

9 tricks, tips and ideas we love this month



BIOSSANCE Squalane + Vitamin C Rose Oil, \$95, sephora.ca.

1 SHOWBIZ BEAUTY

We recently sat down with Reese Witherspoon, the beloved powerhouse actor, producer and Biossance global brand ambassador, to talk all things skin care, sustainability, and of course, her favourite products from the line.

Canadian Living (CL): If you had to choose only one Biossance product to use, which one it would it be?

Reese Witherspoon (RW): I'd probably say the 100-percent Squalane Oil because it has a clean formula and its texture is light—I use it every day. I like it because it's the basis of Biossance products, it's very moisturizing and ethically sourced.

CL: How has your approach to skin care changed over the course of your career?

RW: I've had struggles with brown spots, hyperpigmentation and dry skin, and makeup sometimes irritates it if I wear it too long. I'm very conscious of making sure I remove my makeup properly, and adequately cleansing and moisturizing my skin is more important than ever. I really like the Squalane + Omega Repair Cream because it's deeply nourishing but not too thick or greasy.

CL: You've said that Biossance's sustainability practices drew you to working with the company. Tell us a little more about that.

RW: People are being more thoughtful about the way products are made—not just what they are, but where they come from, as well. Who's the team that's leading innovation? What are their philosophies? What are they doing to give back? How are they benefitting the planet? There's so much conversation around skin care and beauty now and I think that Biossance is really leading the way in biotechnology, sustainability and sharing ideas and innovation around ingredients.

CL: Is there a self-care or wellness ritual that you swear by?

RW: I'm pretty set in my skin-care routine. I wash my face every morning and use the Squalane + Vitamin C Rose Oil, then I apply the Squalane + Omega Repair Cream and finish off with SPF. I apply sunscreen again four or five hours later. Always sunscreen! A good skin-care routine is a great way to start the day.

CL: What beauty advice would you give to younger generations?

RW: I think whatever skin-care routine you adopt in your 20s, it really shows up later in your 40s. If you're diligent about sunscreen, it'll improve pigmentation later on, and if you're diligent about moisturizer, your skin will be supple. But my advice is to really care for yourself and do something positive for yourself every day—for me that starts with skin care.

PRODUCER, MARIANNE DAVIDSON

Collagen BOOST 2

If you're as much of a chocolate as we are, you're going to love this! The first sugar-free chocolate bar infused with collagen peptides and soluble fibre is now available from Canadian company Bend Beauty. Totally free of sugar alcohols and high in cocoa polyphenols, this bar is the perfect anytime treat.



BEND BEAUTY The Beauty Bar: Sugar Free Dark Chocolate with Marine Collagen, \$7.50, bendbeauty.com.

3 Hydrate, hydrate, hydrate

They say that by the time you feel thirsty, you're actually dehydrated. And if tasteless water isn't your jam, spice it up with Hydralyte electrolyte tablets. Not only do the hydrating tablets you drop into your water provide you with two to three times more hydration than plain water, they also add delicious flavour. The newest flavour is Strawberry Lemonade, and we're telling you, it hits the spot.



Hydralyte Effervescent ELECTROLYTE TABLETS in Strawberry Lemonade, \$15, amazon.ca.



Ethey Meal Delivery **SUBSCRIPTION**, from \$67, eat.ethey.com.

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FULL CIRCLE

Tired of the same old takeout (and the trash that comes with it)? It's time to try a meal delivery service that you can feel good about! Ethey's fresh, healthy meals are shipped to your door and are ready to serve in a matter of minutes. The best part? These meals aren't just good for you, they're good for the environment, too. Ethey maintains a closed-loop, zero-waste production process by repurposing food scraps—some are upcycled into soups and sauces, while any unusable parts are fed to an on-site worm farm. The "wormery," as it's known, produces an all-natural fertilizer. Based in London, Ontario, Ethey ships all across the country. And with more than 100 different meals to choose from (including gluten-free, keto, vegan and vegetarian options), you can't go wrong!

Want to learn more about your environmental food-print? Check out our story on page 38.

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Reach for it...

Not anymore! Now you can access those hard-to-reach spots in the bottom of a canister, vase or glass bottle with this genius kitchen helper from Cuisipro. The Magnetic Spot Scrubber works its magic when you drop the small magnet scrubber into the container, then use the handle to attract the magnet to the spot you couldn't reach. Move it back and forth to scrub, no elbow grease required.



Magnetic **SPOT SCRUBBER**, \$15, cuisipro.com.

MOOGOO Natural Skin Milk Udder Cream, \$17, moogooskincare.ca.



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NATURALLY NOURISHING

Hailing from Australia, all-natural skin-, body- and hair-care company MooGoo's products have just taken a top spot in our beauty regimens. Thoughtfully formulated and packaged, each item in the brand's lineup is meant to nourish and replenish your skin or hair without the use of harsh chemicals or damaging the environment. The Natural Skin Milk Udder Cream (our favourite!) is made with aloe vera extract, natural vitamin E and milk protein, and can be used on the face and body, no matter your skin type. We love it!

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RAINY DAYS

APRIL SHOWERS BRING MAY FLOWERS, AND ALSO THE NEED FOR WEATHER-READY CLOTHES. THESE OLIVE GREEN JACKETS WILL HAVE YOU PREPPED IN STYLE FOR THOSE WET SPRING DAYS.



Peak Performance Hit Half Zip **JACKET**, \$180, altitude-sports.com.



High Coast Hydratic Waterproof **JACKET** in Green, \$290, fjallraven.com.



Hooded Water-Repellent **JACKET** in Thyme Green, \$149, penningtons.com.

ILLUSTRATION, SHUTTERSTOCK/E

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CORRAL THE CLUTTER

These adorable storage bins from Indigo's OUI home decor line are exactly what a home office needs. We love that they're stackable and collapsible, and we can't resist the pretty pastel colours, either.



Medium Plastic **STORAGE CRATES** in Doe/Lilac/Purple, \$25/3-piece set, indigo.ca.

Don't forget to read all about health benefits of bananas in this month's Superfood column on page 48.

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The whole banana

WEDNESDAY, APRIL 20 IS NATIONAL BANANA DAY! IT'S AN ANNUAL CELEBRATION TO HONOUR THE HUMBLE FRUIT IN LUNCHBOXES AROUND THE WORLD. HERE ARE A FEW APPEALING BANANA FACTS TO SWEETEN YOUR DAY.

- Botanically, bananas are considered berries.
- A single banana is called a "finger" and a bunch is called a "hand."
- Worldwide, bananas are the most produced fruit by volume.
- Bananas and plantains both belong to the genus *Musa*. Plantains are typically larger with a thicker skin than bananas. Sometimes called "cooking bananas," they are starchy and not as sweet—perfect for roasting or frying.
- Extend the shelf life of your bananas by popping them in the fridge—it slows the ripening process.