

Autumn is often considered a time of new beginnings. School gets going again (from nursery and kindergarten to college and university), workplaces get back to normal when everyone returns from vacation with their kids, and that cooler breeze that creeps in at summer's end evolves into hostile wind gusts.

It's that limbo period where we're not quite sure whether it's going to be rainy, windy, muggy, sunny, grey, or none of the above. There's no rhyme or reason—other than Thanks*living* and Halloween rolling in to get us in the spirit of togetherness.

We start spending more time inside again (hopefully with family and other loved ones), the days gradually get shorter, our clothes get heavier, our drinks get warmer, and our moisturizing routines get more intense. It may not be glamorous, but oh the colours! Such is the cycle of the seasons...



BEAUTY

Cruelty-free and vegan items are becoming increasingly more accessible at big names retailers—often even labeling them as such in stores and online to make them easier to spot and boost sales. Particularly when it comes to their own (and their kids') skin, people seem to feel more squeamish about the idea of putting animal products on their faces and bodies. While embracing the fall, you might also find yourself becoming more aware of the impacts of sun exposure from the summer and dryness from the wind and cold. But now it's easier than ever to find animal-friendly alternatives to combat rashes, ruddiness and wrinkles while achieving a healthy glow and softness.



DÉCOR

Sure, we love outdoor play as much as the next person, but home life can be exciting, too, particularly when you surround yourself with cute animal knickknacks and pops of colours. Making your house warm and inviting requires some premeditation, careful thought, and focused shopping. Start by choosing a room, palette, possible theme, and some items you already have to coordinate with! Family time is pretty special and cold weather can bring out the snuggle bugs in everyone. So whether you're reading, baking cookies, or making homemade hot chocolate (perhaps after an hour or two of skating), you can create some precious memories together.



DINING

Most vegans get excited about the prospect of herbivore dining, but when it comes to more of a low-key, pop-in spot to get meatless food and enjoy the ambiance, it's nice to see smaller cafés opening up on your neighbourhood corner. Away Café is the sister of the more formal Awai on Bloor West, and is located more centrally around College and Ossington. It's a great blend of casual and cool, with a relaxed vibe, good food, and even a place to work, study, or hang with the fam. Come for the fresh sandwiches, warm empanadas, cozy lattés, and tasty desserts, but stay for the wood tabletops, vintage/industrial finishes, greenery, teal accents, and WiFi.

