



QUICK TIP

Take time to mask during your bath. This 100-per-cent natural option is designed for oily and blemish-prone skin and is packed with minerals.

Back To Earth Skin Glow Facial Mask, \$35, backtoearthskin.com

SUPER SOAK

There's nothing quite as soothing as a long bath with a lineup of curated products. If you're looking to stick with natural ingredients but still want that luxe experience (think fresh scents, gorgeous textures and packaging that elevates your bathroom), you can't go wrong with Olverum. The British heritage brand creates sensuous bath products that have been used by members of the Royal Family. Some all-natural Canadian finds include Everist (which creates concentrated products that use less packaging), So Supple Organics and Wildcraft.



Everist The Exfoliating Body Wash Concentrate, \$28, helloeverist.com



Olverum Bath Oil, \$74, thedetoxmarket.ca

So Supple Organics Body Slush Foaming Whipped Sugar Scrub in Birthday Cake Milkshake, \$35, sosuppleorganics.com



Wildcraft Frankincense and Geranium Illuminate Body Cream, \$35, wildcraftcare.ca



DISC ASSESSMENT

Did you know that the average woman uses between 5,000 and 15,000 pads and tampons in their lifetime? Not only do those supplies cost a bundle but also almost all of them will wind up in landfills as plastic waste. Luckily,

reusable menstrual cups aim to change all that. Canadian brand Nixit, for example, has created a disc-style cup that reduces user waste by up to 99 per cent, and since its inception in 2019, has kept more than two million kilograms of products from ending up at the dump.

Of course, Nixit isn't the only alternative to traditional pads and tampons. Brands such as Diva and Saalt also have reusable menstrual-cup options, while Joni makes pads and tampons that are biodegradable, organic and compostable. Absorbent period underwear (loved by Mindy Kaling, above) is also available from brands like Knix.



Menstrual Cup, \$54, nixit.ca



STRONG FOUNDATION

Beauty-industry veteran Susanne Langmuir (founder of Bite Beauty and an/hydra) is back with her latest project: Lixr Beauty. Using ingredients from her Ontario farm such as calendula, a nourishing, anti-inflammatory plant packed with antioxidants, she creates luxe products for the face and body. The hero product is Future Foundation Serum, which can be customized to your skin tone using AI technology.

You can even choose your own skin boosters for makeup with skin-care benefits! Though the farm-to-face brand is available online, there's also a bricks-and-mortar apothecary in Toronto's west end, where you can watch products being made as you shop. ▶



Lixr Beauty Future Foundation Serum in Bisque, \$88, lixrbeauty.com