

# 12 tricks, tips and ideas we love this month



Leopard Velvet **SCRUNCHIES**, \$12/3-piece set, simons.ca.

## 1

### WILD BUNCH

THIS FALL, FREE YOUR INNER ANIMAL WITH A BOLD CHEETAH- OR LEOPARD-PRINT OUTFIT.



Leopard Midi **DRESS**, \$215, bananarepublic.ca.



Babaton Slip **SKIRT**, \$110, aritzia.ca.



Espadrille Slip-On **SHOES** in Leopard Print, \$55, gapcanada.ca.

PRODUCER, MARIANNE DAVIDSON



## 2

### A WALK IN THE WOODS

This month, celebrate the 100th anniversary of Canada's National Forest Week from September 20 to 26 by immersing yourself in a slow, meditative walk through some nearby trees. The restorative practice of forest bathing, translated from the Japanese Shinrin-Yoku, encourages mindfulness and noticing all five senses while wandering through the woods. Forest bathing is associated with many calming benefits and preventive medical effects, including decreased anxiety and depression, strengthened immune system and reduced blood pressure and heart rate.

## PERFECT PAIR

Smooth, clean skin? Check. Toned, radiant complexion? Check!

L'Oréal's Age Perfect Cleanser and Toner tick all the boxes on those first steps of your skin-care regimen. This luxurious yet affordable duo has new and improved packaging but is still formulated specifically for mature skin that needs a little more nourishment than it used to. The results are proof that both products work wonders for reducing signs of fatigue and revitalizing the skin.

L'ORÉAL PARIS Age Perfect Anti-Fatigue Cleansing Lotion and Toner, \$13 each, lorealparis.ca.

## 4



## 5

### Truly Sublime

There's a good reason this brightly hued face cream is on our radar—we're all about moisturizing! With ingredients like fermented willow bark, pomegranate sterols and bisabolol, just one application of the Sublime Balm from Okoko Cosmetics helps to maximize skin nourishment, reduce the appearance of redness and fortify the skin's moisture barrier. We love the scent and texture of this natural, Canadian-made product, and we know you will, too!

OKOKO COSMETIQUES Sublime Balm, \$100, thegreenjunglebeautyshop.com.



## 3

### SUNNY DAYS

Perfect for hiking, water-skiing or just enjoying the outdoors, Maho sunglasses are simple yet elegantly designed, plus their Zuma fit technology ensures they'll stay on. This proprietary grip material repels liquid, and grips your skin using the same electrical force that allows animals like geckos to climb walls and ceilings. No need to compromise style to get the best fit and staying power in your sunnies, so get out there and make the most of the last days of summer's rays!



Maho Shades Charleston 2 **SUNGLASSES** in Bengal, \$170, mahoshades.com.

## Foodie Follow

Share your CL creations with us on Instagram and tag us with #CLgetcooking, like @jojoboucher, who made our Strawberry Mille-Feuilles (June 2020). They look perfect and oh so delicious!

Follow us @canadianliving





Leatherman Free T4 MULTI-TOOL in Navy, \$80, leatherman.ca.

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## Knives Out

A pocket knife is one of the handiest tools ever invented, and this one from Leatherman is one of the most functional and attractive yet! Made in a variety of colours, the Free T4 has so many add-ons that we're just going to list them: knife, scissors, pry tool, package opener, awl, bottle opener, wood/metal file, Phillips screwdriver, medium, small and extra small screwdrivers and tweezers. Need we say more?

## WONDER WALLS 7

Known for its stunning wallpaper designs, Cole & Son brings even more bold and beautiful prints to the home decor table this fall with its newest collection, Seville. Inspired by vibrant botanicals, Spanish ceramic tiles and Mudéjar architecture, the designs are truly breathtaking. Committing to a wallpaper used to be a difficult decision—not anymore!

Cole & Son Seville Collection WALLPAPER, through designers, kravet.com.



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## KITCHEN CRUSH

We love the taste of barbecued food and would love to eat it all year long, but not everyone can be convinced to cook al fresco on a cold or rainy day. Ninja solves the problem with the Foodi Indoor Grill. This game-changing appliance sears and sizzles burgers, steaks, sausages and more in the comfort of your own kitchen—without filling your home with smoke, thanks to its temperature-controlled grill grate and cool-air zone. This machine also acts as an air fryer—bonus!—so once you're done getting your grill on, homemade French fries can be on the menu, too.

Ninja Foodi 5-in-1 INDOOR GRILL, \$320, canadiantire.ca.



## 8 Once Bitten, Twice... Prepared

When you get a bug bite, well, it totally bites! If you've been itching and scratching all summer long, now's the time to put Zax's Original's newest, naturally formulated Bug Bite & Itch Cream to the test. Made with colloidal oatmeal, tea tree oil, witch hazel and menthol, the Canadian brand's cream will reduce pain, relieve irritation and swelling and, best of all, provide rapid relief from those pesky, itchy bites.

ZAX'S ORIGINAL Bug Bite & Itch Cream, \$16, zaxsoriginal.com.

## 9 Out to Lunch

No one likes sitting down for lunch and finding food that's meant to be cold is tepid. If your lunch box isn't making the grade anymore, the new insulated products from Hydro Flask are for you. Maximum insulation keeps drinks frosty for a long hike and salads cool for lunch hour at work and—bonus—the lunch box's hard shell means no more squished sandwiches. The complete line, which includes coffee mugs, water bottles, totes and more, comes in adorable colours and stylish designs.

Hydro Flask Lunch TOTE in Grapefruit, \$60, well.ca.

Hydro Flask Small Insulated LUNCH BOX in Sunflower, \$54, well.ca.



Hydro Flask 16 oz Wide Mouth With Flex Sip COFFEE BOTTLE in Pacific, \$40, well.ca.

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Reversible Reusable FACE MASK in Cotton Floral and Tencel, \$22, jcmasks.com.

Roots Reusable FACE MASK in Salt and Pepper, \$22, roots.com.

## Mask Roundup

Wearing a mask to prevent the spread of COVID-19 has become the new norm—we all need a supply of face coverings on hand. Try out some of these Canadian-made options to support our country's economy and keep us all safe!

# 11 ditching DAIRY?

## Go bananas!

Yellofruit's organic plant-based frozen dessert is a delicious, melt-in-your-mouth treat with a perfect texture that makes it scoop just like ice cream, only it's dairy-free. Bananas, coconut oil, pea protein and cane sugar are the base ingredients that come together to create three flavours: Monty's Favourite Strawberry, Holly's Favourite Mango and Eddy's Favourite Chocolate—all named after the owners' children and their fave flavours. Cute!

Yellofruit Non-Dairy Frozen BANANA DESSERTS, \$6 each, loblaws.com.



## Own It

If you're looking to make a healthy change that'll positively impact the environment but don't know where to start, Canadian brand Earth's Own has got you covered. The company's new oat-based products can replace the milk or cream in your fridge without sacrificing tastiness or texture. And did you know that producing these oat-y liquids uses seven times less water than cows use to make milk? So whether you choose the Naked Oat for your cereal or smoothies, the Oat Café Edition for your coffee or the Oat Culinary Edition to add richness to your soups or sauces, know you're making a delicious, nutritious and environmentally-friendly choice.



Earth's Own Naked OAT BEVERAGE, \$7, Earth's Own Naked CAFÉ OAT Edition, \$4, Earth's Own Naked CULINARY OAT Edition, \$5, superstore.ca.