

For Immediate Release
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THE OSWEGO HOTEL MAKES WAVES WITH THE SEAWEED-INSPIRED “FOR THE LOVE OF THE SEA” ACCOMMODATION PACKAGE

From rejuvenating spa treatments to delectable dining, the mighty seaweed takes centre stage

VICTORIA, BRITISH COLUMBIA, March 27, 2007 – Celebrated for centuries by the Japanese for its health benefits and high levels of vitamins and minerals, seaweed gets some much deserved attention with the teaming of The Oswego Hotel & Sapphire Day Spa’s unique “For the Love of the Sea” accommodation package. Available from June 15 through September 1, 2007, the seaweed-inspired package includes one night of accommodation, transportation to Sooke for a 2-hour Seaweed Tour with Vancouver Island’s famed “Seaweed Lady,” a trip to renowned Sapphire Day Spa for lunch and a West Coast Sea Salt Foot Soak, Seaweed Body Wrap/Massage and Seaweed Facial, and finished off with a seaweed-inspired dinner at The Oswego Hotel’s “O” Bistro. The package is priced at \$466 per person plus taxes in a Studio Room.

B.C. is home to 700 species of seaweed, nourished by the cold, clean fast-moving waters of the Pacific. Diane Bernerd from Outer Coast Seaweeds is Vancouver Island’s resident seaweed expert. Since 2001, in addition to conducting tours and working with local chefs to incorporate seaweed into their menus, Bernerd has developed a line of specialty seaweed beauty and spa products that can be found in some of the finest spas in the country. One of those spas includes Victoria’s Sapphire Day Spa, The Oswego Hotel’s exclusive spa partner. Located a short distance from the hotel, the luxurious Sapphire Day Spa is known for its Ayurvedic spa treatments and its unique customized spa treatments including the spa’s seaweed menu of services based on traditional thalasso therapy blended with modern techniques to relax and rejuvenate.

Opening in May 2007, the 80-room Oswego Hotel will offer guests all the amenities and personalized services of an elegant boutique hotel married with the convenience of fully equipped gourmet kitchens. Unique in its style, the hotel blends an eclectic mix of rugged West Coast and contemporary design. Set in James Bay, two blocks from Victoria’s famed Inner Harbour, downtown and the stately legislative buildings, Oswego Hotel’s “O” Bistro features a menu inspired from Vancouver Island living fused with authentic local and regional ingredients.

For more information about the "For the Love of the Sea" package or The Oswego Hotel, call The Oswego Hotel reservations line at 1-866-602-1447 or visit www.oswegovictoria.com.

Boutique Hotels & Resorts of British Columbia is a premiere management company specializing in upscale hotels, lodges and resorts including the new *Cove Lakeside Resort* in Westbank, the upcoming *Outback Resort* in Vernon, *Nita Lake Lodge* in Whistler, *The Oswego Hotel* in Victoria, *Black Rock Oceanfront Resort* in Ucluelet, *L'Hermitage Hotel* in Vancouver and *The Watermark Beach Resort* in Osoyoos. For more information, visit www.bhrbc.com.



Sapphire Day Spa is located in the heart of downtown Victoria offering traditional Ayurvedic and European spa services. Their two-storey 4,500 sq' facility is beautifully decorated with careful attention to detail, earthy, soothing colours and graced with a transcendental fragrance. Visit www.sapphiredayspa.com for more information.