



**Fresh Start Retreat-Almost everything you need to know about**

**Fresh Start Top Priorities, Experience and Key Staff**

**Fresh Start Program**

**Fresh Start Facility and Location**

**1. Our top priority is your health**

**At Fresh Start, we are serious about health and are results oriented.** There are many spas and retreats where a person can enjoy beautiful views and a relaxing massage. Though we offer these splendid features and services, our top priority is our clients' health, helping people get well naturally and turn their life and health around.

**2. Proven track record – experienced staff**

**We** have five years experience hosting over 125 retreats with over 650 clients. Program Director, Ania Kastashchuk has a Diploma in Natural Health from the College of Natural Health, as well as a Bachelor of Education from Belarus State University. This education enabled Ania to become a powerful health educator and master in designing and leading health programs, which she does daily at every Fresh Start Retreat. Every individual brings a



new learning experience and Ania relies on her experience and the individual's to create a lifestyle program tailor made for their specific needs.

At the Ocean Resort location, licensed naturopathic physician Lise Maltais, ND has joined our team. Dr. Maltais has 18 years experience and has been a pioneer in Canada and the United States as both a practitioner and instructor of The Bowen Technique, a unique therapy from Australia effective for pain relief, neuro-muscular balancing and general well-being. Naturopathic health assessments by Dr. Maltais will be included in 10 and 14 day programs. (Contact details here please)

### 3. **Safe and Effective Programs-The sum of the parts is greater than the whole**

Our five year track record is testament to how safe and effective our programs are. The seven key elements of the program are:

- **Advanced Whole Body Detoxification** utilizing specialty drinks and formulas;
- **Cellular Re-nourishment** through organic fresh vegetable, fruit, wheatgrass juices and live foods (raw);
- **Lifestyle Education**, accomplished through daily health lectures and videos, as well as practical raw food preparation workshops;



- **Emotional Wellness Workshops**, designed to help clients identify non-physical causes of their illness, encourage personal growth and inspire them to have more joy and peace in their life;
- **Hydrotherapy**: daily steam bath and cold water treatments: boosts immune system, enhances cleansing of lymphatic system and lungs, strengthens cardiovascular system and beautify the skin.
- **Exercise**: Walks are our favourite type of exercise. We include them as a formal part of the schedule. Walking combined with deep breathing exercises, fresh air and sunshine truly become the most powerful healing tools for depression, sinus and lung problems, as well as greatly stimulate lymphatic and blood circulation. Morning Yoga and Qigong exercises help rebalance body energy, detoxify and enhance general well-being. If desired, guests have access to the well-equipped fitness room for additional weight or cardio training.
- **Health Spa Treatments**: A wide variety of spa treatments, including colon hydrotherapy, massage, non-surgical face lift, reflexology, kelp wrap, salt glow, infrared sauna, organic facials and phototherapy, though not included in the program package, are commonly used by our guests for maximum results and pampering. At the new location we will add Reiki, acupuncture, Bowen therapy, Sacral-cranial therapy, Skin Revision (enzyme anti-aging treatment of the skin), medical pedicure, and scalp and hair treatments.



All elements of our programs have a unique purpose in the overall purpose of detoxifying the body.

“In order to get the maximum results people must participate 100 per cent: listen to the lectures, open up during emotional wellness workshops, take steam baths, do colonics and massages, take every drink. It just works.” –Testimonial

4. **Experiential in-depth take home education-Feel better at 50 than you did at 40.** We educate people on how to stay on track. Everyone knows that vegetables and fruit are important for a healthy diet, and that exercise is necessary to stay fit, but there is often more to it than that. We help provide the knowledge and motivation to get and stay on track.

Most people say that they start feeling better, many better than in their lifetime, almost immediately and every day they see significant progress. They often realize that they do not have to be sick just because they get older, that they can feel better at 50 than they did at 40, and have their energy and life back. It gives them such amazing motivation, because everybody wants to feel well, inside out. When they taste the food that is nourishing and delicious, and learn how simple it is to make, you know they are going to do it. Many people are able to make long-lasting changes in their diet and lifestyle after our retreats.



5. **Address the Cause.** Our motto is: "In finding the cause we find the cure."

We do not claim that we know the secret cures for all that ails every individual, but every effect or symptom has a cause. If a person is unhealthy, there is a reason why she is unhealthy.

It is logical to identify these problems and correct the "wrongs" damaging the body. We do not believe in quick fixes. The only thing that can truly restore a person is a healthy lifestyle, which means the whole person including physical nutrition, the thoughts we feed our mind with, the air we breathe and other aspects our well-being depends on. Our bodies always strive for self-restoration. Once we give them what they need, they respond with an increase of energy and vitality.

6. **Emphasis on Emotional Health.**

"I came here for my body and you healed my soul. For this I shall be forever grateful." –

Testimonial

We believe that in order to heal the body, one needs to restore the soul, and vica versa. We make it clear to our clients that we are not a counseling retreat and do not address deep depression or espouse any specific spiritual disciplines. We do however always look for the root causes, which are often not purely physical. We encourage our clients to work on personal growth, increase their self-esteem and to understand themselves more deeply.



Our unique emotional wellness /personal growth workshops are designed to help clients discover ways to increase their level of happiness, have more peace, passion and purpose.

We maintain privacy and confidentiality in areas that a person is not comfortable to talk about, as well as give a full respect to every belief, background and philosophy.

Many people from all walks of life feel comfortable at our health restoration retreats. All they need to bring is an open-mind, willingness to learn and respect for others.

### **Fresh Start Facility and Location**

All this, in a stunning location and facility

**Beautiful Ocean Front Facility. Ocean Resort, Vancouver Island's Spiritual and Wellness**

**Retreat Centre, built by Lukas Stiefvater, who also has built the loved by many**

**Kingfisher Spa, is a fully renovated eco-friendly facility with appealing and natural**

**design.** Ocean Resort, located on Vancouver Island's Oyster Bay, overlooks

Desolation Sound and the Coastal Mountain range. The resort boasts 28 well-appointed

rooms and is uniquely positioned to host the Fresh Start wellness experience. Ocean

Resort offers spa treatment rooms and group facilities in an environment committed to

the transformation of the whole being.

"We created Ocean Resort as a space conducive to healing and transformation," says owner

Lucas Stiefvater. "This context influences what you experience at the resort and is reflected in

our commitment to guest comfort." Guests experience healing at even the subtlest levels with



features like hypo-allergenic duvets, hardwood floors, private or shared en suite rooms with ocean views and all-natural amenities.

- “This is the perfect partnership-high quality programs like Fresh Start and Ocean Resort as the host facility,” says Stiefvater. “Ocean Resort is a healing atmosphere for Fresh Start Health Retreats.” Guests can enjoy an environment that is both welcoming and supportive, long walks on the beach, watch the resident eagle from the comfort of a beach chair or enjoy a contemplative stroll.”
- There are so many nice trails you can take here, beautiful parks to visit, so many fun things to do: kayaking, fishing, watching a resident eagle from the comfort of a beach chair (it actually lives right above our heads on the top of a few mature trees), heron, and deer, which ate most of our peas...