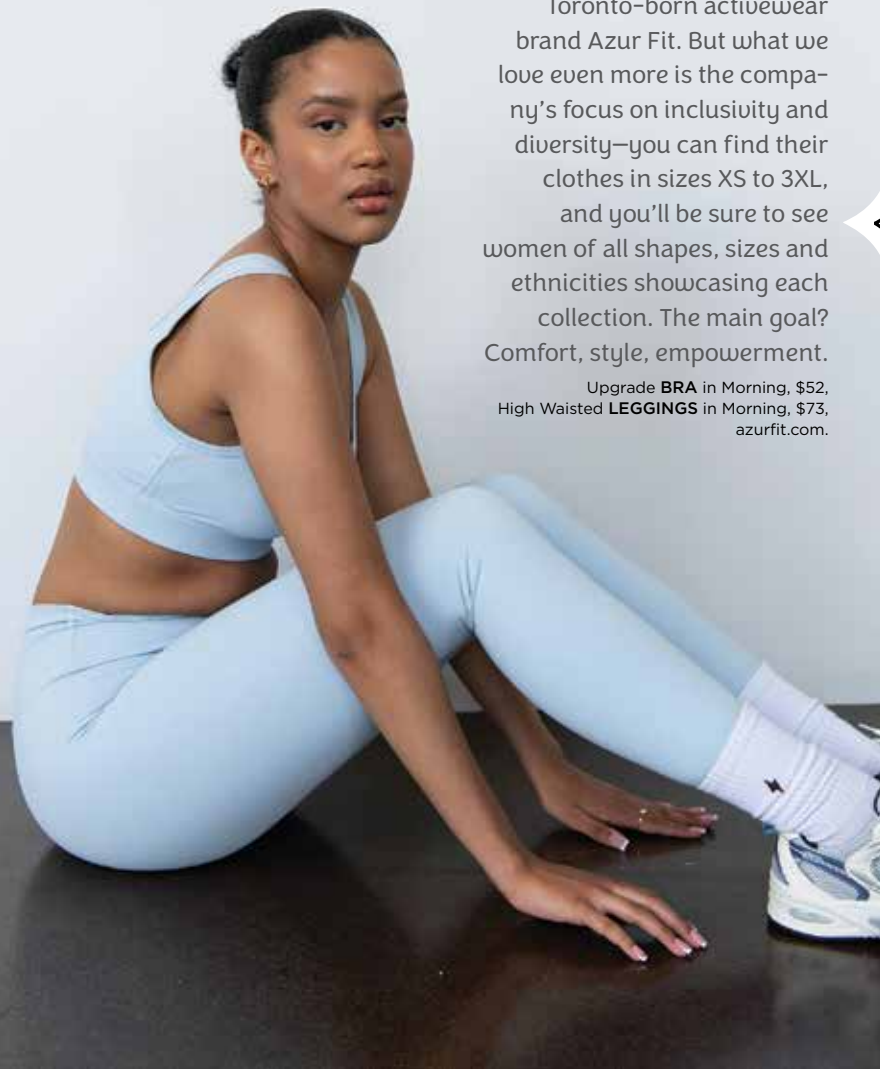


10 tricks, tips and ideas we love this month

1 GOOD MORNING

We're loving the gorgeous colours, flattering fits and luxe anti-pilling material in the Daybreak collection from Toronto-born activewear brand Azur Fit. But what we love even more is the company's focus on inclusivity and diversity—you can find their clothes in sizes XS to 3XL, and you'll be sure to see women of all shapes, sizes and ethnicities showcasing each collection. The main goal? Comfort, style, empowerment.

Upgrade **BRA** in Morning, \$52, High Waisted **LEGGINGS** in Morning, \$73, azurfit.com.



Grapefruit + Tarragon **REED DIFFUSER**, \$35, moodgie.ca.

2

IN THE MOOGIE

Scented home products have become all the rage in recent years, and if you like indulging in aromatherapy, look no further than Moodgie. Created in Montreal, soy-based candles, room sprays and reed diffusers from the brand will surely set the mood. The best part? All of the fragrances are formulated with your health and the environment in mind—containing vegan phthalate- and carcinogenic-free fragrance oils. And did we mention they smell amazing?

Driftwood + Sea Salt **HOME FRAGRANCE**, \$30, moodgie.ca.



Cactus Flowers + Sandalwood Soy **CANDLE**, \$30, moodgie.ca.



3

WATCH IT!

Sport and style collide in the new Time for Me watch collection from Adidas Originals. Colourful and classy, our fave, the Game on the Go watches boast a minimalist design made with effortless style in mind, and for its wearer to champion their uniqueness and self-expression.

Adidas Originals Game on the Go **WATCH** in Project Two in Green, White, Blue and Pink, \$99 each, thebay.com.



4

CLEAR WATERS

You've undoubtedly come across French skin-care brand La Roche-Posay in your local drug store—but there's so much more to its products than meets the eye. Did you know that La Roche-Posay's formulations are based on over 40 years of scientific research? Thermal waters with intense healing properties are the basis of every product formulation. In fact, the company's Thermal Centre, located in the beautiful town of La Roche-Posay, France, is a treatment centre in which people with extreme skin conditions or ailments such as eczema, burns or deep scarring and people experiencing the skin side effects of cancer treatments can receive intensive skin therapy that uses the pure thermal water itself. High-pressure spray treatments, immersion in thermal water pools and mental wellness support are all part of the program. So if you suffer from extreme skin conditions or sensitivities, know that there is a wide range of dermatologist-approved, intensely healing products that will provide you with lasting relief. La Roche-Posay's latest innovation is the Cicaplast Baume B5+, a multi-repairing soothing balm that heals, nourishes and protects the skin. For the rest of your routine, soften and comfort the skin with Toleriane Dermo-Cleanser, Toleriane Dermallergo Cream and spray the whole face and body with Thermal Spring Water. The benefits are truly remarkable!



LA ROCHE-POSAY Cicaplast Baume B5+ Soothing Balm, \$16.50, Toleriane Dermo-Cleanser, \$31, Toleriane Dermallergo Cream, \$36, Thermal Water, \$16.50, laroche-posay.ca.

PRODUCER, MARIANNE DAVIDSON



5 Lunch without the leaks

It's such a drag when lunch containers crack, lose their sealing powers or warp in the dishwasher within weeks of using them—we've all been there, right? That's why we're so excited about Bentgo's new Pop lunch containers! The company is well-known for its top-notch leak-proof lunch boxes and the Pop line offers even more space for big kids and teens (and grown-ups, too!—though they do have adult designs as well...). The container holds up to 5 cups of food and has an optional divider. Plus, it comes in a fun selection of vibrant hues.

Bentgo Pop **LUNCHBOX** in Bright Coral/Teal and Spring Green/Blue, \$40 each, bentgo.com.



6

It's snack time!

Whether you're looking for a savoury treat to put into your kid's lunchbox (or your own!) or serving up snacks at a party, these two Canadian brands offer delicious options that are not only healthier, but also do some good!



These tasty chips are certified organic and packaged in a 100% plastic-free compostable bag.

Humble **POTATO CHIPS** in Original, \$5, humblechips.ca.

This non-GMO popcorn is made from artisanal purple corn, making it rich in antioxidants. Plus, a portion of profits are invested into programs that support underprivileged children.

Purplesful Snacking **POPCORN** in Sea Salt, \$5, well.ca.



8

Lavender love

Just like our own hair, our furry friends' manes can also suffer from stubborn knots and tangles. Canadian company Bleu Lavande has just expanded their natural pet care collection with a leave-in detangler. Biodegradable and vegan, this product helps to strengthen your pet's coat and moisturize their skin, to boot. Enriched with lavender essential oil and hemp seed extract, this spray provides a grooming experience that doubles as a relaxing at-home spa service! Just spray onto your pet's fur, work out any stubborn knots and air dry—no rinsing required.

BLEU LAVANDE No Rinse Detangler, \$17.50, bleulavande.com.



7

BACK TO THE GRIND

Vancouver coffee roaster 49th Parallel's commitment to sourcing only direct-trade coffee keeps their coffee beans fresh and reduces their environmental impact. The brand is known for its strict quality measures, and ensures sourcing of the highest quality coffee beans from around the world by creating long-lasting partnerships and giving back to local communities. Not only does 49th Parallel have a robust selection of delicious coffees, but they also have made them accessible to everyone through online purchasing in single bags or a monthly subscription service. Try the Organic Nostalgia coffee—its notes of brown sugar, pecan and prune are pure yum!

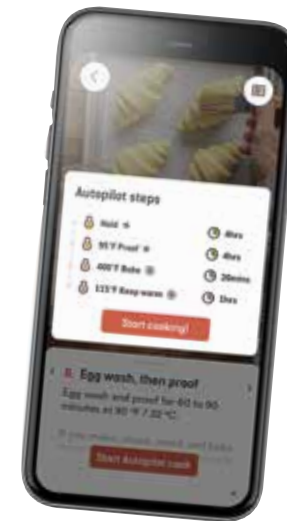
49th Parallel **COFFEE** in Organic Nostalgia, \$20, 49thcoffee.com.



9 Fry it, bake it, toast it, warm it

If September gets busy for you and your family, a great way to save time is to plan ahead and execute tasks with efficiency. We've been finding that really easy since we started using the Breville Joule Oven Air Fryer Pro. It's a smart digital oven that takes the stress out of cooking, baking and more. The Autopilot option ensures a perfect dish every time through its automated cooking experience. An app connects your oven to your phone so that you can monitor progress with ease. And the cherry on top? Digital access to all sorts of recipes, complete with video content to help you get the most out of your new appliance!

Breville Joule **OVEN AIR FRYER** Pro in Brushed Stainless Steel, \$800, breville.ca.



10

Hammer it home

Do you ever wish you could tackle a home improvement project, but lack the confidence to dig out your toolbox? Queer-, Latinx- and woman-owned Matriarchy Build can help with that. This online resource connects beginners to trained pros that can provide virtual guidance for all sorts of DIY projects, from renovating your whole bathroom to patching a small hole in the wall. Founders and pals Lacey Soslow and Gabriella Ainslie created the service to encourage female and LGBTQ+ participation in the trades by giving users the confidence to ask questions and get their hands dirty.

matriarchybuild.com.

