



THE OCEAN
ISSUE

Sharks

AN NSU PROFESSOR'S QUEST
TO HELP SAVE SHARKS & DISCOVER
HOW THEY MIGHT HELP US



SALTY URBANISM
CREATIVE SEA-LEVEL
RISE STRATEGIES



Carolina Bucci makes the most beautiful, timeless pieces, full of colour and creativity. I'm never without my necklace. It makes me think of my kids and love.

CONFIDENT WOMEN SHARE

Catherine DeFrancesco, Founder of **SOL Yoga**, a most modern and beautiful yoga and wellness company, shares some of her favourite things.



For its divine food, fashion, language, culture, people, scenery, it's hands-down Italy! My eldest son lives there now, and I visit as often as I can.



The gut-skin connection is real, and Dr. Nigma breaks it down so wonderfully. We're also carrying her supplements at SOL, which I highly recommend.



Lipstick shades may come and go, but Prima by Gee Beauty is my number one, always have, wear, carry. The Gee girls are special to me too, Canadian loves.

The all-in-one oil blend that does it all! Contains the purest Rose Hip Seed Oil, Rose petals and CBD. Absolutely divine!



My healthy addiction! Clean ingredients, amazing taste! Founded by women, this company is ALL that. My kids absolutely love too.



I've dabbled in tons of yoga apparel brands, and Goldsheep leggings reign supreme for their colourful designs and snug fit. We always sell out quickly in our SOL Yoga boutiques.

I love candles so much, I had my own line created called "Sorelle" in honour of my daughters. In my home and at SOL Yoga locations, I always (always!) have a candle burning.



Sisley's 'Soir de Lune' has been my fragrance for over 20 years. From yoga to work, it's my signature scent and I never leave home without it.

