

**Wellness Weekend retreat at BC's premiere oceanfront spa offers guests
a chance to recharge their body and mind**
Feb. 1 to 3, 2019 at the Oak Bay Beach Hotel

Oct 3, 2018, Victoria BC – Individuals seeking a renewal of mind, body, and spirit may enjoy a fully immersive and life-changing experience by attending the first Oak Bay Beach Hotel Wellness Weekend in February 2019.

Led by Catherine Roscoe Barr, BSc Neuroscience, wellness coach, and founder of *The Life Delicious*, the weekend retreat will lead participants through five in-depth modules on Mindset, Movement, Nutrition, Sleep and Connection, amidst the inspirational and sophisticated surroundings of the Oak Bay Beach Hotel.

“This retreat will give attendees an opportunity to step away from the busyness of their lives and into a space where they can refocus on themselves,” says Barr. “They will have space to create transformation and move toward lifelong self-nurturing health.”

The Weekend Wellness Retreat is scheduled for February 1 to 3, 2019. A single occupancy package for the retreat is \$1,250 Cdn per person and double occupancy is \$1,050 Cdn per person (including all fees and taxes).

“We are excited to partner with *The Life Delicious* to offer this unparalleled wellness retreat,” says Oak Bay Beach Hotel General Manager Michelle Le Sage. “Our hotel and spa provide an idyllic sanctuary in which to fully indulge body and mind within a program of this caliber.”

Designed to recharge and revitalize, the three-day retreat will be an enthusiastic exploration into stress management, positive psychology, self-care, sleep hygiene, and physical activity. Guests will enjoy a full complement of services and amenities, including: two nights' luxurious accommodation, nutritious meals, guided exercise, lectures and discussions, oceanfront spa, and peaceful personal time – while creating a personalized action plan to guarantee a life filled with vitality.

Guest speaker Sherina Jamal, founder and developer of local skincare company Beauty Through Balance will be sharing her knowledge on how oxidative stress plays a role in issues such as fatigue, inflammation, hormone imbalance, and pre-mature aging, as well as how specific super foods that she has worked with for many years (such as locally harvested BC seaweed) play a key role in restoring overall health, supporting wellbeing and promoting youthful glowing skin. She will also be sharing her spa tips for skin care and self-care. As well, Flytographer will be attending the event to capture your upcoming wellness memories.

Guests may choose to extend their stay (pre-or post-weekend) for a special rate of \$199 per night, for up to three days. To book, call 250-598-4556 to speak with our in-house reservations.

About Oak Bay Beach Hotel

Nestled on the shores of the Pacific Ocean near Victoria, BC, the Oak Bay Beach Hotel overlooks the Salish Sea and offers breathtaking ocean views of snow-capped Mount Baker in the distance. Just minutes away from quaint boutique shops, cafes, and galleries of Oak Bay Village, the hotel is a worthy legacy to its renowned predecessor and features world-class services such as seaside mineral baths and fine dining. Our well-appointed guest rooms and suites offer complimentary parking and Wi-Fi during each stay. Let us provide the perfect vantage point from which to experience the best of the Pacific Northwest. www.oakbaybeachhotel.com.

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