



West Coast Workout

Lexi Soukoreff started out hand-dyeing garments in her Vancouver studio. Her company, Daub + Design, has grown dramatically from those humble roots, but she still hand-dyes her original designs first. Then they're photographed, and a computer program creates a large-scale repeat pattern, ensuring each resulting garment is unique. And each one is made in Canada. Soukoreff's newest line, Daub | Active (pictured), is printed on luxurious Italian fabrics designed specifically for working out, meaning you can look and feel great while exercising. Find the new line at Semperviva Yoga (page 42) and Barre Fitness (page 42).

Travel Tips

Canada is the world's second-largest country, so there's a lot to explore. Whether you want to watch the dancing Northern Lights, hike the rugged Rockies, visit Ottawa's charming Parliament Buildings or sample the famed West Coast cuisine, *Lonely Planet Canada, 13th Edition* can help you plan your trip. Crammed full of insider tips, cultural insights, maps (including a pull-out one of Vancouver), essential info and honest reviews, this guidebook is the perfect travelling companion. At local bookstores (page 28).



All Charged Up

If the thought of a dying electronic device gives you heart palpitations, you need a power bank from Conair. It keeps tablets and smartphones going while on the fly. The 2,200 mAh version (top left) can fully charge a smartphone once, while the 4,400 mAh (top right) carries two full charges. Mightiest of all is the 8,800 mAh (bottom), which can charge two smartphones simultaneously or one tablet, so you'll never again be confronted with the dreaded "low battery" warning. Powerful stuff indeed. At Rexall (page 42).