

EARTH 2016

CANADA'S MAGAZINE FOR BALANCED LIVING

viva

NLINE

**IT'S THAT
TIME OF
THE YEAR**

**KEEP ALLERGIES AT
BAY — NATURALLY**

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**FIND YOUR
MATCH ON
DATING SITES**

**INJECT EDGE
TO YOUR LOOK**

**VANESSA
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*SURRENDERS TO LIFE'S
SIMPLE PLEASURES*

**COASTAL DESIGN
GET IN THE MOOD
FOR SPRING**

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THE SCENT OF SPRING

I grew up a few miles outside a tiny farm town, not a neighbour within sight of our rural property. There's a wonderful sensory leveling that occurs when surrounded by the very subtle. Without the megaphone of the city, whispers are robust, soft fragrances fill the air and the shift in hue from the green grass to the leaves seems impossibly complex. This early appreciation for quiet change has developed into an immense love of spring, and I think it makes me a better designer.

I live in the city now, and have for more than half of my life. Most of the year is a buzz of manufactured experiences that leave little chance to notice nature—or to even hear our own thoughts. For a brief time between the grey silence of winter and the rush of summer activity, I get to reconnect with the underappreciated quiet. The sound of chirping birds is a new song in our morning routine. The trees, still without new leaves, seem different somehow. Upon closer look, they are covered with fresh buds, waiting to make their debut. Everything is new, more vibrant and full of the promise that warmth and beauty are imminent.

In this issue, there is a terrific story on allergies, a hot topic this time of year. My rural childhood had me chewing on clover and frolicking in wildflowers. As luck would have it, recent studies link early exposure to known allergens to a resistance later in life. One of my favourite books, *The Sweetness of a Simple Life* by Diana Beresford-Kroeger, offers tips for healthier, happier and kinder living—a bible of sorts for jumping into spring and nature sure-footed.

It's an exciting time we live in, having the benefit of modern technology and medicine while the collective academics are looking more at traditional approaches, our diets and the undeniable links between the diseases of this era still without definitive cures.

I'm obsessed with physical health, for sure, but I became a designer partly because I also appreciate the effect our physical environments have on our lives, both practically and emotionally. I share a fun article in this issue on coastal design and getting in the mood for spring on page 74. This style is all about a connection with the outdoors, throwing open the windows and kicking off the winter quilts.

Toronto-based celebrity designer and contractor Melissa Davis, is known for her appearances, creative design and reno work produced for various HGTV shows. Her work has been profiled nationally in print publications. With almost two decades of reno & design experience, her firm continues to service clientele throughout Ontario & GTA, specializing in value-adding ROI and resale consultations. www.melissadavis.com

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Melissa Davis, a Toronto-based celebrity designer and contractor, is known for her appearances, creative design and renovations work produced for various HGTV shows. Davis' work has been profiled nationally in print publications. Her business, Melissa Davis Design, is a multi-disciplinary design firm offering diverse services for residential, corporate, and retail spaces. With almost two decades of experience in design, architecture and construction, Melissa was also the head of the art department and series designer on the award-winning lifestyle television series *Income Property*, on HGTV, for eight seasons.



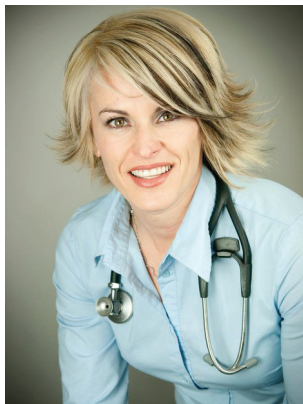
◀ Corrina Mosca

As an avid style blogger and social media enthusiast, Corrina Mosca's work is deeply inspired by the contemporary fashion world. Currently, a second-year student at Victoria College at the University of Toronto, Mosca is pursuing a double major in English and Art History while working at Viva as an editorial assistant. See her choice of environmentally friendly items in this issue's eco chic (page 18).



◀ Lisa Cantkier

A passionate holistic nutritionist who is committed to helping those with food allergies and special diets live healthy lives. She understands the importance of special diets as she has been living with celiac disease all her life. Offering a variety of services under the umbrella of food and nutrition, Cantkier works with individual clients at Toronto's Advanced Integrative and Functional Medicine Clinic as well as with a number of brands.



◀ Joyce Johnson

Dr. Joyce Johnson ND, 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 healthcare 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 a regular radio and television guest.

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EARTHY COASTAL DESIGN

*GET IN THE MOOD FOR SPRING WITH
THESE SIMPLE DESIGN IDEAS*

BY MELISSA DAVIS

Spring is the season of renewal and rebirth. Birds migrate to their summer villas after the cold winter, flowers spring to life in an extravagant array of colours, and animals of all kinds emerge to travel and explore the world. For me, the temptation to travel sets in as I anxiously await the breezy summer days ahead. You don't have to leave your home to capture that sense of adventure. You can satisfy that springtime desire



for change by bringing in a fresh coastal design scheme to your own living space.

With some of my simple design ideas, you can welcome the joys of spring and by being conscientious with your choices, ensure that your homes not only look attractive, but are healthy spaces, too. Here are my top design tips for a coastal design--with an eco approach.

BREEZY WINDOWS

Let's dive in! The ideal is a roomy, open space, with plenty of natural lighting and wide windows. If you're lacking natural light, fake it by adding ambient lighting with floor and table lamps to mimic a bright summer day. The drapery should be long, pale blue or white curtains that can billow in the breeze like rolling, seafoam waves. Mount the panels high and keep the windows otherwise clear to let as much natural light flow through as possible. The idea is for the curtains to mimic the ocean, creating the soothing ambience of a coastal paradise.

For a slightly bolder, fun-in-the-sun look, you could also use brighter coloured (salmon or pale yellow) curtains, but be sure to keep the material light and airy. It should be able to easily flow in the wind.

GET THE LOOK: Solid Base, colour Snow by Robert Allen is the perfect sheer drapery fabric. It's 100 per cent linen which means all the natural imperfections shine through layering in a casual vibe.



WHITEWASHED

Coastal design is about bright fresh spaces and there is nothing quite like a crisp white wall colour to achieve that look. Add interest with painted beadboard on the walls or ceilings, but keep the colour itself white.

GET THE LOOK: Natura Paint by Benjamin Moore has Zero VOC, is environmentally friendly and recently certified asthma and allergy friendly. Opt for colour, Simply White OC-117, in a flat finish for a more natural warm look.



WISPY PLANTS

Adding a potted planter of seagrass or other tall, wispy seaside flora adds instant life to the space. The look should be lively and active—even when completely still. Just as sand is always sweeping across the landscape and waves are always kissing the shore, there should be a sense of movement in a coastal design, though a consistent soothing feeling should remain.



WEATHERED FURNITURE

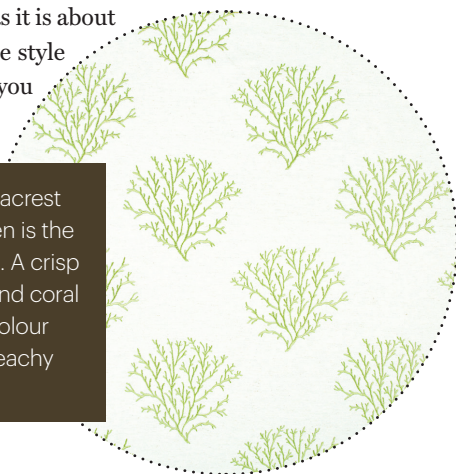
Another tip to bring the feeling of a seaside adventure to your home is to use wooden furniture. Grey, or pale brown, weathered wood will give your space that sandswept beach look. Wicker chairs or smooth, long benches in these shades of wood will enhance the softness of the natural lighting of the room. If you're going for a slightly bolder look, you may use darker-coloured woods as well, but keep them weathered and shapely. Think of the driftwood you might find on the beach.

GET THE LOOK: Artemano offers a series of tables made from repurposed railway tracks and reclaimed planks of wood from old fishing boats. Every unique piece has a story to tell and they're the perfect additions to our coastal scheme.

SEASIDE MOTIFS

An easy way to bring the beach to you is to add subtle seaside motifs to the space. While it is important to keep the symbolism subtle, a soft seascape portrait or some seashell-embroidered pillows can add that last ocean touch to complete the look. If you've been to the beach before, you could even implement treasures you've found yourself. A few hand-collected sand dollars or a stylized bottle filled with authentic sand can truly add some beach flair to the final look. Remember, the coastal style is as much about peace as it is about adventure. Keep the style warmly subtle, and you can't go wrong.

GET THE LOOK: Seacrest Shore by Robert Allen is the perfect coastal print. A crisp white background and coral motif adds a hit of colour while keeping the beachy look.



CASUAL MATERIALS

When it comes to flooring, opt for a lighter touch. Whitewashed or pickled woods, with a worn casual feel are best. Think salt-kissed patina. Ideally, the material is a wide plank board, with an earthy oiled top coat, both environmentally friendly and picture perfect in a more organic coastal design.

GET THE LOOK: Purparket is the only engineered wood floor certified by the Forest Stewardship Council, and 100 per cent free of volatile organic compounds (VOCs). The unique oil topcoat is derived from plants, and allows the grain of the wood to really shine. With everything from whitewashed to bleached oak, it's the perfect Coastal design choice.



› Coastal design is about casual easy breezy living. Have fun with the style layering in natural textures and organic materials. Before you know it, your coastal retreat will be a summery sundrenched escape. By opting for reclaimed materials, VOC-free paint and flooring, you can rest easy knowing your home is a safe and healthy place for the whole family.