

13 tricks, tips and ideas we love this month



1 FRUITY PATOOTIE

We're all for using a cleanser that leaves the skin feeling supple and moisturized, and the creators of Glow Recipe are, too. The company's newest product is a papaya enzyme-rich balm that's massaged into the skin for one minute to loosen dead cells and rid the face of daily debris. Once water is added, the balm turns into a milky formula that washes right off. Smooth skin ensues!

GLOW RECIPE Papaya Sorbet Enzyme Cleansing Balm, \$42, sephora.ca.



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We love to hear from you!

"I made this Lemon & Blueberry Parfait for my son's 17th birthday after he requested it from the pictures he saw in your July/August 2020 issue. My daughter made the lemon curd and sponge cake from scratch and then we assembled them, adding in some peaches as well. They were delicious! Thanks for all the recipes!"—Michelle S.

Packing Up

If you love the sleek look and the durability of a leather bag but you don't love that it's animal skin, check this out. Canadian company Lambert designs fashionable and functional vegan leather backpacks, purses, duffles and more made from polyurethane—a strong material for leather-look products that's less harmful to the environment than the more commonly used PVC. Comfortable straps, well-placed compartments and a smooth durable finish will have you picking up one of these for the long haul.

Lambert Women's Vegan Leather Sara **BACKPACK** in Black, \$130, designlambert.com.



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COUCH POTATO

Colder weather means a lot more time spent hanging indoors. To make your sofa feel cozier with a luxe touch, bring some velvet toss cushions into your decor scheme. Here are our top picks for the season.

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Cotton Velvet 20" CUSHION COVER in Light Brown, \$13, hm.com/ca.

Mercer41 Velvet 16" TOSS CUSHION in Teal, \$49, wayfair.ca.

Leger 18" Velvet TOSS CUSHION in Lilac, \$80, cb2.ca.

6 Home of Hair

Hair Rituel by Sisley has long been known for its high-performance hair-care products, so it's no surprise that the company has developed a line of top-notch hairbrushes, too. Made of schima wood and soft wild boar bristles with blue ball tips, these styling aids are designed to massage the scalp while gently untangling and neutralizing static.

HAIR RITUEL The Blow Dry Brush No. 2, \$80, The Blow Dry Brush No. 1, \$90, Radiance Paddle Brush for detangling, \$95, www.sisley-paris.ca.

PRODUCER, MARIANNE DAVIDSON



See our breast health article on page 58.

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Mark your calendar We love celebrating Thanksgiving and Halloween, but let's not forget that October is also Breast Cancer Awareness month. Whether you're spreading the word, making a donation, celebrating a change-maker in your community or participating in an event, there is a charitable initiative that could use your support.

- **The Canadian Cancer Society** helps fund breast cancer research and provides the largest cancer support system in the country. The Run for the Cure has grown into Canada's biggest single-day volunteer-led fundraising event dedicated to breast cancer awareness, education and research. cancer.ca
- **Breast Cancer Awareness Month** is also a World Health Organization initiative that takes place in countries around the world to increase awareness and support for early detection, treatment and palliative care for breast cancer patients. who.int

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Light up your life

The glamour of the 1980s is alive and well in CB2's recent collaboration with world-renowned interior designer Kara Mann, and these eclectic lamps are proof. Described as "luxurious nonchalance," the collection boasts furniture with the decade's emphasis on smooth finishes, rounded edges, subtle polka-dot patterns and, of course, some frills to boot. To view the whole line, visit cb2.ca.

Allure TABLE LAMP, \$189,
Scrunch TABLE LAMP, \$229,
Voir Dot TABLE LAMP, \$229, cb2.ca.



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FRESH FACE

Cream Skin Mist, the latest innovation from luxe beauty brand Laneige, is chock-full of white tea leaf extract, which means anytime you spritz, your complexion will receive instant moisture and a refreshing tingle.

LANEIGE Cream Skin Mist, \$36, sephora.ca.



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Skin & Bones

It's true that the human body produces less and less collagen as we age. Collagen is important because it provides structure to skin, bones, tendons, cartilage and teeth. More and more, people are taking the healthful protein orally, and the results have been amazing! Our new favourite supplement is Powerful Essential Collagen from Toronto-based wellness company Good Goddess. Not only does it revitalize skin, enhance nail growth and strengthen bones, it also promotes better gut health. The flavourless, soluble type 1 and 3 collagen peptides the company uses are short-chain amino-acid-derived collagen protein from grass-fed cows that contain zero antibiotics, hormones, artificial sweeteners or GMOs—so you can even better about feeling good.

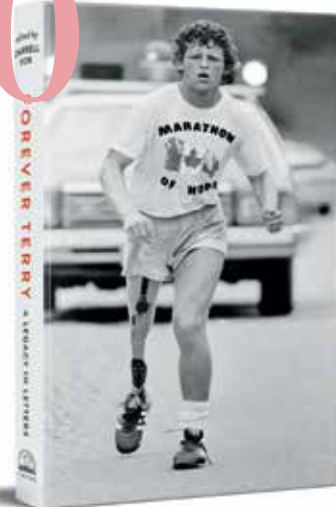
GOOD GODDESS Powerful Grass-Fed Collagen, \$42, goodgoddess.com.

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HOMEGROWN HERO

In honour of the 40th anniversary of the Terry Fox Marathon of Hope, *FOREVER TERRY: A Legacy in Letters*, is being released by Viking Canada. The book, edited by Terry Fox's younger brother Darrell on behalf of the Fox family, is comprised of 40 letters from 40 Canadians recounting the inspiration, dedication, and perseverance that Terry Fox embodied. Royalties from the sale of the book will support the Terry Fox Foundation, which has raised more than \$800 million dollars for cancer research. We love this heartwarming way to give back!

FOREVER TERRY: A Legacy in Letters (Viking Canada) edited by Darrell Fox, \$30.



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October is Women's History Month!

Almost 30 years ago, the Canadian government designated October as Women's History Month, marking the beginning of an annual month-long celebration of the outstanding achievements of women throughout Canada's history. This month we're recognizing our accomplishments but also reflecting on the ways we can do better for all women.

- **October 4th** is the Sisters in Spirit Vigil, when Canadians come together to honour the lives and legacies of the more than 1,200 missing and murdered Indigenous women, girls and gender-diverse people. nwac.ca

- **October 11th** is the United Nation's International Day of the Girl Child, dedicated to championing girls' rights around the world, including freedom from violence and abuse, as well as equal treatment and opportunities in areas such as law, education, nutrition and health care. un.org

- **October 18th** is Persons Day. Did you know that it hasn't even been 100 years since women were first included in the legal definition of a person in Canada? In 1929 the definition of "persons" was changed to include women, marking a turning point in the quest for equal rights by giving women the right to be appointed to the Senate and increasing participation in public and political life. cfc-swc.gc.ca

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IT'S SWEATER WEATHER!

Cozy up on crisp fall days with one of this season's most stylish and comfy pullovers.



Womens Dockside Longsleeve SWEATER DRESS in Black, \$94, roots.ca.



Mock-Neck SWEATER, \$80, rw-co.com.

Braided Cable Ribbed SWEATER in Cream Beige, \$59, simons.ca.

CLEAN AIR

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We've reached that tricky time of year when it's hard to know if you're going to need the AC or the furnace—and everyone knows all it takes is that first night when the heat's on for your throat to start begging for that humidifier to be hauled out of the closet. If you're like us, the "Am I breathing mouldy air all night?" question is always lurking at the back of your mind.... This year, and all year round, you can use the new Dyson Pure Humidify+Cool—a machine that's engineered to automatically purify and hygienically humidify your whole room. It features a new technology column in the water tank that uses UV-C light to kill bacteria in the water by denaturing each molecule's DNA so it can no longer multiply. In fact, the only thing that'll multiply is the number of comfortable sleeps you'll have.

Dyson Pure Humidify+Cool MACHINE, \$1,000, dysoncanada.ca.

