

# 10 tricks, tips and ideas we love this month



TATA HARPER Radiance Mask, \$87, Softening Cleanser, \$115, Fortifying Moisturizer, \$160, thedetoxmarket.ca.

## 1

### SKIN DEEP

Some of us were born with sensitive skin, and some develop sensitized skin over time, but either way it can be hard to find facial-care products that don't cause irritation. When the skin's barrier is disrupted and weakened, a reactive complexion can be the result, and that's where the Superkind collection, the latest from powerhouse face-care brand Tata Harper, comes in. Created with meticulously curated ingredients that are calming yet fortifying, these products are formulated specifically to simultaneously repair and protect delicate dermis. The line is also dermatologist-tested, hypoallergenic and free from harsh sulfates, exfoliants, fragrances, essential oils, tree nuts, wheat, gluten and soy. All that's left is pure, gentle goodness.

## 2



### SNACK ATTACK

The snack brand that brought us deliciously healthy granola bars, crisped rice squares, mini cookies and more is going savoury. MadeGood just released Star Puffed Crackers in three flavours: Sea Salt, Cheddar, and Pizza. Organic as well as gluten- and dairy-free, these yummy bites contain nutrients from six different vegetables. Our afternoon break never tasted so good. MadeGood Star Puffed CRACKERS, \$5 each, madegoodfoods.ca.

## 3



SAJE NATURAL WELLNESS Pocket Pharmacy - Mindful Edition, \$65, saje.com.

### Zen on the go

Emotional wellness doesn't always come easy, but tried-and-true methods like deep breathing, closing your eyes and listening to calming music can help when you're in a stressful situation. B.C.-based natural health product company Saje Natural Wellness adds to that list with its latest mini product offering that'll help you have even more mindful moments: the newest member of its Pocket Pharmacy line, the Mindful Edition. The kit contains five roll-on essential oil blends to help as you reflect, energize, unwind, find courage and feel connected, plus a guide for recommended application.

## 4

### ROCK CLEAN LOCKS

Hair salon professionals seem to be united in telling their clients not to wash their hair every day—we're sure you've heard that message at one time or another, too. And there's good reason to follow that rule. Overwashing your tresses can lead to damage and excess oil production on the scalp. But greasy hair just doesn't feel good, does it? Enter Deep Clean Dry Shampoo from Redken, which is a total game changer! Rice and tapioca starch star in the formulation, helping to absorb unwanted oil without the use of harmful ingredients like talc or sulphates. Say hello to clean—oh, and fresh-smelling—hair for up to four days!



REDKEN Deep Clean Dry Shampoo, \$30, chatters.ca.

PRODUCER: MARIANNE DAVIDSON

## 5



### FINERY REFINED

Getting dressed up for work can have a positive influence on your self-image and productivity, plus it's a good way to differentiate work mode from leisure time, especially while working from home. Toronto-based start-up Threads offers high-quality tights at affordable prices that are comfortable enough to wear while you work from home and stylish enough to wear out on the town (when that's an option again!). Threads founder Xenia Chan set out to find a solution to the expensive, uncomfortable and poorly made stockings we all know and loathe. And boy, did she succeed! Her innovative design includes longer leg length, double reinforced toes and a contoured waistband that hugs and supports exactly where you want it to. What's more, in response to COVID-19 the brand launched Threads Helps, an initiative dedicated to making effective, high-quality reusable masks, too.

Threads Sheer TIGHTS, \$17, yourthreads.co. Threads Tights SUBSCRIPTION PLAN, from \$17/month, yourthreads.co.

# 6



## HEAD START

They say the early bird gets the worm...so now's the time to get a jump on your vegetable garden. In her new book, *Growing Under Cover*, Halifax-based bestselling author and gardener Niki Jabbour offers real-world solutions for the Canadian climate that allow you to increase yields and boost overall plant health through the use of protective covers. You'll be the envy of the neighbourhood as you harvest your veggies earlier, and later, than everyone else!



*Growing Under Cover: Techniques for a More Productive, Weather-Resistant, Pest-Free Vegetable Garden* (Storey Publishing) by Niki Jabbour, \$34.

For more tips on growing your own veggies this spring, head to page 58.

### EIGHT REASONS TO BECOME AN UNDER-COVER GARDENER:

- Grow more food
- Control the environment
- Harvest year-round
- Save money
- Reap a hyperlocal harvest
- Reduce pest problems
- Grow the world
- DIY your way to more food



*"For me, the growing season begins in January when the first seed catalogs arrive. But as I begin to plan and dream of the coming year, I'm still harvesting from my mulched beds, mini hoop tunnels, cold frames and polytunnel. Of course, my garden covers aren't just for winter. They've allowed me to explore a world of vegetables that I never thought possible to grow in Nova Scotia: from burr gherkins to French melons to Thai peppers. Gardening under cover I plant earlier, harvest later, and grow healthier plants that yield a more abundant crop."*

# 7 PEARLY WHITES

If you feel like your pearly whites aren't so, well, pearly or white, try the new super convenient whitening treatment from the brand that invented at-home teeth whitening. Crest Whitening Emulsions are formulated to remove stains with hydrogen peroxide but also to hydrate, preventing further stains. Once you apply the minty fresh gel, it starts working right away—no rinsing is necessary—plus, you can leave it on and re-apply throughout the day when it's most convenient for you. Stained, yellow and lacklustre teeth begone!



CREST Whitening Emulsions with Wand Applicator, \$70, shoppersdrugmart.ca.

# 8



## WEIGHT FOR IT

At-home exercising has been on the rise over the past year (we all know why!), and if you don't have a home gym (we're assuming that's most of us!), if you're tired of the same old routine or you're looking to amp it up, workout accessories are important. Canadian brand B Yoga can help you do just that with these wearable 1-lb weights that can easily add resistance to tone and strengthen your body. They're made with soft neoprene interiors and easy-to-clean vegan leather exteriors, making them convenient and comfortable for use on your wrists or ankles. Get ready to feel the burn—in a good way!

The Tone 1-lb WEIGHTS in Black, \$42/pair, byoganow.com.

# 9

mark your calendar

### May 4 Star Wars Day

"May the Fourth (Force) be with you."

### May 8 V-E Day

Victory in Europe Day commemorates the end of fighting in the Second World War in Europe.

### May 9 Mother's Day

Show appreciation for your mother or other maternal figures in your life.

### May 13 Eid-ul-Fitr

A festival and feast to celebrate the end of the month-long fast of Ramadan in the Islamic calendar.

### May 19 World Plant a Vegetable Garden Day

The last frost date has passed for almost everyone in the northern hemisphere, so get growing!

### May 24 Victoria Day

Whether you're celebrating Queen Victoria, the long weekend or a 2-4 of your favourite beer, this holiday marks the beginning of summer fun.

### May 26 Super Blood Flower Moon

Plus, a total lunar eclipse...views will be best in the western part of the country where you might see the full moon turn red!

### May 28 Amnesty International Day

Amnesty International was founded 60 years ago in honour of the protection of human rights around the world.

# 10



SodaStream Bubly DROPS in Strawberry, Grapefruit, Blackberry, Lime and Cherry, \$7 each, sodastream.ca.

## IT'S A BUBLÉ DAY

We recently swooned at the chance to chat with adored Canadian crooner and Bubly spokesperson Michael Bublé about the new Bubly Drops for SodaStream. Here, we touch on health, sustainability and parenting, too!

**CL:** Tell us what you enjoy most about being a spokesperson for Bubly, and now SodaStream.

**MB:** Since the start of my career, partnerships have always been a big part of what I do. In marketing music, you often need these partnerships, and I've been lucky enough to work with some really great, successful, classy brands, and it's truly been a joy for me. Working with Bubly and SodaStream has been amazing because I know that they're great products and people love both brands—it's been a huge success story for them. And even though I know I have logistically little to do with that, I still take great pride in being a small part of this massive global success. It really means something to me, and my mom and dad are really proud of it, too. Plus, I actually like the product. My fridge is full of it, and now so is my cupboard!

**CL:** SodaStream is known for its sustainability efforts, and we know you share that passion for the environment. Tell us why sustainability is important to you.

**MB:** I think it should be important to any human being, and when you're a human being who happens to have kids, it becomes even more important. I'm not living for myself now, I live for those kids and their kids. I believe that your responsibility as a parent is to leave this world

better than when you came into it, or at least not ruin it any more than we have. And so I think every single step we take is really crucial in ensuring we're careful about our carbon footprints.

**CL:** Both Bubly and SodaStream have been major players in a societal shift away from the consumption of sugar-laden pops and juices. How does that relate to the importance of health and hydration to you personally?

**MB:** I think many of us have found that it's easy to forget about our health. We're always in a rush. I think if the pandemic has taught us anything, it's really that if you don't have your health, you have nothing. As a father, I love that my kids can actually have Bubly, whether from the can or SodaStream. There are no sweeteners, so it's a healthy alternative to regular sodas. It makes the kids feel like they're getting away with something. During COVID-19 lockdown, we didn't go out for three months, so for us to be at home with the kids and make our own drinks with our Bubly drops and SodaStream sparkling water maker was really fun for us. I wondered if it was like that for other people. I can't imagine we were the only family using it so often.

**CL:** What's your favourite Bubly flavour?

**MB:** Lime. Definitely lime.