

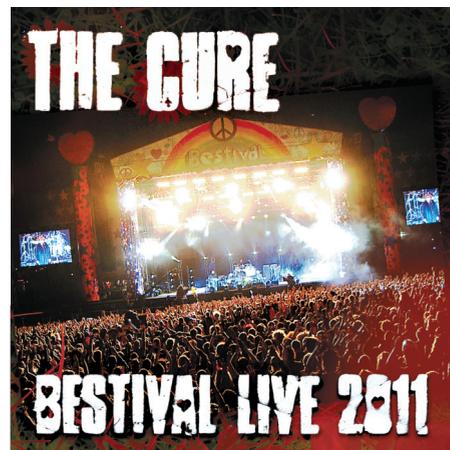
trends for HER

During the busy holiday season, rushing from one event to another, don't forget to take some time out for yourself. Indulge in things that will help you beat the winter blahs!



go natural

Mittens, scarves, hats and boots aren't the only important accessories this winter. A good body lotion can help to keep your skin hydrated during the harsh winter weather. When picking a product, it's always good to go natural like Neob Lavender Boutique's line of products made from essential oils and blends. Pictured here: 70g of pure Shea Butter; Lavender Shaving Butter or 75ml Grosso Lavender Body Lotion. The products are all made on site at the lavender farm in Niagara-on-the-Lake. For details visit, www.neoblavender.com.



the cure: bestival live 2011

Didn't make it out to Bestival, the four-day music festival in the Isle of Wight, this year? Don't worry, Sunday Best Recordings has you covered. Now, The Cure fans can enjoy the band's set from the comfort of their own home with the Dec. 6 release of *The Cure: Bestival Live 2011*, a live recording of the two-and-a-half hour set. The double album consists of 32 Cure classics that fans will love, including "The Caterpillar," "Friday I'm in Love," "The End of the World," "Just Like Heaven," and "Boys Don't Cry." And, for more good news, all profits from the album sales will go to the Isle of Wight Youth Trust.

let your 'geek' flag fly

Soft kitty, warm kitty, little ball of fur.... Big Bang Theory fans can show their love for the show by sporting a "Soft Kitty" T-shirt. Featuring the lyrics to the song Sheldon's mom sang him while he was sick, the 100 per cent cotton screen-printed shirt references one of the show's classic episodes. A singing plush kitty toy is also available. For more information visit www.stylinonline.com.



winter wonderland

Make the most of the season and enjoy the many winter activities happening in your community or make the trip to another one to participate in the fun. In Niagara Falls, Canada's foremost illumination festival, the CAA Winter Festival of Lights returns. Running from Nov. 5 through Jan. 31, the CAA WFOL is about more than just the 6 kilometre light display featuring more than three million sparkling lights along the Niagara Parkway, it also includes a concert series, outdoor skating at the TD Rink at the Brink and the newest feature, an outdoor classic carousel. Come see what makes the season so magical, visit www.wfol.com for more information.