

# 10 tricks, tips and ideas we love this month



Nespresso **COFFEE CAPSULES** in Tropical Coconut, \$13/10, Exotic Liminha, \$11.50/10, nespresso.ca.

## 1 BOM DIA

GOOD MORNING, BRAZIL! HOT WEATHER CALLS FOR SIPPING ICED COFFEE, AND WHAT BETTER FLAVOURS TO SAVOUR THAN ONES THAT TRANSPORT YOU TO SIZZLING *TERRA DO BRASIL*? NESPRESSO'S BRAZIL-INSPIRED COLLECTION OFFERS UP DELICIOUS POUR-OVER-ICE COFFEE PODS IN TWO SOUTH AMERICAN-FLAVOURED OPTIONS: THE LIME- AND MINT-INFUSED EXOTIC LIMINHA (INSPIRED BY THE CAIPIRINHA, BRAZIL'S FAMED COCKTAIL) AND TROPICAL COCONUT.



PRODUCER, MARIANNE DAVIDSON



DAVIDsTEA x Tea Horse Manoomin Maple **TEA**, \$12/50 g, davidstea.com.

## 2 Collab alert!

DAVIDsTEA recently launched a partnership with another tea company—a first for the brand. Together with Tea Horse, a women-led, Indigenous-owned tea company located on the traditional territory of the Anishinaabeg Peoples in Northwestern Ontario, they've created a new blend: Manoomin Maple. This comforting tea is made with black tea and Canadian-grown and hand-harvested roasted manoomin (wild rice in Ojibwe), complemented by a hint of maple, vanilla and berries. What's more? It comes in a fully compostable bag, and 10 percent of the proceeds go toward the David Suzuki Institute to support Indigenous communities and traditional knowledge through the Reconciling Ways of Knowing program.



## 4 IN FULL BLOOM

The latest collection from Canadian eco-responsible fashion brand Truand Truand is so up our alley. Designed with organic cotton, bamboo and recycled polyester fabrics in mood-boosting hues, every item from the line is bound to liven up your wardrobe. Our favourite piece is the comfort-chic wide-leg flare pants in the Girl Gang pattern. Girl, who got you smilin' like that?

Girl Gang Flare **PANTS**, \$239, truandtruand.co.



## 3 ONLY IN SASKATCHEWAN

Naomi Hansen's debut book offers a glimpse into the culinary delights of Saskatchewan. A celebration of the province's history, cuisine and cultures, she brings together recipes and the stories of the chefs and families who created them. Photographed by Garrett Kendel, this book features stunning images of both food and landscapes from favourite restaurants across Canada's heartland province. It's a must-read for anyone who loves to eat, cook and explore.

*Only in Saskatchewan: Recipes and Stories from the Province's Best-Loved Eateries* (TouchWood Editions) By Naomi Hansen, \$45

# 5

## LIFE'S A BEACH

Colourful, vibrant and super playful, this year's beach-themed summer collection from Essie is all about having fun in the sun! With shades like Coconuts For You (cool coral), Revenge's a Beach (ocean blue), Tropic Low (shimmery moss green), and more, your fingers and toes are sure to dazzle, whether you're poolside, on the beach, lounging on the balcony or sipping piña colodas on the patio.

ESSIE Nail Polishes in Coconuts For You, Revenge's a Beach and Tropic Low, \$10 each, shoppersdrugmart.ca.



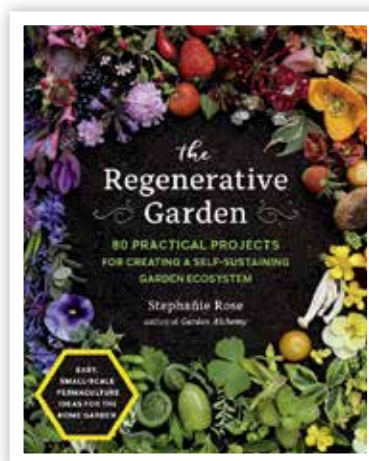
Learn more about proper sun protection in our story on page 48.

# 7

## HAPPY IN THE GARDEN

Award-winning Canadian author and gardening expert Stephanie Rose has released her newest book, *The Regenerative Garden*, and it's just what we need this summer! She shares her extensive knowledge of permaculture to help you transform your garden into a self-sustaining ecosystem. The book includes DIY projects with step-by-step instructions for a more eco-conscious yard that will allow you to grow perennial foods, conserve water and provide habitat for wildlife. Inspired by her own wellness journey, Rose encourages others to explore the therapeutic benefits of gardening. Check out her website to find recipes that integrate the fruits of your labour into homemade skin-care products like peony bath salts, rose water and calendula lotion bars.

*The Regenerative Garden* (Cool Springs Press) by Stephanie Rose, \$33, gardentherapy.ca.



# 6

## DON'T GET BURNED

We all know the importance of sun protection, but when you're out in the sun all day it can be tricky to remember exactly when it's time to reapply. That's why we love these Canadian-developed UV detection stickers that are designed to keep you and your family fully protected by your sunscreen in just four steps. First, stick it to your skin and apply your sunscreen (cover the sticker, too). Expose the sticker to direct sunlight—it should turn clear after about one minute. Now you can safely enjoy your time outdoors and simply watch for the sticker to turn purple, which tells you it's time to reapply. One sticker and—easy peasy—you're set for the day.

SPOTMYUV UV Detection Stickers 12-Pack, \$12, spotmyuv.ca.



# 8

## Specs through the ages

Time for a new pair of glasses? Check out The Vintage Edit from Canadian eyewear company Clearly. The new curated collection features retro yet timeless frames in styles from decades past. These are our favourites—and, bonus! With each pair of glasses purchased, Clearly will donate a pair to someone in need through its Buy One, Give One program. CLEARLY.CA

1. '60s cat-eye: Derek Cardigan Throne-47 GLASSES in Rose Quartz, \$105.
2. '70s square: Main and Central Thursday GLASSES in Brown Tortoise, \$115.
3. '80s aviator: Joseph Marc Observation GLASSES in Antique Gold, \$100.
4. '90s oval cat-eye: Love L741 GLASSES in Passion Fruit, \$90.

# 10

## GET OUTSIDE and play! Need we say more?

Large Lemon Printed Bean Bag Toss GAME, \$60, Giant Yard Pong GAME, \$25, marshalls.ca.



# 9

## BEST FOOT FORWARD

LET YOUR FEET FEEL THE BREEZE WITH THESE COMFY AND STYLISH SANDALS.



Original Universal SANDAL in Metallic Pink Multi, \$80, tevaonline.ca.



Reef Voyage Lite Seas SANDALS in Black, \$80, reef.ca.



Women's Bloom SANDALS in Sweet Gale Green, \$80, hunterboots.com.