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CULTURE

What to Do in Montreal: Gabrielle Lacasse's March Picks

Your monthly round-up of everything cool, stylish and fun going down in la belle ville from Montreal Localist-at-large Gabrielle Lacasse

Mar 3, 2016 [Gabrielle Lacasse](#) 0

1. Shop the New Aesop Boutique

If you've never heard of Aesop, you clearly live under a rock (no judgement, though!). The brand has been more Instagrammed than your usual latte and flower combo, because of its clean, minimalist design and, of course, the quality of its products. The new spot (23 St-Viateur Ouest), designed in collaboration with local architecture firm Naturehumaine (known for their exquisite take on modern minimalism), is a 93-square meter space that reflects the vibrancy of their new neighbourhood, the Mile-End. The must-have product? I would highly recommend the Resolute Hydrating Body Balm. The black pepper-infused lotion smells heavenly and its hydrating powers help battle winter-weary skin. You're welcome!



2. Get Your Zen On

One of the most elegant spaces in Montreal, the [Ritz-Carlton](#) (91228 rue Sherbrooke Ouest), recently opened a new, full-service oasis in collaboration with Spa St. James. With 5,500 square feet of contemporary space, which includes 12 treatment rooms, this downtown spa is your next go-to spot to unwind after a busy day at the office. Now, you don't have to drive to the counties to experience a relaxing massage or facial. Just grab your weekend after work and trade your loafers for flips-flops.

3. Indulge at "Un Chef à L'érables"

Experience an extraordinary sugar shack prix fixe at the breathtaking [Scena](#) restaurant, from March 11 to April 17. In a festive and friendly atmosphere, guests will have the opportunity to taste traditional dishes from the maple season, revamped by chef Laurent Godbout, who has been doing hosting event for two years now. Think maple syrup-infused wonton soup, smoked meat egg rolls and baked oysters. OTT sweet, but oh-so-good.

4. Forget About Your New Year's Resolutions

Whether you are a fan of this cheesy dish or a fan of Montreal food festivals in general (who isn't?), you should not miss [Mac + Cheese week](#) from March 7 to March 13. Each participating restaurant (see list [here](#)) will create a special menu item for the occasion, meaning it's highly likely that your "no-more-carbs" diet will go out the window.



5. Shop Your New Fave Shades

Mirrored sunnies are in and so is [Bon Look](#), a local sunglass shop located downtown (625 Rue Ste-Catherine Ouest). The sunnies sellers just released a new collection called "Mirror Mirror" (also available online at [bonlook.com](#)), a v. colourful collection that is the perfect way to welcome spring. Choose your favourite coloured lens (pink, yellow, purple or blue) and shape, and let the sun shine in!