

# ELLE CANADA

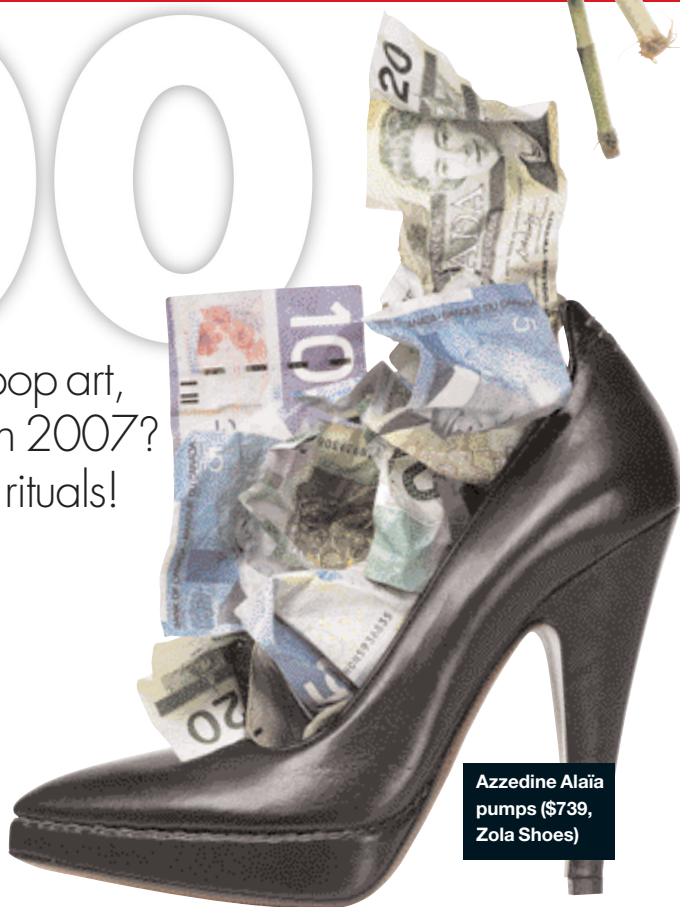
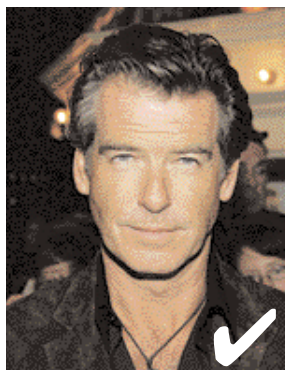
# HOT

# 100

High-tech fashion, jet-set beauty, pop art, sex — what's hip and happening in 2007? Kick-start the year with some lucky rituals!

## GET LUCKY

(1) On New Year's Eve in Scotland and northern England, a **tall, dark and handsome man** is the first person to enter a house after midnight. (In olden times, if a blond or red-headed hunk came to the door, he was probably a pillaging Norseman.) Called a “**first footer**,” this special guest brings a piece of coal, a loaf of bread and a bottle of whisky—as well as good luck for the coming year.



Azzedine Alaïa pumps (\$739, Zola Shoes)

(2) A Mexican ritual is to **line your shoes with money**. This attracts wealth in the coming year.

(3) In Greece, New Year's Day is also the Festival of St. Basil. A traditional St. Basil's cake is baked **with a silver or gold coin inside**. Whoever finds the coin in their slice will be especially lucky in the year ahead.

(4) During Chinese New Year, **firecrackers** are set off to scare away evil spirits, and children are given lucky red “lai see” envelopes with money inside.

TEXT: NOREEN FLANAGAN, ALISON GARWOOD-JONES & NICOLETTE LINTON; GEOFFREY ROSS (NECKLACE, BAMBOO & SHOE); JOHN SCULL/WIREIMAGE.COM (D. CRAIG); JOHN SHEARER/WIREIMAGE.COM (P. BROSNAN)



Knickers (\$12.50 each; three for \$21, La Senza)

(5) Latin American chicas looking for love in the year ahead swap their knickers on New Year's Eve for some new red ones. If they're looking for a money boost, they choose yellow instead.



(6) Brazilians float tiny blue sailboats piled with fruit, jewellery and candy into the sea for the goddess Lemanjá, the unofficial patron saint of Rio de Janeiro, and make a wish. If the boat floats away, Lemanjá has accepted the offerings. If the boat floats back, their wish won't come true.

(7) NEW YEAR'S—SYMBOLIZING RENEWAL—IS THE MOST IMPORTANT HOLIDAY IN JAPAN. AT MIDNIGHT ON DECEMBER 31, THE GONGS IN BUDDHIST TEMPLES ARE STRUCK 108 TIMES TO EXPEL 108 TYPES OF HUMAN WEAKNESS.

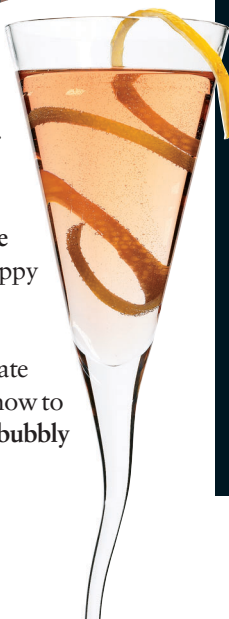


Monogrammed Bisten luggage (\$3,350 to \$3,650, Louis Vuitton). For details, see Shopping Guide.

(8) On New Year's Eve in Mexico, wannabe adventurers walk their suitcases in and out of the front door four or five times to increase their chance of travel in the year ahead.

(9) In Spain and Latin America, revellers eat one grape at each stroke of midnight, securing 12 happy months in the coming year.

(10) The ancient Romans were the first to celebrate New Year's Day on January 1—and they knew how to party! On New Year's Eve, Italians sip a glass of bubbly with a drizzle of white truffle oil for luck.



## GOOD MOVES

(11) Over seven million cellphones are replaced in Canada each year. Keep those ringtones out of the landfill—**recycle your phone** ([www.pitch-in.ca](http://www.pitch-in.ca)). While you're at it, donate your unwanted **specs** ([www.clerc.ca](http://www.clerc.ca); Medical Ministry International, 905-524-3544) and **computer** ([www.worldcomputerexchange.org](http://www.worldcomputerexchange.org)) to a good cause.

(12) **Cut back on greenhouse gas emissions:** walk, cycle, take public transport or drive a hybrid car.

(13) The next time you sit down for dinner, look at your food and take stock. Most of the ingredients will have travelled 2,400 kilometres from farm to plate. **Buy fresh from farmers' markets and local providers** instead ([www.farmfolkcityfolk.ca](http://www.farmfolkcityfolk.ca); [www.nsfarmersmarkets.ca](http://www.nsfarmersmarkets.ca)).

(14) In 500 years' time, the eight billion plastic bags that Canadians use each year will still be hanging around on earth. **Tote your own shopping bag to the market.**

(15) Learn how to kiss—and **save a life**—on a first aid course ([www.redcross.ca/firstaid](http://www.redcross.ca/firstaid)).

(16) Grow an extra row of veggies and **donate them, along with other products, to your local food bank** ([www.growarow.org](http://www.growarow.org); [www.cafbacba.ca](http://www.cafbacba.ca)).

(17) Cut back on plastic water bottles. Install a **reverse osmosis system** for your water supply or buy BIOTA spring water instead. The corn-based bottles decompose in just 12 weeks ([www.biotaspringwater.com](http://www.biotaspringwater.com)).

(18) Protect Canada's vulnerable forests, lakes and wildlife by donating to the **Nature Conservancy of Canada** ([www.natureconservancy.ca](http://www.natureconservancy.ca)).

(19) **Build a home**—and learn new skills—in Habitat for Humanity Canada's Women Build Program ([www.habitat.ca](http://www.habitat.ca)).

(20) Mahatma Gandhi said, "We must be the change we want to see in this world." So buy **Change the World for Ten Bucks: 50 Ways to Make a Difference** by We Are What We Do (\$10, New Society Publishers). ▷



## HIGH-TECH FASHION

(21) With Fendi's *Star Trek*-ish cocktail frocks, Balenciaga's cyber-goddesses and Hussein Chalayan's sci-fi Audrey Hepburn dress, designers were in a futuristic mood for the spring 2007 collections.



Fendi



Balenciaga



Hussein Chalayan

(22) It's the ultimate power accessory! **Recharge your gadgets** (cellphone, iPod or BlackBerry) on the go with Joe Hynek's solar-panelled handbag (\$337, [www.solarjo.com](http://www.solarjo.com)).



(23) Dutch fashion designer Anke Loh ([www.aneloh.net](http://www.aneloh.net)) has **enlightened sensibility**. In her Dressing Light project with Philips, she used "photonic" textiles with optical fibres to create garments that glowed.



(24) The next stage in guerrilla retail is even more mobile. **The VBox** ([www.venue.com.sg](http://www.venue.com.sg)) is a shipping container transformed into a luxe store that pops up in unexpected places throughout Singapore. Belgian designer Ralf Simons shows his wares, as does Puma, with its lines from Alexander McQueen.



(25) Jeans research goes high-tech with Levi's RedWire DLX jeans ([www.levi.com](http://www.levi.com)). Dubbed "interactive clothing," the \$300 Levi's jeans have a **built-in iPod holder**, retractable headphones and a joystick in the hip pocket that allows you to control the iPod.



Chanel eyeglasses (\$500, [Seen VisionCare](http://SeenVisionCare)); Dolce & Gabbana eyeglasses (\$378, [Seen VisionCare](http://SeenVisionCare)). For details, see Shopping Guide.

(26) Chanel or D&G? The Activisu digital imaging system helps you decide. An **electronic swing mirror** takes photographs as well as video, which means you won't have to rely on your friends to tell you what's hot or not.

(27) Harrods is now offering **bodometrics**—the latest in made-to-measure. Your body is scanned with rays of light, recording more than 200,000 measurements. A pattern is generated from the virtual replica. For \$3,200, you can get a bespoke suit by Vivienne Westwood.

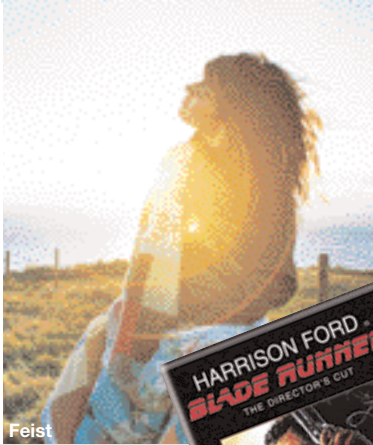
(28) Fashion meets architecture with Colleen Coghlan's **inflatable dress** ([www.colleencoghlan.com](http://www.colleencoghlan.com)). Designed for the modern-day nomad, the dress transforms into a portable sleeping pod.

(29) At the METRO Group Future Store ([www.future-store.org](http://www.future-store.org)) in Germany, you get a glimpse of how we may shop in the future with its **Intelligent Dressing Room**. First, your body is scanned. Next, you select the clothes, and—voilà!—your image is projected onto a screen.

(30) London designer Deborah Milner offers a stylish counterpoint to all things techie this season with her Ecoture bespoke line. Sponsored by Aveda ([www.aveda.com](http://www.aveda.com)), her made-to-order gowns are created using **environmentally friendly materials** and natural dyes and fabrics from indigenous communities.



Radiohead



Feist



Avril Lavigne

## CULTURE CLUB

(31) The buzz is building for Avril Lavigne's third album. Expect some love songs, but the newlywed still promises a few playful, boy-bashing tunes. Other Canadian bands with must-hear CDs on the way include indie darlings Feist and The Arcade Fire. From the United Kingdom, look for Radiohead and Roxy Music—back from a 25-year break since the release of *Avalon*.

## (32) THE INIMITABLE LITTLE WIZARD HARRY POTTER RETURNS FOR THE FINAL TIME IN THE AS-YET-UNTITLED SEVENTH CHAPTER.

(33) According to The Film Buzz Index ([www.moviesay.com](http://www.moviesay.com)), the two buzziest films at press time are *Pirates of the Caribbean: At World's End* and *Spider-Man 3*. Both hit theatres in May.

(34) Before *The Drowsy Chaperone* became the toast of Broadway, winning five Tony Awards, the "little musical that could" had its humble opening at Toronto's Fringe Festival in 1999. This summer, *The Drowsy Chaperone* is London bound.

(35) It has been a long time coming for cyberpunk fans, but later this year Warner Home Video will release *Blade Runner: The Final Cut*

to celebrate the film's 25th anniversary.

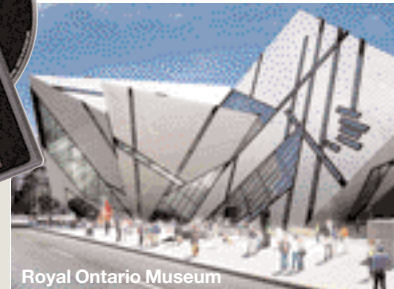
(36) Daniel Libeskind's edgy addition to the Royal Ontario Museum ([www.rom.on.ca](http://www.rom.on.ca)) gets its long-awaited debut on June 2. The deconstructivist crystalline structure will be clad in glass and aluminum. Talk about a glass act!

(37) Take the lead with the iKaraoke (\$60, [www.griffintechnology.com](http://www.griffintechnology.com)). This gifted little gadget sends tunes from your iPod to your stereo—minus those oh-so-annoying professional vocals.

(38) Pop-up restaurants are the foodie equivalent of the '80s rave. On December 1, London gets in on the epicure action with *The Reindeer*—open for 23 days only ([www.bookthereindeer.com](http://www.bookthereindeer.com)).

(39) This March, A-list art lovers are Dubai bound to attend *The Gulf Art Fair* ([www.gulfartfair.com](http://www.gulfartfair.com)), the first contemporary-art event to be held in the Middle East. With works by everyone from Jean-Michel Basquiat to pop-artist icons Andy Warhol and Keith Haring, this fair is for serious collectors and "chic" sheiks.

(40) Showing its own brand of spiritual awareness, Square One ([www.squareonevodka.com](http://www.squareonevodka.com)) launched the world's first vodka made from organically grown and fermented rye. ▽



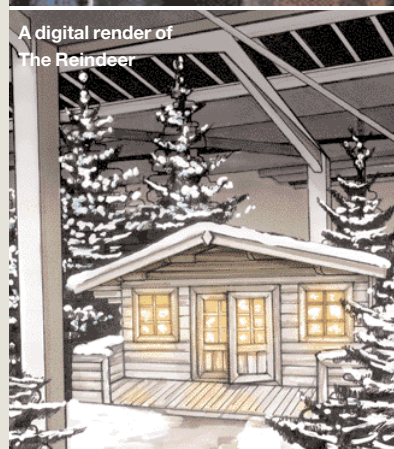
Royal Ontario Museum



iKaraoke



Harry Potter and the Chamber of Secrets



A digital render of The Reindeer





(41) Trip the light fantastic with this post-modern chandelier from the über-chic Holland design company Moooi. Made by Studio Job from paper, cardboard and papier mâché, its modern yet classic design has both a futuristic and nostalgic vibe (large, \$9,650; small, \$2,500; [www.moooi.com](http://www.moooi.com)).

(42) Organic cotton is so yesterday. **Bamboo** is the new It green product, and it's cropping up in everything from bath towels to flooring to serving bowls (large, \$31; small, \$21; [www.mangoleaf.com](http://www.mangoleaf.com)).

## ECO-DECOR

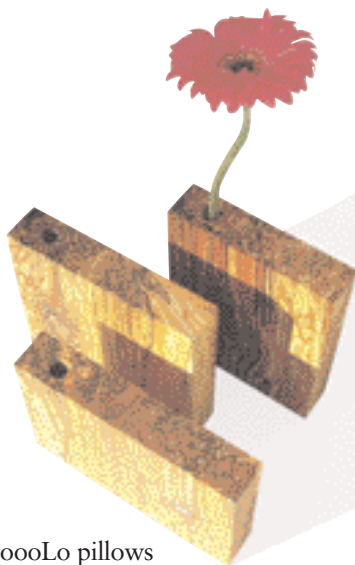
(44) This shapely Sushi Daybed comes from the environmental entrepreneurs at New York-based Vivavi. Made from **water hyacinth**, which grows so quickly that it's considered a lowly weed, this enviro-friendly lounge is a sensualist's green dream (\$4,058, [www.vivavi.com](http://www.vivavi.com)).

(43) Architect and provocateur Frank Gehry challenged conventional notions of design when he launched his first **corrugated-cardboard** collection, Easy Edges, in 1969. The graceful and curvaceous Wiggle Side Chair became an instant design classic. Get a Gehry original for \$958 from [www.highbrowfurniture.com](http://www.highbrowfurniture.com), or a similar piece, which is made with 30-percent recycled fibre, for \$486 from [www.cardboardchair.com](http://www.cardboardchair.com).

(45) Flower power! Go green with vases made from **recycled cardboard** (\$76.65 each, [www.cardboarddesign.com](http://www.cardboarddesign.com)).



(46) Pillow talk with a twist. LooLo pillows are made from **organic yarns and dyes** that are free of toxic chemicals. And, if you grow tired of them, they can be composted; they'll reabsorb into the earth within one year (\$170, Ladders; \$170, Ocean; [www.loolo.ca](http://www.loolo.ca)).



(47) If a tree falls in the forest...Élan and Mark Falvai might be there to retrieve it. The Vancouver Island-based designers are known for their Buddha bowls and Savon antique-tub loveseats, but they also design with "spalder alder." The wood—from **trees that have fallen naturally**—is aged up to three years. During that time, a chemical reaction takes place between the wood, fungi and insect deposits, which creates multicoloured, streaked patterns (vase, \$26 each; [www.flavourdesign.com](http://www.flavourdesign.com)).



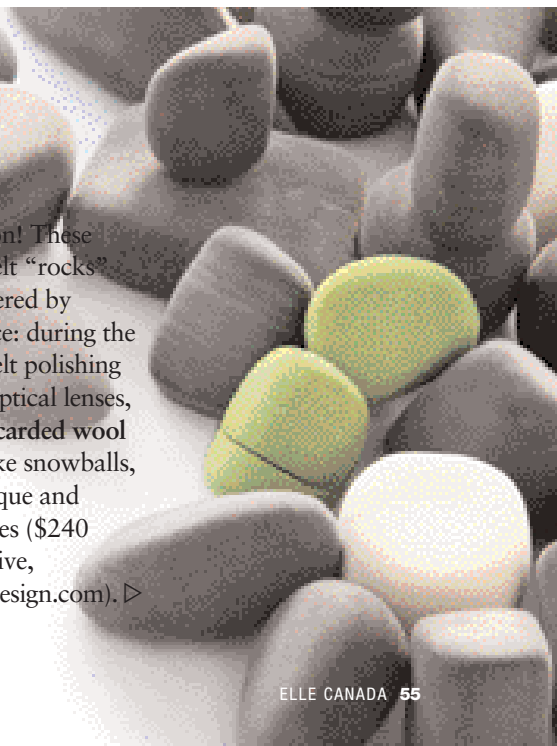
(48) Brent Comber describes his designs as "a walk through the forest in the centre of the city." The Vancouver-based artist creates furniture from **reclaimed or recycled wood**. "I love the spaces created between trees in a forest," he says. "I'm inspired by the play of light against dark" (\$1,500, Kiss; \$1,160 to \$2,770, Alder; [www.brentcomber.com](http://www.brentcomber.com)).



(49) Indulge your nesting instinct with the Human Nest Chair from Chicago designer Emily Pilloton. Made from **scraps of fabric tied to a bamboo frame**, this chair is beyond comfy. "My furniture is inspired by existing beauty," says Pilloton (approximately \$2,029, [www.emilypilloton.com](http://www.emilypilloton.com)).



(50) Rock on! These irresistible felt "rocks" were discovered by happenstance: during the making of felt polishing wheels for optical lenses, **whirling discarded wool fluff** grew like snowballs, creating unique and playful shapes (\$240 for a set of five, [www.molodesign.com](http://www.molodesign.com)). ▷





## BEAUTY BUZZWORDS

**(51) Adenosine** This molecule, discovered by scientists when they were studying heart flutters, is said to minimize the cellular contractions that cause wrinkles. Used in Vichy Laboratoires' Myokine Fusio Night lotion and dissolvable film strips, it smooths puppet lines and furrows while you sleep.

**(52) Crowberry** This berry extract goes straight to your waistline! Found in Clarins Super Restorative Redefining Body Care, it limits the production of the enzymes responsible for the creation of fatty tissue and the breakdown of healthy collagen.

**(53) Enzymatic glycosylation** Exclusive to YSL Beauté's Hydra Feel line, this technology boosts microcirculation and improves the skin's radiance by combining sugar and flavonoid molecules from chestnuts and larch trees.

**(54) Hapes** Get your glow on with this enzyme activator. Derived from aminosulphonic acid, it breaks the bonds that hold dead cells to the skin's surface and is found in the newest overnight peel from Kiehl's.

**(55) Hibiscus** The oligopeptides in the seeds of this tropical head-turner reduce muscle contractions that lead to expression lines, much like Botox. What's more, free radicals don't stand a chance against hibiscus extract—an ingredient in Bioxxin.

**(56) Inositol Végétal** Yves Rocher has discovered a molecule in green rice husks that revives cellular respiration in skin cells, a

Vichy Laboratoires  
Myokine Fusio Night  
Intensive Anti-Wrinkle  
Corrective System (\$49)

Kinerase Morning  
Boost Anti-Wrinkle  
Care (\$120)

Clarins Super  
Restorative  
Redefining  
Body Care for  
Abdomen and  
Waist (\$85)

Yves Saint  
Laurent Hydra  
Feel Comfort  
Hydrating Water  
Crème (\$78)

FIJI water  
(\$1.80 for  
500 mL)

Kiehl's  
Dermatologist  
Solutions Over-  
Night Biological  
Peel (\$55)

Kiehl's  
Over-Night Biological Peel  
"Clinically Demonstrated" to Facilitate the Natural  
Sloughing Process and Exfoliate Noticeably Smoother  
Skin Even and Vibrant Skin by Morning  
With Exfoliating Sodium Hyaluronate and  
"Enzyme Activators"—Urea and RPEI  
1.7 fl. oz. - 50 ml

Yves Rocher  
Inositol Végétal  
Optimizing  
Moisturizer Day  
1st Lines (\$25)

process that begins to fade after we turn 30. Cells need oxygen to synthesize protein and stay healthy.

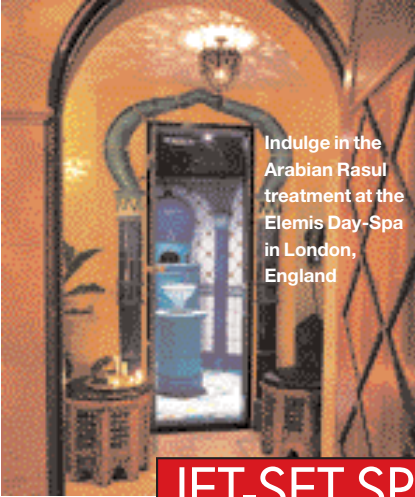
**(57) Kinetin** The blue anemone from the buttercup family produces this hormone used in the Kinerase skin-care line; kinetin has been proven to increase cell division and improve the look of sun-damaged skin.

**(58) NARCISSUS THE SAME COMPOUND THAT KEEPS NARCISSUS BULBS ALIVE IN WINTER PROTECTS SKIN FROM DRY AIR AND EXTREME TEMPERATURES—IN INTERVENE BY ELIZABETH ARDEN.**

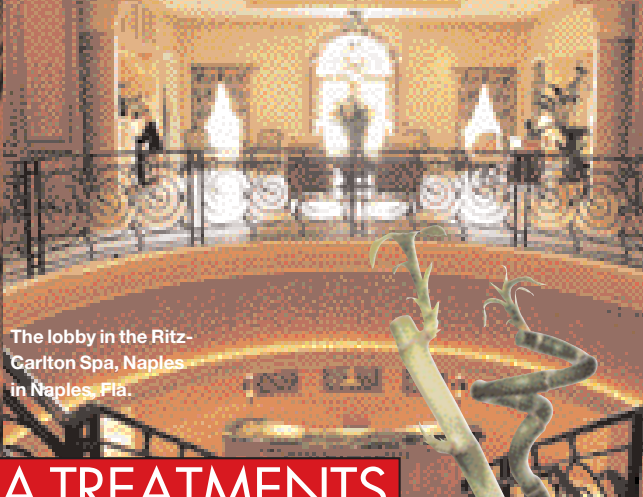
**(59) Polyfractioning technology (PFA)** Developed by Chanel and first introduced in its Sublimage line, this scientific three-stage stripping technique purifies the skin and increases the active amounts of anti-aging botanical extracts.

**(60) Silica** The silica content in FIJI water—85 mg/L, the highest of all major bottled waters—is said to stimulate cell metabolism and cell formation in skin and hair, improve the elasticity of blood vessels, retain bone density and reduce inflammation caused by acne.


Bioxxin Anti-Aging  
Defense & Repair  
Cream (\$120).  
For details, see  
Shopping Guide.



Indulge in the Arabian Rasul treatment at the Elemis Day-Spa in London, England



The lobby in the Ritz-Carlton Spa, Naples in Naples, Fla.



The spa treatment room at the Fairmont Mayakoba's Willow Stream Spa in Cancún

## JET-SET SPA TREATMENTS

**(61) Bamboo massage** The Ritz-Carlton Spa, Naples in Naples, Fla., offers guests a full-body massage using bamboo sticks of varying lengths and thicknesses. A symbol of strength and flexibility, each stick is rolled over the body in long strokes to encourage lymphatic drainage ([www.ritzcarlton.com](http://www.ritzcarlton.com)).

**(62) Cha Chac** This Mayan rain ritual at the Fairmont Mayakoba's Willow Stream Spa in Cancún begins with a traditional blessing and the burning of copal incense, followed by a body mask of cornmeal, clay and oats, exfoliation with an Ayate cloth and a warm rain-shower rinse ([www.willowstream.com](http://www.willowstream.com)).

**(63) Colour-therapy sauna** The Winvian Spa in Litchfield, Conn., combines light and colour therapies in its new Infrared Sauna. Exposure to light and heat eases sleep disorders, seasonal changes and aching muscles. Add colour: violet for strengthening the immune system and blue for reducing blood pressure ([www.winvian.com](http://www.winvian.com)).

**(64) Kahi Loa** The full-body Hawaiian healing massage at

Ancient Cedars Spa in Tofino, B.C., combines gentle pressure with mental visualization to release tension. Guests wear light clothing to soak up toxins released through the skin while the healer creates a feeling of oneness with nature through quiet chants ([www.wickinn.com](http://www.wickinn.com)).

**(65) Kuyam** The Kuyam Chamber at the Ojai Valley Inn & Spa in Ojai, Calif., seats up to eight guests and is based on the wellness traditions of the Chumash Indians. The treatment marries the healing effects of cleansing mud, dry heat and inhalation therapy ([www.ojairesort.com](http://www.ojairesort.com)).

**(66) Margarita Scrub** The Margarita Scrub offered at the Four Seasons Resort Punta Mita in Mexico uses tequila, salt and fresh lime juice to lighten the spirit and rejuvenate the skin. Lime is a natural astringent and conditioner ([www.fourseasons.com/puntamita](http://www.fourseasons.com/puntamita)).

**(67) Moxa** The Elysées Spa at La Samanna in St. Martin uses moxa, a downy substance from the dried leaves of the Asian *Artemisia moxa* plant. It is rolled into sticks, ignited


and applied to acupuncture meridians along the body. It's followed by a pressure-point and full-body massage ([www.lasamanna.com](http://www.lasamanna.com)).

**(68) Rasul** The Arabian Rasul treatment at the Elemis Day-Spa in London, England, is a centuries-old cleansing ritual and steam bath. Mineral-rich white mud is applied to the face, red mud to the front of the body and black mud to the back to absorb toxins and boost circulation ([www.elemis.com](http://www.elemis.com)).


**(69) Thaba** The signature treatment at South Africa's The Spa at Cape Grace starts with a rubdown of the ankles, wrists, biceps and head using aloe vera and eucalyptus. Next is a full-body massage with the rounded end of a *knopkierie*, a traditional African walking stick ([www.capegrace.com](http://www.capegrace.com)).

**(70) Thermal caves** The Faba Hotel on the island of Ischia in Italy is within walking distance of natural thermal caves. The dry caves reach about 70°C, while the damp caves, filled with vapours from mineral-infused hot springs, reach upward of 30°C ([www.ischia.fabahotels.it](http://www.ischia.fabahotels.it)).

ELEMIS/STYNTAX DESIGN GROUP (ELEMIS DAY-SPA); COURTESY THE RITZ-CARLTON RESORTS, NAPLES; COURTESY FAIRMONT MAYAKOBA'S WILLOW STREAM SPA; COURTESY WINVIAN SPA; COURTESY ANCIENT CEDARS SPA; © CUBOLIMAGES SRL/ALAMY (THERMAL CAVES); ROB MELNICHUK (ANCIENT CEDARS SPA); © CUBOLIMAGES SRL/ALAMY (THERMAL CAVES)



Natural thermal caves on the island of Ischia, Italy



The spa lobby at Ancient Cedars Spa in Tofino, B.C.



The Seth Bird House at Winvian Spa in Litchfield, Conn.



Peanuts help reduce your risk of heart disease and diabetes



## SUPERFOODS



Kombucha Wonder Drink (\$3, The Big Carrot)

**(71) Acai berries** These purple berries from the Amazonian “Tree of Life” have 33 times more skin-saving antioxidants than red grapes, plus they’re rich in EFAs and low in fat (50 calories per 50 mg).

**(72) Acerola cherries** Tropical cherries like acerola are high in vitamin C and help to protect skin from free radicals. They also ward off colds and the flu.

**(73) ALOE VERA**  
PRESSED INTO A JUICE,  
ALOE VERA BOOSTS  
ENERGY BY REDUCING  
UNHEALTHY BACTERIA  
AND REGULATING  
GASTROINTESTINAL PH.

**(74) Amasake** If you want a quick hit of energy, try Amasake (\$4.29, [www.thebigcarrot.ca](http://www.thebigcarrot.ca)), a probiotic drink made with fermented brown rice, roasted nuts and wild berries.

**(75) Chia seed** Chia seeds, or “Indian running food” to the ancient Aztecs, are high in EFAs and antioxidants and don’t turn rancid like flax seeds do.

**(76) Grapefruit** Talk about a wonder fruit! Grapefruit contain a soluble fibre that helps lower cholesterol

and reverse plaque already clogging the arteries. They’re also rich in bioflavonoids, which bind with toxic metals and escort them out of the body.

**(77) Kombucha** An immune-stimulating mushroom culture is the key ingredient in this fizzy Himalayan sweet tea that is thought to relieve asthma, regulate the intestines and improve your sex drive.

**(78) Peanut butter** Grab a spoon and indulge your craving, because recent research shows that PB is a healthy monounsaturated fat that lowers your risk of heart disease and diabetes.

**(79) Turmeric** The active ingredient in turmeric—bright-yellow curcuma—is a powerful medicinal spice with anti-inflammatory properties. Studies show that it might slow down the progression of cancer and Alzheimer’s.

**(80) Yerba Mate** Now, South America’s most popular hot beverage is available in a chilled energy drink by Guayakí. Made with the dried leaves of the yerba tree, its benefits include greater mental clarity and increased energy.



The Cone (\$140, Come As You Are)

## SEX IT UP!

**(81) Hit all the right spots** with The Cone, a new hands-free sex toy. Settings include The Lotus, The Bed Wiggle, The Clitmulator and The Lunge. So stylish, says the manufacturer, you won’t need to hide it away!

**(82) Groovy Q’s Girl Power** bed linens should inspire a few moves. They feature Bettie Page-style motifs, including garters, stilettos and whips.

**(83) SHOW HIM HOW TO “FRENCH TWIST” BY FASHIONING A SEXY BLINDFOLD FROM A SQUARE OF SILK.**

**(84) From Kama Sutra to kink, lust and learn** with SexSmarts, a racy take on Trivial Pursuit. Categories include Dirty Talk, Wild Card, Carnal Culture and Bodies.

**(85) Before fetching \$22.8 million** at Christie’s for her baubles, actress Ellen Barkin liked to slip between the sheets with nothing on



Spicy turmeric has powerful anti-inflammatory properties

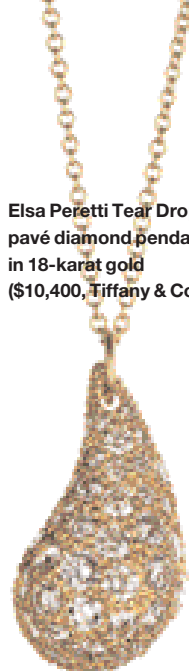


Guayakí Yerba Mate Organic Raspberry Revolution (\$2.75, Guayakí). For details, see Shopping Guide.



Groovy Q's Girl Power bed linens (\$45 for two pillowcases, Come As You Are)

Elsa Peretti Tear Drop pavé diamond pendant in 18-karat gold (\$10,400, Tiffany & Co.)



# BE HAPPY!

(91) **Start afresh** with Second Life, a 3-D virtual world built and owned by its residents ([www.secondlife.com](http://www.secondlife.com)).

(92) Join a laughter yoga class ([www.laughteryoga.ca](http://www.laughteryoga.ca)). Laughter releases endorphins, the hormones that act as **natural painkillers**.

(93) Buy a lottery ticket. Although money can't buy happiness, British researchers have found that the **thrill of winning** a jackpot—however modest—will make you more content in the long term.

(94) A sense of purpose and **connecting with others** are the true paths to happiness, says psychologist Martin Seligman, who pinpoints a person's strengths and creates a tailor-made happiness program at [www.reflectivehappiness.com](http://www.reflectivehappiness.com).

(95) **Nibble on some dark chocolate**. It has a small amount of phenylethylamine, the chemical our brain produces when we feel joy and love.

(96) Lack of sleep can make you cranky—and it affects the immune system. Push your body's snooze button with the **sound of ocean waves or a tropical forest** in Obusforme's Sound Therapy Relaxation System ([www.dreamessentials.com](http://www.dreamessentials.com)).

(97) **Chase away the winter blues** with the Verilux HappyLite Sunshine Supplement Deluxe Light System ([www.toolsforwellness.com](http://www.toolsforwellness.com)).

(98) A study by the University of Illinois says that the best route to long-term happiness is to **spend quality time** with friends and family.

(99) **Hike up** to the Punakha Dzong—the Palace of Great Happiness—in Bhutan ([www.adventurewomen.com](http://www.adventurewomen.com)).

(100) Count your blessings and **cultivate "mudita"**—an inner state of sympathetic joy. "If I am happy when good things happen to other people," says the Dalai Lama, "[there are] billions more chances [for me] to be happy!" □

but a Mona Lisa smile and a 65-carat pendant nestled between her breasts.

(86) Groove to the rhythm of your favourite tunes with the new OhMiBod iPod-powered vibrator. Turning the volume wheel alters the intensity of the vibes.

(87) *Tickle His Pickle* (\$20, Tickle Kitty) by award-winning sexpert Dr. Sadie Allison. The title says it all.

(88) Want to flirt with confidence, find your G spot or explore tantric sex? **Sign up for a workshop** (Toronto, [www.goodforher.com](http://www.goodforher.com); Vancouver, [www.littlesistersbookstore.com](http://www.littlesistersbookstore.com); Halifax, [www.venusenvy.ca](http://www.venusenvy.ca)).

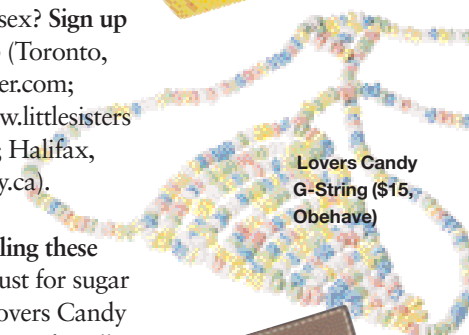
(89) Try modelling these bonbons. Not just for sugar daddies! The Lovers Candy G-String is one-size-fits-all.

(90) Hermès' new condom case in Barenia calfskin says class, not "just in case."

Condom case in Barenia calfskin (\$615, Hermès). For details, see Shopping Guide.



SexSmarts (\$28, Come As You Are)



Lovers Candy G-String (\$15, Obey)

