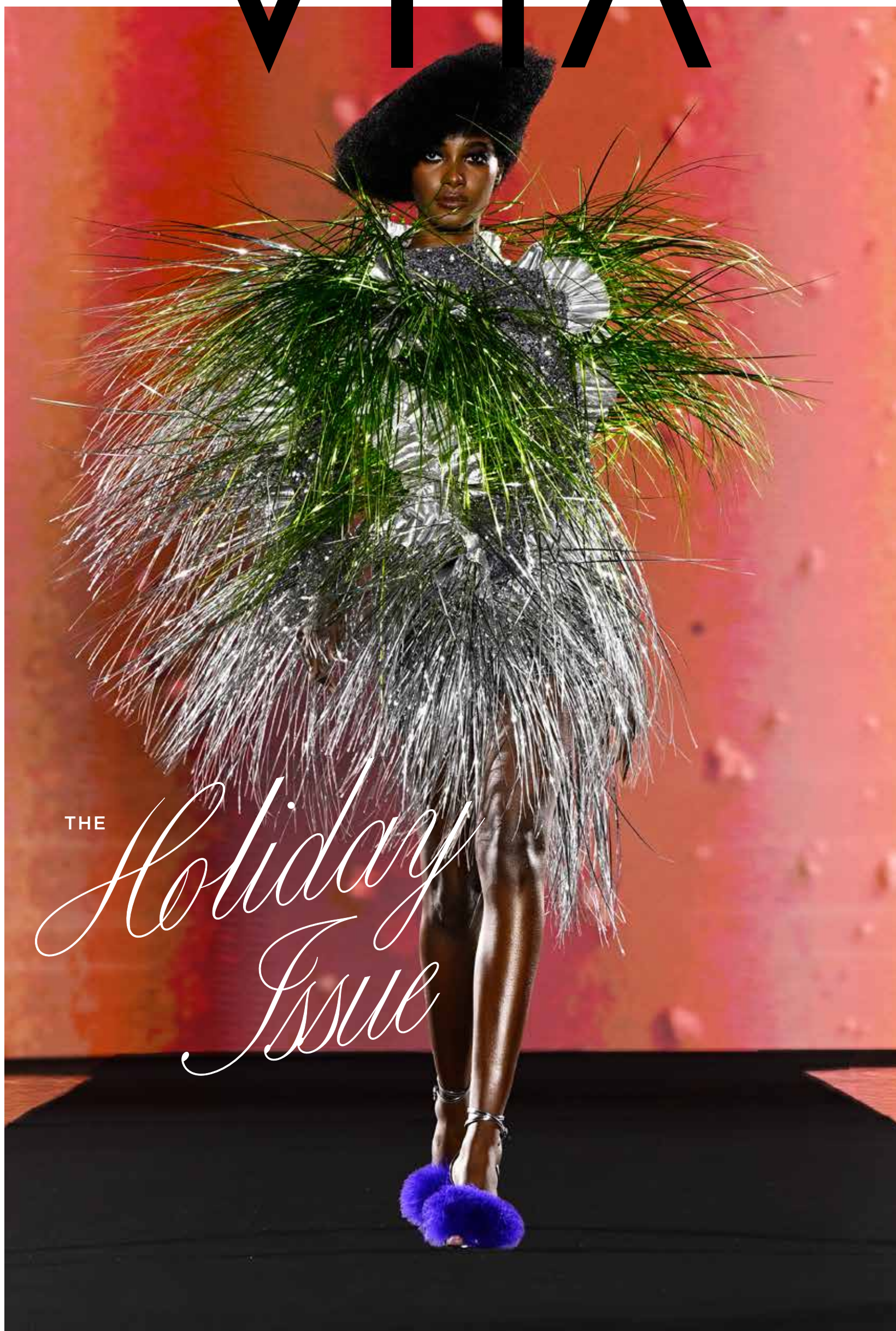


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VITA



THE *Holiday Issue*

Inside *the* Issue

BEAUTY Non-invasive treatments for facial fitness

DESIGN How are paint “colours of the year” chosen?

GIFTING Count down to Christmas with our top advent calendar picks

WINE Warming wine and soup pairings for winter

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Feel it!

CAPTAIN COOK HIGH-TECH CERAMIC SKELETON
& CENTRIX OPEN HEART



Editor's DESK

A Note From Noa

Whether we're ready for it or not, November marks the "official" start of the holiday season—and we're kicking things off with our annual 30 Days of Giveaways extravaganza. Not only are we giving you the chance to win incredible prizes every single day right up until Christmas, our participating brands and retailers will culminate in a festive guide that will supply dozens of unique gift ideas for everyone on your list. Be sure to follow along on Instagram, @vitadailymedia, starting mid-month for your chance(s) to win, and check out the 30 Days of Giveaways top gifts guide on our website, vitamagazine.com!

Noa Nichol EDITOR-IN-CHIEF



Shai DeLuca

@SHAIDELUCA



Hi Shai! Tell us a bit about yourself to start. I'm a husband, son, godfather, dog parent, uncle and more. I'm Jewish. I'm an Israeli Canadian. I am an interior designer by trade with a bachelor's in interior design from the Art Institute. I have been an on-air design expert on national shows like *The Morning Show* on Global since 2011, and I have passion for making design accessible for viewers.

How do you use your platform to impact those who follow you? Before 2014 I used my platform solely for design and for "Instagrammable moments". After 2014, I realized I had a responsibility to

use my platform not only for things that I found enjoyable, but to discuss issues that were important to me and my community. That's when I began my advocacy journey and started speaking out at college campuses the world over against antisemitism and anti-Zionism. Since October 7, 2023, I have almost exclusively dedicated my platform to this fight.

What's your personal aesthetic? My aesthetic is modern contemporary leaning to minimalism. My mantra is: life is in the details, style accordingly.

Oh Hanukkah! Are you a holiday junkie? Yes! As a designer, there is no more beautiful time of the year than the holidays, when entire cities are dressed in lights and decorations. At home, I love the simplicity of the chanukiah along with a well-coordinated and designed tree for my husband, who celebrates Christmas.

How will you be spending the holidays this year? Normally we spend the holidays in Mexico City with my husband's family. This year, we will be spending them with mine, here in Toronto.

Any expert holiday décor tips? Holiday décor can be kitschy. To avoid that, choose one colour story and let that be the base of your entire holiday look. For example, this year, the trends in holiday décor are greens, whites and golds. Use these as your inspiration. Keep collectibles to a minimum and concentrate on the tree lights and garland. If you are celebrating Hanukkah, use a statement chanukiah. Less is more.

What's your personal style mantra? I'd rather be overdressed than underdressed, which is probably why I chose a career that includes putting outfits together and sharing them online, even when I've got nowhere to go.

What's your fave type of gift to give ... and do you give back in any way?

My favourite type of gift to give is something usable. I want them to think back to that special moment whenever they use it. Giving back is part of who I am. I've been part of numerous charitable design projects including women's shelters, pediatric centres, religious centres, community kitchens ... I believe in using my abilities as an interior designer to make people's lives better.

Wish time: what is at the very top of your personal gift list? I would like to see peace at home in Israel. That to me is the most important thing. V



THE MAKING OF THE ONTARIO

Holiday Issue

No. 15 ————— 2024

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Bowled Over

Perfect winter wine and soup pairings

No need to stew! When it comes to elevating your soup experience, the right wine can transform a simple dish into a gourmet delight. Here are some warming pairings featuring distinct wines to complement a variety of soups this winter.



Louis Latour 2020
This elegant Chardonnay offers bright acidity and notes of green apple and citrus. Pair it with a cream of asparagus soup; the wine's crispness beautifully cuts through the creaminess, enhancing the fresh flavours of the asparagus while adding a refreshing finish.
Louislatour.com

Brumont Château Montus 2016
Known for its depth and complexity, this Madiran is a fantastic match for lentil soup. The wine's earthy notes complement the lentils' richness, while its robust structure stands up to the dish's spices, making each sip a delightful accompaniment.
Brumont.fr

Mission Hill Reserve 2022 Pinot
This refreshing Pinot Gris, with hints of pear and stone fruit, pairs wonderfully with classic chicken noodle soup. The wine's light body and bright acidity bring out the delicate flavours of the chicken and herbs, providing a harmonious balance.
Missionhillwinery.com

St Hubert's The Stag Paso Robles
For heartier fare, this robust Cabernet Sauvignon, with its dark fruit and spicy undertones, is perfect with beef barley stew. The wine's tannins meld beautifully with the rich, meaty broth, while its bold flavours enhance the umami of the beef, creating a satisfying and warming combination.
Sthuberts.com.au

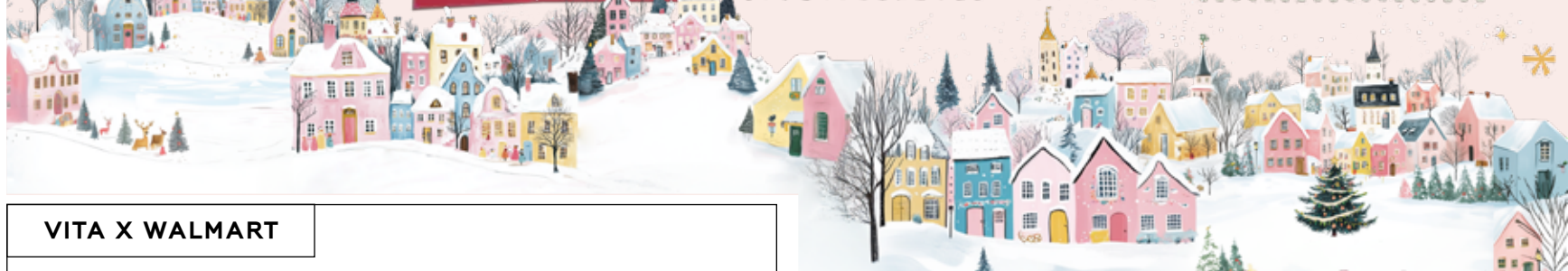
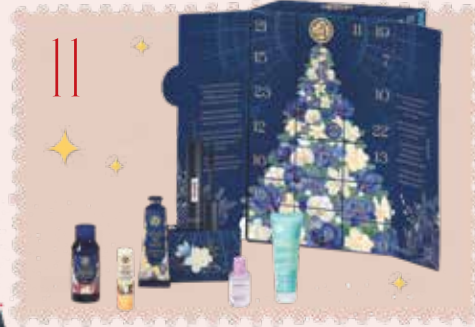
Road 13 Select Harvest 2020 GSM
This Grenache-Syrah-Mourvèdre blend offers ripe berry notes and a touch of spice, making it an excellent choice for tomato basil soup. The wine's fruitiness complements the acidity of the tomatoes, while its subtle spice enhances the aromatic basil, creating a beautiful bowl.
Road13vineyards.com



Christmas COUNTDOWN

Take advent-age of these festive calendars

BY CHRISTINA ARMANIOUS & NOA NICHOL



VITA X WALMART

5 Affordable Gift Ideas for Kids of All Ages from Walmart Canada

With the holiday season just around the corner, you're likely starting to brainstorm gifts for all the kids in your life. Get inspired and become the ultimate elf with cool gifts at affordable prices from Walmart Canada. This year, the gifts are bigger and better than ever, inspiring creativity, fun and playfulness. Discover five of our favourites for kids of all ages, and let the holiday magic begin! [Walmart.ca](https://www.walmart.ca)



1. BARBIE MINI BARBIELAND DREAM HOUSE, \$42.97 Mini BarbieLand is a place to imagine big and dream in mini! Built with tiny cuteness and a big surprise, this playset includes a mini DreamHouse doll house, two vehicles and five mini Barbie dolls. The small-scale DreamHouse comes with unboxing fun that reveals one of the mini Barbie dolls and a randomized pet and pet accessory. When it's time for a mini adventure, kids have the Dream Plane and SUV to take for a spin!

2. FISHER PRICE INTERLOCKING BLOCKS PUZZLE, \$29.97 Watch kids stack, sort and build fun designs with this colourful puzzle, made with FSC-certified wood from well-managed forests. Nineteen shape blocks give kids the chance to stack in free-play or sort into the tray, which features guidelines to help create an interlocking design. As kids play, they'll be exercising their hand-eye coordination, creativity and problem-solving skills.

3. MEGA POKÉMON BUILDING TOY KIT, \$79.99 Start their Pokémon journey with three beloved buildable characters: Pikachu, Eevee and Piplup. Ideal for ages eight and up, these building toys help develop creativity and problem-solving skills.

4. LEGO CREATOR 3 IN 1 TROPICAL UKULELE INSTRUMENT TOY, \$39.86 Kids can build, play and display three beach-themed models in playset. A great gift idea for girls and boys aged eight and up, it features a ukulele on a beach scene stand, with colourful flowers and grass. The instrument toy can be detached from the stand and has four plastic strings that vibrate when strummed.

5. BITZEE DISNEY INTERACTIVE TOY WITH 30 CHARACTERS INSIDE, \$44.97 Explore the world of Disney like never before with Bitzee Disney! Bitzee Disney characters respond to swipes, tilts and taps with cute sounds and reactions at every interaction. Inside the Bitzee pod, collect 30 iconic characters and experience classic, Pixar and new Disney friends, all in one place!



1. LA MER THE ATELIER ADVENT CALENDAR, \$685 Bring the spa experience home with 12 days of iconic skincare treasures, including the world-renowned Crème de la Mer. [Cremedelamer.ca](https://www.cremedelamer.ca)

2. CLARINS 24-DAY ADVENT CALENDAR, \$175 Five curated routines for face, body and makeup, all designed to enhance skin radiance through December and beyond. [Clarins.ca](https://www.clarins.ca)

3. SISLEY PARIS ADVENT CALENDAR, \$1,035 Each compartment, designed in collaboration with British artist Fee Greening to capture the essence of Paris, is filled with luxe skincare, makeup, fragrance and hair products. [Sisley-paris.com](https://www.sisley-paris.com)

4. REVOLVE BEAUTY ADVENT CALENDAR, \$205 Twenty-seven viral, best-selling beauty and skincare products, featuring a selection of full-sized items. [Revolve.com](https://www.revolve.com)

5. STERLING FOREVER 24 DAYS OF JEWELRY, \$966 Featured on past Oprah's Favourite Things lists, this advent calendar includes 24 stylish earrings. [Sterlingforever.com](https://www.sterlingforever.com)

6. COMPARTÉS GARDEN CHOCOLATE TASTING CALENDAR, \$152 Each limited-edition gourmet chocolate is crafted with ripe ingredients from California's lush orchards, featuring unique notes like raspberry rose and lavender honey. [Compartes.com](https://www.compartes.com)

7. HUDSON'S BAY 25 DAYS OF BEAUTY, \$225 Each year, this coveted holiday beauty calendar sells out in record time. This edition is curated with 33 stunning beauty products, with a design inspired by the architectural heritage of the Queen Street flagship store. [Thebay.com](https://www.thebay.com)

8. JO MALONE LONDON ADVENT CALENDAR, \$675 Each day reveals a signature scent or bodycare surprise; The ultimate countdown for fragrance lovers. [Jomalone.ca](https://www.jomalone.ca)

9. SAJE WELL WISHES ADVENT CALENDAR, \$121 Back by popular demand, this advent features fan-fave essentials and new surprises, including an ornament diffuser and all-new Peppermint Twist products. [Saje.ca](https://www.saje.ca)

10. LUSH 29 HIGH STREET ADVENT CALENDAR, \$220 Santa and his helpers bring festive cheer to Lush's first store with a refillable calendar packed with bath treats! [Lush.com](https://www.lush.com)

11. YVES ROCHER ADVENT CALENDAR, \$79 Packed with 24 days of self-care surprises, this beauty-full calendar brings a daily dose of joy with the brand's most iconic skincare, bath essentials, makeup and exclusive scents—all inspired by nature. [Yvesrocher.ca](https://www.yvesrocher.ca)

12. VOSGES HAUT-CHOCOLAT/NORDIC FOREST CHALET CHOCOLATE CALENDAR, \$448 Premium chocolates and gourmet treats, including blood orange truffles and world-famous Italian nougat. The final drawer, brimming with festive confections, makes Christmas morning even more special. [Vosgeschocolate.com](https://www.vosgeschocolate.com)

13. DIOR LA MALLE DES RÊVES, \$5,700 This luxe advent calendar, limited to 120 pieces, features 24 exclusive Dior perfumes, skincare and beauty essentials in a golden-latched trunk. [Dior.com](https://www.dior.com)

14. CHARLOTTE TILBURY'S BEAUTY TREASURE CHEST OF LOVE, \$297 Each day features a jewel-handled drawer revealing one of the brand's award-winning products. [Charlottetilbury.com](https://www.charlottetilbury.com)

15. VOLUSPA 12-DAY CANDLE ADVENT CALENDAR, \$119 Twelve clean-burning seasonal candles, perfect for adding a warm and festive glow to your home during the holidays. [Sephora.com](https://www.sephora.com)

16. PENHALIGON'S BAKER'S BOX OF DELIGHTS, \$755 Twenty-four curated signature fragrances, including the TikTok-viral Halfeti perfume. [Penthaligon.com](https://www.penthaligon.com)

Work it Out

Not quite ready for a facelift? Try one of two non-invasive treatments that move the muscles of the face, delivering visible results—with zero downtime

BY SHERI RADFORD

Seventy-two-year-old Gisele Rasmussen looks at least 15 years younger than her age. She founded Facial Fitness in Vancouver in 1992, specializing in microcurrent toning facials. The clinic's medical-grade equipment uses a powerful low-grade electrical current to tone the facial muscles—Rasmussen likens it to a gym workout for the face—which results in better blood flow, more collagen production and increased cellular activity. The lively septuagenarian recently added LED red light therapy for the face and neck to the end of the microcurrent treatments.

"The LED is just magic. I'm astonished at the results," she says. "All those beautiful toned muscles that you have, suddenly you've got this tight skin on top. Within six treatments, you can look 10 years younger." Rasmussen explains that muscles toned by microcurrent form the perfect foundation for other cosmetic treatments, from Botox to fillers to peels, and she describes the LED red light therapy as "the icing on the cake."

Most of her clients do their treatments every three or four weeks, though some fountain-of-youth seekers come in as often as every second week. No matter how frequent the treatment, there's no downtime and the results always look natural and healthy, Rasmussen says. "I want it to look natural. I don't want it to look fake."

EmFace is another non-surgical rejuvenation procedure that works the facial muscles, and it's exploding in popularity. "EmFace is an energy-based treatment that is really one of a kind because it is the first to target the lifting facial muscles," says Dr. Shannon Humphrey, medical director at Humphrey & Beleznyay Cosmetic Dermatology in Vancouver. Humphrey is also a clinical associate professor at the University of British Columbia.

EmFace combines high-intensity facial electrical stimulation with targeted radiofrequency energy to tone the facial muscles while also increasing the skin's production of collagen and elastin. "It's kind of like a bootcamp for the lifting facial muscles," Humphrey says. "We get lifting but also skin-quality improvement."

And, somewhat miraculously, EmFace takes just 20 minutes per area, it isn't painful, no downtime is required and it can easily be combined with other treatments such as microneedling. Clients do a series of four EmFace sessions anywhere from two days to two weeks apart, then come in twice a year for maintenance sessions. "This has been a real game changer in our practice," Humphrey says. "Patients love the ease of the treatment experience. They love the multimodal outcomes, so both lifting and skin-quality improvements, and they love the natural-looking outcomes."

Dr. Trevor Born agrees with all the acclaim for EmFace. The founder of TMB Cosmetic Surgery in Toronto, Born aims for a natural look for his clients. He praises the results that EmFace achieves



in terms of smoothing out fine lines and improving the skin's texture and vasculature, though he cautions that individuals with "a lot of sun damage, a lot of fine wrinkles, a lot of volume loss in the face" might not achieve stellar results. "It's not a do-everything device," Born says. "This is really a technology that's meant for people who aren't quite ready for a facelift but want a little bit of change." Other devices currently on the market promise to deliver similar results, but Born points out that "they all compare themselves to EmFace, which is really the gold standard."

Humphrey concurs that other non-invasive surgical procedures simply can't compete with EmFace. "There are actually no other ones that target the lifting facial muscles," she says. "So I think in that way, EmFace is relatively standalone." And surgery belongs in a completely separate category. Humphrey explains, "A surgical intervention like a facelift may involve repositioning facial muscles along with other tissues, but it's really in quite a different category of treatment in terms of patient experience, degree of improvement, cost, etc."

As for treatments that an individual might try at home, nothing can compare to EmFace or a microcurrent toning facial. Humphrey and Born both cite the lack of randomized trials and clinical studies to back up claims made by home-equipment makers. Rasmussen notes that some of her clients have had limited success using LED red light therapy at home, but they're mostly in their 40s and trying to extend the time between clinical treatments—home treatments are simply no replacement for the clinic.

Rasmussen says with a laugh, "If you're in your 50s or 60s, you need the big guns." v

"This is really a technology that's meant for people who aren't quite ready for a facelift but want a little bit of change"

VITA X CLOUD HOUSE

This Rum Was Made For Coffee Lovers

Ever dream you could pour yourself a cocktail that also offers you a much-needed coffee fix? Your wish has been granted! Cloud House premium rum liqueur (at LCBO) is infused with hand-harvested Colombian coffee for a delicious twist to classic cocktails.

The drink was manifested through a vision of its master blender: to create a combination of premium coffee and premium rum that's never been done before. To source his ingredients, he made his way to an isolated, almost hidden jewel lying between the Caribbean Ocean and the world's tallest coastal mountain range: the Sierra Nevada de Santa Marta in Colombia (a.k.a. the mecca of coffee). This secret spot, known only to locals, is called the Cloud House; it's surrounded by independent farms growing 100 per cent Arabica coffee beans. The combination of high altitude and proximity to the Caribbean makes the coffee in this area more concentrated in rich, intense flavours. It's also very rare; the area only yields one harvest per year, and each bottle of Cloud House contains more than 1,000 of these special beans. Next, master coffee blenders carefully nurture the flavour of these rare beans by cold brewing them. Cold brewing coffee is a slow process; it can take up to 24 hours, but enhances the rich, Arabica coffee taste, resulting in a brighter, less bitter and more flavourful coffee blend.

In terms of the rum, this comes from Colombia's oldest independent producer; it is aged in ex-bourbon oak barrels right at sea level, making it deep in flavour, with salted-caramel notes and a sweet finish. The rum and the cold-brew coffee are combined carefully in very small batches, to make the perfect drink. It can be served as a Cloud House Negroni, Cloud House Espresso Martini or Cloud House Coffee Tonic (check out this recipe below). Cheers! Cloudhousespirits.com



Cloud House Coffee Tonic

1 OZ. CLOUD HOUSE
3 OZ. TONIC WATER
Garnish: ORANGE TWIST

Fill a tall glass with ice.
Add three parts tonic water.
Add one part Cloud House.
Garnish with an orange twist.

Current Affairs

The pros say over-the-counter microcurrent devices can't compare to in-clinic treatments; still, the following are available to those who want to try-it-at-home:

NUFACE TRINITY

ZIOTEK MICROCURRENT
FACIAL DEVICE

FOREO BEAR

SKIN GYM FACIAL ROLLER

MICROCURRENT FACIAL
TONER BY BEAUTYBIO

LIFT BY MZ SKIN

Colour Me Good

Design experts share an inside look at the business of colour trends and the *must-have* hues for 2025

BY ALISON MCGILL

It's that time of the year again—and we're not talking about the holiday season. Rather, winter is when the world falls in love with fresh palettes of colour that signify a shift in aesthetic for the year ahead. The most highly anticipated of these—Pantone's Color of the Year—will drop on December 5, marking 25 years of the program, first introduced by the colour authority to set the mood for the new millennium.

"Our first selection was PANTONE 15-4020 Cerulean, a cool blue hue that has long been associated with the soothing effects of the sky and sea," says Laurie Pressman, VP of the Pantone Color Institute. "The year 1999 was a time of great expectations and excitement, but there was also this huge fear factor happening as some prognosticators directly predicted [disasters] ranging from giant computer meltdowns to the destruction of civilization. Choosing Cerulean offered an antidote to the stress of the time and highlighted the relationship between colour and culture."

Since that first introduction, the Pantone Color of the Year has become an anticipated announcement for the world's style elites. Pressman says the Pantone selection process takes almost two years and includes a great many conversations between up to 20 key members of the Pantone Color Institute Team.

"Areas we look to for influence include the entertainment industry and films in production, travelling art collections and new artists, fashion, all areas of design and popular travel destinations," she shares. "Other considerations are new lifestyles, playstyles, socio-economic conditions, new technologies, materials, textures and effects that impact colour, social media platforms and sporting events." (Phew!)



BENJAMIN MOORE, ASHWOOD MOSS

SHERWIN-WILLIAMS COLOUR CAPSULE OF THE YEAR, 2025



BENJAMIN MOORE, CINNAMON SLATE

Keeping in step with Pantone, the introduction of annual hero shades has become a mainstay for many paint and décor brands. Benjamin Moore colour expert Sharon Grech says though the company has been creating colour trend reports for 60-plus years, those were initially only shared with design professionals. As interest in colour and design trends grew, Benjamin Moore brought trend information to consumers in the early 2000s and, in 2010, launched its first Colour of the Year. For 2025, the shade Cinnamon Slate is the brand's cool-meets-cozy select—a tone Grech believes perfectly embodies the current love of muted shades, but with a strong punch of pigment.

"Quietly colourful hues are in the forefront right now," she explains. "The tones that felt most relevant are those with a softer quality, which led us to zone in on soft plums, browns and greens, those beautiful "in-between" hues with their unique undertones that make them adaptable and easy to personalize in a space."

Grech loves the idea of going all in with Cinnamon Slate as a bedroom colour, but also using it in public spaces like hallways and living rooms. Because it has a nuanced vibe, it gives a subtle presence and works well in small spaces, too. Colour drenching is another beautiful way to use trending tones, and is a technique universally loved by designers.

"Colour drenching is focused on embracing a single hue for an entire room—walls, furniture and décor—to create a cohesive space," explains Kristen Gear, lead design and colour specialist for BeautiTone paint and home products. "For 2025, Midnight Flora is BeautiTone's Colour of the Year—a shade that's a unique blend of red and blue with a lot of depth to it, which is quite captivating and sparks curiosity and imagination. When used for colour drenching, it creates a moody and immersive environment and makes spaces bold and warm in a very bespoke way."

Gear says the choice of such a statement shade is reflective of research done by the BeautiTone team, which revealed Canadians want to explore colour on a deeper, emotional level. People want to add fun to their space and take risks with the hues they choose to decorate with.

The recommendation of on-trend colours lends guidance and expertise—and this is exactly why Sherwin-Williams has expanded its annual star shade recommendation to an entire palette. The 2025 Color Capsule of the Year lineup features nine striking tones ranging from warm brown (Grounded) to deep blue grey (Rain Cloud), saturated yellow (Chartreuse) and soft plummy pink (Mauve Finery). Susan Wadden, director of colour marketing for the brand, loves this year's curated capsule because it offers something for everyone: "I don't believe any colour is easier than another to incorporate into existing design schemes, because it really depends on what's already happening in someone's home. The capsule can be used as a guide for decorating entire spaces or, on a micro level, choose impactful décor details like florals, art or pillows."

Given the fact there are multiple expert colour forecasts for 2025—each of them dramatically different from each other—is there a right or wrong way to decorate? Louis Duncan-He, president of and creative director of Louis Duncan-He Designs in Calgary, says the design process should always be a fluid one and you should only choose elements that feel authentic to you, regardless of what's trending.

"With my clients, I encourage them to use colour trends to inspire them about the way they look at their spaces and light a spark to push them outside of what they would typically do," he says. "In my business, we work to understand the building blocks of who someone is and then determine if we can bring a certain trend into their world. The most important thing to me is that design must always align with who you are as a person and match your DNA." v

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/)



BENJAMIN MOORE, CHOWNING TAN



SHERWIN-WILLIAMS, GROUNDED



BEAUTITONE, MIDNIGHT FLORA



SHERWIN-WILLIAMS, BOSCH PEAR

UNWRAP *Timeless* ELEGANCE

MUST-HAVE WATCHES FOR THE SEASON

From a showstopping hot pink multi strap watch with diamond details to sleek, technically proficient watches for the modern-day adventurer, Longines is having a moment. The Swiss watch brand, founded in 1832, is known for exquisitely designed watches that perfectly balance form and function. While smart watches continue to provide wearers with up-to-date information, mechanical watches are taking their place in the wardrobes of stylish men and women.

Longines' Mini DolceVita collection's iconic rectangular design is a sleek, slim 21.50 mm x 29.00 mm case, with a five-brick link style stainless steel bracelet, offering a classic take on modern dressing (starting from \$2,100 CAD). Jennifer Lawrence, Longines' Ambassador of Ele-

gance, exudes her trademark quiet luxury in the sophisticated ad campaign.

The latest iteration of the Mini DolceVita draws on Longines' equestrian heritage, featuring a unique double strap crafted from soft Nappa leather, reminiscent of riding saddle stirrups down to the hot press numbered strap holes. Available in an array of vibrant strap colours, including red, green, and orange, and diamond-set versions in hot pink and tan, perfect for statement makers (starting from \$2,200.00 CAD).

"What I love about this watch is its versatility," says fashion stylist Kim Appelt, author of the book *Style for Everybody*. "It transitions effortlessly from gatherings in a cosy sweater to a sophisticated little black dress."



Longines' Ambassador of Elegance, Jennifer Lawrence, wearing the Longines Mini DolceVita - L5.200.0.75.6



Longines Mini DolceVita - L5.200.0.71.0



Longines Legend Diver - L3.764.4.99.6



Longines Spirit Flyback - L3.821.5.53.2

Sixty-five years ago, Longines made waves with the introduction of their first dive watch, the Legend Diver (starting from \$4,200 CAD). Originally designed for underwater exploration, this iconic timepiece appeals to both land lovers and sea explorers alike. The latest 39 mm version of the Legend Diver, available in green, terracotta, and anthracite grey dial options, makes the perfect accessory for this season's earth-toned outerwear. And if you are planning on diving to 300 metres, you can do it in style.

From the sea to the sky, Longines' Spirit Flyback is the continuation of the brand's love affair with aviation. With its 42 mm case crafted from 18k gold and a monochromatic olive-green dial and leather strap, you'll be set with a power reserve of up to 68 hours (\$8,000 CAD).

"When I think about buying a watch," says Appelt. "I ask myself if I'll still love it in 10 years and if my daughter and sons will cherish it in 30 years."

Shop the Longines collections at Berani Jewellery and Watch Store and Berani.ca.

ESTD  1876

BERINGER

UNDER THE
SUN OR THE STARS



CONSISTENTLY AWARDED 90+ SCORES
BY LEADING WINE CRITICS