British Columbia MARCH 2025



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Tariffs *or* no tariffs, supporting local has *never* been more important
Canadian *wine- and spirits-makers* talk trade barriers
Bienvenue à L'Institut Guerlain, *Paris' iconic spa sanctuary*

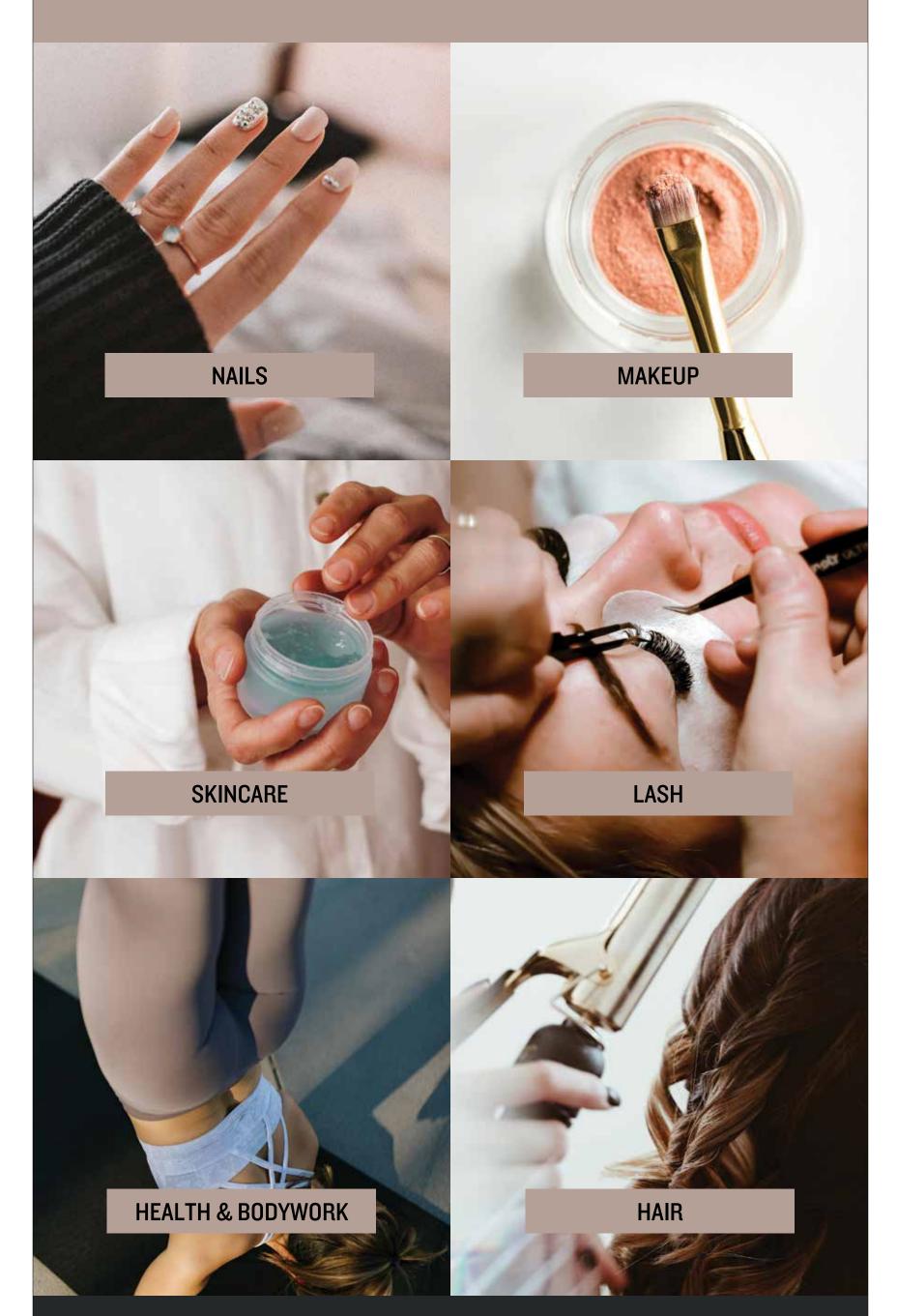


STYLE It's time to up your pyjama game



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EDITOR'S



A NOTE FROM NOA Tarrifs and trade wars-not what I wanted to be talking about in this issue, but here we are. As we prep to go to press and the threat from the south still looms, there is a silver lining: Canadians seem to have rallied behind the buy local movement more than ever before. One reminder: it's not just products made in Canada by Canadians that need your help now; it's services, too. Like VITA and other media outlets; let's all support each other.

ISSUE 106

The Making of the British Columbia March 2025 Issue

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Spillt

Canadian wine- and spirits-makers talk tarrifs, trade barriers and buying local

Words by Catherine Dunwoody

In early February, Canadian liquor stores pulled American alcohol in response to tariff disputes—only to restock it when the situation was put on hold. The future remains uncertain, but local makers are speaking out about the pros and cons of navigating this unpredictable landscape.

Christine Coletta, co-owner of Okanagan Crush Pad, believes U.S. tariffs may not immediately impact Canadian wines, but warns of potential consequences. "To my knowledge, only a minuscule amount of Canadian wine is sold in the U.S.," she says. "So, tariffs won't really affect our presence in that market. But if Canada imposes retaliatory tariffs on American alcohol, that could impact the U.S. wines available in our monopoly liquor system."

"The wine business," adds Township 7 winemaker Mary McDermott, isn't "for the faint of heart. We're at the mercy of Mother Nature every year but, beyond that, we face macroeconomic challenges, cross-border shipping issues and now tariffs. There's never a dull moment."

For wineries, unpredictability makes planning hard. "Our industry supply chain is deeply tied to the U.S.," says winemaker Evan Saunders of Blasted Church Vineyards. "With the situation changing so fast, we're reassessing suppliers and looking for ways to minimize exposure over the coming months—possibly even years."

Beyond the wine itself, tariffs could also impact packaging and production costs. "A lot of our glasswork comes from the U.S.,' explains Chris Noske, president of Heritage Acres Distilling. "If tariffs hit, we're looking at a big spike in costs. Most craft distilleries can't afford to order full trailer loads of glass from China or India, so this

local—but will it be enough to sustain the industry? Michael Leskovec, CEO of The Grange of Prince Edward Winery, believes buying local is about more than just supporting businesses—it's an investment in Canada's economy. "It strengthens our economy, ensures a stable, reliable supply chain and keeps quality high," he says.

And competing with mass-produced foreign wines, according to Louise Engel of Featherstone Winery, remains a challenge. "In Canada we pay fair wages to employees, but we're up against ... bulk wines from places like California, where subsidies make their products cheaper. But this situation reminds us why it's important to support local businesses—it keeps our economy strong, and let's be honest, your kids' summer jobs are probably at some of those wineries."

Another roadblock? Getting Canadian alcohol into the hands of consumers across provincial borders. Leeann Froese, owner of Town Hall Brands, says interprovincial trade restrictions are holding the industry back. "Technically, the federal government says we can ship wine between provinces, but in reality, only a couple have made it legal. Alberta finally opened up last month, but many provinces still need to follow suit."

For small distilleries, these restrictions make it difficult to grow. "There's no benefit to being a 'Canadian' spirit brand when there's no free trade between provinces," says Jessica Chester, co-owner of Ontario's Laneway Distillers. "Unless you're a massive, internationally owned brand, you're stuck."

Craft distilleries face additional challenges compared to wineries and breweries. "We don't receive the same support



Spirit Co. "High excise taxes, strict sales regulations and the dominance of global brands make it incredibly tough for small producers to compete. With potential new tariffs, our governments need to level the playing field."

Besides choosing Canadian-made wine and spirits at the liquor store, there are other ways to support local businesses. Says Froese: "Instead of vacationing abroad this year, people are planning trips to Canadian wine country. There's a real sense of patriotism that's translating into tourism and support for local wineries."

She encourages Canadians to do the same for distilleries. "Make a day of itvisit a local distillery, enjoy their tasting room, grab lunch and stock up on spirits to take home. That kind of support makes a real difference."

Whether it's the looming tariff situation, the ongoing struggle with interprovincial trade or the push to keep Canadian dollars in Canada, one thing's clear: the country's wine and spirits industry is at a crossroads. What happens next depends on consumers, policymakers and industry leaders working together to keep local businesses thriving. V

could be a serious issue." With economic uncertainty looming, as B.C. craft wineries and breweries," says more Canadians are choosing to shop Celia Chiang, president of The Woods 1. Canadian brand Moose Knuckles' Watershed down parka (\$1,350) is a near-knee 2. There's something so effortless about a frame crossbody. Available in an array of cosy length marvel with a cinch at the waist for a flattering silhouette; it's perfect for braving the and textured materials perfect for the new season, Montreal-based Co-Lab's Hype bag cold with confidence. I like the blush-y Heaven hue. Mooseknucklescanada.com (\$65) is a top pick this month—especially in the Polar colourway. Co-lab.ca VITAMAGAZINE.COM Canada Post Publications Mail Agreement #42849020 Published By VITA DAILY MEDIA INC. Canada VITΛ VITΛ BRITISH COLUMBIA ISSUE 106 Lisboa Diary

MaxMar

Local Motion

Tariffs or no tariffs, buying Canadian has never been more important

Words by Sara Harowitz

United States President Donald Trump sent shockwaves through the local business community when he threatened to put 25 per cent tariffs on Canadian goods imported into the U.S. This ongoing saga has more plot twists than an episode of Jane the Virgin, so we're not even going to attempt to decode them all for you here. Whether or not the tariffs happen, one thing is clear among Canadian entrepreneurs: the time to buy local is now.

"It is so important to use our money as a way to create the world we want to live in," says Jess Sternberg, owner of Vancouver slow-fashion brand Free Label. "Money is how decisions are made and how power is formed. Why line a billionaire's pockets when you can use your purchase to help put food on your neighbour's table? The tariffs are certainly a wake-up call that we must look out for one another. I think if we can adjust consumer culture to buy fewer things, but choose higher-quality locally made products, we can have a huge impact on this country."

Sternberg's size-inclusive brand has struck a chord with conscious consumers, who are willing to pay more for items that were made ethically in Canada.

"When I started Free Label I decided I would never want to create something that was made by unhappy hands," she explains. "Made in Canada is so important to me because having that connection to our manufacturing and supply chain means we can visit our production partners regularly and see that everyone is being treated fairly and is working in safe conditions—and it allows us to problem solve any quality or production issues [before] the product goes to market. Not only does this way of producing align with my values, it also results in a higher-quality and better-fitting garment."

Hailey Gerrits follows a similar ethos for her eponymous jewelry brand, which is handmade in Vancouver. "We really wanted to work on a made-to-order model so that we could reduce waste and remain ethical and sustainable," she explains. "Often, when working with overseas suppliers, you need to order large quantities and this leads to overproduction and overconsumption and constantly putting things on sale to move through inventory. We also wanted to have control over our production so that we knew exactly how each piece was made and to ensure the same quality and consistency with our designs."

Gerrits, whose pieces feature delicate gemstones in unique patterns, estimates about 35 per cent of her brand's sales last year came from American customers: "Our





"When I started Free Label I decided I would *never* want to create something that was *made by unhappy hands*"







largest wholesale account is American, and their orders allow us to have the cash flow to buy supplies, pay our employees and contribute to our local economy. If our American customers had to pay 25 per cent more to purchase our products, they likely wouldn't, and it would be a substantial and sudden loss for our business."

It's why buying from Canadian brands is so crucial right now. And according to Olga Roberts, co-founder of the Okanagan's made-in-Canada skincare line Collage, doing so has many benefits—both for our wallets and our planet. "Supporting local businesses is incredibly important for the growth and stimulation of the Canadian economy," she says. "It also reduces our carbon footprint when we source locally, meaning the environment benefits, too! Contributing to local innovation and competition ultimately keeps prices lower, as well as increases jobs."

The desire to promote and uplift local brands led a handful of Canadian skincare founders to create the Indie Beauty Collective, which helps consumers discover new homegrown companies to shop with. "The Canadian beauty world isn't huge," says owner of Toronto skincare line Wildcraft and Indie Beauty Collective founding member Laura Whitaker. "And since we're all chasing a similar dream and facing similar challenges, it felt great to come together rather than see each other solely as competitors."

The collective existed long before the tariff threat, but Trump's antics have made their mission more urgent. "Supporting Canadian businesses through individual purchases may seem insignificant, but it actually has a huge impact," she says. "The buy local movement during the pandemic was a powerful example—businesses like Wildcraft went from fearing closure to experiencing a surge of support from consumers who genuinely cared about keeping Canadian businesses alive.

"I still get emotional thinking about it because, much like today, it was a challenging time. But the way consumers came together made all the difference, helping many businesses weather the storm. That same kind of support is just as crucial now." V

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Bienvenue à L'Institut Guerlain, Paris' iconic spa sanctuary

> Words by Aleesha Harris

Along the bustling Champs Élysées in Paris (it's said that some 300,000 people visit the famous street each day) there's a quiet place of pampering and tranquility. Billed as a "Parisian temple of beauty and wellness," L'Institut Guerlain has been open since 1939.

Located at 68 Avenue des Champs-Élysées on an upper floor of the building directly beside the brand's historic flagship boutique, the luxurious space is more than just a spa—it's a place of innovation for the nearly 200-year-old company.

"The Maison Guerlain encapsulates Guerlain's entire spirit: refined and elegant, yet trendy and bold," the company declares online. "A place where craftsmanship and well-being are harmoniously intertwined."

And so, in search of a rescue for my travel-weary skin amid the busy schedule of Paris Fashion Week, I booked in for a facial service at the l'Institut Guerlain. In a city that's home to haute couture, it seems perfectly fitting that the French brand's approach to treatments here would be as

tailor-made as a just-your-size garment. The made-to-measure service offering, which ranges from facials to massage, body gommage and more, starts with a visit to the stunning lounge space where you slip on a pair of soft slippers—a small souvenir that I kept to remind me of the experience—complete with gold bees embroidered on the toes. A therapist, who whisked me away to a private treatment suite, asked about my skin concerns (for me, dryness and signs of aging) and inquired about my overall mood (ATM: jet-lagged and very tired), before allowing me some time in the space to prepare for my facial.

Similarly to how the service begins at any Guerlain Spa—the luxury beauty company currently operates two spa locations in Canada, in Montreal at the Four Seasons and in Toronto at the Hotel X—a custom fragrance selection sets the mood. "Breathe in, breathe out," my therapist instructed as I closed my eyes

and became enveloped in a heady mist of Guerlain scent. Settling on a smoky vanilla fragrance from the five or so that were spritzed, the aroma selection served to further the feeling that this treatment was made just for me.

Over the next 90 minutes, a curated selection of Guerlain products were used to cleanse, gently exfoliate and hydrate my skin. A big bonus of the brand's line-up (those who know, know) is the lush sensorial experience it adds to even the simplest of skincare rituals. It's an effect that's amplified by the luxury of having another person's hands expertly apply them to your skin.

Centred on hydration and youthful radiance as requested, my treatment included a products primarily from the honey-focussed Abeille Royale collection, inspired by clinical honey bandages, including the Cleansing Care-In-Mousse (\$79) and the ultra-moisturizing Honey Treatment Day Cream (\$198). By the close of my experience at L'Institut Guerlain, my tired skin had been brought back from the edge of dullness and my somewhat frazzled fashion week nerves satisfyingly soothed. It proved to be a perfect, pampering skin reset in Paris. *Guerlain.com*

VITAMAGAZINE.COM

Shop Talk

Vancouver's latest, greatest retailers

RAINS When Denmark label Rains launched its signature neo-Scandinavian aesthetic in 2012, the first-ever piece was a stylish cape that sold out-fast. These days, the unisex range has expanded to include not only technical jackets, fleeces and puffers, but also waterproof backpacks, rain pants and shirts, travel bags and blanketsplus, that cool cape, now back and better than ever. We're eyeing the high-fashion-y long jacket from the new spring/summer collection and the bestselling rolltop backpack with a sleek, built-in laptop sleeve that'll keep our equipment dry on even the dampest of Vancouver days. 2142 W. 4th Ave. Ca.rains.com. KATIE NANTON





notography by Joe Salmon



MAX & CO. + MARELLA Vancouver's fashion scene is getting a serious style upgrade this spring as Max & Co. and Marella—two contemporary Italian brands from the Max Mara Fashion Group—open their first-ever North American boutiques at Pacific Centre. Thanks to Vestis Fashion Group, shoppers will now have access to these sought-after labels. "We're seeing a demand for more elevated everyday fashion—sophisticated, wearable pieces that go beyond the relaxed athleisure look," says Harriet Guadagnuolo, VP of retail at Vestis. "Vancouverites love quality and effortless style, and Max & Co. and Marella answer that call with their impeccable tailoring, bold prints and luxe outerwear." While Max & Co.

leans into elevated essentials with an edge—think bold silhouettes, technical fabrics and sporty-chic tailoring, Marella is feminine and glamorous, channelling Parisian-meets-Italian sophistication with soft, flowing fabrics and effortless elegance. "Every woman has a little Max & Co. and Marella in her," she says. "Some days call for sleek, structured looks; other days, it's about romantic, free-flowing styles." Beyond the stunning collections, the boutiques will offer personalized styling services, on-site tailoring and other VIP perks. "We don't just sell fashion-we build relationships," says Guadagnuolo. "Our clients trust us to help them find the perfect looks for their lifestyle." 701 W. Georgia St. Vestisfashion.com NOA NICHOL

LOEWE Loewe Perfumes has opened its first standalone boutique in Holt Renfrew Vancouver. The new space immerses shoppers in the brand's signature botanical-inspired concept, showcasing the full Botanical Rainbow collection, the exclusive Un Paseo por Madrid fragrances and the home scents range. Designed as a sensory escape, the boutique blends polished wood, glazed ceramics and natural elements, evoking a botanist's archive. At its heart is the Botanical Rainbow collection, featuring nine nature-inspired fragrance families, now joined by the newly launched Solo Elixir. Home scents transform botanical aromas like honeysuckle and (our fave) tomato leaves into luxurious candles, room sprays and bodycare, while Un Paseo por Madrid pays tribute to Spain's capital with sculptural glass bottles topped with marble caps. Swing by and smell for yourself—your nose will thank you. 737 Dunsmuir St. Loewe.com. NOA NICHOL







LISA GOZLAN When Toronto-born Lisa Gozlan launched her iconic happy face bracelet just after covid hit, it boomed in popularity—everyone needed a serotonin boost during dark times. That collection expanded to necklaces, earrings and rings, which are available in classic or slightly flashier styles like the pavé happy face bracelet, set with cubic zirconia stones and offered in 17 colours. Now, Vancouverites can try before they buy at the brand's third Canadian store, located in Kits. Gozlan's other clean-and-classic jewelry capsules are also stocked here, including stacking rings, chains and charms (we love the lucky dice). Don't leave without slipping into the shop's cute photo booth, where you can snap a perfectly lit pic with your pals and have it Airdropped to your phone. 2194 W. 4th. Lisagozlan.com. KATIE NANTON

VITA ISSUE 106 — BRITISH COLUMBIA —

MAX&Co.



It's time to ditch your horrible old tanks and worn-out workout shorts in favour of—gasp—pyjamas

> Words by Aileen Lalor

At the beginning of the year, I had a big old clear-out and tidy-up of my clothes, desk and even my bathroom cabinet—which, for a beauty editor of many years, was a Herculean task.

I started wearing my nicest perfumes and hand creams and jewelry every day. I bought the swankiest shower gel I know-two bottles-and started using it instead of saving it for some mythical special occasion. It was all an attempt to calm my anxiety about the state of the world and exert some control—and, along with reading very frivolous novels, it sort of worked. But the thing that's worked most of all and that I will shout from the rooftops about is wearing nice pyjamas.

At a meeting of my book club (yes, there was wine and charcuterie, we're 40-something suburban women), I asked what everyone wears to sleep in. The answers: shorts or sweats that are too awful to wear out of the house and that have even been deemed unsuitable for gardening. T-shirts that are so stained and threadbare you can't even open the front

door wearing them for fear of giving the neighbourhood kids an eyeful. "Stop!" I said. "I need to tell you about pyjamas."

Why and at what point did we all stop wearing them? Maybe in our lazy teenage years. Or perhaps in our 20s when we weren't wearing very much of anything at all to bed. Probably it was set in stone in our 30s, when we were up 12 times a night to feed babies and were not inclined to stain pretty sleeping clothes with breast milk—or worse. When at 45 I realized that I haven't bought myself a pair of pyjamas maybe ... ever, apart from a novelty family matching set with reindeer on them that I actively dislike, I decided to act.

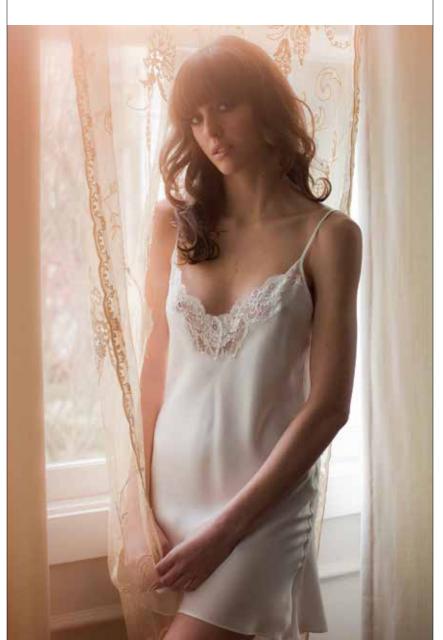
I bought some dove-grey pyjamas with white piping from Kip, a Canadian brand. I had them monogrammed because, why not? According to founder





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Natalie Marshall, I'm in good company —around 70 per cent of customers who buy PJs from Kip do the same. Like me, they see their new sleepwear as a treat, so why not make it as fancy as possible (and at Kip, the monogramming is included in the price). "It's about women investing in themselves-after all, we spend onethird of our lives in bed," she says.

All great pyjamas should be made from natural materials (Kip's are cotton with a little rayon and spandex for stretch) "If you look at the higbox stores, they're using 100 per cent synthetic fabrics that don't allow skin to breathe," Marshall explains.

French brand Emily's Pillow, which recently landed in Canada, chooses another natural material, silk, not just for its moisture-wicking properties (founder Laure Lagarde says you shouldn't be changing your sleepwear every night) but for the fact that it's soft on skin. "Unlike other materials, silk won't cause irritation, itching or redness, as it is hypoallergenic and kind to sensitive skin," she says.

Marshall adds it's also important

to make sure your fabric isn't super transparent (see our previous point about giving folks an eyeful when you open the front door). "A lot of women wear our pyjamas when they're hosting," she says.

When it comes to cut, you want nightwear loose enough that you can move around comfortably without being aware of it. "Wider, more-comfortable cuts that facilitate movement are ... essential," says Lagarde.

"It's also making sure the waistband n't too tight and that the tops aren't to short," Marshall agrees. And from an overall aesthetic point of view, she favours classic cuts. "It's an investment piece so we want to make sure that silhouette will still be in style years from now," she says, explaining that timeless images of Coco Chanel are a reference point for her.

Now, when I go to bed at night, pick up my book and put on my lovely hand cream, I feel so fancy. And, since perhaps my big clear-out was a little on the aggressive side, I'm also scrolling social media, looking for new PJs to buy. Below, five I have my eye on. V



1. This is J T-shirt Set This Toronto brand specializes in hand-drawn prints, like this groovy '70s flower design. Among many different styles, I like this T-shirt set best, with its loose-fitting top and capri pants. It's made from a soft, wicking fabric so you stay at the perfect temperature all night long.

2. Emily's Pillow Pure Silk Pyjamas

Oh la la! This French brand is new to Canada and makes its PJs from pure mulberry silk. Designs are chic, colours are pretty (the sage green is a standout) and the pyjamas can even be washed in the machine on a delicate cycle.

3. Province of Canada Fine Ribbed Long Sleeve Tee and Fine Ribbed Sweat Pant

Hove a matching set that I can walk the dog as well as hit the sheets in. This is made from certified organic cotton and the fabric is knit in Canada. Warm and cosy, the tart (red) colour is a winner. Note: they're unisex, so most women need to go down a size—there's a chart on the website with precise measurements.

4. Kip Luxe Stretch Cotton Short Set in Pearl

The perfect classic pyjamas, but with shorts instead of long pants for the spring and summer months. Monogramming is free and you can choose between two different fonts. The brand says this pearl set with navy piping is very popular for Mother's Day; kids, use this intel as you see fit.

5. Knix Lace Trim Sleep Short and Sleep Cami OK, I wouldn't walk the dog in these—but they are a sexy option that's comfy, too, thanks to the modal fabric. Canadian brand Knix is known for its leakproof $undies, but \ these \ aren't \ period-proof; the \ Leak proof$ Dream Shorts are a great option for that



Two tropical destinations on either side of the world

> Words by Noa Nichol

Tahiti *Treats*

From Vancouver it is, at minimum, a 10-hour journey to Tahiti (plus five if you're starting further east). But, if at some point you fly with Air Tahiti Nui, your time in the tropics begins in the sky. The airline's crew members hand Tahiti's national flower, a fragrant, creamy white gardenia, to each guest as they board, and wear vivid French Polynesian-inspired uniforms. By the time you taxi, you've already had a taste of Tahitian culture (and language; feel free to converse with the flight attendants in French). Here, we touch on what your next steps should be.

PAPEETE You'll land at Faa'a International Airport in Papeete, and a few days is all you'll need in Tahiti's capital; bookend your French Polynesian adventure with a couple of nights at the Hilton, which features bright rooms, a good café, a sparkling-blue pool with in-water loungers and a swim-up bar, plus a spa offering signature treatments like a warm seashell massage. Beyond the hotel, fill your time in Papeete with these key activities: learn about indigenous culture and history at the Museum of Tahiti and The Islands, and French Polynesian pearl production at the Robert Wan Pearl Museum. In town on a Sunday? Rise early to tour the local market, where all manner of produce and a plethora of seafood is up for sale, as well as pearls and handmade floral headdresses called hei. We walked Papeete Market with a chef from Le Sully restaurant, who

pointed out sugar cane juice squeezed on site and fresh-caught flying fish.

Other to-dos include crossing the island in an off-road vehicle with Te Mana Tahiti Tours; as you cut through lush, emerald-green Papenoo Valley, rainbows looming overhead, your guide, a pro in Polynesian culture, will regale you with legends of gods, warriors and spirits. Then, catch a dance performance (the annual Heiva i Tahiti festival is a perfect opportunity); Tahitian dance, called 'Ori Tahiti, is an intoxicating combination of exotic costumes, sensual steps and traditional music (you'll want to shake your tailfeathers, too). Finally, reserve a table at L'o à La Bouche; the goat cheese and walnut spring rolls, Mahi Mahi with Tahitian vanilla and French toast with flambé bananas and dark-chocolate sauce was the best meal we had on this trip. Tabititourisme.ca







Photography by Bryan Gobrai



Photography by Grégoire Le Bacon



MO'OREA What's a visit to French Polynesia without at least one island hop? Take a 30-minute Tauati Ferry ride to Mo'orea, famous for its jagged volcanic peaks and sandy beaches. You won't be disappointed with the accommodations at the Sofitel Kia Ora Moorea Beach Resort; some suites have private outdoor showers, others sit on stilts offshore. Our overwater bungalow featured an in-floor viewing window, across which a stream of rainbow-coloured fish (and a stingray!) provided better entertainment than the mostly-in-French TV. The hotel also of fers snorkelling equipment so, when you jump into the turquoise ocean direct from island time. Mooreatourisme.com

your balcony, you can swim with the very same creatures IRL.

If you prefer rustic over resort, Taianapa Concept House is an adorable option with three rooms up for grabs, each decorated by a Tahitian artist. This is where we met Rava Ray, a local artisan dedicated to preserving a traditional blanket-making technique called tifaifai through workshops and classes that visitors can book through her website. There are safari and boat tours to partake in, too-or, simply pack up a blanket and a book, head to the pool or beach, and indulge in the perfect weather and stunning scenery. You are, after all, on

Puerto Rico Pleasures

Is Puerto Rico relatively unknown to (or unvisited by) Canadian travellers? Maybe; a last-minute late-summer press trip marked the first time we'd been to this unincorporated U.S. territory. We had, of course, heard of the place (gracias, J.Lo); a chance to explore it revealed a nation that's been busy, busy, busy rebuilding (bigger and better) after Hurricane Maria struck in 2017. Now, the Caribbean isle is ready to welcome tourists with new attractions and adventures in its Metro and Central regions that are designed to help everyone "Live Boricua," through a spirit, flavour and rhythm they say can only be found in Puerto Rico. Discoverpuertorico.com



CENTRAL Ready for some adventure? Head up, up, up to Puerto Rico's mountainous Central region and ToroVerde Adventure Park, where multiple breathtaking ziplines, with names like The Beast and The Monster, will have you asking, "Can I really make it that far?" Don't let doubt stop you: this is the largest adventure park in the Caribbean and Americas, soaring over lush landscapes will leave you breathless. Bonus: local pup Capitán may greet you on arrival, then proceed to follow you, racing on four feet below, as you fly by zipline through the park!

Now you've worked up an appetite, a

can't-miss culinary experience awaits at Aldeana. This recently opened mountain property, boasting gentle breezes, dappled sunlight and birdsong, sees three powerhouse Puerto Rican chefs-Xavier Pacheco, René Marichal and Raúl Correa—join forces in creating soulful and decidedly local culture-inspired plates. The menu changes frequently (daily!) based on what ingredients can be got from nearby producers, as well as the property itself, which produces an abundance of fruits, veggies, herbs and spices. Dine al fresco on food so fresh and flavourful, you'll be thinking about it all the way back down the slope. V

METRO There are many places to stay in the Metro region, which includes San Juan, Puerto Rico's colourful capital, and other cities. Comfortable convenience can be found at the Hilton Garden Inn San Juan Condado, with lagoon views on one side and Playita del Condado on the other, and the Hyatt Place Bayamón, where we found decadent chocolate chunk cookies and easy access to the area's latest attraction: Parque de las Ciencias. More than just a theme park, this brand-new dynamic hub of exploration, education and entertainment is designed to ignite curiosity and inspire discovery; it's an interactive wonderland that blends science, nature and history in an unforgettable experience. With thematic pavilions



dedicated to astronomy, technology, biology and Puerto Rican heritage, the park offers an ever-evolving lineup of exhibits that make each visit feel fresh and exciting—it's no wonder they call it the Disney of Puerto Rico.

For those looking to indulge their taste buds, Parque de las Ciencias' culinary offerings provide a delicious journey through Puerto Rico's rich flavours via the historic charm of Restaurante El Yunque and the warm, inviting ambiance of Hacienda Angelina. Outside the park, we highly recommend dining at Lala; housed in a mall, this outstanding restaurant's menu includes an extensive raw bar of oysters, scallops, caviars and more that will have your mouth watering long before you take a bite.





