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VITA

THE
October
Issue

Wearable Art

WHEN DESIGN AND ARTISTIC EXPRESSION INTERSECT, THE RESULTS ARE BOTH FIT- AND FRAME-WORTHY

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Editor's DESK

A Note From Noa

Welcome to October, and an autumnal issue of VITA! With fall comes a new busyness that I'm really leaning into this year, and the following pages reflect that. This month, we cover a trio of new restaurant openings in the Lower Mainland (so good, you've got to check all three of them out), plus five new retailers (cheering to see brick-and-mortars thriving in our city; remember to support them as we approach gifting season), and delve into big topics like fertility and kid/tween cosmetics (read Aleesha Harris' article on page 6 for a glimpse into my personal struggles with the latter). Plus, fashion-meets-art, surprising trends in condo design (hint: podcasts and pickleball) and a dreamy Dior beauty drop that's set to change the face of skincare, scientifically. Enjoy! *Noa Nichol* EDITOR-IN-CHIEF



I'm flipping to fall gear with this Peak Performance Helium Utility Flo jacket and Sorel x Proenza Schouler Chelsea Boot

The Fresh Sheet

Where and what to eat this month

EL GATO GAB GAB In addition to the best name on the block, this modern Mexican cocktail-and-snack bar has a slushie machine mixing Blue Demon cocktails and a killer playlist—it's a good time and they're serious about food. With no exaggeration, the best thing we've eaten all month is the Mexican street corn appy, served as a thick square of molten-y cornbread custard with a bright kimchi queso dolloped on top. We'll order two next time, along with the Dungeness crab flautas and chicken skin chilaquiles. For mains there are five taco options, all served in a build-your-own-style shareable platter. The chicken cowboy asado is a pineapple-glazed pollo, which takes three days to make, sided by a trio of house-made salsas. The lamb shank birria is served with a consommé, beef-dip style, and there's a vegetarian sake charred cabbage option, too. Sip on a couple of cócteles, like the fuzzy-peachy Dixeebe! To Me ("dixeebe" loosely translates as "cheers" in Zapotec) and a classic Negra Modelo cerveza. **2650 Main St., 604-428-6711. ElgatoGABGAB.com** KATIE NANTON



PHOTOS: NORA HAMADE

TRATTORIA BY ITALIAN KITCHEN Tucked away in the heart of Burnaby, Trattoria has undergone a stunning transformation, emerging as a chic-yet-intimate homage to the rustic charm of Italy's beloved informal family-friendly restaurants. The reimaged space, courtesy of Glowbal Restaurant Group and including an 18-seat pizza bar, and a lush 65-seat heated patio, offers a refined dining experience while staying true to the heart and soul of traditional Italian cuisine. On the menu: house-made

pastas, forno-baked pizzas and indulgent desserts. Standouts include the signature 100-layer lasagna and tableside prosciutto and tiramisu dishes. Trattoria also entices guests with weekday specials like Trattoria Tuesdays, where signature pasta dishes are offered at \$16, and Pizza & Wine Wednesdays, where pizzas and select wines are discounted. It's the perfect excuse to take a culinary trip through Italy any day of the week. **102 4501 Kingsway, Burnaby, 604-424-8779. Glowbal-group.com/trattoria** NOA NICHOL



PHOTO: SHELBY HERBST

BOW & STERN BRENTWOOD Two words: seafood tower. If you're gonna go for it, do it at the newest location of Bow & Stern, which serves up "ocean-inspired dining" in a jewel-box-like restaurant overlooking one of the mall's glitzy plazas. There are two roads you can take: classic, with the signature cold seafood platter—two tiers of crushed ice and lemons topped with raw oysters, jumbo prawn cocktail, poached lobster tails, tuna tataki and a B&S roll filled with (real!) snow crab. Or heat it up with the hot seafood platter: arctic char, tiger prawns, lobster tails, mussels and clams, seasonal veg and jasmine rice. Wash either down with a flute of Jackie'O: gin, yuzu, lemon and sparkling wine. Not a tower fan? There's shareable lobster poutine and honey-sweetened, deep-fried Brussels sprouts, fresh poke bowls, signature fish and chips and hearty steaks, too. **4567 Lougheed Hwy., Burnaby, 236-455-6462. BowandStern.ca** KATIE NANTON



PHOTOS: SARAH ANNAND

THE MAKING OF THE BRITISH COLUMBIA

October Issue

No. 102 ————— 2024

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VITA

PUBLISHED BY VITA DAILY MEDIA INC.

CANADA POST PUBLICATIONS
MAIL AGREEMENT #42849020

Funded by the Government of Canada



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Hot Shops

Vancouver's latest and greatest retailers

SAJE

Modern apothecary meets verdant greenhouse at the new forest-inspired Saje store in North Van's Lonsdale Quay Market. (The very first Saje location opened here, upstairs, 30-plus years ago.) The contemporary-chic aesthetic falls right in line with the Vancouver-born wellness label's latest rebrand, which takes a fresh, modern approach to Saje's original mission: to provide plant-powered remedies that fit seamlessly into daily routines. Naturally, everything Saje smells great, but it's also all formulated to deliver relief from everyday life—for sleep, focus, pain, digestion and more. Each little brown bottle (or tube/soap/case) is packed with 100 per cent natural plant extracts—no synthetics or artificial fragrances. Let the store's expert team guide you through the new collections, like citrusy-fresh Great Minds, which includes a topical balm blended with Lion's Mane mushroom to encourage everyday clarity and focus. If you're prone to headaches, stock up on the cult-fave Peppermint Halo roll-on—there's a bottle sold every two minutes for good reason. **123 Carrie Cates Ct., North Vancouver, 604-988-9688.** KATIE NANTON



ARTICLE

Living rooms everywhere, rejoice: Article, one of the original direct-to-consumer furniture brands, has opened its first physical storefront in Strathcona and filled it with a huge array of best-sellers like the Sven sofa, Plumas dining table and Leigh modular sofa in dreamy room set-ups, complete with handcrafted local ceramics by Kate Metten and artwork by Marion Landry. Other than the obvious touch-feel-sit aspect of visiting a brick-and-mortar, there's also a unique on-site Design Centre with 150 colours of material swatches—including LifeGuard, the brand's proprietary performance

fabric, which has stain-repellant fibres woven in—and team members who'll do digital mood-boarding for you, free. Take-home swatches will help you compare, say, that honey-brown couch hue with the paint on your bedroom wall, and when you've reached a verdict, order your coveted goods directly to your front door. As for us? We're eyeing the Baarlo natural oak desk with its smooth curves and secret storage cabinet, and the Alto linen duvet cover, in the rusty colour Clay, launched earlier this year. **848 E. Hastings St., 778-742-5674.** Article.com KATIE NANTON



LOJEL

The new North American flagship of carry essentials brand LOJEL—the name of this Japan-founded, Hong Kong-based label stands for Let Our Journeys Enrich Life—is a full sensory experience on West 4th Ave. It all starts with a feast for the eyes outside with a striking abstract mural by local artist Amy Flak, then continues in with aroma: that's natural cedar, representing the Western Red Cedar offcuts used in take-home 'scent pouches' for LOJEL customers created by Sunshine Coast-based Barter Design (they also crafted the custom display plinths out of local second-growth Western Hemlock). Next, there's touch—we love unzipping bags, rolling suitcases, and getting a feel for material before making a purchase, and that's exactly what you can do with these durable high-design essentials. Want to make your luggage eye-catching on the conveyor belt? No problem. There's a personalization section—we can't wait to stick the shiny, reflective letter patches on all our suitcases—as well as The Lab, where products can be customized or repaired in-store. Don't leave without glancing at the community wall, where you can find LOJEL event posters and information about the take-back program in partnership with a local recycling facility Reclaim, which will turn old products into shreds either to become recycled plastic or concrete for construction. **2183 West 4th., 604-670-8010.** Lojel.ca KATIE NANTON



DIPTYQUE

In Pacific Centre, luxe fragrance brand Diptyque's new boutique offers a unique escape, combining the charm of Parisian interiors with the coastal vibrancy of B.C. The space is truly a feast for the senses—from the moment you step past the iconic green façade, crowned by Diptyque's signature mosaic, you're transported into a sophisticated world that feels both intimate and eclectic. The boutique's design reflects the Maison's renowned attention to detail, with every element carefully curated to evoke stories of wanderlust and heritage. The wooden flooring, painted ceiling and hued furniture create an inviting, collector's-home vibe, while the mix of vintage and contemporary furnishings adds an element of surprise. A standout feature: the sculptural fireplace, crafted from local seashells. You'll find a variety of Diptyque's collections displayed throughout the store; a large table near the entrance showcases the brand's beloved fragrance collection, while handcrafted ceramic shelves highlight the AOBC collection, inspired by marine life. The candle collection is presented on a dark wood counter, inviting visitors to indulge in the Maison's iconic scents—from floral to woody, spicy to herbaceous. A ceramic sink lets you experience the brand's bodycare offerings. This is, indeed, more than just a store—it's a sensory experience. Whether you're drawn in by the fragrances or the carefully curated décor, it's the perfect place to lose yourself in a world of beauty and imagination. **701 W. Georgia St., 604-200-7140.** Diptyqueparis.com NOA NICHOL



COZEY

Vancouver's furniture scene just got a whole lot cozier, thanks to the arrival of a Cozey pop-up on Granville Street downtown. Inside, the Canadian brand has created an inviting space where you can experience its innovative, modular furniture IRL. Explore Cozey's expanding collection, including sofa beds, living room tables, storage options and cozy accessories like throws, pillows and rugs. A standout feature of this pop-up is the ability to interact with the furniture: you can touch, feel and really visualize how each piece can transform your home. There are even dollhouse-size Cozey pieces you can play with to build out your space, and helpful ambassadors happy to dispense Cozey advice. Whether it's the sleek Neptune sofa-bed or the range of fabric samples (need to take a swatch home before making a final decision? No problem!), this pop-up offers something for every interior design enthusiast. Don't miss this chance to discover Cozey's modular magic firsthand, available now until the end of December. **810 Granville St.** Cozey.ca NOA NICHOL

Totable Tippples

Perfect wine pairings for every type of bag



Whether you're toting around your essentials or packing for a getaway, why not match your favourite bag with a fabulous wine? Here's a fun guide to elevate your bag game with the perfect wine pairings. Cheers to accessorizing with style—both in fashion and in taste!

Tote Bag + Matua Marlborough Pinot Noir Rosé For your everyday tote, pair it with a refreshing Matua Marlborough Pinot Noir Rosé. It's light, bright, and effortlessly chic, just like your trusty carry-all. Matua.co.nz

Louis Vuitton Vintage Suitcase + Mission Hill Oculus Sophistication meets luxury with this pairing. Mission Hill Oculus is a bold, structured wine that's worthy of the timeless elegance of a Louis Vuitton vintage suitcase—fun fact, you can even purchase these suitcases at Mission Hill's wine store! Missionhillwinery.com

Baguette + Lost Peak Cabernet Sauvignon For the fashion-forward baguette bag, go with Lost Peak Cabernet Sauvignon. This rich, full-bodied wine is just as bold as the trendy accessory, making it a perfect match.

Going Away Bag + Garzón Albariño Heading out of town? Pack your going-away bag with a crisp Garzón Albariño. This vibrant, citrusy wine is ideal for travel adventures and perfectly complements any weekend escape. Bodegagarzon.com

Clutch Purse + Freixenet Cordon Negro Brut Cava For those glamorous nights out with a chic clutch in hand, Freixenet Cordon Negro Brut Cava adds a bubbly touch of sophistication. It's light, sparkling, and always makes a statement. Freixenet.com

The Beauty of Youth

How young is too young when it comes to cosmetics?

BY ALEESHA HARRIS

Adolescent skincare “craze” is taking place on social media. Fuelled by popularity and colourfully packaged products, a growing number of tweens—children between the ages of eight and 12—are eager to adopt skincare regimens inspired by the ones they see on YouTube and TikTok. “Kids and tweens now participate in and are more native to the Internet and social media than any previous generation,” says Carolyn Curry, marketing director for the brand Evereden. “Those social media algorithms feed them the same trending content that adults get, so they are more immersed in what is popular among people in their late teens and 20s.”

And that includes skincare. It’s a trend Noa Nichol, editor-in-chief of *VITA*, has experienced with her own daughter, Esme. “It’s wild. I don’t recall being so interested—or interested at all, for that matter—when I was eight,” Nichol says. What seemed a harmless interest in adopting a skincare routine became cause for concern when her daughter’s skin started to react to the products she was layering on. “For a while she had a daily/nightly skincare routine; it must have been 16 steps and products long,” Nichol recalls.

“Eventually, her skin started to get irritated, and she broke out in a rash,” she continues. A temporary ban on all skincare products for her daughter was put in place. “Now she’s actually a little gun shy to use anything but water. We’re now much, much more careful about the products she’s allowed to use.”

In fact, skincare experts are sounding the alarm around awareness of active skincare ingredients and younger skin. “Products particularly targeting aging, such as retinol, exfoliating scrubs, eye cream or vitamin C serums are unnecessary, and potentially harmful, for younger consumers due to their potency and effects,” says Dr. Monica Li, a Vancouver-based double board-certified

dermatologist and clinical assistant professor in the Department of Dermatology and Skin Science at University of British Columbia. “Trending products or products from trending brands containing retinol and (alpha hydroxy acids/beta hydroxy acids) are best to avoid in young consumers due to their potency and effects, and risk of irritation, even when used in adults.”

Dr. Li points to a simple selection of products—a gentle moisturizer, cleanser and sunscreen—as a suitable option for young kids and tweens who are eager to incorporate skincare products into their hygiene routines. “A consistently used skincare routine focused on skin health is of value for the young to the old,” she confirms. Pointing to ingredients such as ceramides, glycerin and colloidal oatmeal as suitable picks for young skin that will support skin and skin barrier health, Dr. Li cautions that most trending skincare products aren’t tested for safety on young skin.

“Many skincare products for adults have not been evaluated in children and teens, so we don’t know if they are safe or tolerated by younger consumers,” Dr. Li explains. “There are sunscreens, moisturizers and cleansers which have been tested and formulated for use in infants and children. They tend to contain milder or gentler ingredients, are hypoallergenic (allergy tested) and specifically monitored for tolerability with use in these populations.”

While actives “can be considered” for younger patients based on individual skin needs—Dr. Li points to prescription-grade retinol versions that can be used safely and effectively in patients with acne as young as age nine—they should only be considered under the supervision and direction of a physician. But the uncertainty of ingredient suitability has left some parents, like Nichol, questioning the packaging and marketing of products that catch the attention of younger eyes.



“Board games have age guidelines on the boxes; surely skincare products could do the same?” Nichol says. Recalling an incident where her husband took their daughter and her friend to Sephora in search of products they had discovered online, Nichol says she is thankful to a sales associate at the beauty retailer who stepped in to voice her concern about the suitability of the ingredients for their age. “Both girls knew exactly what they wanted, brands and products. They brought their picks to the sales counter and that’s where the associate stopped them,” Nichol shares. “She said she couldn’t sell a few of the products to my daughter. I do not know for sure, but do not believe this is a companywide Sephora policy; I think it was simply a conscientious worker who did not think it right for an eight-year-old girl to be putting products with certain, highly active ingredients on her face.”

Contacted about a policy surrounding skincare sales to younger customers, Sephora declined to comment. The retailer does list Moisturizers for Kids on its site, with the advice that “the best moisturizers for kids are the ones that keep their skin hydrated, healthy and free of irritation.” Suggested products on the web page, which appear to be pulled from customer reviews that mention keywords such as “kids” and “teens”, include the Clinique Dramatically Different Moisturizing Gel, First Aid Beauty Ultra Repair Cream Intense Hydration and Drunk Elephant Protini Polypeptide Firming Refillable Moisturizer.

Available in Canada at Sephora, the brand Evereden is looking to take the guesswork out of skincare for kids, offering a selection of products specifically formulated for ages three and up. Curry says the selection of self-care products for kids was of interest to the retailer to fulfill an eagerness from Gen Alpha customers (those born between 2010 and 2024) in skincare products.

“Our kids’ skincare collection is a simple, two-step system to teach kids healthy habits and kickstart their skin health,” says Curry of the range. “This gentle, foaming cleanser and soothing face cream are developed and formulated to be safe and effective on young skin. They are infused with ... a blend of vitamins, omegas and amino acids to give growing skin what it needs to be healthy.”

Evereden also offers options for hair-care and “cosmetics: products for kids such as face crayons and a tinted lip oil, with each product formulated “specifically for kids,” according to Curry. “Kids adore the line, and their parents appreciate that the products are age-appropriate, plant-derived and made especially for their changing skin.”

While the product availability at the popular beauty retailer undoubtedly helps parents better understand skincare suitability, Curry urges parents to do their homework before shopping for skincare products—and consult a dermatologist or physician if questions or concerns persist. Already noting an increase in inquiries about skincare from younger patients and parents at her practice, Dr. Li stresses the conversation about skincare products between tweens and adults presents the perfect opportunity for “healthy discussions” about good skin hygiene and care.

“We can support young (people) and tweens to ultimately select products they like, but guide the process as to which ones are good to use for a certain age,” she says. “And how to use them correctly.”

VITA X PETCUREAN



Small Breeds, Big Nutrition

One Kibble, Two Ways:
Now Fresh Good Gravy™ Delivers
Flavour and Health Benefits

When it comes to finding the perfect food for your dog, especially a small breed, it’s key to choose a recipe that meets their unique needs. Now Fresh Good Gravy™ is a bone broth coated kibble that brings flavour and nutrition to the dish. In a recent chat with Petcurean’s Nutrition Manager Natalie Williams, we dove into why Now Fresh Good Gravy™ is an ideal choice for small breed dogs, discussed its fresh and premium ingredients, and discovered how its innovative design helps support your pup’s health and happiness.

Choosing the right food for your dog’s breed and life stage can be daunting. Specifically, small breeds can have different dietary needs and preferences than larger breeds. What are some things pet parents should consider when it comes to choosing a pet food? Several factors affect a dog’s unique nutritional needs and contribute to healthy muscle, body and joint development. Key things to consider: your pup’s health history (do they have any food sensitivities?), stage of life (puppy, adult, senior), activity level and breed size—which plays a bigger role than one might think when it comes to food. Our new Now Fresh Good Gravy™ recipes, for example, come in four flavours, with two of them specifically created to provide complete and balanced nutrition for small breed adult dogs.

What makes Now Fresh Good Gravy™ unique; why should pet parents consider it? Crafted by our team of pet nutrition experts, Now Fresh Good Gravy™ is a nutritious bone broth coated kibble for adult dogs. Designed with versatility in mind, it can be fed dry or wet depending on your dog’s preference. Just add water and stir to create a delicious, hydrating bone broth gravy; it’s one kibble, two ways!

Now Fresh Good Gravy™ has dedicated recipes for small breed dogs. What features make these different? Little mouths and tummies need lots of love and care! Our Now Fresh Good Gravy™ small breed recipes feature small, clover-shaped, nutrient-packed kibble perfect for smaller jaws, and ingredients like parsley and peppermint to help keep breath fresh. These recipes also feature slightly higher protein and fat to support the quicker metabolism of small breeds.

Now Fresh Good Gravy™ also includes premium ingredients such as fresh meats. Why? Many dogs thrive on diets consisting of simple, whole ingredients, which is why our Now Fresh recipes use ingredients like fresh meats, vegetables and fruit. Unlike meat meals, fresh meats are minimally processed and only cooked once to preserve nutrients and flavour to deliver the best nutritional value. Fresh meats are also high in essential amino acids, which are key in muscle maintenance and a great option for pets with sensitive stomachs because they’re highly digestible.

Where can people learn more about Now Fresh products?
Visit nowfresh.com or follow us on Instagram at [@nowfresh.petfood!](https://www.instagram.com/nowfresh.petfood/)

“Many skincare products for adults have not been evaluated in children and teens, so we don’t know if they are safe”



The Future of Fertility

The latest in family planning and beyond

BY JILL VON SPRECKEN

As anyone on a fertility journey knows, conception is never immaculate—it's a messy, complicated, sometimes heartbreaking process. It's perhaps why, in 1978, the first successful embryo conceived through in-vitro fertilization (IVF) was compared to the lunar landing. Bringing a baby into the world can feel just as fraught—and expensive—as a NASA mission. And these days, more than ever, there are coaches and experts to encourage and support. So what does the future look like for parents today? Here are a few trends in pregnancy and parenthood now.

BABY, MAYBE

The good news: women are more in control of their pregnancies than ever before. Part of the shift is attributed to better access to contraception, but it follows a trend of women waiting until their career, financials and lives are more established. The bad news? Even once they've decided to have children, one in six Canadian couples will encounter fertility issues. Those who find themselves in this often-confusing position may want to consider a fertility coach, like Vancouver-based Laura Spencer, who can help traverse the gap between diagnosis and treatment. IVF and intrauterine insemination (IUI) are complicated and confusing—not to mention expensive. Deciphering the language, next steps and complications can be difficult when you're taking medication and undergoing uncomfortable injections.

"I'm helping them navigate the decisions, navigate the healthcare system and choices," she explains. "But I'm also there to coach them on anything else related to fertility, or what I call fertility adjacent. Like taking time off work, maternity leave, disability leaves ... dealing with who to tell about their fertility. With mindset, too: if they're struggling to have hope."

Spencer herself dealt with infertility issues around the time she was getting her coaching certification, after transitioning out of her previous career in women's health research and public policy. "I was going through my own fertility challenges and realized, actually, coaching is quite helpful."

SMALL VICTORY

What Spencer has seen through her coaching isn't surprising: the expense of treatments like IVF are often a barrier for those struggling to conceive. One round of IVF costs between \$15,000 and \$20,000—multiple rounds are often needed. "Just hearing the heartache and what people are actually going through, financially is usually the largest barrier. It just really didn't sit well with me."

That's why a recent announcement has her excited: next spring, the Province of British Columbia will cover the first round of IVF, joining seven other provinces that offer either coverage or reimbursement. "It just gives me goosebumps," she says. "It will help with people's mental health. It could save marriages. It'll have a ripple effect. And yeah, it will change people's lives."

The program comes into effect April 2025, and Spencer thinks of it as righting a wrong: "Infertility itself is a medical disease; the World Health Organization has stated that for many years. So it's basically rectifying what we should already have. This is the right call, to make this change in the healthcare system [because] finances shouldn't be a barrier to having a baby."

PLANNING FOR PARENTHOOD

Shereen Debanné, an associate portfolio manager at TD Wealth, agrees. A survey by the bank indicated that women are planning financially for pregnancy and parenthood more than ever. "Women tend to be disproportionately impacted by parenthood in the workforce," she says. "A key focus area for women is navigating savings and investments related to parental leave and managing costs for childbearing, such as freezing eggs or fertility treatments."

Factoring in the overarching societal trends that have women thinking longer and harder about parenthood, Debanné believes this is just the start. "When you think about ... the trajectory of women, especially young women, wanting to really establish themselves in the workforce, looking at deferring family perhaps, or even marriage ... I think it's a topic that is growing in importance," she says.

"Women are simply choosing to have families or start families later in life. That's the reality of the world." But regardless of at what stage of life women choose to have children, Debanné sees



PHOTO: KAYLA ROBINS



PHOTO: KAYLA ROBINS

"Bringing a baby into the world can feel just as fraught—and expensive—as a NASA mission"



PHOTO: CANDICE LINKIE

more acting proactively, "engaging in the financial planning process and really understanding, recognizing the importance of it, and initiating it on their own as well."

POSTPARTUM SANCTUARY

Future parents may want to put aside savings for the postpartum period as well. Hana McConville is co-founder of Alma Care, a Toronto-based postpartum retreat—the first of its kind in Canada. The retreat has its roots in the Chinese custom of "sitting the month," a tradition where the new mother has a period of confinement to regain strength.

McConville had the opportunity to "sit the month" following the birth of both her children, and noticed a difference between her experience and those of friends who followed a more Western model of recovery. "It really highlighted the gap in postpartum care here [where] it's really not normalized for women to rest and recover after they give birth."

Alma Care suggests new mothers head straight to their facility postpartum at the Kimpton Saint George Hotel in Yorkville so that they "can really then take that mental load of preparing for the postpartum period away." But the retreat is prepared to accept families any time within the first three months. The facility focuses on the mother and newborn, and is fully equipped with "a 24-7 care team that has doulas, lactation consultants, nurses," McConville explains. They offer wellness services, too, like postpartum massage, pediatric chiro and educational workshops on such topics as breastfeeding, and skin-care for infants.

Similar retreats have opened around the U.S., indicating that this trend is picking up steam. McConville, though, thinks of it as a return to a more healthful approach: "Thirty to 40 years ago, women stayed in the hospital for a week after birth. We don't think about that side of things. It feels really normal to everyone to just go home after 24 hours. Maybe not normal, but it's what's accepted." V

VITA

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NOVEMBER ISSUE in Ontario and Québec

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Skin Science

Dive into Capture Totale Retishot—
Dior's revolutionary approach to anti-aging skincare

BY NOA NICHOL

Botox, fillers, lasers and peels ... as more and more people turn to aesthetic treatments to maintain youthful skin, Dior continues to develop new and innovative approaches, offering highly compelling alternatives to anti-aging procedures. With a growing number of individuals opting for aesthetic medicine before the age of 40—especially in regions like China, where many start before 25—the beauty brand is responding to this demand by creating advanced skincare solutions inspired by professional treatments. Now, with the launch of Capture Totale Retishot, Dior introduces a targeted formula designed to promote skin renewal and improve overall skin quality, addressing the core signs of aging.

For more than two decades, Dior science has pioneered research into the role of stem cells in skin aging. Their findings revealed that as we age, stem cells lose their ability to anchor at the dermo-epidermal junction, which leads to a decrease in skin renewal, the weakening of structural proteins and the deterioration of skin quality. This loss manifests in common skin concerns such as enlarged pores, skin marks and roughness, as well as uneven complexion. Recognizing these signs of aging, Dior has crafted Capture Totale Retishot to combat these issues head-on.

At the core of the Retishot formula is [H.P.] Retinol, a highly pure retinol known for its powerful skin-renewing properties. Retinol works by converting into retinoic acid within the skin, accelerating cell turnover and boosting structural protein production. In the Capture Totale Retishot formula, a 0.1 per cent concentration of this retinol has been shown to significantly improve skin health, with a 279 per cent increase in proteins vital for renewal and a 43 per



PHOTO: OLIVIER ROSE FOR CHRISTIAN DIOR PARFUMS

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"After just one week, users reported visibly improved skin quality.

In one month, skin appeared up to six years younger, with reductions in pore visibility, skin marks and imperfections"



cent boost in structural protein production. Additionally, the formula is gentle enough for sensitive skin, offering high performance without irritation. Retinol's effectiveness, however, is often compromised by exposure to air and light, which can degrade the ingredient. Dior's innovative three-chamber packaging ensures the retinol remains protected, delivering maximum efficacy with every application.

Complementing the retinol is multi-fermented longoza, a key ingredient sourced from the Dior Garden in Madagascar. Known for its regenerative properties, longoza enhances the skin's ability to anchor stem cells, increasing skin renewal by 92 per cent and protecting against the degradation of structural proteins. This combination of retinol and longoza works to restore the skin's youthful appearance, helping to reduce imperfections, brighten the complexion and smooth rough texture.

Clinical tests have demonstrated the remarkable impact of Capture Totale Retishot on the skin. After just one week, users reported visibly improved skin quality. In one month, skin appeared up to six years younger, with reductions in pore visibility, skin marks and imperfections. Skin smoothness, radiance and evenness were also significantly enhanced. The formula has been validated by leading dermatologists, including Dr. Patricia Ogilvie, founder of SkinConcept Munich, and Dr. Gisele Ji, director of operations of Shanghai Human Health Outpatient Clinic, who both praised its ability to deliver professional-level results at home.

To fully experience the benefits of Capture Totale Retishot, Dior recommends incorporating it into a complete skincare routine. In the evening, starting with Capture Totale Lotion Essence Intense to hydrate the skin, followed by Capture Totale Le Sérums for anti-aging correction, and then applying Retishot for targeted results. Finish with Capture Totale Super Potent Rich Creme for overnight nourishment and repair. In the morning, the routine can be completed with the same serum, eye cream, and Dreamskin products to protect the skin throughout the day. Due to retinol's photosensitivity effects, it's crucial to apply sunscreen in the morning to shield the skin from UV damage.

With Capture Totale Retishot, Dior is offering a revolutionary solution for those seeking to prevent or reverse the signs of aging. By combining two potent ingredients—retinol and longoza—Dior has created a formula that promotes skin regeneration and restores youthful radiance. Truly, the ability to address multiple signs of aging with clinical precision makes Retishot a standout product in today's crowded skincare market. **V**

Hair Affair

More than two-thirds of North Americans are in a committed relationship—with their hairstylist

BY SHERI RADFORD

One of Benjamin Raine's regular clients made a special request: since she was pregnant and about to have labour induced, "she wanted Lara Croft *Tomb Raider* braids, because they would make her push harder." So Raine opened his salon early that day, just for her and her husband.

As the owner of John Steinberg & Associates in Toronto and a stylist for more than 20 years, Raine knows how long and meaningful the client-stylist relationship can be. "I ended up walking one of my brides down the aisle," he says. Stylists see clients on emotionally charged days, from weddings and birthdays to grads and anniversaries, and the up-close nature of a haircut helps to create a strong bond. "I'm really in your zone. I'm in your face. I'm overtop of you while shampooing," Raine says. "It's a very intimate setting."

A recent report from tech company Square found that 68 per cent of us are in a committed relationship with our hairstylist, and one of the top reasons cited for that loyalty may surprise some. In addition to good haircuts, fair prices and easy booking, many clients say they remain loyal because they enjoy talking to their stylists.

The minutes that a client spends in the chair are an escape from the "world where everything goes fast," allowing enough time for a deep conversation, says Dave Lechasseur. He spent 10 years working as a barber and still owns Savvy Salon de Barbier in Montreal. "We talk about everything and anything," he says. "When's the last time you've met a stranger and then you've spent half an hour just talking with him?"

"One of the reasons that you develop such a close relationship with your stylist is because, A, you're spending so much time one-on-one with them, and B, you're talking a lot about your insecurities," says Nicole Pidherny. She's worked for almost two decades as a hairstylist, founding Pomme Salon in Kelowna and recently opening a second location in Toronto. "When you're sitting in that chair, you're in a very vulnerable position." And



NICOLE PIDHERNY / POMME SALON

since the stylist's life isn't personally intertwined with that of the client, the resulting relationship can be surprisingly deep, full of honesty and openness, but devoid of judgement.

When a client comes in for a haircut every month, Lechasseur says, the barber gets regular glimpses into each life stage: "They get their new girlfriend, then they have their first breakup, then they pass college and they get their first real job." The barber is ideally situated to develop an informed but neutral perspective on the client's life and offer what Lechasseur calls a "reality check." Over the years he's

advised struggling clients to make major life changes such as enrolling in school or switching careers.

As with any relationship, though, people don't always click. "Some human beings just don't match," Pidherny says. Early in her career, she used to dread appointments with certain clients. Now that she's more experienced and better at communicating, she doesn't hesitate to say, if necessary, "Listen, I think you're great, but I think your energy is so much better matched with this other stylist in the salon." It happened again recently, and after Pidherny recom-



mended that the client switch to another stylist, "sure enough, they are client-stylist besties." She notes, "It's not personal, and everyone is happy." There's even a common term in the biz: QTIP, which stands for Quit Taking It Personally. Similarly, an unhappy client shouldn't hesitate to try a new stylist.

"No peg fits into every single hole," Raine says. "We need to share. We need to mesh. We need to collaborate." Open and honest communication is key, especially before the scissors come out. "I do a very thorough consultation," he says—but clients sometimes refuse to listen. He remembers one who insisted on bangs, against his advice. "I warned the girl, I warned the girl, I warned the girl," he says. "I cut the bangs. She cried hysterically in the middle of the salon."

When mistakes and miscommunication do, inevitably, happen, Pidherny recommends that a dissatisfied client be honest but polite about the situation. "Stylists are human beings. We're not robots," she says. "Let's fix it."

One thing that doesn't affect the client-stylist relationship, according to Raine, Pidherny, and Lechasseur, is tipping. Anyone who cuts hair for a living relies on tips to survive, but stylists don't judge clients based on the size of the tip—they might not even see the final amount, because another employee often handles payments. And, at the end of the day, Pidherny says the hairstylist's goal is "making sure the client is leaving happy." ▽



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Outside *the* Box

New trends in condo design include podcast studios, meal-delivery rooms and pickleball courts

BY SHERI RADFORD

“There was a phase in Vancouver where it was just build, build, build, build. But now there’s a little bit more care and attention taken,” Alyssa Virani says. The VP of marketing and strategy for Virani Real Estate Advisors, she’s worked extensively on the Monogram project, which brings the feeling of a resort—complete with poolside lounging and rooftop yoga—to an elegant condominium tower planned for Vancouver’s West End.

Virani’s team spent much time looking at amenity spaces in older buildings, noting how empty they usually are: “They’re not designed in a way that can be used by multiple people at the same time without feeling like you’re overcrowding each other.” In contrast, the shared spaces in Monogram are flexible and easy to separate thanks to design elements such as privacy screens in the digital lounge and private work pods and meeting rooms in the collaborative workspace.

“Coworking amenities have emerged as one of the most sought-after features in condominium living,” says Kelly Cray, creative principal at U31, an interior architecture and design studio in Toronto. Ever since the increase in working from home during the pandemic, coupled with the rise of the social media influencer, condo dwellers have been clamouring for high-tech rooms for podcasting, producing videos and hosting Zoom meetings. “Designed with flexibility in mind, these spaces often draw inspiration from eclectic boutique hotels or trendy cafés, aiming to make the workday more enjoyable.”

Parcel rooms have expanded and changed since the pandemic, Cray says, mainly due to delivered meals. “Food delivery continues to be popular, and as such, developers have implemented the addition of warm and cold storage for food and medication deliveries.”

Also: a renewed focus on wellness. “A few years ago, gyms were the only wellness component in a condominium,”



MONOGRAM RENDERING



LEFT: MONOGRAM ABOVE: A U31 PROJECT



TOP: MONOGRAM RENDERING BOTTOM: A U31 PROJECT

Cray points out. “Now, they are essentially like spas. We see salt baths, saunas, whirlpools, steam rooms, indoor pools, private yoga rooms, meditation rooms, fitness spaces equipped with screens for digital classes, half-courts, and—the latest craze—pickleball courts.”

That emphasis on wellness includes a desire for large, welcoming outdoor spaces, for both the building’s communal areas and the individual condos’ balconies and rooftop decks. In the wake of the pandemic, Lisa Lock has observed “people never wanting to be trapped in a condo box again.” Lock is the CEO of Stober Group in Kelowna, which is working on its first condominium project, Movala. Similar to Monogram, Movala brings a resort feel to condo living, with its bocce ball lawn, hot tub, cabanas and pool overlooking Okanagan Lake.

Each living unit is generously sized and has a large deck, and the layouts vary widely. “From a development standpoint, not super-efficient,” Lock says with a laugh. “But from an end-user standpoint, very desirable for people selling their large homes, wanting that transition space where it doesn’t feel like they’re in a box.” Lock notes that LEED-certified Movala is designed to accommodate EV chargers in every parking stall.

This emphasis on sustainability has become common in new condo developments, which incorporate everything from green roofs to rainwater-harvesting systems to low-flow plumbing fixtures. Virani, too, notes that Monogram’s parking stalls and bicycle lockers are all EV-enabled, and the southwest side of the building has an exterior solar shade system to help with cooling. “As the sun moves throughout the day, these shades will lower,” Virani says. “It allows for additional comfort of the person living inside.”

Aluem Kassam, principal interior designer for Kalu Interiors in Vancouver, spends much of his time focused on making living spaces both comfy and attractive. He mentions space-saving elements such as flip-up dining tables connected to kitchen islands and, in smaller and open-concept spaces, integrated appliances, which keep fridges and dishwashers neatly tucked away behind panels. New tech continues to take over the kitchen, from LCD fridges to invisible induction cooktops, which allow you to cook directly on a countertop.

Technology has invaded bathrooms, too, with options like heated floors now commonplace. “I just saw a developer add in two-way mirror TVs in the bathroom vanities,” Kassam says. But by far the biggest trend in bathrooms: indulgent spa-like elements. “People want their bathroom to be an escape, something that’s relaxing, tranquil.”

One thing that has long annoyed Kassam is all the wasted space in the design of a typical condo closet—“It’s been one of my pet peeves for two decades”—so he’s delighted to see a movement toward custom built-ins that look attractive and use space more efficiently. And when it comes to colours, in every room of the newest condos he’s noticing an “upward trend towards lighter, neutral and natural tones.”

A condo trend that never fades—especially in pricey markets such as Vancouver and Toronto—is the desire to fit more into less space. “We really try to maximize every square foot of homeowner space,” says Jane Hwang, design manager for Beedie Living, which is currently focused on the master-planned community of Fraser Mills in Coquitlam. “Space-planning of all of our units is reviewed to create efficiency,” she says, noting even Beedie’s smallest suites are laid out to allow the dining/living area to accommodate a desk setup.

But, no matter how large or small the condo, it seems one idea remains true. Says Hwang: “I think people have always wanted additional space.” ▽

“Food delivery continues to be popular, and as such, developers have implemented the addition of warm and cold storage for food and medication deliveries”



A U31 PROJECT



A U31 PROJECT



FROM TOP: MONOGRAM, A U31 PROJECT, A U31 PROJECT

HOME ACCESSORIES WITH PERSONALITY



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BY MR. K

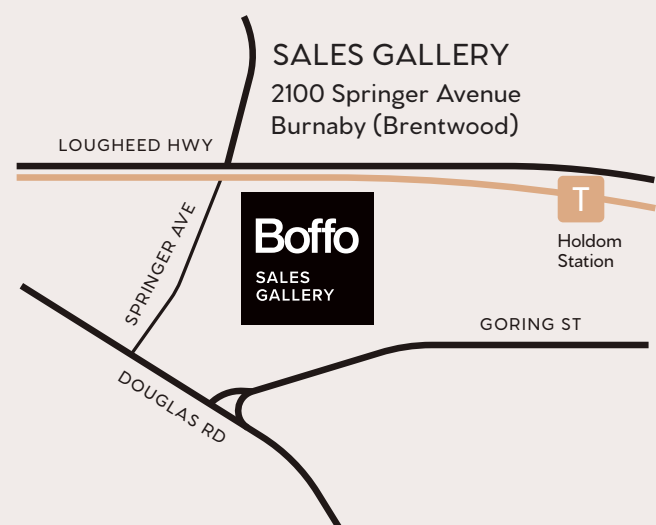
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