

Chatelaine First for Canadian Women

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PLAY WITH SOUND

Our favourite things
The *Chatelaine* web team share their top picks each month

JEN'S PICK



Schwarzkopf Essensity Styling Juice

I was not in a good mood when I arrived for my hair appointment at [Solo Bace salon](#) in Toronto's Yorkville neighbourhood. I'd had a long day at work and for some reason the weather was worsening my disposition. The wind was so strong I almost blew across Yonge street on my way into the salon...and don't even get me started on how my hair was looking.

Thankfully Darrell (my stylist) made everything better. He cheered me up, fixed my wind-disheveled mop and introduced me to my latest obsession - Schwarzkopf's Essensity Styling Juice.

I'm not usually one for hair products - mostly because either I'm too lazy to apply them, don't know how to use them, or am scared they're going to weigh my hair down - but this one is different. Essensity Styling Juice is ultra-light and easy to use. You just spray it on to your damp hair before blowdrying or flat-ironing and the product acts as a protective barrier while adding shine, softness, static control and even a bit of volume. An added bonus: All of the products in the Essensity line contain pure certified organic essences and essential oils and they're all free from artificial fragrances, silicones, paraffin-/mineral oils and

parabens.

Available at fine a salons across the country, \$18.75.

Check out our past favourite things from [May](#), [April](#) and [March](#).



Jen O'Brien, senior editor

GRACE'S PICK



femMED energy capsules

After a couple of days back at work (after my recent maternity leave), I realized I was going to need an arsenal of high-energy tools packed in to my high-waisted jeans. Along with a great job, I have two busy girls with social calendars that rival mine, and I love to rsvp with a yes to everything. So, something had to give and I didn't want my agenda sacrificed.

Instead of doubling up on my latte intake, I decided to take a more healthy approach, and started taking FemMED's energy capsules. This supplement is made with all-natural ingredients by a dedicated team of medical doctors, herbalists and pharmacists, so I had hope. I soon found I had more pep and no jitters. With a full line of specifically formulated products, I only wish I had known about the pregnancy + ginger pill during my first trimester.

Warning: this is a tough pill to swallow (literally).

Available exclusively at [Shoppers Drug Mart](#) or online at [femmed.com](#), \$29.95.



Grace Toby, editor

JOEY'S PICK



Zojirushi Micom Rice Cooker

I love rice. Always have and always will. The Japanese [Micom rice cooker](#) from Zojirushi has cooking rice down to a science. Make white, brown or mixed rice, porridge or even whole wheat sponge cake. Set the timer to have perfect rice ready when you come home. Don't worry if you're running late, the keep warm setting will kick in and adjust your rice to the perfect temperature. It also comes with a handy booklet of recipes that you'd never think to try. Bon appetit.

[Available online](#) and at select stores across Canada, approximately \$125.00.



Joey Ryken, web producer

MIKE'S PICK



FisherGirl

I remember being introduced to a few FisherGirl products years ago and thinking 'what a great idea'. Well, the line is still around and stronger than ever.

From their rod and reel combos to clothing and hats there is something for everyone.

The Tadpole is a beginner rod priced at \$17.99, then there's The Jewel - a blinged out rod and reel with flashing pink LED. What makes FisherGirl rods and reels so unique is they craft their equipment ergonomically to fit a woman's hand. They're also lightweight and therefore easy to maneuver.

Available across Canada at Wal-Mart and Canadian Tire or online at www.fishergirl.com, \$17.99 – \$39.99.



Michael Loucas, senior web producer

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LOU LOU
READERS' BEAUTY MUST-HAVES

Olay Body Wash + Tone Enriching Ribbons with Mica Minerals

“ Leaves skin feeling and looking soft. Gives your skin a subtle glow... ”

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