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## Spring is here! Renew your spirit, body and mind at The Wellness Show!

VANCOUVER, BC: Cherry trees in blossom. Daffodils and tulips bloom. Everywhere you look, spring is renewing the earth. Consider renewing your spirit, body and mind with a trip to **The Wellness Show**: April 30-May 2 at the Vancouver Convention Centre, under the five sails.

**The Wellness Show features** speakers and exhibitors to leave you feeling relaxed, re-energized, and able to face the world at your very best.

If you want to renew your commitment to fitness, and get in beach-body shape by summer, **She's Fit!** will be there to give personalized fitness assessments. If the gym isn't your thing, maybe you'd like to take a crack at pole walking, yoga, personal trainers, "Speedmonton," or even a Bollywood workout! **Choices Markets** will be there, and you can sign up for one of their nutrition store tours. Store tours offer everyone one-on-one time with a member of the Choices nutrition team to help them get started on a new eating plan, whether their concerns are weight loss, eating for a healthy heart or eating more sustainably. And for eating healthy with our increasingly busy lifestyle, **Left Coast Naturals** will be offering samples of Skeet 'n Ike's snacks and Hippie Chips. These prepackaged, organic, and non-GMO products are a delicious choice for active people who want a better snack option. There are lots of additional opportunities to snack at The Wellness Show: curries, dried cranberries, yogurts, juices, healthbars, sausages, salmon, granola, and, yes, even Chocolate.

When you look good, you feel good, so **OxyLift** will be offering their three-minute, facelift. This natural, non-surgical process will help you to face the world with glowing, renewed skin. To keep your skin looking its very best, **Affera Cosmetics** will be demonstrating their locally made and manufactured Mineral Makeup. For spring, they have a new 100% Mineral Sun Block, with 99% Titanium Dioxide. It offers an SPF of well over 30, without the more greasy, white cream. In addition to facelifts and makeup, you can experience hair makeovers, laser body care, permanent makeup and body wraps.

Finally, nothing can make your spirit feel renewed more than a pampering getaway. The very essence, in fact, of the **Kingfisher Oceanside Resort and Spa** is relaxation, renewal and rejuvenation. Truly unique to North America, the Kingfisher offers the Pacific Mist Hydropath® with eight unique water stations. Each offers the many benefits of hydrotherapy including remineralization, detoxification, relaxation and more, in a setting that evokes the Island's natural seaside elements, featuring sandstone sculpted caves and pools.

**The Wellness Show** runs from Friday, April 30, through to Sunday, May 1 at the Vancouver Convention Centre, 999 Canada Place. General admission tickets are \$12.50, Seniors and Students are \$10.00, Children 6 - 15 yrs are \$5.00, and Children 5 and under are free. There are also 3-Day Passes available for \$27.00. Tickets are now available online at [www.thewellnessshow.com](http://www.thewellnessshow.com) and at the door.

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