

Packing List

New and notable

Sip It

Perhaps you're taking a charter flight overseas and want to drink your way to vitality, skipping the high-fat snacks and sugar-laden drink options usually offered mid-flight. If you'd rather sip something healthy, try **Intuition's My Vitality: Wild Strawberry with a Kick** energy drink, complete with energy-boosting herbs. These on-board approved size tubes are just the ticket to help combat jet lag and reduce stress. Dilute the all-natural caffeine- and sugar-free concentrate in a glass of water and say hello to your holiday! Starting at \$5.99 for a three-pack, available online at www.drinkintuition.com.



Stylish Slumber

Any time is lights out with this pretty, all-silk sleep mask to protect delicate eyes. Infused with lavender to relax and soothe the senses, the butterfly-patterned mask is designed by **elizabethW** and will ensure you drift off into a deep slumber at 30,000 feet. \$25, available online at www.pioneerlinens.com.

Skin Armour

From the same laboratory that's behind the ultra-luxurious **La Prairie** skin products comes **SWISSTEC™**, a premium skin care line developed in the Swiss Riviera by renowned chemist **Dr. Jacqueline Hill**. Prepare, protect and pamper your skin this winter while slowing the signs of aging and reducing the appearance of wrinkles and pores with the line's organic and eco-friendly ingredient complexes. From serums and day creams (with SPF) to clarifying elixirs, you'll look Riviera-worthy yourself in no time. From \$38-\$159; available at physicians' offices and select spas across Canada. To locate the one nearest you, call 1-800-668-5236.



Glow Golden

We know you want to hold on to your beach memories and golden glow for as long as possible. All-natural **Imedeen™ Tan Optimizer** tablets work from the inside out, preparing your skin for the sun so that you're left with a smoother, deeper, longer-lasting tan. Fruit extracts, vitamins, antioxidants and minerals make up each tablet which, when used in conjunction with sun block, helps to support the skin so that you don't suffer the effects of too much of a good thing. And, there's absolutely no risk of the dreaded orange hue. Available at the cosmetics counter of leading pharmacies, at select spas, cosmetic surgery and dermatology clinics or visit www.nordicselfcare.com.

Hip Jet-setting

Durable, stylish and the ultimate in useful fashion statements, the new **HARVEYS for Mercedes-Benz** are sure to make you feel as though you're travelling in first class even if you're not. The über-cool Mercedes-Benz line features the catwalk-worthy **Convertible Tote** from the Treecycle Group. Made from 100% reclaimed seatbelt webbing, with organic hemp, water-based inks, sturdy zippers and rivets (\$189.95 for this particular model), the totes are available at Mercedes-Benz dealers throughout Canada or online at www.seatbeltbags.com.

