

WINTER 2016

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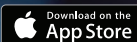
*how to*  
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INFERTILITY*

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**ESCAPE TO  
PARADISE**  
*in Style*

# 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.



## ◀ 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.



## ◀ Elisabeth Caren

An editorial and fine art photographer, Elisabeth Caren splits her time between Los Angeles, California and Paris. She was recently short-listed for The Young Masters Art Prize and has received various international photography awards. Her celebrity work has appeared in *Viva*, *InStyle* and *New York Magazine*. See her cover shoot of actor Jaime King on page 48.



## ◀ Aviva Reimer

Aviva Reimer is a relationship expert, a certified matchmaker and cofounder of Perfect Fit Millionaire Introductions. With an extensive background in coaching, fitness, image consulting and event planning, Reimer has been featured in several publications such as the *Huffington Post*, *Addicted* and *Best of Toronto*. Certified by the Matchmaking Institute of New York, Aviva has recently appeared on the hit show *Millionaire Matchmaker*.

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# HOME DÉCOR TRENDS

## WHAT TO LOOK FOR IN 2016

BY MELISSA DAVIS



As another year begins, we look forward to reinventing and improving the last year's version of ourselves. I like to research the latest and greatest and then consider how they might make my life better, healthier and easier, and implement the ideas born out of necessity. I look at trends in much the same way.

I find that redecorating each year with a fresh colour or the latest style is a bit unfulfilling. Similar to a new diet that only lasts two weeks post-resolution, so too will your love affair with all things pink or patterned. Some trends develop more organically because it's something a lot of us either want or need and those are the trends that offer up innovative new products or smart approaches to how we use the space in our homes.

### STYLE TRENDS

Home décor style trends are often closely tied to fashion and this year is no different. We're seeing a lot of specific prints and colours, such as the infusion of Victorian patterns and florals used in both traditional and contemporary spaces. All-white walls are back in more popularity than ever. Akin to an art gallery, it does offer the best backdrop to showcase our art and artful furnishings.



The trend I'm most excited about this year is something called Urban Organic. This is a more livable approach to the contemporary design with clean orderly spaces that offers visual simplicity of a modern space combined with more natural materials and textures. Using the same muted colour palette knits, linens, leathers, varied woods and stones all play together offering far more warmth and approachability than previous incarnations of the contemporary design.

### KITCHEN TRENDS

Our love affair with all things shiny stainless seems to have run its course. From a designer's point of view, it's long been a pet peeve. As kitchen designs became more open-concept, we naturally wanted the utility of the space to become more integrated. Shiny silver appliances in a white kitchen only worked to counteract what otherwise could have been a more visually subtle space.

This year, the trend towards integrated appliances with panel-fronts or new colour options continues to gain in popularity. For example, Samsung's new black stainless finish offers the glam of stainless with a depth that works beautifully with wood tones and the still popular grey cabinetry.

Even the kitchen sink can now be fully integrated. The latest products from Blanco show a white resin SILGRANIT kitchen sink that blends beautifully with the still popular white composite counters. Say "goodbye" to the streaky stainless and welcome bright white everything.

We're also seeing a lot of mixing of materials and elements in kitchen design. Combinations of open and closed storage, wood shelves on natural stone backsplashes, opting for one material on the island and another on the perimeter and two-toned cabinets are just a few of the ways homeowners are getting creative.

### WASHROOM TRENDS

Most trends are born of necessity. I think the bathroom trends this year speak to our need to disconnect if only for a short time each day to pamper ourselves. Home washroom design is all about relaxation. A distinctively spa style ranges from the gentle natural hues material choices to the addition of small perks such as heated floors, heated towel racks and steam showers. The growing accessibility of these once luxury items has also contributed to the popularity of this trend.

If you're embarking on a washroom renovation this year, consider Nuheat heated floors as an option. The customized electric pads are incredibly easy to install. They also eliminate the need for additional heaters or vents—something that can make a big difference for planning in a tight space. Opt for natural stones or one of the maintenance free porcelains that perfectly emulate the real material.

If you're considering a home update, now is the time to research all the latest options out there. Remember, your home is your personal haven, so look to the trends, but follow your style. **VM**

