

EDITOR'S *picks*

SPRING FORWARD

Hooray! It's time to shed our winter skin and spring forward into a fresh new season, and these five products are going to help you do just that.

1. TEA DETOX

A seasonal kick-start to a more active you starts with this delicious teatox tea blend and detox handbook. *THE TEATOX COMPANY* theteatoxcompany.com, 14-day supply \$24

2. FITBIT

A stylish wristband that goes wherever you go, designed to get you moving — tracking your steps, distance and calories. *London Drugs* londondrugs.com, \$100

3. SPARKLE SKIN EXFOLIATOR

A refreshing gel based exfoliant that whisks away surface dryness, leaving skin with a spring glow. *Clinique* at sephora.ca, \$29

4. DE-STRESS FACIAL MIST

Fuses the freshness of a facial mist with the rich nutrients of a serum. Calms skin and primes skin for moisturizer. *MIYU BEAUTY* miyubeauty.com, 80ml \$34

5. SKINNY BITCH HOME, BEAUTY & STYLE

Bestselling author Kim Barnouin's no nonsense guide to cutting the crap from your life for a better body and kinder world. *Chapters Indigo* indigo.ca, paperback \$16

