

Lifestyle content you care about from Vitamagazine.com

# VITA



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Issue

## Inside *the* Issue

LIFESTYLE Why more folks are turning back to film

SKINCARE An expert sets the SPF record straight

BEAUTY Size inclusivity in the cosmetics industry

WINE Drinks for every summer occasion

TRAVEL Turks and Caicos, two ways



# Everyday Elegance, The Everyday Watch

## A LIFE IN A DAY WITH THE LONGINES CONQUEST

Elegance isn't reserved for special occasions, and Longines proves it. Founded in 1832, the Swiss watch-making brand epitomizes performance, precision, and style. With nearly two centuries of history, Longines' dedication to craftsmanship and elegance is evident in their timeless timepieces. To mark the 70th anniversary of the Conquest collection, Longines has introduced new models that blend sporty sophistication with everyday durability. These versatile timepieces, available in a variety of sizes, colours, and materials, transition effortlessly from work to play, making them ideal for the modern multitasker. In the dynamic campaign "A Life in a Day," Longines celebrates the debut of its

new Conquest line by capturing the elegance and versatility of its Ambassadors of Elegance, Barbara Palvin, Suzy and Zhao Liying. The campaign documents these modern icons as they embark on everyday adventures, epitomizing the active, elegant, and bold characteristics that define this iconic collection. Renowned global model Barbara Palvin, amidst the vibrant energy of Budapest's bustling streets, effortlessly embodies the timeless essence of the Conquest three-hand model in 34mm, highlighted by its serene blue dial. From casual outings during the day to glamorous dinners at night, this chic timepiece transitions seamlessly, complementing any occasion with unmatched elegance.



Barbara Palvin, Longines Ambassador of Elegance, wearing the Longines Conquest L3.430.4.92.6.



*I realise that, for my happiness, it is important to have my own time and to follow my own routine.*

SUZY



Suzy, Longines Ambassador of Elegance, wearing the Longines Conquest L3.430.4.99.6.



Longines Conquest models in blue, pink, and green sunray dials.

Embracing her role as a South Korean actress and singer, Suzy infuses her surroundings with charm, accompanied by her elegant 34mm three-hand Conquest adorned in a delicate pink hue. From leisurely coffee breaks to dedicated sessions working on her music, she navigates each moment with grace and style. The new watch models range from 30 mm to 38 mm, offering versatility in size. Crafted with stainless steel or bi-material cases, they boast polished and satin finishes for a sophisticated look. With water resistance up to 100 meters and a transparent screw-on case back, these watches blend fashion and function seamlessly. Whether you are in sneakers or stilettoes, these watches are designed to

complement any outfit. The new 34 mm version is available in various colours, with a steel case, diamond-set or not, or a bi-material case, with a rose gold cap on the bezel and a rose gold crown. Comfortable and versatile, these watches are available on stainless steel bracelets or coloured rubber straps. Merging function with style in a timeless design, the Longines Conquest sets you up to conquer the day. With its perfect blend of innovation and sophistication, it transforms everyday moments into extraordinary ones.

Shop the **LONGINES CONQUEST** timepieces (starting at \$2,700 CAD) online at [Longines.ca](https://www.longines.ca).



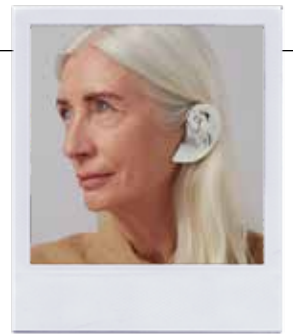


Editor's DESK

## A Note From Noa

Summertime and the reading is easy! The July/August issue of VITA is a hot one, packed with perfect stories to peruse at the beach, by the pool or at the cottage. Below, find seven beverage suggestions to suit every summer occasion, then flip through the rest of our pages for features on plus-size representation in the beauty industry, real talk on protective SPF products, a look at the rising re-popularity of film cameras and a tropical itinerary for Turks and Caicos. Happy summer!

*Noa Nichol* EDITOR-IN-CHIEF



**SUMMER PICK:**  
Jenny Bird's Dylan Ear Cover (\$150)

# Summertime & the sipping is easy

## Best beverage suggestions for every summer occasion

**PICNIC IN THE PARK** Gathering with pals for a sun-drenched picnic? Cupcake 201 Sauvignon Blanc is a vibrant, crisp wine with flavours of Meyer lemon, white nectarine and key lime that integrate with subtle hints of grapefruit, gooseberry and citrus, culminating into a long, balanced finish. Lobster rolls and potato salad would be divine park pairings for this whimsical white! [Cupcakevineyards.com](http://Cupcakevineyards.com)

**BEACH DAY** Is there anything better than a summer Saturday when the sun is shining and the only thing on your agenda is to hit the beach? Saturday Sun's Laid-back Rosé has notes of melon and red fruit, pairing well with beachy bites like charcuterie and watermelon feta salad. Just don't get any sand in your glass!

**CAMPING OUT** When you gear up to head out to your local campground, pack the cooler with Dillon's canned Vodka Cocktails, starring an award-winning vodka that's made from fresh Canadian rye grain and vapour distilled through oak for natural smoothness. Fun flavour combos include Blueberry, Peach & A Twist of Lemon, and Raspberry, Lemon & A Hint of Lavender. Crack one open and let the camping good times roll! [Dillons.ca](http://Dillons.ca)



**BY THE POOL** Nothing says summer like a poolside lay-out! The perfect wine to accompany this hot-weather endeavour is Josh Cellars Rosé, boasting a bright nose with aromas of fresh strawberries, white flowers and stone fruits and, on the palate, citrus, white peach and strawberries. Pair with a poolside platter of fresh berries and chilled seafood, like shrimp or ceviche. [Joshcellars.com](http://Joshcellars.com)

**AT THE CABIN/COTTAGE** A cabin or cottage getaway, complete with cool lake dips and crackling fires, calls for a winning whisky. Jura 12 Years is the perfect accompaniment to such a summer pastime. Gold-hued, with dark chocolate, honey, walnut and soft citrus on the nose and flavours of coffee, salted bananas, licorice and brown sugar, pour a glass, kick back and relax! [Jurawhisky.com](http://Jurawhisky.com)

**DINING AL FRESCO** When you can finally feast with family and friends outside, reach for CedarCreek Platinum 2023 Pinot Noir Rosé: powerful, ripe and savoury, with notes of crushed stone, aged citrus rind and potpourri. Serve it with an al fresco menu of salad, mildly spiced chicken or fish, or a Thai green curry. [Cedarcreek.bc.ca](http://Cedarcreek.bc.ca)

**BARBECUE BYOB** Whether you're hosting or heading to a friend's place, do not barbecue without a bottle of Lost Peak 2019 Cabernet Sauvignon. This smooth sip shows hints of black cherry and plum, with soft tannins and undertones of chocolate and coffee. It's the perfect match for steak, prime rib and hard, full-flavoured cheeses.

VITA X THAI RICE

# The Best Part of a BBQ? *The Sides!*

Try these summer-friendly side dishes from Thai Rice

Where there's a BBQ, there are endless side dish possibilities (and we all know the sides are the best part!). Up your grill game with the vibrant flavours of Thailand—like a refreshing Summer Thai Rice Noodle Salad and Spicy Tuna Rice Bites. Created with delicious rice from Thailand, it pairs perfectly with grilled meats and seafood. Authentic, delicious Thai Rice products, including rice noodles in various widths, can be found at grocers across Canada, both mainstream and ethnic. Happy summer side dishing! [#ThinkRiceThinkThailand](https://www.instagram.com/ThinkRiceThinkThailand)

## Spicy Tuna Rice Bites

### Ingredients

**RICE BITES**  
2 cups of cooked Riceberry rice  
½ teaspoon of sushi rice seasoning

**SPICY TUNA TOPPING**  
1 cup of Tuna, finely diced  
2 tablespoons of Kewpie Mayonnaise  
1 teaspoon sesame oil  
½ tablespoon of soy sauce  
Sriracha to taste  
1 teaspoon of sesame seeds



**GARNISH**  
Green onion  
sesame seeds  
Sriracha

### Directions

In a bowl, combine diced tuna, kewpie, sesame oil, soy sauce, sriracha, and sesame seeds. Once mixed, cover and place in the refrigerator. When your cooked rice has cooled, add sushi rice seasoning and mix well. If rice isn't sticky enough after adding the rice vinegar, you can add up to ½ teaspoon of water to give the rice some more sticking power. Scoop rice into the shape of your choice. Brush a light coating of oil on top. Using a spatula, carefully pick up rice cake and place it in the bottom of the air fryer/or oven. Cook on 400° for 8 minutes or until the rice patties are crispy.

## Summer Thai Rice Noodle Salad

### Ingredients

**SALAD**  
1 package of Kosa Rice Vermicelli 3 mm  
50 g asparagus tips  
50 g sugar peas, ends trimmed  
50 g snap peas, ends trimmed  
50 g edamame, shelled  
1 spring mint, leaves removed and julienne  
1 bunch cilantro, rough chop  
1 tsp sesame oil  
2 tbsp Spicy Lime Vinaigrette  
Ice cubes



**SPICY LIME VINAIGRETTE**  
100 g sugar  
1/4 cup hot water  
1 tbsp fish sauce  
2 garlic cloves, smashed  
2-3 birds eye chili, diced and seeds removed  
1/2 lime, juiced

### Directions

Soak rice vermicelli noodles in water: 6-8 minutes. While rice vermicelli is soaking, prepare Spicy Lime Vinaigrette. Mix sugar with hot water and mix well until dissolved. Add in fish sauce, garlic, birds eye chili and half lime juice. Mix well and taste. Adjust heat level as desired. Set aside. Boil water in a medium pot over high heat. Add rice vermicelli to boiling hot water and cook for 30 seconds to 1 minute. Do not overcook. Remove from heat, run under cold and toss in ice cubes to stop the cooking. Drizzle sesame oil to help the noodles from sticking to each other. Boil another pot of water, and quick blanch asparagus tips, sugar peas, snap peas, and edamame for 30 seconds or until bright green. Add in asparagus tips, sugar peas, snap peas, edamame, mint leaves, cilantro and Spicy Lime Vinaigrette to rice vermicelli and gentle fold.

THE MAKING OF THE ONTARIO

# Summer Issue

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# Face Time

What will it take for the beauty industry to embrace size inclusivity?

BY ANDRÉANNE DION

Scroll through almost any makeup, skincare or bodycare brand's social media and it's obvious that, for all the recent progress made, beauty standards remain stuck in the past. In the best-case scenario, digital content and ads might showcase a range of skin tones but, more often than not, the aspirational image we're presented with is still a young, able-bodied, cisgender and thin woman.

Beauty products don't come with a size tag, yet change has been slow when it comes to size diversity. The fashion industry has made some headway: curvy runway models, extended sizing and more diverse marketing campaigns. But the beauty sector still lags. "We just don't really see plus-size people selling [beauty products]," says content creator Alicia Gilby of Curvy Chronicles. "We've been told that plus-size bodies aren't marketable."

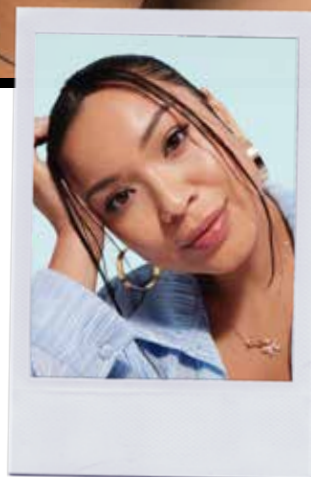
Gilby runs an Instagram series called Fat Auditing Beauty Brands, where she analyzes makeup companies' social feeds based on three criteria: how long she has to scroll before seeing a curvy person, the percentage of plus-size models or creators featured in a total of 50 posts showing people, and if the brand includes anyone who looks like her—what she calls a "larger fat" (she wears a size 26).

The results have been eye-opening. So far, the brands Gilby's audited have ranged from zero to six per cent size inclusivity, with one standout featuring 22 per cent plus-size models and creators. No brand has featured someone close to her size. "It's minimal effort on their part—they'll use a model who's a size 14 or 16, which is still considered plus-size ... but is at the very low-end of the range," she says. Plus-size folks with more acceptable features—curvy hourglass figures and thinner face shapes—are favoured over those with tummy rolls and round faces. "We're still not seeing true body diversity."

For Stephanie Valentine, a plus-size content creator, inclusivity starts in the boardroom. "The people behind the brands need to look like us and know the importance of inclusivity to truly take



PHOTO BY COURTNEY MICHAUD FOR CHEEKBONE BEAUTY



STEPHANIE VALENTINE, @GLAMZILLA

ALICIA GILBY, @CURVY\_CHRONICLES



JENN HARPER, FOUNDER OF CHEEKBONE BEAUTY

a step forward," she says. Jenn Harper, founder of Cheekbone Beauty, agrees, adding that part of being inclusive as an industry leader is recognizing your blind spots—even as a brand founder aiming to empower those relegated to the sidelines of the beauty industry. "I had a marketing manager early on that explained to me the importance of [featuring plus-size models] and it was a learning experience for me," she says. "You do get set in your patterns. It's really important to be aware of it and figure out who is being left out."

Those who are actively seeking more diverse models might find it challenging to achieve their vision. Says Breann Rogers, executive assistant at Cheekbone, "Even if you're hiring a plus-size model, you're still getting a cookie-cutter image of what everybody is looking for these days." And when you're looking to hire a plus-size model who's a person of colour or part of an older demographic, the lack of diversity on agencies' books is glaring. "The modelling industry still has a lot of work to do."

As such, Cheekbone's been relying on its community when creating campaign content, often casting employees and customers to reflect the diversity of its team and fan base. Inspired by her own experience, Harper recently designed a wider face chart (used by makeup artists to plan looks) that more accurately represents her own facial structure and that of many of the models and creators her team works with, so they can see themselves represented behind the scenes as well.

But, she says, "Big organizations with huge budgets should be leading the way because they have the power to do so, and it's truly tragic that that's not happening." As a mom to an 18-year-old daughter who consumes and is influenced by such content, Harper believes it's the beauty industry's responsibility to showcase a full spectrum of diversity. Instead, it is perpetuating a standard that's outdated and harmful.

Valentine believes the best way to fight this is by taking control of the narrative. "[Watching] one-minute videos every day can have a large impact on your self-worth and body image," she says. She had never dreamed she could be a beauty creator because no one else in the space looked like her, but she now has 2.2 million followers on TikTok. "Spend that minute on someone or something that will empower you or make you feel better about yourself."

Another way consumers can help move the needle, says Harper, is by spending their money with companies that reflect their values. It's also worth engaging with brands you think could be doing more and providing feedback. In her videos, Gilby encourages her followers to reach out to brands and let them know they want to see more size diversity on their feeds. She hopes brands will start to recognize that plus-size consumers deserve to feel beautiful and seen, and that she might see more bodies like her in advertising.

Valentine has a message for brand founders. "All humans want to feel included the first-time round—we aren't an afterthought. If you feel like the step to true inclusion is 'too far' for your marketing teams and boardrooms, maybe that's exactly the step you should take," she says. "We all belong in beauty." ✓

## VITA X COMPASSION CANADA

### 7 Gifts of Compassion



Make a world of difference in the life of a child

As our days get warmer, Compassion Canada offers the opportunity to brighten the future for children living in poverty. "As many take a pause for summer holidays, it's important to remember that the need for generosity and helping those in need doesn't pause," says Alyssa Esparaz at Compassion Canada. Here are seven Gifts of Compassion you can give to make a world of difference. [Compassion.ca](http://Compassion.ca)

#### WATER WELLS IN BURKINA FASO

With this gift, you are providing two solar-powered mechanized boreholes in Burkina Faso, giving safe water access to 325 children and 925 caregivers, siblings and community members.

#### SOCCER COACH TRAINING IN KENYA

Soccer is one of the most popular sports in the country and can provide work opportunities. With your gift, you provide 100 students from across Kenya with education and certification in coaching soccer.

#### COCHLEAR IMPLANT SURGERY FOR BETTY

In 2022 Betty, in Ghana, was diagnosed with bilateral profound hearing loss. Provide Betty with cochlear implant surgery and one year of speech therapy to help restore her hearing and her speech, giving her renewed hope.

#### CHILD PROTECTION WORKSHOP

Poverty increases a child's risk of abuse, trafficking, child marriage, child labour and other exploitation. This gift enables Compassion centres in multiple countries to run child protection workshops for caregivers and community members, to ensure that children are known, loved and protected.

#### BABY MEDICAL CARE

With this gift, you help ensure that new parents living in poverty in multiple countries have access to essential medical services for their baby in those first critical 12 months.

#### CRAFTING WORKSHOPS IN COLOMBIA

With this gift, you provide 60 youth and caregivers with the training to run craft workshops such as ceramics, woodworking and acrylic painting. Plus, you equip them with entrepreneurship coaching to create more income.

#### EVENT MANAGEMENT TRAINING IN KENYA

The event management business is on the rise. There are always weddings, birthdays, graduations and other important life events to commemorate. With your gift, you provide 150 caregivers with the various skills involved in event management to generate income for their families and uplift their community.



PHOTOS BY COURTNEY MICHAUD



# Screen Time

After a now-notorious interview in which influencer Kristin Cavallari questioned the need for sunscreen, we talked to an expert to set the SPF record straight

BY AILEEN LALOR

On her *Let's Be Honest* podcast in January, Kristin Cavallari (not a dermatologist) told an Eastern medicine practitioner named Ryan Monahan (also not a dermatologist) that she doesn't wear sunscreen. Monahan made some claims about living an anti-inflammatory lifestyle, the importance of antioxidant supplements and learning to tolerate the sun by building a base coat, and suggested that he could be "in the sun for the whole day without any sunscreen." So we asked Dr. Katie Belezney (a dermatologist) for her thoughts on this.

First off, we know that ultraviolet light is a carcinogen—its cancer-causing potential was first identified in 1928 and has since been confirmed many times. "While some people on social media talk about skin cancer being a more recent phenomena, there have been reports of melanoma being found in the skeletons of mummies from more than 2,000 years ago" says Dr. Belezney. We also know that UV rays—specifically UVA—can cause premature aging of the skin.

And what's the idea behind the base tan? The thinking is that melanin produced in response to UV exposure can be protective to skin, but Dr. Belezney says that it's equivalent to about SPF 3 or 4—nowhere near enough to actually prevent sun damage. And what about the fact that some people feel like their skin is healthier after sun exposure? Sorry to poop on your party, but all tans are DNA damage, and even if you see some improvement in conditions like acne, the long-term risks of UV exposure outweigh any benefits.



Being in the sunshine can make you feel happy, and that's not to be sniffed at, but Dr. Belezney says you don't need significant amounts to feel the positive effects. "A few minutes of sun in the early morning, when UV rays aren't as strong, can be beneficial," she says. As to vitamin D, sunlight encourages its production, but getting it from a supplement is just as good as getting it from the sun—and even more so during the winter when Canadians don't see much sunlight anyway.

With regard to antioxidants, there's some evidence that a topical vitamin C can offer some UV protection, but only as an adjunct to sunscreen rather than a replacement. And there's no evidence to support the idea that sunscreens can be more harmful than UV exposure. "Much of the discussion around 'risks' of sunscreen stems from data showing that chemical UV filters can be detected in the bloodstream, and that in studies of rats where they were administered exceedingly high doses of these UV filters there was an incidence of cancer," says Dr. Belezney. There are plenty of good mineral sunscreens if you're worried about using a chemical one or you find they irritate your skin.

When choosing a sunscreen, Dr. Belezney says you need at least SPF30—even higher if possible—and the words "broad spectrum" should be on the label. That means it protects against both UVA (aging) and UVB (burning), since the sun protection factor (SPF) relates only to UVB. You need more than you think—about a quarter to half a teaspoon for the face and neck, and 1 ounce for the body—and to reapply every couple of hours or after swimming or sweating, even if you have a water-resistant screen. As well as sunscreen, stay out of the sun when it's hottest (the middle of the day) and wear hats, sunglasses and UPF clothing.

The big question: do those of us that live in Canada need sunscreen all day, every day, every season? Or is it more a question of creating a good habit so that you're well protected when you are exposed to UV? "Many dermatologists, including myself, recommend daily sunscreen in part to form the habit and ensure you are protected," says Dr. Belezney. "That said, I do believe in being pragmatic and if you are getting virtually no UV exposure, either because the UV index is zero or one or because you are inside all day (and away from windows that let in UV), then there is minimal risk if you are not wearing sunscreen. The issue is that people may think, 'Well I work in an office and so I don't need it,' but then are outside walking to lunch and so on, and tend to underestimate UV exposure." The message? Sunscreen won't do you any harm, and it could save your life—so slap it on. **V**



## Shields Up

The best sunscreen is the one you'll wear. Here are six for every skin type and preference.



### FOR STRONG PROTECTION

Australians know sun protection, which is why we're big fans of Ultra Violette, a sunscreen that's just landed at Sephora. Its star product is Supreme Screen SPF50, which is a light, hydrating, antioxidant enriched combo of chemical sunscreen, moisturizer and primer.



### FOR SENSITIVE SKIN

Sensitive-skinned folk often do better with a mineral sunscreen. Our favourite is Dr. Dennis Gross All-Physical Lightweight Wrinkle Defense Broad Spectrum Sunscreen, which leaves no white cast, doesn't irritate and makes a lovely base for makeup.

### FOR EVERYDAY PROTECTION

For a hint of colour with your sunscreen, there's Eminence Organics Daily Defense Tinted SPF, which offers all-mineral protection with a sheer tint and a lightweight finish.



### FOR TOPPING UP ON THE GO

Sticks are the perfect option for topping up sun protection on the go. Avène's Mineral Sunscreen SPF50 is suitable for sensitive skin and water resistant for up to 80 minutes.

### FOR THE FINAL GLOW

To finish the look, Nudestix offers a Blush Tint (six shades) and Lip Primer (one shade), both with SPF30. Both are sticks for easy app.



# Picture Perfect

Despite a pretty darn good camera on most smartphones, more and more people are turning back to film

BY CHRISTINA ARMANIOUS

In an era dominated by digital innovation, where every moment is captured and shared instantly via smartphones and social media, an unexpected trend has been steadily gaining momentum: the resurgence of film photography. It's a striking contrast—setting aside one's cutting-edge iPhone in favour of capturing moments with a Fujifilm or Polaroid camera, despite the less-than-perfect image quality.

According to camera pros, this revival is more than just a nostalgic nod to the past or a quirky, nonconformist trend; it is a cultural shift that speaks volumes about our relationship with technology, art and authenticity, reflecting a deeper longing for simpler times and resonating strongly with today's cultural zeitgeist.

Anthony Jackson, a training specialist at Henry's Camera, observes that the trend of seeking out film photography is particularly prevalent among younger people due to their heavy engagement with social media and the challenges they face in disconnecting from their devices. He reasons, "They want a camera, but they also almost need a smartphone. To disconnect from their smartphone, they need to choose [another device] like a film photography camera."

Shooting with film also demands patience and presence, encouraging folks to focus on the moment and the subject rather than the screen. "When you're taking pictures, you're really not thinking about anything other than composition and colours; you're out there in the real world, seeing people face-to-face" and providing a refreshing break from the always-on nature of smartphones, Jackson adds.

While digital cameras can also create a sense of detachment, Claudia Mac, manager of Downtown Camera, an independent photography store in the heart of Toronto, highlights the distinct charm of film photography. She points out that the rise of social media has fostered an "obsession with perfection." AI, filters and editing apps contribute to meticulously curated feeds that present a polished-yet-often-unrealistic portrayal of life. In contrast, film photography "embraces imperfections." Blurry shots, unexpected double exposures and subtle colour variations are celebrated rather than corrected, allowing photographers to capture moments as they truly are without the pressure to conform to social media standards.

Mac likens this appreciation for imperfection to "shopping for vintage clothing [with signs of age]" or "listening to vinyl records with scratches and echoes." She adds, "There's something about imperfection that makes it real. And I think we should all embrace it. Nothing should be perfect. Because nobody's perfect."

The process of film photography, albeit rewarding, comes with a caveat: it is time consuming, costly and, as Jackson puts it, "a little bit of a guessing game." He says, "You could either think of it as really cool or the worst thing ever," depending on your artistic expression. He points out that a standard roll allows only 36 photos, equating to about a dollar per shot. "So you certainly [have to] think



before you shoot more"—a contrast to the infinite shutter clicks of modern cameras that we are acclimated to.

The full process includes loading a roll of film, manually adjusting camera settings and waiting for the developed photos. "It's 20 times more risky [than a digital camera]," says Jackson, because

you won't know if you got the shot until it's developed, and "you still have to pay for those photos to get back and realize [they might all be] destroyed."

Mac shares that when her team is developing film, they often have to be "the bearer of bad news, and [many times] the shot is from a very special occasion."

She adds, "You have to accept that you're taking a risk, or you shouldn't be shooting with film photography."

Younger photographers are increasingly drawn to the unpredictability and the intentional approach of shooting with film compared to other demographics—a trend Mac's noticed among her clientele. She recalls a specific encounter where an older customer, purchasing a digital camera, observed a younger client picking up freshly developed film. Surprised, the older man declared he would never shoot with film again, citing its difficulty and praising the convenience of modern technology. In contrast, the younger client passionately defended film, arguing that the time and effort invested in each shot make one appreciate the resulting images more.

This generational contrast in artistic expression highlights the principles of slow living and instant gratification. Mac explains, "[Gen Z] love shooting on film because analog photography is a surprise in a world where everything is so instant." Jackson agrees, pointing out that the younger generation, especially Gen Z, is "dying for this type of interaction with a camera" more than any other demographic, as they are the first to have grown up entirely in the digital age.

Mac uses the analogy of cooking a meal to further illustrate this point. "We have amazing microwaves and stoves that can cook our food instantly. Why do we still barbecue?" She explains that we're more likely to appreciate what we cooked when we spend more time and effort on the process: gathering and heating the charcoal, cleaning and oiling the grill and then cooking the food. She also notes that barbecued food has a distinct taste and the ambiance is different. Instead of preparing and eating the food in the kitchen, you are outdoors, enjoying the experience.

Aesthetics and artistic expression aside, in a time when tech is constantly changing and devices quickly become outdated, many prefer the manual nature of film cameras and the stability of "[purchasing] something once that is going to last much longer" over the fleeting lifespan of modern gadgets, explains Jackson. Mac adds that many photographers value the reduced electronic footprint and the chance to repurpose and reuse equipment.

As more photographers embrace film, they not only revive what she describes as a "disappearing" art form, but also foster a community built on shared values and a passion for creativity and "something real." This revival is not just about capturing images; it's about capturing moments, stories and emotions in a way that's deeply personal and profoundly meaningful. "I always describe that film kind of feels like Christmas morning to those people getting their rolls back from the lab," Jackson reflects, noting how some "forget what they've actually taken on that roll," allowing each image to gain value and evoke emotional resonance over time. Indeed, the enduring charm of film photography lies in its ability to enrich our present and inspire our future—in a snap. V

## Snag An Analog Take a shot with Jackson and Mac's favourite film cameras for preserving memories this summer



FUJIFILM X-T5



FUJIFILM X-T30 II



NIKON Z F



NIKON Z FC



DIANA F+ CAMERA AND FLASH BLACK JACK



PENTAX - K1000



POLAROID NOW I-TYPE



LOMOGRAPHY LOMOAPPARAT 21MM WIDE-ANGLE CAMERA



KODAK EKTAR H35 HALF-FRAME



YASHICA MF-1 SNAPSHOT RELOADABLE 35MM



# Turks Two Ways

Resort or villa, you can't go wrong  
with a stay at Wymara Turks and Caicos

BY NOA NICHOL

Set on Grace Bay, which was named the world's best beach in 2022 by TripAdvisor, Wymara Resort + Villas Turks and Caicos is the tropical escape you've been searching for. The best part? You can do it two ways. [Wymara.com](https://www.wymara.com)



## THE RESORT

From a variety of accommodations to choose from around the island, we think Wymara Resort should be your go-to. This gorgeously appointed (and recently renovated) hotel considers sun, shade and breeze in its design, so there are always multiple areas to enjoy the outdoors on property—plus, multiple amenity areas to keep everyone in the group engaged and content. “We strive to have our guests keep coming back for more, while constantly improving each experience,” says owner Bruce Maclaren. “We want to wow our guests from the moment they arrive until they depart.”

Indeed, Maclaren has made good on his vision is to create the perfect home away from home. A place where guests can get an emotional high from the beautiful turquoise waters and idyllic weather Turks and Caicos is renowned

for. A place to recharge their batteries and enjoy quality time with loved ones. “We want everyone who visits to feel part of our Wymara family with our wonderful staff and caring and attentive personalized service,” he says.

Truly, Wymara Resort is an oasis for all—and countless details make it so. Among our favourite below-the-radar features: genuinely friendly service from each and every staff member encountered, Dyson hairdryers in every room, an organic-certified spa offering luxe treatments and an on-site restaurant, Indigo, where every meal, made by executive chef Andrew Mirosch, is magic (Mirosch's World's Best Ice Cream lives up to its name. Insider tip: check the hotel schedule to join in on lively, weekly, al fresco beach barbecues, featuring live music and a bountiful buffet served up on the white sands of Grace Bay.



WYMARA AMUSE VILLA

## THE VILLAS

Looking for something even more luxe? A short drive away, Maclaren has developed a collection of private and secluded luxury villas that are nothing short of spectacular—and when their owners are away, they're available to rent. “Wymara Villas offers guests the best of both worlds, total privacy and seclusion in a very luxurious setting with high-service and easy access to all of the amenities and services of the resort,” he explains. “Our villa guests enjoy exclusive enjoyment of Sunset Cove Beach Club with its private and pristine beach, the Caribbean's first in-ocean swimming pool, lap pool and world-class fitness facilities. It's a very special vacation experience.”

It's a sentiment we can't argue with: the villas include full, beautiful kitchens (you can cook, or order meals and snacks throughout the day delivered to your door), stunning amenities, entertainment technologies, multiple private pools and, at three of the seven multi-bedroom, multimillion-dollar properties, a salt-water slide that shoots you directly into a must-be-seen-to-be-believed crystal-clear Caribbean Sea. For the enjoyment of all villa owners and guests, the new ocean pool, spanning nearly 3,900 square feet, is a stunning swimming spot with a soft, sandy bottom. It gets replenished with fresh seawater from the Atlantic, is carved out of the coastal rock and lined by an expansive timber deck that spans the entire length. Featuring a tiki bar and stylish sun loungers and umbrellas for shade, take breaks from sipping spritzes to dip in and out of the refreshing, salty sea while soaking in the serene views. The vibrant, rich colours of the pool's sea-fed waters are the perfect spot to cool down, minus the need to worry about waves crashing into you.

Anchored by the iconic coastline, Maclaren's ocean pool is a true labor of love. It's been built to facilitate an intimate encounter with the landscape while offering safe, sublime waters with boundless sea-and-sky views. And there are more villa plans in the works: “Looking ahead, we're excited to introduce new five- and six-bedroom villas this summer,” he reveals. “These will be among the most stunning on the island and offer unbeatable views over the turquoise waters that Turks and Caicos is best known for. Next, we're launching a new dining concept at our villa beach ... conceived by Wymara's acclaimed executive chef, Andrew Mirosch. Watch for its debut in fall 2024.” v

## VITA X LAMBERT

### Hold on to *Golden Hour* with these top summer bags

Get a grip on summer with a new bag ... or two! Canadian vegan bag brand Lambert has launched its Golden Hour collection. The vibrant hues in this range, reminiscent of the colourful landscapes of summer, are perfect for a day at the beach or an evening in the city. Explore new silhouettes, from handbags to travel items; our five faves below! [Designlambert.com](https://www.designlambert.com)



**1. THE MAUDE - RASPBERRY VEGAN LEATHER BACKPACK, \$145** Both minimalist and refined, this 3-in-1 backpack is equipped with a front zippered pocket, a spacious interior in which to store your tablet, wallet and other personal effects, and delicate adjustable and removable straps that allow it to be worn three ways. The Maude is a truly timeless and versatile accessory.

**2. THE MARINA - AGATE VEGAN LEATHER WAIST BAG, \$95** Minimalist and compact, the Marina provides storage space for your phone, wallet and keys. Its modern and sleek design makes it perfect for city outings or outdoor escapades. With its adjustable strap, the Marina waist bag combines functionality and elegance to accompany you wherever you go.

**3. THE BALI - AFFOGATO CARRY-ON, \$280** Designed for the traveller, Bali is the ideal carry-on suitcase for all kinds of escapades. With two large main compartments, you will enjoy maximum storage capacity. You can also carry your 15" laptop thanks to the

front pocket designed for work and/or leisure tools. Travel in style and peace of mind with the Bali suitcase, which meets most of the airline requirements for carry-on luggage.

**4. THE ARIA - AGATE 3-IN-1 RECYCLED NYLON BACKPACK, \$140** This backpack is the perfect combo of functionality and style. Made with recycled nylon, it offers exceptional durability while remaining lightweight. The interior compartments provide organized space to carry all your essentials. Whether for a day in the city or a casual getaway, the Aria, which can be worn two ways, is the ideal companion for summer.

**5. THE FELICIA - LIGHT DENIM VEGAN LEATHER HANDBAG, \$113** Minimalist and elegant, the Felicia adds sophistication to your OOTD. Despite its compact size, it offers clever space for cards, a small wallet, keys and a mobile phone. It can be worn either as a wristlet or over the shoulder, and is the essential accessory for those who seek both elegance and practicality in a small handbag.





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