

FALL 2015

CANADA'S MAGAZINE FOR BALANCED LIVING

viva

MAGAZINE

**THE
6
VITAMINS
MOST PEOPLE
ARE MISSING
IN THEIR DIET**

**LOOK
GREAT
AT ANY
AGE**

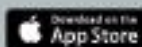
EXCLUSIVE

DENISE RICHARDS

*SHARES HER
NATURAL BEAUTY
SECRETS AND SHOWS
WHY THE SIMPLE
LIFE JUST WORKS*

why
**ADRENAL
FATIGUE
MAY BE
ZAPPING
YOUR
energy**

**COULD
YOUR DIET
BE MAKING
YOU GAIN
WEIGHT?**



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◀ Christine Chitnis

Christine Chitnis is a writer, photographer and mother. In addition to being the co-author of *Little Bites*, she also writes for many national publications including the *Boston Globe* and *Country Living*. You can read more about her adventures in cooking, gardening, crafting and motherhood in ChristineChitnis.com. See her healthy snack ideas in this issue in "Snack Time" (page 76).



◀ Sarah Waldman

Sarah Waldman is a home cook, certified health counselor, recipe developer and mother. While pregnant with her first son, she attended the Institute of Integrative Nutrition, acting on her urge to stop the cycle of processed and low-quality food appearing on America's dinner tables. Follow her Martha's Vineyard adventures in local cooking and creating wholesome family food at SarahWaldman.com and try her healthy snacks featured in "Snack Time" (page 76).



◀ Mike Ward

This Aussie chef has prepared meals for celebrities including Julia Roberts, Tom Cruise, Nicole Kidman and Bruce Willis, and has cooked in some of Sydney and Toronto's most acclaimed restaurants. He's also extremely passionate about helping others hone their cooking skills and Ward produces his own line of instructional cooking videos for KinCommunity.com. In this issue he helps Viva readers create the perfect at-home meal for their guests in "Dinner is Served" (page 80).



◀ Melissa Davis

Owner of Melissa Davis Design, a Toronto-based multi-disciplinary interior design firm, Davis has almost two decades of design experience. Davis is the current head of the art department and series designer on HGTV's *Income Property*. Davis is also a regular columnist for the *Toronto Sun*. Read her tips on how to personalize your home in "Make a Statement" (page 88).

MAKE A STATEMENT

PERSONALIZE YOUR HOME BY ADDING CUSTOM DETAILS.

BY MELISSA DAVIS

Interior design is all about adding your own custom touches; it's the little added details that will make your home noteworthy. The difference between a basic builder's home and the swoon-worthy design magazine dream is not as vast as you might think.

Home décor is similar to fashion. Think about the perfect little black dress; a stunning necklace is all it takes to go from okay to fabulous.

Want to make your home a standout? Here are my top five custom add-ons to take your space from basic to notable:

1. APPLIED MOULDING: Elevate a builder basic living room, or add a chair rail in a stairwell with a simple one-and-a-half inch moulding. You can paint it in the same wall tone or accent with a crisp trim white. Materials are a few hundred dollars and this is a task even the novice do-it-yourselfer can do.

2. UPGRADE YOUR INTERIOR DOORS: Nothing screams builder basic quite as loudly as the standard interior door offering found in every big box store. On my renovation projects I try to add custom doors; be it extended height, solid core wood to match the floors or, even better, doing something truly unique like the sexy Baltic doors by ScanWest.

3. WALL PANELS: One wall is all it takes to wow visitors. Add a feature wall in stone, wood or a custom panel. I love the new custom wall panels from Earth Coverings. They come in 32 by 32-inch panels that are plastered and painted, hiding the seams to create a dramatic expansive effect.

4. GALLERY WALLS: Photography is one of the most literal ways to personalize a space. A shot or two in each room is nice, but they can get lost in the mix. I prefer to do groupings that begin to tell the story behind who lives there. Guests will naturally stop to ask questions about where and when each shot was taken, learning a bit more about their host in the process.

5. CUSTOM LIGHTING: There are few more prominent features in a home than the light fixtures. They are literally lit up adornments, demanding that guests take note. Having a custom light fixture made for feature areas like your dining room is a terrific way to add your personal style – and it's a lot of fun! My clients love pulling images and sketching ideas with me. Then we enlist a custom shop to build the light. Lampage in Toronto is my favourite. They create custom works that grace the pages of design magazines and humble entryways alike. **VM**



TOP: APPLIED MOULDING HELPS TAKE A WALL FROM BASIC TO NOTEWORTHY.

BOTTOM: PHOTO GALLERY WALLS ARE A GREAT WAY TO PERSONALIZE YOUR HOME.