

## who

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Happy double-o-seven ladies! Over the holidays you rocked out, glammed it up and indulged in, well, indulgence. Is it any wonder then that you feel — and look — so tired and sluggish? Call on [Spa on the Menu](#), Toronto's new Sparty service. Relax with your BFFs whilst a fleet of therapists arrive with fluffy slippers, bathrobes, a massage table and hot towels to transform your humble abode into a holistic haven. Choose from a selection of facials, foot rubs and massages, manis and pedis performed with totally organic, synthetic-free product and customized with herbs, fruits and veggies.

[www.spaonthemenu.com](http://www.spaonthemenu.com)

## what

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Bags are your bag. You carry Chloé, bring Balenciaga, and pack a perfect Prada. You lunch with Louis, accessorize dates with Dior, and hit the town with Hermès. So what's with the gnarly nylon laptop bag? Until now it's been easier to find a Birkin on sale than a stylish carrier for your computer. But those days are over, thanks to the stylish Cancuck designers Dexter & Byron Peart, the duo behind [Want Les Essentials De La Vie](#), a new collection designed to manage your powerbook with panache. The luxe laptop cases are made of handmade Italian leather and chic hardware. Just when you thought your case was hopeless, now you can carry all your stuff with as much aplomb as you carry yourself.

Available at [www.holtrenfrew.com](http://www.holtrenfrew.com).

## when

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You made the resolution list. But before you demand your medal, let's discuss how you plan to actually get in shape (come on, we know it's first on your list.) The urban sport look is hot for spring, so it's totally timely that Adidas's brand-spanking new boutique just opened last month. Pushing the whole style-meets-performance mantra, you'll find the coolest gear to meet all your get-in-shape needs.

Adidas Boutique 389 Queen St. W.

## wear

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Photo courtesy of Pade Vavra

Wide belts, skinny belts, patent, leather or chain. This season's must have accessory is a waist cincher. Clever girl that she is, jewellery designer Pade Vavra (yes, that is her real name), caught on to the trend and decided to belt one out of her own. The belt trend works because it allows you to recreate your look with your existing clothing. When you tire of throwing your favorite oversize cardy over skinny jeans, simply cinch this splurge-worthy belt around your waist for a ta-dah transformation.

Pade Vavra leather belt with antler enclosure available at Gypsy in Sherway Garden 416-828-6890.

## wine

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Some unlikely pairings work a lot better than you'd expect: Demi and Ashton still together? Who knew?! Now you can add Amish and Chinese food to the list. Fuzion, a retro-chic resto-lounge set in a historic century-old mansion built for department store titan Robert Simpson, melds flavors from the Far East and the Continent. Prepare to be impressed as executive chef Patrick Wiese (who honed his skills in Chicago's world-class food scene and worked alongside Art Smith at Harpo Studios as Oprah's personal chef) takes you on a culinary ride. Tuck into the Caribbean shrimp and experiment with Mennonite farm cheeses. Try the duck confit glazed with pomegranate. Acknowledge that unexpected combinations can be fabulous.

[www.fuzionexperience.com](http://www.fuzionexperience.com)



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-Aya McMillan



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