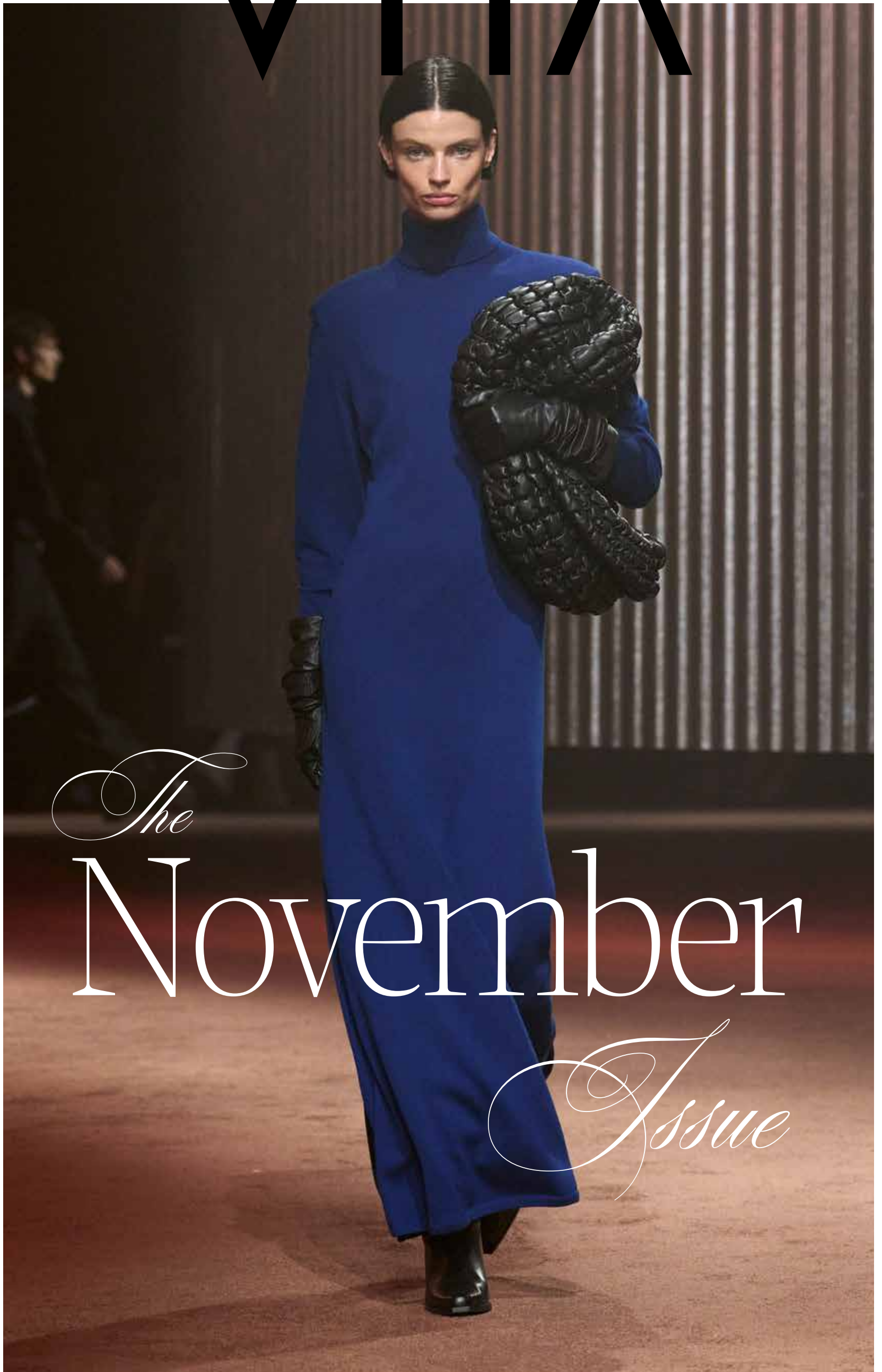


Lifestyle content you care about from *Vitamagazine.com*

VITA



The November *Issue*

INSIDE *the* ISSUE

CULTURE Indigenous craftspeople *defy the odds* through their art

TECH Dive *into the world of* underwater watches

BEAUTY Skincare that harnesses *the power* of the world's rarest flowers

WINE Six stellar suggestions *for après* sipping

TRAVEL A *wellness reset* in Quebec



A rare discovery from Clarins: moonlight flower cryoextract, with the potency to restore skin's youth. Combined with revitalizing and replenishing peptides for rare results on the signs of aging. In only 7 days, women see firmer, smoother and more radiant skin.*

CLARINS
Precious
AS RARE AS YOU.

CLARINS

*Consumer test, 200 women using La Crème.



Editor's DESK

A Note From Noa

As we slip slowly into colder weather, I have all things warm and cosy on my mind—and I'm definitely not alone. Sherpa fabrics, teddy coats, puffer jackets and quilted pieces, like these gorgeous COS bags—are trending in a big winter way right now. Someone else who agrees with this sentiment is Kaitlyn Bristowe, featured below, whose recent collaboration with Smash + Tess has resulted in a Teddy 2.0 range of coats, zip-ups and vests (head over to @vitadaily on Instagram to enter for a chance to win any two styles from the collection). Also in this issue: Indigenous beadworking, cooking show food waste, eyebrow nanoblading, skincare flower power, après-ski wines, diving watches, a Quebec reset and more. Enjoy!

Noa Nichol
EDITOR-IN-CHIEF



Kaitlyn Bristowe needs no introduction. The Alberta-born beauty spent time in Vancouver on a dance scholarship before becoming a spin instructor in the city. She went on to star, of course, on *The Bachelor*, *The Bachelorette* and *Dancing with the Stars*. She's a podcaster, a winemaker and a Smash + Tess collaborator. And, she's our content creator of the month!

Kaitlyn Bristowe
@KAITLYNBRISTOWE



Hi Kaitlyn! Tell us a bit about yourself to start.

Who is KB ... that's a loaded question. I'm a small-town girl with big feelings. I love my family and friends more than anything. I'm proud of who I am growing into. I've been on a self-love journey for a while, striving to understand who KB really is. I am tough yet soft. I'm intentional and yet I still I make mistakes. I am competitive and get caught up in comparison, but I am a flawed human being trying to build a capacity for fear. I like a good book, a bad joke. I love expressing myself through dance, music and style. I love to empower women and give people including myself a voice. I work hard and play hard. And nap harder. I am a golden retriever/any kind of dog lover. Cats are cool, too. Birds are not. I'm a true Gemini-Cancer mix and sometimes I confuse even myself. I am always

trying to evolve and I know that happiness isn't a destination; it's a state of mind.

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

My platform is meant to show the rawness and realness of everyday life. I have always wanted to be raw and authentic, even though I know it might not please everyone. That's how I feel that I truly connect with my audience. I want to show it all: my triumphs, my struggles and everything in between.

What's your top social-savvy tip? Do you have any advice around how can we all be a little kinder/more compassionate online?

Online really opens the door for reactivity and impulsiveness, and I think if we could all just take a step back and take the time to process before we react, we may rethink some of the unkind thoughts that are said. A rule that I believe if everyone applied, social media would be a much different place is, "Would I tell this person this exact comment I'm writing to this person's face?" If the answer is no, then you shouldn't write it to someone either.

What's your personal style/beauty/wellness mantra?

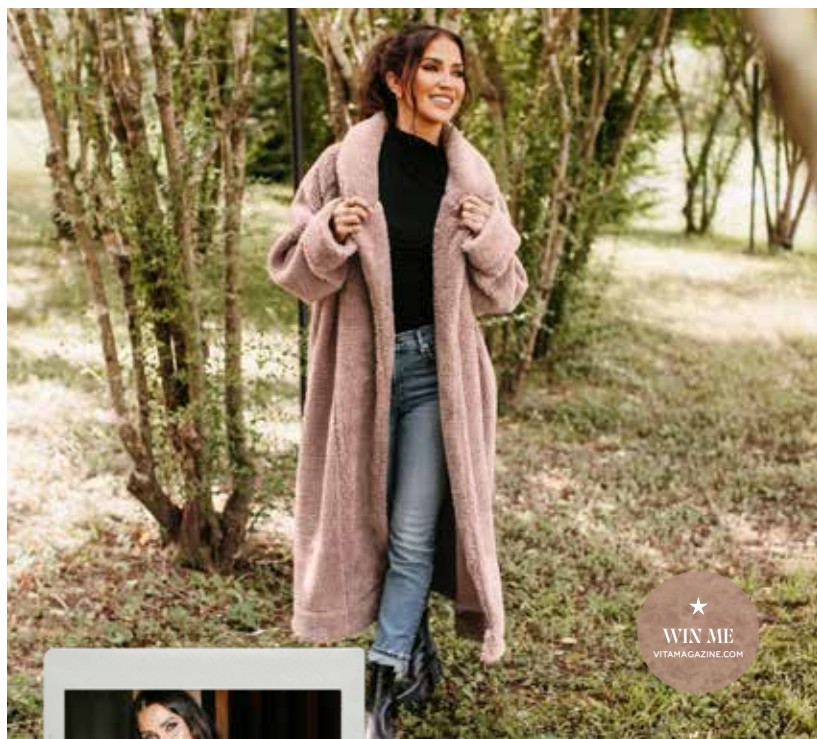
To take care of myself from the inside out. I not only like to feel beautiful when I am all glammed up for a photoshoot or fun event, but also when I am taking care of myself physically and mentally.

Winter isn't everyone's favourite season, but how do you find pleasure in it?

I love that the holidays come with the wintertime and for me, that generally means being able to spend quality time with my family. I love cosying up, playing card games, drinking wine (Spade & Sparrows preferably!) and being with the ones I love most.

What are some of your favourite things to do once the cold weather hits?

I like skiing, going to hockey games and wearing my favourite cosy comfies!



What are your top tips for staying warm and cosy when the weather outside is frosty?

Even though I like winter, I don't like to be cold, so I layer up and wear clothes that will keep me warm. And more than any season I like my winter clothes to be comfy as well. That's why I was excited to create another Teddy collab—with Smash + Tess. Can't get enough of a Teddy. Also, not sure if anyone else feels this way, but I like warm vests because if I'm doing things around the house or out for walks, I like to have my arms free. As long as my body is warm, and I have a beanie (toque for my Canadians!), then that's enough to keep me warm!

What's your fave piece from the range and why?

Such a tough question, but I really love the Bundle Up Vest! I like that this one is longer in length to keep more of my body warm, and it can be so versatile. Plus, the rose colour is stunning, and a personal favourite of mine. V

Hot Shops

Vancouver's latest and greatest retailers

BEAU

Sister salon to downtown barbershop Thom, Beau—the brainchild of internationally acclaimed stylist Armineh Damanpak and her business partner, Thom Robins—offers exceptional and bespoke beauty experiences. Relax as your stylist washes your hair with Kérastase products, and escape to Italy (or any other dream destination) thanks to the screen above you. Sip on a rotating selection of teas and coffees while you experience services like bang trims, event styling and manicures. If you can book in with Damanpak, be sure to take advantage of her expertise in hair colour techniques, for which she's earned multiple accolades. **1390 Richards St., 604-351-1657. Welcometobeau.com**



FABLE

After many months of anticipation (read: papered-over windows), Fable is finally open. The fan-fave dinnerware brand has transformed the 3,500-square-foot South Granville space into an oasis of good taste, with a lovely pink exterior, interior lime-washed walls, custom graphic-design artwork and plenty of room to show off its plates, cups, bowls, fork, knives, spoons, mugs, cups and more. Check out the seasonal tablescapes for inspo, and watch creator videos playing on screens throughout the store. Crave a coffee while you browse? You'll have to wait a bit longer for that; Fable's very own café will open in 2024. **2871 Granville St., 604-245-6491.** NOA NICHOL



MINE & YOURS

Vancouver-born Mine & Yours will open its fourth Canadian store this month on West 4th. Following the launch of the Toronto location, the space is a testament to the thriving luxury resale market in Canada. Featuring 1,760 square feet, the new boutique will boast a bag wall and shoe lounge, plus areas to facilitate buying opportunities from suppliers. Says founder Courtney Watkins, "I wanted the next store to be special. This store is for those who want a taste of luxury fashion but still want a neighbourly feel and to purchase from a locally owned business. Walk into what feels like your best friend's closet with me when you stroll into our store [when we open on] November 8." **2061 W. 4th Ave. MineandYours.com** NOA NICHOL



ALO

Despite our loyalty and affinity for local brands like Lululemon, Vancouverites have been yearning for Alo to make its YVR debut. Find the super-stylish active-wear brand's cutting-edge pieces—some performance focused, others purely for style—at the new Pacific Centre store, in the old Apple space. Browse through leggings, sports tops, cashmere loungewear, accessories (think shoes, bags and body products) and more. Spotted on our visit: garments in fan-favourite colours Mars Clay and Deep Plum sold exclusively in-store to celebrate the Vancouver opening. **701 W. Georgia St. Aloyoga.com** MADELINE CLERIDES

THE MAKING OF THE BRITISH COLUMBIA

November Issue

No. 93 ————— 2023

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
VIVIAN CHUNG, MADELINE CLERIDES,
ALEESHA HARRIS, ASHLEY HARRIS,
AILEEN LALOR, KATIE NANTON,
JILL VON SPRECKEN
COVER COS AW23

VITA
PUBLISHED BY
VITA DAILY MEDIA INC.

CANADA POST PUBLICATIONS
MAIL AGREEMENT #42849020

@VITADAILYMEDIA NOA@VITAMINDAILY.COM

VITAMAGAZINE.COM



simons

PARK ROYAL SOUTH



* *
Share the
* Present



simons

PARK ROYAL SOUTH

State of the

Art

Indigenous craftspeople
defy the odds through their art

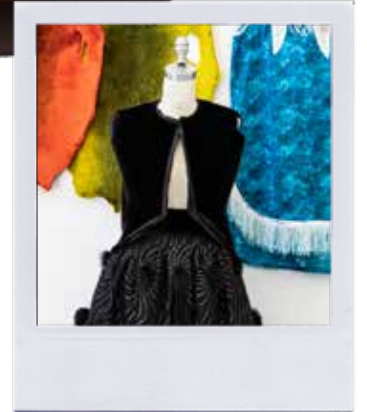
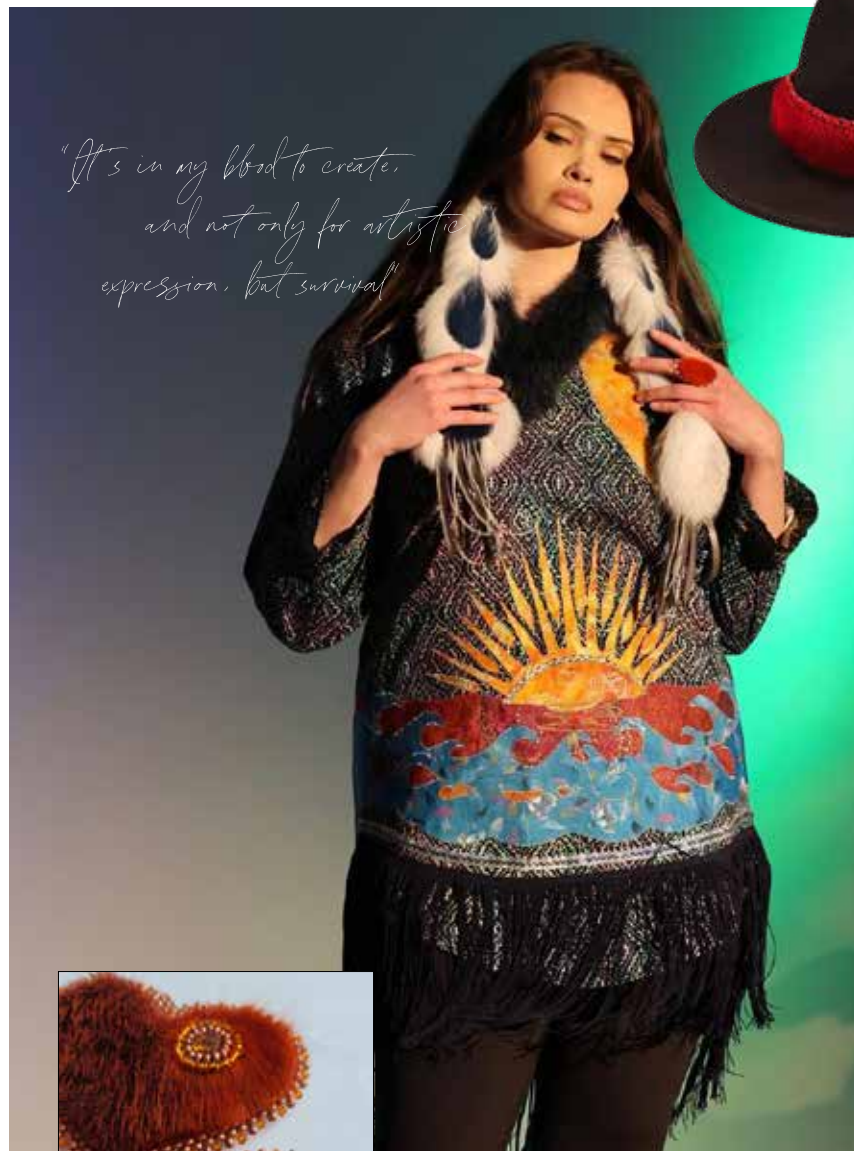
BY JILL VON SPRECKEN

Some call it art. Others call it craft. But to the Indigenous people who make beautiful things by hand, it is so much more. The pieces, and the practices used to make them, are tied to identity, self-expression, cultural preservation—and, of course, a means to keep the lights on. “It’s an expression of our Indigenous identity and our Indigenous culture, but it’s even more than that,” says Manitoba-based MLA Nahanni Fontaine, who is Ojibway from the Sagkeeng Anishinaabe First Nation. “It’s an expression of who we are as Indigenous women.”

The intricate beadwork, garments made from buttery-soft hides and other forms of First Nations artistry have been passed down for millennia. While these practices have endured many threats—in myriad ways post-colonization—many people may not realize how prevalent those threats still are.

Perhaps most well-known are the various international bans on seal products—like the Marine Mammal Protection Act in the U.S. and the E.U. ban on the seal trade—which have devastated the traditional way of life for Inuit. “All of these decisions are made by people outside of these Indigenous communities. But the impacts on the Indigenous communities are catastrophic,” says Johanna Tiemessen, manager of arts and traditional economies for the Government of Northwest Territories. She works with non-profit Proudly Indigenous Crafts & Designs to help change the perception of seal products, while providing a platform for artists to sell their work and tell their unique stories.

Crafts that use fur and skins are actually part of the process that ensures all of the animal is used. “From harvesting the animal, they use all the parts. Tan the hide to make footwear, to make



clothing. Use the quills from a porcupine to decorate that. Those are all traditional practices that their ancestors did,” says Tiemessen.

Taalrumiq is an Inuvialuk artist who carries on traditional artistry through her work. And under her careful hand, age-old traditions get a modern update. Fur and animal leather add an element of luxury to any article of clothing, but Taalrumiq sets her work apart with modern touches like metallic hues and glitter. Among the items she currently has up for purchase are rainbow-coloured fringe earrings that dangle from a tufted cloud of fur. Her necklaces, cowl scarves and home goods are just as creative. “I come from a long matrilineal line of Inuit women, and they sewed for survival. Using these materials helps me to express myself artistically. But it’s also a form of survival, as this is my livelihood,” she says.

While those in the Far North learn to adapt to bans that threaten their way of life, similar issues are taking place a little closer to the 49th parallel. This past May, one of Manitoba’s correctional facilities suddenly stopped allowing the women housed there to sell their beadwork. As an MLA, Fontaine is used to advocating for Indigenous women and girls, so it was little surprise when she spoke out. “I really want to stress that [this network] is something that started from the women themselves. As a means of empowerment. As a means of financial independence. As a means of healing and cultural reclamation,” she says. “Here was an attempt by women who are currently incarcerated to have some semblance of control and independence over their own lives. And in seeking that connection with our culture, and in seeking healing.”

Sandra Burling is an integral part of this network. She provides a platform for the sale of hand-beaded pieces made by women at several facilities through the Instagram page @womenhelpingwomen_beadwork. A quick look at her page shows the range, creativity and artistry of these women, captured in multi-coloured earrings, dreamcatchers, lanyards and necklaces. Designs run the gamut: from more traditional geometric patterns to modern interpretations, like the statement-making tiny orange shirts in the spirit of Every Child Matters.

Burling fell into her philanthropic role—“I never really thought of it like that,” she says—by accident. Although once the ball was rolling, she recognized the need. “I’m just happy to be a little person in the background,” she says. “To show them some kind of support. When they’re released, maybe they don’t have a lot of support. Maybe they don’t have a lot of resources. Don’t have an income.”

The women inside the correctional facility can still do beadwork, and buy beading materials at the canteen, but they can only sell their work upon release. “That the state comes in, and then unilaterally makes decisions about what they can do with their beadwork,” says Fontaine, “that’s just wholly unacceptable.” The money the women earn isn’t a lot, but it’s enough to send home or buy gifts for kids at Christmas—or necessities. “One girl hasn’t had glasses in years,” says Burling. “So \$200 helped her buy a new pair.”

It’s more than just arts and crafts. These works are a key to the past and, for many, a key to the future. “Through my work I’m sharing stories not only of my family, but my people. Of Canada’s history. And contributing to cultural preservation,” says Taalrumiq. “I just know that it’s in my blood to create, and not only for artistic expression, but survival.” V



VITA

Get the lifestyle content you care about.

FOLLOW US & ENTER TO WIN
@vitadailymedia



FINE FINDS

• BOUTIQUE •

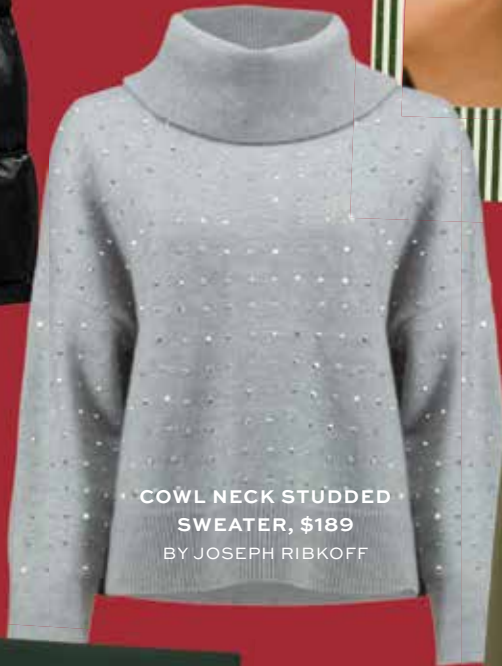
*For All Your Fashion
& Gifting Needs*



**LONG PUFFER
JACKET, \$345**
BY YAYA THE BRAND



**NAOMI BAG
\$130**
BY LAMBERT



**COWL NECK STUDDED
SWEATER, \$189**
BY JOSEPH RIBKOFF



**CROPPED DOUBLE
BREASTED BLAZER, \$230**
BY YAYA THE BRAND



**ETOILE
STAR PEARL
EARRINGS, \$80**
BY LOVER'S
TEMPO



**SOLARIS
STAR LONG
EARRINGS, \$125**
BY LOVER'S
TEMPO



**TARTAN FINE
MERINO SCARF, \$95**
BY FOXFORD IRELAND



**BEADED SLEEVES
BLOUSE, \$235**
BY JOSEPH RIBKOFF



**REVERSIBLE
PUFFER COAT, \$335**
BY JOSEPH RIBKOFF



**FAUX LEATHER
MOTO JACKET
\$255**
BY JOSEPH RIBKOFF



**PARAMOUNT
VELVET TOP, \$98**
BY GENTLE FAWN



**SHIMMER
TROUSER
\$186**
BY RAGNO



SEQUINED BLAZER, \$175
BY MOLLY BRACKEN



**SHIRRED
METALLIC
DRESS
\$279**
BY JOSEPH
RIBKOFF



**SONOMA
VELVET DRESS
\$104**
BY GENTLE
FAWN



**LUREX BAND
LONG SKIRT, \$110**
BY MOLLY BRACKEN

CANADA-WIDE FREE SHIPPING OVER \$150

*For the prettiest party garb, warmest
winter wear and gifts for everyone on your list,
visit Fine Finds in store or shop online!*

604-669-8325 | 1014 Mainland St., Yaletown, Vancouver
FINEFINDSBOUTIQUE.COM

RADO

SWITZERLAND

MASTER OF MATERIALS



Feel it!

CAPTAIN COOK HIGH-TECH CERAMIC SKELETON

Deep Dive

Into the wonderful, highly technical world of underwater watches

BY ALEESHA HARRIS

Sixty feet below the ocean's surface, my knees resting on the soft sand, I thought—not for the first time—whether I was crazy for saying yes to this. Situated around a half-circle delineated by small, purposefully placed rocks, I joined a handful of other scuba divers similarly perched on their knees.

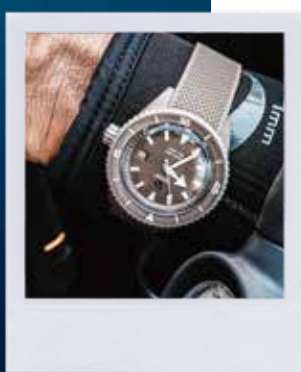
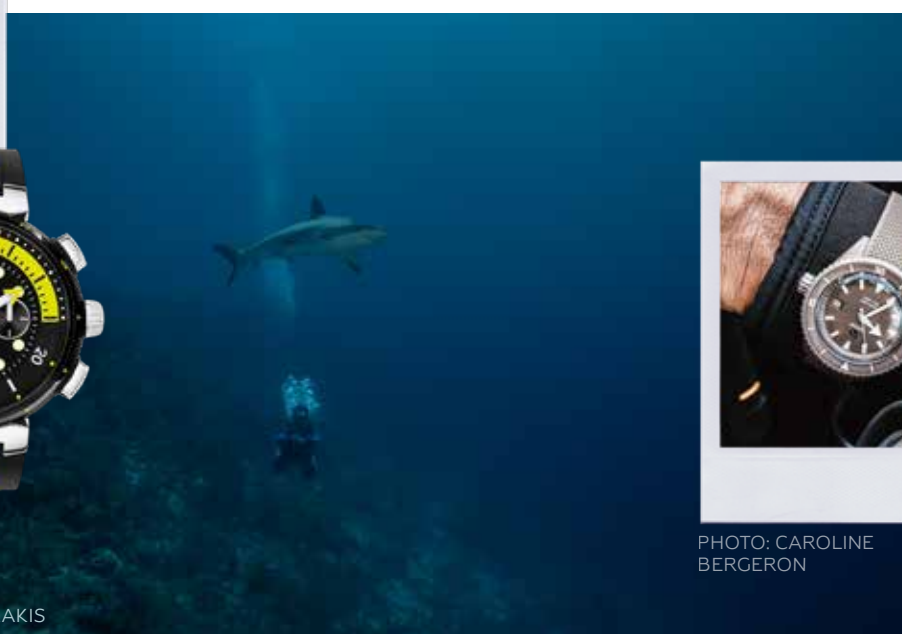
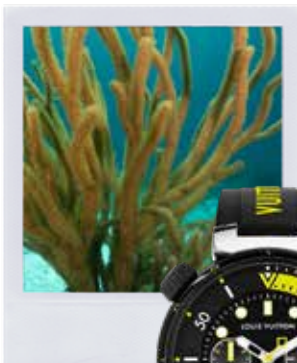
Waiting on the outskirts of what's referred to by the divers of Nassau's Stuart Cove's Dive Bahamas as the Shark Arena, we waited for "the show" to begin. A professional diver, wearing a suit fitted with chainmail for protection, eased himself into the centre of our circle accompanied by a silver box full of bait. The sharks weren't far behind.

My early concern soon gave way to wonder as the big fish swirled around us eager for a bite of bait. This shark experience—the final in a string of scuba dives in The Bahamas, with a goal to become open-water-dive certified—was the first instance in which I completely forgot about time. Because time, I learned during my training, is an essential element of scuba diving. In addition to ensuring divers have enough oxygen in their tank for a planned dive duration, time matters when it comes to ascension and decompression as well. While digital dive computers have added a technological element to the space, many divers still rely on an analog option, too: dive watches.

In fact, these technical works of art are also coveted by many timepiece collectors. In addition to offering water resistance to depths of up to 200 metres, water-worthy watches increasingly feature sleek silhouettes that have garnered them a dedicated fanbase beyond the scuba-diving set. Here are five stunning dive watches that are sure to make a splash.

ROLEX The most advanced dive-oriented timepiece currently on offer from Rolex, the Oyster Perpetual Rolex Deepsea (price by request at Global Watch Company) is waterproof to a depth of 3,900 metres along with a 60-minute graduated monobloc to ensure exact monitoring of underwater time. A calibre 3235 self-winding mechanical movement powers this watch, which looks as good in the water as it does on dry land.

CITIZEN Created with pro divers in mind, Citizen's Promaster collection boasts approachably priced timepieces featuring technical elements such as 200-metre water resistance, luminosity for ease of reading and the brand's light-powered Eco-Drive technology to keep it running right on time. Available in a variety of sizes, materials and colours, this 44-millimetre Promaster Dive design (\$575) is a cool classic to don in the deep.



PHOTOS: KRISTIN PATERAKIS

PHOTO: CAROLINE BERGERON

OMEGA The first Omega Seamaster timepiece was launched in 1948. Seventy-five years later, the Swiss luxury watchmaker's line of sea-worthy timepieces continues to evolve—and go ever deeper. An example of this advancement, the Omega Seamaster Ultra Deep (\$17,700) honours the watch brand's participation in the world-record Challenger Deep dive to the Mariana Trench. Waterproof to an impressive 6,000 metres, the 45.5-millimetre model is powered by the Omega Co-Axial Master Chronometer 8912.

LOUIS VUITTON Diving takes a stylish spin with the Tambour Street Diver Chronograph (\$13,600). Designed for an active lifestyle, the sporty, 46-millimetre style brings bold diving luminosity to the everyday thanks to a colour-contrasting crown and Super-LumiNova coated numbers, indexes and hands. Available in a range of cool colourways, this luxury timepiece is secured to the wrist with a boldly branded strap.

LONGINES Adding a cool, neutral hue to the mix, this Longines Hydroconquest GMT (\$3,600) is a sport style available in eight colours ranging from earthy brown to a deep green, each offered with either a tonal textile Nato or stainless-steel strap. The unisex-appropriate 41-millimetre creation boasts water resistance and anti-magnetic design elements to provide precise timekeeping while in action.

RADO The "culmination of decades of research and development," the Rado Captain Cook High-Tech Ceramic Diver (\$5,000 at Rado.com) was ultimately designed with changing environments in mind. And that includes under water. The high-tech ceramic style, available in six variations, stays true to the benchmarks of the Captain Cook design, while also featuring updated aspects such as a Nivachron anti-magnetic hairspring, 80-hour power reserve, and water resistance up to 300 metres. v

Timely Support

Paul Nicklen and Cristina Mittermeier boast a combined social media following of more than 8.9 million. Offering a unique, up-close glimpse, the renowned photographers, conservationists and biologists highlight the impact that climate change and human interaction have on the natural and, specifically, underwater world. To date, the duo has participated in more than 45 expeditions, documenting 765-plus species through over 7 million images, bringing viewers with them on their awe-inspiring adventures. SeaLegacy, the non-profit organization co-founded

by Nicklen, Mittermeier and filmmaker Andy Mann, aims to emphasize and inform about the "critical challenges" facing the planet, its oceans and animals. Their ambition to promote the protection of nature is one luxury watchmaker Rolex has pledged to support as part of its Perpetual Planet Initiative since 2022. Launched in 2019, the Perpetual Planet Initiative sees Rolex support a variety of rewilding and conservation initiatives in an effort to protect the planet and help to "understand and devise solutions to today's environmental challenges." *Rolex.com*



PHOTO: KRISTIN PATERAKIS

Waste Not, Watch Not

Food for thought as you
binge your favourite
cooking show

BY JILL VON SPRECKEN

Pulling back the *Iron Chef* curtain on the world of cooking shows may raise a few burning questions—like what happens to the leftovers? “Food media can generate a lot of waste,” says Desiree Nielsen, a registered dietitian, podcaster, author and past host of *The Urban Vegetarian*. “But it also just as easily can manage and harness that waste in order to feed more people.” However, even when intentions are good, sometimes the food on cooking shows never ends up on someone’s plate—or even the compost bin.

And while composting isn’t exactly captivating TV audiences, it’s a big (and expensive) issue here in Canada, where more than 50 million tonnes of food waste are created each year. Sixty per cent is avoidable due to poor planning and food storage—with the majority occurring at the household level.

But first: a quick refresher. There are a few varieties of cooking shows, and each approaches and treats food differently, both on and off camera. Educational shows à la Julia Child make only a few dishes, but do several takes of each.

“Usually it’s one to five versions of that recipe, or one to five takes,” says Ned Bell, chef, sustainability advocate and guest on *Cook Like a Chef, It’s Just Food*, *Iron Chef Canada* and various news segments. “Sometimes people eat it on set, and sometimes it’s thrown away.”

Television segments that appear on local networks like Global or CTV are in a league of their own. “Sometimes they don’t even have a kitchen that works,” says Bell. “The daytime shows, they’re usually so fast and so furious that you’re ushered in, you’re kind of barely cooking, and then you’re ushered out. You don’t always know what happens to the food.”

If that’s not fast-paced enough, there are competition-style shows—Mijune



Pak’s specialty. The Vancouver-based food blogger is a judge on both *Top Chef Canada* and *Iron Chef Canada*. “I don’t do cooking shows where they have like three versions of that cookie baked at different stages to finally present the final one,” Pak says. “So it’s very different. There’s very little [waste] on ours because we’re eating it. They’re only making four or five plates.” Those plates go to the judges and a few select staff, and even if there are leftovers, they often still get eaten. “Most of the time the crew, they want to eat it,” Pak says. “Unless it’s just not tasty.”

While households are on the hook for the majority of food waste, cooking shows encounter a unique set of challenges that households do not. For one, ensuring that anything served is food safe, especially if it’s been sitting out under hot studio lights. “In my world, we’re taught to really worry about food safety,” says Bell. “So if food has sat out for, let’s say, an hour, I don’t want to really feed it to somebody.”

That concern is echoed by Pak. She says that she’d love to see shows share leftover food more widely. “But I’m sure there’s some kind of legal implications.” Though, she admits she’s unclear on the particulars. She also filmed during COVID, which came with its own food safety restrictions. “Nobody wanted to share plates,” she says. “So then whatever you had left, you just left it.”

In 2017, when Nielsen was filming *The Urban Vegetarian*, her show encountered a unique problem. “In the jurisdiction that we were filming in, there was no composting,” she says. To combat that, Nielsen and other crew members would bring food home after a long day of shooting. But even that didn’t fully solve the problem. “When you are processing such a large volume of food every day, there’s always going to be a little bit of waste.”

Across the board, all agreed that the person—or in some cases, team—in charge of the pantry and groceries significantly reduced food waste. “They don’t want food going to waste. They’re managing the inventory,” says Nielsen. “When the groceries are done for the next day, they’re going through their current inventory, purchasing only what’s necessary.”

On competition-style shows, the pantry seems especially difficult to manage—picture those huge displays that contestants dash to, before hastily grabbing ingredients. “There’s a kitchen team that replenish that, and it makes sure there’s enough,” says Pak. “But at the end of the day, whatever is starting to go off or getting old or whatever, that’s just up for grabs. So we will literally rampage those kitchens at the end of the show and take it all home with us.”

Bottom line: cooking shows seem to be earning a passing grade, food waste-wise. But that doesn’t mean there isn’t room for improvement. Nielsen would like to see production companies take a more active role. “They are often situated in a place, and have the ability to, build relationships with local organizations to help distribute the food,” she says.

“Consumers have so much power to communicate with businesses in general, but also media, to say this is how we should be operating in 2023,” says Nielsen. “And it’s always good to apply positive pressure to create the world we want to see.”



VITA X EL CAMINO'S

Bites y Bebidas at El Camino's

Discover the vibrant flavours of Latin America at El Camino's, a culinary haven for food enthusiasts seeking an authentic taste of Latin American cuisine



El Camino's in Vancouver is a culinary oasis where the rich tapestry of Latin American cuisine comes to life in every bite. The menu boasts a spectacular array of flavours, with standout dishes like the Calabazas Adobadas Tacos, a culinary masterpiece featuring butternut squash, red onion and crispy Brussels sprouts artfully coated in a pasilla chilli adobo sauce that imparts a smoky and mildly spicy essence. Topped with toasted pepitas for a satisfying crunch and luscious vegan cheese for creaminess, these tacos redefine plant-based dining, celebrating the vibrant, diverse flavours of Latin America.

The Vegetarian Moqueca beckons with a spicy and tangy Brazilian coconut and lime curry, a sensory journey through the bustling streets of Brazil. Its robust spiciness is perfectly complemented by the zesty notes of lime, resulting in a harmonious fusion of flavours that captivates the palate. And the Al Pastor Alambre, El Camino's take on surf and turf, combines Asada beef, chorizo and prawns simmered in pastor sauce with peppers, onions, tomatoes and pineapple, culminating in a delightful gastronomic fusion. Served with warm flour tortillas, it's a testament to the restaurant's commitment to blending Latin American traditions with modern innovation. Indeed, El Camino's promises an unforgettable dining experience that reflects the diversity and vibrancy of the continent it honours.

But what truly sets this restaurant apart is its remarkable selection of unique tequilas, and a knowledgeable staff that takes pride in showcasing the rich and varied world of this beloved spirit for new fans and connoisseurs

alike. Don't miss the Tequila Anticuado, a sublime cocktail featuring Sauza Hornitos Black Barrel Tequila, spice syrup and bitters, which provides a delightful balance of flavours and an unforgettable taste of Mexico in every sip.

And El Camino's doesn't stop at tequila alone—its cocktail menu takes guests on a thrilling journey through Latin American spirits and flavours. Its Pisco Fever is a must-try, blending South American Pisco with Aperol, grapefruit, lime, sugar and egg white for a refreshing and balanced concoction. For those who crave something a bit more adventurous, the Cacao Loco is a tantalizing choice, featuring Havana Club 3-Year Rum, chili, crème de cacao, passionfruit gomme and lime, offering a fusion of flavours that transports your taste buds to the tropical beaches of the Caribbean.

At El Camino's, the drinks are as enticing as the food, making it a destination that promises a memorable dining experience with an enticing Latin American twist. **3250 Main St., 604-875-6246. Elcaminos.ca**

Go food-waste free

Ready to go zero-waste in your own kitchen? The pantry and refrigerator are the best places to start. “One of the biggest things that I tell people again and again, is to start with what you have,” says Nielsen. “Shop your fridge, and particularly your fridge, because it’s perishable.”

Both Pak and Bell are in agreement: learn to eat leftovers. “I think we have to get used to eating leftovers as a small part of combating food waste,” says Bell. “I personally get a pretty good kick out of not wasting food at home, because I love to eat the things that are in my fridge.”

Nielsen notes that many ingredients can be swapped out for ones we already have. “Oftentimes people may not feel confident to go off-script with a recipe,”

she says. “But there are lots of foods, particularly vegetables, that you can swap in without dramatically overhauling the recipe.”

“Teach people how to cook with their entire ingredient,” suggests Pak. “The challenge is to make sure that you use the parsnip tops, the ugly carrots and all that stuff.”

And here’s a hot tip: “Use your freezer,” says Nielsen. Have a bunch of fresh herbs, and you only needed a sprig? “It can be as basic as puréeing those herbs with a little bit of oil, popping them into ice cube trays, and then freezing so you have these little herb starters.” Or, add in some greens to make a quick pesto, then freeze. Your future self, and compost bin, will thank you. ▽

Retinol Redux

Everything you need to know about beauty's most-debated ingredient

BY VIVIAN CHUNG

When it comes to maintaining a youthful, glowing complexion, there's no anti-aging ingredient more celebrated than retinol. Because it boosts collagen production, unclogs pores and regulates cell turnover, the powerhouse ingredient comes highly recommended by the skincare community. But its potency often results in this ingredient being misused, causing excessive irritation. Like other retinoids such as retinyl palmitate and retinoic acid, retinol is a vitamin A derivative and is commonly used in mass-market skincare products to combat fine lines and wrinkles. Here, dermatologists break down how to incorporate retinol into your routine and when to try an alternative instead to achieve younger looking skin.

"The number one mistake when using retinol for the first time is using too much," says Dr. Geeta Yadav, a board-certified dermatologist and founder of Facet Dermatology, of the pea-sized amount you only really need to cover the entire face. "Retinol can be highly irritating and sensitizing to the skin as it is. Applying more won't give you faster or better results—just more irritation." Start off with a low percentage over-the-counter formula between 0.25 and 0.5 per cent once weekly for several weeks until your skin has adjusted. Then, up your application to twice weekly, and thrice weekly, until you're ideally applying every night.

If you're worried about the amount of retinol you're applying to your face on a daily (or nightly) basis, Elizabeth Arden has the answer. The brand's Retinol Ceramide Capsules Line Erasing Night Serum is a luxurious lightweight, semi-translucent serum that combines two of the biggest names in skincare in one, easy-to-use capsule. The formula provides visible results while helping to protect against the dryness and irritation often associated with retinol and the capsules guarantee that you use the perfect amount, every time.



Mild side effects like flaking, dryness, redness and sun sensitivity are normal as your skin acclimates to the active ingredient. To help lessen irritation, Dr. Kyle Cullingham, dermatologist and owner and medical director of Saskatoon Dermatology Centre, stresses the importance of following retinol application with a thick moisturizing cream during the drier, winter months and a thinner, moisturizing lotion during the more humid summer months. And because many retinol products can lead to irritation with direct sun exposure, always use sunscreen with an SPF of at least 30.

With a vast array of moisturizers and serums that plague the shelves, choosing the right product type can be overwhelming. Besides a prescription-strength gel, an OTC serum will be the most effective product, says Yadav. "These types of treatments are most concentrated and applied first to the skin after cleansing, while moisturizers tend to be more diluted and are applied over serums, and thus must work harder to penetrate the skin, which reduces its potency."

Like vitamin C, retinol can be unstable when exposed to light and air. When shopping for a retinol product, Dr. Dusan Sajic, dual board-certified dermatologist and anti-aging medicine physician, suggests ones that contain stabilizing ingredients like vitamin E, ferulic acid or peptides, which also hydrate and brighten the skin. To guard against light and air exposure, retinol products should also be packaged in opaque and airtight containers, like this Innisfree Retinol Cica Moisture Recovery Serum, a gentle retinol formulated with vitamin E, cica and niacinamide, which calms the skin and improves dullness.



First-time retinol users and those with more sensitive skin might prefer a time-released retinol, like the Auteur Definitive Retinol Serum, which combines encapsulated retinol and soothing ceramides to protect the skin barrier. Housed in a protective shell to prevent degradation, encapsulated retinol offers a controlled release of the active that penetrates the skin more slowly, allowing it to adjust to the ingredient as it absorbs, explain Yadav and Sajic. All this to say, encapsulated retinol reduces irritation and dryness, making for a more comfortable user experience.

Despite retinol being tolerated by most skin types, those with a history of rosacea, eczema, active acne or sensitive skin can find it especially irritating and could benefit from a retinol alternative instead. "I'd also recommend alternatives like bakuchiol if you're on vacation in a very sunny destination, if you're trying to conceive or currently pregnant, although you should always check with your OB about ingredients first, or sometimes in the winter when retinol dryness can be more notably bothersome," advises Dr. Annie Liu, dermatologist and co-founder of DermCafé.

While peptides, azelaic acid and bakuchiol-containing products like the Byoma Moisturizing Rich Cream, have gained immense popularity for touting all the anti-aging benefits of retinol sans irritation, Cullingham reminds us that patience is key when using these ingredients. "It's a marathon and not a sprint, so I recommend starting low at 0.5 to 1 per cent, and building to a higher concentration up to 2 per cent or even higher as patients find they're able to tolerate the product without any irritation or dryness." While most can expect results with retinol and bakuchiol as soon as two to four weeks, 12 weeks and beyond is more typical. ▽

VITA X FITNESS WORLD



Mental Health

Exercise and building social connections go hand-in-hand when it comes to your mental well-being. Studies have shown that regular exercise can have a positive impact on mental health by releasing feel-good endorphins. Humans are inherently social creatures, so building social connections are vital for maintaining good mental health. By incorporating regular physical activity into your life and nurturing social connections, you can reduce stress, boost your mood and improve your overall mental health. Here are five easy tips to help incorporate social connections into your workout routine.

1. ESTABLISH A WORKOUT ROUTINE YOU ENJOY: Exercising should be about having fun and enjoying what you're doing. This will create a more positive outlook on fitness and your overall well-being. Enjoyable activities are easier to stick with. We suggest trying all different types of workouts.

2. JOIN GROUP FITNESS ACTIVITIES: Joining a fitness class is a great way to make new friends with like-minded interests, get in a good sweat and have some fun! Socializing while exercising combines the positive benefits of both activities.

3. TRY JOINING A SOCIAL FITNESS CHALLENGE: Create your own fitness challenge with your friends or join a challenge online; both can help add a social element to your workouts. Plus, it will help you stay accountable.

4. BUDDY SYSTEM: Find a workout partner with similar fitness goals. Having a workout buddy can make going to the gym more enjoyable. This is a great way to make time for both your friends and your fitness goals!

5. CREATE NEW SOCIAL CONNECTIONS: What better place to make friends than at the gym?! The gym is a great place to meet other members of your community and build new friendships. [Fitnessworld.ca](https://www.fitnessworld.ca)

FLOWER POWER

French skincare brands are tapping exotic, rare and fascinating flowers for unique ingredients with remarkable properties

BY AILEEN LALOR



What is it with French brands and flower-based skincare? Barely a day passes without a new serum based on a rare and precious bloom being announced from la République. Clarins' director of responsible innovation, Marie-Hélène Lair, says it's cultural. "In Europe and Northern Europe we have great traditional usage of essential oils and plants as medicine," the pharmacist and herbalist explains. "Previously it was empirical—you don't know why it works, but it works—but now we know the content of the leaves, stems and roots, and which part we have to collect and make extracts to produce specific drugs."

Caroline Nègre, YSL Beauté's scientific director, says there's also some savoir faire that comes from making perfumes. "For YSL because we are a fragrance brand and we have this long heritage with Monsieur Saint Laurent and the jardin, we have this expertise with botanicals and what we know on the science side is that certain things cannot be synthesized," she says. "And we know in the way we create our formula and blend, we tend to combine those botanical ingredients with what we called the dermactives—so, for example, saffron with hyaluronic acid."

Clarins' latest launch, Clarins Precious, contains the moonlight flower, a type of cactus that's originally from Central America. "To be pollinated, these flowers need a specific bird com-



ing at midnight, seduced by the scent of vanilla," says Lair. In the wild, these plants bloom rarely—sometimes just once every 20 years.

It's in Brittany that Clarins' moonlight flowers are organically cultivated, in greenhouses that contain cacti from all over the world and birds too, so that the entire ecosystem is reproduced. Immediately after harvesting, the plants are frozen to a temperature of -196 C in order to preserve the key ingredient, a protein called FOXO, which is encoded by the FOXO gene.

"There have been many scientific publications about the FOXO gene—a longevity gene," Lair says. "It works in very young skin and doesn't in older skin, so we tell the gene, 'Hey ... you have to work as if the skin is 20 or 30 years old.'" This leads to an increase in production of collagen, which keeps the skin firm, plump and unlined. The range includes a serum, lotion, cream, rich cream and eye cream, and you can also buy an application tool that helps the cream be better absorbed. The moonlight flower is complemented by peptides to help the production of elastin and fibroblasts, both of which help skin behave younger.

In its Or Rouge range, YSL uses saffron, which is the dried pistils of the crocus flower. This contains crocin, an antioxidant and anti-inflammatory. "It's a bizarre molecule and cannot be synthesized by humans or substituted," says Nègre. "We searched for different sources that would have the most naturally high level of this molecule."

Having found this variety, the brand cultivated it in its garden in the Ourika Valley of Morocco—a garden that Nègre built. "This region has a huge variation in temperature—from summer to winter and day to night," she says. "It gives a kind of stress to the plant and the plant synthesizes crocin in response to that." The plant is cultivated under regenerative agricultural practices, harvested before sunrise and then dried in order to preserve the crocin's anti-inflammatory powers. "Low and chronic inflammation—"inflammageing"—damages year-after-year the production of skin's youth factors. These are really the natural response of cells to produce youth molecules that will maintain the skin in a healthy way. The more skin is affected by inflammation, the more signs of aging will appear," she explains. "The objective of Or Rouge is to slow down this inflammation process and to support the skin in restoring its fight against wrinkles, sagging and so on." The Or Rouge collection consists of mask, cream (in a refillable jar), serum and cleanser.

Another French brand, L'Occitane, has been using the immortelle flower, which can grow in rocks and stand and withstand strong sunlight and sharp winters, for more than 20 years. "It has been known for over 2,000 years for its healing, anti-inflammatory and pain-relief properties," says Vandana Tandon, L'Occitane Group chief marketing officer, North America. The brand has identified seven different extracts from the plant, which are used in multiple products including the Immortelle Divine Cream, which Tandon says has the strength of retinol and vitamin C. L'Occitane first explored organic farming in 2004 and now all its ingredients are produced organically.

Other French brands that use precious flowers include Chanel, which incorporates Gabrielle Chanel's favourite flower, the camellia, in its Hydra Beauty and N°1 De Chanel range. Dior's Capture Totale Le Sérums includes extracts of longoza and iris flowers, cultivated in the brand's gardens in Tuscany, Italy. And Guerlain's Orchidée Impériale range has an ebony-coloured orchid that flowers once a year and can adapt its metabolism to its environment.

To seal the French connection, Clarins Precious has a moonlight-flower-inspired scent developed by master perfumer Dorothee Piot in Grasse, France. It's vanilla-ish, with notes of peony and musk—floral, luxurious, elegant, and very, very French. V

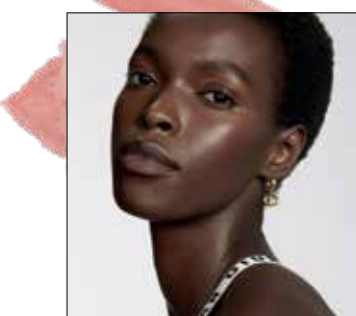
La Jolie Madame LINGERIE

Personalized service since 1971.
Specializing in bra fittings | 30-44 A-I Cups



Shop our selection online:
LAJOLIEMADAMEBOUTIQUE.COM

849 Hornby Street Vancouver, BC | PHONE: (604) 669-1831



Raising *the* Brows

For precise, long-lasting and natural-looking brows, it's time to go digital

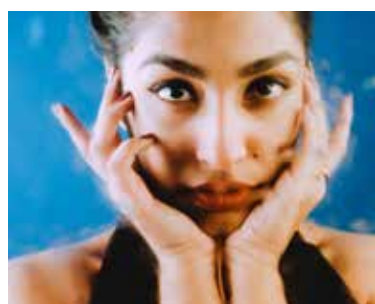
BY AILEEN LALOR

Microblading—tattooing hairs into the upper layers of skin using a handheld tool—has been around for years and is a pretty good solution for people who want fuller or more sculpted-looking eyebrows. But it's far from perfect, according to Brianna Errelat of BE Brow Studio. "Some people's skin tone won't take the pigment, some can't retain the colour because their skin is oily," she says. "It's also not a good option if you have sensitive skin or conditions like rosacea."

You also won't get perfectly natural-looking results from microblading because you can't give the appearance of overlapping hairs, for example. So what's the solution for someone who has either tried microblading and found it lacking, or been turned away because their skin type or tone isn't suitable?

Errelat says nanobrows (a.k.a. digital brows) work well for almost everyone. This is where you use a rotary tattoo machine to create the hairs. "It's like you're using a sewing needle that goes in and out, versus scratching the skin, which is what you do with a microblade," she explains.

"You want to find *someone who has diversity and is not just working with 20-year-olds*"



"I really like to mimic the natural brow's shape, although I can create brows for someone who has no eyebrows," she says. "I have all kinds of clients—men and women, of all ages. You want to find someone who has diversity and is not just working with 20-year-olds."

Has microblading had its day? Not at all. "Some people get a good result from it and are perfectly happy with it," says Errelat. "It's really just a question of working with someone who can recommend the right thing for you." v



This means you can get much more precise results because you can change the needle length, depth and speed, and that makes the service suitable for everyone, regardless of skin type, sensitivities or tone.

"Nano also heals faster," says Errelat. "In the week or so after microblading, I get clients messaging, freaking out about their thick and crazy brows, which is a result of the pigment inside the incision creating these big scabs. That doesn't happen with nanobrows because there's no incision point, so the healing is gentler."

Of the two services, nanobrows will also last longer. "Over time, microbladed brows blur into a more solid look and you don't see the strokes or crispness—you lose that negative space and that nice, clean look," Errelat explains. She recommends touchups for microblading once a year, while nanobrows should be good for between 18 months and two years. "I have clients who come back for a touchup and barely need anything—all the strokes are there and it's just freshening the colour."

To keep your brows looking fresh for longer, Errelat recommends being diligent with your sunscreen application and laying off the exfoliants. People with anemia used to also notice their eyebrows fading fast or changing colour because their bodies would absorb the iron from the pigment, but that's less of an issue now that most practitioners have moved away from that type of pigment.

The nanobrow technique can be used for eyeliner, lips, areolas, to fill scars and stretch marks or even on the scalp to give the impression of density if you have thinning hair. However, it is a tricky skill to learn, so you should be careful when looking for a place to have it done—Errelat suggests asking friends who have great brows and then checking out the practitioner's pictures on social media to see if you like their approach.



VITA X WALMART

Holiday Gifting

@ WALMART

Looking for one place where you can strike off multiple gifts from your holiday gifting list, without breaking the bank? Walmart Canada is the one-stop-shop for Canadians this holiday season, offering everything from the trendiest kitchen and tech gadgets to the most talked-about apparel, accessories and toys, all at affordable prices. *Available at Walmart.ca or in store.*



1. BLACK + DECKER 12 CUP PROGRAMMABLE COFFEE MAKER IN STAINLESS STEEL (\$60): Make your favourite coffee anytime with this programmable coffeemaker. The keep-warm and brew-freshness time functions let you see exactly how long the coffee has been kept in the keep warm function.

2. ACER CHROMEBOOK CB314-2HT-K4YL (\$450): The portable Acer Chromebook 314 is the perfect companion for doing more at home, in classes and beyond. Combining a pleasant typing experience, long battery life and the latest connectivity and security features, it's easy to use and stands up to the daily wear and tear of an active lifestyle.

3. SHARK HYPERAIR WITH IQ 2-IN-1 CONCENTRATOR (\$229): Delivers premium air power and next-generation intelligence for an easy, healthy hair-care experience. HyperAIR IQ Technology intelligently combines high-velocity heated air and ionized air for ultra-fast drying, no heat damage, and styles that last.

4. SAM & LIBBY WOMENS OLGA BOOTS (\$60): Add some lift to your next look without compromising on comfort with these ankle boots, featuring a synthetic outsole, a platform and a high block heel.

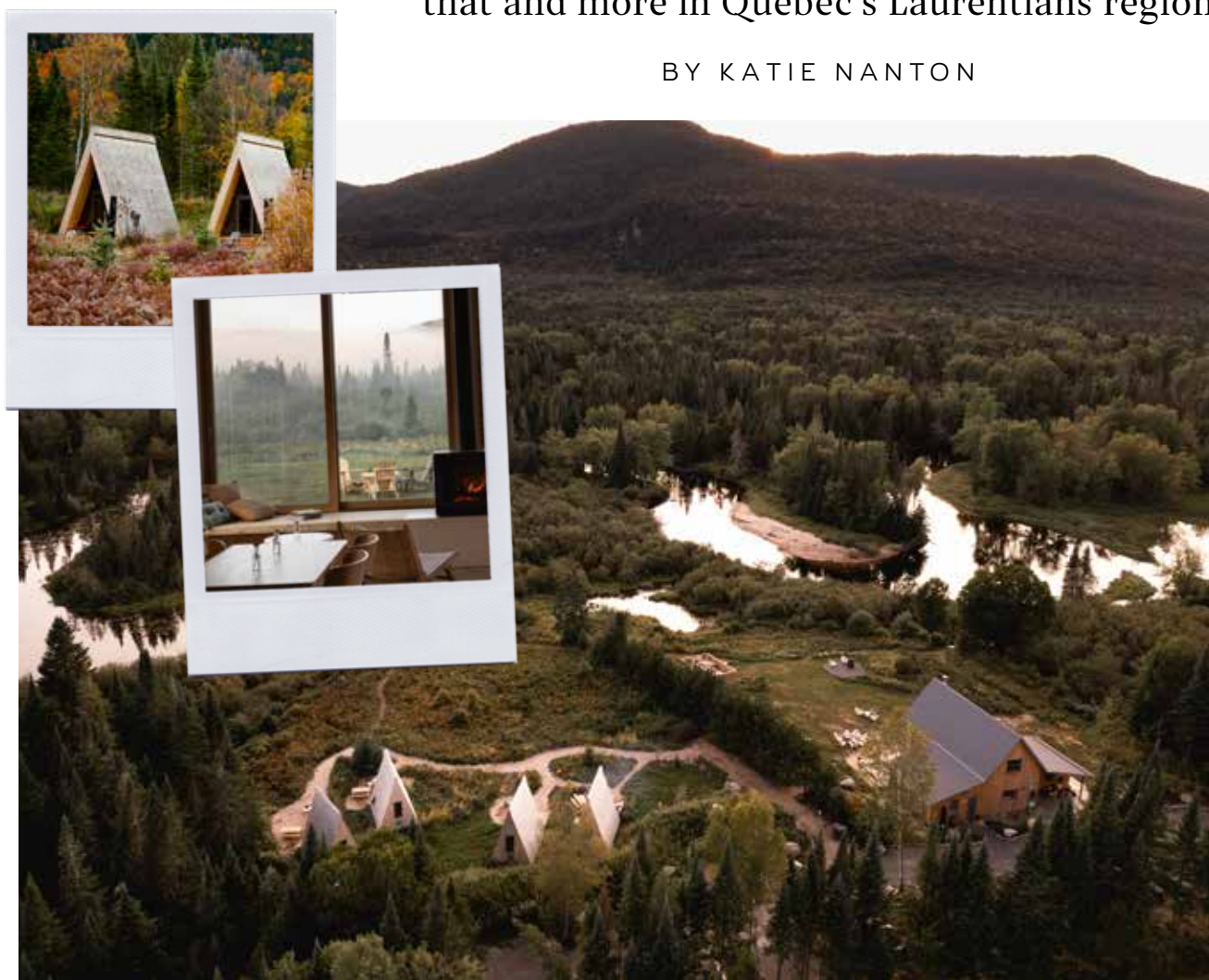
5. KITCHENAID CLASSIC SERIES 4.5-QUART TILT-HEAD STAND MIXER (\$370): Whether you need eight dozen of your signature chocolate chip cookies or shredded chicken for Taco Tuesday with friends and family, this durable tilt-head stand mixer has the capacity for every occasion, and comes in a variety of colors to perfectly match any kitchen design or personality.

6. FUJIFILM INSTAX MINI 7+ INSTANT CAMERA SUPER BUNDLE (\$100): Comes with everything you need to capture those special moments.

Quebec Reset

Slowing down on vacation isn't easy, but Nordic spas, eco-resorts and foraging excursions in the forest certainly help. We found all that and more in Quebec's Laurentians region

BY KATIE NANTON



SOAK & SPA

Mont-Tremblant is home to the country's first ScandinaVe Spa, which is a bliss-for-the-body, bliss-for-the-mind indulgence, sun or snow. Move from big outdoor hot tubs to ice-cold plunges to cosy relaxation rooms, then repeat the circuit to raise your blood pressure and release toxins (note: no phones and no talking rules are, fabulously, enforced). We spent three hours hot-and-cold dipping, dozing in outdoor hammocks, sipping the chlorophyll-infused water provided and plunging into the cold river nearby for an all-natural reset with pebbles underfoot. As day turned to eve, heat lamps blazed on and couples curled up by outdoor wood fires; we were so blissed-out we had to ask directions to get back to the change rooms. For those looking for a similar experience in a different region, Lanaudiere is home to the mountainside La Source Bains Nordique, which has ultra-modern thermotherapy facilities and relaxation rooms built directly into the rock face to feel utterly at one with nature.



STAY & PLAY

Two hours northwest of Montreal lies Farouche Tremblant, a luxury eco-resort in picturesque Devil's River Valley with seven cosy A-frame cabins (each sleeps a pair) and a central Farm Bar where guests can read, sip lattes (or natural wine) and shop for pickled beets, Quebecois cheeses and vegetables grown on-site. The resort provides paddleboards and e-bikes in the warmer months, snowshoes and skis in the winter and ready-made meals for guests to cook al fresco on grills. We loved returning to "camp" after a day of adventure for an at-dusk soak in the wood-fired hot tub before bundling into woolly blankets and Adirondack chairs to sip regional microbrews under the stars. For a nature-driven property of a slightly larger ilk, check into Le Baluchon Eco-Village. With 88 rooms set across four inns and two chalets, the property's 1,000-acre footprint acts as every guest's playground, and includes many well-maintained trails, a spa and restaurants. Known for being an ode to the great outdoors, find your perfect savasana on a yoga pavilion overlooking the river; slow down during a scenic horse-drawn carriage ride; or get in your workout by, essentially, cross-country skiing out your front door.

Après Ski Sips

Whether you've just swished in from the slopes or are simply there for the after-party, we've got six stellar suggestions for après sipping, all available at BCLS. Bcliquorstores.com



1. Castello Di Gabbiano Riserva Chianti Classico 2016 is a deep, ruby-red wine offering lovely red-fruit notes with hints of tobacco. Earthy and spicy, serve with charcuterie. Castellogabbiano.it
2. Celebrated as the world's best liqueur, Amaro Montenegro is Italy's most iconic amaro. Serve neat or on the rocks, or try it in one of the cocktails featured online. Amaromontenegro.com
3. Louis Latour's Bourgogne Pinot Noir 2020 has a ruby hue and a nose revealing notes of cherry and liquorice. Its mouth, slightly spicy, is the perfect match for a post-slope cheeseburger. Louislatour.com
4. Let dreamy dark-red cherries, forest floor and cedar aromatics grab your attention. Pairings for Liquidity Reserve Pinot Noir include chile rellenos, a mushroom burger and a fireside seat. Liquiditywines.com
5. Big, fruit-forward aromas of raspberry and goji berry are layered with smooth tannins in Road 13's 2020 John Oliver Malbec. Order beef empanadas or baked eggplant parmesan with this one. Road13vineyards.com
6. Come in from the cold to a warming Irish Coffee. Pour four ounces freshly brewed coffee into an Irish coffee cup or glass. Add two teaspoons demerara sugar and one-and-a-half ounces Glendalough Double Barrel Whiskey. Stir; top with fresh heavy cream and garnish with coffee beans. Glendaloughdistillery.com



SAVOUR & SIP

Take home edible treasures from the Quebecois forest by stopping at Gourmet Sauvage after completing the treetop walk at Le Centier des Cimes; it's a five-minute stroll away on the same property. The label sells 100-plus handpicked products that have been sustainably foraged following a strict code of ethics. Choose from umami-rich wild mushroom Dijon, marinated fiddleheads and sweet clover extract that can be used in place of vanilla. The current bestseller: chanterelle mushroom caramel, delicious over ice cream or brownies. Still hungry? La Petite Cachée, a 15-minute drive away, is the place to indulge in rich, French-inspired cuisine in a chalet-style room—think foie gras parfait, steak frites and key lime pie; try a bottle from the eatery's Vins Zyromski while you dine.



FORAGE & HIKE

Treetop adventure Le Sentier des Cimes is a 2.7-kilometre walk over a portion of the largest mixed (coniferous and deciduous) forest in Canada—and it's accessible to wheelchairs and strollers, too. The route is punctuated by a panoramic tower with 360-degree views of the Laurentian region as well as a suspended net, 40 metres over the ground, for daring souls to walk over. Another must-visit natural mecca is Mont-Tremblant National Park; bears, wolves and white-tailed deer reside in these parts, but we only pass other happy hikers on the busy climb to La Corniche, a lookout with an elevation of 135 metres. It's worth the sweat for the sweeping views of the burnt amber, green, and yellow treescape and scattered lakes below. For those who love views but aren't into hiking, seek out Hydravion Adventure in Saint-Étienne-des-Grès for a 20-minute scenic float-plane ride that takes off on the St. Maurice River and soars above stunning La Mauricie National Park—the beginning of the Canadian Shield. Bonjourquebec.com

Kitsmas is coming

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



Halmanera Metallic Heeled Boot
GravityPope Footwear \$475



Takenaka Cutlery Case
Signed Sealed Delivered \$32



Waffle Robe Knix \$85



Baguette Tennis Bracelet
Melanie Auld Jewelry \$75



The Georgia Coat
ANIAN \$238



Mega Dôme Earrings
Mejuri \$128



Mantis 2 Waistpack
Arc'teryx \$60



Quilted Throw
KOTN \$198



Orketro Shoes Adidas Terrex \$180



Dakine Galaxy Gore-tex Mitt
Pacific Boarder \$139.99



Silver Rings
Bloodline Design Starting at \$220

Petra Warby Parker Starting at \$295

Acne Studios Heavy Scarf
Gravity Pope Tailored Goods \$320.00



Silver Cloche Candle
The Latest Scoop \$45

Aarke Carbonator Pro
Old Faithful Shop \$399.95



Lanvin Silver Bag
Mine & Yours \$395



Find advent giveaways and more at shopwest4th.com and @shopwest4th

WEST 4TH

SANTA JULIA

MENDOZA ARGENTINA

EXPRESION OF
UCO VALLEY

MENDOZA ARGENTINA



WWW.SANTAJULIA.COM.AR

PLEASE ENJOY RESPONSIBLY