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# VITA

*Pastel Intel*  
Spring's soft  
colour palette

The  
*may*  
Issue



## INSIDE *the* ISSUE

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SCAN TO DISCOVER  
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Editor's DESK

## A Note From Noa

April showers bring May flowers—and a big smile to my face! With spring in full swing, this issue is jam-packed with seasonally inspired content, from a roundup of the most covetable pastel products (those softer hues certainly are in) to fresh retailers that have opened up around the city just in time to curate your spring wardrobe. We also chatted with Holt Renfrew's Joseph Tang to get his take on the trends that are taking over this time of year. Plus, why scalp care is the new skincare, a look at the biohacking health trend, a discussion on why (and how) you should mend your older clothes, and the jacket style that, well, never goes out of style. Happy spring!

*Noa Nichol* EDITOR-IN-CHIEF

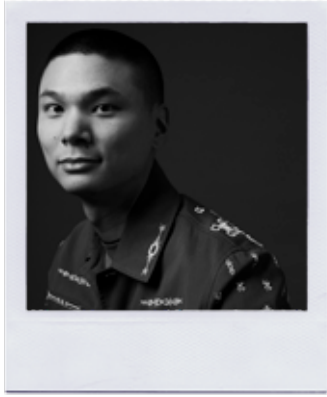


Turn to page 10 to discover the new skincare treatment that's making me smile this spring!

Holt Renfrew's fashion director, Joseph Tang, ensures that the retailer is first with winning fashion trends, designer collections, and merchandise that is relevant to customers. We sat down with him to ask for his top insights on what's in when it comes to spring style for 2023.

### Joseph Tang

@HOLTRENFREW | @TOSEPHJANG



Hi Joseph! There's still a chill in the air, but we're setting our sights on spring; besides the obvious (temperature), why does a new season warrant fresh fashion?

The spring season represents a time to shed the winter layers, explore new ways of styling old favourites and test out new trends or experiment with a new silhouette. After returning from the spring 2023 runway collections, we're

stepping into the season with an optimistic attitude to brighter days ahead with a fluid and colourful wardrobe to reflect this sentiment.

#### What are some of the key trends you're seeing for spring 2023?

One of the biggest themes from spring collections is what we are calling Maximalist Energy. This trend is all about embracing full colour, styling and creativity. Brands like Versace, Loewe and Dries Van Noten all used colours in unexpected ways, with silhouettes that are fluid and play with proportions and textures and bold prints. Our Soft Utility trend focuses on a colour palette that is informed by nature: energizing and restorative. Colours are earthy, rich, calm, therapeutic. Pieces are utility-inspired. Technical fabrics and details, a desire for smarter dressing. Chloe, Sacai and The Row showcased this the best.

#### Are we still focused on the 1990s, or is fashion turning the clock back even further than that?

Designers are always referencing the past to inform the future, with all decades being referenced. The '90s and early aughts are most prevalent across the spring season with both decades here to stay! From worn-in leather jackets from Acne and Miu Miu to the explosion of denim at Glenn Martens' vision for Diesel—expressive nostalgia is the most powerful trend of the season!

#### Denim is always in style, but what new silhouettes are you seeing for spring?

We are focusing this season on the

extra-long, wide-leg denim in a more relaxed fit. We love this style done in the inspired carpenter pant with utility details: Frame, Citizens of Humanity and Agolde. Another style that is trending is the long denim column skirt in a mid wash.

#### Colour-wise, what hues should we fill our wardrobes with for the warmer months ahead (we hear pastels are particularly posh right now)?

Neutrals never go out of style with earth tones in shades of khaki, green, shades of brown, cream and navy all mixing well within seasonal pieces. Invest each season in a trend colour to update your foundational wardrobe; this season, try the bright acid green colour or hot pink!

#### Is footwear going to see any major new trends in the upcoming months?

This spring we see the return of the ballet flat, with Miu Miu, Alaia and Louboutin offering re-editions of their iconic styles. Sneakers are still trending and we are seeing some of our key brand partners including Dior, Gucci and Loewe taking inspiration from skate shoes with a thicker sole.

#### Sustainability should always be kept top of mind; any advice around stocking up on spring pieces that will stand the test of time?

Sustainability is a huge initiative for us at Holt Renfrew so we are always working toward curating our assortment to offer traceability in materials and also invest in crafted pieces that stand the test of time. Investing in jackets or blazers in neutral colours is an easy way to creative longev-



ity in your wardrobe that can be updated with seasonal dresses or knits. Denim is also something that can be seasonless—my tip is to always invest in clean mid-to-dark washes (limited distressing) for a more polished look.

#### Final, tough question: what one item will you be adding to your own rotation this spring?

I am investing this season into the quiet luxury trend, which has been talked about quite a bit in the industry. I'm opting for clean and minimal silhouettes from my favourite brands like Bottega Veneta, The Row and Jacquemus. v

THE MAKING OF THE BRITISH COLUMBIA

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EDITOR-IN-CHIEF NOA NICHOL

CREATIVE DIRECTOR MADISON HOPE

SOCIAL MEDIA ELIN MOLENAAR

TIKTOK & VIDEO LESLIE ROSSI

SPECIAL EVENTS LYNDI BARRETT

PROOFREADER KATIE NANTON

CONTRIBUTORS

LARA CERONI, ALEESHA HARRIS,

JANET HELOU, KATIE NANTON,

JILL VON SPRECKEN

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@VITADAILY.CA

f VITADAILY.CA

t @VITADAILYVAN

✉ NOA@VITAMINDAILY.COM

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# west 4th's MOTHER'S DAY GIFT GUIDE



**Beta Lightweight Jacket from Arc'teryx**  
2201 W 4th Ave - \$600



**Willetta Glasses from Warby Parker**  
2290 W 4th Ave  
from \$150



**The Lug Mule from Poppy Barely**  
Coming May 2023 - \$298

**Scarf from Gravity Pope**  
2203 W 4th Ave - \$120



**Jan Skacelik Print from Old Faithful**  
1985 W 4th Ave - Print: \$69.95



**Gold Initial Charms from Melanie Auld Jewelry**  
2077 W 4th Ave - \$55 each



**Alicia Tote Bag from The Latest Scoop**  
2242 W 4th Ave - \$100



**Pink Pearl Earrings from Bloodline Jewelry**  
2005 W 4th Ave - \$185



**Bouquet from Leis de Buds**  
2202 W 4th Ave - From \$48-200



**Pies from The Pie Hole**  
1864 W 4th Ave - From \$14



**Birkenstocks from The Right Shoe**  
1601 W 4th Ave  
\$139.98



**Mug from Silk Road**  
2066 W 4th Ave  
\$35.99



**Masque from Plain Jane Skinbar**  
1970 W 4th Ave - \$63



**Blissa Cardigan from Two of Hearts Boutique**  
1985 W 4th Ave - \$85

**WEST 4TH**

Looking for something to do with mom on Mother's Day? From facials and pedis to brunch and cocktails, find our full list of spots at @shopwest4th on Instagram.

#kitsiscooler shopwest4th.com @shopwest4th

# Pastel Intel

Spring's soft colour palette



**1. RUDSAK MILEY STRETCH BODYCON DRESS, \$175** Add a pop of pastel colour with this standout print. [Rudsak.com](http://Rudsak.com)

**2. LEAH ALEXANDRA GUMMY NEON NECKLACE, \$155** This bear adds an element of whimsy and fun to any outfit. [Leahalexandra.com](http://Leahalexandra.com)

**3. MARIE-JO AGNES DEMI PADDED T-SHIRT BRA, \$159** This balcony bra features smooth, padded cups and elegant embroidery on the sides and the straps. Retro raised tulle dots add the finishing touch to a stylish look. Pale blue is a nostalgic pastel, totally on-trend this summer! Matching Tanga thong, \$76. [Lajoliemadameboutique.com](http://Lajoliemadameboutique.com)

**4. ÉDITO BY SIMONS BELTED TIERED SHIRTDRESS, \$350** Dream of gorgeous spring days in this dress, which boasts a tiered skirt, rounded point collar and a long ribbon at the waist you can tie in a large bow. [Simons.ca](http://Simons.ca)

**5. ALISON LOU 14K GOLD HEART THROB RING, \$1,730** This sweet polished band features a heart pattern in pastel enamel. [Holtrenfrew.com](http://Holtrenfrew.com)

**6. STAUD HAMPTON CROPPED SWEATER, \$445** This top's cropped shape and trucker collar perfectly distill casual essence. [Simons.ca](http://Simons.ca)

**7. NEON NOUVEAU SQUIGGLES CANDLEHOLDER, \$60** Kristen Holm's unique candleholder will add a touch of whimsy to your décor. [Simons.ca](http://Simons.ca)

**8. SIMONS OVERSIZED PASTEL CHAIN, \$25** For a 100 per cent head-turning look. [Simons.ca](http://Simons.ca)

**9. MAX MARA 101801 ICON COAT, \$5,390** This coat was designed by Anne-Marie Beretta in 1981 and has been the best-known Max Mara garment in the world ever since. [Ca.maxmara.com](http://Ca.maxmara.com)

**10. AERIN FRAGRANCES, \$165** From fruity, luminous, floral Fleur de Peony to sparkling, lush, fresh Mediterranean Honeysuckle to radiant, floral, enchanting Wild Geranium, Aerin fragrances have your spring scent covered. [Estelauder.ca](http://Estelauder.ca)

**11. GUCCI PALETTE DE BEAUTÉ QUATUOR, \$90** Creative freedom for your eyes, lips and cheeks, this new palette comes in three different colour combos. [Holtrenfrew.com](http://Holtrenfrew.com)

**12. LAMBERT PENELOPE BAG, \$125** Features a doubled and braided chain strap and a quilted finish. Although compact, the interior has room for your cellphone, headphones and other belongings. With a stylish flap silhouette, this 2-in-1 handbag can be worn on the shoulder or across the body. Just pull on one of the straps and there you have it! [Finefindsboutique.com](http://Finefindsboutique.com)

**13. CELINE SHIELD SUNGLASSES, \$440** These geometric, flat-top sunnies are finished with the Celine Monochrome signature on the temples. [Holtrenfrew.com](http://Holtrenfrew.com)

**14. BALMAIN MONOGRAM MESH KNIT MAXI DRESS, \$3,995** Stitched with the brand's iconic graphic motif in an open-weave finish, this dress is cut in a curve-hugging silhouette and edged with ribbed trim. An exposed two-way zipper runs down the back, allowing you to create a spring slit of any length. [Holtrenfrew.com](http://Holtrenfrew.com)

**15. SIMONS PASTEL DOTWORK CLIP, \$12** Each of these accessories boast delicate dotted lines to add a fun and colourful touch to your hairdo. [Simons.ca](http://Simons.ca)

**16. GUCCI INTERLOCKING G CUT-OUT SLIDE SANDAL, \$855** Influenced by an archival design from the 1970s, slide into these pastel-pink-and-green babies for spring. [Gucci.com](http://Gucci.com)

**17. SMEG ELECTRIC KETTLE, \$250** Designed with a 1950s aesthetic, this super-fast-boiling kettle's enameled stainless-steel surface ensures excellent heat conduction, and it's cute, to boot. [Holtrenfrew.com](http://Holtrenfrew.com)

## May's It Bag

Here's a sweet travel bag launch: luggage-maker Monos and New York's Magnolia Bakery have teamed up to bring the iconic colours of the bakery's top treats to Monos' core collection. From carry-ons and check-ins to backpacks and sling bags, this range offers bright travel goods in an all-new glossy finish and two limited-edition colourways, inspired by the bakery's most beloved desserts: its world-famous banana pudding and its purple cupcake and cake icing. Can we get a baker's dozen?! [Monos.com](http://Monos.com)

# Hello, Moto

A timeless leather classic gets an update

BY ALEESHA HARRIS

Get ready to rev your wardrobe up this season: the moto jacket is shaping up to be one of the hottest outerwear looks for spring. "This is one of my favourite trends happening right now," says Randa Salloum, owner of Vancouver-based second-hand boutique Collective Will. "I'm seeing an uptick in shoppers looking for moto jackets."

She says the resurgence of the topper can be broken down into two categories: street style and fashion forward. The latter, she explains, is "all about the worn-in leather," while the former is "leather or fabric that showcases original patches or brand markings." Either way, building on the classic motorcycle style with its cropped length, slanted zippers and snap collar, this season's top designs take even more inspiration from motocross. "It's not the motorcycle jacket, but the motor-sport jackets," Salloum explains. "[They're] vintage, black or brown, and oversized."

Valérie Blackburn, fashion communications co-ordinator at Montreal-headquartered retailer Simons, agrees: the moto mania that seems to be taking over the fashion world has much to do with the overall increase in popularity of racing sports. "The increase in popularity of racing in popular culture has definitely been a key driver of this design aesthetic and trend resurgence," she says. "On top of that, we're noticing a mixture of futuristic details with Y2K nostalgia shapes rise in popularity."

While vintage styles are decidedly borrowed from the boys, featuring oversized fits such as those favoured in the early days of this moto moment by the likes of Hailey Bieber and Rihanna, new styles aim to modernize the style with streamlined details.

"The moto jacket first arrived as a masculine classic cut with significant snap and buckle details. And, over the years, we've seen so many iterations of it evolve, with more feminine design approaches [when it comes to everything from] cut and collar style, to playful and daring colour choices, to adjusted fits and more" Seda Rafilovich, the designer behind new Canadian luxury outerwear



SÉDA MERCURY JACKET

brand Séda, says. "More recently, oversized and exaggerated shoulders have seen a return to the forefront, while also offering shearling moto styles to diversify [for various] climates."

In fact, the brand launched with its own take on the moto style—the Séda Mercury jacket (\$850)—which features a "feminine cut" and oversized collar made from an Italian vegan-leather metallic material. "Very few outerwear pieces have the same versatility as the moto-style jacket, which I think is its most important element," Rafilovich says. "It complements every shape and figure, and can be styled to accentuate everybody's fashion preferences. You can style it with delicate florals, cosy knits and everything in-between to create a look that is uniquely yours. It's truly a piece

that, when designed and made well, can elevate any look."

Blackburn recommends pairing a moto jacket with a maxi denim skirt or bootcut jeans for a perfectly updated take on the Y2K trend this spring. "You could also add a large metallic buckle belt to complete the moto look."

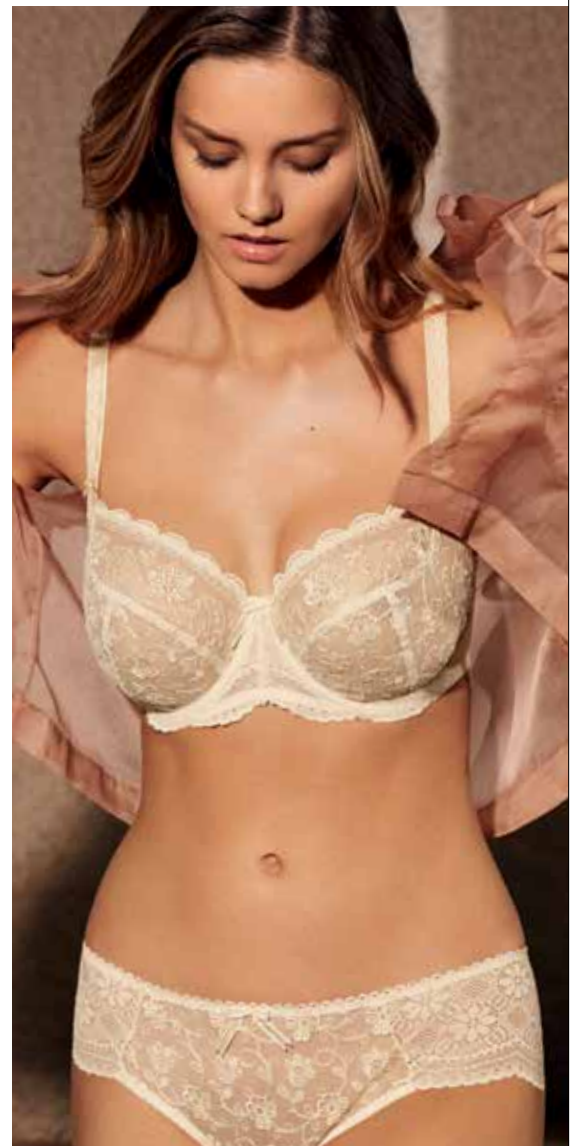
Not sold on wearing this trend during the warmer months of spring and summer? Adding a moto jacket to your wardrobe now would still be justified, as insiders say the emphasis on the cool, clean-lined styles will continue throughout the year. According to Blackburn, "The moto and racing trend has been popular for the last couple of months and only continues to rise. We anticipate this will continue into fall with the trend staying consistently popular."

In other words, it's the perfect outerwear piece to invest in as the time-tested style is sure to become a much-worn topper for years to come. "Good things never go out of style, and the moto jacket is no exception," Rafilovich confirms. "Moto jackets are one of the classic silhouettes of outerwear, and they have always been associated with youthfulness, authenticity and independence." ▽



The love for biker details doesn't end with outerwear. Studs, chains, grommets and other motorcycle-inspired embellishments are finding their way onto a host of other clothing and accessories this spring. From Gucci, the Ha Ha Ha Jackie 1961 shoulder bag (\$8,920) is perfectly edgy thanks to such embellishments as multi-sized eyelets and a detachable chain strap with crystal details. Created in partnership between former Gucci creative director Alessandro Michele and pop star Harry Styles, the bag is designed to celebrate the friendship between the stylish duo. For the feet, Miu Miu's leather western boots (\$2,200 at Holt Renfrew) are 100 per cent badass, boasting a block heel, a square toe with a polished-metal accent and pull tabs marked with the brand's logo. And finally, who says biker chic can't also be sweet? Zara's studded mini skirt (\$50) proves the point. Pair it with a T-shirt and bold biker boots for a cool look that goes all in on the mania around moto.

## EMPREINTE



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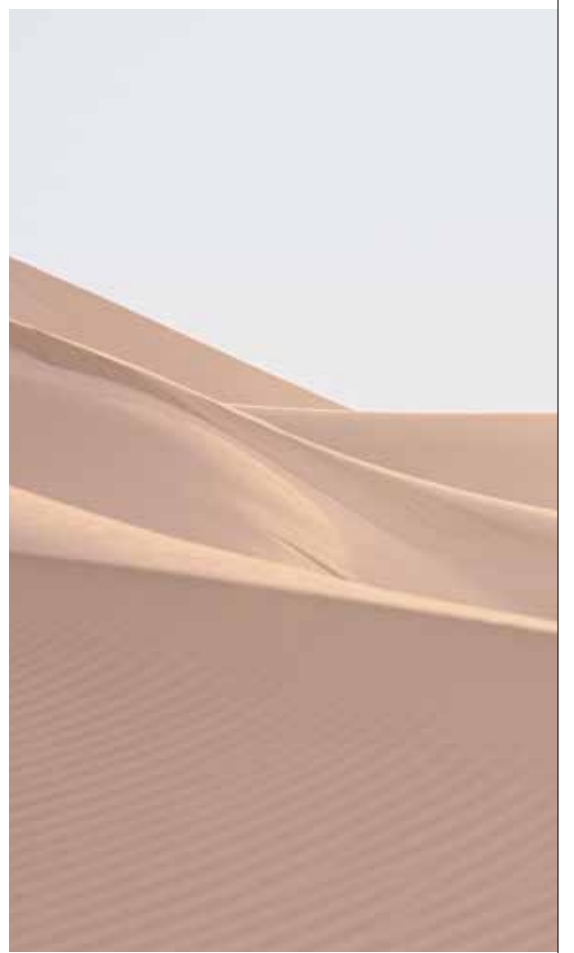
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# RADO

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# In Sync

Playing dress-up with your kids has become more stylish than ever

BY JILL VON SPRECKEN

Anyone who's stomped around the house in their mother's heels—or dad's loafers—knows one simple truth: dressing up like one of your favourite people is fun. Parents today are embracing that element of fun in their own wardrobes, driving the mini-me trend. Some of the biggest brands in fashion are taking twinning to the runway, with options that range from subtle to full-on look-alike. "It's a sense of fun," says Ashley Freeborn, co-founder and CEO of Smash + Tess. The brand just released a collection in collaboration with millennial icon Ashlee Simpson-Ross. Says Freeborn of Simpson-Ross, "From the beginning, she was like, I think it's so cool to give my daughter that opportunity to dress like her mom. It's almost like you're playing dress-up. You get to imagine together, play together."

The Smash + Tess collaboration is inspired by "effortless and cool LA moms," and has added a '70s vibe to the brand's signature rompers and overalls—which are available in kid sizes for your mini—alongside easy-to-wear slip dresses and dusters. A more subtle approach to the mini-me trend recently debuted at Louis Vuitton. Dotted tastefully with the famed monogram, it's the fashion house's first baby collection in its nearly 170-year history. Made for the fashionable under-one set, the collection features cosy cardigans, full-body suits, and even adorable kicks embellished with perforated monograms. The best accessory: mom and dad in their own monogrammed clothing.

LV isn't the only brand forging new paths into baby-friendly fashion. Both Banana Republic and H&M recently launched ranges for the tiniest tastemakers. Over at Banana Republic, BR Baby caters to kids up to five. A spokesperson for the brand says that the line "evokes a whimsical and adventurous spirit, with pieces featuring playful animal prints, fantastical stripes and illustrated florals, among other thoughtful details." The collection is gender-inclusive—so dad can get in on the fun—with statement pieces like leather bomber jackets and a periwinkle shorts set with matching dress for mom.

At H&M, the focus is on newborns with sweet spring motifs on tie-wrap bodysuits, leggings and ruffle-sleeve tops that are fully compostable. "I love the illustrations of little bumblebees and orange flowers that grow into a bountiful garden," says Sofia Löfstedt, global head of design and creative, H&M Kids. The new line is Cradle to Cradle Certified Gold, a global manufacturing standard focused on safer, more-circular products. It's perfect for parents who are less matchy-matchy on style, and more matchy-matchy on eco-friendly values. The 15-piece collection is designed without metal or plastic trims—innovative foldable waistbands still make diaper changes easy-peasy. "This collection is made to be fully compostable, when no longer fit to wear, after years of being used and loved, coming full circle. For us, it's proof that innovation, style and circularity can be combined wonderfully," says Löfstedt.



SMASH + TESS



SMASH + TESS



SMASH + TESS



BA&SH



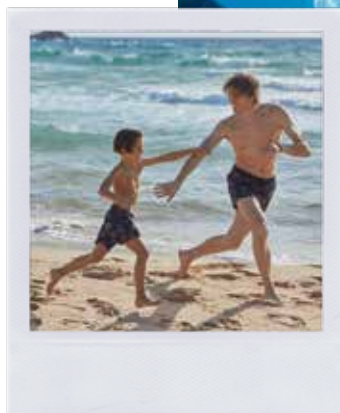
GAAP

For more style-meets-substance, look to Parisian brand ba&sh. The Kaarity T-shirt, in co-ordinating children's and women's sizes, is colourfully splashed with the phrase, "Every day is a second chance". According to the website, the shirts are a sign of the brand's efforts "to protect women and children," with profits donated to the AP-HP Hôpitaux de Paris Fondation. And, brands like Old Navy dipped their toes into mini-me matching long ago. "Co-ordinating looks are a customer fave and have become a platform to express personal style," says Jennie Campbell, VP design, adult and family denim. This summer, the brand has fun stuff in store. "There are multiple vacation-ready looks. From pool to party, Y2K and '90s vibes, to tropical beach to street looks," says Campbell. "The return of the halter top and dress, soft wide-leg pants, and printed and embroidered linen resort shirts for him are just a few of my favourites." ▽



# Dive In

Matching moments can be fun for the whole fam, and Vilebrequin is here to prove it. Founded in Saint Tropez, the brand has lively prints and colourways that are always the envy of the beach—or kiddie pool. Just in time for warmer weather, find father-son swim trunks that look good on kids big and small, and their dads, too.



# Hot Shops

Vancouver's latest and greatest retailers

BY NOA NICHOL

## HOLT RENFREW SHOPPING EXPERIENCE @ SHANGRI-LA VANCOUVER

Elevate your next shopping experience with a luxurious stay at Shangri-La Vancouver and enjoy a personalized styling experience in a relaxed and private space at Holt Renfrew, Canada's destination for luxury fashion for women and men. Your experience will include (among other goodies) a stay in a luxury hotel suite, a Holt Renfrew seasonal welcome gift, private transport to and from the hotel to Holt Renfrew, a private personal-shopping experience at Holt Renfrew, expedited alterations and free delivery of purchases to the hotel, breakfast for two at the hotel, lunch at the Holt Renfrew Café and a \$100 Holt Renfrew gift card. Talk about next-level retail therapy! **1128 W. Georgia St., 604-689-1120 Shangri-la.com**



## ÉDITO BY SIMONS

Building on the success of its first Édito collection, Simons has launched a new high-end capsule of elegant pieces that strike the perfect balance between style and comfort. The spring range features 10 beautifully designed garments, from a minimalist point-collar trench coat to a poplin belted tiered shirtdress, made of high-quality textiles. In rich colours and bold patterns, silky shimmering fabrics and feminine prints, the clothing is versatile and timeless; not only do they complement each other, but they work perfectly with those from the previous collection, allowing you to maximize the use of clothing by putting together

multiple outfits, for day or evening. The best part? Artisans from around the world were involved in the production of the garments: the knitwear for the dress is made in Peru, the denim for the trousers comes from Morocco and the poplin for the blouse is made in Italy. The two Italian silk-printed pieces and the dark-grey skirt are designed in Vancouver, while the long-sleeved jumper, available in two colours, is made in Ontario. Don't miss your chance to snag one of these gorgeous creations—or all 10, if you wish! **1060 Park Royal S., West Vancouver, 604-925-1840. Simons.ca**



## THEORY AND ESSENCE

### AUTEUR FACIAL

North Van's luxest dental clinic is also the loveliest medi spa, offering elevated skin treatments that leave you glowing (to match that bright smile). We recently tried Theory and Essence's signature Auteur Facial, offered in a definitive (\$350) and advanced (\$550) version. The 75- or 90-minute session incorporates what Theory and Essence co-founder and director Naz Shahbazi calls the "Hermès" of skincare; Auteur is a range of highly active products to restore skin's optimal health and appearance. Sink into a fluffy, heated bed and enjoy a facial that includes a scalp treatment with essential oils and a hair mask, and an arm/hand massage. The facial itself involves Auteur's enzyme cleanser, lifting toner, optimizing mask, hyaluron activator serum and creams for density, eyes and décolleté), as well as the use of two devices—the Darcase Perle 24K Gold Ultrasonic Exfoliator (we loved it so much, we purchased one from the clinic after our appointment) and the Lyma Laser (we're told it will soon be available to purchase at Theory and Essence as well). After all is said and done, your skin will look lifted, tightened, toned, hydrated, radiant ... all the good stuff! **1333 Lonsdale Ave., North Vancouver, 604-973-1873. Theoryandessence.com**

## LOVER'S TEMPO

Lover's Tempo, the Vancouver-based brand known for affordable and delicate jewelry, has opened the doors to its first-ever boutique in its hometown city. The space, just off South Granville Street, is serene, soft and welcoming. Graceful arches, terrazzo stone floors, quartzite countertops and custom linen wallpaper creates a light and airy feel, while perfectly complimenting the feminine, detailed designs of Lover's Tempo pieces, including new customizable charm hoops, its bridal edit and its best-selling gold-vermeil jewelry. **1575 W. 6th Ave., Loverstempo.com**



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## BA&SH

Vancouver now has its very own slice of Parisian style thanks to ba&sh, which recently made its North American debut via a new Georgia Street boutique. Featuring a soft, natural aesthetic through organic materials, rounded shapes, wood details and Venetian plaster, the space is crafted to transport shoppers to Paris, with European design elements inspired by the brand's key values of friendship and generosity (bonus: phone chargers and custom Parisian mirrors in both fitting rooms). It's also the perfect backdrop to showcase key looks from ba&sh's collections—including the new wedding-inspired White Capsule—which are rife with effortless dresses and feminine prints meant to work for any occasion, from casual weekday wear to special events and beach vacations. **925 W. Georgia St. Unit 105, 236-477-4150. Ba-sh.com**



## DIANE'S LINGERIE

We love shopping local, and we love our local retailers—those tried-and-true staples in our community that never let us down. Among those, Diane's Lingerie in Vancouver's South Granville neighbourhood is one of our longtime favourites—and the folks at the Retail Council of Canada agree! Recently the RCC named Diane's, the iconic destination store in Vancouver known for its exceptional service and commitment to providing well-fitted, quality lingerie, as the Excellence in Retailing Awards (ERA) 2023 Independent Retail Ambassador of the Year. For generations, Diane's Lingerie has been synonymous with comfort and quality, helping women of all shapes and sizes find lingerie that fits their unique needs. Under the visionary leadership of owner Sharon Hayles, who has extensive retail industry experience and has been a long-time trusted retail consultant, the store has become a fashionable, beloved institution, known for providing a highly personalized and relaxed shopping experience to its shoppers. In addition to its commitment to customer service, Diane's Lingerie has also been actively engaged in giving back to the community, supporting various local organizations and charitable causes. Its unwavering dedication to making a positive impact has earned the boutique a reputation as a socially responsible retailer. A wonderful accolade, indeed, and may we say, absolutely deserved. **2950 Granville St., 604-738-5121. Dianceslingerie.com**

# On the *Mend*

Give old clothes and accessories a new lease on life

BY JILL VON SPRECKEN

**R**educe. Reuse. Recycle. What about repair? It's an important element for those curating a more eco-conscious closet. The benefit is twofold: clothes and accessories are kept out of the landfill, and our need to purchase new things is lessened. With hashtags like #visiblemending and #clothingrepair clocking well over 25 million views apiece on TikTok, it's safe to say that consumers are taking note.

If you're no seamstress, then trust your beloved clothing items to one of the shops across Canada dedicated to restoration and repair. "Business is booming," says Colleen O'Reilly, owner of Calgary's The Grey Spa, which specializes in leather—and, specifically, designer handbag—repair. Her customers love her for her ability to source vintage hardware and other very specific pieces to bring their bags back to life. "Leather is so resource-heavy," she says. "The amount of water ... it's an animal by-product. I just thought it was really important to keep these things in use as long as possible."

At Edmonton Bag Spa, owner Yardley Santos Uy has similar feelings. "It's about promoting sustainable fashion," she says, adding that a designer bag is an investment. "You don't want to be throwing away expensive stuff. ... They deserve a second chance."

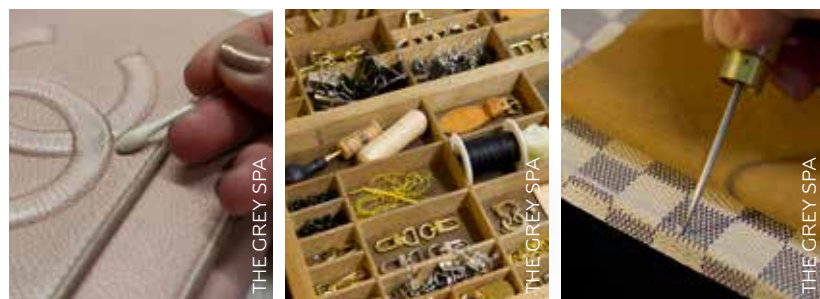
Those with bags in need of resuscitation, or even just a little love, may be surprised by what can be repaired. O'Reilly warns that if there are rips and tears, the bag may be beyond help. But don't despair, "Most everything else can be fixed," she says. "Scratches, corner scuffs. If seams are coming undone, hardware tarnishing. Staining can be usually fixed or dyed over."

"When you do repair it, it comes back as close to original as possible," says Mustafa Ali, owner of Toronto-based Kaner's Handbag and Shoe Repair. That attention to detail is likely why designer labels trust his team to repair their



PHOTO: WYNNE NEILLY

PENNY FORDE



damaged goods. "Gucci, Burberry, Celine, YSL, Fendi—all those stores have been dealing with me the last 30 years." He explains that working with brands of that calibre means the finished product should never look repaired. "Sometimes it gets really challenging because you have to come up with a solution," he says. Don't let the high-end clientele

dissuade you from dropping off your own pair of pumps—they work with walk-in customers, too. "As long as it can be repaired, we can help."

Bags aside, Penny Forde, owner of Toronto Denim Repair, mostly gets "well-loved vintage denim, or a pair of jeans they've had for years and just can't let go." Before starting his business, he cut



THE GREY SPA

his teeth at Dutil repairing high-end denim brands. As a queer transgender man, Forde says, "I can see both sides of what works for the body. I really empathize with people who are just like, 'I love this pair of jeans. Can you please fix it?'"

And so he offers a few styles of mending. "Lately I've been dabbling into visible mending, like sashiko or boro. They're Japanese mending techniques ... special thread and needle and doing hand-stitching." But more often than not clients want that perfect pair back the way it was. In those cases, he says, "I blend the thread so you can't see it. Or it's not as noticeable."

In Vancouver, Klean Sneaks is keeping kicks as bright and fresh as the day they were lovingly removed from the shoebox. Justice Kennedy, one of the shop's owners, explains they are "really heavy in the sneakerhead community: people who see value in their sneakers and collect sneakers, and don't want them to go to waste in the back of their closet and would love for them to be refurbished and looking back to tip-top shape." Klean Sneaks specializes in deep-cleaning, which ranges from a good soak and scrub to paint touch-ups, and even what Kennedy calls "the ice-box treatment": a revamped fridge rigged with UV lights to tackle discoloration. "We like to see how much joy we put into people's closets," he says. After all, if what's old is new again, you're always guaranteed to be in style. **V**

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# What is *Biohacking*?

The high-tech wellness movement is the next frontier in achieving optimal health

BY LARA CERONI

When you hear the word hacking, you likely think of computers or cyberattacks. But another form of hacking is being embraced by celebrities and tech giants en masse: biohacking. Often referred to as do-it-yourself biology, biohacking allows you to override your body's natural systems to fine-tune your way toward better health and performance. Converts of the practice believe we can use science, nature and self-experimentation to access our internal bodily processes, optimize our wellness, fight ageing, and even up our life expectancy.

Biohacking is a nebulous term, encompassing many new-found wellness techniques. For some, it could involve accessible methods like intermittent fasting, cold-plunge therapies, wearable tech or a strict supplement routine. For the more hardcore, hacking can be considerably more invasive, like injecting modified DNA, using devices to alter brainwaves for better sleep or entering the controversial world of CRISPR—a genetic engineering technique in molecular biology where genomes of living organisms can be modified. These all share the underlying ethos that, as humans, we can disrupt our physical limitations and fix deficiencies. It seems technology is catching up to humans' desire to tap into the elusive fountain of youth.

Although this sounds like the stuff of sci-fi novels or eerily like an episode of *Westworld*, biohacking has evolved considerably in the last decade—from what many considered a pseudoscience performed by amateur basement scientists into a legitimate and respected multimillion-dollar wellness industry. According to a report by Market Research Future, the global biohacking market was prized at \$15.42 billion dollars in 2022, with an anticipated growth of 19 per cent by 2028. Search Google, and you're met with thousands of listings for online biohacking courses, TED Talks, and even global conferences, like the one offered in Florida for "How to Become an Upgraded Human". Not unlike *Westworld's* robots-turned-humans, we can upgrade our programs and get out of our loop. Bypass what nature intended. The sky (or, in this case, our bodies) is not the limit.

Perhaps, not surprisingly, many of the key figures at the forefront of this movement are celebrities and Silicon Valley entrepreneurs. Billionaire and former owner of Twitter Jack Dorsey swears by his intense biohacking regime. The poster child for biohacking your health, Dorsey claims to eat only one meal each workday, consisting of lean proteins and vegetables, with the occasional mix of berries, chocolate or wine. He experiments with fasting all weekend, drinking only water from Friday to Sunday. He calls his drink of choice "saltjuice": a lemon, water and Himalayan salt mixture. Dave Asprey, CEO of the supplements company Bulletproof, claims he will live to 180 years old thanks to his interventions, calling biohacking "the art and science of becoming superhuman." His brand currently sells blends of edible oils (like his "Brain Octane"), marketed as "brain-boosting, fat-burning, high-energy fuel."

Bobbi Brown, the makeup guru-turned-health coach, has launched Evolution\_18: a range of gummies, shakes, snacks and tablets made from superfoods and antioxidants that claim to promote strong nails, clear skin and shiny hair. Celebrity and model Brooke Burke calls herself a "biohacking geek." Jeff Bezos, who has seemingly undergone a physical transformation in recent years, is also rumoured to be a biohacking devotee. The list goes on.

While heavily endorsed in certain circles, the question of the practice's legality still looms. Current regulations do not exist to legislate biohacking, meaning many biohackers operate in a grey zone. Biohacking has many interpretations, but it often binds itself to unrealistic extremes. "While I do think there is a place for biohacking in the world of wellness, it cannot replace the pillars of health, which are good food, hydration, stress management, proper sleep and exercise," says Dr. Courtney Holmberg, a board-certified naturopathic doctor, speaker and entrepreneur in Toronto. "I most commonly observe that people will implement these 'shortcut' methodologies without those initial health pillars in place, which ultimately gives a false



sense of well-being."

Dr. Holmberg admits that latching onto wellness trends is appealing for most people because they offer those quick-fix solutions (remember Atkins?), but that not a lot of crucial long-term data exists for some of the most common biohacking trends to see if they're beneficial. While a lack of research doesn't always mean you shouldn't consider something, you also have to think about the potential health impacts down the road. She uses intermittent fasting—one of the origin tenants of biohacking—as an example. "People are losing weight because they are eating less and fasting longer, but I see many people changing their fasted-versus-fed window without improving their overall nutrition during the time they eat, which can lead to starvation cycles that affect the stability of your metabolism," she says. "Longevity research shows that what you eat is more important than when you eat it, and this message gets crowded out by biohacking trends promising quick solutions that don't translate to enduring wellness."

Of course, not all biohacking methods are created equal, but Holmberg's message is that with any health-related trend, always take it with some grain of (pink Himalayan?) salt. Wearable fitness tech is a great tool for accountability and data on how diet and physical activity can impact your physiology, but they're also frequently inaccurate. "These devices are far from medical devices and come with much higher error margins," she says. "So, concerning the validity of your reported numbers, smartwatches can read 10 to 20 per cent error, meaning they over-report step counts, calories burned and track sleep patterns poorly." The same goes for cold-water therapies. Research is "relatively conclusive" that cold therapy benefits cellular detox, circulation, hormone regulation and immune function; however, once again, she says, it cannot and will never replace the foundations of health. "Sitting in a cold tub for three minutes daily will not cancel out poor nutrition or a sedentary lifestyle."

Recently, The Spa at the Four Seasons Toronto unveiled an all-new Wellness and Bio Bar. Short for biohacking, the spa focuses on improving guests' health, well-being and quality of life. Offering many advanced treatments—like Celluma LED light therapy, a full-body LED tech treatment of red infrared wavelengths to combat acne, wrinkles and cellulite and aid in arthritic pain and muscle tension—meant to support a person's biology outside of the traditional spa experience. "Our most powerful tool is our body, and human biology is constantly changing," says Carlos Calvo Rodriguez, senior spa director. "We're providing our guests with scientifically proven evidence-based treatments tailor-made to each guest's wants, needs and desires."

Dr. Holmberg and Rodriguez agree that, with any modification to your health routine, you must use your critical thinking. That's paramount. Do not rely solely on circumstantial conversation, social media or, worse yet, influencers. "Truthfully, a lot of my day is spent debunking what information my patients read online," says Dr. Holmberg. "It's important to remember that where one person may benefit, the next may not. Never try something before you run it past your professional doctor or naturopath to ensure those recommendations are right for you." Rodriguez concurs: "Whenever there are these new trends in wellness, people need to be cautious," he says. "My recommendation is always to check the sources you're receiving information from—the key is to ensure no one is making claims without evidence-based reports."

We know today's biohackers have a few things figured out: using mindfulness to manage your stress and finding the link between gut health and mental wellness. Both are positive revelations and, most importantly, duly researched and proven safe. As for all the others? Only time can tell. V

# Head On

Why scalp care is the new skincare

BY JILL VON SPRECKEN

To get to the root of your haircare concerns, look to the scalp.

Delicate hair follicles depend on a healthy environment to grow—and to really flourish, it's important to lay the groundwork. "It's like a plant," says Melissa Tedeschi, national education manager at Kérastase. "The scalp is like the earth of the plant. If it's not watered, there's no vitamins, and it's not clean or there's infection, then the plant will not grow in a healthy fashion. It's the same thing for hair."

Scalp health is gaining momentum, and brands are keeping pace with innovative scalp-care solutions that go beyond lather-rinse-repeat. It's welcome news for those experiencing scalp issues, like itchiness, inflammation and those dreaded white flakes. Dr. Harvey Lui, a dermatologist at Vancouver General Hospital and a professor in the department of dermatology and skin science at UBC, explains that many factors can contribute to an irritated scalp, such as hair dye, a new product or even tying hair up too tightly (resulting in what's called "traction alopecia"). Of course, a predisposition to dry skin, psoriasis or dandruff can contribute to scalp discomfort.

If your scalp is very itchy, the problem is persistent or you simply think something is amiss, Dr. Lui suggests making an appointment with a dermatologist. "Don't sweep it under the rug, so to speak," he says. For more-minor skin concerns, his advice is straightforward: be gentle to your scalp and hair to avoid hair breakage; shampoo if the scalp is oily; and use conditioner directly on the scalp if it's dry. "Conditioner," he says, "is actually a very nice lubricant and moisturizer for the scalp tissue itself."

Brands are taking scalp-care a step further, with solutions that are specifically targeted to a healthy scalp—and, in turn, healthy hair. Exfoliators, tonics, serums and masks promise to relieve and ease scalp woes. But be careful of overdoing it. Matthieu Jacobs, technical education project leader at L'Oréal, warns that using too many products can change the scalp's pH, and a healthy balance "provides a healthy environment for new hair growth." Gentle products, washing less and scalp scrubs that clear away buildup are his recommendations for a more balanced scalp.

Any scalp-care regime begins with a good cleansing—especially if you need to fight flakes. A dedicated dandruff shampoo can relieve symptoms, but consider adding an exfoliating scrub to your routine. The Symbiose line from Kérastase targets dandruff-prone hair in particular. According to Tedeschi, if you buy just one product, "put your money on the micro-peeling scrub." The salicylic acid dissolves flakes, and it doubles as shampoo so there's no extra step in the shower. Clean-beauty brand Boscia has a water-activated scrub, which blends chemical exfoliant salicylic acid with physical exfoliants charcoal and rice powder to gently slough dead skin away. Niacinamide, a soothing ingredient you might recognize from your skincare regime, and vitamins B5, C and E join in to hydrate and calm irritation.

Once the scalp is clean and free of impurities, the next step is to address any skin or hair concerns. If the skin is irritated or itchy, consider the anti-discomfort treatment gel from L'Oréal Professionnel's Scalp Advanced line that includes calming niacinamide. For thicker, fuller-looking hair, try Nioxin's Ultimate Power Serum. Caffeine, lauric acid and niacinamide work in sync to stimulate the follicle, pump up the growth cycle, and improve hair anchorage (so it's more resistant to falling out). Oribe's new Serene Scalp Oil Control Collection, an extension to the Serene Scalp family, reduces excess oil and sebum on those with oily scalps specifically. And, if hair is dandruff-prone, try Serum Nuit Intensif from Kérastase, Melissa's runner-up pick, with its salicylic acid to gently exfoliate, and bifidus, a nutrient and probiotic that slows down the growth of bacteria.

Maintaining scalp health means



restoring the moisture barrier—and if it feels a tad indulgent, all the better. Guerlain, a brand more aligned with skincare than haircare, released the Abeille Royale Scalp & Hair Youth Oil-In-Serum that leans on the restorative powers of honey. (And not just any honey: Ouessant Island black bee honey and royal jelly.) It's gentle enough to use daily, just as you would your facial serum, and doesn't leave roots greasy. Stoic's Thalassa Hydrating Face & Scalp Serum adds a dose of moisture to the scalp—or face—thanks to hyaluronic acid and clary extract, a plant-derived botanical. And JVN's nutrient-dense Pre-Wash Scalp Oil, with stimulating rosemary extract and calming neem seed extract, promotes balance and strength for healthier hair—even for those concerned with dry, itchy, flaky scalps—from root to tip. (Bonus: it smells of amber and cashmere musk brightened with lemon and mandarin.)

"It's really important to use the right product for our specific needs. Every person is different," says Jacobs from L'Oréal. So as you craft your scalp-care routine, keep the end-goal in mind: healthier hair, with more length and volume. After all, the growth and health of our hair can always be traced back to the root. V

VITA X NEOCELL

## Your Spring Glow-Up Starts With Collagen



From promoting younger-looking skin to healing sore, inflamed joints, collagen supplements are becoming as mainstream as your daily multivitamin. But what is it exactly, how does it work and what's the best way to incorporate it into your healthy routine this spring?

Collagen is a complex structural protein that maintains strength and flexibility throughout the body. As we age, collagen production in our bodies starts to decline. Neocell collagen supplements support healthy collagen formation for youthful skin, healthy hair and nails. Even better, NeoCell Super Collagen Peptides features hydrolyzed collagen (collagen that's

broken down into smaller molecules, called peptides). This hydrolyzed form gives your body the building blocks to create its own collagen, as well as other proteins such as keratin, which your hair loves.

Formulated to support radiant beauty from the inside out, NeoCell Super Collagen is non-GMO and does not contain lactose, soy or gluten. Super Collagen Peptides powder is unflavoured and makes a great addition to your morning smoothie, in a warm or cold beverage, or added to your favourite recipe. For best results, take NeoCell Super Collagen every morning; find it on Amazon.ca. [Neocell-collagen.ca](http://Neocell-collagen.ca)

# New Noshes

Where and what to eat this month  
BY KATIE NANTON



## BAGHEERA

Earlier this year the Happy Valley Turf Club off-track betting shop on Main and East Pender started bustling. At first, a few well-heeled groups and couples spilling out of the doorway was a sign that something was going on. Now, the lineups start before the door opens, with groups vying for a spot at Chinatown's coolest new hidden lounge, Bagheera. The name is borrowed from Rudyard Kipling's *The Jungle Book*—remember the black panther?—and the inside is an ode to late-19th/early-20th century India. To enter, place a wager on "King Louie" and have the doors opened for you to a dimly lit, 60-seat space serving craft sips and small-plate Indian fare. The stunning interiors will take your breath away—it is decorated with more than 1,000 coins and bangles sourced from the antique bazaars of Delhi and Jaipur; a hand-painted jungle spanning the entire north wall; and a 42-foot bar covered in reclaimed teak with a backsplash of polished tiger-blue onyx—as will the excellent cocktails, which are named after Kipling works. All said, the best part of Bagheera may well be the "no phones" policy—you can focus on your experience, take in the décor, sip on your drink and talk to your friends without worrying about Instagramming any of it. **518 Main St. @whereisbagheera**

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## THE PRAGUERY

Quick—what's your dream street food? Chances are your answer will change after visiting The Praguery. With four food trucks already circulating around the Lower Mainland, you may well have tried their sweet specialty: a decadent hand-rolled chimney cake erupting with vanilla soft-serve and delicious toppings. Now you can try it in White Rock, too, where The Praguery is popping up for a year inside Coho Eatery, steps from the White Rock pier. You can dine-in, but we recommend taking your cone to go because these delicious treats are the best snacks to stroll the waterfront with. Every doughnut-like cone is soft on the inside and crispy on the outside, and guests can even select vegan vanilla soft-serve. Sought-after fillings include the Nutella Brownie, with a Nutella-lined chimney cake cone, brownie and crushed almonds, as well as Panda's Matcha, served with homemade matcha sauce and a panda cookie. The current bestseller? Mr Berry, bursting with house-made strawberry coulis, fresh locally grown strawberries and chocolate chips. Yum. **14985 Marine Dr., White Rock. Praguery.com**



## WA! CURRY

There's a new comfort food in town: Wa! Curry's sinfully delicious Japanese-style curry (the "Wa!" comes from washoku, which means Japanese food). Served on a bed of premium white rice grown in Japan's Iwate prefecture, this addictive umami-rich curry is made from wagyu beef and a plant-based keema curry flavour. From this meaty base it's a choose-your-own-adventure of toppings: sliced pork katsu, big crunchy ebi (prawns), deep-fried Brussels sprouts, a soft-boiled egg and more. No matter your order, you'll also receive a smattering of freshly chopped green onions and a full belly, heading into the rest of your day satisfied. Take note that Wa! Curry is a casual, counter-service-style restaurant and is usually full-up by noon with the downtown lunch crowd. But, you can pre-order for dine in or take out (if you're eating in, try the crispy curry bun, made in-house). Vegan or vegetarian? There's a vegan keema curry with potatoes, carrots, celery and onions just for you. **622 W. Pender St., 604-336-5563. Wacurry.com**



## THE FARMHOUSE

The vibe? Italian countryside in the heart of Mount Pleasant. The food? Northern Italian, with a few twists. To step into The Farmhouse is to set foot in a rustic-chic room adorned with heritage-inspired details: wood, dried flowers, antique frames, botanical postcards, candlelit tables. Food-wise, expect pastas and proteins like halibut, steak and roast chicken with some unexpected ingredient pairings. A tagliatelle al ragu is served with duck, cured egg yolk and a slightly unconventional chicken-liver mousse that hits its level of richness out of the park; a side of cheesy cauliflower and barley carbonara is made with, well, cauliflower and barley, and it's as hearty and delicious as can be. If you're partial to those more expected plates that you crave when heading out for Italian (burrata, steak tartare, house-made bread, warm olives), you're also in luck. The Farmhouse is open for weekday lunch, weekend brunch—we're eyeing the panettone French toast and shrimp scampi benedict—as well as dinner and happy hour every day. **352 E. 10th Ave., 604-260-2477. Farmhouseon10th.com**

# Colouring Outside the Vines

A stunning new winery dares to be different—and delivers

BY JANET HELOU

A fresh winery has quietly opened in the famed Black Sage Bench between Oliver and Osoyoos.

The vineyard itself, however, isn't new; Red Barn at Jagged Rock is surrounded by well-established rows of vines that have been masterfully farmed for years by senior viticulturist Rob Achurch, who knows the geology and geography like the back of his hand.

"There is absolutely nothing like the Okanagan Valley, globally, for growing vines," he says, explaining that the signature rugged landscape of the Black Sage Bench was created eons ago, when the area experienced multiple spectacular and dramatic glaciation events—events that transferred via glacial outwash the rich gravel and sand that now lines the valley beds. The result is that no two sites are alike in terms of soil composition and microclimate; it's what viticulturists like Achurch live for in carefully curating grape varieties to suit the terroir. This variation allows for unlimited expressions of wine depending on how the grapes are farmed (viticulture) and how they're treated once inside the winery (viniculture).

The new winery is a decidedly swishier "upgrade" from the original building it replaced—a (you guessed it) red barn that housed old farm and harvest equipment, with a viticulture office in the loft above. When Tom Kundig's Seattle-based architecture firm was selected to design the building, the team thoughtfully incorporated a nod to the site's humble, agricultural past with a bold chevron motif that is both striking and playful. The new, modern winery and tasting room is perched perfectly in the centre of the vineyard with spectacular views of Jagged Rock to the north, and the picturesque town of Osoyoos to the south.

"The winery itself was designed to be



an art piece," says Red Barn winemaker Kaylee Barss, who was born and raised in the Okanagan and studied winemaking at Brock University in Ontario. "We took over what used to be a working barn and created a space that integrates the tasting room into the cellar where guests can experience the winemaking process. Art is incorporated into all aspects of the winery, from our chromatic purple fermenters to our individually designed labels by local street artists."

But, she says, what really sets this winery apart from the other idyllic wineries of the Black Sage Bench is the slightly unconventional approach to winemaking, paving a new path as bold as its chevron doors. A strategic decision was made not to use oak of any kind; fermentation and aging take place only in stainless steel and concrete, which give the wines a fresh, exuberant style but retain generous texture and complexity. The vineyard has also been quietly focused on sustainability efforts for years, utilizing 100 per cent organic fruit alongside responsible irrigation, canopy management and biodiversity.

"We are incredibly fortunate to be sourcing all our fruit from the vineyard that we are located in," Barss says. "Not only are we producing some novel varieties for the Okanagan, like Barbera and Sangiovese; all our wines are made in concrete and stainless steel, which allows for a pure expression of the fruit and the terroir of the site."

Plus, each wine produced by Red Barn at Jagged Rock is curiously and cleverly named (Transfiction Rosé, Lost Art Semillon and Stand Apart Syrah, to name a few), with every artist-designed label as expressive as the stuff in the bottle. Expertly crafted and just the right amount of cheeky, all truly speak to the element of place and let each grape varietal shine. [Redbarn.wine](http://Redbarn.wine)



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