



## Winter Warm-Up

Has Jack Frost worn out his welcome? Conquer the cold and support your favourite hockey team at the same time with a **heated throw** from Sunbeam ([www.sunbeam.ca](http://www.sunbeam.ca)). With three heat settings and a three-hour auto shut-off, this soft fleece blanket cuts through the chill quickly and keeps you toasty warm while **showing your love for the Vancouver Canucks (pictured)**, Montreal Canadiens or 11 other NHL teams. Available at Home Outfitters (page 17).

## New You

Anyone seeking the fountain of youth, take note: you can **look years younger without plastic surgery** by using the NuFACE Trinity Facial Trainer ([www.mynuface.com](http://www.mynuface.com)). This device stimulates muscles by delivering a low-level electrical current. To get started, first **pamper yourself** with a NuFACE facial at Sense: A Rosewood Spa (page 19), then continue the treatments at home to reduce wrinkles and achieve firmer, smoother skin.



## Picture Perfect

Photographer David Nunuk can find **beauty in the unlikeliest of places**, such as junkyards, log booms, freight trains and industrial streets. But he also **does wonders with familiar scenery**, capturing the timeless beauty of Stanley Park, Science World, the Lions Gate Bridge and the Sea to Sky Highway. His latest book, *Vancouver Light: Visions of a City* (Harbour Publishing; \$49.95), proves yet again why Vancouver is known as the supermodel of world cities. At local bookstores (page 14).