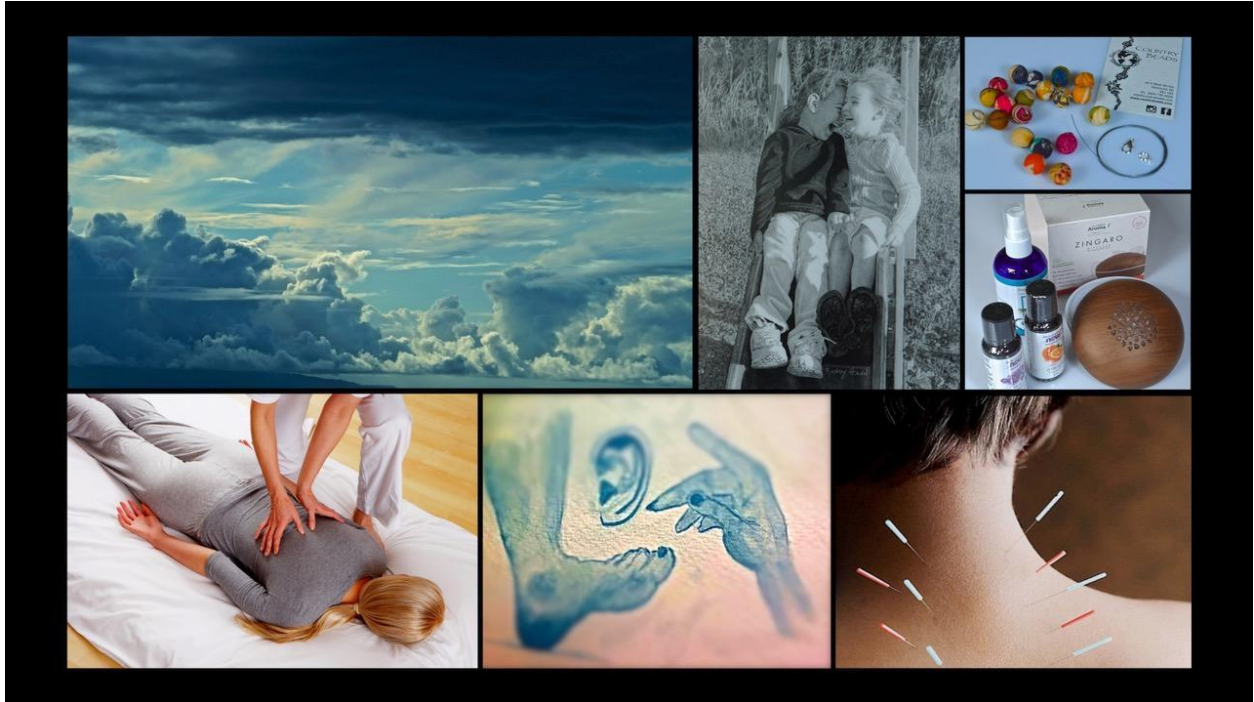


SELF CARE

Prize Package | Value: \$685.



Acupuncture Session with Dr. Eyal Lebel ▪ Shiatsu Massage Session with JOANNIE COOK ▪ Reflexology Session with DOUBLE THUMBS THERAPY ▪ Diffuser and Essential Oils from GARDEN HEALTH ▪ Sari Bead bracelet kit from COUNTRY BEADS ▪ Framed print of Randy Hann's 'Best Friends' drawing ▪ Framed, original photograph of clouds entitled "What If..."



Country
Beads

www.countrybeads.com



Double
Thumbs
Therapy



Garden Health

Putting Your Health First



DR. EYAL LEBEL
ACUPUNCTURE & TRADITIONAL MEDICINE

OPRAH DESCRIBES SELF-CARE LIKE THIS: “Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure.”

Your self-care experience begins with a healing acupuncture session in Vancouver with natural healer **DR. EYAL LEBEL**, and a relaxing Shiatsu massage from his talented associate, **JOANNIE COOK**. You’ll be further pampered with a Reflexology Session from Yvonne Viel’s **DOUBLE THUMBS THERAPY** in Yaletown.

After tending to your body, soothe your soul with a home diffuser, planet-friendly essential oils and gentle room spray from **GARDEN HEALTH**, the West End’s community health and wellness store since 1983—Indigenous-owned and operated since 2017. Then relax your mind by making jewelry for yourself or a loved one with a bracelet kit from **COUNTRY BEADS**. Each of these lovely, unique beads features a fragment from a re-cycled Indian sari.

Next, treat your eyes to a delightful print from renowned Canadian artist Randy Hann that will remind you of the simple joys of friendship, laughter and reconnecting with nature. And finally, let your imagination roam free and your inspiration soar thanks to a limited edition framed photograph of clouds entitled “What If.. .”