

10 tricks, tips and ideas we love this month



1 BREAKING THE MOULD

Quebec City-based Omy Laboratoires and its team of six female scientists are changing the game when it comes to personalized skin care. Using an online questionnaire and the help of artificial intelligence (should you choose to upload a photo), they offer up tailor-made solutions to your specific skin-care concerns. Formulated with natural ingredients and without the use of parabens, silicone or sulphates, Omy's products are based on the fusion of pharmaceutical science and individual beauty. The best part is that everyone pays the same price for their products, regardless of your target issues. If you're like us and have been spending too much time in front of a screen, try their Blue Light Mist to protect against the harmful effects of blue light on your skin.

We heart it!

OMY LABORATOIRES
Blue Light Mist, \$35,
omycosmetics.com.



Assorted PERIOD CARE, from \$5.60, getjoni.com.

2



PERIOD CARE, EVERYWHERE

If you live in a big city, you probably have the luxury of shopping locally in grocery stores or pharmacies for period care essentials. But in Northern or remote communities, these things can be hard to come by, and expensive to boot. A box of pads can cost up to \$40 in some places in our country, and can only be purchased an hour's drive (or more) from home—it's a reality many Canadians face. Enter joni, a B.C.-based company that's making period care more accessible to everyone. No matter where you are in Canada, joni's appropriately priced, size-inclusive, super absorbent, biodegradable organic bamboo pads can be sent to you, and the shipping is free. We'd say that's a major step in the right direction when it comes to period equity! Oh, and did we mention the gender-neutral packaging?



PRODUCER: MARIANNE DAVIDSON

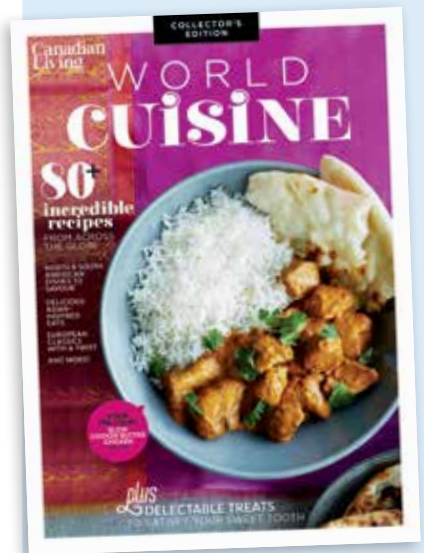
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SHINY SHOES

If scuffs, stains and caked-on dirt are stopping you from wearing your favourite kicks, we've got something that'll ease your mind. We tried Shoe Laundry's Cleaning Kit and couldn't be happier with the results. The made-in-Canada set comes with a spray bottle of all-natural shoe-cleaning solution, a bamboo and sisal brush and a pearl-weave cloth that can be used on any type of fabric. Your shoes will love their second chance at life!

Shoe CLEANING KIT, \$40, shoelaundry.ca.

3



Take a Trip

One of the best things about travelling is tasting delicious cuisines from around the world. And since we're still not back to our globe-trotting selves, we're indulging in flavours and recipes inspired by our favourite places to visit. Check out our latest special issue, *World Cuisine*, on newsstands now!

5

Back to school, back in style

Okay, so you don't actually have to be going to school this September to take advantage of these adorable office supplies! Here are our top picks from the latest collection by stationery and desk accessory brand Nota.

indigo.ca.

17-Month **AGENDA** in Morning Glory Floral, \$26.



Compartment **PENCIL POUCH** in Pink/Red, \$18.



LAPDESK in Wildflower, \$32.50.



Soft Touch **PENS** in Blush/Lavender/Black, \$16/6-piece set.



Knitted Gifts for All Seasons: Easy Projects to Make and Share (Abrams Books), by Wendy Bernard, \$25.

7 PURLS OVER DIAMONDS

Whether you're a master knitter or a novice, Wendy Bernard has a project for you in her new book, *Knitted Gifts for All Seasons*. Crafting is a great way to get your creative juices flowing, and handmade presents are always a pleasure to receive. The book, packed with 30 new garments and accessories—including some with customizable embellishments like embroidery and crochet—is organized by season, so you'll be inspired all year long.

6 MOVE your BODY



This online subscription program of fitness classes is what we've been waiting for! Movement by NM is a mother-daughter-owned Canadian business that offers members virtual access to exercise classes led by elite trainers, plus an inclusive supportive community. With yoga, HIIT, strength training, combat, movement and more, there's something for everyone to enjoy from this modern fitness approach.

Monthly **MEMBERSHIP**, \$19, movementbynm.com.



8

FEELING STRESSED?

You're not alone—about one-third of Canadians report experiencing stress to the point that it affects their lives. Box breathing is an effective, easy-to-learn technique that you can use in stressful situations to find some inner peace. Begin by sitting upright either on the floor with your legs crossed comfortably or in a chair with your feet planted on the ground. Let your hands rest comfortably on your lap. Try to find a quiet spot where you can turn your focus inward.

1

Inhale through your nose, counting to four slowly. Let your lungs fill completely.

2

Hold the air in your lungs for a count of four.

3

Exhale slowly through your mouth for a count of four.

4

Hold for another count of four while the lungs are empty.

5

Repeat steps one through four for about 5 minutes or until you feel calm.

9

Layer up



A good night's sleep is a key factor for the health of us mortal humans, and if your pillow is causing chronic neck pain, you may be in need of a new one...a pillow that is. Does a customizable layered pillow sound good? We think so! The LAYR Pillow from Luxome offers up three different inserts that can be adjusted to the right firmness and height for you; plus, the cover is made of natural bamboo viscose that has cooling properties to keep your noggin sweat-free while you snooze.

Luxome **LAYR PILLOWS** in Standard/Queen, \$115 each, luxome.com.

10



KEYS SOULCARE Renewing Body + Hand Wash, \$38, Rich Nourishing Body Cream, \$54, Sacred Body Oil, \$40, keyssoulcare.com.

FEED YOUR SOUL

There's so much to love about songstress Alicia Keys, including her new clean, cruelty-free skin-care line. Keys Soulcare, the just-launched collection, features smooth, luxurious products developed to pay tribute to the body. A purifying hand and body wash with manuka honey, lightweight body oil with marula oil and a nourishing body cream made with a shea butter and cocoa butter blend create a trifecta of essentials that are sure to be at the top of your hit list.