

9 tricks, tips and ideas we love this month



BIOSSANCE Squalane + Vitamin C Rose Oil, \$95, sephora.ca.

1 SHOWBIZ BEAUTY

We recently sat down with Reese Witherspoon, the beloved powerhouse actor, producer and Biossance global brand ambassador, to talk all things skin care, sustainability, and of course, her favourite products from the line.

Canadian Living (CL): If you had to choose only one Biossance product to use, which one it would it be?

Reese Witherspoon (RW): I'd probably say the 100-percent Squalane Oil because it has a clean formula and its texture is light—I use it every day. I like it because it's the basis of Biossance products, it's very moisturizing and ethically sourced.

CL: How has your approach to skin care changed over the course of your career?

RW: I've had struggles with brown spots, hyperpigmentation and dry skin, and makeup sometimes irritates it if I wear it too long. I'm very conscious of making sure I remove my makeup properly, and adequately cleansing and moisturizing my skin is more important than ever. I really like the Squalane + Omega Repair Cream because it's deeply nourishing but not too thick or greasy.

CL: You've said that Biossance's sustainability practices drew you to working with the company. Tell us a little more about that.

RW: People are being more thoughtful about the way products are made—not just what they are, but where they come from, as well. Who's the team that's leading innovation? What are their philosophies? What are they doing to give back? How are they benefitting the planet? There's so much conversation around skin care and beauty now and I think that Biossance is really leading the way in biotechnology, sustainability and sharing ideas and innovation around ingredients.

CL: Is there a self-care or wellness ritual that you swear by?

RW: I'm pretty set in my skin-care routine. I wash my face every morning and use the Squalane + Vitamin C Rose Oil, then I apply the Squalane + Omega Repair Cream and finish off with SPF. I apply sunscreen again four or five hours later. Always sunscreen! A good skin-care routine is a great way to start the day.

CL: What beauty advice would you give to younger generations?

RW: I think whatever skin-care routine you adopt in your 20s, it really shows up later in your 40s. If you're diligent about sunscreen, it'll improve pigmentation later on, and if you're diligent about moisturizer, your skin will be supple. But my advice is to really care for yourself and do something positive for yourself every day—for me that starts with skin care.

PRODUCER, MARIANNE DAVIDSON

Collagen BOOST 2

If you're as much of a chocoholic as we are, you're going to love this! The first sugar-free chocolate bar infused with collagen peptides and soluble fibre is now available from Canadian company Bend Beauty. Totally free of sugar alcohols and high in cocoa polyphenols, this bar is the perfect anytime treat.



BEND BEAUTY The Beauty Bar: Sugar Free Dark Chocolate with Marine Collagen, \$7.50, bendbeauty.com.



Hydralyte Effervescent ELECTROLYTE TABLETS in Strawberry Lemonade, \$15, amazon.ca.

3 Hydrate, hydrate, hydrate

They say that by the time you feel thirsty, you're actually dehydrated. And if tasteless water isn't your jam, spice it up with Hydralyte electrolyte tablets. Not only do the hydrating tablets you drop into your water provide you with two to three times more hydration than plain water, they also add delicious flavour. The newest flavour is Strawberry Lemonade, and we're telling you, it hits the spot.



Ethey Meal Delivery **SUBSCRIPTION**, from \$67, eat.ethey.com.

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FULL CIRCLE

Tired of the same old takeout (and the trash that comes with it)? It's time to try a meal delivery service that you can feel good about! Ethey's fresh, healthy meals are shipped to your door and are ready to serve in a matter of minutes. The best part? These meals aren't just good for you, they're good for the environment, too. Ethey maintains a closed-loop, zero-waste production process by repurposing food scraps—some are upcycled into soups and sauces, while any unusable parts are fed to an on-site worm farm. The "wormery," as it's known, produces an all-natural fertilizer. Based in London, Ontario, Ethey ships all across the country. And with more than 100 different meals to choose from (including gluten-free, keto, vegan and vegetarian options), you can't go wrong!