



## Spring awakening

To make the world a more beautiful place, first remind yourself of its majesty. In this issue: Plunge your hands in the earth, marvel at the delicate curve of a fresh bloom and plan a wear-everywhere wardrobe with intention

*Photography by Joe Saraceno | Styling by Wilson Wong*





**THE ROUND SHOULDER BAG**  
A black bag is a wardrobe classic, but this one's half-moon silhouette and chunky aluminum chain give an edgier take, and it can be worn cross-body too. It's made of mycelium, the root-like structure of fungi (read: mushroom leather), a super vegan alternative to leather or vinyl.  
**STELLA MCCARTNEY BAG, \$3,445, STELLAMCCARTNEY.COM**



**THE CAT-EYE SUNGLASSES**  
Top off your spring outfits with modern yet timeless cat-eye sunglasses. The D-frame style by Canadian jeweller Jenny Bird is handmade out of biodegradable acetate, and they're light. Read: easy to wear all day long.  
**JENNY BIRD SUNGLASSES, \$240, JENNYBIRD.CA**



**THE SHIMMERY CHOKER**  
Made of recycled silver fragments and a single freshwater pearl, this unexpected design is playful, polished and cool all at once. It's a necklace you can wear for both day and night, on its own or layered with your treasured chains and pendants.  
**BAREBONE NECKLACE, \$215, BAREBONEAPPAREL.COM**

# Spring hits

The best wardrobe updates are both timeless and eco-conscious, a beautiful combination

By Renée Tse

Spring connotes fresh starts and new beginnings, which is why we itch to ditch our dusty winter gear and shop for a whole new wardrobe when the weather warms up. While chasing the latest trends can be fun, shopping for pieces that'll end up in the back of the closet in a couple of months isn't what we're all about. These carefully chosen pieces will inject some newness to make your closet feel up to date, while being classic and high-quality enough to last for years, plus they're all made in thoughtful, eco-conscious ways. It's the best of all worlds.



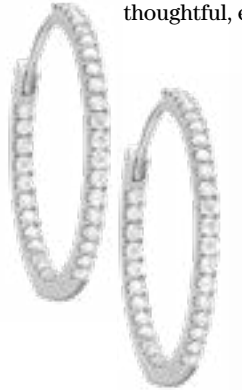
**THE KNIT TOP**  
When the day calls for a low-lift look, throw on a collared knit top over a pair of your go-to bottoms (blue jeans, neutral wide leg trousers, denim skirt). Made from 70 per cent organic cotton, this one features an intarsia pattern and looks just as good buttoned up or layered over a tan. Get the matching shorts to make a set.  
**KOTN TOP, \$148, KOTN**

**THE SILVER SANDALS**  
A metallic sandal is the perfect styling to set off your spring uniform. Montreal-based footwear brand Maguire decided to repurpose the deadstock leather from the factories they share with other brands to construct the Extra collection, including these chunky sandals featuring scalloped-edge straps.  
**MAGUIRE SHOES, \$245, MAGUIRESHOES.COM**

**THE SLOUCHY DENIM**  
The straight-leg jean goes more relaxed this spring. This slouchy pair is made of organic cotton and plant-derived Tencel fibres, and feels so comfortable, even when you're sitting and typing away. The high-rise silhouette and studded design will take you from work to happy hour in style.  
**REFORMATION JEANS, \$288, THEREFORMATION.COM**



**THE WHITE DRESS**  
A linen shirt-dress is one of those pieces you'll reach for time after time. Made in a textile factory that joined the Greenpeace Detox Project, which is committed to eliminating substances harmful to the environment and human health, this one has traditional dress-shirt finishing but looks effortless.  
**GABRIELA HEARST DRESS, \$3,396, GABRIELAHEARST.COM**



**THE HOOP EARRINGS**  
Hoop earrings make even the most casual outfits glamorous, especially when pavé diamonds are involved. In this pair, diamonds are set both outside and inside the hoop for extra sparkle. They're made of lab-grown diamonds and recycled 14K gold by Proud Diamond, a Montreal-founded jewellery brand specializing in conscientious sourcing.  
**PROUD EARRINGS, \$3,800, PROUDDIAMOND.COM**



**THE LAYERING HERO**  
With temperamental spring weather, keeping lightweight outerwear within arm's reach is smart. This gender-neutral bomber from Montreal brand &Or Collective is made of ethically sourced merino wool and has zip-off sleeves, so it can be worn as a jacket or vest—a layering dream.  
**&OR COLLECTIVE JACKET, \$760, ANDORCOLLECTIVE.COM**



# Getting dressed now

What to wear during the tricky transition season? Build a uniform of polished basics with inspiration from a pair of stylish Canadians

**Sirat Sandhu** For someone with an enviable sense of personal style, Toronto-based creative director Sirat Sandhu is refreshingly forthcoming about the sartorial evolution she's still in the midst of.

Having worked as a model for almost a decade—during which she embraced the off-duty model look that leans heavily on “trendy pieces”—Sandhu has recently taken a more thoughtful, refined approach to getting dressed.

“As my career shifted toward creative direction and the art of storytelling, so did my style,” she says.

Flushing out her closet to infuse it with a more purposeful philosophy has meant being more choosy about what makes it into her wardrobe rotation.

She's leaning on contemporary fashion brands with a clear perspective (think Reformation, COS, Ganni and the Frankie Shop); high-quality fabrics and one-of-a-kind vintage pieces have become shopping priorities. The investment payoff is always worth it.

“I love the idea of longevity and things feeling ‘lived in,’” she says.

Her style influences—Sandra Shehab and Sophia Roe among them—embody that intangible ease. Scroll their respective Instagrams and one square will be a perfectly unfussy pairing of baggy trousers and an equally slack T-shirt; the next, they're sporting some where-did-they-find-that piece you haven't yet seen splashed all over your feed.

On the other hand, regularly unplugging from the never-ending surge of social media altogether has allowed Sandhu to re-sharpen her fashion focus. “We absorb so much content that sometimes we overcomplicate how easy it can be to create timeless personal style,” she says.

Ultimately, being more intentional with her style choices has clued Sandhu into the social experiment of it all. “One thing I noticed is the way people interact with me based on how I am dressed,” she says, noting that a “main character outfit” always yields a more in-charge interaction.

“I firmly believe that the way you dress plays a direct role in the way you walk, talk, and present yourself. It always primes me to be the most confident version of myself.”



“These are the perfect everyday sunglasses. Most of my looks are simple and casual, so these sporty-looking sunglasses are the perfect grab-and-go for a daytime look.”  
**MARNI SUNGLASSES, \$415, SSENSE.COM**



“Every girl needs a massive shoulder bag. As someone who is always going from virtual meetings to photo shoots to coffee meet-ups, I need a chic bag that can hold its shape as I carry my entire life in it.”  
**COS BAG, \$304, COS.COM**



“These flats have a combination of elegance and wow factor. I've been reaching for subtle statements, and these flats are exactly that. I can pair them with an oversized boxy T-shirt, or wear them with a long dress for an evening event!”  
**REFORMATION SHOES, \$388, THEREFORMATION.COM**



“This top is a year-round essential for me. From under an oversized blazer to topping off a skirt to throwing it on with jeans, this tank gets it done.”  
**KOTN TOP, \$58, KOTN.COM**



“I feel most confident when my look is a mix of tomboy and girly. I love this skirt's ability to act as a foundation for any outfit. I wear it with black chunky boots, an oversized T-shirt and black sunnies.”  
**BANANA REPUBLIC SKIRT, \$170, BANANAREPUBLIC.CA**



THE KIT X SHOPPERS DRUG MART

# MINDFUL BEAUTY PICKS FOR SPRING

These impressive products have earned a spot in the Thoughtful Choices at Shoppers Drug Mart™ lineup—and the approval of a beauty expert



**CHANEL CRUZ,**  
Shoppers Beauty Pro

From a sought-after SPF to the latest lip enhancer, when it comes to your beauty routine you deserve to have it all. That means easy access to products that deliver results, while also being mindful made and formulated without certain ingredients. With more than 1,000 product options across multiple categories—including beauty, personal care, period products and beyond—the Thoughtful Choices at Shoppers Drug Mart™ collection understands the assignment, making it super simple to be a conscious shopper.

What does it take to make the list? To earn a spot in the Thoughtful Choices™ lineup,

products must meet at least one of the following criteria: They must not be tested on animals and must be formulated without certain ingredients (such as parabens, SLS or formaldehyde); and/or they must be mindful of the planet, with packaging that either contains recycled content (at least 30 per cent), or is fully recyclable, or comes with a refill solution.

New products join the Thoughtful Choices™ collection throughout the year, so there's always something fresh to discover. Here, Shoppers Beauty Pro Chanel Cruz shares her faves, just in time for your spring glow-up.



**NATURIUM RETINOL COMPLEX SERUM, \$33.99, SHOPPERSDRUGMART.CA**

**THE SMOOTHING SERUM**  
Known for smoothing the appearance of fine lines and wrinkles while improving uneven tone, retinol is often touted as a wonder ingredient for more youthful-looking skin. This Naturium serum delivers it threefold, with encapsulated retinol, bio-retinol and a plant-derived retinol alternative. “This vegan formula is ideal for sensitive skin, and a great way to introduce your skin to the benefits of retinol,” says Cruz.



**VASANTI LIQUID COVER UP FOUNDATION & CONCEALER IN 1, \$27, SHOPPERSDRUGMART.CA**

**THE ALL-IN-ONE PERFECTOR**  
For complexion perfection, look no further than Vasanti's versatile, oil-free liquid foundation and concealer combo. “I love a good multitasking beauty product. This is a great way to simplify your routine and a must for your travel kit. Use it to conceal, blur, brighten and get lightweight coverage that blends into your skin,” says Cruz. Available in 11 shades, it also provides a touch of radiance.



**RAW SUGAR ENDLESS HAIR GLOW PERFECTING DRY OIL, \$18.49, SHOPPERSDRUGMART.CA**

**THE INSTANT HAIR HELPER**  
Are your strands looking dry and dull? Problem solved with this perfecting dry oil, which also helps fight frizz and tame fly-aways. “This lightweight, vegan formula gives hair a soft, silky boost and weightless shine,” says Cruz. “Plus, I like that Raw Sugar uses cold press technology to get the best benefits from their plant and fruit ingredients, and always with a wonderful scent.”



**ELF GLOW REVIVER LIP OIL, \$10.99, SHOPPERSDRUGMART.CA**

**THE LIP LUMINIZER**  
A lip oil is a makeup must-have this spring, and this new, nourishing and tinted formula ticks all the boxes for Cruz. “It really enhances your natural lip colour with ultra-glossy results, and I love the fresh minty scent,” she says. The range of seven beautiful shades is also 100 per cent vegan, cruelty-free and Leaping Bunny certified.



**QUO BEAUTY 50% PLANT BASED BLENDING SPONGE, \$10, SHOPPERSDRUGMART.CA**

**THE FLAWLESS-FINISH BEAUTY TOOL**  
A must-have makeup accessory, this Quo Beauty blending sponge is made with 50 per cent plant-based material—which means less plastic for the planet. “Whether you apply your foundation base with your fingers or a brush, I recommend using a makeup sponge as the next step to absorb excess product and get an air-brushed finish,” says Cruz.



**BIORÉ UV AQUA RICH WEIGHTLESS MOISTURIZER SPF 50, \$19.99, SHOPPERSDRUGMART.CA**

**THE SOUGHT-AFTER SPF**  
The perfect SPF does exist, and you'll find it in Bioré's new-to-Canada formula. It's oil-free, infused with moisturizing hyaluronic acid and suits all skin tones. “This cult classic from Japan delivers invisible sun protection and a moisturizer in one simple step,” says Cruz. “It works so well under makeup—it's lightweight, non-greasy and very hydrating, with no white cast.”

Salloum has a simple styling formula: something fitted plus something oversized.

**Randa Salloum** Try as you might, you'll have a hard time nailing down Randa Salloum's personal style. And that indefinable quality is by design. “Much like the shop, I don't like to put my style into a single box,” says Salloum, the owner of Collective Will Secondhand & Vintage in Vancouver's Gastown neighbourhood. “Having access to so many decades of design has helped me discover how I prefer to style myself.” That might mean an ultra-femme ditzzy-floral-print slip dress one day, all the way to eclectic grandpa via a patchwork vest and high-waisted trousers by the end of the week.

Salloum's fashion influences run the gamut, too. The wide world of TikTok has connected her to a global perspective (design and street style in New York, Copenhagen and Japan are standouts), while two seemingly opposing celebs plucked from antithetical eras inform her style codes. “Fran Drescher à la *The Nanny* has always inspired me to go a little bolder,” she says. “Victoria Beckham is the epitome of knowing what you like and sticking to it.”

That measured-meets-far-out approach culminates in a truly covetable closet: wildly printed blouses from Australian-designed Alámais, futuristic and fully recyclable lime green sandals from Camper, a crinkly blue metallic party dress from Barcelona label Laagam and one forever outerwear mainstay: a vintage leopard maxi coat from her own boutique.

Most of Salloum's wardrobe wares are sourced via slow fashion makers like Decade Denim and Bohème, as well as meticulous curators like SIISTA, Hey Jude and One of a Few boutiques. Lifting up fellow local businesses is a point of pride, even when the style stakes are highest: For her intimate courthouse nuptials last year, Salloum commissioned local zero-waste bridal designer Ouma to make her a stunning two-piece wedding look.

Salloum has a simple styling formula: something fitted plus something oversized. But there's also a story woven into every piece and pairing. Case in point: her latest purchase, a 1989 Chanel bag scooped on a buying trip during Paris Fashion Week last September. “Since I was a pre-teen, the goal was to one day own a Chanel bag, more specifically a classic black double flap with 24K-gold-plated hardware,” she says. “The bag is a symbol of how hard I've worked. But I also love the story behind my new heirloom: found on a buying trip in Paris for my own store.”



“I like the idea of wearing necklaces that catch the eye. This one is a beautiful, bold design but provides subtle shine once it's on.”  
**VIMERIA NECKLACE, \$380, VIMERIA.CO**



“This is my first Paris piece and I receive so many compliments whenever I wear these earrings. They immediately add dimension to your outfit, no matter what you're wearing.”  
**PARIS EAR CUFF, \$280 (SINGLE), SSENSE.COM**



“This is a cool and casual piece that can be easily dressed up depending on your surrounding accents. This one is a great example of my style, where it shows off the waist but is still a little baggy.”  
**INWEAR SKIRT, \$139, SIISTA.COM**



“Are you a Vancouver fashionista if you don't have a bag from ABA? This bag is so sleek and fun, adding interest to your outfit.”  
**A BRONZE AGE BAG, \$190, ABRONZEAGE.COM**



“This is from a local designer that I love! The designer, Jamie Dawes, has created a silhouette that works on every body type. You instantly feel sexy.”  
**FYOOCHER TOP, \$265, FYOOCHER.CA**

## THE KIT

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CHANEL

COCO MADEMOISELLE





# Full bloom

Green is the new black—a growing passion for gardening is helping us unplug, recharge and connect with nature. D'Lorraine Miranda digs deep into the trend



Everyone fills their cup in different ways. My idea of joy is a serene morning spent puttering around my garden with a coffee in hand. I breathe in the bouquet of scents, which varies according to the season: fresh lily of the valley for a few fleeting weeks in May, sweet peonies come June and the indelible whiff of marigolds all the way until the first frost. I stop to feel the warmth of the sun on my skin and watch bumble bees buzz around the chives. A mourning dove calls. By the time I've wrapped up my morning ritual, I've sampled at least one cherry tomato, pricked myself on a cucumber and inevitably managed to get a speck of dirt in my mug.

Like me, many city-dwellers have been learning to cultivate their own land, be it a sprawling yard, nearby allotment or a pint-sized balcony.

Gardening blossomed during the pandemic—what else was one supposed to do while sheltering in place? As supply chain issues left many store shelves bereft of essentials, self-sufficiency became top of mind: People began making their own sourdough, sewing their own clothes. This was one of the many reasons more people began honing their green thumbs, says Toronto-based urban gardener Luay Ghafari, founder of Urban Farm and Kitchen and author of *Seed to Table*. A decade ago, subscribing to community supported agriculture (CSA) boxes loaded with produce from local farmers had opened his eyes to the possibilities of urban gardening.

The concept of homesteading is particularly resonating with millennials, Ghafari adds. "[They're] really drawn to some of these ways of living, not necessarily 'move-to-the-country-and-start-a-farm,' but to be able to experience some of the activities our grandparents did. It brings us closer to our families, our heritage and our culture."

As a kid, Melissa Cameron would watch her father get the tomatoes planted. Each summer while she was at camp, he would harvest the first cherry tomato and mail it to her in a Ziploc bag.

These days, Cameron is an organic master gardener who splits her time between Toronto and Prince Edward Island, and she tends to her own fields alongside her own little ones. "My dad is no longer with us, and so it's like I feel him with me and my children in the garden when I'm present with them," she says.

Many clients of Cameron's garden design firm, The Good Seed, are well-known chefs who want to understand what goes into producing quality ingredients and what they taste like when harvested and served right away. She says lots of people want to know more about their food now and are curious about varieties available beyond the grocery store. "You know how people were

considered foodies like 15 years ago? That's where the gardening movement is right now," says Cameron.

This boom has taken seed on social media, a natural extension of the cottagecore aesthetic. Cut flowers have bloomed across aspirational Pinterest boards, thanks to figures like Erin Benzakein of Floret flower farm. "It's that armful-of-flowers picture everyone wants," Cameron says with a laugh. Picture those serotonin-boosting snaps of Jeremy Allen White laden with enormous bunches of tulips, protea pincushions and statice from the farmers market.

We've seen Oprah and Martha harvesting glorious baskets of produce for years, but a slew of new players have recently set foot in the raised bed, like Pamela Anderson, who often shares snaps of herself tending to her Vancouver Island property in wellies and a sun hat.

It's relaxing just to look at, but actually driving stakes into the ground or weaving tomatoes provides a welcome getaway and a mindfulness practice for those, like me, on a mission to unplug from the rat race and its noise for an afternoon.

"I can usually reach a nice flow state where I float from one task to another, completely absorbed in what I'm doing," says Ashley Barron, an illustrator and avid gardener. Time escapes her when she's pruning her raspberry bush, weeding her salad bed or harvesting bunches of kale at the Leslie Street Allotment Gardens in Toronto. The sun may begin to set, but it takes a couple mosquito bites to jolt her out of her blissful zone.

This opportunity to connect with nature and nurture the land around us is especially soothing in the face of climate change anxiety. "I think that when we get caught up in the very real and overwhelming news around the state of the planet, we look for individual actions that we can take," says Cameron. For one thing, growing your own food eliminates the need for shipment and plastic packaging. "It's a way to feel empowered and a way to feel less despair."

It also encourages us to observe our environment from outside a human lens. While growing a garden, you begin to notice all the different layers of its ecosystem: the soil and the organisms benefiting from it, the plants that photosynthesize and provide food for wildlife, the insects that attract bird populations. "Sometimes we look at these animals and think of them as pests, but we're living in their homes and they have a right to access food just like we do," says Ghafari.

In fact, this is one of Barron's favourite aspects of gardening. Being so close to the natural parkland of the Leslie Street Spit, she always packs her binoculars to catch sight of the songbirds, swallows, hawks, butterflies, bees, rabbits, voles, groundhogs, frogs and snakes that call her city garden home.

Gardening also affords us the permission to play, says Barron, to get our hands dirty and experiment. Last year, I attempted growing beets, and failed. But the trial and error aspect of gardening is one of its most rewarding. "If something doesn't go as planned this summer, I can always try again the next," Barron says. "It gives you a sense of hope and anticipation for the future."

PHOTOGRAPHY: GETTY IMAGES

You know how people were considered foodies 15 years ago? That's where the gardening movement is now.

## The garden girl summer starter pack



### THE SUN HAT

Protecting your face and scalp from the rays is essential, and this Australia-made hat crafted of woven grass fibres is certified UPF 50. Plus, the sunray pleat construction means it collapses flat for easy packing and travel.

LORNA MURRAY HAT, \$180, HEIRLOOMHATS.COM



### THE CLOGS

Slip into these water-repellent, slip-resistant clogs before heading out into the garden. They boast Birkenstock's beloved pillow and supportive footbeds, making long hours on your feet an absolute delight.

BIRKENSTOCK BIRKI AIR 2.0, \$130, BIRKENSTOCK.COM



### THE KNIFE

This versatile and durable Hori Hori knife is Ghafari's go-to—it makes digging holes and cutting through tough stems and roots a breeze.

FIKARS HORI HORI KNIFE, \$29, HOMEHARDWARE.CA



### THE BASKET

This rustic basket will make your harvest Pinterest-board-worthy while also elevating tool storage. It's a workhorse and an heirloom piece that lasts forever, says Cameron.

LEE VALLEY MAINE GARDEN HOD, FROM \$75, LEEVALLEY.COM



### THE PLANT FOOD

More blooms and bigger harvests, right this way. This certified organic biostimulant, a soil and plant health enhancer, is recommended by Cameron and packed with different types of storm-tossed seaweed that's hand-foraged by farmers in P.E.I.

STORM SEAFEED PLANT FORMULATION, \$15, STORMPLANTFOOD.CA



## Camellia dream

Sarah Laing visits the precious blooms in the wild and learns about their history and uses in skincare and beyond

Tucked away in the French Museum of Natural History—in a temperature-controlled room so carefully guarded that I can't spill exactly where it is on the Neoclassical garden-strewn campus—there is a priceless collection of botanical drawings and models. One, in particular, stands out: a meticulously drafted camellia, each detail as crisp and vibrant as the day it was painted onto whisper-thin vellum, hundreds of years ago. It is a record of a moment in scientific time as well as a work of art that seems to glow on the page, the tsavorite-green leaves almost 3-D in their glossiness.

A few days and a six-hour high-speed train ride south later, I'm reminded of that beautiful marriage of art and science. I'm standing in a lab, watching a white-coated scientist spin *Camellia alba plena* petals in a centrifuge of liquid colour of chamomile tea. On the spotless bench top, one of the exquisite flowers sits in its untouched form, freshly hand harvested from the rows of trees that grow just down the hill.

I'm at the Chanel Open Sky Laboratory in Gajacq, France, a smudge on the map near the foothills of the Pyrenees, within driving distance of the Spanish border.

If you know enough about Gabrielle Chanel to know that you need to take off at least one accessory before you leave the house, you'll know that the camellia was the groundbreaking designer's favourite flower. It's since become an emblem of the house—when ever you buy something from the brand, it's placed in a shopping bag adorned with a hand-made white paper camellia as a final flourish.

Like that botanical drawing, the camellia is both decorative and utilitarian at Chanel. It's a favoured active ingredient in the brand's cosmetics and skincare. The Hydra Beauty line, heaven for parched skin, features the white *Camellia alba plena*, while the red *Camellia japonica* powers the youth-boosting N°1 de Chanel skincare.

One thing I notice when I hold a camellia in my hand is just how substantial its waxy, almost rubbery petals are. In fact, a single basket of newly picked red camellias can weigh over 20 pounds. For all their delicate beauty, these flowers are tough—their ability to resist harsh winter frosts is what initially drew Chanel's researchers to study their properties. That and the fact that the flowers don't have the genetic programming to age, meaning the longer they bloom, the stronger and more beautiful they become.

Nature gave me a chance to see this quasi-immortal resiliency firsthand, courtesy of a wild and wicked storm that hit just as I was about to pay the camellia harvesters a visit. While I ran for cover from the sideways rain, squelching through thick mud in borrowed Chanel wellies, the blossoms remained on the trees, utterly unbothered by the tempest. Not long after, the workers who'd been picking them showed me the fruits of their morning's labour, the blossoms impossibly pristine and perfect, piled high in wicker baskets.

While this farm is just a few years old—young enough, in fact, that I had to use my imagination to picture the shade trees that will one day grow among the camellias, creating a sheltering canopy for the flowers and a haven for wildlife—there is a deep connection to Coco herself in this corner of southwestern France.

Her very first shop, back in her milliner era, was located in Biarritz, a glamorous seaside town just a few hours away. It's highly likely that she passed through the surrounding countryside on her way north to Paris. It's said that she ordered camellias to adorn her Rue Cambon boutique from a renowned garden perched high on a hill in the village of Gajacq, which also served the likes of Queen Elizabeth II and the Shah of Persia.

Built on the ruins of a Roman fortress, this botanical conservatory is home to over 2,000 varieties of camellias staggering in their diversity. Contrast the dinner-plate-sized blooms of the towering *Camellia reticulata* with the tiny white blooms of *Camellia sinensis*, which are better known as tea.

Not only do camellia varieties look very different, but they can have varying chemical properties, meaning their possibilities are almost endless. Beyond skincare, the sustainability-minded scientists at Chanel have found all kinds of other uses for the camellia, including upcycling the seed shells into packaging and even experimenting with a camellia-based cheese.

In 1998, the house began its collaboration with the conservatory, partnering with fifth-generation camellia expert Jean Thoby to explore the species' scientific potential while conserving its past. In fact, had they not worked together to cultivate it, the snowflake-like *Camellia japonica alba plena*, a.k.a. the Chanel white camellia, would likely now be extinct. The magnificence that could have been lost is unthinkable. Such beauty truly is worth preserving.



There are over 2,000 varieties of camellia growing at the conservatory in Gajacq; blooms of all different colours, sizes and chemical properties.



Left: Fifth-generation camellia expert Jean Thoby has worked with Chanel since 1968.



This gel mask gently refines and smooths skin with red camellia extract and oil. It's made of 92 per cent natural ingredients, 55 per cent of them derived from camellia.

CHANEL N°1 DE CHANEL REVITALIZING MASK, \$125, CHANEL.COM

Below: A botanical drawing of a spectacular *Camellia japonica*.



Above: Red camellia extract is studied for its skin-preserving properties at the Chanel lab in Gajacq.



PHOTOGRAPHY: COURTESY OF CHANEL EXCEPT FLOWERS IN BASKET BY SARAH LAING





# Is it even possible to look 10 years younger at 10?



Girls as young as 10 are being influenced by anti-aging skin care content, which can harm their self-esteem.

Let's protect **#TheFaceOf10**



Watch the Anti-Aging  
Skin Care Talk on TikTok

**Dove**   
Let's **Change** Beauty





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Spring connotes fresh starts and new beginnings, which is why we itch to ditch our dusty winter gear and shop for a whole new wardrobe when the weather warms up. While chasing the latest trends can be fun, shopping for pieces that'll end up in the back of the closet in a couple of months isn't what we're all about. These carefully chosen pieces will inject some newness to make your closet feel up to date, while being classic and high-quality enough to last for years, plus they're all made in thoughtful, eco-conscious ways. It's the best of all worlds.



**THE WHITE DRESS**  
A linen shirt-dress is one of those pieces you'll reach for time after time. Made in a textile factory that joined the Greenpeace Detox Project, which is committed to eliminating substances harmful to the environment and human health, this one has traditional dress-shirt finishing but looks effortless.  
**GABRIELA HEARST DRESS**, \$3,396, [GABRIELAHEARST.COM](http://GABRIELAHEARST.COM)



**THE HOOP EARRINGS**  
Hoop earrings make even the most casual outfits glamorous, especially when pavé diamonds are involved. In this pair, diamonds are set both outside and inside the hoop for extra sparkle. They're made of lab-grown diamonds and recycled 14K gold by Proud Diamond, a Montreal-founded jewellery brand specializing in conscientious sourcing.  
**PROUD EARRINGS**, \$3,800, [PROUDDIAMOND.COM](http://PROUDDIAMOND.COM)



**THE LAYERING HERO**  
With temperamental spring weather, keeping lightweight outerwear within arm's reach is smart. This gender-neutral bomber from Montreal brand &Or Collective is made of ethically sourced merino wool and has zip-off sleeves, so it can be worn as a jacket or vest—a layering dream.  
**&OR COLLECTIVE JACKET**, \$760, [ANDORCOLLECTIVE.COM](http://ANDORCOLLECTIVE.COM)



**THE SILVER SANDALS**  
A metallic sandal is the perfect statement to set off your spring uniform. Montreal-based footwear brand Maguire decided to repurpose the deadstock leather from the factories they share with other brands to construct the Extra collection, including these chunky sandals featuring scalloped-edge straps.  
**MAGUIRE SHOES**, \$245, [MAGUIRESHOES.COM](http://MAGUIRESHOES.COM)



**THE KNIT TOP**  
When the day calls for a low-lift look, throw on a collared knit top over a pair of your go-to bottoms (blue jeans, neutral wide leg trousers, denim skirt). Made from 70 per cent organic cotton, this one features an intarsia pattern and looks just as good buttoned up or layered over a tan. Get the matching shorts to make a set.  
**KOTN TOP**, \$148, [KOTN](http://KOTN)

**THE SLOUCHY DENIM**  
The straight-leg jean goes more relaxed this spring. This slouchy pair is made of organic cotton and plant-derived Tencel fibres, and feels so comfortable, even when you're sitting and typing away. The high-rise silhouette and studded design will take you from work to happy hour in style.  
**REFORMATION JEANS**, \$288, [THEREFORMATION](http://THEREFORMATION)



## THE KIT X PHARMAPRIX

# MINDFUL BEAUTY PICKS FOR SPRING

These impressive products have earned a spot in the Thoughtful Choices at Pharmaprix™ lineup—and the approval of a beauty expert



CHANEL CRUZ, Shoppers Beauty Pro

From a sought-after SPF to the latest lip enhancer, when it comes to your beauty routine you deserve to have it all. That means easy access to products that deliver results, while also being mindfully made and formulated without certain ingredients. With more than 1,000 product options across multiple categories—including beauty, personal care, period products and beyond—the Thoughtful Choices at Pharmaprix™ collection understands the assignment, making it super simple to be a conscious shopper.

What does it take to make the list? To earn a spot in the Thoughtful Choices™ lineup,

products must meet at least one of the following criteria: They must not be tested on animals and must be formulated without certain ingredients (such as parabens, SLS or formaldehyde); and/or they must be mindful of the planet, with packaging that either contains recycled content (at least 30 per cent), or is fully recyclable, or comes with a refill solution.

New products join the Thoughtful Choices™ collection throughout the year, so there's always something fresh to discover. Here, Shoppers Beauty Pro Chanel Cruz shares her faves, just in time for your spring glow-up.



**NATURIUM RETINOL COMPLEX SERUM**, \$33.99, [PHARMAPRIX.CA](http://PHARMAPRIX.CA)

**THE SMOOTHING SERUM**  
Known for smoothing the appearance of fine lines and wrinkles while improving uneven tone, retinol is often touted as a wonder ingredient for more youthful-looking skin. This Naturium serum delivers it threefold, with encapsulated retinol, bio-retinol and a plant-derived retinol alternative. "This vegan formula is ideal for sensitive skin, and a great way to introduce your skin to the benefits of retinol," says Cruz.



**VASANTI LIQUID COVER UP FOUNDATION & CONCEALER IN 1**, \$27, [PHARMAPRIX.CA](http://PHARMAPRIX.CA)

**THE ALL-IN-ONE PERFECTOR**  
For complexion perfection, look no further than Vasanti's versatile, oil-free liquid foundation and concealer combo. "I love a good multitasking beauty product. This is a great way to simplify your routine and a must for your travel kit. Use it to conceal, blur, brighten and get lightweight coverage that blends into your skin," says Cruz. Available in 11 shades, it also provides a touch of radiance.



**RAW SUGAR ENDLESS HAIR GLOW PERFECTING DRY OIL**, \$18.49, [PHARMAPRIX.CA](http://PHARMAPRIX.CA)

**THE INSTANT HAIR HELPER**  
Are your strands looking dry and dull? Problem solved with this perfecting dry oil, which also helps fight frizz and tame fly-aways. "This lightweight, vegan formula gives hair a soft, silky boost and weightless shine," says Cruz. "Plus, I like that Raw Sugar uses cold press technology to get the best benefits from their plant and fruit ingredients, and always with a wonderful scent."



**elf GLOW REVIVER LIP OIL**, \$10.99, [PHARMAPRIX.CA](http://PHARMAPRIX.CA)

**THE LIP LUMINIZER**  
A lip oil is a makeup must-have this spring, and this new, nourishing and tinted formula ticks all the boxes for Cruz. "It really enhances your natural lip colour with ultra-glossy results, and I love the fresh minty scent," she says. The range of seven beautiful shades is also 100 per cent vegan, cruelty-free and Leaping Bunny certified.



**QUO BEAUTY 50% PLANT BASED BLENDING SPONGE**, \$10, [PHARMAPRIX.CA](http://PHARMAPRIX.CA)

**THE FLAWLESS-FINISH BEAUTY TOOL**  
A must-have makeup accessory, this Quo Beauty blending sponge is made with 50 per cent plant-based material—which means less plastic for the planet. "Whether you apply your foundation base with your fingers or a brush, I recommend using a makeup sponge as the next step to absorb excess product and get an air-brushed finish," says Cruz.



**BIORÉ UV AQUA RICH WEIGHTLESS MOISTURIZER SPF 50**, \$19.99, [PHARMAPRIX.CA](http://PHARMAPRIX.CA)

**THE SOUGHT-AFTER SPF**  
The perfect SPF does exist, and you'll find it in Bioré's new-to-Canada formula. It's oil-free, infused with moisturizing hyaluronic acid and suits all skin tones. "This cult classic from Japan delivers invisible sun protection and a moisturizer in one simple step," says Cruz. "It works so well under makeup—it's lightweight, non-greasy and very hydrating, with no white cast."

For additional mindful beauty picks and more, visit [pharmaprix.ca/shopthoughtfulchoices](http://pharmaprix.ca/shopthoughtfulchoices).

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