

READER'S DIGEST

MARCH |
APRIL 2017

best *health*

GREEN WAYS FOR HEALTHIER DAYS

DOCTOR-APPROVED TIPS!

**MAXIMIZE YOUR
HEALTH VISIT**

**HOW TO
AVOID TOXIC
TOILETRIES**

EAT THIS, BE HAPPY

**EASY DINNERS YOU
CAN MAKE TONIGHT**



**STUCK IN
A LIFE RUT?
HERE'S HELP**

**MIGRAINE
RELIEF**



**LIFESTYLE
TWEAKS**



VICTOR Victoria

Looking for a hip and healthy getaway? Our gold-star recommendation is BC's capital. Long known as Canada's sleepy retirement hub, this little gem is poised to shake, rattle and roll its way into the hearts of travellers. | by BETH THOMPSON



STAY HERE
The Magnolia Hotel & Spa has earned its stripes. At this award-winning boutique hotel, the rooms are charming, and the staff, even more so. As soon as you walk through the door, you get the sense that you matter. From remembering your name to helping you find your way around the city, this fleet is on fleek. The fact that you're only a block away from Victoria venues like its picturesque harbour, main shopping district and chic eateries is a bonus. But it's the Curated Trails program for either walkers or bikers that we loved most. The Bikes, Beans & Blooms Package is perfect if you're looking for a healthy way to sightsee. This bike tour (bikes available from the concierge) will have you pedalling over to Antique Row and stopping for gourmet doughnuts and coffee before heading to Abkhazi Garden and Beacon Hill Park. Instagram-worthy all the way – and a gentle workout, too. Finish the day with a massage from the full-service on-site spa. Rooms start at \$199. For info, visit magnoliahotel.com.

start at \$235. Offered May to September or by special request. For more info, visit thelondonchef.com.

EAT HERE
If cooking on holiday isn't your idea of, well, a holiday, don't worry: A recent explosion of eateries means you won't have to lift a finger, except to call a cab. But given that Victoria is such a walkable city, you probably won't even have to do that.

FOR LUNCH Get your health fix at Be Love, a family business flourishing under the watchful eye of brother and sister Heather and Joe Cunliffe and their father, Ayrie. Here, you'll find dishes that are rich in flavour but free of wheat, dairy, gluten and processed sugar. Even the wine list is organic and natural. Cheers! Check out the menu at belovestaurant.ca.

FOR DINNER OR DRINKS Sometimes the best way to fully enjoy the present is to step back in time, which is exactly what you'll experience when you walk into Little Jumbo. It has the air of an old-time speakeasy – a Prohibition-style bar that is set back from the street – and offers creative cocktails and savoury share platters. The cocktail menu changes frequently, but don't worry: There's always something innovative on the list, with names to match: Holy Shiz or Big As Your Head. See what we mean? Check out the current menu at littlejumbo.ca.

ANYTIME Small plates are big business, and your options are plenty: Start with the Catalano Restaurant & Cicchetti Bar, which offers a good mix of Spanish and Italian cuisine ("cicchetti" is Venetian tapas), or head over to Perro Negro, which offers up a seemingly endless menu of tapas and wine from Spain (and BC, too). Not to be missed are the croquetas (the flavours change daily) and warm bacon-wrapped dates. Sweet and savoury, nailed. Check out the menus at ferrisoysterbar.com/catalano-restaurant and ferrisoysterbar.com/perro-negro. **M**



1. VICTORIA'S INNER HARBOUR IS RIGHT IN THE CITY'S CORE
2. ENJOY THE OCEAN BY KAYAK
3. DAN HAYES, THE LONDON CHEF
4. FRESH PRODUCE AROUNDS AT LOCAL MARKETS
5. IDEALLY LOCATED MAGNOLIA HOTEL