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THE STORY OF THE DAY

We love Vancouver. It's cosmopolitan and big city cool, but everyone there also seems to value nature and living a green lifestyle. Stanley Park may be in the heart of the city, but is like being let loose in the middle of a zen forest. This is one of the most beautiful and liveable places in the world and of course it's the home of this year's Winter Olympic games.

Hotel rooms are disappearing fast for the event which commences on February 12. But there is still some availability. Check out www.tourismvancouver.com for tips.

And even though we love the shopping, museums and sites, we go to Vancouver to eat. The haute cuisine is the best in Canada and British Columbia is home to some very fine local wines. Check out TheStyleLabOnline.Com Editor Picks for this Olympic city:

Some of the best places to pick up a fork include:

Tojos

www.tojos.com People swoon at the mention of Chef Hidekazu Tojo's name in Vancouver. The food is that good and the sushi is perhaps the best you will ever eat outside of Japan. A must stop.

The Fish House in Stanley Park

www.fishhousestanleypark.com This is the perfect romantic stopover during a stroll through the city's enormous park. There are two verandas overlooking the water and inside fireplaces will warm you up on a chilly day. The food is tasty and unpretentious.

Sanafir

www.sanafir.ca Sanafir is an Arabic word for "meeting place" and this is the perfect spot on trendy Granville Street to gather with friends. Exotic cocktails, multi-ethnic cuisine and a 1001 Nights décor (be sure to check out the beds in the upstairs lounge) all contribute to a wonderful dining experience.

Metro

www.metrodining.ca Vancouver celebrity chef Brian Fowke's emphasis at the sleek Metro and fashionable Rare restaurants is on the freshest local and organic products. The result is an inspired menu of fresh seafood, meat and game available by the ounce.

C Restaurant

www.crestaurant.com Set on a waterside patio, with a chic, modern interior, the restaurant is one of the best places in Vancouver for fresh (but expensive) seafood.

-- Lisa Arcella

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SIDEBAR

All that time out in the cold will take a toll on your lips. We are never without Ole Henriksen African Red Tea exfoliating lip salvation. Katy Perry has been raving about it. It's petrolatum free and works wonders, just like all of Ole's products www.olehenriksen.com

-- L.A.

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SIDEBAR

We just love L'Occitane Shea butter. Now there is a fabulous travel size set for only \$26 that will totally keep your face and hands hydrated. The set includes the Shea Butter Extra Gentle Milk Soap, Mini Pure Shea Butter and Shea Butter Mini Hand Cream. <http://usa.loccitane.com>

-- L.A.

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