

SPRING 2016

CANADA'S MAGAZINE FOR BALANCED LIVING

viva

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YOURSELF
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BRIE LARSON

*THE OSCAR WINNER
TALKS FAME, AND
HER MOVIE, ROOM*

**CHANGE YOUR
STYLE FROM
ORDINARY INTO
EXTRAORDINARY**



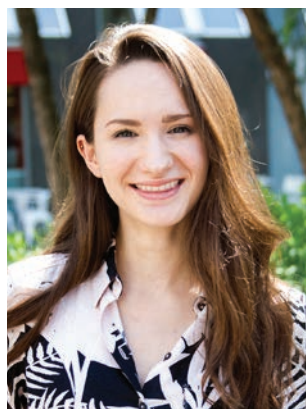
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CONTRIBUTORS



◀ Melissa Davis

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).



◀ Nathalie Plamondon-Thomas

Prosperous life coach, nutrition and wellness specialist, fitness instructor, personal trainer and published author of the books *Think Yourself Thin* and *When You're Hungry, You Gotta Eat*, Plamondon-Thomas has worked in the fitness industry for over 28 years. She specializes in one-on-one and executive coaching. Earning several awards within the fitness industry, Plamondon-Thomas' experience has given people the motivation to create healthy lifestyles. Natalie explains how you view yourself is important to losing weight (page 44).



◀ Paula Wilson

Paula Wilson is a Toronto-based photographer specializing in food photography and portraits. Whether in the studio or on location, Wilson is a both a creative thinker and a technical talent. In addition to *Viva*, Wilson's work has been featured in *Toronto Life* and *Enroute*. Last year one of her portraits was added to a permanent collection of work in the newly opened Canadian Museum of Human Rights in Winnipeg, Manitoba. In addition to photography, Wilson enjoys *Rocky* movies, cooking and dance parties with her six-year-old son Aubrey.

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CREATING YOUR PERFECT KITCHEN

2016 TRENDS TO A BETTER EATING SPACE

BY MELISSA DAVIS

As we saw all the 2016 trends roll out the past few months, so too did the baffling process of decoding what and how you should integrate into your upcoming renovation. Kitchens are still top on the list for best investment areas in your home this year and I've put together a list of the most popular kitchen design styles that my clients request, along with how to pull together all the cabinets, materials and fixtures to keep your renovation on point. Don't forget, you want to be trendy enough to be current, but classic enough to love it for years to come.

The three styles this year that most of us gravitate to are Urban Organic; the old favourite, Classic Contemporary; and back

with a more eclectic reinvention, Modern Industrial. Here are the three styles and what goes into creating the perfect kitchen in each.

1. THE URBAN ORGANIC KITCHEN

A more livable approach to contemporary design

The Urban Organic style offers clean orderly spaces with the visual simplicity of modern design, layered with more natural materials and textures. Working within the same muted colour palette, softly worn, authentic and rustic is all layered together, offering far more warmth and approachability than previous incarnations of contemporary design.

› WHAT'S IN IT

HARDWARE: Brushed stainless, natural woods in simple styles

PLUMBING FIXTURES: Clean profiles, square deep single bowl—stainless, matched white or neutral, matched faucet in clean masculine lines

APPLIANCES: European lines—small efficient and understated

CABINETS: Flat panel profile in natural woods, and soft grey and white washed woods

COUNTERS: Pale concrete tones, crisp white quartz composites

FLOORS: Four to eight inches in width, lighter-tone wood and engineered, white oak, walnut with natural oil finish in matte sheen

2. THE MODERN INDUSTRIAL KITCHEN

The reincarnation of our love affair with industrial chic—with a distinctly reclaimed or handmade spin

This style offers a mix of open casual storage and found furniture doubling as cabinetry, featuring high contrast use of dark metals with clean neutral palette.

› WHAT'S IN IT

HARDWARE: Stainless steel, black iron with a vintage of reclaimed look

PLUMBING FIXTURES: Contrasting or industrial stainless or dark grey sink, professional style faucet

APPLIANCES: Stainless steel, black stainless, exposed hood, vintage styles

CABINETS: mixed styles and materials, metals and open or exposed casual storage options

COUNTERS: Stainless, butcher block and natural stones, mixed in one space

FLOORS: Five to 10 inches in width, natural hand-scraped, wire-brushed and reclaimed styles of wood and engineered oaks, hickory, pine and walnut in a matte sheen

YOUR KITCHEN REMODEL PLANNING GUIDE

› 3 TO 6 MONTHS BEFORE 1 | Find Inspiration

Pull images of your dream kitchen and create a binder or boards on Pinterest or Houzz.

2 | Take stock

What do you love or hate about your kitchen now?

3 | Make a budget

Kitchen renovations can be as simple as a facelift, but even just changing appliances requires an electrician and plumber. Plan every foreseeable cost in advance to avoid overspending mid-renovation.

4 | Hire the team

Select a designer, cabinet company and contractor that will work together as a cohesive team and understand your style and budget limitations.

› 3 TO 6 WEEKS BEFORE 1 | Make decisions

Select the style, palette, appliances and fixtures in advance to leave time for substitutions if required. Budget and availability often mean changes are necessary.

2 | Call it done

Settle on a layout, down to the smallest details, such as drawer inserts and lighting.

› DAYS BEFORE

1 | Pack it up

Pack up your existing kitchen items and store them. Don't leave anything behind that might slow down the crew.

2 | Stick to the plan

There will be a lot of questions. No matter how much preplanning was done, things come up. If you've properly planned in advance, feel confident in the choices and stick to the original plan. Changes part way through cost time and money.

3. THE CLASSIC CONTEMPORARY KITCHEN

Understated elegance with touches of luxury

This style offers traditional elements presented in a more tailored style that boasts soft shades blend from walls to cabinets with rich features in natural cherry and walnut.

› WHAT'S IN IT

HARDWARE: Polished nickel, polished chrome and oil-rubbed bronze

PLUMBING FIXTURES: Large double bowl under-mount sink, or Blanco Silgranit apron-front sink, elegant faucet

APPLIANCES: Panel-front integrated and professional series

CABINETS: Traditional shaker profile in warm whites, greys and mid-tone woods

COUNTERS: A mix of marble feature areas and light to medium Caesar stone task areas

FLOORS: 3 ¼ to 4 ¼ width, mid-tone wood and engineered, oaks and walnuts with medium sheen **vm**