

# 10 tricks, tips and ideas we love this month



**COCO & EVE**  
Smoothie Shower Gels  
in Tropical Mango and  
Dragon Fruit & Lychee,  
\$26 each, [cocoandeve.com](http://cocoandeve.com).



# 2

## FOR THE LOVE OF WINE

One of our favourite things to do is research and test local Canadian products and tell you all about them. And we were thrilled when we tried up-and-coming skin-care line VINOspa. Hailing from Vancouver Island, B.C., the collection is made with the region's locally grown star ingredient, the Pinot Noir Noble Grape, known to have antioxidant and healing properties. We also like that VINOspa's products are gender-neutral, cruelty-free and vegan.

**VINOspa** Butter Moisturizer,  
\$30, [myvinospa.com](http://myvinospa.com).

# 1

## POWER SHOWER

If you haven't tried beauty brand COCO & EVE's products yet, you need to get on it! One of the company's latest offerings is the super luxurious Smoothie Shower Gels. Inspired by smoothie bowls full of local ingredients from beautiful Bali, the body washes are formulated with fruit enzymes to cleanse skin without stripping it of its natural oils. Plus, you've got two tantalizing scents to choose from: Tropical Mango and Dragon Fruit & Lychee. If you're like us, you'll go for both!

### 3 Custom cool

Thinking of doing a kitchen revamp? Samsung's bespoke customizable refrigerators that marry function and style are where it's at! The setup, colour and finish are yours to choose—we're crushing on modern combos like matte black with steel, champagne rose with steel, white with glass, and sky blue with glass.

Samsung Bespoke REFRIGERATOR, from \$1,600, [samsung.com](http://samsung.com).



### GOOD SOUP

'Tis the perfect time of year to enjoy your favourite home-made soups! KitchenAid makes the process super easy with the new cordless immersion blender. The lightweight design and four-point stainless steel blades are made to easily create purée perfection. And the blue hue? We love it!



KitchenAid Cordless Variable-Speed Hand BLENDER in Blue Velvet, \$180, [kitchenaid.ca](http://kitchenaid.ca).

### Foodie Follow

Share your *CL* creations with us on Instagram and tag us with #CLgetcooking, like @valeriekiefer, who made our Pumpkin Carrot Cake with Brown Sugar Frosting & Candied Nuts (October 2019). It looks amazing!

Follow us @[canadianliving](https://www.instagram.com/canadianliving)



# 5

## Let creativity strike

Winter weather inevitably moves us indoors, and if you're a person that likes to cozy up and get down to crafting, this kit from Sculpd is for you. It comes with two packs of air-dry clay, a beginner's pottery guide, all the tools you need, plus white paint and brushes for you to design it to your liking.

Sculpd POTTERY KIT,  
\$79, [sculpd.ca](http://sculpd.ca).



# 6

## BLACK HISTORY MONTH

For more than 400 years, Canadians of African and Caribbean descent have contributed, and continue to contribute, to Canada's culture

and history. That's why each February we celebrate Black History Month! It's an opportunity to share, honour and appreciate the impact of Black heritage and culture in Canada. In 1979, the efforts of individuals and organizations such as the Ontario Black History Society made Toronto the first Canadian municipality to recognize Black History Month. February was officially named Black History Month across Canada in 1995, thanks to the efforts of the Honourable Jean Augustine, who was solely responsible for introducing the motion to the House of Commons. She

is also the first African-Canadian woman elected to Parliament, as well as the first appointed to the federal cabinet. Black History Month is about commemorating the achievements of Black Canadians like Augustine, and continually working toward a more diverse and inclusive Canada.

## GET OUTSIDE

People are spending more time outdoors, and there's been a recent upward trend in winter activities, such as winter camping, snowshoeing and backcountry skiing. With more than 50 years of experience, the trusted Canadian outdoor retailer MEC has everything you need to take advantage this season. We're feeling nostalgic about the anniversary line that brings back classic styles that first debuted in 1993. You can also expect to see a relaunch of in-store workshops and events, and a continued commitment to the Outdoor Impact Program that provides avalanche safety training, outdoor programs for youth, wilderness conservation and more.

MEC Anniversary Cornice  
JACKET, \$110, [mec.ca](http://mec.ca).

# 7



# 8

## FUN FACT

We often don various articles of clothing and accessories to communicate something about ourselves without the fuss of talking... and we have done so for millennia.

Recently recovered shell beads from southwestern Morocco are thought to be the earliest evidence of a widespread form of nonverbal communication among early *Homo sapiens*. The beads date from 142,000 to 150,000 years ago, and offer clues about the evolution of human cognition and social relations. The archaeologists noted evidence of human modification on the beads, such as chipping and polishing from stone tools, and some were coloured red with ochre. The shells also show traces of wear and tear from being suspended. It's thought that they were used as symbolic objects and possibly displayed as a way for people to identify each other.

These types of symbolic shells have been found across North Africa and the Levant, suggesting a level of cultural continuity among early human populations. Next time you're deciding how to adorn yourself, remember that human beings have been thinking similar thoughts for hundreds of thousands of years!



## YOGA FOR EVERY BODY

Want to start practicing yoga but feel like you don't fit the mould? Well, we've got the instructor for you! Bringing diversity and inclusivity to the forefront of yoga, Dianne Bondy offers a practice that is suited to every body. From Windsor, Ontario, Dianne teaches online classes that are available anywhere, anytime and for anyone. Her inclusive practice provides a welcoming environment regardless of shape, size, ethnicity or ability. Pick up her book, *Yoga for Everyone*, or tune in on the web. Plus, for any yoga teachers out there, Dianne also has an online certification that teaches how to adapt poses for older, larger and differently abled students.

Online Yoga **SUBSCRIPTION**, \$20/month, [yogaforeveryone.tv](http://yogaforeveryone.tv).

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## HAPPY FEET

Slip into cozy with a pair of these incredibly warm, durable slippers.



Nuptse Mule **SLIPPERS** in Silver Grey Leopard Print, \$110, [thenorthface.com](http://thenorthface.com).



MEC Unisex Hut **SLIPPERS** in Sequoia, \$60, [mec.ca](http://mec.ca).



Cabin Unisex Hybrid **SLIPPERS**, \$80, [baffin.com](http://baffin.com).