

Fresh Start Health Retreats at Ocean Resort,

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Lucas Stiefvater, is pleased to welcome Ania and Vasili Kastashchuk owners of “Fresh Start Health Retreats” to Ocean Resort, Vancouver Island’s Spiritual and Wellness Retreat Centre. Abundant Life Wellness Retreat of Lavoy, Alberta, has re-branded as Fresh Start and moved their operation to Ocean Resort, where they will continue to offer effective cleansing and detoxification retreats to support overall good health and weight loss.

“I always envisioned Ocean Resort as a wellness centre.”, says Stiefvater. “I am thrilled to have Fresh Start operating out of the resort. Their programs will attract people from all over the globe, making us a true wellness destination. This is great news for Ocean Resort and for the local tourism industry.”

Ania, Vasili and Fresh Start come with five years of experience hosting wellness retreats. Local naturopathic physician, Lise Maltais, ND, is joining the Kastashchuks as a key member of the team. Dr. Maltais brings 18 years of experience and is a pioneer in North America, as a practitioner and as instructor of The Bowen Technique, a unique and effective therapy for pain relief, neuro-muscular balancing and general wellbeing.

Fresh Start is a health restoration retreat focusing on advanced whole body detoxification, weight loss, health education and rejuvenation. Participants improve their wellbeing through five, ten and 14-day residential programs. Assessments by Fresh Start offers a wide array of services to support program participants. These include, hydrotherapy, massage therapy, reiki and other spa services. Fresh Start uses only the highest quality products available including organic or all natural ingredients.

“We are excited by this move and to be working in such a beautiful environment, with so many new opportunities for our clients to focus on their health and wellness,” says Ania.

Stiefvater’s lifelong commitment to healthy living and a strong belief in the body, mind, spirit connection led to the inclusion of wellness programs at Ocean Resort. He says, “This is the perfect partnership, high quality programs like Fresh Start and Ocean Resort as the host facility.”

The first Fresh Start retreat at Ocean Resort is offered August 31, 2010.