

9 tricks, tips and ideas we love this month



1

2



1

LAYER UP

Stylish, cute and reminiscent of '90s fashion, these fleece jackets are sure to keep you warm—and looking cool—this month. We love these colour combos!

1. The North Face Women's Cragmont Fleece **JACKET** in Shiny Moonlight Ivory/Roxbury Pink, \$200, thenorthface.com. 2. Cotopaxi Teca Full Zip Fleece **SWEATSHIRT** in Alpenglow, \$145, altitude-sports.com.
3. Patagonia Micro D Snap-T **PULLOVER** in Pitch Blue, \$125, mec.ca.

3



PRODUCER, MARIANNE DAVIDSON

INDIGO 25TH ANNIVERSARY EDITIONS *The Inconvenient Indian* by Thomas King, \$28, *Milk and Honey* by Rupi Kaur, \$26, *The Handmaid's Tale* by Margaret Atwood, \$27, indigo.ca.



2 HAPPY BIRTHDAY, INDIGO!

To celebrate the silver anniversary of the country's leading bookstore, Indigo has released a curated 25 Year Collection of iconic books. Each selected author, including Margaret Atwood, Chris Hadfield, Thomas King, Rupi Kaur, Esi Edugyan, Romeo Dal-laire, Katherena Vermette and Michael Ondaatje, among others, embodies the company's "life, on purpose" motto—living life authentically, in their own way, while being an inspiration to others. The best part? Every chosen book has been reissued in a limited edition with an exclusive cover designed by artists across Canada, from Aman Aheer to Bianca Rocco to Jean Paul Langlois. Get 'em before they're gone!

4 BREATH OF FRESH AIR

Life can get busy, and there's nothing like taking a few minutes out of your day to take a deep breath and relax. Enter Fern & Petal, a Canadian essential oil and bath product company. Bottled locally in Vancouver, the range targets every need, from stress relief to aches and pains to insomnia. Just put a few drops of your favourite scent into a diffuser, or mix it with a carrier oil for direct application, and reap the benefits. Plus, the company plants a tree for every order! Now, what's not to love?

FERN & PETAL Ylang Ylang Essential Oil, \$34/30 ml, Spa Essential Oil Blend, \$39/30 ml, Patchouli Essential Oil, \$18/15 ml, fernandpetal.ca.



3

LEST WE FORGET

This November 30th marks the 150th anniversary of the birth of John McCrae, Canadian poet, physician, and soldier, who was born in Guelph, Ont., in 1872. Lieutenant-Colonel McCrae reenlisted in the Canadian Armed Forces at the age of 41 during the outbreak of the First World War. He is remembered for his poem "In Flanders Fields," written during the Second Battle of Ypres in Belgium in April and May 1915, where he served as a surgeon treating wounded soldiers. The famous poem memorializes the red poppies that grew over the graves of fallen soldiers on the battlefields. The nearly universal appeal of "In Flanders Fields" spearheaded its popularity at the time, and it remains a staple of Remembrance Day ceremonies to this day. The poppy's prominence as a symbol of those who sacrificed their lives in war is in part attributed to this poem, and in Canada it is the official symbol of remembrance.



5

Finger on the pulse

The best part of a visit to the hair salon is the oh-so relaxing head massage in the shampoo chair. Now you can DIY that pampering experience at home. The Manta Pulse is a vibrating hairbrush that stimulates blood flow to the scalp, gently exfoliates and ensures even distribution of your shampoo and conditioner. It does all of this while offering two pulsation settings that deliver a relaxing or invigorating head massage. Use it on wet or dry locks for scalp and hair health at the push of a button.



Manta Hair Manta Pulse, \$96, lacandco.com.

6 HEAD TO TOE

It's easy to forget that the skin on our bodies requires just as much TLC as that on our faces. This anti-aging body serum is made with face-grade ingredients like hyaluronic acid and fruit-based vitamin C for skin that's brighter, smoother and more hydrated. If you want to take your treatment to the next level, add the Sculpting Body Stone into your routine. This jade stone can be used for a deep tissue massage that sculpts and lifts the arms, thighs, stomach and much more.



TATA HARPER Resurfacing Body Serum, \$205, Sculpting Body Stone, \$93, tataharperskincare.com.



The Sustainable Self-Watering **PLANT HANGER**, \$63, potiere.co.

9

STAYIN' ALIVE

We can't be the only ones who hum the famous Bee Gees song and cross our fingers when watering our houseplants, can we? Whether you've got a track record as a plant killer, you're just not much of a greenthumb, or you're simply looking for low maintenance when it comes to your indoor greenery, you'll want to check out this self-watering planter. Made from a blend of sustainably sourced bamboo, melamine and cornstarch, the lightweight vessel's built-in irrigation system has a convenient waterspout, a self-watering wick and a locking system. And since it waters from the bottom up, plants will develop stronger root systems and be less likely to attract plant fungus or pests. Your beauties will stay fresh and green even when you're on vacation!



Feast your eyes

When we heard that famed chef Yotam Ottolenghi partnered with homeware company Serax to create a beautiful and colourful line of tableware, we said a resounding "Yes, please!" The Feast collection, with its saturated hues and whimsical patterns, is as creative and fun as its designer—you'll be hard-pressed to choose just one.

Serax Feast **TABLEWARE** by Ottolenghi, from \$56, indigo.ca.

8



Enjoy Life **BREAKFAST OVALS** in Chocolate Chip & Banana and Berry Medley, \$6 each, well.ca.

OVAL IN THE OFFICE

Free-from foods brand Enjoy Life will have you doing just that when you dive into their delicious new Soft-Baked Breakfast Ovals. We tried both the Berry Medley and Chocolate Chip & Banana flavours and were totally wowed—they're made with organic certified gluten-free rolled oats and other allergy-friendly ingredients, making them safe to pack in school or office lunches. Oh, and don't let the name fool you—these tasty vegan bites are good for snacking on at any time of day!