

# VITA

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LAMBERT





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A NOTE FROM NOA

Tariffs 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.

*Noa Nichol*

Editor-in-Chief  
noa@vitamagazine.com



Noa's  
Picks

1. Springing for denim? Veronica Beard's Beverly skinny flare jeans (\$478) now sport front patch pockets and buttoned tabs for belt loops. Everything else I love about the style remains the same, from the high-rise waist that's fitted through the hips and thighs to the subtly flared leg. Made from super-stretch Italian blue denim, this VB best-seller is one of my must-haves.  
[Veronicabeard.ca](http://Veronicabeard.ca)

2. Lambert's lovely Vanessa bag (\$130) features a detachable vegan leather strap, so it can be worn over the shoulder or as a crossbody. With two main compartments, multiple inner pockets and a key attachment, it keeps my essentials within easy reach. Crafted from recycled and sustainable materials, the Vanessa is both practical and eco-conscious—and Canadian, to boot.  
[Designlambert.com](http://Designlambert.com)

ISSUE 16

The Making of the Ontario  
April 2025 Issue

**Editor-in-Chief** Noa Nichol  
**Business Manager** Jay Nichol  
**Creative Director** Madison Hope  
**Social Media** Vicki Duong  
**Special Events** Erin Sousa  
**Proofreader** Katie Nanton  
**Chinese Editor** Louisa Chan  
**Toronto Editor** Christina Armanious

Contributors

Catherine Dunwoody, Sara Harowitz  
Emily MacCulloch, Lauren Walker-Lee, Ingrie Williams

Cover

Event: Fashion Art Toronto  
Designer: Anna Pazhava  
Photo: Matt Reid @prevalentfocus

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# Spill It

Canadian wine- and spirits-makers talk tariffs, 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 could be a serious issue.”

With economic uncertainty looming, more Canadians are choosing to shop

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 as B.C. craft wineries and breweries,” says Celia Chiang, president of The Woods 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 it—visit 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**



Procedure picks from  
skin pros across Canada

Words by Emily MacCulloch  
and Ingrie Williams,  
[@t.zonebeauty](https://www.instagram.com/t.zonebeauty)

The beauty biz is constantly evolving, and that's especially true for in-office procedures where innovation is always brewing. “There has been a shift toward customized, multi-modal treatments that go beyond a one-size-fits-all approach,” says Joanna Auguste, aesthetic nurse practitioner and owner of The Face Lab in Toronto. To help navigate this dynamic space, we caught up with three pros to get the scoop on the most sought-after treatments to give skin the ultimate boost.

**GO FACE FIRST** A non-invasive procedure that uses radiofrequency (RF) and high-frequency electromagnetic stimulation (HIFEM) to tighten the muscles of the face, EmFace is one of Dr. Amanda Lau's go-to treatments. “By targeting the elevator muscles, it causes a lifting effect without any injections,” says the medical director at Skinfolio in Vancouver. To achieve that lifted look, the HIFEM technology works to naturally reset facial features by targeting specific ligaments, while the RF energy helps to stimulate collagen and elastin production. While this might sound like it's uncomfortable to sit through, Lau says it's painless and has no downtime, and compares it to a visit to the gym—but for your face. “It's essentially helping your skin defy the effects of aging and gravity.” **BEAUTY BUDGET:** \$500 to \$800 per treatment completed through four weekly sessions.

**DO THE WAVE** Ideal prep for Hot Girl (or Guy) Summer, Auguste calls Sofwave Ultrasound Lifting & Tightening the must-try treatment at her clinic. Designed to stimulate collagen and elastin production, it delivers synchronous ultrasound parallel beam technology to the mid-dermis, to improve skin texture and elasticity on the face, neck, under the chin, and brow. It can soften fine lines and wrinkles, too. “Results peak in three months as new collagen forms, so you'll be glowing in time for warmer weather,” she says. “There's also no downtime and it's perfect to stack before injectables or other procedures like laser, resurfacing or microneedling.” **BEAUTY BUDGET:** Starts at approximately \$1,000, pricing varies by clinic and treatment area.

**GET SET TO JET** With the power to improve skin's radiance, increase hydration, calm rosacea or eczema and even stimulate hair growth, Exosome Infusion Therapy with JetPeel is Dr. Roni Munk's top reco for a seasonal refresh. “Patients are increasingly interested in therapies that stimulate the body's own healing and rejuvenation processes rather than relying solely on traditional fillers or neuromodulators,” says the Montreal-based medical director of Dermapure Westmount. During the treatment, exosomes—powerful regenerative molecules—are infused into the skin or scalp using the JetPeel device, which delivers them non-invasively through high-pressure oxygen. “We use plant-derived molecules to help stimulate cell renewal, repair damaged skin and promote healthier, more vibrant hair growth.” **BEAUTY BUDGET:** Approximately \$750 to \$1,500 per session, depending on treatment area and protocol.

Starting  
Lineup

These essentials will  
give your skin a healing hand  
post-treatment



1. L'ORÉAL PARIS BRIGHT REVEAL DAILY UV LOTION SPF 50+, \$47. [Shoppersdrugmart.ca](http://Shoppersdrugmart.ca)
2. SKINFIX BARRIER + EXO + ECTOIN INTENSIVE REPAIR BAUME, \$93. [Skinfix.com](http://Skinfix.com)
3. MIRACLE 10 STEM CELL SERUM, \$130. [Miracle10.com](http://Miracle10.com)
4. HALE DERMA PRE- & POST PROCEDURE TOPICAL MIST, \$39. [Pureandsimple.ca](http://Pureandsimple.ca)



# 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

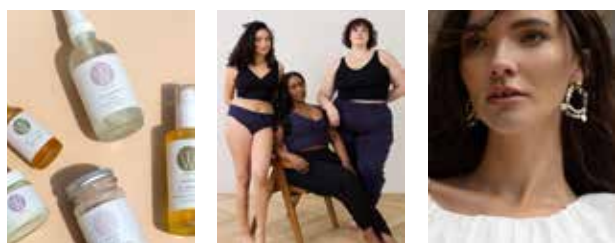
connection to our manufacturing and supply chain means we can visit our production partners regularly and see that everyone is being treated fairly and is working in safe conditions—and it allows us to problem solve any quality or production issues [before] the product goes to market. Not only does this 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 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



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



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." ▾

## WINE WANDERLUST

# 5 Must-Visit Wineries Around the World

For those who love to sip, swirl and explore, wine tourism offers the perfect blend of culture, history and, of course, world-class vintages. Whether you're dreaming of rolling vineyards in Italy, modernist wineries in Spain or hidden gems in South America, these five exceptional wineries promise unforgettable tasting experiences. Pack your bags and raise your glass—here's where your next wine adventure should take you!

**1. BODEGA GARZÓN IN URUGUAY**  
Located near Montevideo, Bodega Garzón is putting Uruguayan wine on the map. This sustainable, gravity-fed winery is known for its crisp Albariño and bold Tannat, set against a stunning landscape of rolling hills. The state-of-the-art facility and on-site Francis Mallmann restaurant make it a must-visit for wine lovers seeking both innovation and tradition. [Bodegagarzon.com](http://Bodegagarzon.com)

**2. ALOIS LAGEDER IN ALTO ADIGE, ITALY**  
For those drawn to biodynamic winemaking and alpine beauty, Alois Lageder in Alto Adige is a must-visit. This family-owned estate champions sustainability and experimentation, producing elegant whites and complex reds. The stunning Dolomite backdrop and innovative, low-intervention approach to winemaking make it a true hidden gem. [Aloislageder.eu](http://Aloislageder.eu)

**3. ZUCCARDI IN MENDOZA, ARGENTINA**  
Nestled in the foothills of the Andes Mountains, Zuccardi Valle de Uco is a pioneer of high-altitude winemaking. Known for its Malbecs and terroir-driven

whites, this architectural marvel blends seamlessly into the rugged Mendoza landscape. Enjoy a tasting experience in the Uco Valley while soaking in panoramic views of the vineyard's breathtaking surroundings. [Zuccardiwines.com](http://Zuccardiwines.com)

**4. ANTINORI IN TUSCANY, ITALY**  
Steeped in history yet stunningly modern, Marchesi Antinori's Chianti Classico estate is a masterpiece of design and viticulture. The family-run winery, dating back to 1385, crafts some of Tuscany's most iconic wines, including Tignanello and Solaia. The sleek, underground cellar and panoramic rooftop terrace make this a wine-lover's pilgrimage site. [Antinori.it](http://Antinori.it)

**5. MARQUÉS DE RISCAL IN SPAIN**  
In Spain's Rioja region, Marqués de Riscal is where tradition meets avant-garde. Its futuristic Frank Gehry-designed winery and hotel stand in striking contrast to the 150-year-old vineyards surrounding it. A visit here is a feast for both the eyes and the palate—expect bold Tempranillos and world-class hospitality. [Marquesderiscal.com](http://Marquesderiscal.com)



1.



2.



3.



4.



5.

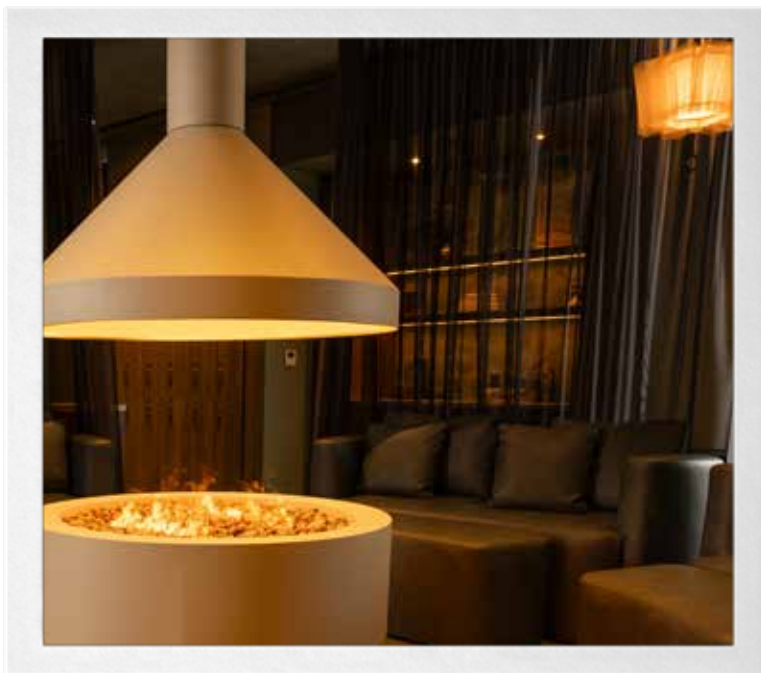


# Well, Well, WELL

Toronto's self-care boom has us checking out the city's chicest holistic havens

Words by  
Lauren Walker-Lee

Toronto is in its wellness era, and we're here for it. From IV drips to red-light therapy to lymphatic drainage massages, boutique studios with myriad offerings are opening across the city, signalling a cultural shift toward optimal living. Indeed, the self-care scene has never been more accessible—or more inviting—and creating your own “wellness stack” is trending. Our current lineup: an infrared sauna session, some reiki, a cold plunge and a glutathione vitamin shot. With stunning new spaces filling our Instagram feeds and city streets, it's clear something's in the water. Here, we highlight three holistic havens where you can step off the treadmill of urban life and into a curated oasis of restoration.



Trove, Nüd and Wellness Haus are shaking up Toronto's self-care scene

**TROVE** In Trove, co-founders Tanya Kololian and Zoë Paliare have created a refuge that fuses the best elements of traditional wellness spaces into one holistic experience. “We need to give ourselves intentional time in spaces dedicated to nervous system regulation; Trove is the first of its kind to do just that,” says Paliare. “Every offering, every decision and point of execution is curated with your nervous system in mind.” The studio's offerings include solo-led journeys to suit your needs, with options like sauna, cold plunge, red-light therapy, a salt cave, IV drips and vitamin boosts, plus practitioner-led massage, reiki, osteopathy, nutrition and more. “We saw a gap in the market that felt so obvious to us. Retreat centres, spas, medical clinics and social wellness spaces existed, but no one was offering all of them in one place,” Kololian says. “We wanted a space where accessing wellness felt as good as the wellness itself.” Paliare adds, “For years socializing has often been synonymous with going out to eat and drink, with little emphasis on well-being or self-care. But as society evolves, people are seeking out more intentional and meaningful ways to connect.” *426 Adelaide St. W. Trovewellbeing.com*

**WELLNESS HAUS** Nestled in Forest Hill Village, this is a one-stop shop for inner/outer health and beauty. Offering a gorgeous hydra suite experience (an invigorating combination of infrared sauna and cold plunge for stress relief, enhanced skin health, detoxification and a natural endorphin boost), laser facials, IV therapy and vitamin shots, Wellness Haus wants clients to proactively take charge of their health by adopting daily habits that prevent issues before they arise. To that end, the medical side of the clinic offers medical-care memberships that complement public health-care services by providing access to things like cutting-edge diagnostic testing, proactive MRI scans and dedicated physician care. “I believe we're witnessing a genuine cultural shift, one that's particularly relevant in Canada” reveals VP of operations Patrick Kasebzarif. “The rise of wellness facilities from boutique studios to luxury biohacking hubs is more than just hype. It reflects a growing demand for a proactive approach to health that empowers individuals to take control of their preventative health journey.” Indeed, with a great skin-health program of facials and injections rounding out the menu, Wellness Haus optimizes your inner and outer health under one roof. *413 Spadina Rd. Thewellnesshaus.com*

**NÜD BODY + WELLNESS** Dundas West got a dose of wellness when Nüd entered the scene. Complete with Instagram-worthy hues and gorgeous stone tiles imported from Turkey, Nüd transports your mind and body to a place of health and restoration. Founder Anne-Marie Tsiolis possesses a deep personal passion for holistic health and a desire to create space for people to truly prioritize their well-being. “We believe that wellness is deeply personal and should be accessible, sustainable and rooted in holistic principles. The rise of wellness spaces reflects a growing desire for more than just quick fixes; it's about building long-term health and healing practices that nourish both the body and the mind,” she reveals. “People are investing in their well-being in new and exciting ways, and that's something I see as part of a much broader cultural movement toward balance, longevity and self-awareness.” The studio's extensive offering includes red-light therapy, IV drips, cupping, acupuncture, a sauna and cold plunge experience and body work. The magnesium wrap is heavenly, helping to detoxify and promote sleep, and the signature Nüdtox massage focuses on whole-body detoxification through lymphatic drainage, sculpting and contouring. *785 Dundas St. W. Nudbodywellness.com*

## Spa-là-là

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 lineup (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*





# GLOW GETTER

We went to France to find our best skin—but, thanks to Clarins Extra Firming, you don't have to

Words by  
Christina Armanious

Nestled in the sun-drenched landscape of the French Riviera, The Glow House at Le Mas Candille is more than just a luxurious retreat—it's an immersive experience in skincare, designed to showcase the transformative power of Clarins' Extra-Firming collagen range. On a mid-October press trip to the spa, which is surrounded by botanical gardens and the warm hues of terracotta, it felt as though the air itself was working to enhance my skin's natural radiance. But it was inside the treatment rooms, under the expert hands of Clarins' skincare specialists, that the true magic happened.

As I settled into a dark, cocoon-like treatment bed, the world beyond the spa blurred, giving way to a soothing ritual designed to awaken and replenish the skin. Over the course of 60 minutes, a series of expertly applied formulas, including Extra-Firming products, worked their way into my skin, each step building on the last to nourish, lift, and restore. The sensation was both invigorating and deeply relaxing—an immediate glow, followed by a sense of lasting renewal. It was more than just a treatment; it was a testament to the power of collagen preservation and Clarins' commitment to results-driven skincare.

Indeed, with Clarins' Extra-Firming collagen creams—one for day, one for night—a new era of skincare has arrived, with a laser focus on providing long-term results through collagen preservation. The collection promises radiant, resilient

skin by helping to build and maintain the skin's natural "collagen bank," rather than merely replenishing lost collagen.

Collagen, one of the most sought-after skincare ingredients, is essential for maintaining firmness and elasticity—but it can be difficult to harness effectively. Clarins' approach is rooted in scientific integrity, avoiding nutraceutical trends that lack substantive evidence. Instead, its formulas are designed to support natural

collagen production while preserving existing reserves, ensuring lasting strength and resilience.

The magic behind Extra-Firming lies in its innovative [Collagen]<sup>3</sup> Technology—a powerhouse blend designed to support all three stages of collagen: protection, stimulation and preservation. This unique formulation features pecan tree extract to protect existing collagen fibres and defend against environmental damage, as well as

mitracarpus extract to up firmness and reinforce the skin's natural support structure, and biomimetic collagen polypeptide, which boosts the skin's own collagen synthesis, increasing reserves by up to 53 per cent. Bonus: sustainability is at the core of these innovations, with pecan tree extract sourced as a byproduct of the food industry, ensuring minimal waste while maximizing skin benefits.

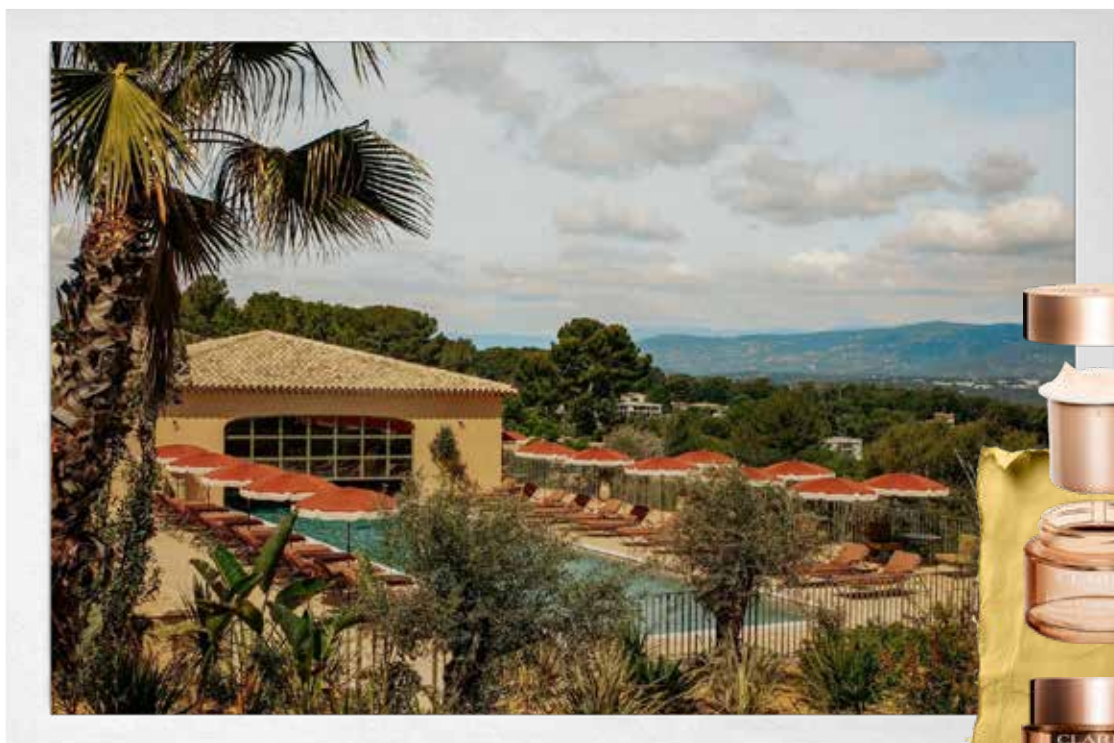
Another boon: Extra-Firming is formulated to cater to a wide range of skin needs, with seven distinct textures making it ideal for women in their 40s—a time when collagen levels significantly decline. However, as collagen starts diminishing around age 25, experts recommend incorporating collagen-supporting skincare earlier. "The sooner, the better," advises Marie-Hélène Lair, Responsible Innovation Director at Clarins. "We adapt to the needs of all skin tones and types because everyone benefits from building these collagen reserves."

For instant gratification (because, who doesn't love that!), oat sugars provide an immediate lifting effect while deeper collagen-boosting benefits take effect within three to four weeks. "It's incredible to feel something right away," Lair notes. "That blend of immediate effect and long-term benefits sets Extra-Firming apart."

Also setting Clarins apart as a skincare brand is its holistic approach to beauty, which extends beyond its formulations to The Glow House; the stunning spa destination truly embodies the brand's dedication to wellness and natural beauty. Opened in July 2024 at the ultra-luxe Le Mas Candille hotel, The Glow House was reimagined by renowned architect Hugo Toro, blending eco-conscious design with Mediterranean tranquility.

"We are surrounded by glow," says Lair. "The raw materials outside, like the terracotta, reflect natural light beautifully, enhancing the skin's own luminosity. It's about the light from your body meeting the light around you, creating a long-term effect that improves mood and instills a sense of calm." (Turns out we were right about that Côte d'Azur air!)

Beyond the spa experience, Extra-Firming underscores Clarins' ongoing commitment to sustainable beauty. From refillable packaging to fully traceable, responsibly sourced ingredients, the brand ensures that every step of the process aligns with its environmental values. Ultimately, Extra-Firming is more than just skincare—it's a philosophy centred on preservation, resilience and radiance. Whether indulging in a transformative treatment at The Glow House or incorporating Extra-Firming into your daily routine, one thing remains clear: glowing skin is as much about care and intention as it is about science and innovation. **V**



In Provence, The Glow House, designed by Hugo Toro, spans over 4,800 square feet on the French Riviera



VITA X WALMART CANADA

## Travel Right

5 affordable Spring Break essentials

Whether heading out for a girls' trip, couples' getaway or some fun-in-the-sun with the kiddos, Canadians are looking to get their warm-weather fix this Spring Break. The challenge: few stores are currently stocked with cute beach-ready clothes. Enter Walmart, carrying plenty of affordable and trendy essentials for your spring getaway. Here are five of our faves. [Walmart.ca](https://www.walmart.ca)



**1. NO BOUNDARIES WOMEN'S STRING BIKINI TOP, \$12** A bikini is essential for any beach getaway, but it's easy to forget to pick up a new suit when surrounded by snow. This bikini top from Walmart (matching bottoms available) is not only affordable, but the perfect shade of light blue, and on trend for 2025.

**2. GEORGE LADIES BURGUNDY POLARIZED CAT EYE SUNGLASSES, \$17.97** Even if you own a pair, there are enough trending styles to own—and pack—multiples. A cat-eye shape, for example, is the perfect style for lounging beachside.

**3. TIME AND TRU WOMEN'S FLIP FLOPS, \$5** You can't forget footwear! These pale-blue flip flops are super affordable and perfect to pack in your carry-on to put on as soon as you get to your sunny destination.

**4. TIME AND TRU WOMEN'S WIDE STRAP SANDALS, \$19** You can never have too many sandals! If you don't like to wear flip flops to dinner, a fancier sandal can be a great way to dress up while still feeling comfortable.

**5. WILD SKYE WOMEN'S MESH SLIP DRESS, \$29.98** Whether at an all-inclusive or walking along the boardwalk for dinner, a comfortable airy dress is a vacation must-have. It's easy to throw on after a long day in the sun, and doesn't cling to you uncomfortably—essential if you have a sunburn. Plus, this slip dress is perfect to layer under a light sweater at night.



1. Sheltered from view and noise, the 25-meter indoor/outdoor pool opens onto the Mediterranean countryside, and overlooks Provence

2. The Glow House boasts three treatment rooms, each with its own terrace, as well as a double room for side-by-side treatments



# CLARINS

## NEW **EXTRA-FIRMING** [COLLAGEN]<sup>3</sup> TECHNOLOGY\*

Visibly firmer skin  
in 7 days.\*\*

NOW REFILLABLE



**+53%**  
IN COLLAGEN  
RESERVES\*\*\*

\*Collagen polypeptide, mitracarpus extract, pecan tree extract. \*\*Consumer test - After using Extra-Firming Day cream All skin types: 109 women | Extra-Firming Night cream All skin types: 107 women. \*\*\*Ex vivo test carried out on photoaged skin explants, measurement of quantity of good quality and well-structured collagen.



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