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PREMA SAI'S

Wholistic Living

M A G A Z I N E



Wholistic living all the way

Charis Lynn Curtis with Photography by Darren Caulfield

We at *Wholistic Living Magazine* have taken it upon ourselves to travel deep into the Rockies. To **Fernie, British Columbia** in aims of illuminating the way for our wholistic-minded traveling readers. When traveling we feel the urge to stray from our routine destinations of a hot yoga studio, massage therapy clinic, farmers market and vegetable-based diet options. This makes it less effort to stay put at home in our town or city for rest and repair. After all, it's taken us a while to develop a routine where we stay in the zone and stay on track as far as our wholistic life is concerned. It is very healthy to travel in order to shift perspectives, detach from the mundane and enjoy fresh surroundings. Travelling more often than not presents the need to "eat out". Typically this leaves us with a steady choice of commercial restaurants. We can take our chances going for a drive along a boulevard with blazing signs, an empty belly and low blood sugar. If you are like me this will leave you either hungry, or going grocery shopping and eating out of your hotel room for the week. When traveling, as prepared as I consider myself to be; there is often a popular excuse to fall completely off my plan and miss the mark on my health goals. Vacationing presents a challenge to balance a wholesome, nurturing experience. It often serves the opposite purpose via a stint of poor eating, drinking and a minimum amounts

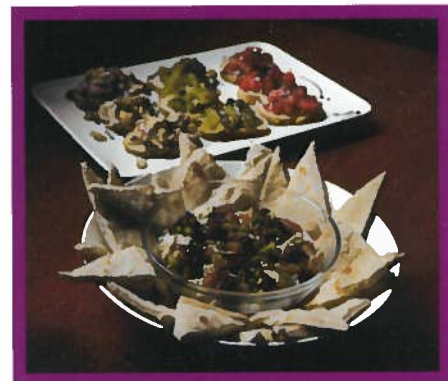
exercise. Food and exercise are the cornerstones to staying in balance, this is even more important on vacation in order to rest and repair.

We booked a condo and packed a juicer to avoid the commercial food situation and quickly learned that the vegan food options were not so bad in this little town. It's too often that a specialized diet (veganism) can't be supported in a small town economy. We were delighted to find out that several businesses have sprung up even in the last 6 months to cover the needs of the wholistic-minded traveller.

We found options in Fernie for specific diets i.e. vegan, gluten free, dairy -intolerant and people who seek plant-based diet options. We were also pleased to discover a few places one could integrate to create a fitness, detox or wellness getaway. So without further introduction we present Fernie's roster of wholistically minded businesses

Infinitea

Inside this tea bar boutique one will experience a cozy beauty with sunny windows alongside well furnished sitting and lounge areas. We met Steph, a co-owner / operator. I found her to be a sweet and vibrant Aussie who came to Canada to find our "just add water" mentality around food a bit shocking. After a bit of self determination and



commitment, the right partner came into her life with a vision to start a restaurant or a tea house. Teahouse it was! With that the Infinitea company has established themselves to the locals with a therapeutic tea menu and vegan/vegetarian friendly tapas menu. This spot is a great place to stop and enjoy the peaceful pace of Fernie.

We ordered the Sensuali tea along with the Trio of Bruschetta and 7 Layer Dip menu items. The tea had a deep body with ingredients like Catuaba bark,



Muira Puama bark, raw Cacao and a warm, flavorful highlight with Sarsaparilla root, Vanilla bean, Cinnamon Bark and Rose hips. It was delicious and well presented

in a beautiful antique cup and saucer. The food was delicious, made fresh and in perfect portion. On the way out we got a real Chai Almond Milk Latte, very nice to be able to grab a hot drink with no additives, syrups or powders added. It's important to mention the good folks at Infinites prepare all their fare, dips and sauces from raw/base food materials.

This spot is the perfect source for food and tea. If you're lucky, they'll have an inexpensive event to entertain you such as a tarot reader or maybe even a burlesque class. Yes, this place was eclectic, full of culture and hand built by the community.

Grass Roots

This fabulous little vegetarian restaurant is off to a great start! The mission is to bring fresh, nutritionally balanced vegetarian fare to everyone. All food is prepared on site and locally produced. They have a devout focus on sustainability, a great local following and keep consistent hours. To save on costs they share their restaurant with a local Bagel shop. The bagel shop stays open until 5pm then Grass Roots opens at 6pm. It's a great idea for space sharing so that a restaurant like this can afford to be on a busy corner on Main Street (5th Street and 2nd Avenue). Grass Roots is the first vegetarian restaurant to open in Fernie. Rachael and her partner, a professional nutritionist created the menu to be totally nutritionally balanced. Their placemats are also packed with nutrition, for your head. They have the good news of vegetarian eating. Each mat highlights a particular nutritional benefit.



My photographer and I opened our meal on house crafted root chips with a well-crafted white edamame dip. The main event: An outstanding Nutty Mushroom Burger, which stands as a heavy weight contender to any other burger. On the other side of the table we have a huge, clean and delicious salad. The Falafel Happiness Salad is indeed a slice of dietary happiness. This restaurant is reasonably priced, quick, delicious, and totally health conscious.



It's so pleasing to have good digestion and energy levels on vacation! The benefits of a plant-based diet are more energy, stamina and improved health. With this kind of energy who wants to waste time inside on the couch?

Spa 901

Step into an iconic 104-year-old schoolhouse! This spa bears a full measure of gorgeous renovation. Every detail has been thought of in the design and architecture. The layout is a balanced space with a grounded feel, created with natural materials. They have a beautiful change room, including a relaxation room of only the most comfortable, modern furniture in the women's, men's and co-ed areas. This spa has it's bases covered with outdoor hot tub, steam room and infrared saunas. This spa has all the features of a "big city" facility, and it's in Fernie!

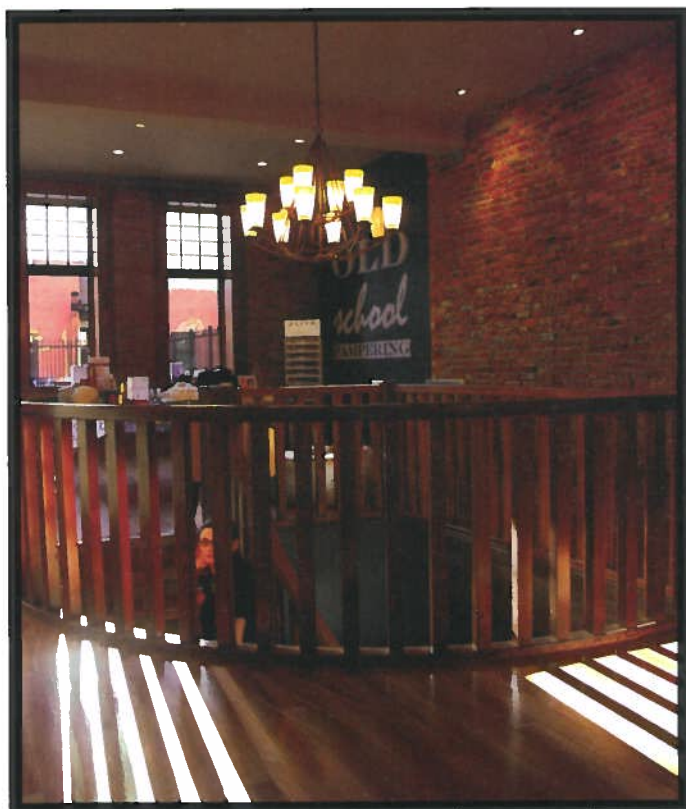
I was treated to a Guinot Facial. This complete transformation was possible with a treatment



Wholistic Living *feature*

based on five steps. The skin is first cleansed and exfoliated. Next, ionizing galvanic current carries the active plant-based ingredients deep into the skin. A high frequency action oxygenates and boosts cells. Finally, the massage and mask lift the prepared skin to leave the complexion fully cleansed, balanced and glowing. I experienced instant results including improvement in hydration to my dry skin and a fresh and invigorated muscle tone in my face.

The treatment experience itself was a real treat. My skin type was discussed and the method of treatment was catered to me. (Guinot Laboratories, founded by Mr. Rene Guinot in France in 1963). A chemical engineer, he designed the first skin device that allowed for the safe application of galvanic current to the skin during facial beauty treatment. I am inclined to believe this facial treats the whole body. I had all kinds of shifts in the rest of my body that weekend. The massage rooms at Spa 901 are beautiful. I snuck a peek at the couple's room and from the perspective as a spa owner myself I was amazed at the care that was taken in the design. I found the design, lighting and placement to be absolutely blissful.



The table was heated and the blankets were cozy. I drifted off during my facial and instantly wanted to

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stay longer. Spa 901 is a must do in Fernie for at least half a day to rest and repair. In fact, come back twice.



Fernie Brewing Company

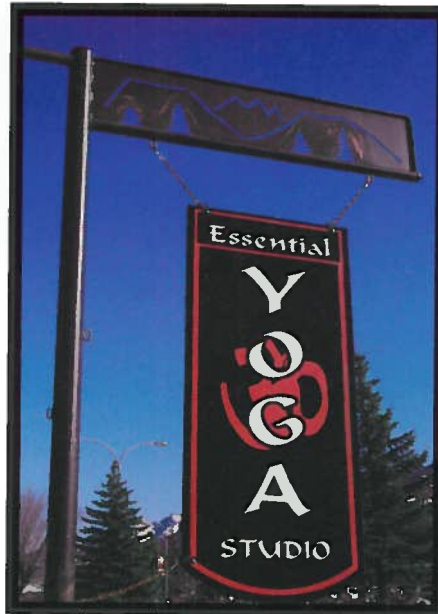
A unique brewery with a unique offering: Growlers. This huge bottle of beer is fresh and comes straight out of the brewery. Wash them out and refill them with nearly a six-pack. For a ten dollar refill, one gets a craft beer from a craft brewery that is completely preservative free but still maintains a shelf life of six months.

We recommend getting a Growler, it's a quaint rustic souvenir filled with quality beer.

Yoga Essential

Fernie's only Yoga Studio, enough said. Hot Yoga featuring infrared heaters for select classes. *Yoga Essential* has been in business for ten years now. Once a shared venue this success story and has grown to occupy both floors of the building. *Yoga Essential* studios can host sixteen people per class. Also available are private studios downstairs for smaller classes and private sessions. There are six instructors in total and they offer a big city schedule of five

to seven classes per day starting at seven a.m. Care for a yoga experience without the exercise? You can come and check out their retail offerings and accessorize for next class. *Yoga Essential* carries superb lines of clothing,



sweet & sexy yoga wear, swell books, scented candles and scintillating jewelry.

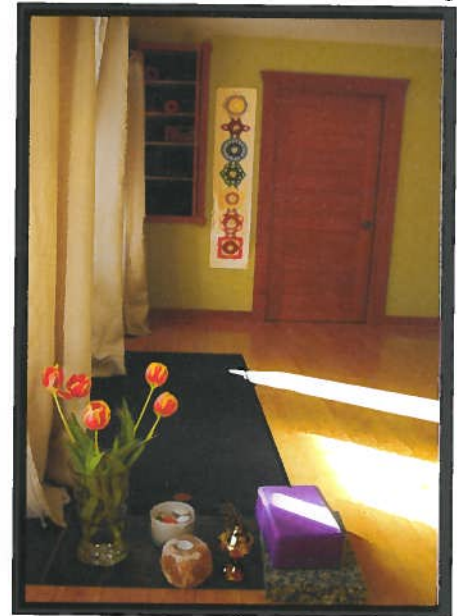
Yoga Essential studio also offers you an opportunity to go further with your study of yoga either with their teacher training program either offered as an intensive or weekend program. Become a Yoga-Alliance Certified Teacher and start the beautiful journey of yoga in the amazing surroundings in Fernie. Their next program begins in Spring 2013.

Mats are available for rent if you didn't pack one and if you're coming to hot yoga, just bring a towel to cover your mat. Towels are also available for rent. Class time starts promptly at *Yoga Essentials* so make sure to arrive early. Drop-in fees are \$16.

The studio is beautiful and

Wholistic Living *feature*

the instructors are lovely. A sunshine lit classroom, beautiful music and an intimate setting make this studio one of my favorites. We felt like part of the yoga community there by the time we left. I was sad about leaving



the little studio to return to the larger studios in the city. The teachers at *Yoga Essential* pay close attention to their students. This attention was welcomed and treasured. Bliss out at *Yoga Essentials* a few times while in Fernie. More than a clever name *Essential Yoga* is a definite must visit while in Fernie, British Columbia.

Fernie is an adventure for those who enjoy a breath of fresh air, eating well and staying on track. By supporting local businesses we can vote with our dollars and help to finance the dreams of people looking to benefit the community while achieving a wholistic lifestyle.

Delving into the wholistic community when you travel is a fun and adventurous way to try something new and stay awesome while you do it. 🍷