

WINTER 2018

YOUR GUIDE TO A BALANCED LIFESTYLE

viva

MAG ONLINE

A CITY IN BLOOM

Jersey City, NJ

HOW TO EXFOLIATE FOR EVERY SKIN TYPE

YOUR NEW BEAUTY SECRET

RESTS WITH NUTRITION

EXCLUSIVE

BRITTANY SNOW

PITCH PERFECT IN BOTH BODY AND MIND



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CONTRIBUTORS



◀ **JOYCE JOHNSON**

Dr. Joyce Johnson is a licensed naturopathic doctor who practices in Belle River, Ontario. The mother of three not only educates the public about naturopathic medicine, but she trains hundreds of health-care practitioners across North America about various health issues and natural health product issues, including guidelines about diet, supplementation, and integration of pharmacological and natural therapies. She is also a regular radio and television guest.



◀ **LINDA MAZUR**

Linda Mazur is a nationally publicized designer and principal of Linda Mazur Design Group. With almost two decades of experience, this sought-after, multi-disciplinary design firm is known for creating relaxed, stylish spaces and full-scale design builds within Toronto, the GTA and throughout Canada. www.lindamazurdesign.com @LindaMazurGroup



◀ **MELISSA SMITH**

Melissa is a Certified Nutritional Practitioner (CNP). Through personal experience, Melissa has come to see food differently. Her unique approach is focused on mindfulness and balance to ensure her clients make informed decisions about nutrition and lifestyle, think clearly and positively, and feel confident in knowing what is best for them.



◀ **JOSÉ TIÓ**

Born in Peru, José Tió became a photographer after years of working as an art director in the advertising industry. He has spent the last ten years pursuing his passion and using his experience in TV, magazine, and billboard advertising to create his art. Tio focuses on fashion photography which has been published in magazines and catalogs. He also enjoys sketching portraits during his spare time.



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GOLD EVERYTHING

STAY ON-TREND FOR THE HOLIDAYS WITH GOLD FINISHES

BY LINDA MAZUR, DESIGNER





Always a distinctive element of design and décor, metallic finishes are easy to incorporate into any space and can often be the heart of the design itself. Metals can inspire creativity or simply be the finishing touches to your space. With the glitz and glam of the holiday season, we've been falling in love with gold all over again. It's been one of the hottest finishes in everything from fabrics, paint and wallpapers, to furniture, bathroom fixtures, and tiles.

SHADES OF GOLD

Today, we have such an array of gold options from the sophisticated champagne gold finish, to the softly textured finish of brushed gold. One of the most popular gold tones—and one of my personal favourites—is unlacquered brass.

Unlacquered brass has an attractive look and feel all on its own. It's warm, less formal than polished nickel, and less typical than chrome. This unparalleled finish is organic, and is sometimes referred to as a "living finish." Due to the absence of the lacquer, this durable, solid brass finish is allowed to naturally age over time and develop a beautiful patina of colour and texture unique only to itself.

DRESS IT UP

As a designer, I find that this ever-evolving finish is beyond adaptable. This gold highlights a beautifully aged—slightly antique—finish that is warm, modern, and works well with contemporary and rustic inspired spaces. When designing spaces for my clients, I find I'm drawn to unlacquered brass for bathroom fittings, lighting, cabinet hardware, and accessories.

Create an upscaled yet comfortable décor for yourself by adding richly textured gold silk fabric cushions or window panes to your room. Fabric is always a great way to punch up any space, and now companies like Alendel offer many patterns and textures to select from to complement any décor style. Consider sprucing up a monochromatic room by creating an accent wall—yes, accent walls are popular again. Select one of Alendel's geometric



patterned papers in a metallic gold colour with a slight sheen—in low-light the sheen will look exceptionally lovely.

THE FINISHING TOUCH

In a kitchen or bathroom, one of the hardest working elements are your faucets. They sustain a large amount of daily use and as such, choosing the right one goes beyond simply good looks. You should consider functionality and durability, as well as a finish that offers a timelessness. Unlacquered brass is the perfect new addition to your bathroom renovations by incorporating it in the faucets. Victoria + Albert is one company that as a designer, I like to turn to when selecting bath products. They are now offering the unlacquered brass in both their popular Florin and Staffordshire Collections—both of which are stylish and will surely complete your bathroom renovation on a high note, all the while impressing your guests.

The coming seasons are the best for encouraging metallic inspiration in your design and décor. Everywhere you look you see the warm glow of gold, so don't shy away from it—become inspired and fall in love with gold again just in time for your next holiday party. **VM**