keep your camera clicking. For a bird's-eye view of the Second City, head to the Ledge at Skydeck Chicago: the highest observation deck in the United States, providing views of the city spanning up to four states and 50 miles on a clear day. Another great way to see the city at large? A Chicago by Night Cruise will introduce you to the city's sparkling skyline after the sun goes down.

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SAVOUR

From deep-dish pizza to the famously Ketchup-less Chicago hot dog, this city is known for plenty of fun foods. For bites that are a bit less, well, obvious, try the healthy fare (and signature "magic" cookie) at Beatrix, plant-based cuisine (like the jackfruit "crab" sandwich) at Althea and scratch-made salad and noodle bowls at True Food Kitchen. Then, take yourself out for a treat; Chicago's Museum of Ice Cream lets you learn all about everyone's favourite frozen food in a multi-sensory manner, including a life-size pool of sprinkles you can dive into at the end!



SOOTHE

Located in a restored factory from 1902, AIRE Chicago offers a journey through the traditional Roman, Greek and Ottoman ancient experience of baths. Massages and treatments are available, but just as pleasant—and healing, for both body and mind—is a simple self-guided circuit of the various pools, cold plunges and steam rooms that dot the space. For your spiritual care, book a 60-minute Reiki and chakra healing session back at The LaSalle; performed in your hotel room by a holistic healer, this in-depth step-by-step method aims to transform trauma and limits into abundance, freedom and love. Energy blocks are identified and released through Reiki and the seven chakras (energy centres) are opened, leaving you refreshed and ready to make the most of the rest of your stay.

SHOP

A great way to shop Chicago—a city famous for its retail therapy—is to break things down into districts. For high-end and luxury, make for the famous Magnificent Mile or the historic Gold Coast neighbourhood. In Chi-town's Andersonville area, find scores of independent retailers offering a variety of wares, from locally designed goods at Milk Handmade to music and media at Rattleback Records to fine Asian housewares at Five Elements Home. Our favourite secret shopping find, though, was along a single stretch of North State Street, where century-old storefronts, some with their original doors (open gently!), house hidden gems like Café Crèmerie (don't deny yourself a riépéné: flavoured gelato served in a natural fruit shell), P.O.S.H. (we could have spent hours perusing this eclectic assortment of vintage hotel and estate silver, restaurant chinaware and dinnerware and European flea market finds) and L.A. Burdick Chocolates, famous for its chocolate mice.



Grain to Glass

Meet Dillon's Small Batch Distillers

BY NOA NICHOL

There's a craft distillery in the heart of Ontario's Niagara wine country crafting unique spirits using local and seasonal ingredients; just call it "grain to glass". Dillon's Small Batch Distillers offers a collection of spirits, including vodkas, gins, rye whisky, absinthe, liqueur-style gins, peach and plum schnapps, prepared bottled cocktails and a line of cocktail bitters. We chatted with founder Geoff Dillon to learn more. Dillons.ca

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

My name is Geoff Dillon; I founded Dillon's Small Batch Distillers back in 2012 (we are currently celebrating our 10-year anniversary) with a passion for taking local ingredients and turning them into unique spirits.

What niche were/are you aiming to fill?

The idea behind it was first and foremost to fill a gap in the rye whisky space. It was clear to me that the rye we Canadians thought we were drinking was made with a cheaper corn-based spirit. I wanted to show people what a true 100 per cent rye whisky could be. As for our other spirits and liqueurs, once we started experimenting with grapes, fruit and botanicals, there was no turning back. Now you can find a selection of flavoured vodkas, gins and liqueurs on rotation seasonally through our online store.

What products do you currently offer, and what makes them unique?

We're big into the experimentation side of things, so there's always new spirits going into bottles. Our core lineup includes a recently double-gold-awarded rye-based vodka, a refreshingly crisp dry gin and a rye whisky made from 100 per cent local rye grain. We round that out with a whole range of fun gins, like cherry gin (made from sour cherries grown down the street), rhubarb gin (made from our very own rhubarb) and a whole lineup of others. We make liqueurs like cassis (from local black currants) and peach schnapps (we rescued a few truckloads of peaches after a hailstorm bruised them). We also just launched our gin cocktails in a can. We watched this segment grow over the past six years and quietly worked away on what we think are the most balanced canned gin cocktails out there. We knew we were on to something when our tangerine, lemon and a hint of mint flavour took home both double gold and best in class at this year's San Francisco World Spirits Competition, the largest spirits competition in the world.

Many of your ingredients are distinctly local/Canadian; tell us about the impetus behind that.

It's pretty simple. Ten years of experimenting and creating spirits has consistently shown that fresh, real ingredients taste better. That's why our home base is in Niagara, so we can be surrounded by the farmers that grow the best ingredients ... and we even grow some ourselves.

RTD products are big right now; why do you think that is?

We've spent a decade answering the question of how to drink our spirits—canned cocktails are an easy solution. They're an easy way to have a balanced cocktail in a simple can. They just make sense. People want something different and canned cocktails provide a great alternative to a beer or wine.



You wrote a recipe book! What will we find in there? Can you share one of your fave cocktails to make at home?

We did! I mentioned previously that we get asked a lot how to use our spirits. We've spent a decade making cocktails both in the distillery sipping room and for the hundreds of events we take part in. The cocktail recipe book is a collection by season of our crowd favourites. One of my absolute favourites is a fall/winter cocktail called the Red Wine Sour from our cocktail book.

You're clearly big on community, too; during the pandemic, you produced lifesaving hand sanitizer for first responders, hospitals; tell us about that, and about other "give back" efforts.

Being part of the community is huge for us as a distiller. Farmers have it tough; from year-to-year crop yields can swing wildly, buyers can come and go. We act as a safety net by buying fruit that may otherwise not have a home. From grapes to peaches and even things like black walnuts that most people would see as waste—we'll turn them into a bitter amaro. As for the sanitizer, it was certainly a wild ride. We had the opportunity to either ignore or help when cities' paramedic services showed up to our door telling us they had nothing to wipe down their ambulances with. The decision was quickly made to start emptying our tanks of alcohol and giving it to the people and organizations that needed it the most and, within a week, hundreds of other businesses were jumping in. We became the hub down here with dozens of wineries, breweries and suppliers donating any liquid, bottles, labels or time they could get liquid to the ones who needed it. It was quite a time! ▽

Cosy Up With These Winter Wines



FREIXENET PROSECCO DOC

Presented in a gorgeous bottle, this Prosecco is as delicious as it is distinctive. The finest Glera grapes are carefully harvested and vinified to preserve its fruity and aromatic style. This delightful bubbly is vibrant and fresh with perfumed citrus, apple and floral notes. Great on its own or paired with appetizers.

CEDARCREEK PLATINUM HOME BLOCK PINOT NOIR

In CedarCreek winemaker Taylor Whelan's words, "Our Home Block vineyard, planted on the eastern shores of

Okanagan Lake in 1991, has shown us time and again that it produces truly exceptional Pinot Noir. This wine is a tribute to the unique blend of clones planted on clay, silt and stone. I ferment it with wild yeasts and age it in French oak for a year to allow the different expressions of Pinot Noir to marry into a wine that perfectly captures the character of our founding vineyard."

RED BARN SILENT PARTNER CABERNET FRANC 2020

In a traditional sense, Cab Franc is the backbone of many remarkable wine

blends around the world and rarely gets to headline on its own. The winemaker, also a silent partner in the making of the wine, is the shepherd that clears a path for this wine to shine.

BERINGER KNIGHTS VALLEY CABERNET SAUVIGNON 2019

In 1868, Jacob Beringer left Germany and settled in California, where he built the now-historic Beringer Winery. A vibrant Cab with chocolate, prune, licorice, cinnamon and tobacco aromas, pair this bottle with roast beef, grilled quail or Beemster cheese.

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