

11 tricks, tips and ideas we love this month

1

DAILY DOSE

This month, check out the one-of-a-kind line of health, wellness and beauty vitamin gummies from Toronto-based Suku Vitamins. They're sugar- and alcohol-free, plant-based, and contain no GMOs, artificial colours or flavours. Our faves from the collection are the Complete Women's Multi, Buh Bye Stress and Luscious Hair, but there are more to choose from, including options for men and kiddos. The best thing is that they taste absolutely delicious!

SUKU VITAMINS The Complete Women's Multi Gummy Vitamins, \$28, sukuvitamins.ca.



2

SUDSY SOLUTION

Single-use plastics are an ever-growing concern for our environment. If the products in your shower are leaving your conscience feeling dirty, Ontario-based company EarthSuds has the answer. Its sustainable single-use tablets provide an alternative to the usual bottles of body wash, shampoo and conditioner (that often end up in landfills). These cute little cubes are so easy to use: simply crush in your hands, lather with water and wash accordingly—no plastic necessary!

EARTHSUDS Starter Pack, \$14, earthsuds.co.

PRODUCER, MARIANNE DAVIDSON

3

MELLOW YELLOW

We love donning a little (and sometimes a lot!) of *jaune* as spring starts to settle in. After all, what better way to evoke the sun's rays, even when it rains?

High-Waisted Wide-Leg Long PANTS, \$90, rw-co.com.



Ecologist The Anorak JACKET in Lemon, \$325, ecologist.com.



ESSIE Expressie Dial It Up Collection Nail Polish in We Don't Mesh, \$11, essie.ca.



Moose Knuckles Acceptance Anorak JACKET in Acid Yellow, \$450, mooseknucklescanada.com.

4

WALL CLEAN!

Along with a beautiful new colour collection called Living Well (see page 47 for our favourite shade!), Sherwin-Williams has introduced SuperPaint with Air Purifying Technology—paint that's formulated to decrease VOC (volatile organic compound) levels from carpets, fabrics and other household sources. Now you can improve indoor air quality and eliminate odours one brush stroke at a time.

SuperPaint with Air Purifying Technology PAINT, sherwin-williams.ca.



5

NAILED IT

Have you ever noticed that your DIY at-home manicure looks a little *too* DIY? Dry, overgrown cuticles might be the culprit—but luckily we've found the solution! Winnipeg-based veteran nail tech Erika Berthelot created her company Cutie Oils to help keep cuticles hydrated (with coconut and jojoba oils) as well as provide anti-aging properties with macadamia oil. With all the hand-washing and sanitizing we've been doing, all we can say is hallelujah!

CUTIE OILS Olivine Cuticle Oil, \$20, cutieoilsco.com.





6

TOOTH PICK

Dentists recommend brushing your teeth for two whole minutes every time, but how many of us really do? Philips Sonicare's latest toothbrush is battery operated and equipped with a timer to make sure you do! The impressive little machine gives microvibrations to gently clean and polish your teeth, plus it comes in a sleek, colourful case. Oral hygiene just got a little more stylish!

Philips One by Sonicare battery-operated **TOOTHBRUSH**, \$35, philips.ca.



8



GAME CHANGER

We caught up with award-winning actor Annie Murphy to chat about her new partnership with Nintendo Canada and the super cute ad she stars in alongside her mom. "It makes me laugh because I used to be such a non-gamer. But I'm happy to bring some joy and positivity into people's lives." Admittedly new to the world of video games, we asked Annie if the Nintendo Switch has made gaming more accessible, especially for women and older generations. "It was easier to get the hang of than I'd anticipated," she says. "The ease with which you set up the console and access the games makes it very approachable." Her favourite game so far? *Just Dance 2021*, a rhythm game with more than 50 popular songs to boogie to, solo or with friends. And, if you're wondering whether Annie thinks her song "A Little Bit Alexis" from *Schitt's Creek* should be included in the song list? She gave us an emphatic, "Yes!"

Nintendo Switch **VIDEO GAME SYSTEM**, \$400, walmart.ca. Nintendo Switch Just Dance 2021 **VIDEO GAME**, \$60, nintendo.com.

7



NEW BREW

Instead of putting milk and sugar in your morning cup of joe, add this boost of healthy fats instead. The Superbrew Creamer from B.C. wellness company Organika uses MCT oil powder, a blend of organic ghee and butter from grass-fed cows, as well as prebiotic fibres to help boost your energy, keep hunger in check and promote gut health, without losing out on the creamy texture you enjoy—all before the day begins.

TTYL tummy troubles!

Organika Original Superbrew **CREAMER POWDER**, \$36, organika.com.

9

GET A GRIP

Whether you're on city streets or forest floors, the latest boots from Hunter are made to take you from urban jungle to actual jungle by keeping your feet supported and warm. Plus, the high-grip sole will stop slips and slides, no matter what kind of weather Mother Nature has in store for us this month.

Field Balmoral Hybrid Chelsea **BOOTS**, \$265, hunterboots.com.



11 Comfort Delivery

We've all heard of the mattress-in-a-box companies taking the bedding industry by storm, but did you know you can purchase a new sofa in the same convenient way? Frédéric Aubé, the CEO and founder of Cozey, a Montreal-based sofa-in-a-box company, wanted to make purchasing furniture a little simpler for Canadians. Creating a modular sofa with a modern design that can be delivered right to your door, as well as grow with you and your family, was his way of doing it. Moving from a tiny apartment to a more spacious home? Instead of buying new seating to fit your space, you can simply add sections, chaises and even corner pieces to your Cozey sofa to assemble the right composition for your needs. And check it: Cozey isn't only trying to make the lives of Canadians who can afford a sofa simpler—the brand is also committed to helping those in need by making a donation to a homeless shelter for each sofa sold.

COZEY.CA.



10 Tea Time

Japanese barley tea, or mugicha, has been consumed for hundreds of years in Asia—and with good reason. Suitable for adults, children and even babies, this versatile tea is caffeine-free and rich in antioxidants, and can be brewed to drink hot or cold. Now the flavourful beverage is available from sister-owned Canadian company mo'mugi. Made with 100 per cent organic B.C.-grown barley, this delicious sipper can be a part of your daily routine, with one sachet making up to 2 litres of tea.

Mo'mugi **BARLEY TEA**, \$14/10 sachets, canadianbarleytea.com.

Foodie Follow

Share your *CL* creations with us on Instagram and tag us with #CLgetcooking, like @chelseajackson_bpm, who made our Almond, Oat & Banana Smoothie Bowl (January/February 2021). It looks delicious!

Follow us @canadianliving

