

FASHION

APR '09

**SMART
SPRING
SHOPPING**

**BEST SPRING
PIECES TO
INVEST IN NOW**

**GET
GREAT
HAIR**

FIND YOUR
PERFECT
HAIR
COLOUR

**REAL
WOMEN ON**
SPENDING,
SAVING AND
SPLITTING THE
CHEQUE

ROSE BYRNE
DAMAGES STAR
SHARES HER
SHOPPING
SECRETS

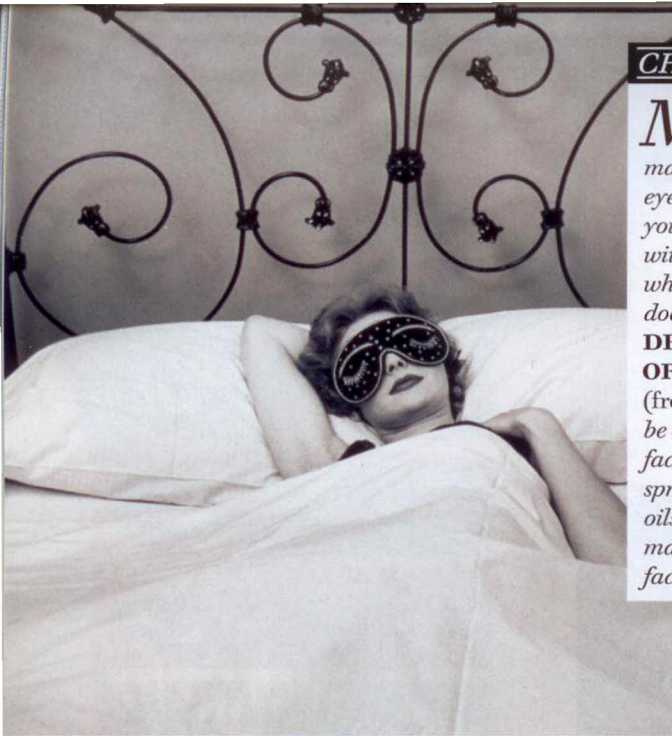
**HOT NEW
DESIGNERS
TO SHOP
FOR NOW**

**YOUR
PERFECT
BODY IS
A CLICK
AWAY**

OUR GUIDE
TO VIRTUAL
TRAINERS

\$4.50
DISPLAY UNTIL APRIL 19





CHEAT SHEET

More reasons for hitting the snooze button—besides making you petulant, lack of shut-eye can accelerate aging, expand your waistline and even interfere with learning and memory. But when simply putting head to pillow doesn't produce blissful dormancy, **DR. ANDREW WEIL FOR ORIGINS** Night Health collection (from \$31, at select Bay stores) may be of service. The four products—a face cream, bath oil, balm and body spray—use tried and true essential oils of lavender, chamomile and mandarin to get you in the mood—to face plant, that is. —Lesah Hannah

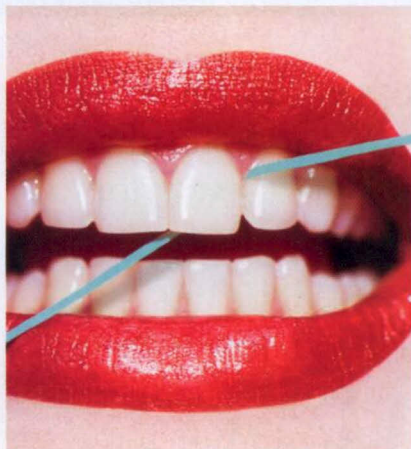
VICTORIA Victoria Park 376 Victoria Ave., Westmount, 514-488-7722, vicpark.com. This swanky body-beautifying spot opened last fall with its mountain-view cardio area; steam, sauna and cold rooms; “personal-health concierges”; spa and medispa. The final touches—a gourmet health-food store and café—open this spring. The menu, created with input from on-staff dietitians and local chefs Frédéric Morin and David McMillan (of Joe Beef fame), features salads, sandwiches and smoothies, perfect after a lunch-hour workout. The street-level store will sell packaged organic food and yummy yet healthy meals to go.

VITALS

GIVE US A SMILE

After examining modern and prehistoric dental-health records (the latter are presumably less comprehensive), John Lukacs, an anthropology professor specializing in dental issues, found that women are more prone to cavities than men. The factors working against us: Female sex hormones promote cavities and gingivitis, and they peak during pregnancy. Third-trimester cravings for Chunky Monkey don't help matters. Also, women produce less saliva than men, so cavity-causing food residue stays on teeth. Arm yourself with the sexy little **ORAL-B** Pulsonic electric toothbrush (\$80, at drugstores). Slim and quiet, it boasts a quivering 27,000 vibrations a minute, and times your brushing to the dentist-recommended two minutes.

Then you can have your ice cream and eat it, too.



TORONTO

Tula Yoga Spa 956 Bloor St. W., 416-913-4181, tulahotyoga.com. How are the cool girls staying svelte now? Hot Pilates classes—and the Tula West studio is a beautiful, newly tricked-out 5,000-square-foot spot to lay your mat and sweat your guts out while you do your hundreds. You'll get the detoxifying effects of the heat (skin feels amazing afterwards) and the muscle tightening of Pilates. Follow that up with a signature Ayurvedic massage for true body bliss.

VANCOUVER

Chi, the Spa at Shangri-La, 1128 W. Georgia St., 604-689-1120, shangri-la.com. Its name represents the body's vital life force, so it's fitting that the new Chi Spa takes an Asian-inspired, holistic approach. Treatments—or “journeys”—include the Himalayan Healing Stone Massage (\$250), to centre and unblock energy, and Chi Balance (\$175), a blend of acupressure and massage that balances yin and yang. —Rebecca Tay

HARDER, FASTER!

Good news for busy people: Short, intense spurts of activity are a shortcut to good health. They rev metabolism, reduce the risk of diabetes and improve artery health. Researchers at Heriot-Watt University in Edinburgh reported that a few intense exercises lasting 30 seconds each dramatically boosted metabolism in only two weeks. And a McMaster University study found people who did intense, 30-second sprints three days a week for six weeks saw the same improvement in artery health as a group doing 40 to 60 minutes of moderate-intensity cycling five days a week. We'll take the 30-second workout, thanks.

