

# 10 tricks, tips and ideas we love this month



Full Support Minimizer **BRA** in Black/Paris, \$57, wonderbra.ca.

## 1 FULL SUPPORT

Wonderbra is back with another home run in the undergarment game! Two wireless bralettes and one full-support minimizer are the new additions to the brand's EcoPure line—bras made with recycled fibres that boast style, comfort and functionality. Cute colours and convertible straps mean you can wear these bras with anything, on any occasion. Love!



Seamless Wireless **BRALETTE** in Warmsteel, \$57, wonderbra.ca.



Seamless Wireless **BRALETTE** with Lift in Misty Lilac, \$57, wonderbra.ca.

## 2



### TAKE A DIP

Have you ever done a polar dip or cold-water plunge? This beautifully illustrated new release by Danish scientist Susanna Søberg provides a thorough explanation of cold-water traditions from Scandinavia and around the world, and their numerous benefits for our minds, bodies and souls.

*Winter Swimming: The Nordic Way Towards a Healthier and Happier Life* (MacLehose Press) by Susanna Søberg, translated by Elizabeth DeNoma, \$35.

## 4 NAILS FOR NATURE

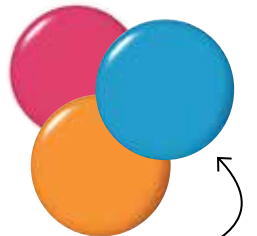
If you ever treat yourself to a manicure at the nail salon, you've undoubtedly come across one of the most popular nail lacquer companies: OPI. Known for its punny product names, the brand has recently expanded its line of vegan, natural-origin Nature Strong lacquers to include a base coat and eight new stunning shades. We love A Kick in the Bud, Big Bluetiful Planet and Bee the Change. Fresh new colours for the season? Yes, please!



Beautiful Kitchenware by Drew Barrymore 14-Cup Programmable **COFFEE MAKER** in Sage Green, \$80, walmart.ca.

## 3 TRUE BEAUTY

The Beautiful Kitchenware line by Drew Barrymore is finally available in Canada—hooray! The collection includes affordable and thoughtfully designed small kitchen appliances that you'd use every day, and the bonus is that they're all pretty enough to leave out on the countertop for good!



OPI Nature Strong Natural Origin Lacquer in A Kick in the Bud, Big Bluetiful Planet, and Bee the Change. \$15 each, amazon.ca.

PRODUCER, MARIANNE DAVIDSON

# 5 MARK YOUR CALENDAR

**MARCH 8** Celebrate the achievements of the important women in your life and around the world on International Women's Day.

**MARCH 12** Don't forget to set your clocks ahead one hour on the first day of Daylight Saving Time.

**MARCH 20** It's the first day of spring! Let the snow melt and the flowers bloom.

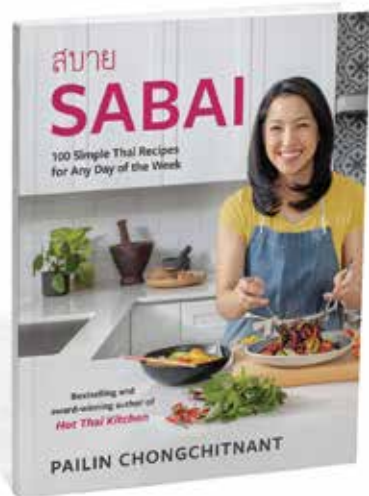
**MARCH 21** Take time to reflect and re-commit to fighting for a just and equitable world on International Day for the Elimination of Racial Discrimination.

# 7 COMFORT FOOD

Whether you're a master meal maker or a novice in the kitchen, when it comes to cooking new dishes, it's always a good idea to listen to the pros. And we're learning so much from YouTube star and bestselling, award-winning cookbook author Pailin Chongchitnant's latest release, *Sabai: 100 Simple Thai Recipes for Any Day of the Week*. "Sabai" roughly translates to "relaxed" or "comfortable," and that's what these recipes are all about. Chongchitnant's flavourful snacks, appetizers, mains and desserts give new meaning to the words comfort food.

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*Sabai: 100 Simple Thai Recipes for Any Day of the Week* (Appetite by Random House) by Pailin Chongchitnant, \$38.



# 6 TURN UP THE HEAT

The latest innovation from wellness brand Pure Enrichment is something we can totally get behind. The company's new Pro Far Infrared line of heat therapy products is designed with InfraWave Technology that penetrates muscles more deeply than your run of the mill heating pads. We love the Universal Heat Wrap, which can be secured around your shoulders, arms, legs or torso for relief of muscle aches, menstrual cramps, joint pain and more.

PureRelief Pro Far Infrared Universal HEAT WRAP, \$73, pureenrichment.com.



THE BODY SHOP Jamaican Black Castor Oil Cleansing Conditioner, \$19, Intense Moisture Mask, \$20, thebodyshop.com.



# CURL POWER 8

By working with curly haired folks all around the world and ensuring the representation of diverse hair types and textures in development, The Body Shop has created an all-new hair-care line specifically for curls and coils. With Jamaican black castor oil as the star ingredient, the range is comprised of four products (a curl activator, cleansing conditioner, leave-in conditioner and mask) that work to intensely moisturize, strengthen and define curls. Vegan formulas and a warm toasty scent ensure that both your locks and your senses get some well-deserved TLC.

# 10 PLUSH POUT

There's no doubt that singer Rihanna is busy—in addition to being a new mom and putting together that Super Bowl Halftime Show performance, she's also blessing our bathroom counters with all sorts of new products from her skin-care brand Fenty Skin. Our current favourite is a lip mask with hydrating pomegranate, jojoba, coconut and castor oils that perfectly conditions your lips. In just one week, fine lines are reduced and your lips are left soft, kissable and flake free. "Having a lip-care routine is super fun," Rihanna says, "but also so necessary to keep your pout perfectly healthy, hydrated and sexy."



FENTY SKIN Plush Puddin' Intensive Recovery Lip Mask, \$29, sephora.ca.

# 9

## Spring Clean

With a soothing scent that's reminiscent of a spring breeze, Soja&Co.'s all-purpose cleaner is a versatile addition to your cleaning arsenal. Made in Quebec, the biodegradable formula boasts a neutral pH that makes it ideal for many different types of surfaces, from granite to wood to leather. We love that it's safe for the air in your home—that means it contains no irritating ingredients for the respiratory tract—and is vegan and animal-cruelty free. Get ready for shiny surfaces and the fresh smell of lilac, orange and rosemary throughout your home.

Soja&Co. Lilac & Rosemary All Purpose CLEANER, \$12, sojaco.ca.

