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VITA

Elegance
IS AN
ATTITUDE

The
Autumn
Issue

INSIDE *the* ISSUE

BEAUTY *Diversity and equity in Black haircare*

STYLE *The best mask to hydrate your hair*

SHOPPING *Ontario's latest and greatest retailers*

WINE *Top fall fashion trends, with "glasses" to match*

TRAVEL *R&R in California wine country*



Editor's DESK

A Note From Noa

Just as the seasons are changing, we're switching up our usual runway cover image to showcase a stunning Longines launch that's available at Maison Birks, starring the brand's newest Ambassador of Elegance, Jennifer Lawrence. Read more about the timepieces in the Mini DolceVita collection below. Also in this issue: our coverage of the Essence Festival in New Orleans, where we were hosted by SheaMoisture Canada; a discussion around the rise in reversal of certain cosmetic procedures; new retail openings around the city; a trip to California wine country; and a look at fall's hottest beauty launches. Speaking of which, my editor's pick this month is Clarins' new Precious collection of creams, serums and lotions containing the rare Moonlight flower; we'll be doing a deeper dive into this special range in a future issue of VITA, so stay tuned!

Noa Nichol EDITOR-IN-CHIEF

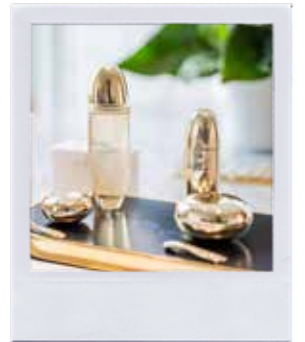


PHOTO: KIM BELLAVANCE

We met the radiant Lily Yange a few years back on a press trip to Quebec and were immediately drawn into her realm. This magnetic mom is a social media maven, model and (new!) agency director with a passion for authenticity and representation—especially on the 'gram.

Lily Yange

@LILYANGE | @SIRANDEX



Félix and thinking, "How do I stay home with him forever?!" That's how my social media presence and platform became what it is today. I started tapping into my creative side, sharing myself modelling and, sooner than I knew it, I was being flown to Arizona to shoot a campaign with H&M—things blew up from there. On my little-to-no off days, I enjoy life's simple pleasures: hanging out with family, binge-watching *Girlfriends* or, sometimes, just doing nothing at all!

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

I'm incredibly selective with what I put on my platform, whether with my partnerships or personal life. I always want my "tribe" to walk away either inspired, laughing or touched by something I've shared because social media can appear too perfect and unrealistic.

What are your style, beauty and wellness mantras?

In fashion, if it feels good, wear it. Also, buy less but choose well. I believe in embracing authenticity, confidence and self-expression. Beauty is about feeling comfortable and empowered in my skin. In wellness, be as kind to your self—mind, body and spirit—as you would to someone you love.

What are some of the ins and outs/ups and downs you've experienced as a prominent person on social media in the last few years?

Some of my biggest ups were working with dream brands like Birks, H&M, Mercedes-Benz and Sephora Canada. My downs have been a mixture of my personal life shifting and trying to balance being a mom and an entrepreneur. I was constantly running into many creative blocks. Also, I continue to see and experience the ongoing challenges with a lack of diversity in the industry, especially with brands being uncomfortable having honest conversations about these challenges.



You recently launched your own influencer agency, Sir + Lex; congrats!

Yes! I found being in the industry for seven-plus years, I always had to have conversations about diversity, inclusion and lack of representation for BIPOC creators in general. But over the past few years my best friend and co-founder Beverly Fala and I started seeing talented male creators receive little to no love. That's where the idea of Sir + Lex Agency came to life. We represent talented male content creators in Canada and the U.S. We want to change the narrative of how males are seen in the industry as only fitness creators or "boyfriends/husbands of a creator." The more we spoke to male creators, the more they expressed how they aren't put forward for campaigns like skincare, home décor, mental health and body positivity ... we knew we needed to change things.

We have long loved your work with Birks; tell us about your recent partnership.

It feels like just yesterday I was walking down Bloor Street past that bright-blue sign and dreaming of owning a piece from Birks! Working with the team has been a dream. We've built a wonderful, incredibly fulfilling relationship. They have allowed me to be creative and tell a story my way and uniquely. From our first Dare to Dream campaign to being invited to experience their fine jewelry pieces at a private event launch in Canada and now working with them as their Dare to Dream ambassador and having a one-year partnership, it's been a dream and an honour. ♡

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

I was born in South Sudan and immigrated to Canada with my siblings in 2000 after living in a refugee camp for a few years due to losing my parents. I grew up in Scarborough, Ontario, and I was always creative. Ironically, I stumbled into my industry during my mat leave! I was a stay-at-home mom to my son

VITA X LONGINES

Longines' Ambassador of *Elegance*, Jennifer Lawrence, Unveils the Mini DolceVita Collection

On a recent Friday night in Manhattan, Longines, the 191-year-old Swiss watch company, transformed Gotham Hall into a magical secret garden to celebrate the launch of the Mini DolceVita collection.

Special guest Jennifer Lawrence, Longines' newest Ambassador of Elegance, unveiled the Mini DolceVita to an international guest list, including American World Cup alpine skier and Longines Ambassador of Elegance Mikaela Shiffrin, South Korean singer, actor and model Suzy, supermodel Barbara Palvin, actor Sara Waisglass and content creator Valeria Lipovetsky.

With a discreet rectangular 21.50mm x 29mm stainless-steel case, the collection features 11 new models including six references with diamond settings. Available with a classic stainless-steel bracelet and white dial, the Mini DolceVita also introduces a range of sumptuous pastels—green, ivory, blue and pink—featuring matching straps and dials.

Lawrence's relationship with watches bloomed prior to her partnership with Longines, when her brother-in-law gave her an heirloom timepiece as a wedding gift.

Known for her classic style choices, Lawrence feels that elegance always looks better when it is a little more effortless, like a quiet luxury, and that the Mini DolceVita is the perfect accessory to go from daytime casual to black tie and formal.

Discover the new Mini DolceVita collection (starting at \$2,400) available at select Maison Birks locations and MaisonBirks.com.



LONGINES' AMBASSADOR OF ELEGANCE WEARING THE LONGINES MINI DOLCEVITA - L5.200.0.75.6, PHOTO COURTESY OF LONGINES



LONGINES MINI DOLCEVITA L5.200.0.75.6

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Hair to There

From Harlem to the Big Easy, SheaMoisture Canada is jazzing up diversity and equity in Black haircare

BY KELSEY ELLIS

As the vibrant spirit of the Essence Festival of Culture—hailed as the preeminent experience of all things Black—engulfed the city of New Orleans in June, VITA tagged along with SheaMoisture Canada as the brand proudly championed diversity, inclusivity and innovation throughout the weekend-long event. While temperatures in New Orleans soared, we participated in interactive popups, listened to inspiring panels, attended an epic concert (think Ice Cube, Ludacris and birthday girl Missy Elliott) and snagged an exclusive interview with brand manager Maureen Kitheka to learn more about SheaMoisture Canada's unique approach to Black haircare and its long-standing commitment to "overserving the underserved."

Founded by Rich Dennis, SheaMoisture's rich history traces back to 1912 when Dennis' grandmother, Sophie Tucker, discovered the transformative benefits of shea butter for skin and textured hair in Sierra Leone. Thirty-two years later, the brand has stayed true to its roots, prioritizing clean and natural ingredients that are responsibly and ethically sourced from West African communities and, in doing so, supporting more than 53,000 women and promoting Fair-Trade practices—a truly inspiring legacy.

However, a 2018 Unilever acquisition of the company raised some eyebrows among folks in the Black community, putting SheaMoisture's longstanding commitment to being "for us, by us" into question. But Kitheka says the beauty brand has without a doubt remained devoted to its mission, ensuring that, despite new ownership, the business continues to be centred around the melanin-rich consumer.

"Part of the agreement of the entire sale was a commitment from Unilever to actually stay true to SheaMoisture's mission," she explains. "Unilever ... continues to elevate, if not even prioritize in terms of messaging, the fact that, to authentically live up to that mission, the business remains Black-women-led."

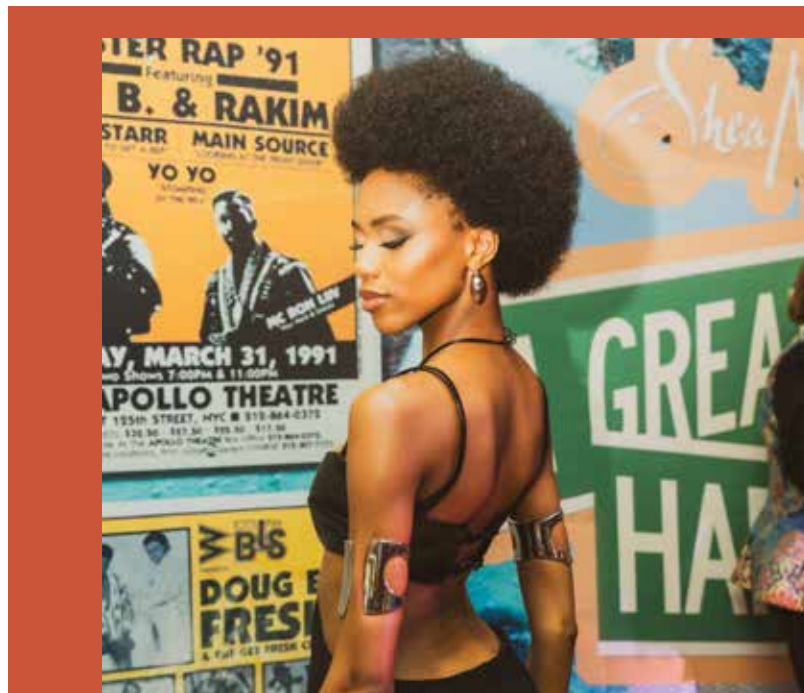
Though she says she can "completely understand where that sentiment comes from," Kitheka points out that, thanks to the acquisition, "We are available coast-to-coast, which is because of the power of a corporation like Unilever. That creates a sense of accessibility as well, which can then once again serve the underprivileged underserved community or the people who are in marginalized identities, who need access to these products the most."

And SheaMoisture isn't just talking the talk either; it can financially back its claims and has the receipts to prove it. The brand has invested millions via purpose-driven programs, partnerships and donations. Recently, Unilever developed the Polycultural Center of Excellence in Connecticut—a state-of-the-art laboratory conducting research catered specifically to the needs of textured hair and consumers of colour. It goes to show, says Kitheka, that the Unilever purchase proved to be the result of "selling up, not selling out."

Fast-forward to early summer 2023, when SheaMoisture's pride in its heritage and unapologetic commitment to Black sisterhood permeated every aspect of the 29th annual Essence Festival, as women of all shades of brown proudly celebrated their beautifully textured tresses. Despite the event's locale south of the 49th parallel, it is evident that the brand's ethos extends to its northern division, as the company continues to grow within the Canadian market. This, Kitheka says, has much to do with Canada's unique population.

"The impact of immigration in our market has meant that we have become much more multicultural, and we are accommodating of different looks from a beauty perspective." And, she adds, "Although we are the northern neighbours, we can have that same sense of connection and community within the Black community in Canada and be inspired."

According to Kitheka, "The social discomfort [of wearing your hair natural] hasn't ended because, at the end of the day, it is much more than just something on your head. It is a crown. It is your jewel. Your tool for self-expression. You might give [the consumer] the product,



PHOTOS: SHANE MILLER

"There's an extra leaning in to serve the Black woman, not only from a product perspective, but celebrating her, investing in her, empowering her and also making sure that she's seen in our society"

you might give them access, but textured hair is different from straight hair. If you're not honing down and educating the consumer, then you're assuming that, because they have hair, they know what to do with it and you're not going to get it right in this market."

She adds, "The biggest opportunity for us is to figure out how to take the consumer to the next level in terms of getting closer to them and educating them on how to take care of their hair."

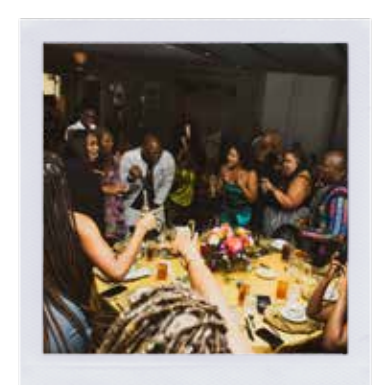
As such, SheaMoisture Canada aims to form strategic partnerships with Canadian stylists and offer comprehensive education for both Black and non-Black consumers. Kitheka says the company "both acknowledges and makes it clear that, while the products are intended to serve the Black community that has been underserved for a long time, diversity, equity and inclusion are key values ... and [we] invite non-Black consumers to celebrate and learn about textured hair

along with us."

Additionally, SheaMoisture Canada believes that, in order to fuel generational wealth for underserved populations within Canada, it's necessary to break cycles of systemic racism through the power of entrepreneurship. In 2022, the Dream Fund initiative was born to offer grants and programs exclusively to Black female-identifying entrepreneurs within the beauty industry. The fund recently awarded five recipients with both grants and coaching opportunities, in partnership with The Diversity Agency.

"There's an extra leaning in to serve the Black woman, not only from a product perspective, but celebrating her, investing in her, empowering her and also making sure that she's seen in our society. We are very intentional about that and it is a strong pillar within our equity-building pillars, so if we are to ever show up in any market, that is the person who will speak to primarily because that is a global mission for the brand."

While the joyful festivities and sweltering heat of the Essence Festival of Culture may be over, SheaMoisture Canada's commitment to its mission, to equity and to a purpose-driven approach shows no signs of cooling off. Says Kitheka, "Actions speak louder than words; you have to walk the talk, and I'm proud to say that the business is working toward that, and we have seen that through the love that has been given back to the brand through increased sales and growing business; that Black women have seen that we are still committed to this and have continued to support the brand." As the brand continues to evolve, SheaMoisture Canada serves to champion and exemplify the importance of staying true to your roots, and that uplifting the community you serve has no borders. V



VITA X ROKU

TV Time



With 75 per cent of Canadian Internet users now TV streamers (according to Roku's Video on Demand (VOD) Evolution study), many may be looking at ways to optimize their TV streaming experience. Get ready to stream in an even better, easier way, with the Roku Philips Smart TV, bringing viewers vibrant, life-like picture quality and surround sound right to your living room. Now available in Canada, here's what you can expect from the Roku Philips Smart TV:

- **Roku Philips 4K Ultra HD QLED Display:** Featuring incredible and captivating detail and colour capabilities.
- **Dolby Vision and Atmos Sound:** For richer pictures and an encompassing surround sound experience.
- **120 Perfect Motion Rate:** The Roku Philips TV provides an ultra-smooth motion sharpness.

The best part? You can watch an always-changing selection of free movies, shows, live news and more through The Roku Channel, and enjoy free exclusive assortment of content through Roku Originals. Plus, this summer, Roku Canada announced all new What to Watch, Continue Watching, Save List and Streaming Store features, enhancing the content discovery experience for Canadian consumers. You can now more easily access the content you love and discover new content to stream or save for later, and these features will be available on the new Roku Philips TV!

The QLED Roku Philips Smart TV models are available in four sizes ranging from 50" to 75", starting at \$549.99 CAD (available at Best Buy). [Roku.com](https://www.roku.com)

Fall Haul

Cue up hefty hydrators, a viral lip glaze and more

BY EMILY MACCULLOCH & INGRIE WILLIAMS
@T.ZONEBEAUTY

When a new season arrives, so does that feeling of wanting to reset your beauty routine. Now that fall is here, we're cracking open the doors of our beauty closet to highlight eight new launches that we'll be dipping into all season long.

1. THE DO-IT-ALL MASCARA

Equipped with everything you need for dreamy lashes, Benefit Fan Fest fanning volumizing mascara (\$38) volumizes and lengthens for a doe-eyed effect. Formulated with conditioning provitamin B5 and decked out with a flexible curved brush, a few swipes deliver a full, fanned out fringe—no falsies needed. [Sephora.ca](#)

2. THE HEFTY HYDRATOR

This good-to-the-last-drop pouch (a.k.a. SVR Hydraliane intense moisture light cream, \$50) contains everything a normal-to-oily complexion needs to face cold, dry weather. The 100 per cent natural blend of hyaluronic acid and glycerin draws moisture into skin and—this part's important!—keeps it locked in without clogging pores. [Shop.shoppersdrugmart.ca](#)

3. THE VIRAL LIP GLAZE

Earlier this year, we finally got our mitts on Hailey Bieber's super-popular peptide lip treatment (\$24) when her Rhode skincare line became available in Canada. And now we understand the frenzy around this plumping, shea butter-rich gloss. Her latest flavour addition, vanilla, is sure to recruit even more fans. [Rhodeskin.com](#)

4. THE SMARTY PANTS EYE PENCIL

When eyes need a li'l something-something, these creamy Bobbi Brown dual-ended long-wear waterproof cream eyeshadow stick (\$52) make the job fool-proof. Each pencil brings together two



perfectly paired easy-to-wear neutrals. Designed to illuminate and define anywhere in the eye area, there's a shimmering shade on one end and a matte on the other. [Sephora.ca](#)

5. THE AROMATIC ACCESSORY

Rich scents soften the edges of cooler, darker months. In Guerlain's luxe Aqua Allegoria forte oud yuzu eau de parfum (\$156), notes of joyful Japanese yuzu (a tangy citrus) mingle with warm, dry cedar and powerful oud wood. The result wraps you up with indulgent depth and radiance, and the beautiful bottle is also refillable. [Guerlain.ca](#)

6. THE OVERNIGHT REFRESHER

Quality sleep supports healthier-looking skin, but you can hack the system by adding gentle exfoliation to your nighttime skincare routine. A mix of high-performance AHAs, including glycolic acid, along with prickly pear extract and super lotus in this Fresh Lotus youth preserve resurfacing dream serum (\$92) helps to reduce dark spots, dryness and dullness while you rest. [Sephora.ca](#)

7. THE BESTIE FOR EXTRA DRY BITS

Packed with urea, a double hitter that's both a gentle exfoliator and a powerful moisturizer, Omy smoothing body cream (\$36) leaves limbs smooth and supple. It can even be used on the most sensitive of skin types. [Omycosmetics.com](#)

8. THE GLOW GETTER

Just in time for grey days, U Beauty is launching a tinted version of their best-selling super hydrator cream (\$138, launching October 18). Delivering 11 shades of sheer, buildable pigment in a lightweight luminous base, it feels anything but makeup-y thanks to skin-loving ingredients like hyaluronic acid and peptides. [Ubeauty.com](#)

6 Stylish Sips

The top fall fashion trends, with wines to match

BY NOA NICHOL

1. RED ALERT

Any designer will tell you that red is *the* colour of fall 2023. Bold and arresting, the hue can most certainly command a room. And, no matter your shade of choice—cardinal, coral or crimson—a one-tone outfit, like this one from VITA favourite Max Mara, is a sure way to make a statement this season. Pair your red OOTD with a glass of 2018 Stags' Leap Napa Valley Cabernet Sauvignon: exuberant and expressive, with a bounty of wild brambleberry fruits alongside lifted floral notes of lavender and violet. [Stagsleap.com](#)

2. SWEATER WEATHER

This season, labels like Louis Vuitton, Victoria Beckham and Pillings by Ryota Murakami offer oversized knits styled with cosy-for-fall accessories, like leggings and scarves. Pair your pullover with The Dalmore Cask Curation Series – The Sherry Edition, which features renowned fifth-generation winemaker González Byass, of Jerez de la Frontera, Spain. Each set in the collection comprises three exceptional aged statement whiskies finished in the finest of González Byass casks. Strictly limited to 150 sets, this collection is beautifully presented in a bespoke leather-finished travel case handcrafted in Italy. [Thedalmore.com](#)

3. SHRUG IT OFF

Mark our words: off-the-shoulder is going to make a comeback this season. Tory Burch and Parisian designer Antonin Tron of Atlein kept the silhouette simple, while Acne Studios, Carolina Herrera and size-inclusive Ester Manas dressed it up with straps and puffy sleeves. Just grab a good strapless bra and pair your look with Santa Julia El Burro Malbec Natural—a mischievously elegant dry red wine that's nice and naughty in texture with a playful challenge between acids and tannins. [Santajulia.com](#)



4. ART ATTACK

Gallery-worthy prints made an appearance on plenty of runways this season—think Stella McCartney's pixelated ponies to Loewe's dresses patterned with images of, well, other dresses. Paco Rabanne made stylish use of Dalí's oeuvre, while New York-based label Puppets and Puppets featured enlarged images from a Gaspare Traversi work. Clearly, fashion has art on the mind—perfect the trend by donning a printed pick paired with CheckMate 2019 Attack Chardonnay, with a mouth-watering finish and a label we could frame. [Checkmatewinery.com](#)

5. PEPLUM POP

As Y2K's popularity starts to slow (really) and designers turn their attention to the 2010s instead, peplum tops, with an almost skirt-like frill or addition that extends a bodice below the waistline, are getting a new lease on life. Far from frumpy, we're seeing subtle flares at Colina Strada, ruched tops at Tove, tailored blazers at Balmain and undone corsetry at Tory Burch—and we're feeling it. Pair your peplum with a Dillon's Classic Gin Martini: 2.5 ounces of Dillon's Dry Gin 7, 0.5 ounces dry vermouth and olives or pickled onions for garnish. [Dillons.ca](#)

6. GO GOTH

Halloween is nigh; time to get in touch with your witchy side. Rodarte's recent runway show featured models floating by like spooky apparitions, in black velvet and lace. Blood-red ribbons at Simone Rocha, Wednesday Addams-esque styling at Adeam and gossamer corsetry at Versace, too, exuded a palpable feeling of gothic glamour. At home, just add some ribbons, lace and over-the-top collars to your accessories collection, and pair with Mission Hill's 2019 Oculus, which delivers a powerful, elegant structure, with Merlot driving red and blue fruit flavours and Cabernet Franc enriching the taste with herbaceous undertones. [Missionhillwinery.com](#)

Natural Good *Looking*

Can you get your fillers, Botox or other aesthetic procedures reversed if you've got buyers' remorse?

BY AILEEN LALOR

You can walk out from a job you don't like, quit an unhappy relationship or return a sweater to the store if you get it home and don't like how it fits. You can even erase regrettable tattoos. In other words, there aren't that many decisions, big or small, that are irreversible.

Unfortunately, some non-invasive aesthetic procedures are irreversible, though not permanent. "With neuromodulators like Botox, we have to wait for them to wear off—we don't have a way to reverse that," explains Dr. Shannon Humphrey of Humphrey & Belezny Cosmetic Dermatology. Botox's effects typically last around three or four months so, if you don't like how you look, you're literally stuck.

With fillers based around hyaluronic acid (Juvéderm and Restylane are perhaps the best known) you might have more luck. The filler will eventually be broken down by your own enzymes but that process can be hastened with injection of hyaluronidase. A treatment typically takes 10 minutes or so and starts to work straight away, though some people need a few treatments to see the results they want. A new topical treatment, Topilase, is already in use in Europe but not yet approved here.

There've been a few high-profile instances of people who have decided to have their procedures reversed. Reality star Blac Chyna had her butt and breast implants removed and fillers dissolved earlier this year, and stars like Courtney Cox, who was pilloried for her pillow face, have laid off the injections in recent years.

"I've heard from a lot of practitioners that fillers have become less popular than they were," says dermatologist Dr. Aegean Chan, who mostly works in medical dermatology. "I think Kylie Jenner really popularized fillers, especially for younger patients. A lot of cheeks and lips were



filled during that time and I think a lot of those patients now are noticing that their normal facial contours are not as natural appearing. They have that inflated look that frankly is not as fashionable anymore."

It's similar to a trend that was dubbed "rich face" a few years back. The idea was to look like you'd had aesthetic work done—a form of wearing your money, like carrying a designer bag. Is this still a phe-

nomenon? "I think demographically and socio-culturally there are places where this is true—where looking like you've had some type of cosmetic procedure performed is a status system and a way to show you belong to a certain group," says Dr. Humphrey. "It's something I hear about from colleagues who practice in very big cities, in New York or L.A., maybe in areas of Toronto."

But she says it's not really a thing

here in Vancouver, particularly with her patients, who are usually looking for natural outcomes that make their physical appearance align with how they feel about themselves.

In fact, Dr. Humphrey says she very seldom sees patients who regret their choices because of the way her practice works. "We start with the patient—their reasons for coming in and their emotional drives—and with them we customize a more holistic, positive aging plan," she explains. "This is in sharp contrast to a transactional approach where a patient books in for a treatment, they receive the treatment and then they leave."

Dr. Chan says the best way to ensure you don't end up disappointed by your treatment is to be careful who you go to. "Go to a board-certified dermatologist rather than a medical spa," she recommends. "There are some wonderful medical spas but they do vary so it's always safer to have a licensed physician." Then it's all about communication and trust. "Go to your appointment with a good idea of what you would like addressed or enhanced or corrected," she advises.

If you want to dip your toe in the aesthetic pool, she suggests chemical peels, which can give you big improvements in terms of texture, or lasers such as the Clear + Brilliant that give you minimal downtime and good, subtle results. "It really depends on what you're trying to address and not getting procedures for procedures' sake," she explains.

Dr. Humphrey says it's crucial to take your time and think things through. "In my experience the only patients who regret treatments are ones that were not completely certain about proceeding in the first place. That for me is a red flag or an alert sign," she says. "There's no rush! There's no urgency! The best thing to do is have more dialogue until you're certain you want to proceed." V

VITA X JVN HAIR

Moisture Surge

We've found the best mask to hydrate your hair and bring it back to life

Between the sun, sand and salt water, we sure had fun this summer. Unfortunately, the season wreaked havoc on our hair, stripping it of its natural moisture. "All of that extra time in the sun means more exposure to UV rays, which have the ability to deplete protein in your hair and leave it dry, brittle, dull and washed out," explains Jonathan Van Ness, founder of JVN Hair. "Chlorine and salt water wreak dryness havoc, too, with chlorine stripping your hair's natural oils and even leaving a green cast on lighter shades over time, while salt water draws moisture from your hair that will leave it frizzy and dehydrated."

Fortunately, JVN's new Nurture Intense Hydration Mask can help replenish our strands with an innovation that instantly hydrates, restores smoothness and nourishes all hair types. "Just three minutes in your shower and you have 72 hours of hydration, which not only helps with resetting your hair after it's been exposed to all of the summer hazards we just discussed, but it helps keep your hair from frizzing up so easily in the increased humidity that summer is known for, too," says Van Ness.

Formulated with an upcycled vegan keratin alternative, amino acids and the iconic hero ingredient hemisqualane, the mask provides a moisture surge, while protecting hair from colour fade. "The formula for this mask is something I'm so proud of; it's hands-down my favourite mask formulation that I've ever used," he says. "The top three ingredients all work together as a triple hydration system to add moisture and nourishment to your hair while locking it in for days—and the best part is, these ingredients can do this without leaving your hair heavy, greasy or weighed down. It can absolutely be used for all hair types and textures, from fine to coarse."

"Every season can create new challenges for your hair, in large part because of seasonal fluctuations in humidity," Van Ness adds. "Dry times of year will leave



your hair searching for moisture in the environment that isn't there, increasing the chances of frizz and brittle strands. Your hair does the same thing when the humidity increases, so you're going to frizz up if your hair started the season on the dry side and is now gulping the moisture out of the environment like its life depends on it. Using a hydrating mask all year will keep your hair in a state of hydration equilibrium so it isn't as affected by the changes happening around it."

Beyond the palpable results of this and all other JVN hair products we've tried (they're a staple in our shower caddy), we love that the brand is backed by science while keeping consumers and the planet in mind. "It's been incredibly fulfilling to see people with all types of hair, from 1a to 4c, using these products, because we intentionally formulated everything with hair goals in mind—versus hair type. For me, beauty has always been about feeling like your best, most beautiful, most confident self. JVN is about making that happen for anyone and everyone and that's deeply important to me."

That said, a top priority for Van Ness is celebrating and supporting the LGBTQIA+ community. "LGBTQIA+ folks have been targeted, scapegoated and criminalized in the past and we still are today," he says. "Queer people have always, and will continue, to fight for our rights to exist safely and equally alongside our cisgender and heterosexual peers. It is time for allies to tap into this struggle and make it their own." *Sephora Stores, Sephora.ca and Jvnhair.com*

Hot Shops

Toronto's latest & greatest retailers

BY TRUC NGUYEN

MINE & YOURS

Whether you're looking for a Simone Rocha dress or an Hermès handbag, you'll want to check out the new Mine & Yours boutique in Yorkville. The West Coast luxury resale and consignment retailer, which already boasts multiple locations in Vancouver, opened its first Toronto location in late August.

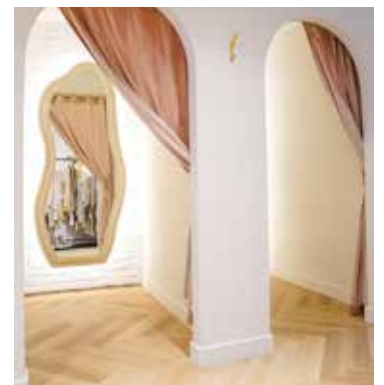
"It's been a long time coming," says owner Courtney Watkins, explaining that a Toronto pop-up was in the works for 2020 until the pandemic changed those plans. It took some time to find the perfect spot but now she's thrilled with the boutique's prime location. "I came to Toronto, I went to all the different neighborhoods and I was 100 per cent set on wanting our first location to be Yorkville Avenue," she says. "One of the reasons is, resale is just gaining popularity, and now customers who are shopping at Holt Renfrew and all the top luxury brands are also buying secondhand. That's why I wanted to make sure we positioned ourselves right in the mix of all the luxury stores."

At the Yorkville store, like at every Mine & Yours boutique, there is a floor-to-ceiling handbag wall. "Handbags are our top category and it is what drives a lot of people

to the store," says Watkins. You'll find a mix of price points and brands displayed luxuriously within the two-level space. Expect a wide selection of clothing racks filled with pieces from both contemporary and designer brands. "We have dresses for \$95 and handbags for \$50,000," she says, adding that her team of professionally trained buyers can be selective with what they choose to accept from suppliers, taking into account desirability and wear of items being sold or consigned.

"What makes us stand out from most consignment stores is that we own the majority of our inventory," Watkins says. "Anyone selling to us chooses from the options to get paid out in cash or store credit, or they can consign with us. We find that this approach meets the different needs of our clients, depending on their goals. If they find something on the shelves that catches their eye immediately they may want to go for the store credit option and snag their dream bag on the spot!"

She adds, "We are currently buying for fall/winter and are confidently curating the best resale collection in the city." **79 Yorkville Ave., 437-880-8264. MineandYours.com**



VITA X WALMART

Trendy Transitions

When it comes to our wardrobes, the switch from summer to fall and fall to winter can be challenging. Whether it's a quintessential fall day with temps ranging from 12 to 20 degrees or mid-winter and you go from -15 C to the blasting heat of a mall, Walmart Canada offers a range of outerwear for every season and temperature, from light jackets to coats and even puffer jackets. Below, find our fave season-proof and affordable outerwear from the latest Walmart Canada fall collection. **Available at Walmart.ca or in store.**



SUMMER TO FALL: This Mexx Women's Soft-Brushed Plaid Long Shacket (\$49.97) can be worn over a light T-shirt, or even a sweater on those colder days.



FULL FALL: Made of a warm material, this George Women's Wool Coat (\$70) will keep you cosy when worn over a blouse or tee.



FALL TO WINTER: This George Women's Long Quilted Vest (\$50) is ideal for days where temperatures begin to drop, but you don't need full protection quite yet.



FULL WINTER: Puffers have become a winter staple and the No Boundaries Women's Cropped Boxy Puffer Jacket (\$55) is ideal for days where you need extra protection. Pro style tip: puffer jackets can be a great way to add a pop of colour to your winter outfit!

FERRAGAMO

The Italian fashion house recently opened its fourth Canadian boutique—and second location in Toronto—between Cartier and Dior on Bloor Street in Yorkville. In the plush, 5,628-square-foot space, designed with textural materials like travertine and walnut and lined with hand-tufted silk rugs, you'll find a curated selection of men's and women's ready-to-wear pieces alongside sleek, artful displays of footwear, handbags and accessories, like eyewear and watches. In fact, a dozen Canadian-exclusive runway accessories will be offered at this location for fall/winter 2023. **131 Bloor St. W., Suite 102, 437-780-6887. Ferragamo.com**



PHOTOS: MICHAEL MURAZ



PHOTOS: ERIN LEYDON

ABSOLUTELY FABRICS

Absolutely Fabrics, Toronto stylist Kaelen Haworth's latest venture, opened this month in the Queen West neighbourhood. On the main floor, you'll find a covetable selection of stylish vintage finds alongside new clothing and accessories from independent Canadian and international labels like Beaufille, Puppets and Puppets, Maryam Nassir Zadeh and Luar. "We want to be the retail partner for emerging designers [and] a destination for those shoppers who want what no one else has," Haworth says. In that pursuit, the second floor is home to AF Studio, described as an event and studio space for the city's creative community. **613 Queen St. W., 416-304-1777. Absolutelyfabrics.com**

Quiet Luxury

Steeped in serenity and surrounded by breathtaking vistas, the wellness-focused Stanly Ranch resort brings R&R to California wine country

BY ANDRÉANNE DION



PHOTOS: STANLY RANCH, AUBERGE RESORTS COLLECTION



STAY IN STYLE

Famous for its wineries, the Northern California city of Napa is also a coveted wellness destination for those in need of a little rest and relaxation. Nestled among 700-plus acres of rolling hills neatly lined with vines, Stanly Ranch—Auberge Resorts Collection's third luxury property in the region—blends seamlessly into the earthy landscape. Though the sprawling resort is home to 135 rooms distributed over clusters of free-standing cottages, as well as villas, bustling restaurants, a collection of pools and spa facilities that draw locals and visitors alike, it's above all a sanctuary, a place to escape the stresses of the daily grind and reconnect with nature—and, perhaps, yourself. The views of the surrounding Mayacamas Mountains are expansive, the sky above wide open and the atmosphere serene.

Fresh off a five-hour flight and an hour-long drive from the San Francisco airport, we're greeted at the Ranch House (a.k.a. the lobby) with a glass of lavender lemonade before being whisked

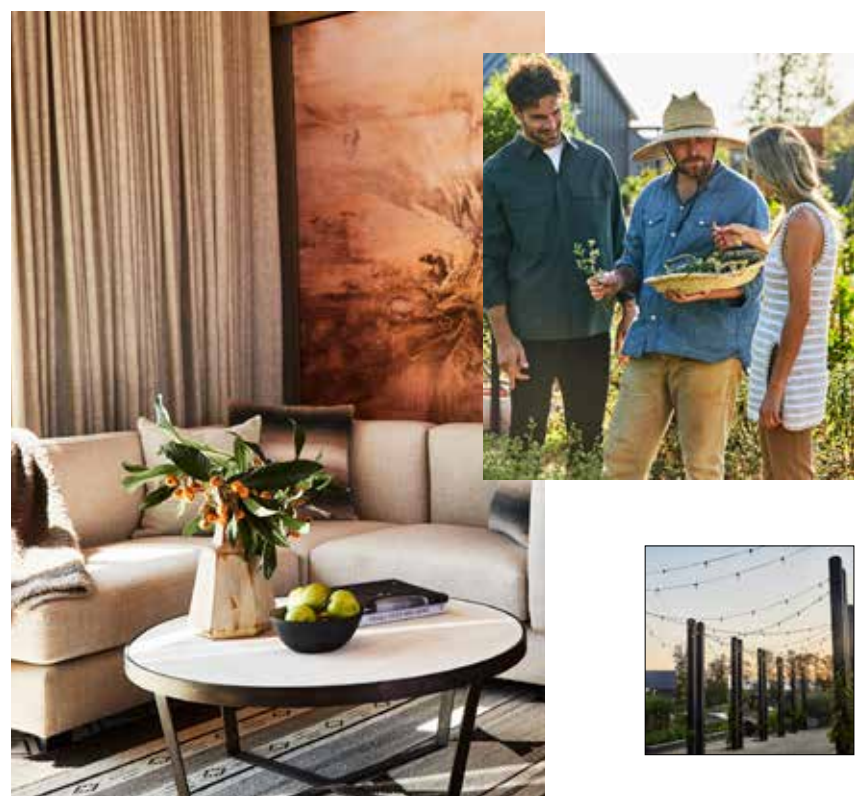
away to our villa in one of the pint-sized electric vans that silently shuttle guests and staff (called ranch hands) through a winding maze of pathways. Dashing past the manicured garden, we spot ripening lemons, fiery peppers, plump summer squashes and, nearby, a chicken coop. All around the property shrubs of lavender, flowers in bloom and eucalyptus trees scent the air and serve as a refuge for bumblebees, butterflies and tiny, camera-shy hummingbirds.

Inside our villa, airy modern farmhouse décor takes centre stage, with warm neutral tones, cosy textured fabrics, wood, metal and leather. It creates a compellingly soothing space to unwind, while the private terrace complete with gas fire pit (and, in some cases, an outdoor shower) draws us outside to bask in the sun. The bracelet that was clasped on our wrist at check-in unlocks the door; an ingenious detail, we realize, as we step out and hear the door close behind us. A little too relaxed already, we forgot to grab our room key.

RELAX & RECHARGE

Wellness is a serious business at Stanly Ranch, where you'll find a trio of offerings focused on the mind and body. Halehouse is a spa with a treatment menu that ranges from Biologique Recherche facials to Swedish massages and lymphatic dry-brushing sessions. Springhouse offers a hot-and-cold circuit (including access to a hyperbaric oxygen chamber for those who want to dabble in biohacking). Fieldhouse, the property's 24-hour gym, holds fitness classes and mindfulness workshops. We opt for a deep-tissue massage and, one hour later, end up feeling surprisingly loose-limbed and refreshed.

After a sip of bone broth (a quintessentially Californian health drink and a Gwyneth Paltrow favourite), stop by the stunning cedar sauna—the perfect spot to soak in stunning views of the mountains through floor-to-ceiling windows while you sweat out your worries. From there, pad out to one of three pools: the adults-only spa pool, the kids' pool or the Lavender pool. The latter has private cabanas and the poolside Basin Bar, where you can order a snack and a cocktail. Forgot your SPF? There's Supergoop! sunscreen available for guests to use.



SIP & SAVOUR

Start the day at Gavel, the on-site coffee shop, where you can nibble on freshly baked pastries (get there early to snag one of the popular flaky lavender croissants) and grab a hot beverage or a green juice to fuel your morning adventures. While you're there, browse the curated gift selection, which includes soft-as-can-be Lingua Franca cashmere sweaters delicately embroidered with the name of the resort, California-made bodycare and coffee table-worthy cookbooks.

At Bear, the property's signature restaurant, chef Anthony Stagnaro and team whip up seasonal breakfast, lunch and dinner dishes starring local ingredients paired with unexpected flavours. Far from dainty, the generous portions make for shareable plates—just as well, as you'll definitely want to try a bit of everything. On days where a lie-in is in order, splurge on room-service breakfast of stacked pancakes, crispy bacon, juicy berries and an enormous pot of coffee, if only for the small pleasure of enjoying it on your private terrace as the sun slowly rises over vineyards.

For oenophiles, a trip to Napa wouldn't be complete without a glass—or two, or three—of wine. There's no shortage of fantastic wineries around the property and plenty of opportunities to visit them, whether it's a hike and lakeside picnic at the neighbouring Hudson Winery or an ATV ride through the award-winning Three Sticks vineyards. The resort also takes the classic wine country experience to new heights by offering private in-room tastings led by experts.

EXPLORE & MORE

Once blissed out on spa treatments, wine and good food, there's still a seemingly endless roster of activities to partake in. From nature walks to workshops with local artisans (felt-hat design with Hampui Hats was on offer during our visit) to mixology and cooking classes featuring ingredients plucked straight from the resort's garden. For thrill seekers, spend an afternoon tracking mountain lions with a wildlife conservationist in Jack London State Park, go on a bird of prey walk, get behind the wheel of your dream luxury car or soar high above the ranch in a hot air balloon to discover breathtaking vistas of the Napa Valley. End the day with s'mores by the fire and a guided stargazing experience on the Great Lawn, where celestial-inspired treats and cocktails set the tone. [Aubegeresorts.com/stanlyranch](https://aubegeresorts.com/stanlyranch)



Freixenet

CAVA

CELEBRATE LA VIDA!



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