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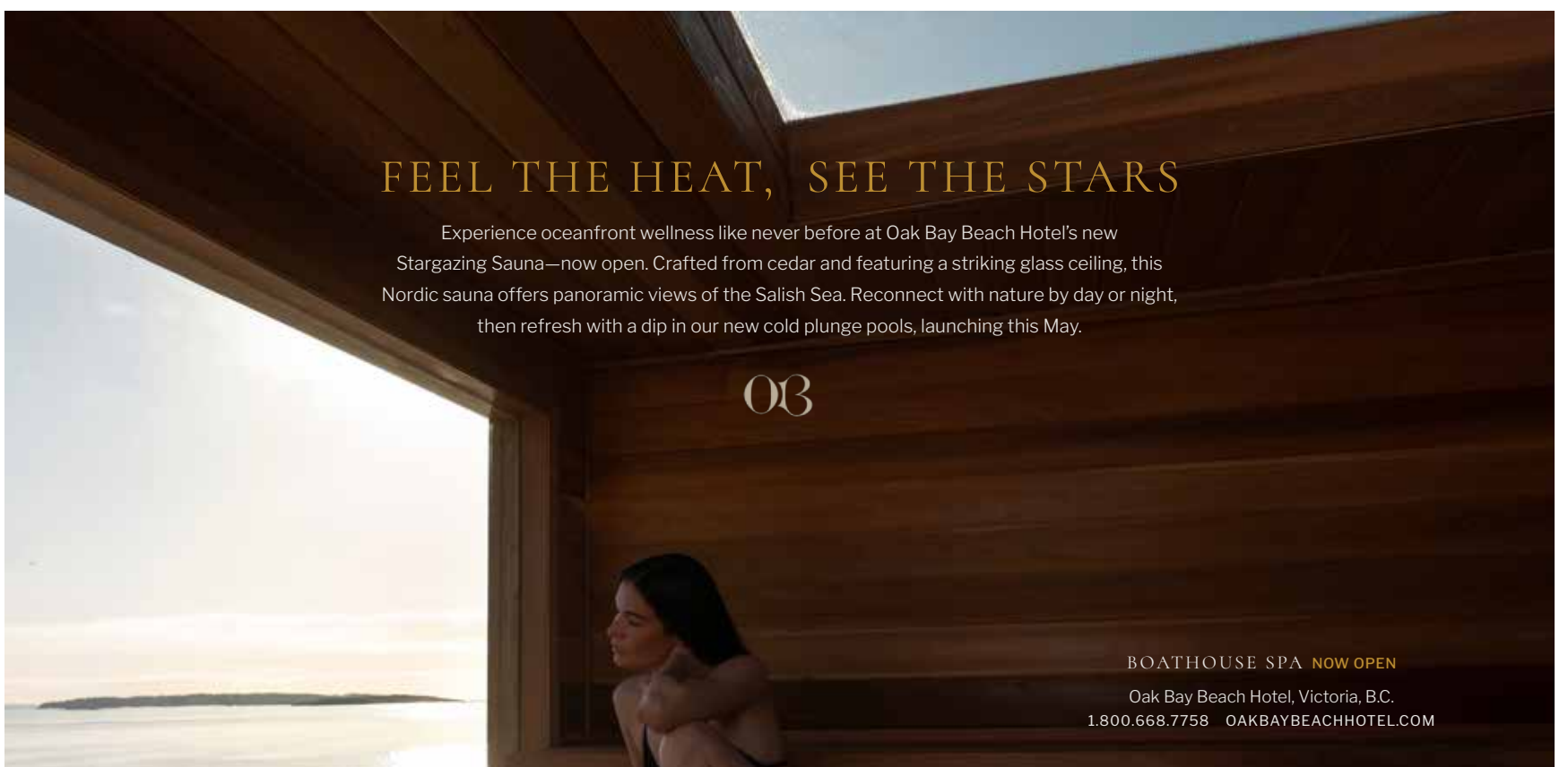
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FEEL THE HEAT, SEE THE STARS

Experience oceanfront wellness like never before at Oak Bay Beach Hotel's new Stargazing Sauna—now open. Crafted from cedar and featuring a striking glass ceiling, this Nordic sauna offers panoramic views of the Salish Sea. Reconnect with nature by day or night, then refresh with a dip in our new cold plunge pools, launching this May.

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A NOTE FROM NOA This month, *VITA* is teaming up with Erin Sousa, founder of The Mom Flow, for a second Mom Flow Social Club! Building on the sold-out success of our last event, we're hosting this one on May 29 at the stunning Sundays Furniture showroom in Vancouver. Expect an evening of connection, pampering, nibbles, wine, our famous momfessions and a few fun surprises—it's the perfect treat for Mother's Day, so get your tickets before they sell out. See you there!

<https://bit.ly/4iydUEE>

Noa Nichol

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Our next Mom Flow Social Club event happens in Vancouver on May 29; don't miss it!

The Making of the
British Columbia May 2025 Issue

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Say *Yes* to the Unexpected

Non-traditional wedding venues are trending

Words by
Alison McGill

WE'RE SPOILED FOR CHOICE in Canada when it comes to beautiful, off-the-beaten-path places to say “I do.” Take, for example, Little Victories Coffee Roasters, renowned in Ottawa as the best place to caffeinate. The indie brew business's flagship Elgin Street location is a best-kept-secret wedding venue, thanks to architectural details like soaring arched windows, mile-high ceilings, rustic stone walls and postcard-perfect views of the capital's downtown. “We offer a stunning view of the city and the space lights up beautifully at golden hour—the evening light here is stunning for photos,” shares Heather Jackson, event co-ordinator. In fact, Little Victories has been hosting weddings since 2022, and can accommodate ceremonies up to 65 guests, seated receptions up to 70, and standing cocktail parties up to 120.

In Banff National Park, Bec Kilpatrick of Wolf & Willow Photography calls Storm Mountain Lodge, located between the towns of Banff and Lake Louise and set against jaw-dropping views of the Canadian Rockies, “a beautiful location for an elopement or intimate wedding due to its remote location but proximity to two of the most picturesque destinations.” The main lodge was built in 1922 and can accommodate up to 34 guests, and there are 16 cabins on property. “We love photographing the cabins in the woods because they have so much character—what a perfect space to get ready for your wedding,” says Kilpatrick says. Another unique thing about Storm Mountain Lodge: it offers a rare off-the-grid experience in guest cabins, which have no Wi-Fi, telephones, televisions, or mod cons.



Storm Mountain Lodge, photo by Willow & Wolf Photography



LEFT TO RIGHT, TOP TO BOTTOM Tangled Garden, photo by Tyler Tindale Photo Co.; Little Victories Coffee Roasters, photo by Age of Indie; Peter Pan Bistro, photo by Adrionna Marissa Photography; Maison Pepin, photo by Gabrielle Desmarchais

Getting hitched on the East Coast? In the heart of Nova Scotia's wine country, Tangled Garden is a charming spot famous for its wild, artful gardens, creative sculptures and water features (not to mention, a country store stocked with gourmet preserves). The five-acre property is perfect for an intimate outdoor wedding for up to 40 guests. Event pro Felicity d'Eon of Forevermore Wedding Co. says what she loves most about this spot is the feeling of effortless romance woven throughout the grounds. “It's intimate, poetic and brimming with character. I love how sensory immersive the experience is here. The artfully overgrown gardens; the scent of herbs in the breeze; and the way light filters through the trees at golden hour. It's nothing short of enchanting.”

As expected, Canada's biggest urban centre offers a plethora of unique wedding venues—like Peter Pan Bistro. A fixture of the city's vibrant Queen Street West, this French eatery, housed in a heritage building from the 1890s, is brimming with antique décor that gives it an artsy quirk factor. The restaurant is on the main floor; tucked up on the second are event spaces featuring three rooms that can be used individually or opened to create one big venue to host 85 seated. Photographer Adrionna Jefferies,

principle at AMP Studios, has shot a few weddings at Peter Pan and loves the intimacy and sweet details. “There's an effortlessly cool vibe here—the whole place feels like a little pocket of magic. It's one of those places that does half the storytelling for you.”

Not a restaurant, Montreal's Maison Pepin is a luxury lifestyle store boasting a private cobblestone alley perfect for a ceremony, dinner and dancing. When Anastasia Quintanilla married in the alleyway a few years ago, she was blown away by how the undressed space came to life with floral installations. “My husband joked that when I walked down the aisle, I looked so overwhelmed seeing [it] for the first time,” she shares. “I was just floored with how beautiful everything turned out.”

Out west, Stanley Park Brewing offers six private dining settings to choose from, so you can accommodate parties small or large. The vibe inside is breezy and relaxed, and the food and in-house craft brews are top tier. “This hidden gem is just a few minutes' walk from the ocean, as well as old-growth temperate rainforests,” says Holly Perrier, wedding planner, designer and founder of Perrier Planning. “There are outdoor spaces to enjoy in addition to the interior ones, and I love the warm, West Coast vibe.” ▽

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Catwalk Culture

Smaller, more diverse Canadian fashion events are rewriting the rules of style

Words by
Noa Nichol

IN AN ERA WHEN DIVERSITY is often a buzzword rather than a blueprint, Canada's smaller, culturally grounded fashion weeks are quietly—and powerfully—leading a revolution. While mainstream events in Toronto and Vancouver still dominate headlines, platforms like African Fashion Week Toronto (AFWT), Fashion Art Toronto (FAT), Ukrainian Fashion Day (UFD) and Canada Israel Fashion Week (CIFW) are redefining what fashion looks like, and more importantly, what it stands for.

For Isaac Ansah, co-founder of AFWT, the mission is clear: "Our platform helps drive visibility for Black-owned brands, vendors and creatives, which directly contributes to their business growth and economic sustainability. It's more than a fashion show—it's a platform for entrepreneurship and cultural commerce." The runway becomes a celebration of identity and an engine of opportunity, giving Afro-diasporic designers and models space to thrive without the need to dilute their cultural authenticity.

That sense of self-defined storytelling runs deep within the NUDO 6/6 Collective, a group of more than 750 Indigenous women artisans from Mexico who made their debut at Vancouver Fashion Week. "We are the guardians of ancestral knowledge," says Karla Aguerrebere, executive director at NGOimpacto, the

organization that has been supporting the NUDO 6/6 Collective. "Our work isn't just about fashion—it's about preserving traditions, empowering women and using garments to share the soul of our communities." Through handmade textiles and adaptive design, NUDO 6/6 bridges generations of craftsmanship and contemporary relevance, reframing fashion as a living, breathing cultural dialogue.

At Canada Israel Fashion Week, founder Franciska Veress sees fashion as a medium for unity. "In today's fractured world, we needed to create something that meant more. Fashion has always had the power to transcend politics. Our mission is to spotlight hidden brilliance—Israeli and Jewish designers whose creativity has too often gone unrecognized." Her show, a multicultural mosaic of artistry and solidarity, includes a philanthropic element that directly supports communities in Israel, making the event not just expressive, but impactful.

Meanwhile, Fashion Art Toronto has spent nearly two decades pushing the boundaries of who gets to be seen and celebrated in fashion. "We've always centred queer, trans, BIPOC and plus-size bodies, long before it was industry standard," says founder Vanja Vasic. "At FAT, the constraints of commercial viability are lifted. What we get instead is experimentation, honesty and cultural storytelling that leaves you changed."



LEFT TO RIGHT, TOP TO BOTTOM
Fashion Art Toronto; Nudo 6/6 Collective;
Canada Israel Fashion Week; Nudo 6/6 Collective

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The show's open-call model and artist-first ethos have fostered a loyal, expressive community where creativity comes without compromise.

Ukrainian Fashion Day, led by designer Marta Metyk, delivers an equally potent message of resilience. "We're not just showing embroidery or folklore," she explains. "We're telling stories of freedom, sustainability and identity." As war displaces Ukrainian creatives, UFD provides a runway for new beginnings—many participants are recent arrivals in Canada. With proceeds supporting Ukraine's National Guard and local integration efforts, UFD shows that fashion can be both a balm and a battle cry.

What unites all these platforms is their refusal to treat identity as a trend. Instead, they centre culture, community and storytelling—fashion not as spectacle, but as substance. These shows provide an essential counterpoint to the commercially driven runways that dominate the fashion industry, reminding us that beauty becomes most powerful when it carries meaning. As Ansah puts it, "We're not asking for a seat at someone else's table—we're building our own." And in doing so, these fashion weeks are showing Canada, and the world, what true representation looks like: bold, rooted and unapologetically diverse. **V**



TOP Fashion Art Toronto
BOTTOM LEFT TO RIGHT Fashion Art Toronto,
Canada Israel Fashion Week

Indie Beauty

The independent beauty scene appears to be booming, but with so much makeup on the market, is there an uglier truth?

Words by
Aileen Lalor

IF YOU FOLLOW BEAUTY, you may think small, independent brands make up the bulk of the industry. It feels like a new line launches daily, complete with inspirational founder story, celeb backer ... oh, and some products, too. Teresa Lo, a longtime beauty marketer-turned-CEO of JVN Hair, takes us back to the early noughties, when the indie scene exploded. “There was so much new opportunity, new tech, new communication and marketing approaches that if you were the first to try it, you gained something—some of those bigger organizations were slower to be risk-taking and try things,” she explains.

The mega companies she speaks of? L’Oreal, which as well as its namesake brand owns Lancôme, Maybelline, La Roche Posay and more, followed by Estée Lauder (MAC, Bobbi Brown, The Ordinary), Procter & Gamble (Pantene, Olay, Gillette). You have to scroll all the way down to No. 45, Lush, to find what might be considered an independent brand. That means indie brands are competing for a relatively small slice of the pie. New brands continue to launch—last year the number in the U.S. increased by 3 per cent to 4,933—but everything isn’t rosy.

“During and post COVID there was a huge explosion in beauty because we were all inside; we discovered, we tried, we dyed our hair, we could try every mask there was,” says Simon Tooley, owner of Etiket, an independent beauty retailer/spa in Toronto and Montreal. Besides new brand launches, this also meant a boom in knowledge about products and procedures. “We had nothing else to do but slather on serums and scroll TikTok,” confirms dermatologist Dr. Shereene Idriss.

But the industry hit a saturation point. “It’s a hard business,” Tooley says, referring to the complicated process of marketing and selling your products—not to mention making good ones. Many great indie brands have been purchased by conglomerates (Tata Harper by Amorepacific, Drunk Elephant by Shiseido). Venture capitalists once keen to give big bucks to artisanal perfume brands or skincare startups began to demand returns founders simply couldn’t deliver. Along the way, some brilliant, beloved brands went out of business.

Consonant was founded in Toronto in 2010 by William Baker. Self-funded, it was known for its fragrance-free-sensitive-skin-friendly-but-extremely-effective skincare. Kristina Breckon was there almost from the start—first as marketing manager and eventually as president. It closed at the end of last year—despite great products and loyal customers—due to the pandemic, but also because the marketplace was evolving.

“When we were first on the scene there weren’t nearly as many brands,” Breckon says. “Now I think the barriers to entry are quite low, so it’s easy for people to start. But it’s very expensive to do it properly, to maintain it and then to compete with the big conglomerates.” She points to one example—free shipping and next-day delivery—offered by large retailers like Sephora. “The expectations ... are sometimes impossible for small teams. When we’re offering free shipping over \$50 and we’re paying \$26 for shipping, how can we survive?”

There’s also been an increasing expectation for founders and owners to rep their brands on social media and become influencers. “They’re having to not only run the company ... but be in front of the camera and tell their story,” Breckon says. Meanwhile, influencers, celebrities and experts have started to develop their own product lines, with the rationale that they already have a platform and audience.

There’ve been varying degrees of success for this; for every Haus Labs (Lady Gaga) or Rare Beauty (Selena Gomez) there’s a Jaclyn Cosmetics (Jaclyn Hill) or Twentynine Palms (Jared Leto), both of which folded in the last couple of years. JVN Hair is one of the unusual brands that came close to disappearing but was saved by Lo and Jonathan Van Ness.

JVN Hair was launched by Amyris, a biotech firm, in 2021. Van Ness is a Netflix star with millions of social followers, but he’s also an Aveda-trained expert with 20 years’ experience in hairdressing. Lo had worked for Ipsy, Sephora and Biossance, another Amyris label. All the ingredients were there for indie brand success.

But all wasn’t well behind the scenes. Amyris filed for bankruptcy in 2023 and Van Ness and Lo were left trying to find a new backer for JVN Hair. “Jonathan is very public facing, but what’s unique about him is he represents the underdog—like the consumers who were not represented in traditional beauty,” says Lo. “He felt a lot of responsibility to prove we can survive this.” It took a year to find a new private equity backer. Now both Lo and Van Ness have equity and power to make decisions about the brand.

One indie area that most of the experts agree is burgeoning is doctor-founded brands—better still if they already have an online presence. Case in point: Idriss, a cosmetic dermatologist with umpteen letters after her name and millions of followers. “I was frustrated by all of the confusion in the marketplace when it came to skincare,” says Idriss. “My goal was to provide clarity among all the noise and debunk misinformation.”

She asked her followers if she should start a brand; they said yes. Her skincare launched two years later as PillowTalk-Derm, and changed to Dr. Idriss Skincare in 2024. The current focus is products with gold-standard ingredients like kojic acid and vitamin C for dark spots, and arnica in a roll-on serum for puffiness.

As Tooley says, beauty is a hard business—and getting harder. Is there still a place for an expert who has a great idea, but hasn’t secured millions in funding? Ramya Viswanathan thinks so. She’s a chemist who’s formulated products for many brands, and recently founded her own, Cmpressd Beauty, which specializes in solid shampoos and conditioners.



“I started my company as a passion project, to simplify my travels,” Viswanathan says. “I was just passing around samples to other people. Everybody asked me for more.” She says there’s a lot of skincare out there, but haircare is ripe for innovation. “It happens to be plastic free and everything, but it’s just good shampoo.”

Viswanathan’s brand is self-funded, and she wants to grow at a sustainable pace. Staying involved and in touch, and being authentic to your original vision, is a message she, along with all the founders we spoke to, has. “It’s really important when you have that founder who’s using their own experience, maybe thinking about things that businesspeople aren’t going to be considering,” Viswanathan confirms. “Those are the brands that have a soul.” ▽



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Active Duty

How Canada's activewear brands are standing out in a crowded market

Words by Sara Harowitz

WALK INTO ANY FITNESS class or gym in Canada and you're bound to see a lot of the same logos. Certainly, brands like Lululemon, Alo Yoga and Nike are popular for a reason—but there's also a burgeoning crop of up-and-coming brands that are carving out a new, exciting path in the activewear space.

Toronto-based Knix was founded in 2012 and quickly became known for its leak-proof underwear; then, to further serve its customer, the brand expanded into activewear in 2021. According to vice-president of design Jules Power, translating its proprietary anti-leak technology into its activewear pieces—which range from shorts and leggings to skorts and sports bras in an inclusive range of sizes—is key to helping the brand stand out in a crowded marketplace.

"The biggest differentiator for Knix activewear compared to competitors in the activewear market is our integration of our leak-proof technology," says Power. "We're continuing to expand our performance-based activewear, with offerings for low-impact movement, high-impact movement and everything in between. These products are designed to move with you through sweat, periods and light bladder leaks to keep you feeling fresh and supported."

Ultimately, it all comes back to the reason Knix was founded in the first place: to foster the autonomy that comes with not having to worry about an unexpected leak.

"Knix's mission is to empower people to live unapologetically free, so we created an activewear collection that gave people that same feeling no matter how

they move," Power says. "When designing our activewear [and all products], we work with wear testers in every size the product is offered in, to ensure that the product experience and functionality is the same for every size offered. We've created an incredible collection over the years that perfectly marries comfort with function and fashion."

That intersection of function and fashion was also crucial for Erin Ward-Williams, who founded Toronto-based activewear line Azur in 2018: "I recognized a clear need for fashion-forward, versatile activewear that seamlessly transitions from workouts to everyday life. From the beginning, our mission has been to bridge the gap between fitness and fashion, designing high-quality, timeless pieces that can be worn on repeat."

Azur's sleek collection of flattering leggings, sports bras, shorts and tops come in a range of sexy colours, from the clay-like Dove to the muted magenta Cherry Noir. According to Ward-Williams, the brand's growing awareness can largely be attributed to one golden rule: build it and they will come.

"We have found that the most effective marketing is truly grassroots," she says. "I always say that word of mouth is what built this brand. Girls telling their friends about Azur is really what has gotten us to the point we are at today. Sure, being spotted on influencers, going viral on socials and having great visuals are wonderful but, at the end of the day, if you've got a great product that people need, consumers will spread the word, and that is the best kind of growth you can ask for."



House iD

Maggy Omrani, co-founder of Vancouver's Monhunny, offers a similar sentiment, saying, "We believe in letting the product speak for itself. Our biggest asset? Women who wear Monhunny, love it and share it."

Omrani and her sister Maya created Monhunny as a way to honour the female form, which means hip-hugging leggings and slinky bras (which have adjustable straps for varying degrees of coverage). Each piece is hand-sewn in Vancouver using high-quality, buttery-soft fabrics. "Monhunny is about celebrating, not hiding," says Omrani. "At the core of our brand is a mission to uplift women. We want them to feel amazing in our pieces—whether they're working out, running errands or just lounging at home."

It's a multi-functional approach also adopted by Vancouver's House iD, which sells a range of tasteful mix-and-match pieces that toe the line between sport and lifestyle. "In its simplest form, House iD exists for the realities of modern life," says founder Lauren Gillespie. "It's apparent that the distinction between traditional work, play and sweat has

evolved, and modern living now requires a greater sense of fluidity. Our lives are faster, more creative, with more opportunities, and what people need right now is a wardrobe that can keep up."

Of course, despite these success stories, making it in the activewear industry is not a walk in the park (no matter how good you look). Vancouver brands such as Recreative Apparel and Strongbody Apparel have called it quits, while popular California company Bandier is, according to its website, "Hitting pause for now." Even the global brands are not immune: Alo Yoga's apparent decline in quality was the subject of a recent viral video by wellness influencers @sweatsandthecity (and as of this writing, has millions of views).

Still, there's plenty of hope for Canadian activewear brands. The key, according to Gillespie, is to authentically connect with and serve your intended community. "It's a crowded, competitive space," she acknowledges. "That said, the brands that resonate with people are proving to be highly successful, with longevity." **V**



Monhunny



Azur



Knix



House iD

Baggy, Bootcut, *Floral & Chic*

Walmart Canada has the season's hottest denim trends for less

Whether you're embracing laid-back street style, a Y2K revival or a polished denim look, Walmart Canada's spring collection has trend-forward denim pieces that are a must-have for your wardrobe. Perfect for effortlessly transitioning from patio brunches to evening drinks, these versatile styles ensure you look chic all day long! [Walmart.ca](https://www.walmart.ca)



- 1. DEVOTED WIDE LEG LOOSE FIT JOGGERS, \$34.98**
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- 2. GEORGE WOMEN'S DENIM SHIRT DRESS, \$29**
Perfect for brunch dates and casual outings. Made from durable denim in 100 per cent cotton, it's easy to move in on warmer days.
- 3. GEORGE WOMEN'S WIDE LEG JEAN, \$25** Upgrade your denim collection with the comfy and stylish George women's wide-leg jeans. Made from a stretch woven fabric, these jeans offer a flattering fit and all-day comfort.
- 4. DEVOTED CASUAL COLLARED MIDI DRESS, \$39.98**
This loose-fitting dress is a go-to this season. Easily change your look from casual to chic by adding a belt and booties.
- 5. DEVOTED LOOSE FIT SHORT SLEEVE DENIM MINI DRESS, \$34.98** This is an adorable new take on a classic denim staple. This cute little dress even has pockets! Enjoy it all season long with simple sandals, running shoes or boots.
- 6. GEORGE WOMEN'S BOOT LEG JEAN, \$25** Styled with belt loops, a button and a zipper fly closure, and featuring a five-pocket design, the stretch fit on these jeans ensures all-day comfort. Pair with your fave pullover, tee or blouse for an effortlessly chic outfit.

R&R&R&R

When one path to wellness simply isn't enough, there's a place in paradise that offers four

Words by
Noa Nichol

STAY Set on a lush private island off the coast of the Dominican Republic (a very short boat ride gets you there and back), Cayo Levantado Resort redefines barefoot luxury with a dazzling collection of 200-plus suites and villas that feel more like personal sanctuaries than, well, hotel rooms. Nestled between swaying palms and world-renowned powdery white-sand beaches, each space is a seamless blend of refined Caribbean elegance, natural beauty and elevated design. Whether it's the whisper of linen curtains in the ocean breeze or the soothing

palette of sandy neutrals and oceanic blues, the ambiance is as serene as it is sumptuous, boasting luxurious bedding, expansive spa-like bathrooms and personalized touches throughout to elevate the experience into something truly transcendent. Whether you're tucked away in a secluded garden villa (with a private plunge pool, to boot) or gazing out at the turquoise sea from a beachfront suite, your time at Cayo Levantado promises more than just a place to stay—it offers a deep sense of escape, intimacy and harmony with the island itself.



SAVOUR From sea-to-table delights to wellness-forward fare, the resort's collection of thoughtfully curated restaurants and bars ensures every palate is indulged, and every moment is savoured. At Palma Real Restaurant, the vibrant heart of the resort, graze your way from fresh ceviche and just-baked coconut bread to chef-prepared stations featuring dishes like grilled mahi-mahi with mango salsa or rosemary-rubbed roast chicken. Don't miss the passion-fruit panna cotta for dessert—a sweet, tropical finish. Tucked inside the resort's serene wellness area, Santa Yuca is a sanctuary for mindful eaters. Embracing the slow-food philosophy, signature plates like the roasted beet and quinoa salad with tamarind vinaigrette, or the plantain and lentil stew, nourish both body and spirit. Pair your meal with a cold-pressed tropical juice or herbal infusion for a fully restorative experience. For Mediterranean-Japanese fusion, Carey Restaurant is a study in contrast—light and fresh by day, sleek

and seductive by night. Start with the watermelon and feta carpaccio or the sushi trio featuring yellowfin tuna, tamarind eel and avocado cream. For dinner, indulge in the saffron lobster risotto or the seared miso-marinated black cod. The cocktail program is equally inspired—try the lemongrass mojito or the yuzu-lychee martini. Meantime, Senda Restaurant is an ode to Dominican heritage, serving slow-braised goat with coconut milk and cassava purée, delicate pastel en hoja (a tamale-like dish wrapped in banana leaves) and, for dessert, a modern take on Dominican cake infused with rum and guava. Finally, at Manaya Restaurant, fire and flavour converge. Known for its premium meats and open-fire cooking, this refined grillhouse features dishes like Japanese A5 Wagyu striploin, Australian lamb chops with rosemary jus and wood-fired Caribbean lobster tails. The ambiance—earthy yet elegant—sets the tone for a dinner that feels both primal and polished.



SIP The resort's seven distinct bars elevate every sunset and starlit evening. At the Coa Lobby Bar, try the smoked tamarind old fashioned. Over at Jaiba Beach Bar, a frozen guava daiquiri hits just right post-swim. Each cocktail is a nod to the island's vibrant spirit, blending local ingredients and international finesse.



SPA The spa at Cayo Levantado Resort offers a tranquil haven where wellness and nature intertwine. Drawing inspiration from the island's rhythms, the spa presents a curated selection of treatments designed to rejuvenate both body and mind. A good way to enjoy the spa solo is through the hydrotherapy circuit—an immersive experience that guides guests through a series of thermal therapies, including a sauna, cold plunge and relaxation areas, pro-

moting circulation and inner balance. Therapists are also on hand to provide treatments, like the 90-minute Forest Therapy session, combining guided breathing, deep massage and a warm mud mask for hands and feet, culminating in a soothing head massage. Or, the hour-long Volcano Lift, featuring a detoxifying facial utilizing volcanic glass and activated charcoal, complemented by hand and foot reflexology and lymphatic drainage massage.



SELF-CARE Perhaps most uniquely, Cayo Levantado Resort invites guests to embark on a personalized wellness journey through its innovative program, "Discover Your Inner Rhythm." This program offers four distinct paths—Refresh, Restore, Relax and Renew—each designed to cater to individual wellness goals and preferences. Upon arrival (or before, via email), take a brief quiz to determine the wellness path that best aligns with your aspirations, whether it's recharging energy, achieving balance, alleviating stress or pursuing spiritual growth. Your path can be applied to specific or all aspects of your stay, from

spa offerings to dining experiences. Central to this transformative experience is Yubarta, the resort's exclusive wellness sanctuary that offers a serene environment for self-discovery and rejuvenation. Facilities include a meditation temple, creative workshops and a cenote for aquatic therapies, all designed to foster a deep connection with oneself and the surrounding nature. Try one of the resort's signature experiences, like a plant concert, casabe making or sound healing; whether seeking tranquility, vitality or spiritual awakening, you'll be guided on a path to rediscover your inner rhythm amidst the island's enchanting beauty.

RAISE A Glass to Mom



MOTHER'S DAY IS just around the corner, and whether you're planning brunch, a backyard picnic or simply toasting her with love, the perfect drink can elevate any moment. This year, celebrate mom with a selection of sips

as stylish, spirited and sparkling as she is. From classic reds to vibrant bubbles and ready-to-pour cocktails, here's your go-to guide for wines and libations guaranteed to impress—all available at BC Liquor Stores. Bliquorstores.com

- 1. GABBIANO CLASSICO RISERVA**
For the mom who appreciates the classics, this elegant Chianti Classico Riserva from Tuscany is a timeless choice. Rich with notes of red cherry, spice, and a hint of oak, it's the perfect pairing for Italian-inspired Mother's Day dinners—think pasta Bolognese or a roasted veggie risotto. A warm, bold hug for mom in a glass.
- 2. LOUIS LATOUR BOURGOGNE CHARDONNAY**
If your mom leans toward whites, this Burgundian beauty is sure to charm. With delicate floral aromas, notes of ripe apple and a subtle kiss of vanilla, it strikes a lovely balance of freshness and finesse. Ideal for brunch spreads with eggs benny, buttery croissants or seafood dishes.
- 3. DILLON'S COSMO**
For the fun-loving mom who deserves to kick back with a cocktail—minus the mixing—enter Dillon's new ready-to-serve Cosmopolitan. Tart cranberry, fresh citrus and just the right hint of sweetness

- make this small-batch Canadian-crafted cocktail an instant hit. Whether she's sipping solo or sharing with her crew, it's pure pink perfection. The best news? It launched at the end of April—just in time for Mother's Day.
- 4. HENKELL ROSÉ**
Pretty in pink and perfectly effervescent, this sparkling rosé is a festive addition to any celebration. With a fresh bouquet of strawberries and raspberries and a dry, crisp finish, it's a cheerful pour for morning mimosas, garden parties or raising a glass to mom just because.
- 5. CEDARCREEK PLATINUM SPARKLING CHENIN BLANC**
For something local and luxe, look no further than this Platinum-tier sparkling wine from B.C.'s own CedarCreek Estate. Crisp, citrusy and crafted using the traditional method, this Chenin Blanc bubbles with elegance. Serve it with oysters, soft cheeses or as a refreshing start to a sun-kissed Mother's Day meal.

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