

10 tricks, tips and ideas we love this month



1

IN THE SPIRIT OF GIVING

For the first time ever, the 24 Good Deeds Charity Advent Calendar is available in Canada. With a minimum contribution of \$24, you can support 24 different projects around the world. Each calendar door opened offers a donation supporting projects focused on a variety of social and environmental issues, including women's empowerment, poverty and education in Canada and around the world. Every organization has been carefully selected to ensure the long-term impact of each donation received. The Canadian edition, founded by Ute Shaw, features 11 Canadian organizations: Dare to Care, Breakfast Club of Canada, Sarvac, Heart & Stroke Foundation, Spirit North, Wilderness International, Second Harvest, Hope Air, Indspire, Sick Kid's Foundation and Dog Guides of Canada. Calendars will be mailed out before the Advent season—get one for yourself or send one to friends and family for the holidays.

24gooddeeds.ca

PRODUCER, MARIANNE DAVIDSON



GOOD TO GO Nut & Seed Bites, \$6.50 each, good2gosnacks.ca.

2 GO NUTS

Energy bites are usually made with fruits and sweet flavours, but Good To Go proves they can be savoury, too. These new bites are made with organic ingredients, including a deluxe assortment of nuts and super seeds like chia, hemp, pumpkin and sunflower. The no-sugar-added, keto-friendly snacks come in four different flavours—Zesty Pecan, Everything, Almond & Sea Salt and Herb & Garlic—so there's an option for everyone. Pop a bag in your purse in case hunger strikes when you least expect it.

4 KITCHEN QUEEN

Your holiday baking can be made a little easier this year with Ninja's Professional Food Processor. The versatile machine boasts a 9-cup capacity that allows you to knead up to 2 lbs of dough in only 30 seconds, keeping your hands free for all those other essential baking tasks.

Ninja Professional FOOD PROCESSOR, \$150, canadiantire.ca.



3 DO THE ROOMBA

iRobot, the leader in consumer robots, has launched a stylish new vacuum loaded with advanced features. Now you can manage how you clean with the newly updated iRobot Home app or your voice assistant (like Alexa). The new i3 version navigates your home in neat rows using floor tracking sensors, plus its Reactive Sensor Technology tells the robot where it can and cannot reach. Dirt Detect sensors direct it to where cleaning is needed most. This model learns your habits and offers personalized schedules—it'll even suggest extra cleaning during allergy and pet shedding seasons, leaving you with more time to dance the rumba, if you wish!

iRobot Roomba i3 Wi-Fi Connected ROBOT VACUUM, \$500, irobot.ca.



5

IN THE KNOW

Long-time beauty brand Marcelle recently launched a new addition to its website that offers full transparency about the company's rigorous product-testing practices and educational information on how products are made, as well as why Canadians can feel safe using them. And that's why we're so enthusiastic about Marcelle's newest anti-aging cream, which is formulated to meet specific concerns of customers over the age of 50 and dermatologist-approved.

MARCELLE Anti-Wrinkle Cream 50+, \$20, marcelle.com.



6 HAPPY FEET

If you're in the market for a new pair of boots, you'll be totally impressed by La Canadienne's selection of elegant and durable premium Italian leather footwear. The Montreal-based company prides itself on a mandate to make high-quality footwear that will stand the test of time, both functionally and fashionably. Our favourite style is the Margaret, with its classic, minimalist appeal and practical treaded rubber sole—perfect for whatever Mother Nature brings us this winter!

La Canadienne Margaret **BOOTS**, \$525, lacanadienneshoes.com.

RESPONSIBLE WRAPPING

Did you know that the average Canadian household produces approximately 25 to 45 percent more waste during the holiday season than it does in other months of the year? A lot of that comes from single-use gift wrapping. So this year, try something different: Start saving newspapers and flyers and use them as truly recyclable wrapping; use tea towels or fabric remnants tied up with string; purchase reusable fabric gift bags; or, if you're receiving store-bought non-recyclable paper, unwrap it carefully and save it to use again and again. The Earth will have a happier holiday because of it, too!



8

SOAK IT UP 7

Is there anything more relaxing than taking a long hot bath? We think not. So when you add the Magnesium Bali Bath Soak from Wyld to the water, your bath will go from relaxing to luxurious. As you soak, your skin will soften and become more hydrated, plus you'll absorb your daily dose of magnesium chloride. The blend of coconut milk with lemongrass and rosemary essential oils will mentally transport you to that tropical paradise you probably didn't get to visit this year—sigh!



WYLD Magnesium Bali Bath Soak, \$24, Konjac Loofah Body Sponge, \$18, thedetoxmarket.ca.



9

LOTION IN MOTION

The human body loses about one litre of water per hour of exercise, which is why it's so important to hydrate. But what effect does that water loss have on your skin? Innovative technology from Under Armour solves the dry, itchy skin problem so many athletes face. The new UA Meridian + Moisture Infuse fabric—embedded with tiny moisturizing molecules that activate on contact with your body—is made to replenish the moisture your dermis loses while working out, without any sticky or slimy residue. All you can feel is soft material on comfortable limbs! Win-win!

Under Armour Meridian + Moisture Infuse **LEGGINGS** in Black, \$120, Long Sleeve **TOP** in Slate Purple, \$120, underarmour.ca.



10

SHOWER POWER

Canadian all-natural skin-care brand Maison Jacynthe has added a complete line of hair care to its collection of vegan, cruelty-free products. The Ayurvedic shampoo not only cleanses your hair, but also provides a therapeutic experience with its nourishing aromatic formulation that includes cedar, frankincense, patchouli, sandalwood, cloves and more. For an extra boost, try the Restoring Hair Balm as an overnight mask—its hint of vanilla scent is heavenly!



MAISON JACYNTHE Restoring Hair Balm, \$38, Ayurvedic Nourishing Shampoo, \$34, maisonjacynthe.ca.