

10 tricks, tips and ideas we love this month

Canadian edition!



1 GET OUTSIDE

Missed the boat on booking a campsite? No worries! This charcoal and wax campfire-in-a-tin means you can roast those marshmallows just about anywhere.

Cozy Canadian Campfires Portable **CAMPFIRE**, \$31, cozycanadiancampfires.com.



This rugged cooler is made for Canadian summers—durable wheels, wildlife-resistant construction and two built-in bottle openers are just some of the perks.

Chilly Moose 35L Chilly **ICE BOX** Wheeled Explorer in Tobermory, \$369, chillymoose.ca.



A lightweight tee that also provides sun protection? Yes, please!

Arc'teryx Remige **SHIRT** SS in Light Immersion Heather, \$65, arcteryx.com.



Stay comfy in these long pants that'll help keep ticks and other critters at bay so you can explore in style.

Duer Live Lite **JOGGERS** in Fatigues, \$130, duer.ca.



Folding walking poles are the best accessory to protect your knees while traversing diverse Canadian terrain.

MEC Crosslink **TREKKING POLES** in Black/Azure, \$100, mec.ca.

PRODUCER, MARIANNE DAVIDSON. PHOTOGRAPHY, ISTOCKPHOTO/C

SWIM FOR THE WIN

Canadian undie brand Knix's new swimwear line is so comfortable, so flattering and so, so pretty. With chic designs in bold, beautiful colours, the mix-and-match pieces are available in inclusive sizing and are made to make you feel and look good whether you're a size 2 or 20. And to top it off, the brand also offers swim bottoms and a one-piece in its famous leak-proof design, so your period won't keep you from a day at the pool.

2



Assorted **SWIMWEAR**, from \$50, knix.ca.

3

CLEAN MEETS GREEN

Interested in sustainable cleaning products for your home? We tried the new Twist & KLIIN bio-pods for multi-purpose, bathroom and window cleaning that feature highly biodegradable and ecological formulations. Simply twist one into your spray bottle of water and spritz the dirt away.

Twist & KLIIN Bio-Pods **CLEANING PODS**, \$3/capsule, en.kliin.co.



4 Eco friends

Reducing (or completely eliminating!) our consumption of single-use plastics is top priority these days, and Canadian company Greenlid gets it spot on with this assortment of biodegradable, compostable dishes and utensils. From wheat straws and birch cutlery to plant fibre plates and bowls, bamboo coffee cups and more, you'll be set to have a completely waste-free picnic—no washing up required!

12 Person Party Pack **COMPOSTABLE DISHES**, \$20, mygreenlid.com.



5

HEAVEN SCENT

Finally, a natural deodorant that's baking soda-free! This specially formulated deodorant stick not only helps prevent the spread of odour-causing bacteria, it also soothes the delicate skin under the arms, even for those with sensitive or reactive skin. Bonus: It comes in a fully biodegradable all-cardboard package that helps reduce plastic consumption.

ATTITUDE Baking Soda Free Natural Deodorants in Chamomile, Avocado Oil, and Unscented, \$12 each, well.ca.



6

SLEEP WELL

Montreal company Maison Tess just released its latest collection of bedding called The Vibrant Escape. And vibrant it is! The line, which also includes table linens, was inspired by travel, freedom, renewal and escapism (we could all use a little of that right about now!). The new shades—Liberty Blue, Amber, Hazel, Clay and Lilac—are available in the brand's signature luxurious cotton and linen fabrics. Bon voyage to dreamland....

Coco Linen **DUVET COVER** in Liberty Blue, \$255, **PILLOWCASES** in Liberty Blue, \$75/pair, maisontess.com.

7

GOOD VIBES

London, Ontario-based Rocking Vibe's jewellery collection is made of authentic, one-of-a-kind gems fashioned into minimal, sophisticated pieces. But more than that, each time you wear them, the company hopes you'll be reminded of its belief in incorporating mindfulness into your everyday and encouraging you to live an authentic life.

Inferno Steel Edged Agate **NECKLACE**, \$90, rockingvibe.com.



PHOTOGRAPHY: ISTOCKPHOTO/E

MORE THAN 8 "ME" TIME

Day-to-day stressors can do a number on your mind and body, but the amplified pressures of the last 18 months have left many Canadians with deeper issues to address. Enter Blue Hive Health, a Toronto-based digital wellness company offering curated, in-depth programs that provide a holistic approach to concerns like digestive health issues, hormone imbalances, body positivity and increased stress and anxiety levels. Sign up for a plan and you'll virtually consult with a number of professional healers ranging from nutritionists and psychotherapists to those who specialize in homeopathy, meditation and energy therapies. It's self-care 2.0. BLUEHIVEHEALTH.COM



9 YUZU GOT IT

The unique lemon-meets-lime-meets-orange taste of the yuzu fruit has made its way into the President's Choice line of summer products, from savoury bites like chicken wings and salmon skewers to sweet delights such as Japanese-style cheesecake and our favourite, a yummy tart-sweet sorbet. We know you'll love its delicate flavour rush as much as we do! **PC Yuzu Citrus and Blueberry SORBET**, \$4, loblaws.ca.



10

TAKE A DIP

You know those times when you open a bag of chips and next thing you know you've eaten the whole thing? We feel you—it happens to the best of us! But if you're trying to make healthier choices while lamenting the loss of your favourite snack's salty, tangy goodness, Canadian company Summer Fresh's new dip flavours may be the solution. These latest hummus formulations taste so good, they'll make your potato chips jealous. **Summer Fresh HUMMUS** in Dill Pickle and Salt & Vinegar, \$4.50 each, summerfresh.com.



Foodie Follow

Share your *CL* creations with us on Instagram and tag us with #CLgetcooking, like @debabbottottawa did with the yummy Cheese & Herb Shortbread recipe (May 2021)!

Follow us @canadianliving

