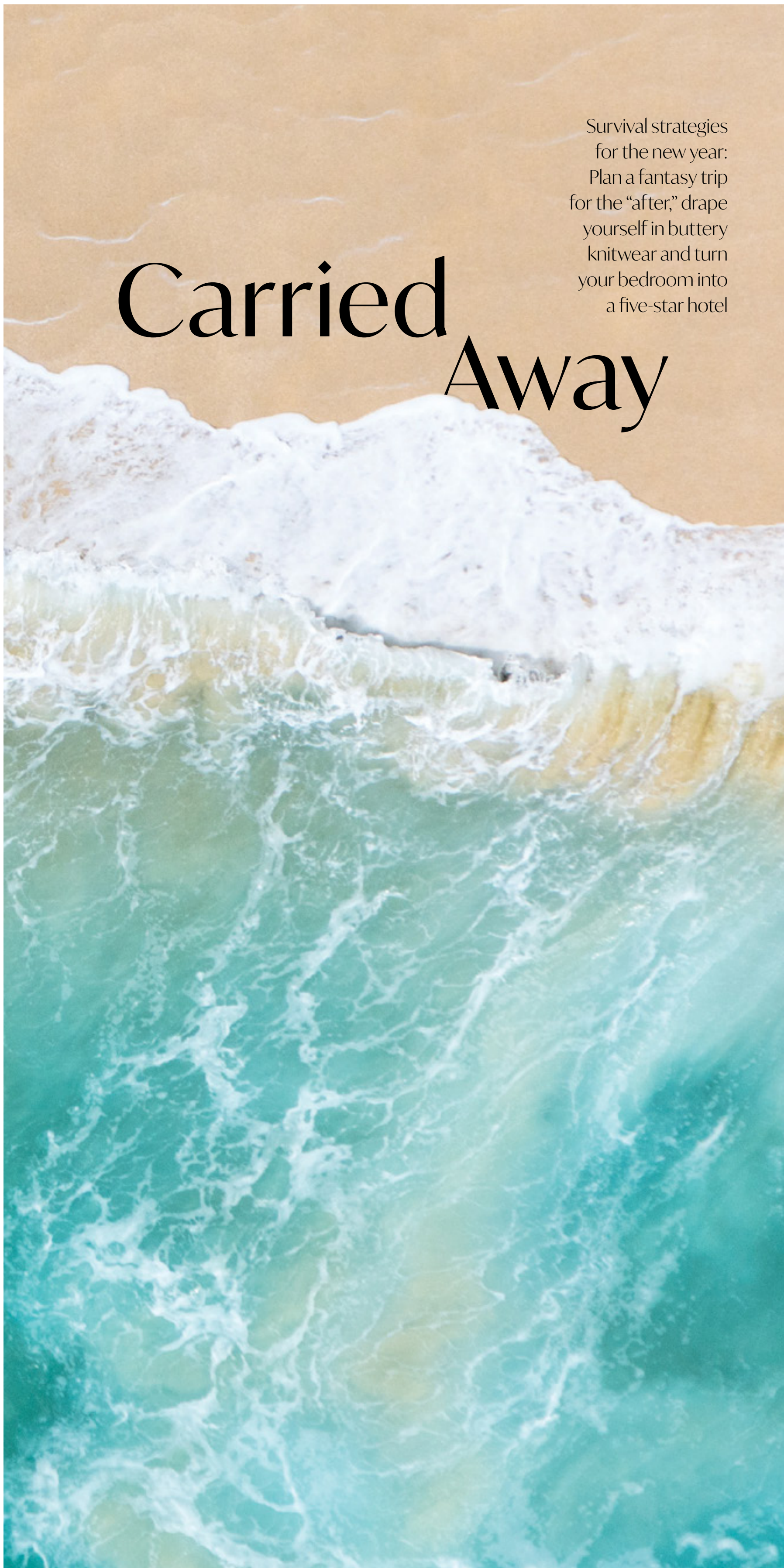


Carried Away

Survival strategies
for the new year:
Plan a fantasy trip
for the “after,” drape
yourself in buttery
knitwear and turn
your bedroom into
a five-star hotel



Power



players

Why vitamin C and probiotics are more than just beauty buzzwords

MARCELLE 10% VITAMIN C + PROBIOTIC SERUM, \$39.95

If you're a skincare enthusiast you already know that vitamin C is one of the best, research-proven ingredients you can use in your daily routine. It's a potent antioxidant, beloved by dermatologists for its ability to decrease pigmentation, encourage collagen production and reduce inflammation. Newer to the skincare scene are probiotics, which strengthen the skin's microbiome—the invisible ecosystem of bacteria—ensuring that the skin barrier can protect itself against the elements for healthy-looking, resilient skin. But what happens when you combine the two?

Known experts in skincare, Marcelle has defined itself by offering hypoallergenic, fragrance-free and dermatologist-approved products since 1874. Now, the brand is unveiling its newest innovation: the 10% Vitamin C + Probiotic Serum, one of the first serums on the market to combine the power of vitamin C and probiotics, while being suitable for all skin types—including sensitive. And while the brand has always been aligned with the values of the clean beauty movement—effective formulas that don't compromise on safety—more recently the company has been developing their products without parabens, formaldehyde donors, phthalates, mineral oil, fragrance and others. The result is universal formulas that provide improvements, regardless of age, skin type or concern. Here's why the new 10% Vitamin C + Probiotic Serum belongs in your routine:

Radiant, smoother skin

Vitamin C is a brightening agent thanks to its antioxidant properties, which offer a number of benefits to every skin type; improving the skin's natural glow, evening skin tone, reducing the appearance of fine lines and wrinkles—the list goes on. The results are clinically proven—from the first application, skin is more hydrated and radiant. After 28 days of use, imperfections appear reduced, skin appears smoother and skin tone is more even. With its ability to tackle a variety of skincare concerns from dark spots to fine lines, it makes an excellent everyday skincare ingredient.

Increased efficacy

Fact: to be effective the vitamin C concentration of a serum needs to be between 10-20%. Also a fact: higher concentrations can trigger irritation, especially for sensitive skin types. To minimize irritation and maximize benefits, Marcelle's 10% Vitamin C + Probiotic Serum includes a 10% concentration of vitamin C. At this percentage, effectiveness is ensured while reducing the risk of irritation. It's also stabilized, so it's as effective as pure vitamin C but unlikely to degrade due to light, oxygen and heat, thus giving it a longer shelf life. You'll reap the corrective and illuminating rewards by preventing dullness and minimizing the appearance of imperfections.

A more balanced complexion

The invisible ecosystem of bacteria that lives on the surface of your skin, also known as the microbiome, provides protection from environmental aggressors such as pollution, smoke and harsh weather conditions. For skin to be able to best protect itself, it needs plenty of good bacteria, known as probiotics, to keep this delicate ecosystem happy. In this serum, the addition of probiotics reinforces the microbiome to keep skin resilient and fresh. Probiotics also lend a soothing effect, thus helping sensitive skin tolerate vitamin C better. The combination of these two powerhouse ingredients equals a recipe for brighter, stronger skin. It's beauty without compromise.

No sweats zone

Renée Tse makes a case for expanding the WFH wardrobe vocabulary beyond the pandemic sweatsuit

You've probably got the WFH look down to a T: Business on the top, French terry on the bottom. But with social distancing mandates stretching on, slipping on those same old sweatpants can be downright demoralizing. So in the spirit of looking *and* feeling great this year, we put together three ensembles that are as chic as they are cozy.



SUZANNE KALAN EARRINGS, \$2,160, HOLTRENFREW.COM

BIRKS EARRINGS, \$2,150, MAISOBIRKS.COM

MEJURI EARRINGS, \$165, MEJURI.COM

FRAME SWEATER, \$1,029, MATCHESFASHION.COM

EVERLANE BODYSUIT, \$101, EVERLANE.COM

COS VEST, \$135, COSSTORES.COM

VINCE PANTS, \$510, NET-A-PORTER.COM

OAK & FORT PANTS, \$68, OAKANDFORT.COM

KOTN T-SHIRT, \$35, KOTN.COM

ARITZIA PANTS, \$149, ARITZIA.COM

TASHA HAIR CLIP, \$30, NORDSTROM.CA

CHANEL NO.1 LIP AND CHEEK BALM IN LIVELY ROSEWOOD, \$61, CHANEL.COM

TOTÊME SHOES, \$601, SSENSE.COM

THEORY SHOES, \$400, THEORY.COM

MERIT SHADE SLICK IN CARA CARA, \$31, MERITBEAUTY.COM

EMME PARSONS SLIPPERS, \$703, LUISAVIAROMA.COM

ILIA LIMITLESS LASH LENGTHENING MASCARA, \$37, SEPHORA.CA

DESKTOP TO DINNER If you're craving the structure of a proper waistband and zip, ease back into biz casual with a pair of crepe trousers that offer ample leg room. Dial up the coziness with a chunky colour-block sweater. Add a pearly hair clip and a pop of berry lip colour and you'll be ready for date night in the dining room.

CAPPUCCINO RUN CHIC There's nothing more low-key luxe than head-to-toe knits. Ace the formula with a sleeveless merino-blend bodysuit and relaxed ribbed pants. Make it a three-piece situation by throwing on a sumptuous cashmere cardigan—and a slick of tinted lip oil—when you step out for a breath of fresh air.

(VIRTUAL) BOARDROOM READY Fact: Going monochromatic will instantly make you look put together, even if the pieces are casual. Go all in for a cream-on-cream look with a sleek, elongated vest, bouclé wide-leg pants and fluffy slippers. Add gold earrings and a serving of mascara and no one will mistake you for a staycationer.

Lucky streak

Lunar New Year is upon us, and surrounding yourself with new things to reap good fortune ahead of the holiday is one of the season's most exhilarating traditions. Shop Renée Tse's picks of the best limited-edition Year of the Tiger collectibles



Estée Lauder's beloved "little brown bottle" is reinvented for Lunar New Year in a generous value-sized red and gold limited edition, so your skin can stay hydrated and smooth all winter long.

ESTÉE LAUDER LUNAR NEW YEAR ADVANCED NIGHT REPAIR SYNCHRONIZED MULTI-RECOVERY COMPLEX SERUM, \$248, ESTÉE LAUDER.CA

This red carnelian and 18k yellow gold pendant features a golden tiger engraving on the back. It's an exquisite lucky charm for the new year but also a jewellery piece to be treasured for years to come.

BIRKS NECKLACE, \$2,888, MAISONBIRKS.COM

Alexander McQueen's Curve bucket bag got the shiny Lunar New Year treatment. The metallic red tone is cool enough to catch someone's eye at a family reunion dinner, but timeless enough to wear all year round.

FRESHEN UP YOUR MAKEUP ROUTINE WITH THIS TOP-SELLING BLUSH, EMBOSSED WITH A CELEBRATORY TIGER AND PACKAGED IN A FESTIVE RED AND GOLD CASE. LAURA MERCIER BLUSH COLOR INFUSION IN GINGER, \$42, SEPHORA.CA

Celebrate the Spring Festival with an exclusive wrappy scarf from Fendi's LNY collection. Tie it around your neck, wear it in your hair or wrap it around your bag handle for a sophisticated touch.

FENDI SCARF, \$250, FENDI.COM

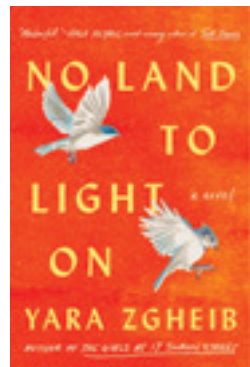
Great escapes

Four brilliant new books to whisk you away from it all



Our American Friend

by Anna Pitoniak
It begins with an invitation: Would Sofie, a middling White House journalist, like to meet with the First Lady—in private? Sofie's about to quit her job, burnt out after covering a cynically dysfunctional presidency. But the expensively clad, blank-faced First Lady is an intriguing enigma. She offers Sofie unfettered access to write her biography, starting with her father's role in the KGB. It's the scoop of the century, but soon Sofie senses she's being drawn into something much bigger—and more dangerous—than she'd bargained for.



No Land to Light On

by Yara Zgheib
After years of struggle, including escaping a civil war, Hadi and Sama are finally building an approximation of the American Dream: their own home in Boston, their first child on the way. Then comes Hadi's father's death, his trip back to Syria and the travel ban that tears the couple's world apart overnight. It's the gripping, intimate story of a nightmare in which a father cannot return to the country where his son has just been born, and a piece of paperwork becomes an almost insurmountable obstacle.



A Thousand Steps

by T. Jefferson Parker
A coming of age story set in the Age of Aquarius—but make it Agatha Christie, with a bit more LSD than usual. Matt is 16, growing up in 1960s Laguna Beach, where hippie caravans flock in search of good vibes, man. But Matt is only interested in one thing: Finding out what happened to his missing sister, whom local police are dismissing as just another lost teenager drawn to finding peace and love farther afield. Matt has doubts—which grow stronger when the body of another teenage girl washes up on the beach nearby...



When We Lost Our Heads

We generally just "add to cart" immediately when we see Giller Prize-nominated author Heather O'Neill's name on a book cover. This one is a chilling, fascinating story set in 1873 on Montreal's Golden Mile, home to the city's wealthiest families. A sunny sugar baron's daughter and a charismatic newcomer begin an intense friendship that takes a rather dark turn, setting off a series of events that will haunt the two girls into adulthood, long after their families separate them. It's twisty, turny and monstrously clever.

—Sarah Laving

For mothers of the lockdown era like Olivia Stren, heaven is a vacation from responsibility, a solo voyage to somewhere far, far away

Almost Paradise

During the past two years of rolling lockdowns and school closures, the main form of travel I allowed myself to fantasize about was the trip that my 6-year-old son, Leo, would make to school when it finally reopened. I dreamt of that 10-minute journey, the way I might once have envisioned going to the Galapagos. When the morning came last September, and I finally watched Leo toddle off with his first-grade classmates, *out of my care*, it was one of the most singularly thrilling moments of my life. Fellow parents gripped the fence, wept silently, high-fived or cackled in a vaguely maniacal free-at-last sort of way. There was a post-war celebratory vibe to the scene, a pageant of grief and relief lit by that kind of autumnal sunshine that sparkles like Moët Chandon. Some parents were even moved to clap as they beheld their children enter the school building, in the way airline passengers applaud the pilot post-landing—applause for not dying? In the age of COVID, a bricks-and-mortar classroom is basically the new Four Seasons (for parents, at least).

Then, in the briefest window before Omicron reared its wretched head, I was invited to visit an actual Four Seasons on Mexico's Baja Peninsula. Alone. I hadn't experienced the anticipatory pleasure of international travel in years, much less a vacation from maternal responsibility. I accepted immediately, gratefully and reflexively, the way a drowning person might reach for a piece of driftwood.

I had often heard about Cabo, its glamour and its constant flow of Kardashians (the Cabo San Lucas private jet airport, I gather, is busier than Heathrow). But when I arrive at Costa Palmas, on the peninsula's deserted East Cape, I find it startlingly and thrillingly empty, steeped in a luxuriant, almost lunar silence. Suddenly, the trip feels more interplanetary than cross-border. I may as well have booked a sojourn in space.

The new Four Seasons Resort at Costa Palmas is perched on a three-kilometre expanse of untouched coastline on the Sea of Cortez. Vast and blanched, the beachscape is framed only by the distant spectral silhouette of the Sierra de la Laguna mountain range. As I take in the scene, I think about how Brené Brown said the only revenge against overwhelm is "nothingness." On her Unlocking Us podcast—podcasts, of course, serving as the preferred method of mental escape of house-locked mothers everywhere—Brown quoted American scientist and mindfulness expert Jon Kabat-Zinn's definition of overwhelm as "the all-too-common feeling that our lives are somehow unfolding faster than the human nervous system and psyche are able to manage." Check. This suddenly seems the ideal setting for my convalescence.

Animating the emptiness is an expanse of sea and sky, locked in an eternal competition for which is bluer, as if the ghost of Frida Kahlo were perpetually painting them the same shade of cobalt as her famous Casa Azul in Mexico City. A convention of yellow butterflies career through the salt-and-sage-scented air, sunlit palms rustle like sequined skirts, and frangipani, white and gleaming as tiny petalled moons, bloom in beds of deep-green glossy leaves. I sense something exotic and faintly familiar—pleasure? A renewed sense of myself as a person with tastes and capacity for enjoyment? A wander through the property, past lemon trees and towering cactus, takes me to an onsite James Perse boutique, the low-key luxury T-shirt brand. In fact the whole resort—its refined minimalism, its earthy palette of cactus and dune—looks like it could be the result of a collab between James Perse and, say, *Don Quixote* author Miguel de Cervantes.

But the real extravagance here comes in the form of space and silence. I am here for four full days. Parenting, and pandemic parenting in particular, has a way of fracturing time into stingy pellets—made for tasks and snacks and activity-negotiation and fights over screen time. I'd like to say that I immediately savour this unfenced wilderness of time and space, using it to meditate on the Big Questions. But when I take to a beach lounge and stare at the horizon, I find myself reflecting more on whether to order the aguachile or the heart-of-palm salad for lunch. (I choose aguachile: shrimp brightly dressed in chiles, lime and coriander.) I feel weirdly destabilized by the freedom, as if I'm struggling to acclimatize to life on the outside. When I return to my suite, a soak in my spectacular sea-facing, freestanding bathtub helps ease the transition.

As if just being here weren't spa treatment enough, there is also an actual spa, like a petite paradise within a heaven for an extra level of reward. Here, I enjoy a superb facial involving a procession of wildflower-infused Tata Harper serums, masks and oils. My skin, having spent the past couple of years busily acquiring new worry wrinkles and stress-induced eczema (what a delight!), emerges feeling as silky as the local frangipani.

This is not the sort of place you frankly ever want to leave, but I do because I am signed up for a cooking class at Flora Farms. During the long and twisty drive there, through cactus-ornamented, chihuahua-coloured dunes, I'll admit to feeling vaguely resentful at being exiled from heaven. And since I've been involved in constant food prep for the past six years, I'm not feeling particularly keen to spend my time away from home chopping vegetables.

I change my mind swiftly upon arrival. At Flora Farms, a 10-acre organic farm at the foothills of the mountains, a trio of geese strut around with the confidence of cowboys

I find the place startlingly and thrillingly empty, steeped in a luxuriant, almost lunar silence.

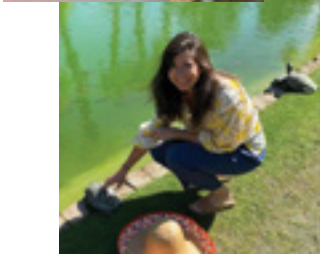
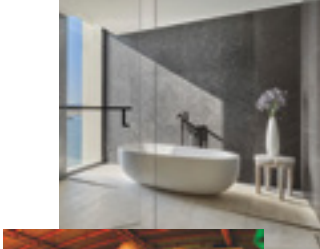
in an old Western. Turtles with backs as black and ridged as overripe avocados lounge around a pond the colour of molten emeralds. The gardens are lush with baby papayas (presumably learning what it means to be a papaya) and towering nopal, touristed with hummingbirds and Los Angeles-based Instagrammers in crop tops. Maroon 5 singer Adam Levine married model Behati Prinsloo on the field of Bermuda grass. I join the cooking class, and we make tamales and salsa in a molcajete made of volcanic rock, and drink wild hibiscus juice as noonday sunshine filters through the pink oleander.

When I return to my lounge perch, I listen to an interview with 95-year-old comedy legend Mel Brooks, who has just released his memoirs, *All About Me: My Remarkable Life in Show Business*. You are only as old as you feel, goes the adage, and I've lately been feeling at least 87, so I feel invested in any wisdom Brooks might impart. "I'm so grateful to be able to eat scrambled eggs and toast for breakfast, and sometimes a roast beef sandwich for dinner," he says. "I'm so happy that I still have something of an appetite." Perhaps it's because of the gluttonous day I've just enjoyed, but it seems to me that no wiser statement has ever been made. Life comes down to the importance of appetite, of desire. In these years of privations and scarcity, we've had to adapt to—and adopt—a lack of desire. Normalizing the not-wanting is the survival game, our only move. But I realize that what I've been longing for most was longing itself, and there's nothing quite like travel to kindle all the appetites—for experience, colour, newness.

Especially solo travel. Another novelty: I call to talk to my husband and son and find that I actually miss them, a rare and pleasurable sensation. If travelling alone is about the people you don't spend time with (i.e. the ones that live in your house), it's also about the ones you unexpectedly do meet. I find myself having a glass of Mexican wine with Patricia Mendoza, the unofficial painter laureate of Los Cabos, at her San José del Cabo art gallery. In the span of about 15 minutes, she tells me about her three marriages, the time she took a fresco lesson with Diego Rivera's grandson, and how she met her second husband, a descendant of Portuguese royalty, riding English saddle in Guadalajara.

I think of this colourful conversation the following week when I'm back in captivity (I mean home), standing in a playground in the shabby greyness of a Toronto winter. This pandemic has produced more

waves than the Sea of Cortez. Schools are once again closed, we're back in lockdown, but I occasionally superimpose the colours and flavours of my trip on the visual, literal, psychic dullness. While navigating a particularly difficult virtual grade 1 math class (it's no Four Seasons), I do my own arithmetic: How many more days of this madness? I throw myself a life raft of hope: Maybe I'll go back to that beach one day soon. Or maybe I'll want to go somewhere else? I'm so happy I still have something of an appetite.



From top: Kilometres of untouched coastline on the Sea of Cortez; the earthy refinement of the new Four Seasons Resort Los Cabos at Costa Palmas; a soak with a sea view; the colourful cooking class at Flora Farms; the writer communing with local turtles.

PHOTOGRAPHY: THE FOUR SEASONS



Get your

**BOUNCE
BACK**



NEW

Target natural elastin for
**VISIBLY FIRM, PLUMP
& LIFTED SKIN**

**NEW CONTOUR RESTORE™
TIGHTENING & SCULPTING FACE CREAM**

As elastin decreases over time, skin loses its shape and youthful bounce. This moisturizer targets natural elastin to address loss of volume and sagging skin on the face and jawline.

Clinically Proven:

Visibly improves
**SAGGING SKIN
ALONG JAWLINE
IN 4 WEEKS***

Visibly plumps
**CHEEK FOLDS
IN 8 WEEKS***

StriVectin outsmart aging

Available at Shoppers Drug Mart • StriVectin.com or call 1-800-272-2376 **f** **i**

*Based on expert grading when used as directed on 32 subjects.

StriVectin®



Well, now

Sarah Laing dives into the world of wellness to find out what's hot—and what's not—for 2022

When the word “wellness” first appeared in the English language, circa 1650, it essentially meant “the opposite of illness”—a simple definition that’s a far cry from the amorphous, slippery concept the term encompasses now. But even the earliest documented use of the term framed it as a buzzword. “Pray, what is meant by wellness and unwellness?” an aristocratic woman named Dorothy Osborne asked her husband, a diplomat, in an undated letter around 1655. “You never send me any of the new phrases of the town,” she chided, the 17th-century equivalent of accusing him of gatekeeping the best memes.

Some 400 years later, there’s a good chance you still feel the same way about wellness, the most diluted and overused-to-the-point-of-utter-meaninglessness trend of our time. While the basic definition remains—if you’re not ill, you’re well—the ways we define wellness change all the time. Ten years ago, wellness meant doing CrossFit and chugging Splenda. Five years ago, it involved Whole30, a spiralizer and as much turmeric as your

Golden Mylk Latte could take. And now? Well, given this is a \$5 trillion market that’s projected to shoot to \$8.8 trillion by 2025, according to the non-profit Global Wellness Institute, it’s almost certain your CBD pillow spray and candle meditation setup are about to be relegated to the same cultural wasteland as skinny jeans and mermaid curls.

So what does await us in that next promised land wellness trends always call us to? Well, since crystals are apparently out, we tapped experts in the industry for their best guesses at what the biggest 2022 wellness trends are going to be.

A caveat: If something has been working for you, making you feel good, we’re not here to tell you to stop doing it because it’s “out.” (It would be like telling you to start plucking your eyebrows again because skinny brows are back. We see the fortune you spent on Latisse, and we could never.) In the words of those tarot readers (trend alert!) that have been taking over your TikTok lately: Take it as it resonates.

While the basic definition remains—if you’re not ill, you’re well—the ways we define wellness change all the time.

TREND: THE “TOUCHLESS SPA” You don’t need to be a trend forecaster to get why people might be hesitant about having a stranger get close to them right now. “Clients want that spa-like feeling without a lot of contact,” says Dr. Aliya Visram, a chiropractor, acupuncturist and co-founder of Wellbe wellness centre in Toronto. That explains the growing popularity of “touchless” services like cold-plunging and cryotherapy, salt rooms, float pods and infra-red saunas that you enjoy completely alone. Equally popular are DIY treatments that can be done at home. “The shift from going somewhere to feel good to at-home self-care is the number 1 trend we’re seeing,” Visram says. “Getting a massage has turned into self-massaging with a device like a Theragun.” She notes that tools like “ear seeds,” which you can place yourself for “acu on the go,” and gua sha stones for DIY massage have become top sellers for Wellbe’s wellness store, Bloom Balance.

TREND: GENTLE MOVEMENT We’ve come a long way from the era when high-impact fitness classes like SoulCycle or CrossFit reigned supreme. “Walking is the new running,” says Visram. “We’re all leaning into more grounding forms of activity, like getting into nature.” She’s traded her own Orangetheory membership for the routine of walking her kids to school and doesn’t see herself going back to working out in a sweaty room with a crowd of other people. “I even think we’re transitioning out of yoga,” she says, which is quite something coming from a former Bikram instructor. “A lot of my patients aren’t doing it as much as they used to, and if they do have a practice, they’re doing it on their own, in the comfort of their own home.”

TREND: SELF-CARE 2.0 While this buzziest of terms isn’t going anywhere, expect its definition to evolve in 2022. “We used to think of self-care as taking a bath and lighting a candle, and while we still love that, this kind of self-care goes deeper,” says Rebecca Coleman, social media marketing manager for The Wellness Show, which draws 20,000 people and more than 200 exhibitors to Vancouver annually. “We’re seeing more and more people reflecting on the inner work, going to therapy, learning about their attachment styles and trying to heal themselves from childhood traumas,” she says, adding that this is the biggest trend she’s noticed ahead of the 2022 expo in late March. A collective approach to this healing is something Visram has noticed among the Gen Z staffers at her clinic. “There’s a shift from self-care to community care. Instead of connecting with friends over drinks, they’re doing things like meditation or going on walks together for a shared healing experience.”

TREND: INTUITIVE EATING “I’m seeing my clients shift from restrictive eating practices like juice cleanses and raw vegetable diets to more intuitive and mindful eating,” says Visram, who’s been on her own journey with food over the past year, moving from counting macros to “allowing” herself to eat things that she would have felt guilty about before. “They’re things that actually are good for your body and feel good emotionally,” she explains. “It’s less diet-y, more ‘this feels good right now so I’m going to

explore this.’” Hello, TikTok food influencer Emily Mariko and the return of white rice to white women’s collective good graces.

TREND: MUSHROOMS There’s a hot new ingredient that’s about to have a chokehold on us: mushrooms, specifically the red reishi variety. “Mushroom adaptogens are very hot right now,” says Coleman, placing them in the broader category of “herbal pharmaceuticals” that have been used for centuries in Ayurvedic and Traditional Chinese Medicine. “The red reishi mushroom contains the highest concentration of phytonutrients such as beta-glucans and triterpenes or ganoderic acid, adaptogens that help to improve the body’s ability to cope with stress and support our immune system.” Reishi is already popping up everywhere from gummies to teas and promises to become as ubiquitous as CBD is now. “Everyone’s talking about anxiety and overwhelm,” says Visram, linking this ingredient’s popularity to a larger focus on emotional wellness. And she points to another mushroom-related trend of a more psychedelic variety. “Microdosing is becoming a big thing,” she says, referring to the practice of consuming small amounts of psilocybin mushrooms (the “magic” ones) on a daily basis, in tea, smoothies or chocolate. “It takes the edge off and gives people the opportunity to be in the moment rather than running through the rat race in your brain.”

TREND: PECAN OIL Pecan oil is in a way heir to the skin- and hair-nourishing oil cult built by argan, which once felt so new but is now utterly ubiquitous. “Pecan oil is rich in vitamins E and A and antioxidants,” explains Coleman, who’s a big fan of the serums, balms and edible oils made by B.C.-based Indigenous-owned brand Nuez Acres, which uses pecans sustainably grown on one of the co-founder’s family farm in Mexico.

TREND: SKINIMALISM “Simple, clean skin and natural beauty is having a real moment,” notes Coleman, who has been tracking interest in facial yoga—exercises that stimulate lymphatic drainage—and “slow beauty,” which prioritizes sustainability and ethical ingredients. Visram reports that her clients are also abandoning their 12-step skincare regimens in favour of a few efficacious products and rituals like dermal rolling and facial cupping. “I find most people aren’t doing as much Botox,” says Visram. “It’s a less-is-more vibe.”

TREND: HOLISTIC SPIRITUALITY Nice knowing you, rose quartz! As crystals fade from the spotlight, what Visram describes as “holistic spirituality” is taking their place. “My patients are talking about getting tarot readings and how the moon or Mercury retrograde might be affecting how they’re feeling,” she says. “Manifestation and journaling have been a huge trend on TikTok,” adds Coleman, noting that these practices have folded in self-care routines as a way of processing the stress of the past two years—and, you know, taking a break from social media, including the aforementioned platform that’s set many a wellness trend as it had its own meteoric rise over the pandemic.

THE KIT

Editor-in-Chief
Laura deCarufel
Creative Director
Elena Viltovskaia
Executive Editor
Rani Sheen
Beauty & Lifestyle Director
Katherine Lalancette
Managing Editor
Eden Boileau
Shopping Editor
Renee Tse
Associate Editor
Melissa Perdigao
Intermediate Art Director
Olana Cazan

Associate Art Director
Poonam Chauhan
Assistant Art Director
Briannah Daniel
Publisher, The Kit
Giorgina Bizoni
Operations Director, Digital Media
Kelly Matthews

Direct advertising inquiries to:
Collab Director
Evie Begy, eb@thekit.ca
Collab Specialist
Madeline Sarraconi
Marketing Specialist & Project Manager
Courtney Palmer

(c) 2022, The Kit, a division of Toronto Star Newspapers Limited.



Co-Proprietor & Publisher, Toronto Star
Jordan Bitove
Chair & Co-Proprietor, Torstar
Paul Rivett
Vice-Chair, Torstar
Hon. David Peterson

Room service

There’s just something about a fabulous hotel: the robe, the sheets, the uninterrupted sleep. While your passport waits in a drawer, make your bedroom your getaway with inspiration from three must-book properties



CRYSTORAMA LIGHTING
WALL SCONCE, \$195, CANAD-
ALIGHTINGEXPERTS.COM



WEDGWOOD TEACUP AND SAUCER,
\$123, WEDGWOOD.COM



CB2 THROW,
\$269, CB2.CA



SKIMS SILK
ROBE, \$426,
SKIMS.COM



STRUCTUBE MIRROR, \$349,
STRUCTUBE.COM



ADHIRALINEN PILLOW
SHAM (KING SIZE), \$41,
ETSY.COM

THE GOOD LIFE To check in to N.Y.C.’s Plaza Hotel is to check out of reality, taking your place among movie stars, millionaires, ladies who lunch, tiny dogs and tinier handbags. Who lives that gilded, pampered life? Well, maybe you do, in your bedroom, with a few fancy touches? Recreate the lap of luxury in an elegant robe, propped up on pillows bedecked in gold piping (just like in a Plaza suite), and sip from dainty fine china (and dream of afternoon tea at The Palm Court). An ornate gold mirror, luxurious faux-fur throw and a wee bit OTT chandelier wall sconce seal the decadent deal. All that’s missing is the turn-down service.

SOCIETY 6
PRINT, \$33,
SOCIETY6.COM



DESMOND & DEMPSEY
PYJAMAS, \$205,
FARFETCH.COM



URBAN OUTFITTERS
LAMP, \$114, URBAN-
OUTFITTERS.COM



H&M CUSHION COVER,
\$7, HM.COM



WEST ELM CANDLE
\$34, WESTELM.CA

TROPICAL PUNCH Infusing lighthearted glamour into South Beach, the aptly named Goodtime invites guests to fully indulge in Miami’s vices. It’s no wonder Pharrell Williams, eternal purveyor of good vibes, is behind the endeavour: a palm-dotted pastel fever dream that could easily serve as the backdrop to a Wes Anderson film or the most fun weekend ever. Capture the mood with a pink and mint palette, rattan nightstands and a few Floridian accents, and pretend you’re lazing by the candy-striped pool as a DJ spins your cares away.



BEACHCREST
HOME CHAIR, \$530,
WAYFAIR.CA

ROVE CONCEPTS
LAMP, \$624,
ROVECONCEPTS.COM

DESERT OASIS It’s as though you’ve landed on the moon. At Utah’s ultra-exclusive Amangiri, desertscapes and minimalist design conspire to make you let go of everything back home. No frivolous details to distract, no nearby attractions to cross off a list. (It’s all-inclusive and as secluded as it gets, so apart from a leisurely hike, there’s really no reason to leave.) Craft a sanctuary of your own with clean lines and creamy textiles, then leave your phone in the kitchen and shut the door on the chaos.



MUST SIDE TABLE, \$200,
MUSTSOCIETE.COM

MONTANA LABELLE RUG, \$6,160,
MONTANALABELLE.COM

CRATE AND BARREL
VASE, \$89, CRATE-
ANDBARREL.CA

PHOTOGRAPHY: GETTY IMAGES

PHOTOGRAPHY: THE PLAZA HOTEL, THE GOODTIME HOTEL, AMANGIRI HOTEL



Magic Alhambra long necklace
Yellow gold, white mother-of-pearl.

Van Cleef & Arpels

Haute Joaillerie, place Vendôme since 1906

