

# VITA

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### HIGHLIGHTS

**BEAUTY** What does it *really* take to become a B Corp beauty brand?

**FASHION** Canada's top thrift-*fluencers* share their secondhand shopping secrets

**WINE** Six bottles for *seasonal sipping*



**TRAVEL** Hawaii  
Five Stars



**STYLE**  
Here Comes The Vintage Bride

# CLARINS

NEW  
**TOTAL EYE LIFT**  
[RETINOL-LIKE TECHNOLOGY]

30 seconds  
eye lift effect.\*

CLARINS  
PARIS

**Total Eye Lift**  
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\*Self-evaluation, perceived by 111 women. \*\*In vitro test on harungana extract.

# Combo Deal

A dermatologist weighs in on the best way to use a face cream with sun protection

Words by Emily MacCulloch and Ingrie Williams, @t.zonebeauty

**SAVING TIME AND MONEY? YES, PLEASE!** From an effortless lip and cheek stain to a versatile body and hair oil, we love a multitasking beauty product. But when it comes to using a face cream with SPF you need to be a bit savvy with the application in order to get maximum benefits.

“Both moisturizer and sunscreen are non-negotiable elements in any skincare routine,” says Dr. Monica Li, dermatologist, founder of Vancouver Skin MD and clinical assistant professor at the department of dermatology and skin science at UBC. “You need a moisturizer to hydrate the skin, especially with cooler and drier weather, and sunscreen for UV protection all year round.”

With more moisturizer-SPF hybrids hitting shelves this season, if you’re looking to add one to your minimalist routine here are a few best practices to keep your skin healthy and hydrated.



**NUMBERS GAME** “In a combination product, the SPF component needs to be minimum 30 or higher and with broad-spectrum UVA and UVB protection,” says Li. “If you’re only using one and spending time outdoors, then reapplication is needed every 2 hours.”

**MEASURING UP** “At minimum, if the cream is being applied on the face and neck, a full two finger length (index and middle), or a teaspoon, of product is needed for adequate UV protection,” she says. And there’s no harm in using more if your skin is dry and needs more hydration.

**TOUCHY SUBJECT(S)** “If you have sensitive skin, you may want to use a separate moisturizer and sunscreen, as it may help distinguish if either formula is causing skin issues or intolerance,” recommends Li. Ingredients such as UV filters, fragrances or preservatives are common potential irritants for those with reactive skin. She also notes that mineral sunscreen filters, such as titanium dioxide and zinc oxide, tend to be a better fit for sensitive complexions. **V**

From Left Bioré UV Aqua Rich Glow Moisturizer, Clinique Dramatically Different Moisturizing Lotion+, Paula's Choice SPF 50 C5 Broad Spectrum Moisturizer

## EDITOR'S DESK



### A NOTE FROM NOA

September never fails to be a busy month, and this issue of *VITA* reflects that! We were writing, editing and designing down to the wire, all in an effort to bring you stories to make the transition back to school, work and any other type of routine a little lighter. From top thrifting tips to vintage wedding wear to autumn-worthy wine pairings and new beauty launches, I hope you enjoy.

*Noa Nichol*

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## ISSUE 18

The Making of the Ontario  
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VITA X ALOIS LAGEDER

# Sip the Dolomites

Meet Alois Lageder's Terra Alpina Pinot Grigio & Krafuss Pinot Noir

**THERE'S SOMETHING MAGICAL ABOUT** uncorking a bottle that instantly transports you—whether to sun-soaked vineyards nestled in the Italian Alps or a candlelit dinner at home. This season, two show-stopping bottles from Northern Italy's Alois Lageder are stealing the spotlight in Canada: the Terra Alpina Pinot Grigio 2023 and the Krafuss Pinot Noir 2013. Available now at select accounts and private retailers, these wines are the ultimate expression of elegance, craftsmanship and just the right touch of alpine flair.

**A FRESH TAKE ON PINOT GRIGIO** Crafted from organic grapes grown in select Dolomite vineyards, Terra Alpina Pinot Grigio is proof that white wine doesn't need to be basic. Think brilliant straw yellow with a green shimmer—a colour that practically glows in the glass. The aroma is pronounced and expressive, dancing with flowery and spicy notes, while the palate delivers a lively, precise sip with a subtle smokiness and a crisp, fresh finish. It's versatile enough to pair with everything from fresh seafood and mushroom pasta to poultry and pâtés, making it the perfect dinner party go-to. Or, keep it simple: pour a chilled glass, grab some oysters and let Terra Alpina do the talking.

**A PINOT NOIR WITH PEDIGREE** If Terra Alpina is the life of the dinner party, Krafuss Pinot Noir is the dinner guest who arrives in a perfectly tailored suit. Hailing from the historic Krafuss estate vineyard in Appiano, this gar-

net-hued beauty with its ruby shimmer is all about complexity and finesse. The bouquet is pronounced and layered, brimming with red and black berries, pepper and flintstone notes. Medium-bodied and silky, it's a wine that's savoury, fruity and alive on the palate. With the ability to age gracefully for up to a decade, it pairs beautifully with venison, duck, creamy cheeses or even a classic roast chicken.

**WHY WE LOVE THEM** Together, these two bottles capture the duality of the Lageder philosophy: respect for tradition with a modern, sustainable twist. Terra Alpina is fresh and approachable, perfect for casual evenings, while Krafuss is sophisticated and contemplative, built for savouring moments and meals alike. Whether you're raising a glass to cosy fall nights or celebrating with friends, consider this your invitation to sip the Dolomites. [Aloislageder.eu](http://Aloislageder.eu) **V**



ALOIS LAGEDER

CAMPAIGN FINANCED ACCORDING TO EU REG. N. 2021/2115

MINISTERO DELL'AGRICOLTURA DELLA SOVRANITÀ ALIMENTARE E DELLE FORESTE

# THE PRE-LOVED CLUB

Four Canadian thrift influencers spill their top shopping secrets

Words by Alison McGill

## THE PRE-LOVED CLUB

### HAILEY PORTER

**THRIFTING SPECIALTY** Home goods and wearables. I have a knack for finding great entertaining items, fanciful home décor, quality clothing and accessories. By not focusing on one category, I keep things fresh for my buyers who are a global community—the furthest I've shipped is to Italy and Australia.

**ON THE POSITIVE IMPACT OF THRIFTING** In the six years I've had my business, it's been incredible to observe the rise in the interest of thrifting. I love that the popularity of secondhand consumerism has directly influenced major trends and encouraged people to spend in their own communities.

**FAVOURITE FINDS** A glass hammer, which was so novel. One-of-a-kind porcelain chess pieces made to look like mice. A cowhide lined motorcycle jacket which I found on a \$10 rack—it



Kelsey Dech  
@NAURATHRIFT

**THRIFTING SPECIALTY** It shifts from season to season, but my customers always seem to love the purses and shoes I source.

**ON HOW THRIFTING SHAPES PERSONAL STYLE** Gen Z really values individuality and thrifting very much encourages celebrating that. With thrifted finds you can

### @NILLIONAIRECLUB

was a beautiful piece I sold for much more, but the buyer still felt like they were getting a bargain.

**TOP THRIFTING TIP** Create a list on your phone of the things you want. Some stores feel overwhelming, and a list keeps you on track. Always be kind and build a relationship with shop employees, and you will be sure to earn a bonus discount or two.



access so many unique pieces, aesthetics and price points. This generation is also one that has prioritized sustainability and doing better for the environment.

**FAVOURITE FINDS** About a year ago I found a Burberry coat and sold it—I was so excited to find such an incredible piece. I am holding on to a few special items I've yet to sell, including a pair of Givenchy loafers and Prada heels.

**TOP THRIFTING TIP** At the risk of sounding obvious, go often! Thrift store inventory changes over quite quickly—I try to pop into a few at least once a week. Also, join your local thrift store newsletter list to stay on top of sales and discount days.

**SUSTAINABLE FASHION SHOULD BE AT THE FOREFRONT** of our collective consciousness every day. We're seeing vintage fashion pop up everywhere in, well, pop culture, with celebrities including Zendaya, Olivia Rodrigo and Millie Bobby Brown regularly appearing on red carpets wearing iconic throwback 'fits (you know, from the archives). But the thrill of wearing treasures from the past is not a new phenomenon—it's something devout style thrifters have been on to for decades.

In recent years, a passion for pre-loved fashion and décor pieces has fuelled the rise of buzzy, social media-led businesses where stylish thrifters sell their finds. And, what often begins as a side hustle can morph into a lucrative full-time gig.

"Getting into reselling is a labour of love," says Katie Brennan, who has been selling thrifted finds since 2020. "Don't do it for the money, do it for the love of thrifting and sustainability. Success will follow. I started off small and sold items I truly loved instead of just looking at brand names."

We chatted with Brennan and three other style-savvy Canadian thrifters to get the tea on their top shopping strategies, their favourite pre-loved scores and best practices for turning your thrifting passion into a profitable business.



Katie Brennan  
@THE.THRIFTERS.CLUB

**THRIFTING SPECIALTY** I create thoughtfully curated collections, which are re-released weekly. I painstakingly handpick every item and organize pieces into a cohesive theme so the items can be seamlessly styled together. I style everything I sell and model them on myself (or my mom) and post on Instagram. I provide multiple styling ideas to help envision how the piece might be incorporated into your wardrobe.

**ON THE SECONDHAND STIGMA** There is still a bit of a negative vibe out there surrounding shopping secondhand, but I'm slowly seeing a positive shift. It makes me so happy to see teenagers at the thrift stores. The impact of fast-fashion waste on the environment is detrimental. Of the 100 billion garments produced each year, 92 million tonnes end up in landfills; we desperately need everyone to start accepting pre-loved as a viable option.

**FAVOURITE FINDS** A mint condition, 1960s Roncelli navy metal-studded jacket I found and sold. I also recently thrifted an '80s Chanel bouclé tweed skirt—my jaw dropped when I found it!

**TOP THRIFTING TIP** Have patience. Thrifting is all about luck and timing. You must shop frequently and take your time combing through the racks. Find out when your local store restocks and plan to visit then.

### MADELYN KRIESE

### @BACKROAD\_BUNDLES

**THRIFTING SPECIALTY** My clients love my custom style bundles. I will try to find whatever is on your inspiration board. My audience also loves my rapid-fire "Thrift With Me" vlogs, and my "Trying Every Thrift Store in Toronto So You Don't Have To" series, which has become something of an underground city guide.

**ON THE MINDFULNESS OF THRIFT SHOPPING** With micro-trends, people are desperate to create a personalised style and find pieces that are going to last more than two months before the next 'core' hits. Thrifting prompts us to want timeless, long-lasting pieces. We need to re-use items we already have on this planet.

**FAVOURITE FINDS** An Allude cashmere sweater, Louboutin shoes and Chanel loafers, which sell new for \$1,500 and I paid \$20 for. In a time when existing is

more expensive than ever, thrifting provides incredible pinch-me moments.

**TOP THRIFTING TIP** Trust your taste and stay true to your eye. If you want to be a reseller, remember: clients aren't just purchasing clothing, they are investing in your vision. The moment you begin chasing what you think might sell rather than what genuinely excites you is when your authenticity disappears.



## Seven Everyday Elevated Fall Fashion Essentials

As the leaves change, Walmart Canada is redefining fall fashion with elevated essentials and effortless layering at prices that never compromise on style. This season celebrates texture, ease, and a richer colour palette—plush knits, oversized cardigans and fleece-lined leggings in deep cranberry, forest green and golden mustard. Designed for real life, the collection moves seamlessly from weekday polish to weekend comfort. By merging affordability with runway-inspired design, Walmart makes everyday fashion feel chic, versatile and accessible—helping Canadians refresh their wardrobes without stretching their budgets. [Walmart.ca](https://www.walmart.ca)

**1. WIDE-LEG TROUSERS, \$34.98** These high-rise Tencel pants are topped with an elastic waistband. They are perfect for creating comfortable style. Style with a tee and shacket for everyday or a classy knit or blouse for the office or dinner.

**2. GEORGE WOMEN'S V-NECKLINE SWEATER, \$18** Made of comfy jersey knit, this sweater features a flattering V-neckline, long sleeves and dropped shoulders for a relaxed fit. The rib trim at the neckline, cuffs and bottom band add trendy texture. Finished with a straight hem, it pairs perfectly with jeans or leggings for a casual look.

**3. DEVOTED PLUSH COLLAR FAUX LEATHER JACKET, \$44.98** This plush collar faux leather jacket is the ultimate statement piece, combining edgy vibes with luxe comfort. Dress it up with

a fitted dress, opaque tights and heeled ankle boots for a chic, city-ready look that turns heads.

**4. DEVOTED WOMEN'S MID-LENGTH COLLARED JACKET IN BROWN, \$49.98** This mid-length collared open jacket is the ultimate effortless layer, bringing a polished yet relaxed vibe to any outfit. Dress it up with a sleek midi dress and heeled boots for a chic, city-ready look that turns heads.

**5. STRETCH BURGUNDY BOOTS, \$39** A faux leather upper gives this boot a sleek and stylish look, while the rubber outsole provides traction. Designed with a wide width, lightweight construction, square toe, side zipper closure and block heel, they're both comfortable and fashionable. Pair with skirts or dresses for a trendy look that will take you from day to night effortlessly.



**6. FELT BASEBALL CAP, \$12** Top off your look with Time and Tru women's felt baseball cap. It's designed with a curved peak to shield you from the sun's harmful rays. The cap features a six-panel design and button on the crown for a classic touch. The adjustable back strap helps ensure a comfortable fit. Pair it with your favourite casual outfit for a chic and practical look that will take you from running errands to spending time outdoors.

**7. GEORGE WOMEN'S BOXY CARDIGAN SWEATER, \$25** Made of soft jersey knit with rib knit accents, this fabulous-for-fall sweater is perfect for layering. It features a V-neckline, long sleeves, dropped shoulders and a full-button closure for classic appeal. With its boxy fit, it pairs just as well with jeans and sneakers as it does with a midi skirt and boots for a dressed-up twist.



Choosing to wear something old on your wedding day is extremely on-trend

Words by  
Alison McGill

**WHEN NICOLA PELTZ BECKHAM AND BROOKLYN PELTZ BECKHAM RENEWED THEIR WEDDING VOWS THIS SUMMER** the fashion-loving bride decided to make a vintage wedding dress the star of her bridal look. When the couple tied the knot in 2022, Peltz Beckham wore a wardrobe of bespoke designs created by Valentino with the star being a minimalist column gown complete with a dramatic train which felt heavily '90s inspired. Second time around, Peltz Beckham went even more retro with her wedding vibe choosing a singular, romantic ballgown—her mother Claudia's 1985 wedding dress.

Wearing vintage is currently the biggest trend in bridal style. In an age where hyper-personalized details are the most important part of every wedding day, choosing to wear vintage is one of the most beautiful ways to make your day truly bespoke.

"Today there is so much repetitiveness in bridal because of social media, says Olivia Ivey Bannock, an Los Angeles-based stylist whose focus is brides. "Vintage fashion gives your wedding a true moment of differentiation. If you are a fashion girlie and appreciate a moment, vintage is a perfect wedding choice."

Bannock, who is also the CEO of Olivet—a line of fashionable garment bags—says finding dream vintage looks for her clients sparks joy because it's a personal passion of hers. For her own wedding a few years ago, she incorporated several vintage elements into her looks including antique hair pins and a vintage veil to wear with her new season Oscar de la Renta ceremony gown. For the afterparty she changed into a '80s moire dress with rhinestone detailing. She did some creative alterations to transform it into an ultra-chic mini.

Most of Bannock's brides come to her with a mood board requesting specific designers and eras. From there, she

starts the process of treasure hunting, checking in with trusted vintage retailers to see what's available and if they are able to source what she's looking for. Having a dress made in the image of a designer original is also a popular option in the event a style match can't be found.

One of Bannock's clients who recently made a huge impact with her standout wedding fashion is Lauren Kyle McDavid, wife of Edmonton Oilers captain Connor McDavid. On her wedding day last summer, McDavid wore five incredible dresses which were an otherworldly mix of vintage and contemporary looks. For her ceremony, she chose a glamorous Vivienne Westwood Couture custom creation. The supporting stars of the bridal fashion show included a 2007 Ralph Lauren dress with a plunging cowl neckline which McDavid wore to her rehearsal dinner; and an extremely rare Chloé by Stella McCartney blue mini dress, which was worn by Kate Moss on the runway during the fashion house's Spring/Summer 1998 presentation.

"With Lauren, she knew what she wanted with her looks," Bannock says. "She loved vintage Ralph Lauren because it was one of her mother's favourite designers. With the Chloé dress, we looked around the world for it, and a few weeks before the wedding had not sourced it yet, so we had a replica made. Two weeks before the wedding, the dress miraculously surfaced at a vintage store in New York. Lauren wore the original for the first part of the after party then changed into the gown, we had made so we could preserve the original."

If you are looking to secure a vintage wedding dress, know that shopping can require a different level of dedication and patience because pieces are typically snapped up quickly. Cher Thornton is the owner of Toronto's Vintage Bride boutique and says she typically stocks upwards of 300 dresses which date from the early 1900s through the year 2000.



Lauren Kyle McDavid, photographed by Pablo Laguna.

She shares since making vintage wedding dresses the focus of her business in 2017 the demand for gowns has exploded because not only do her customers want to wear something unique, but they also love the sustainable angle, too.

"Right now, dresses from the '90s and Y2K are trending," Thornton says. "We currently have a lot of great designers from the bridal canon including Priscilla of Boston, and William Cahill who was one of the biggest American bridal designers from the 1950s through the '70s. We have also recently had amazing couture pieces from houses like Dior and YSL. Those dresses sell fast."

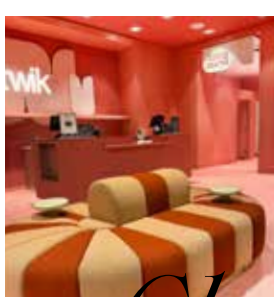
Because sizing can be a bit fussy with vintage pieces, Thornton likes to see brides in person, and reports that many travel distances to secure their dress. She says every gown stocked in her boutique is cared for by her vintage-savvy team

who take care of fabric restoration and any repairs to ensure dresses are restored to their original grandeur. These glow up details are built into the price tag for a dress and customization is also available.

"A lot of times older dresses are quite modest, and clients want to modernize them—sleeve removal is very popular," Thornton explains. "Any excess fabric we have we keep and have amassed an incredible textile library which we dip into for alternations when we need to."

When it comes to cost, a vintage wedding dress is typically more affordable than a new gown. "Pieces are typically reasonably priced, and you can expect a small mark up at vintage retailers to cover their curation costs," Bannock says. "I consider vintage fashion to be a beautiful investment because not only are wearing something that's not only super rare, but a piece of history." V

## Downtown



### Chic

Simons opens its first Toronto location, pairing exclusive collections with a striking, art-filled shopping experience

Words by Truc Nguyen

**SIMONS, A CHAIN OF DEPARTMENT STORES FOUNDED IN 1840 IN QUEBEC CITY**, recently opened its first Toronto location at Yorkdale Shopping Centre (a second Toronto store will open at the Eaton Centre this fall). The opening marks a major milestone for the family-owned company, which now has 18 locations across Canada.

Last month, we got an exclusive tour of the chic Yorkdale space—featuring architecture by LemayMichaud Architecture and interior design by Toronto's Gensler Design—with Simons CEO Bernard Leblanc. "We've curated this store especially for Torontonians, and we're really excited to have you discover what we've prepared," said Leblanc.

Spanning two floors, the 118,000-square-foot store is divided into a series of intimate spaces highlighting different product categories and departments. The "Perennial Ephemera"-themed design, according to the company, is "inspired by natural cycles of light, growth and transformation."

Local and international art—curated and commissioned for each location—is also part of the in-store experience at every Simons. At Yorkdale, there are 40 works by 24 artists on display, including prints by

Prince Edward County-based Ian Brown and mixed-media artwork by Toronto's Patrick Skals. "In all of our stores we have a commitment to the arts, and this store is no exception," said Leblanc.

Of course, the main draw is the retailer's impressive product assortment. The selection of clothing, accessories, and home goods is extensive and diverse.

In the luxurious Édito spaces, shoppers will find Rick Owens coats and plaid dresses by Vivienne Westwood, while elsewhere in the store there are Ed Hardy T-shirts and Vans sneakers. There's also a curated selection from independent Canadian fashion and beauty brands like Smythe, Hooké, and Artifact, along with a large assortment of accessibly priced products from the retailer's in-house labels—including Twik, Le 31, and Contemporaine.

"Seventy per cent of our assortment at Simons is exclusive," said Leblanc. "It is developed by our design teams in Old Quebec City and brought to market throughout all of our stores across Canada." 3401 Dufferin St., North York. [Simons.ca](http://Simons.ca)





 **simons**

**NOW OPEN**

**AT CF TORONTO EATON CENTRE**



 **simons**

**NOW OPEN**

**AT CF TORONTO EATON CENTRE**

# Seal of Trust



What does it really take to become a B Corp beauty brand?

Words by Sara Harowitz

WE’VE LIKELY ALL SEEN THE SYMBOL SOMEWHERE: a skinny black B, sitting pretty inside an underlined circle. And that little B carries big weight, as it indicates that a company has been B Corp Certified—meaning it adheres to a series of meticulously strict standards for corporate social responsibility, from sustainability to fair wages. It’s a notoriously challenging path to walk—so why are brands doing it?

“It represents our commitments as a company,” says Anie Rouleau, founder and CEO of Montreal’s The Unscented Company. “Doing business as a force for good represents the right way to do business for us, and since the beginning, we knew that the B Corp Certification would allow us to do good and better every day.”

The Unscented Company sells a range of all-natural home and body cleaning products that are, as their name suggests, free from scents of any kind. For Rouleau, achieving B Corp status—which the company first did in 2015—was a chance for her to take her brand’s mission to the next level.

“B Corp Certification is a seal of trust in many ways,” she says. “Buying from a B Corp is a statement—it means supporting a company that values its employees, prioritizes environmental responsibility and gives back to the community while maintaining profitability.”

A company that wants to get certified has to meet exacting and demanding standards of excellence across five key areas: governance, employees, community, environment and customers. The process begins with the company conducting a detailed business evaluation using the B Impact Assessment, which

outlines its positive impact across those five pillars. From there, the company has to submit extensive documentation to verify its assessment—from environmental footprint to supply chain—which B Lab independently reviews before making a decision. The process itself can take years, and recertification is required every three.

And being certified isn’t just about doing good by people and the planet—it’s also good business. For Kotn, the Toronto-based clothing and home brand, B Corp status has helped differentiate it in a market prone to greenwashing. “Being a certified B Corp not only helps strengthen the trust we’ve built with our customers, but also allows us to stand out in an industry that can sometimes be less transparent,” says Nihaarika Kapoor, the company’s director of impact and supply chain. “It gives our customers confidence that they’re supporting a brand that prioritizes values like sustainability, ethics and fairness, not just profit.”

Studies have shown that, on average, 60 to 70 per cent of consumers say that they prefer to buy from companies demonstrating corporate social responsibility, with many willing to pay a premium for it. To that end, the B Corp stamp is an easy marker for a shopper to recognize and understand.

“For consumers, seeing that a brand is B Corp Certified means that they can trust the company to have met rigorous standards of social and environmental performance, accountability and transparency,” explains Kapoor. “It means they’re supporting a business that is committed to making a positive impact in every area—from the workers who make their products to the environmen-

tal practices involved in creating them. It gives them peace of mind knowing their purchase supports a brand that is working to create a more sustainable and equitable future.”

“Having the B Corp Certification is really a mark of trust for clients”

tal practices involved in creating them. It gives them peace of mind knowing their purchase supports a brand that is working to create a more sustainable and equitable future.”

It’s no small feat for any company to get certified, but that’s perhaps especially true for a global company with complicated supply chains and thousands of employees. Which explains why Clarins Group managing director Virginie Courtin was beaming on an April 28 live stream announcing the company’s B Corp status.

“B Corp is one of the most demanding certifications worldwide,” said Courtin. “It was very challenging, especially for big companies like ours, so we’re very proud to have reached and obtained this certification.”

Clarins’ sustainability efforts include having two of its own farms—which follow organic and regenerative agricultural practices, and where plants for its beauty products are grown. The company is also incorporating refillable packaging as a way to cut down on waste.

“Having the B Corp Certification is really a mark of trust for clients,” Courtin said, “because it shows them that we are really committed and that we are really taking action for both people and the planet.”



The Unscented Company, photographed by Pété Photographie



The Unscented Company, photographed by Catherine Bernier



Kotn

## From Patio to Fireplace

Six bottles for seasonal sipping

AS THE DAYS GROW SHORTER AND EVENINGS COOLER, our glasses start to crave something versatile—drinks that shine at sun-soaked patio hangs but feel equally at home by the first fires of fall. From crisp rosés and iconic sherries to bold reds and even a botanical gin, here are six bottles that carry you seamlessly through the season.

**01. MISSION HILL FAMILY ESTATE RESERVE MERITAGE 2021** Fresh off being crowned 2025 Winery of the Year, Mission Hill continues to set the bar for Canadian wine. Their Reserve Meritage blends Merlot, Cabernet Franc, Cabernet Sauvignon, Malbec and Petit Verdot into a layered, Bordeaux-style red that tastes like Okanagan sunshine in a

**02. LIQUIDITY ROSÉ OF PINOT NOIR 2024** From B.C.’s Okanagan Valley, Liquidity’s rosé is crisp, expressive and food-friendly—a pink that pairs as easily with charcuterie under the sun as it does with roasted salmon at a cosy dinner table. Crafted from Pinot Noir, it offers bright berry fruit with a refined backbone, making it a year-round crowd pleaser.

**03. HARVEY’S BRISTOL CREAM** A true classic since 1882, Harvey’s Bristol Cream Sherry is blended from finos, amontillados, olorosos and Pedro Ximénez for silky richness and mellow sweetness. Best enjoyed chilled over ice with a slice of orange, it’s a refreshing patio sipper that also doubles as a fireside nightcap. Think of it as the ultimate season-spanning indulgence.

**04. TORMARESCA CALAFURIA ROSATO 2024** Hailing from Italy’s Salento coast, this

delicate rosé captures the essence of seaside living. With notes of pink grapefruit, pineapple, white peach and whispers of jasmine, it’s vibrant and fresh yet laced with savory undertones. Sip it chilled during the last golden hours of summer, then let it transition to aperitivo status as you move indoors.

**05. GLENDALOUGH WILD BOTANICAL GIN** Not a wine, but a must-have for cocktail lovers, this Irish gin is distilled with foraged botanicals that capture the changing seasons. Its wild, herbaceous character makes a stunning G&T in the sun—and transforms beautifully into spiced cocktails come fall. Consider it your liquid passport from garden parties to cosy kitchens.

**06. PETRICHOR CABERNET MERLOT** Named after the earthy scent that lingers after rain, this Okanagan red blends Cabernet Sauvignon, Cabernet Franc and Merlot into a wine as grounding as its name. Expect black fruits, red berry lift and a supple structure. Open it on the patio alongside late-summer barbecues, then revisit it by the fire with braised meats as the air turns crisp.



## LIFT

Clarins' new Total Eye Lift is a 30-second game-changer

Words by Noa Nichol

## OFF

IF THE EYES ARE THE WINDOW TO THE SOUL, then tired eyes are often the first to betray us. Long nights, early mornings, the constant glow of screens and the steady hum of daily stress all leave their mark on the delicate eye contour. It's the thinnest skin on the face, just half a millimetre thick, and the very first place to show fine lines, loss of firmness and fatigue. Now, Clarins is stepping in with a small red bottle that carries a bold promise: a lifted, smoother, fresher look in as little as 30 seconds.

Launched just last month across Canada, Clarins' new Total Eye Lift (\$118 for 15ml; \$94 for the refill) is set to become a beauty essential for anyone looking to restore vitality to one of the most expressive parts of the face. Sleekly packaged in a refillable aluminum bottle, the treatment is designed to deliver both immediate and long-term results while keeping sustainability in mind.

At the heart of this powerful formula is organic harungana extract, a plant-based alternative to retinol that has been earning attention across the skincare world. Known as "nature's retinol," it helps boost collagen, improve skin density, and smooth away wrinkles without the irritation or sensitivity often linked to vitamin A derivatives. Safe for daily use and suitable even for delicate skin, harungana lays the foundation for a treatment that is both highly effective and highly tolerable.

Clarins has paired it with another breakthrough: activated red jania extract, a biotech marine ingredient cultivated

under controlled conditions to maximize its firming power. The synergy between these two botanicals is formidable, visibly lifting, brightening, and smoothing the eye area with continued use. To this, Clarins has added plant caffeine to depuff, horse chestnut escin to stimulate circulation and reduce dark circles, and shea butter to comfort and nourish the skin. The result is a formula that doesn't just refresh—it transforms.

The clinical results speak for themselves. In consumer testing, women reported seeing a lifted effect in just 30 seconds, with noticeably smoother skin after three hours and visibly reduced wrinkles and firmer texture after 30 days. It's the rare product that manages to deliver instant gratification and still build toward long-term transformation. While it certainly works as a quick pick-me-up before a big meeting or evening out, it's designed as an everyday powerhouse, steadily restoring radiance and resilience over time.

Clarins also knows that application is part of the experience. To enhance the effects of Total Eye Lift, the brand worked with renowned facialist Marie Depoulain to develop a simple, three-step at-home draining application method. By using the index and middle fingers to gently lift and drain around the eyes, tension is released and microcirculation is stimulated, amplifying the lift effect. The entire process takes less than a minute but leaves the eyes looking more open, awake, and youthful—proof that skincare can be both effective and indulgent.



A lifted, refreshed look in just 30 seconds—

*no filter required*



Beyond its performance, the new formula also underscores Clarins' long-standing commitment to sustainability. The aluminum bottle is fully refillable, cutting environmental impact by 73 per cent with each refill. The transparent cartridges allow you to see exactly how much product is left, so you'll never be caught off guard mid-routine. It's a thoughtful touch that makes luxury feel not only

responsible but practical too, blending elegance with eco-consciousness.

For anyone battling fine lines, crow's feet, under-eye bags, or simply the all-too-familiar signs of a late night, this little red bottle may be the ultimate reset. Consider it a beauty essential that doesn't just disguise fatigue but actively works to erase it, leaving eyes luminous and refreshed. No filter required. **V**

### 3 Things to Know About Clarins Total Eye Lift

#### RESULTS IN A FLASH

See a lifted, refreshed look in just 30 seconds, smoother skin in three hours, and visibly reduced wrinkles after 30 days.

#### PLANT-POWERED INNOVATION

Organic harungana, a natural retinol alternative, teams up with activated red jania to firm, smooth, and depuff—all while being gentle on sensitive skin.

#### BEAUTY THAT'S BETTER FOR THE PLANET

The sleek aluminum bottle is fully refillable, reducing your environmental impact by 73% with every refill.

VITA X LIVRELIEF

## Quieting the Noise of Pain

LivRelief offers hope for Canadians living with arthritis



SEPTEMBER MARKS ARTHRITIS AWARENESS MONTH, and with it comes a renewed spotlight on one of Canada's most pressing health concerns: chronic pain. Affecting more than 7.6 million Canadians—nearly one in five of us—this invisible condition disrupts daily life in profound ways. "Some people with chronic arthritis can look well because their pain is hidden," explains Dr. Janet Pope, professor of medicine in the division of rheumatology at Western University. "What many don't realize is how difficult simple activities can become—opening a jar, getting dressed, even walking—when arthritis limits mobility."

Enter LivRelief, a Canadian natural health product brand on a mission to "quiet the noise" of pain. Unlike traditional topical creams that sit on the skin's surface and rely on hot or cooling sensations, LivRelief is formulated to penetrate deeper. Approved by Health Canada, its unique transdermal delivery system carries medicinal ingredients like capsaicin (from chili peppers) and bioflavonoids (from fruits and vegetables) directly into muscle and tissue. The result? Relief that actually reaches the source. "Some topical treatments, like LivRelief, may penetrate more deeply into tissues and improve pain in muscles, joints and tendons," says Dr. Pope.

For many, this kind of evidence-based, non-invasive option is a game-changer. "Wherever possible, I recommend proven treatments first," Dr. Pope notes. "But every patient's pain journey is different, so having safe, accessible solutions that truly help is invaluable."

The impact of chronic pain is staggering—not just personally, but nationally. The Government of Canada's Task Force on Chronic Pain estimates the economic toll at \$56 to \$60 billion annually. For Dr. Pope, conversations like these are vital to shifting perceptions. "The goal isn't perfection—it's meaningful relief that helps people function better and feel better. Raising awareness and continuing research is key to improving options for patients."

This September, LivRelief is stepping up its commitment by donating \$1 from every sale to the Arthritis Society of Canada, funding the kind of research and community support that drives real change. As Dr. Pope puts it: "Without research, we won't be better tomorrow than we are today. Every effort helps us move closer to a future where Canadians with arthritis can live with less pain and more possibility."

With LivRelief, relief doesn't just sit on the surface—it goes deeper. [Livrelief.com](http://Livrelief.com)

# HAWAII FIVE STARS

Words by Noa Nichol

**UPON BOARDING THE AIRPORT SHUTTLE** that would take us to our rental car, the driver advised, “When Kilauea erupts, you’ll want to head straight over to Crater Rim Drive.” To evacuate, we presumed. “No,” he said, “to see it!” Hence, our Hawaiian adventure began: 10 days, two islands, unparalleled fun. Here are the details. [Gohawaii.com](http://Gohawaii.com)



## Island of Hawaii

**STAY** For travellers seeking sun-drenched beaches and laid-back luxury, Hawaii Island’s Kohala Coast delivers—and two standout resorts make the most of it. The Fairmont Orchid offers a lush 32-acre oceanfront escape where elegance meets authentic Hawaiian hospitality. With its pristine white-sand lagoon perfect for snorkelling and paddleboarding, unwind with fun and sun passes that include access to kayaks, boogie boards and more. Cultural activities, from hula lessons to canoe excursions to coconut-frond weaving, add meaningful immersion to every stay. Just down the coast, The Westin Hapuna Beach Resort brings contemporary Hawaiian style to one of the island’s most beloved stretches of sand. Part of the Mauna Kea Resort complex, this expansive property offers access to the Arnold Palmer-designed Hapuna Golf Course, two pools (including an adults-only infinity pool) and a state-of-the-art Westin Workout Center with a CrossFit Studio. Between indulgent spa treatments and fresh island cuisine, it’s a serene blend of wellness, adventure and beachfront bliss. [Fairmont.com](http://Fairmont.com) | [Marriott.com](http://Marriott.com)

**SPA** At the Fairmont Orchid’s award-winning Spa Without Walls, treatments unfold in open-air hailes tucked among orchids, lily ponds and streams, or in private oceanfront cabanas where the sound of the waves sets the rhythm for your breath. We tried the Hiwa Hiwa, a 60-minute signature Rainforest Essence journey that blends a traditional lomilomi massage with a Hawaiian māmaki mud wrap for the lower legs and feet. With light-to-medium pressure and the sweet scent of island botanicals, the experience felt like being wrapped in Hawaii’s mana—its life force energy—leaving both body and mind deeply soothed. Just down the Kohala Coast, The Hapuna Spa by Mandara at The Westin Hapuna Beach Resort draws inspiration from both Balinese and Hawaiian traditions. Here, we indulged in the Tropical Hawaiian Body Scrub, a rejuvenating 60-minute ritual that uses Hawaii’s natural ingredients to exfoliate and revive the skin. The treatment ends with a lush application of tropical body lotion, sealing in moisture and leaving skin silky, radiant and island-fresh.

**SEE** Hawaii’s Big Island is a paradise for explorers, offering a blend of natural wonders, cultural

treasures and unforgettable adventures. Water babies, be sure to pick up a fun and sun pass from the Fairmont Orchid, which grants access to kayaks, paddle boards, snorkel gear and more for endless ocean play. For a dose of history, head to Hulihe’e Palace in Kailua-Kona, once home to Hawaiian royalty, or journey inland to Waimea, where paniolo (cowboy) heritage is rife. Animal lovers can meet bottlenose dolphins up close at Dolphin Quest Hawaii, known for its education and conservation work, and nature takes centre stage at Hawaii Volcanoes National Park, where Kilauea and Maunaloa create a dramatic, ever-changing landscape of craters, lava tubes and steam vents. Plan for a full day and expect traffic if eruptions are active. End your trip with a bucket-list experience: a Night Manta Ray Snorkel with Anelakai Adventures. Paddling a traditional Hawaiian double-hull canoe under the stars to watch graceful manta rays glide beneath you is the perfect Big Island finale.

**SAVOUR** From fine dining to flip-flop casual, Hawaii’s Big Island serves up flavours as vibrant as its sunsets. It starts at the resorts; Fairmont’s Orchid Court serves a lavish breakfast buffet with made-to-order omelets, fresh pastries and tropical fruit. For lunch, Hale Kai delivers island favourites like fish tacos, lobster fried rice and avocado toast, served poolside under grass umbrellas. At the Westin’s Binchōtan Bar & Grill, traditional robatayaki grilling infuses wagyu beef, fresh seafood and seasonal vegetables with irresistible smoky depth—best enjoyed family-style on the terrace or with a craft cocktail at the bar. For a cultural feast, it’s back to the Fairmont for the Hawai’i Iloa Lū’au, which pairs a buffet of Hawaiian classics—kalua pig, tropical fruits, island-inspired sides—with an enchanting hula performance set against the historic Kalāhuipua’a backdrop. Beyond the resorts, Mauka Bar and Grill blends American classics with Filipino flair and golf course views. Lava Lava Beach Club serves up beachfront bites on Anaeho’omalū Bay, while the Lagoon Grill at Hilton Waikoloa Village keeps it casual with burgers, sandwiches and tropical cocktails. And don’t miss Merriman’s, a pioneer of Hawaii regional cuisine, or a sweet stop at Punalu’u Bake Shop for island-famous treats.

## Oahu

**STAY** For half a century, Turtle Bay has been a cherished escape for generations of families and friends drawn to Oahu’s wild, windward North Shore. Originally opened in 1972, the resort is synonymous with the natural beauty, big-wave surf and relaxed spirit of the island’s coast. Now, as Turtle Bay enters a new chapter, The Ritz-Carlton has arrived to elevate the experience with its signature style, refinement and world-class hospitality. Perched on 1,300 acres of unspoiled coastline, resort guests can expect sweeping ocean views from nearly every room and suite, along with thoughtful design details that honour Hawaiian culture—from traditional woods and artwork to immersive experiences (horseback rides, turtle tours and fish painting) that connect you with the land and sea. [Ritzcarlton.com](http://Ritzcarlton.com)

**SPA** Step into a deeper state of relaxation with the lomilomi massage at Nalu Spa at The Ritz-Carlton, a soulful healing experience rooted in traditional Hawaiian wellness practices. More than just a massage, lomilomi is an ancient Polynesian technique passed down through generations, blending rhythmic touch with intention to restore balance between body, mind and spirit. The treatment starts with a personalized intention—whether it’s healing, emotional release or deep relaxation—creating a focused energy that guides the treatment. Using long, flowing strokes that mimic the ocean’s waves, the massage works to release tension, improve circulation and reconnect you with your inner calm.

**SEE** From sacred lands to surf towns, Oahu offers an endless blend of history, beauty and family-friendly fun. Start with a visit to Kualoa Ranch, a 4,000-acre private nature reserve rich in cultural significance and cinematic landscapes. Ride horses through valleys, zipline over lush canopies or tour filming locations of iconic movies like *Jumanji*—all while supporting sustainable tourism and Hawaiian stewardship. For a slower-paced day, head to Hale’iwa, the North Shore’s artistic and culinary hub. Browse boutique shops,

refuel with shrimp from a roadside food truck and cool down with shave ice as surfers head out to Waimea Bay and Sunset Beach. Every Wednesday, Waimea Valley welcomes families for Keiki Wednesday—complete with lei-making, cultural workshops, ukulele lessons and waterfall swims, while in Honolulu, Cirque du Soleil’s ‘Auana dazzles with a theatrical ode to the islands, blending hula, acrobatics and music inside the Outrigger Waikiki. History buffs can visit the Pearl Harbor National Memorial, the Bishop Museum or Queen Emma Summer Palace for an immersive look into Hawaii’s past. Whatever you do, end your day in Waikiki with a walk through Kapiolani Park, home to the Honolulu Zoo and live concerts—all in the shadow of one of Hawaii’s most iconic geological features, Diamond Head.

**SAVOUR** Start your North Shore morning in style with breakfast at The Ritz-Carlton Club Lounge at Turtle Bay. Reserved for Club-level guests, this elevated dining experience delivers five daily gourmet presentations, beginning with a serene breakfast spread featuring tropical fruits, island-inspired dishes and locally roasted coffee. With sweeping ocean views and a private concierge on hand, it’s a relaxed, refined way to ease into your island day. After breakfast, head to nearby Kuilima Farm, 468 acres of thriving agricultural land where visitors can pick up fresh exotic fruits from charming farm stands. The farm’s mission—rooted in the Hawaiian value of “kuilima,” or “holding hands with the land”—is all about reconnecting to nature, supporting local growers and nourishing both body and community. Before heading back to the beach, cool off with a refreshing treat from Kula Shave Ice North Shore, also located at the farm. Don’t miss the signature Kula Rainbow (blueberry, strawberry, mango over vanilla ice cream), the Tropical Vibes (mango and liliko’i with coconut condensed milk) or Poi in Sai—a bold blend of sourdough shave ice over fresh poi with haupia cream and liliko’i butter. [Kuilimafarm.com](http://Kuilimafarm.com)

# Back-to-School, The UNIQLO Way

Smart, comfy and ready-for-anything  
essentials for kids

**BACK-TO-SCHOOL SEASON** means fresh pencils, packed lunches, and—most importantly—clothes that can keep up with busy kids. From the classroom to the playground, UNIQLO's

kid-friendly picks are designed with comfort, durability and style in mind, making mornings smoother for parents and days more comfortable for little ones. [UNIQLO.CA](https://www.uniqlo.ca)

Fleece Full-Zip  
Jacket



**EVERY PARENT KNOWS LAYERS ARE THE SECRET TO SURVIVING SCHOOL DAYS** that start chilly and end sunny. This lightweight fleece jacket is the perfect grab-and-go option. Easy to zip on and off, it works indoors or outdoors, over uniforms or play clothes. It's warm, versatile and the kind of piece kids can throw on themselves—because independence counts. **\$34.90**

Rugger  
Polo Shirt



**FOR MORNINGS WHEN YOU WANT YOUR CHILD TO LOOK POLISHED WITHOUT THE FUSS**, the Rugger Polo Shirt is a lifesaver. Crafted from thick 100 per cent cotton yarn with a wrinkle-resistant jersey collar, this relaxed-fit staple looks sharp straight out of the drawer. Whether it's picture day, a classroom presentation or just a regular Tuesday, this polo strikes the perfect balance of neat and casual. **\$29.90**



Soufflé Yarn Sweater

**SOFT ENOUGH FOR SENSITIVE SKIN BUT DURABLE ENOUGH FOR PLAYGROUND ADVENTURES**, the Soufflé Yarn Sweater is made from UNIQLO's signature airy knit. It's cosy without being heavy, with a non-irritating texture that keeps kids comfortable all day long. Parents will love how easily it layers, and kids will love how it feels—like a warm hug on a cool morning. **\$34.90**

PuffTech  
Washable Vest



**SCHOOL DROP-OFFS IN THE DRIZZLE?** Weekend soccer games in the chill? The PuffTech Washable Vest has you covered. Lightweight yet warm, it's finished with a water-repellent coating to handle light rain and is machine washable (a parent's dream). Layer it over a sweater or hoodie, and you've got a transitional piece that works from September through spring. **\$49.90**



Stretch Easy Pants Denim

**DENIM THAT MOVES AS FAST AS THEY DO.** These pants feature a relaxed fit, elastic waistband and drawstring, so outfit changes are quick and stress-free. They look like jeans but feel like sweats, making them the ideal everyday pant for kids who want to play hard without feeling restricted. For parents, they're a no-brainer: easy to style, easy to wash and easy to love. **\$29.90**



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