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VITA

All In
One-size
fashions are seeing
a return to style

The
autumn
Issue

INSIDE *the* ISSUE

STYLE Today's coolest influencers are *stylish, confident* and *over 50*

FASHION Denim trends for fall are breaking the *skinny* barrier

BEAUTY Should you *switch up* your haircare as the seasons *change*?

SIPS CedarCreek Estate Winery earns *accolades* upon *accolades* upon *accolades*

TRAVEL Timepieces to suit a journey over *land, sea* and *sky*

Max Relax

BY TRUC NGUYEN

Looking to get pampered? Whether you have just 30 minutes or an entire day to get away, there are now more luxe spa options than ever to choose from, locally. A host of new and newly renovated treatment spaces and day spas, all thoughtfully designed and created with distinctive points of view, have opened this year in and near the city. Here are our new faves for high-tech facials, restorative body treatments and more.

FORMULA FIG

Vancouver-launched Formula Fig opened this summer in a sleek, calming Ossington space inspired by the London Tube and offering injections and tech-led facials, done efficiently and with efficacy in mind—the vast majority of treatments are just 30 minutes and can be done via appointment or drop-in. “We’re all about high tech. We have LED, ultrasound, radiofrequency—we really pack a punch in the facials,” says JJ Walsh, co-founder and CEO of Formula Fig. “With our stingers, which is what we call our neuromodulators, we follow the French approach: little and often and discreet.” For your first visit, be sure to book the All-In, one of Fig’s signature facials. It incorporates microdermabrasion, microcurrents, LED light therapy, ultrasonic technology and more to lift, sculpt and hydrate your skin. **50 Ossington Ave., 416-534-4242. Formulafig.com**

STILLWATER SPA

Toronto’s iconic Stillwater Spa reopened in June, following the much-lauded multi-year renovation of the Park Hyatt. Like the hotel, the spa’s serene, welcoming design was a collab between Alessandro Munge of Studio Munge and KPMG Architects. The new treatment menu includes personalized massages and facials, indulgent body rituals featuring products by Aromatherapy Associates and more. “Our Ultimate Aromatherapy Experience is very popular,” says spa

director Kerry Werner. “It integrates a lot of massage modalities—including chakra balancing, reflexology, acupressure and Swedish massage—and is very much about connecting back to mind and body using essential oils.” After your treatment, be sure to visit the sauna and spend some time in the spa lounge, where you’ll find a beautiful, rotating selection of both healthy and indulgent spa bites every day. **4 Avenue Rd., 416-925-1234. Hyatt.com**

THE ROYAL HOTEL SPA

If you’re in Prince Edward County this fall, add a treatment at the newly renovated Royal Hotel in Picton to your bucket list. The cosy, three-room spa offers facials, Swedish massages and relaxing body treatments including a Tuscan thermal mud wrap and an aromatherapy volcanic scrub. Comfort Zone’s sustainable, made-in-Italy products are used for treatments, and all massages are performed by RMTs. Unfortunately, the hotel pool

is not open to spa guests, but you’ll want to spend time in the spacious traditional Finnish sauna during your visit. **247 Picton Main St., Picton, 613-961-2600. TheRoyalhotel.ca**

PROVINCE APOTHECARY AT THE DETOX MARKET

This summer, green beauty retailer The Detox Market began offering Province Apothecary’s signature custom organic facials, including a 30-minute express treatment, at its new Summerhill locale. Performed in the store’s two minimalist-modern spa suites, the hydrating, strengthening and detoxifying facials feature the Canadian skincare brand’s natural products, and each treatment is customized to your skin’s needs. “We focus on true healing, not covering up or resisting problems,” says Julie Clark, holistic aesthetician and founder of Province Apothecary. “Our products are infused with powerful healing plant medicine and holistic science to help the skin’s healing process.” **1170 Yonge St., 647-692-1170. Thedetoxmarket.ca**

THE SPA AT Q

The luxurious 124 on Queen Hotel and Spa in Niagara-on-the-Lake completed a major expansion and reno earlier this year, and its 12,000-square-foot spa is not to be missed. Opened in June, the spa offers everything from pedicures to oxygen facials and exfoliating body treatments, but the body massage experiences are a highlight. “People love the four experiences—they are really special and include different styles of massage,” says Daphne Swenerton, director of spa operations. You can spend all day at the Spa at Q. There’s a relaxation lounge, private infrared sauna in the spa’s experience suite, wet treatment rooms and a water circuit that includes cool and hot pools, sensory showers, a eucalyptus steam room, traditional sauna and, starting this fall, a snow room. “Our goal is to be a destination retreat,” Swenerton says. **124 Queen St., Niagara-on-the-Lake, 905-468-4552. 124queen.com**



Clean Slate

The T-Zone ladies want you to wash your face

BY EMILY MACCULLOCH & INGRIE WILLIAMS

For our exciting debut in *VITA* (watch for our quarterly column going forward), it felt fitting to intro ourselves with what we consider the starting point for an A+ skincare routine: a great cleanser. Whether you’re looking to gently exfoliate or remove the day’s makeup, selecting the right face wash is a make-or-break decision that allows everything that follows (i.e., serum and moisturizer) to work harder. And, lately, we’ve been clocking a slew of innovative textures to choose from—including powders and oils—that will set your skin up for success. Here’s five cleansers we’re all in a lather about.

An oil cleanser is an overachieving go-to that just feels so good. Jojoba, sunflower and plant-derived squalane are the key ingredients behind Consonant Skin+Care’s high-powered, ultra-silky Makeup Removing Cleansing Oil (\$49), making quick work of even the most stubborn waterproof makeup.

Ideal for a smooth start to the day—or as the second act in your evening’s double cleanse—Dermalogica Daily Milkfoliant (\$87) boasts an ultra-fine blend that balances dried coconut milk and oat bran extract with fruit-based exfoliants and hyaluronic acid. When mixed with a few drops of water, the delicate froth manages to whisk away dead skin while soothing and is gentle enough for daily use.

Foam face washes often get a bad rep for leaving skin feeling parched, but the latest iterations of whipped cleansers are the epitome of hydration. Freshly launched in Canada, Skin Proud’s silky mousse Velvet Cloud Cleanser (\$17 at Walmart) contains vitamin B3 and antioxidants to brighten the skin while the cloud-like texture feels truly dreamy.

Cleansing balms are the jack of all trades of cleansers. Not only do they gently remove makeup, but they won’t strip the skin and leave it dry. Loaded with soothing ingredients like tiger grass (a.k.a. cica),

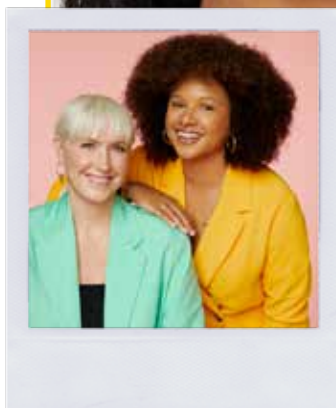


PHOTO: COLIN GAUDET



Kalahari melon and licorice root, this Dew Dream Hydrating Cleansing Balm (\$39) from buzzy BIPOC- and female-founded Eadem is a boundary defying jelly-to-oil-to-milk cleansing balm that melts away SPF and more.

Blessed with oily to combination skin? We’re quick to recommend a gel cleanser with exfoliating actives that can help keep excess oil and clogged pores in check. In this refillable option, lactic and malic acid (two powerhouse AHAs) team up with lactobionic acid (a PHA that can exfoliate and hydrate), to clear out congestion and keep skin soft and glowing.

We can’t wait to share more of what’s on our beauty brains with you; in the meantime, follow along on IG. [@t.zonebeauty](https://www.instagram.com/t.zonebeauty)

Shape Shifter

FYI: We refuse to give up bright colour for fall! Here are the hues we’ll be dipping into all season long.



Haus Labs Hy-Power Eye, Cheek & Lip Pigment Paint in Mint Matte, \$31, Sephora.ca

OPI Nail Lacquer in Rust and Relaxation, \$13, Amazon.ca