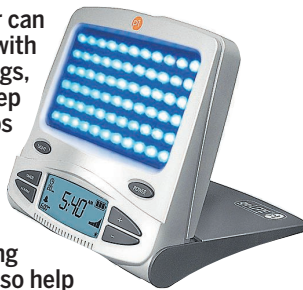


Cool Stuff

How to Lose Friends & Alienate People follows the escapades of an aspiring British journalist who gets caught up in the world of celebrity, fame and glamour he loves to hate. The result is disaster, chaos and fun: \$43.48.



Less sunlight this time of year can bring on the winter blues with fatigue, carbohydrate cravings, weight gain and mood and sleep problems. The Philips goLITE therapy light fights these symptoms with Bluewave technology to mimic the blue light of the long days of summer. It can also help with jet lag or shift work in as little as 15 minutes a day. It is portable and has easy-to-set functions such as intensity, time and a treatment-reminder alarm: \$189.99 at London Drugs.



Calgary's own Shannon Andrukow has created a line of earth-friendly, reusable water bottles. Each is made with high-quality stainless steel inside and out. They contain no Bisphenol or aluminum and have no lining, so they are dishwasher safe. They come in a wide range of styles and designs including Earthtree, Golf Balls, Flower Power and Daisy Swirl: 500ml \$17.99, 750 ml \$19.99, 900 ml \$21.99. Visit www.otterbottles.ca to purchase or find a retailer.



The Art of Shaving's After-Shave Mask is made with Purifying Rose Clay extracted from the Nevada desert. The botanical ingredients in the three-minute mask cleanse the pores, soothe and nourish skin to provide relief from razor burn, ingrown hairs, nicks, cuts and irritations. It comes in single-application vials to keep it fresh: \$50 for box of eight vials. Visit www.theartofshaving.com for store locator.

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HUGO Element is designed for the man who is in his element in an urban playground. The scent is an energetic combination of fresh and spicy, with enough woodiness to make it masculine. The line includes eau de toilette, after shave lotion, after shave balm, shower gel and a deodorant stick: \$28-\$68. Available in March at The Bay, Sears, Shoppers Drug Mart/Pharmaprix and London Drugs.



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