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VITA

Elegance
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The
October
Issue

INSIDE *the* ISSUE

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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 on page 6. 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; prints and patterns in the world of interior design; new bakeries and burger joints around the city; a trip to Seattle; 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 BELLAUVANCE

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 @LILYYANGE | @SIRANDEX



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



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. V



THE MAKING OF THE BRITISH COLUMBIA

October Issue

No. 92 ————— 2023

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BIRKS LOCATIONS AND MAISONBIRKS.COM

VITA
PUBLISHED BY
VITA DAILY MEDIA INC.

CANADA POST PUBLICATIONS
MAIL AGREEMENT #42849020

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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



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"

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, 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

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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 drowning 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 makeupy thanks to skin-loving ingredients like hyaluronic acid and peptides. [Ubeauty.com](#)

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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 pillowey 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 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

Print & Pattern

Lively décor can breathe life into our homes

BY JULIA DUMBRELL

During drearier months, let's dare to express ourselves in the company of colourful, printed and patterned décor. Beyond immediately calling attention to its eccentricity, three experts agree that eye-catching interior design brings deeper feelings to the surface. In Vancouver, bold design makes Details by Mr. K owner Andrew Karrasch feel "alive" and Otto Studio co-founder Jen Cook "joyful"; in Toronto, multi-disciplinary designer, creative director and artist Tiffany Pratt describes the sensation as "magical". While we know striking design is a mood-lifter during drab days, speaking with these three design pros shed even more light on its subconscious effects.

According to the creatives, placing daring pieces in a room revives our creative spirits. "It's a pop of energy and playfulness that can be grounding in its own way," says Cook, whose premium peel-and-stick wallpaper brightens spaces everywhere. This grounding, adds Pratt, best comes from surrounding ourselves with the colours and prints we're instinctively drawn to, as they will invoke joyful feelings "on a day-to-day basis." The philosophy holds true with Karrasch, too, who says, "Nothing makes me happier than a colourful piece of artwork, a sofa full of statement pillows or a rug with personality."

We seek these pieces out, he adds, by feeling what the heart is naturally drawn to and then surrounding ourselves with those things. Self-expressive design, Karrasch continues, comes from meditating on the pieces that authentically resonate; to that end, he advises we "take time to select quality pieces that reflect our personality and values." Pratt finds sparks-of-her-heart everywhere, from a "fabric store or supermarket, to a crowded street or flower shop."

As the heart changes over time, so can our interior design. "We don't have to commit to doing an entire room in a maximalist style," promises Cook. She offers low-commitment ways to bring colour into a space, like adding easy-to-remove wallpaper to "closets, drawer fronts [or even] the face of a kitchen island." She says that infusing creative and unexpected pops of design in the home is an act of self-care, like a secret we hold with ourselves or a hidden surprise.

To this end, our vibrancy ambassadors encourage us to spend the entire dreary season with colourful, printed and patterned pieces, and see how it impacts other parts of our lives. Lively design keeps us company in the season of staying in, opening our minds to a fuller life of self-expression and creativity. From a personality rug from Details by Mr. K to handcrafted wallpaper by Tiffany Pratt or Otto Studio, such pieces can encourage us to play a cherished record or re-read our favourite novel. Start by feeling inspiration from these seven standout pieces, from and by our three design gurus.



one



two



three



four



five



six



seven

1. Silly Squiggles wallpaper by Otto Studio was inspired by the Memphis art movement. In various hues, the funky abstract design offers a globally inspired backdrop.

2. Tropical Urges (\$1,500), a painting by Tiffany Pratt, transports viewers to warmer climates. Turning salvaged art into a reinvented work, Pratt inspires with bold plays of coral, peach, tangerine and teal, making this reimagined canvas a joy to behold.

3. Complete with a hand-painted bird and tropical fronds and blush background, this parrot tray (\$209 at Details by Mr. K) offers a full serving of personality.

4. Otto Studio's Checks & Waves wallpaper boasts a colourful pattern that pays homage to the Pop Art movement.

5. The Tula Wise large tiger rug (\$325 at Details by Mr. K) is a quirky period piece, sold among a range of handmade, cotton-backed animal kingdom mats.

6. As a part of the Seventies Again collection, Otto Studio's Chill Pill wallpaper gives us into this iconic era for self-expressive design.

7. Tiffany Pratt's Look into Your Heart mirror (\$732) brings shape and texture to an at-home staple.

HOME ACCESSORIES WITH PERSONALITY



Page-Turning Patterns

BY NOA NICHOL



Delve into Louis Vuitton's fashion collaboration with world-renowned artist Yayoi Kusama in a new book, *Creating Infinity*, that's as decorative as it is entertaining. Under the direction of Ferdinando Verderi and Isabel Venero, the stunning hardback, published by Rizzoli and presented in a coffee table-worthy box, features an introduction by Kusama herself and contributions from esteemed experts in the fields of fashion and art: writer Jo-Ann Furniss; designer Marc Jacobs; curators Mika Yoshitake and Philip Larratt-Smith; Hans Ulrich Obrist, artistic director of Serpentine Galleries in London; and longtime Kusama expert Akira Tatehata. The book also includes reflections from some of today's most eminent contemporary artists and musicians—Arca, Katherine Bradford, Anne Imhoff, Ryan McNamara, Raúl de Nieves, Ryan Trecartin, Nora Turato and Jacolby Satterwhite—who share their thoughts on Kusama's profound impact and her extraordinary ability to create fantastical worlds through her renowned polka dots and mirror spheres. Ca.louisvuitton.com

Details
BY MR. K



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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

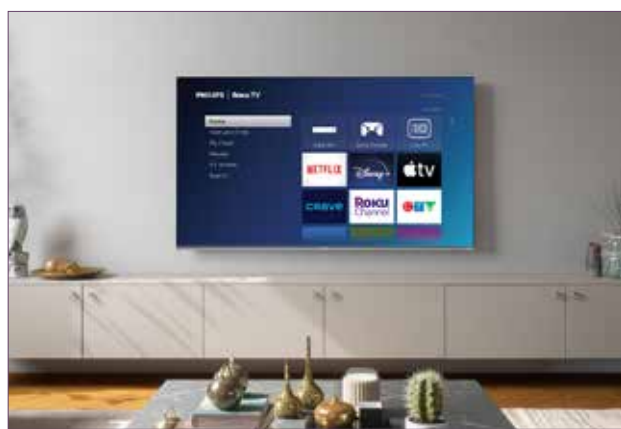
6. GO GOTH

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



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

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 can help you stay on trend and on budget. 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](http://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!

New Noshes

Where and what to eat in
Vancouver this month

BY KATIE NANTON



MONZO BURGER

Tucked under the Granville Street Bridge in Vancouver House is new smashburger spot Monzo—a spin on the word *manzo*; beef in Italian—with a fine-fast-food vibe inspired by a 1980s Milanese youth movement that adored high fashion, motorbikes and McDonald's. Monzo hits that stride with a retro-diner menu board and bar stools, a DJ booth, an opulent orange semi-private room that can be booked for celebrations and kids' meals served in mini Italian supercar containers. Canadian beef is ground in-house and turned into burgers like the Monzo Classic on a brioche bun or the King Monzo which gives Big Mac vibes with two patties and all the fixings on a sesame seed bun. There's also a house-fried Chicken Milano sandwich, glorious onion rings and a Big Legume veggie burger. But the Italian really shows up in the premium soft-serve gelato, real espresso and beer, wine, highballs, and cocktails on tap. **1401 Granville St. Monzoburger.com**

PLEASE! TASTING HOUSE

Cocktail connoisseurs and casual sippers alike—here's your new spot. Located in a former auto repair shop in Mount Pleasant, Please! offers premium small-batch cocktails. The 67-seat space serves up East Van chic with lush greenery, colourful art and a garage door to open in hot summer months. And the drinks on tap? Delicious. Fans of the label will know favourites like vodka-based Mango Sticky Rice, tequila-based Grapefruit Paloma, and gin-based Rhubarb Fizz—all made using fresh-squeezed mixers, locally grown herbs and housemade tinctures. Inventive new cocktails include the fresh-as-can-be Garden Social (a gin-based iced tea) and the Full Moon Party (a twist on an energy drink). And all cocktails can be ordered by the flight, so try a selection, then order a full size of your fave. Pair with Middle Eastern fare—the menu is in collaboration with Jamjar Canteen—and you've got yourself the perfect night out. **222 W. 5th Ave., 604-428-7005. Enjoyplease.ca**

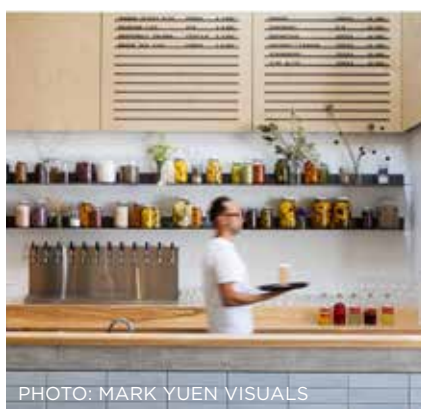


PHOTO: MARK YUEN VISUALS



PHOTO: ISSHA MARIE



PHOTOS: RICH WON

BEAUCOUP BAKERY

You never forget your first Kouign Amann—especially at Beaucoup. We sampled a cardamom-spiced version of the densely buttery pastry at the bakery's latest location in the St. Regis Hotel, which boasts a Parisian-style side patio and, inside, elegant marble and brass accents. One glance at the menu escalates that sense of refinement sky-high. From flaky croissants to divine lemon yuzu tart, the pastry case also tantalizes with fresh cake flavours like hazelnut dulcey and coffee whiskey chocolate. A small retail space includes softly rebranded Beaucoup merch (think custom candles by Ollie & Co., bars of chocolate, white-and-gold croissant pins) and local treats like truffle-infused hot sauce and handmade cards. **602 Dunsmuir St., 604-732-4888. Beaucoupbakery.com**

WA-BAGEL

The first-ever Japanese bagel spot has landed in the heart of downtown with a creation you won't find anywhere else in the city. It's chewy. It's airy. It's scrumptious. Wa-Bagel is a New York-meets-Japan concept by Aburi Restaurants Canada, with talented head baker Yukiko Iikura at the helm. She uses a traditional technique that gives a uniquely light consistency: ingredients are rolled into the dough rather than mixed, then turned into sweet and savoury delights. Try the kanako, filled with nutty roasted soybean powder, or the sweet, decadent red bean and cream cheese. Lunch specialties include a veggie sandwich with tofu hummus, and umami-rich Montreal with smoked meat and miso caramelized onions—all served on those famous bagels, of course. "I like to say Japanese-style bagels are inspired by the chewy texture of mochi rice cakes," notes Iikura. **B09 - 666 Burrard St. Wabagel.com**



PHOTOS: MARIA GONZALEZ



PHOTOS: MIKI ELLIS

TALL SHADOW BAKERY

More often than not, you'll find a bakery with great homemade bread but mediocre pastries. Or, a mountainous case of delicious sweet delights with days' old loaves that just don't cut it. Tall Shadow, in Hastings-Sunrise, does both very, very right—one bite of their homemade fruit-frilled pop tart is all it takes before you're packing up a big box of them, along with a sourdough loaf and a latte to go. Those loaves, made with organic grains and a slow fermentation process, gained momentum at farmers' markets around town before co-owners Cass Helps and Dayle Kennedy paired up with industry veterans Miki Ellis and Stephen Whiteside (co-owners of Dachi, Hanai, Elephant) to open Tall Shadow. The bakery menu changes seasonally, so there's always fresh ideas in the pastry case—funfetti cookies, jalapeño cheddar cornbread, milk bread, bagels, baguettes and more carb-y delights. **2474 E. Hastings St., Tallshadowbakery.com**



PHOTOS: LEILA KWOK

WILD BLUE

There's a new long table dinner in town—well, slightly out of town? In early September, Whistler's award-winning Wild Blue hosted an al fresco feast at the Whistler Golf Course in what will be an annual Alpine Long Table Dinner tradition. With 120 guests, restaurant director Neil Henderson and executive chef Alex Chen turned out four fine-dining courses, with partial proceeds benefiting the Whistler Blackcomb Foundation. Think sweet corn agnolotti with fontina fondant, grilled steak with truffled potatoes and a peach-plum tart with jasmine pastry cream. Wine pairings? Of course, showcasing the best of the Okanagan, including Mission Hill Family Estate. It's sure to sell out fast next year, so mark your calendars. As for the other 364 days of the year? Dine in situ at the seafood-forward, sustainably focused Wild Blue to taste why its PNW cuisine has been on the tip of everyone's tongue since the restaurant opened just over a year ago. Indeed, the awards have helped: an impressive No. 4 spot on the Best New Restaurants in Canada list from Canada's 100 Best and a recent nomination for Canada's Best New Restaurants by Air Canada enRoute. Our advice? Book a table while you can—long, short or anything in between—and don't miss the après experience if you're planning on hitting the slopes come ski season. **4005 Whistler Way, Whistler, 604-962-2233. Wildbluerestaurant.com**



Sightseeing in Seattle

BY KATIE NANTON

Road trips to Seattle are a West Coast staple. Whether it's for that Trader Joe's haul, can't-see-it-in-Canada concert or a family getaway, there's something deeply freeing about being waved through the border for an American adventure.



STAY & PLAY

Location, location, location. The colourful and artsy Maxwell Hotel isn't just perfectly situated—steps away from Seattle Center and the Space Needle, Museum of Pop Art, Seattle Opera—it's also charmingly pineapple-themed. Small hospitality touches make all the difference here, like a welcome drink upon check-in—we cracked chilled cans of white wine while admiring the large pineapple mosaic on the lobby floor—and complimentary pineapple cookies for to-go sightseeing treats. The hotel is passionately dog-friendly, and

our two-year-old daughter quickly grew smitten with Dash, the hotel's mascot husky pup, a pineapple-yellow-beret wearing stuffed toy on display at every turn. (For \$25, you can take one home.) Request a room with a Space Needle view to fall asleep to while curled up in a fluffy, European-style individual duvet. For those with kids in tow, hit the hotel's indoor pool or walk 10 minutes to Artists at Play, a playground created by artists with funky slides, an ADA-accessible carousel and a 30-foot climbing tower.



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SAVOUR & SIP

Seattle is a foodie city, and we recommend starting your day with coffee and hearty steak 'n' eggs at the iconic Mecca Cafe in Lower Queen Anne. Open since 1930, it's a good-vibes diner by day and glorious dive bar by night—one of the first post-Prohibition legal bars in the city—with a drink-coaster art gallery on the wall. Or, take the one-stop Seattle Center Monorail for a fun, three-minute ride over Downtown Seattle to Pike Place Market. Peruse the vibrant fresh flower stalls with a powdered donut in hand from Daily Dozen Doughnut Company, watch the famous fish-throwing of Pike Place Fish Co., then buy a jar of local honey before bee-lining across the street to Piroshky Piroshky. Here, get a paper bag full of hearty, fluffy pastries; the Garlic & Cheese Piroshky won our hearts. Next, watch big vats of cheesemaking in action

through a window at nearby Beecher's Handmade Cheese and snag a to-go container of cheese curds to nibble on. Lunch? Venture to Queen Anne Hill for a juicy Queen Animal hamburger with avocado and smoked bacon from casual-cool Big Max Burger Co., where sides include coconut caramel kettle corn Brussels sprouts. Come dinnertime, indulge in Italian: we recommend the inventive pasta and sourdough with fennel-honey butter on the see-and-be-seen patio of How to Cook a Wolf in Queen Anne or a sinfully rich braised beef ragu at Capitol Hill's casual-gourmet Due' Cucina Italiana. The latter neighbourhood is where you'll also find award-winning Stoup Brewing's new location, a 16,000-square-foot brewery with bench seating, great brews (try the Space Garden IPA) and a dedicated kids' play area.



SEE & SOAR

Ensure smooth sightseeing by picking up a Seattle CityPASS for discounted admission to many top attractions. First up? The Museum of Pop Culture in a gorgeous Frank Gehry building modelled after electric guitars. On till early January, *Contact High* is a must-see show featuring 40 years' of photography via contact sheets of hip hop's finest—Snoop Dogg, Missy, OutKast, Jay-Z—during some of their most iconic shoots, and legendary artifacts like a turntable used by Grandmaster Flash and a suit worn by Biggie. Next: the Seattle Aquarium for what could be the last chance to see its original space be-

fore a new location opens in 2024. Take in the otters, jellyfish, puffins and more while keeping an eye out for swimming scuba divers in the bigger tanks posing for thumbs-up photos. Don't leave town without a trip up the Seattle Space Needle for 365-degree views from indoor and outdoor viewing platforms—there's even a revolving glass floor for dare-devils to cross. For a different vantage point, head over to Kerry Park in up-scale Queen Anne for views that feel like you're soaring over downtown Seattle and Elliott Bay and the Space Needle; be sure to look out for Mount Rainier on dramatic display in the distance. ▽



The
Fashion
on Fourth

EVENT

SAVE THE DATE: OCTOBER 12-15

Get fall ready with us as we are joined by Jillian Lansky of @theaugustdiaries for a fashion talk and happy hour at Plain Jane Skinbar on West 4th Ave. Followed by a weekend of shopping, discounts and more at participating shops!

This is a FREE event however, seating is limited. Please go to shopwest4th.com to get tickets.

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