



MONTREAL NOTES

SHIRINE SAAD warms up to fine basics and prime pampering.

When the invitation to join a yacht cruise in Italy finally comes, I want to be prepared to disrobe gloriously. That's why I'm hitting **AVEDA's** new St-Laurent spa (3613 St-Laurent Blvd., 514-499-9494, avedamontreal-lifestyle.com) for an Essential Back Treatment, which purifies and cleanses in pure Aveda Ayurvedic tradition, and a fruity Caribbean Therapy mani-pedi, when scents of ginger, pineapple and mango will transport me heavenward. And for my sensitive skin, I'll let Magda at the new **LA MAISON ISHI SPA** (2122 Crescent St., 514-989-8615, ishicanada.com) massage my facial muscles for a visible lift, exfoliate with gentle dermabrasion and balance with blue-light therapy. She's known in exclusive circles as a true magician. Capri has never seemed closer. ● **COUNTRY LIVIN'** Since the day I fell in love with a cowboy in California, I've developed a fondness for all things country. So when I walked into **MARLBORO CLASSICS'** North American flagship (1455 Peel St., 514-658-9004, marlboroclassics.com), I was spellbound. Perfect for this summer's boho trend, the cotton basics in soft beiges and khakis, bell bottoms, washed blue denim and striped vests will remind me of those sun-drenched rides up the luscious mountainsides. ● **PARTY-READY** There

are days when we all need to be jollied up with some enlivening bling. At **ATTIK** (1455 Peel St., 514-844-1881, attikmontreal.com), a new Les Cours Mont-Royal boutique with gilt walls, crystal chandeliers and marvels by Fornarina, Ed Hardy, Ksubi and Buddhist Punk, there's enough to satisfy the deepest craving. After my last visit, my boyfriend went crazy over the lickable Crushed Mint Pineapple Buddha Balm I picked up. And I'm drooling over this month's find—a camel Michael Michael Kors top that's perfect for the safari trend *and* the office. At \$145, I'll be wearing it day and night. ● **SURFIN' IN L.A.** Inspired by the laid-back West Coast life, **JAMES PERSE's** luxurious cottons just make me want to lounge all day with an iced tea and a book. And now that his store is opening downtown (4869 Sherbrooke St. W., jamesperse.com), the temptation to let loose is getting serious. I'm dying to hit the pool deck in one of his lovely racerback dresses or stretch out at yoga in a printed tee and drawstring shorts. □



MARLBORO CLASSICS

THE STEAL

MICHAEL MICHAEL KORS \$145



AVEDA CARIBBEAN THERAPY BODY SCRUB (\$54, AVAILABLE AT AVEDA STORES)



JAMES PERSE

LA MAISON ISHI SPA



PHOTOGRAPHY: SAAD BY ANGUS MCINTICHE (HAIR BY DANIEL BENOIT AT SALON PURE; MAKEUP BY JANE HELENKIS; TOP AND SCRUB BY CARLO MENDOZA (TOP STYLED BY BREANNA GOW FOR JUDY INC.))