

10 tricks, tips and ideas we love this month



1 STYLISH STORAGE

We've all got items in our home that we want to keep away from wandering hands...or paws. Whether it's our precious jewellery, important documents, cannabis products or medicines, the safest way to store them is in a locked case! The Canadian women entrepreneurs from Ally developed these discreet, stylish, and most importantly, lockable storage containers to give us some peace of mind about those sensitive items in our homes. We'd say mission accomplished!



Ally Lockable **STORAGE CONTAINERS**, \$95 each, theallyco.com.

2

Slide into SUMMER

SLIP ON A PAIR OF THESE SMART SANDALS THAT BOAST A SIMPLE YET ELEGANT DESIGN. SLIDES PAIR PERFECTLY WITH JUST ABOUT ANY PIECE IN YOUR WARDROBE, AND DID WE MENTION THE COMFORT? YOU'LL BE WEARING THIS EASY STYLE ALL SUMMER LONG!



Eteiven **SANDALS** in Black, \$50, aldoshoes.com.



Sorel Roaming Decon Slide **SANDALS** in Velvet Tan, \$110, softmoc.com.



Riiley **SANDALS** in Ice, \$50, callitspring.com.

PRODUCER, MARIANNE DAVIDSON

3

DAZZLING DIGITS

We're so into the fun, pretty hues of Pacifica's new plant-based nail polishes. Bright pops of colour on all your fingers and toes are sure to make a statement this season. The best part is that all the polishes are formulated without the typical toxic ingredients, toluene, formaldehyde and camphor. The only question left is, Which shade to choose?

PACIFICA Plant Magic Polishes, \$15.50 each, shoppersdrugmart.ca.



4

Femininity, REFRESHED

Thanks to Christine Marie Mason, founder of Rosebud Woman, there's now a line of luxurious, natural formulas for women's intimate wellness delivered with the respect and reverence you deserve. Designed to meet women's needs and address common concerns and challenges in caring for the skin of the vaginal area—including freshness, moisturization, soothingness, stimulation and resilience—Rosebud Woman offers intimate support from menarche to menopause and beyond. Developed with guidance from plant medicine experts, herbalists and medical doctors, these plant-based formulas are made with sustainably sourced and certified organic ingredients. Release yourself from the history of shame surrounding women's bodies and sexuality by elevating your daily routines into self-love rituals, and reconnecting with all your intimate body parts.

ROSEBUD WOMAN Refresh Cleansing Spray, \$50, Honor Everyday Balm, \$120, Arouse Stimulating Serum, \$105, thedetoxmarket.ca.



5

LIP LOVE

A combination of sustainably sourced, cruelty-free ingredients for ultimate hydration and mood-boosting organic extracts for aromatherapy benefits is exactly what you'll find in the handcrafted leave-on lip masks from Canadian company LIXR. Founder Susanne Langmuir, also the creator of Bite Beauty and

aN-Hydra, is a pro beauty innovator and cosmetic formulator whose expertise in organic botanicals brings luxury, comfort and an amazing sensory experience to each of these deluxe products. Our favourite flavours? The fruity Napa Cherry, refreshing Peppermint Tonic and smooth Café Crème.



LIXR Clear Lip Masks, \$28 each, lixrs.com.

6

NOTES OF NATURE

Launched in 2020, Canadian-owned Maple & Lather offers a selection of luminous candles artisanally crafted in a Northern Ontario studio surrounded by maple trees and fresh lakes. The exquisite soy products are available in six signature scents: Alpine Cedar, Lavender Flower, Lemon Verbena, Maple, Northern Mint and Orange Bergamot, and burn for up to 75 hours. Responsibly packaged, the candles come in reusable glass tumblers, so you can feel good about indulging in some scented “me” time.



Maple & Lather Soy Candles in Northern Mint and Maple, \$42/300 g each, mapleandlather.com.

8

SPICE UP YOUR LIFE

MOTHER NATURE'S KICKING UP THE HEAT, SO WE'RE DOING THE SAME! THESE CANADIAN-MADE SPICY COMESTIBLES WILL BLAST YOUR MEALS, FROM BREAKFAST TO DINNER, WITH AMAZING FLAVOUR AND A POWERFUL PUNCH!



Front Street Heat HOT SAUCE, \$9, frontstreetheat.com.

Manba Spicy PEANUT BUTTER, \$10 each, manba.ca.

Check out this month's Superfood column, where we take an in-depth look at the benefits of sea kelp!

7

FRESH FATHER

This Father's Day, give the gift of lathering up with the beneficial properties of dad's favourite drink—beer! This Canadian-made, 100-percent natural full-body bar is made with beer brewed from local hops in Nova Scotia's Annapolis Valley. The soap cleanses, removes dirt, moisturizes and has a delightful subtle scent of spearmint, lavender, grapefruit and toasted black pepper. The soap's base is an oil blend infused with the region's sea kelp, known for its skin-healing properties (perfect for razor burn!).

NOVA SCOTIA FISHERMAN Beer Bar, \$10, novascotiafisherman.com.



9 GOOD TASTE

Famed professional gastronome Bob Blumer, author of the recent cookbook *Flavorbomb*, knows a thing or two about being versatile in the kitchen. That's why we love this trusty recipe he gave us—a one-minute garlic-herb oil that uses common kitchen ingredients. Bob says “it's for those times when you want to add a layer of flavour to any simple grilled meat, fish, chicken, or veggies, but you don't have the time/energy/ingredients to make a more complex sauce from scratch. It's the versatile little black dress of herb oils.”

Flavorbomb: A Rogue Guide to Making Everything Taste Better (Appetite by Random House) By Bob Blumer, \$35.



ONE-MINUTE GARLIC-HERB OLIVE OIL

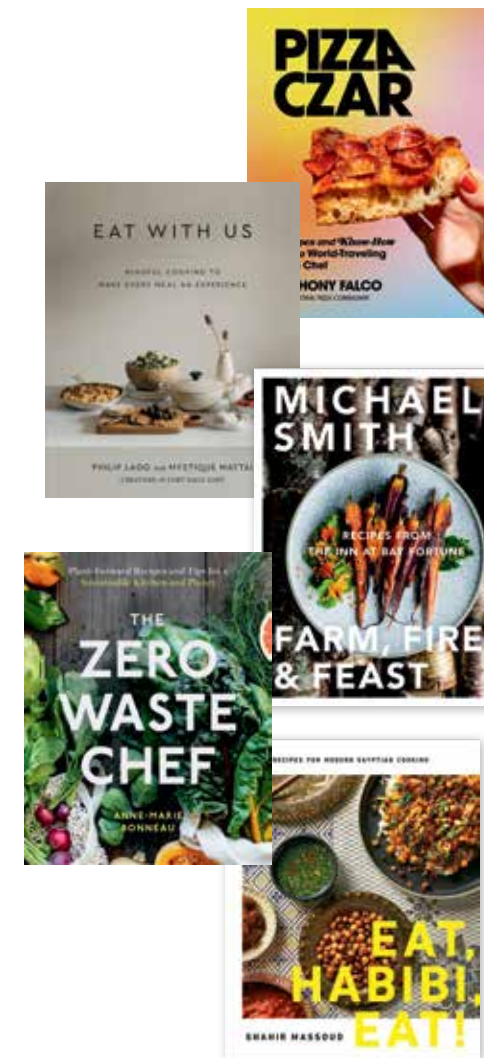
- 1/2 cup olive oil
- 1 generous handful of leafy herbs—or any mix of herbs—you have on hand
- 1 clove garlic, smashed
- 1 tbsp lemon juice
- 1 tsp capers (optional)
- 2 to 3 anchovies (optional)
- 1/4 tsp hot pepper flakes (optional)
- salt and freshly ground black pepper



Add all ingredients to blender; blend for 30 seconds. BOOM, done! (Make-ahead: Can be covered and refrigerated for up to 1 week.) Makes about 1/2 cup.

10 Looking for more new recipes this season?

CHECK OUT THESE 10 NEW COOKBOOKS!



A RISING TIDE: *A Cookbook of Recipes & Stories from Canada's Atlantic Coast* (Appetite by Random House) By DL Acken & Emily Lycopulus, \$40.

THE ZERO WASTE CHEF: *Plant-Forward Recipes and Tips for a Sustainable Kitchen and Planet* (Penguin Canada) By Anne-Marie Bonneau, \$32.

PIZZA CZAR: *Recipes & Know-How from a World-Traveling Pizza Chef* (Abrams) By Anthony Falco, \$44.

EAT WITH US: *Mindful Recipes to Make Every Meal an Experience* (Appetite by Random House) By Philip Lago & Mystique Mattai, \$35.

VEGETABLE SIMPLE (Appetite by Random House) By Eric Ripert, \$40.

EAT, HABIBI, EAT! *Fresh Recipes for Modern Egyptian Cooking* (Appetite by Random House) By Shahir Massoud, \$35.

FARM, FIRE & FEAST: *Recipes from The Inn at Bay Fortune* (Penguin Canada) By Michael Smith, \$40.

SIMPLY JULIA: *110 Easy Recipes for Healthy Comfort Food* (Harper Wave) By Julia Turshen, \$40.

ONE: POT, PAN, PLANET *A Greener Way to Cook for You, Your Family and the Planet* (Fourth Estate) By Anna Jones, \$40.

FAST EASY CHEAP VEGAN: *101 Recipes You Can Make in 30 Minutes or Less, for \$10 or Less, and with 10 Ingredients or Less!* (Appetite by Random House) By Sam Turnbull, \$30.