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VITA

THE June Issue



Inside *the* Issue

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- TRAVEL Family fun in Central Florida

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MASTER OF MATERIALS



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CAPTAIN COOK
HIGH-TECH CERAMIC SKELETON

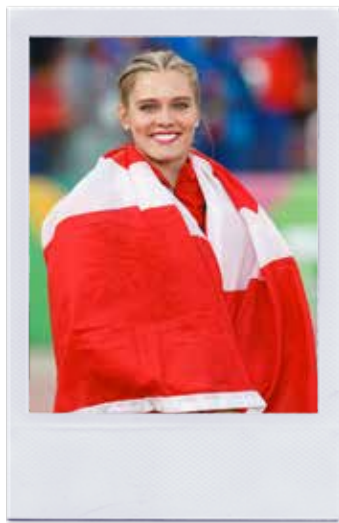


Editor's DESK A Note From Noa

As I (impatiently) await summer, there's much to celebrate in June. Fathers, to start, and we're bringing you facial haircare tips and the best bottles of booze to gift to dad. It's also Pride Month, and our exclusive interview with MAC Canada's general manager reveals the brand's new partnerships and products to support the LGBTQIA+ community. This month, we're also asking whether those viral (on social media) green powders really live up to the health hype, checking out seven new GTA retailers to shop and bringing you a family-fun itinerary for Central Florida. Enjoy! *Noa Nichol* EDITOR-IN-CHIEF

Alysha Newman is a Canadian track and field athlete who specializes in the pole vault. She competed at the 2016 and 2020 Olympic Games and was the 2018 Commonwealth Games champion in the women's pole vault, where she set a new Games record of 4.75 metres. She's also a special friend of Swiss watch brand Rado.

Alysha Newman
@ALYSHANEWMAN



Hi Alysha! How did you fall in love with pole vaulting?
I found track and field through a gymnastics injury that resulted in the end of a young career as a gymnast. After a year of recovery from my lower back, my English teacher told my parents that I should try track and field because he saw a talented young child with lots of speed and competitiveness—especially with the boys at recess. I got started right away. I won my first pole vault meet that year and broke the meet record. The rest is history.

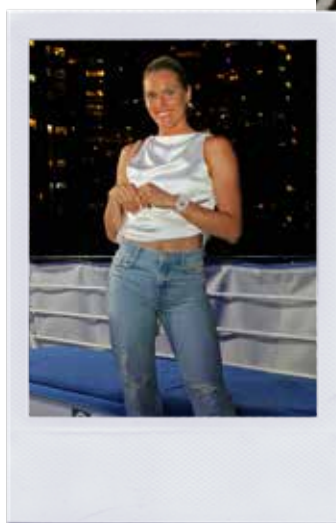
Can you break down your daily routine by the minute?
I wake up around 8 a.m. and jump into my cold tub for three minutes to activate my body. I take my dog Aussie for a 20-minute walk and then it's healthy breakfast time. My breakfast consists of a chai latte, avocado toast with smoked salmon and two eggs. I always mix in responding to emails and attending meetings before I head to training. Once I'm done at the track I normally head for a recovery session (massage, physio, chiropractor or whatever the body needs) and return home for a sauna and/or a nap in my hyperbaric chamber. I'll take care of social media posting before having dinner and always enjoy some downtime by watching a movie on Netflix or journaling. I'm normally in bed by 10 p.m.



With smartwatches on the rise, why do you still love wearing a traditional watch?
There's something so unique about traditional watch styles and the overall history and art of watchmaking. I also find the materials, parts and mechanisms of timepieces way more interesting to look at. This is especially true for me with Rado, and why I chose to have a relationship with the brand. Known as the Master of Materials, I appreciate the exceptional quality of the materials Rado uses, and its unique, innovative designs. Rado feels so good on my wrist and pairs better with my style, fashion sense and lifestyle.

What are some of your favourite Rado timepieces, and how do you style them?
Currently I love the Anatom for its incredible history and new fashionable look and colours. I've been a big fan of the Rado Captain Cook x Marina Hoermanseder Heartbeat watch as well. In terms of styling, I really wear them with anything and everything—they look just as cool with a t-shirt and jeans as they do with a little black dress.

What's coming up next for you?
I'll be competing in the World Indoor Championships. I'll come back to Canada in the spring to fine-tune my training before starting competition on the Diamond League circuit. My year will culminate at the Paris Olympics in August! This year, 2024, will be one of my best years yet. ♡



LIP Service

An iconic lipstick celebrates three ground-breaking decades

BY EMILY MACCULLOCH & INGRIE WILLIAMS @T.ZONEBEAUTY

A true charitable game-changer, MAC Cosmetics originally began its Viva Glam initiative 30 years ago, setting the pace for what a beauty brand can do when it comes to giving back. "It was started in 1994 by MAC founders Frank Toskan and the late Frank Angelo, who saw the HIV/AIDS epidemic directly affecting their community," says Paola Vorlander, general manager, MAC Canada. They created the first Viva Glam lipstick, which donated all of its proceeds to organizations serving people impacted by HIV/AIDS, and an icon was born. Equally legendary, the buzz-worthy campaigns have featured the likes of RuPaul, Lady Gaga and Rihanna over the years. To celebrate the 30th anniversary, we asked Vorlander to share more highlights.

On the newest spokespeople, Kim Petras and Danna Paola: "We're so excited to partner with two of music's biggest stars at the moment to usher in the next chapter of Viva Glam, which has always made it a priority to collaborate with artists with strong points of view to help elevate our mission," she says. "Kim perfectly embodies the essence of MAC Viva Glam. Not only can she rock a red lip, she's committed to using her global platform to advocate for the LGBTQIA+ community and our partners, like the Trevor Project. We're also happy to have Danna as part of the campaign, who truly brings the glam and is deeply passionate about women's equality and using her voice to support underserved communities around the globe."

On how the initiative has evolved over the years: "MAC is proud to celebrate [the history] of Viva Glam with an expanded charitable scope that reflects the chal-



lenges we face as a global community today," explains Vorlander. "Our expanded mission is now centred around driving equality for everyone while continuing our longstanding support for people impacted by HIV/AIDS. We give back to organizations across the following pillars: sexual equality, gender equality, racial equality and environmental equality."

On what's new for the iconic lipstick: "Viva Glam lipsticks recently got an upgrade through MACximal's new silky matte-caring formula and with new names to better align with our expanded mission," she says. The new lineup includes: Viva Heart (formerly Viva Glam I), the original vibrant blue-red; Viva Planet (formerly Viva Glam II), a shimmery muted pink-beige; Viva Empowered (formerly Viva Glam III), a brown plum hue; and Viva Equality, a brand-new warm neutral shade that, Vorlander says, "looks great on everyone." ♡

VIVA GLAM AT A GLANCE

US\$525 million+ raised over the last three decades

19 million people helped globally each year

1 new universally flattering lipstick shade marks this milestone year: MAC Viva Equality, \$33, Maccosmetics.ca

THE MAKING OF THE ONTARIO

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Face the Facts

With the men's grooming industry going through a renaissance, there's no reason to put up with a dry, itchy beard. Here's how to keep facial hair in check, according to the experts

BY ANDRÉANNE DION

Love it or hate it, facial hair is having a moment. On the red carpet we've seen everything from sleek stubble to scruffier styles, carefully groomed to I-woke-up-like-this laissez-faire. "I often compare facial hair to makeup for men," says Toronto-based content creator Ashkan Hobian. "It has the power to change someone's face dramatically."

Like hair, a beard can be a confidence booster. It can also become deeply tangled in someone's identity and hold a lot of emotions. "Whenever I have to be clean-shaven, I feel like I've lost a part of myself," Hobian, who has been sporting a combination of mustache and stubble regularly for over six years, says. And, in the same way a "breakup haircut" ushers in a new beginning, growing out facial hair can mark a major life change.

When he left the army after 14 years of service, Kevin Leboeuf was excited to grow a beard for the first time. "It was horrible—it was itchy and dry and flaky," he recalls. Determined to keep his "freedom beard," Leboeuf and his wife founded Educated Beards—an all-natural line of grooming products crafted to tackle the plethora of skin issues that can arise when growing and shaving facial hair.

Over the past few years, Leboeuf has noticed a significant increase in his customer base, which spans all ages and facial-hair styles. The one thing all his clients have in common? They're interested in shaking up their beard-care routine to look and feel their best. And it's not just the homegrown Fredericton brand that's feeling the love—the grooming industry is booming. By 2028, it's estimated that it will be worth US\$115 billion, up from \$80 billion in 2022.

Education around skincare ingredients and cosmetic treatments on social media and beyond has contributed to a shift in how men approach grooming, with more focus on the skin beneath the beard, says Dr. Bimpe Ayeni, a plastic surgeon in Newmarket and founder of skincare brand Blair & Jack.

As Leboeuf experienced, growing a beard can be an irritating experience—pun intended. A good grooming regime helps avoid the itch—and it all starts with getting the basics of shaving down pat. Celebrity barber Vince Garcia, Dior Sauvage's grooming ambassador, recommends leaving it to the pros whenever possible, as most people struggle with keeping lines sharp and straight when shaving. A barber can also help figure out the most flattering style and length for your face shape. "However, it's important to be able to upkeep and maintain your beard at home between appointments," Garcia says. "You never know what can come up."

At home, it's a good idea to ditch the convenience of a disposable five-blade razor in favour of an old-school, single-blade safety razor. "It allows you to adjust how [aggressive your shave is]," explains Leboeuf. To prevent irritation, shave in the direction of the hair growth using a slick soap or foam, and avoid going over the same spot twice. For upkeep, Hobian swears by the Philips OneBlade styler. "It comes with an adjustable comb so you can get the exact results you're after."

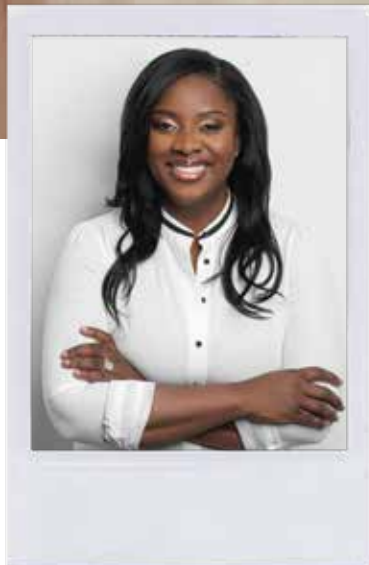
Next, invest a little bit of time and money into skincare. If you want to grow a healthy beard, caring for the skin underneath is crucial. "You have to manage the two together," says Dr. Ayeni. "The foundation has to be there for anything to grow." A simple three-step routine to cleanse, hydrate and gently exfoliate is effective and easy to incorporate into your day.

"Taking care of your beard is very much like taking care of your scalp," notes Hobian. To avoid a cycle of sebum build-up, dryness and irritation, it's important to wash the hair, as well as the skin. The hair on your face typically is coarser than on your head, meaning it can be a challenge to get to the skin beneath. Using a hydrating face or beard wash, part the hair every centimeter or so and lather up, making sure it reaches the skin. Ideally, this should be done every day, especially if you hit the gym.

And as tempting as it is, Leboeuf warns against using shampoo to cleanse your beard. "Your scalp produces a lot more natural oils than your face does. If you strip away all that oil from your beard and skin, it causes breakage, split ends—and it gets really itchy."



ASHKAN HOBIAN



DR. BIMPE AYENI



VINCE GARCIA



Once the skin is clean, it's time to hydrate. This is where beard oil comes in, though Leboeuf says it's a misnomer. "It's not for your beard itself, but for the skin—it replenishes the oils lost during washing." Educated Beards' own powerhouse hydrator is packed with jojoba, argan, sweet almond and grapeseed oils, leaving the skin soothed and the hair stronger, healthier and softer. Garcia loves the Dior Sauvage serum to keep skin hydrated all day without leaving residue in coarse facial hair. For those with longer beards, a balm is a good way to provide extra moisture and control fly-aways.

Many men who grow beards—and those who prefer a clean-shaven style—get painful bumps when they shave, particularly on their neck. Those with coarse, curly hair are especially prone to this type of irritation, which happens when a follicle gets trapped underneath the skin and curls on itself. To solve this all-too-common issue, which her own husband experienced, Dr. Ayeni developed Blair & Jack's bestselling Anti-Bump Treatment, a formula made with azelaic acid to soothe and prevent inflammation.

A boar bristle brush also comes in handy and works double duty. Not only does it help distribute oil evenly throughout the beard and break up any moisturizer clumps or residue, it also plays a role in exfoliating the skin and preventing painful ingrown hairs. The bristles get rid of dead skin cells, which can "promote hair growth and also allows skin to absorb more oil," says Leboeuf. Used daily, it also trains the hair to grow downward to prevent a bushy-looking beard down the road (just remember to clean and dry the brush often). For longer beards, a comb is essential to untangle knots. Start from the bottom and work your way up to avoid splitting hairs.

Whatever your go-to beard style, a little TLC goes a long way. "When you look good, you feel good," Dr. Ayeni says. V

14 Facial Hair Finds

Educated Beards Peppermint Cedarwood Beard Oil
\$33, [Educatedbeards.com](https://www.educatedbeards.com)

Clarins Men Shave + Beard Oil
\$36, [Clarins.ca](https://www.clarins.ca)

Dior Sauvage The Serum
\$125, [Holtrenfrew.com](https://www.holtrenfrew.com)

Aēsop Moroccan Neroli Shaving Serum
\$53, [Aesop.com](https://www.aesop.com)

Blair & Jack Anti-Bump Treatment
\$45, [Blairandjack.com](https://www.blairandjack.com)

Manscaped Beard Shampoo Hydrating Cleanser
\$20, [Ca.manscaped.com](https://www.ca.manscaped.com)

Jack Black Deep Dive Glycolic Facial Cleanser
\$31, [Getjackblack.ca](https://www.getjackblack.ca)

Shea Moisture Men Maracuja Oil & Shea Butter Full Beard Detangler
\$14, [Shoppersdrugmart.ca](https://www.shoppersdrugmart.ca)

Bath & Body Works Beard & Scruff Cream
\$16.50, [Bathandbodyworks.ca](https://www.bathandbodyworks.ca)

L'Occitane Homme Cade Multi-Grooming Balm
\$36, [L'occitane.com](https://www.loccitane.com)

Acqua di Parma Barbiere Soft Shaving Cream
\$125, [Ssense.com](https://www.ssense.com)

Philips OneBlade 360 Beard Styler
\$50, [Philips.ca](https://www.philips.ca)

Henson Shaving Henson ALI3-M Safety Razor
\$90, [Hensonshaving.com](https://www.hensonshaving.com)

Groom Boar Bristle Beard Brush
\$35, [Thegroomindustries.com](https://www.thegroomindustries.com)



Green Goods

Do you really need to take a daily powder supplement to be healthy?

BY AILEEN LALOR

Have you been tempted by those Instagram ads for green powders that are dissolved in water and claim to improve gut health, immunity, energy levels and balance your moods? Who wouldn't? It sounds incredible—too good to be true, in fact. Our gut feeling when we heard about these was that they were bollocks—and pricy bollocks at that, coming in at about US\$80 a month.

So we called our favourite dietitian to get the powdery scoop. Gerry Kasten is a lecturer in food, nutrition and health at the University of British Columbia, has led the boards of directors of Dietitians of Canada and the BC Agriculture in the Classroom Foundation and has no time for nonsense. The TL;DR: we were right to be skeptical.

"In my view, it's a bunch of hooey," he says after exploring the website of one very well-known greens maker. Much of the published research on these supplements is on a simulated human microbiome, looking only at intestinal microbes. "Any research they've done with humans has been extremely small—35 people or so—and is based around testimonials," says Kasten. "Testimonials and endorsements are easy to get because people feel better when they think they're doing something good for themselves."

But what of the ingredients? Inclusion of stuff like superfoods (an uncontrolled term—i.e., anyone can claim anything is one) and digestive enzymes were immediate red flags. "Your body makes digestive enzymes for free," Kasten says. "The digestive enzymes you consume in these supplements will be digested as proteins by our own pancreatic enzymes. The inclusion of these is a message that says your body can't do enough—but our bodies are a miracle."

Kasten says that, often, supplement manufacturers will argue that their products contain amounts of nutrients that our bodies simply can't get from food—but that's not necessarily a good thing. "This whole discourse is pervasive," he says. "It says that food doesn't have enough nutrition. Yes—because you're giving people these huge doses of vitamins that your body doesn't need. My general critique of supplements is that they only have what manufacturers put in them, whereas food has everything that nature puts in it and nature's better than anything human beings could make."

Are there people in Canada suffering from ill health today because of a lack of nutrition? Sure, says Kasten, but that's not going to be solved by these supplements. "There are deficiency diseases like osteoporosis and anemia that come from lack of calcium and iron, or possibly things like pernicious anemia—vitamin B12 deficiency—and it's recommended that older people take that because they become worse at absorbing it. But all those recommendations are there in our dietary guidance, so if you eat a diverse and tasty diet, you're likely to meet nutrient needs."



Could green powders actually cause us harm? Unlikely. "For the average person, fill your boots. And you will feel better because that's the way placebo effect works," says Kasten. Essentially, it's up to you if you think it's worth US\$80 a month ... which brings us to another point. "If it's so wonderful, it's only available to people with a reasonable level of affluence. It's not accessible for the people who are most likely to be deficient in their diets because of food insecurity."

"The same thing that has always been true is still true—in order to be healthy, we need to eat healthy food, be active in a way that brings us joy, feel good about ourselves, and do some nature of spiritual development," Kasten says. Add to that: learning to cook. "Eighty dollars a month is a fair amount of food that you could buy yourself. Many Canadians use their vegetable drawers as pre-compost. If they would actually use what's in there ... boy, I wish people would do that." ▽



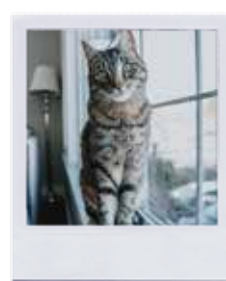
VITA X GO! SOLUTIONS

Build a Bowl for Your Cat

Tips from Go! Solutions Nutrition Manager Natalie Williams

Ditch the pour-and-go; building a bowl is trending among pet parents because, just like people, our fur friends deserve options! Mixing and matching formats and flavours will not only keep mealtime interesting for your cat, it can also help address common health ailments like hairball and urinary control. Building a gourmet, nutritionally balanced bowl is the perfect way to elevate your pet's mealtime.

First, ensure you know the difference between a complete and balanced meal versus supplemental options. The former includes all the nutrients a cat needs to be fed as their sole source of nutrition. Whether your kitty prefers the dry crunch of kibble, a splash of wet food or a combo, Go! Solutions offers options to provide an enhanced dining experience while addressing your cat's specific needs or dietary requirements. Keep things nutritionally balanced by reading the feeding guidelines on the back of your pet's food packaging.



Ready to rock-and-bowl? Here's how to build a bowl for your cat in three easy steps:

1. Start with a high-quality dry food as the base—and remember, the majority of calories should come from a complete and balanced food. For example, to help manage hairballs and support your cat's urinary tract health, you might start with new Go! Solutions Hairball Control + Urinary Care Chicken Recipe with Grains kibble, with fibre-rich miscanthus grass and psyllium husk.
2. Add hydration and variety with some wet food, and follow the 10% rule: when feeding treats, toppers or other non-complete and balanced foods, try and limit those to make up no more than 10% of a pet's daily calorie intake. The extra moisture and flavour from a wet food addition is sure to keep your cat happy and hydrated.
3. Take your cat's bowl to the next level with a food topper: Go! Solutions Booster Recipes for Cats offers a nutritional "boost" to your kitty's meals with functional ingredients like extra fibre to support digestive health and antioxidant-rich fruits for immune health support.

Remember: when building a custom bowl, an oversupply of calories can happen, so it's always important to follow the feeding guidelines on your cat's food packaging to ensure you're supporting their ideal weight. The variety of pet food options on the market can be overwhelming; when in doubt, or if you have any questions about changing up your pet's diet, reach out to your vet, who can guide you through the best steps for feeding your pet. Learn more at go-solutions.com/en-ca.

Hot Shops

Toronto's latest and greatest retailers

BY TRUC NGUYEN

SAINT LAURENT

The new boutique on Bloor Street is a fitting reflection of creative director Anthony Vaccarello's opulent vision for the French luxury house. Monolithic and museum-like, the space feels decidedly exclusive—we had to wait for security to unlock and re-lock the door during a recent visit. Said to be one of the largest Saint Laurent stores in the world, it features '70s-inspired corduroy concrete walls, various types of marble, smoked-glass counters, black mirror finishes and wool-felt curtains and rugs. The VIP room is furnished with veritable collectibles, including designs by talents like Osvaldo Borsani, Carl-Gustaf Hiort af Ornäs and Carlo Scarpa. **110 Bloor St. W., 437-562-5800. Ysl.com**



LOEWE

Loewe's first Canadian boutique opened at Yorkdale Shopping Centre this April. Featuring a bold blue façade of handmade ceramic tiles, the angular, modern space is designed—and decorated—to look like an art collector's home. Sleek podiums hold antique ceramic vessels alongside leather handbags and shoes, and shoppers can peruse the brand's ready-to-wear collections, designed by creative director Jonathan Anderson, while standing on plush wool rugs inspired by the tapestries of British textile artist John Allen. **3401 Dufferin St., Suite 118, 647-363-7610. Loewe.com**

ETIKET

The Montreal-based retailer's new 6,500-square-foot store and spa at The Well is a must-visit destination for beauty lovers, as its goal is "to be Canada's most trusted destination for beauty and wellness, and to redefine beauty and self-care," according to Etiket founder and president Simon Tooley. The boutique offers both medical-grade and natural skincare lines, hard-to-find niche products, and specialty fragrances from perfume brands like L'Artisan Parfumeur and Parfums de Marly. The onsite spa is a complete haven boasting six beautiful treatment rooms—and it's the only place in the province where you can get a Tata Harper facial. **486 Front St. W., 2nd Fl., Terrace Level, 416-257-2220. Etiket.ca**



PARK & FIFTH

Looking for that special wedding guest or special occasion dress? You'll want to stop by Park & Fifth's new shop at The Well to try on some styles. The Vancouver-based apparel brand, which got its start as a bridesmaid line, stocks its pretty Social Occasions collection at this downtown Toronto location—and that's about it! (There is a studio in Leslieville that also offers bridal fittings by appointment, and bridesmaid dresses). Park & Fifth offers well-priced, mostly made-in-Canada dresses in a wide range of colours and silhouettes, from floral mini dresses to minimalist, strapless gowns. **486 Front St. W., Terrace Level. Parkandfifthco.com**



RODD & GUNN

Best known for its premium timeless takes on menswear staples like cotton polos and Oxford shirts (many decorated with the brand's signature English Pointer motif) and tailored suiting, Rodd & Gunn recently opened its first standalone Canadian store in Yorkville. Visitors to the cosy, three-floor boutique on Hazelton Avenue are granted entry into the beloved Kiwi menswear label's handsome, outdoorsy-meets-prep world, inspired by the unfiltered, natural beauty of the New Zealand landscape. **21 Hazelton Ave., 437-880-8465. Roddandgunn.com**



ARC'TERYX

The Canadian outdoorwear brand opened its first Alpha concept store in Toronto in May. The 9,274-square-foot shop is Arc'teryx's largest in North America. At the heart of the space is the ReBIRD centre, where customers can trade in used gear and have items repaired in as little as 30 minutes, although more involved requests like zipper replacement or hemming can take two to three days. It also offers the widest selection of Arc'teryx apparel and equipment anywhere, and there's a whole room dedicated to the brand's Veilance collection for everyday "bodies in motion." **50 Bloor Street W., 437-524-4068. Arcteryx.com**

TNT MAN + WOMAN

The fashion-forward retailer—which turns 30 this year—recently combined its previously separate men's and women's boutiques at Yorkville Village, debuting a sprawling new retail space that's a one-stop shop for everything from swim and resort wear to special occasion dresses to sneakers, organized by brand. At this 20,000-square-foot TNT MAN + WOMAN flagship, shoppers will find the latest collections from international designer brands like Balmain and Blumarine alongside contemporary labels like Tanya Taylor and Fleur du Mal. **55 Avenue Rd., 416-975-1810. Tntfashion.ca**



Funshine State

Seeking a good time for the whole clan? In Central Florida, family fun is in no short supply

BY NOA NICHOL

CENTRAL FLORIDA

Central Florida's Polk County, between Orlando and Tampa, is the Sunshine State's "sweetest spot"—close to top attractions, but far from the crowds. The major must-do here is the LEGOLAND Florida Resort. The resort hotel is a LEGO wonderland, with the colourful toy bricks everywhere (and we mean everywhere: on the walls, in designated areas on the floor and on activity tables). Parents will appreciate the family-friendly suites, with bunk beds in a separate-but-connected space; kids will love details like a whoopee cushion simulator (with realistic sound), disco-dance elevators and an in-room LEGO treasure hunt. The resort also includes restaurants, pools and daily activities to keep everyone LEGO-occupied. A short stroll away, LEGOLAND is sprawling, with themed areas (we loved Fun Town and Pirates' Cove best), imagination stations, rides, fair games, food and more. Hot tip: keep your face-painting receipt and get touch-ups free all day long. Don't forget to visit the new Peppa Pig Theme Park, where you can tour Peppa's house and ride Daddy Pig's roller coaster—look out for "muddy puddles"!

Once you're LEGO-ed out, access activities that bring you closer to nature—and others that are educational in nature. Living Water Cruises offers tours of the famous Winter Haven Chain of Lakes. Visit several lakes, spotting alligators, otters, Blue Herons, Anhingas, White Ibis and more along the way, and learn the history of the famous Cypress Gardens (LEGOLAND's current site) while cruising by the old bridge where the southern belles once stood in times long past. A 45-minute drive away, in Lakeland, Bonnet Springs Park is a breathtaking urban oasis—a reclaimed train yard that's blossoming with beauty and art. There are slides and swings and colourful things that twirl and whirl all around the park, along with a nature centre, tree house and butterfly house. Stop by the on-site Florida Children's Museum, featuring a pint-size play city (complete with a grocery store, fire station restaurant and vet), a music-making gallery and a 100-foot climbable alligator, Blinky. Visitcentralflorida.org



KISSIMMEE

Want a home base that feels like home—but more luxe? Magic Village Yards is a collection of villas (ours was huge, with three large bedrooms, four bathrooms (one for each of us, plus an extra!), a full kitchen, washer/dryer, an outdoor barbecue and patio), with an on-site restaurant and pool for guests' use. With Walt Disney World Resort and Universal Studios Florida just minutes away, it's the perfect place from which to explore the area. We kicked off the Kissimmee leg of our family trip by taking in a first-of-its-kind creative collaboration between Cirque du Soleil and Disney. Drawn to Life is a love letter to the art of Disney Animation—a live acrobatic journey where the stage is transformed into a giant animator's desk. Arrive early with the kiddos, and they could (like ours did) be part of the pre-show! After a standing ovation, take an evening stroll through Disney Springs; clustered around dreamy blue-green springs and a shimmering lake, this collection of boutiques, celeb-chef eateries and attractions (bowling, balloon rides) appeals to all ages. Cap off the night with dinner at Summer House on the Lake at Disney Springs, where the Cookie Bar is famous for fresh-baked, oversized cookies like Fudge Bomb, Crispy Rice Chocolate Chip and Birthday Cake.

For something completely different, a Spirit of the Swamp airboat tour sets you gliding through a beautiful natural paradise of swamps and marshes that are home to stunning birds and critters of all kinds; keep a keen eye out for alligators! Another unique must-do: dinner and a show courtesy of Medieval Times, which will take you back to the 11th century for feasting (fair warning: no cutlery) and an epic medieval tournament, with horses, knights, falcons and a queen.

Finally, it's time for what some consider the main attraction. Walt Disney World Resort—the size, in acres, of San Francisco—includes four theme parks; we opted for the classic Magic Kingdom experience, complete with teacups, flying Dumbos, a midday parade and fireworks. Universal Studios also includes multiple parks and, with express access, we skipped virtually every line and happily screamed our way through many thrilling rides; some drenched us, some made our heads spin (figuratively speaking) and some just messed up our hair. All, like Central Florida itself, are fun, fun, family fun. Experiencekissimmee.com



ORLANDO

Thanks to a certain mouse, Orlando will forever be synonymous with Disney. Consider, however, the many other amusements, activities and attractions the area has to offer. First, check into the Grove Resort & Water Park Orlando, boasting huge family suites (ours had three beds and three baths, a kitchen and laundry) and Surfari Water Park—free for guests, with a surf simulator, dual water slides and a lazy river. In the evening, ICON Park, 40 minutes away by car, is a 20-acre, open-air entertainment destination with restaurants, funky bars, boutique shops and can't-miss attractions, all anchored by The Orlando Eye—a jaw-dropping observation wheel that stands 400 feet in the air. Then, prepare to have your world turned upside down (literally) at the Museum of Illusions—a gravity-defying attraction with jaw-dropping, walkthrough exhibits that invite you to step outside the laws of nature.

Orlando is also home to the Orlando Science Center, and it's really not hard to see why this is one of America's top hands-on science centers, where learning is always fun. Even mom and dad got a kick out of the exhibits, racing a recumbent bike against an upright model (mom, on the former, won), practising landing a spacecraft on the moon, and helping our daughter write, prop-make and act in her own mini movie. Hungry? Down the street, staff at Black Rooster Taqueria have got Mexican food down to a science, squeezing their avocados not once but twice daily to ensure their guacamole is perfect (and it is). Then, switch from science to art at the Morse Museum, which houses the world's most comprehensive collection of the works of Louis Comfort Tiffany. Colourful and light-filled exhibits include Tiffany jewelry, pottery, paintings, art glass, windows, lamps and a gorgeous, elaborate chapel interior created for the Chicago World's Fair in 1893. End the day on another "light" note with an Epic Paddle Adventure guided Night Glow tour of Lake Ivanhoe. Hop into a clear kayak and let multicoloured LED lights reveal the enchanting underwater world below, all set against the sparkling Orlando cityscape. Visitorlando.com

The Perfect Drink for Every Dad

Because when it comes to
a bottle for Father's Day,
one size doesn't fit all

OUTDOORSY DAD

Bearface Whisky, made in "bear country," is born of the Canadian wilderness, making it the perfect gift for the outdoorsy dad. Bearface Triple Oak is a single-grain Canadian whisky matured for a minimum of four years in three different casks, to create a palate similar to bourbon. Bearfacewhisky.com

PREPPY DAD

Deep, plum-coloured Beringer 2020 Knights Valley Cabernet Sauvignon showcases a gorgeous Bordeaux-varietal blend, with sandy, fine-grained tannins and a plush, velvety-rich mouthfeel. Built to age and develop further complexity over time, it never goes out of style—just like dad. Beringer.com

CORPORATE DAD

The Dalmore 12 is an outstanding single-malt whisky matured in American white oak ex-bourbon casks and finished in rare and aged oloroso sherry casks. The time and attention taken to cultivate this exceptional drink is a worthy gift for a hard-working dad. Thedalmore.com

PROFESSOR DAD

Dillon's Dry Gin 7, made with 100 per cent Canadian rye, was developed with top bartenders and is traditionally vapour distilled through seven botanicals and "graduated" through oak for a slight sweetness. Dillons.ca

VACATION DAD

Marchesi Antinori Pian delle Vigne 2017 offers notes of ripe red fruit and hints of plums and dates; its bouquet is completed by sensations of Mediterranean herbs, floral aromas of violets, a hint of spicy ginger and hot pepper chocolate. It's like an exotic vacation for dad, bottled. Antinori.it/en

RETIRED DAD

Mission Hill Terroir Collection Border Vista Vineyard 2022 Rosé is bursting with flavours of ripe, red berries, watermelon and grapefruit, complemented by subtle notes of spice. Complex and textural, with a bright finish, it's definitely reminiscent of dad's post-working life. Missionhillwinery.com



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