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seaweed lady of sooke

Snack on seaweed from nature's aquatic garden as you saunter through Vancouver Island's tidal pools with Diane Bernard. Hailed as the Seaweed

Vancouver Island

Lady of Sooke, Bernard is a self-taught expert on all things seaweed and owner of Outer Coast

Seaweeds and Seaflora Wild Organic Seaweed Skincare. "Seaweed is one of the healthiest plants on the planet," she says. Her two-hour tour demonstrates the useful qualities of a selection of British Columbia's 700 fresh seaweed varieties, from the edible properties of crisp sea lettuce to the proper way to wear a nourishing Alaria skin wrap. Chefs and spa professionals from local establishments, including The Aerie Resort and Spa in Malahat, have incorporated knowledge procured on the tour into their spa and dinner menus. Take home your harvest of wisdom in a wooden tube that holds six jars of Seaflora products. Tours available May through September from \$35, including rubber boots and walking sticks. Seaflora samplers and gift packages: \$50. outercoastseaweeds.com — KARIN LEPERI

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