

10 tricks, tips and ideas we love this month

1

MOROCCANOIL Hand Wash, \$23, moroccanoil.com.



FROM HEAD TO TOE

MoroccanOil, the beloved hair-care brand known for producing quality products that also smell delicious, has recently expanded its body-care line to include hand washes, shower gels and body lotions. These latest offerings come in a new line of fragrances, too—all inspired by the Mediterranean: Ambiance de Plage, Ambre Noir, Bergamote Fraîche, Oud Minéral and Spa du Maroc, as well as the brand's iconic scent, Fragrance Originale, that will invigorate your senses every time you apply. Full-body luxury awaits!



MOROCCANOIL Body Lotion, \$32, moroccanoil.com.



MOROCCANOIL Cleansing Hydration Shower Gel, \$23, moroccanoil.com.

2



The Bay x Toronto Raptors Women's HOODIE, \$138, thebay.com.

SLAM DUNK

Just because the regular season is over, it doesn't mean you can't keep representing Canada's only NBA team. Introducing the exclusive, made-in-Canada collaboration between The Bay and the Toronto Raptors. This ultra-cool streetwear collection features the Raptors' iconic logo and The Bay's signature stripes. What's more? One hundred percent of the net proceeds from these stylish sweats goes toward Hudson's Bay Foundation Charter for Change, an initiative working to advance racial equity in Canada.



Rollie Tide Triple Strap SLIDES in Black, \$115, ketchshoes.ca.

Bueno Jody SLIDES in Tusk, \$115, ketchshoes.ca.

Miz Mooz Delilah SLIDES in Brandy, \$135, ketchshoes.ca.

PRODUCER, MARIANNE DAVIDSON

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IT'S A SHOE-IN

We love the ease of slipping into a chic pair of slides when the warmer weather hits, so we found some stylish options from Vancouver footwear company Ketch. Check 'em out!

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BUILD THAT BOOTY

Hip resistance bands are some of the best workout gear you can own, and these ones are cute enough to warrant an extra move or two! Position the band above your knees and do a few sets of simple squats, shuffles and fire hydrants to tone glutes and thighs.

Auria HIP RESISTANCE BANDS in Warm, \$30/3-piece set, indigo.ca.

Foodie Follow

Share your CL creations with us on Instagram and tag us with #CLgetcooking, like @snowchurchlady, who made our scrumptious Sugar Pie Verrines (March 2022). We love the presentation, too!

Follow us @canadianliving



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A grand-mother's love

Anyone who's spent time with a doting grandmother knows just how warm and wonderful a connection that can be. Perhaps that's because grandmothers' brains are uniquely attuned to the emotions of their grandchildren. A first-of-its-kind study published last November in *Proceedings of the Royal Society B Biological Sciences* scanned the brains of grandmothers while they looked at photos of their young grandchildren, and the findings show activity in areas of the brain associated with emotional empathy. Growing evidence suggests that inter-generational bonds play an important role in our social development and may also contribute to better outcomes in other aspects of our young lives, including academic success, behaviour and physical health. This research also lends credence to the idea behind the Grandmother Hypothesis, which speculates that women live well beyond their reproductive years so they can provide evolutionary benefits to both their children and grandchildren.

Learn more about the social factors of menopause on page 50.

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HATS MORE LIKE IT!

We know we're not the only ones who've had to strategically place our ponytails to fit into that universal spot on the back of a baseball cap, which is why we're so thrilled about this innovative hat design. Launched in June 2020 by entrepreneur and mom Stacey Keller, Ponyback is a baseball cap with a magnetic opening that's adjustable depending on your 'do of the day. And that's not all! Ponyback's unique ideology of creating an inclusive community that promotes self-love and embracing your unique style sets it apart from the herd.

Ponyback Everyday Fit **HAT**, \$49, ponybackhats.com.



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MOM & BABY

Just in time for Mother's Day, family skin-care brand Evereden is now available in Canada. We love this line not just for its gentle formulations, but also for the message behind them. The company is headed up by female dermatologists who are also mothers, and they've combined their knowledge of medicine with the skin-care needs of women during and after pregnancy, as well as those of babies and children. Every product is made from high-quality ingredients, such as oils from sunflower seeds, avocados, rosehips and grapeseed. Gift the Special Delivery Set for Mom and Baby to that new or soon-to-be mama in your life.

EVEREDEN
Special Delivery
Mini Set, \$45,
sephora.ca.



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HAPPY FOR HOURS

Hurray for get-togethers and enjoying drinks with friends alfresco! We found some of the cutest patio-safe cups that'll help you get the party started.

1. Mainstays Pineapple Sipper **TUMBLER** in Yellow, \$4, walmart.ca. 2. Liv Acrylic **DRINK GLASS**, \$6, crateandbarrel.ca. 3. For Living Watermelon **CUPS**, \$15/4-piece set, canadiantire.ca. 4. Pink Acrylic **DRINKING GLASS**, \$4, homesense.ca. 5. Green and Bamboo Melamine **WINE GLASS**, \$4, homesense.ca.



PHOTOGRAPHY (9), ALLTRAILS.COM

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Hit the trails

If you're looking to take in some more nature this year, check out the AllTrails app—perfect for connecting you with the outdoors! With more than 300,000 curated trails ready for discovery and upward of 35 million fellow adventurers on board, the site is home to the largest collection of digital trail guides in the world. The app also helps you navigate your route and tracks your stats—now we call that motivating! ALLTRAILS.COM.



Eatonville Three Sisters Trail, Cape Chignecto Provincial Park, Nova Scotia

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Bouclé all day

Canadian furniture retailer EQ3 has launched a new line of high-performance fabrics for spring, and we can't get enough of this cozy new bouclé. Its lovely soft texture is due to raw wool (many other bouclés are made of polyester); in addition, its durable fibres are made to stand up to spills and stains. Oh, and did we mention the material is free of harsh fabric chemicals? We love the Cotton Duck Natural colour on these chic bar stools, just right for a summertime setting.

EQ3.COM.

