

Vancouver Island's Seaweed Lady Harvests the best Minerals for Skincare

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Diane Bernard of Outer Coast Seaweeds is known locally on Vancouver Island as the "Seaweed Lady." Bernard provides area resorts, restaurants and spas including Sooke Harbour House, Delta Victoria Ocean Pointe Resort & Spa, The Aerie Resort, Spinnakers Gastro Brewpub, Brentwood Bay Lodge & Spa, Tigh-na-mara Resort & Spa and Kingfisher Oceanside Resort & Spa with her hand-harvested seaweed and seaweed products.

Outer Coast Seaweeds was founded in 1999 and has evolved into edu-tourism, culinary harvesting and producing a comprehensive line of body care products made with natural seaweed. Twelve varieties of seaweed are used to create ten different products for the face and body which contain more fresh wild seaweed than any other seaweed product on the market. From May to September, visitors can join Bernard at Whiffen Spit in Sooke, 45 minutes west of Victoria, to explore the ocean garden and experience first-hand the inner and outer benefits of seaweed the most nutritional plant in the world.

The Wild Seaweed Tour is two hours and is offered to groups of four to 40 people. The Wild Seaweed Culinary Tour is four hours and is offered to groups of minimum 15 people and includes lunch at Sooke Harbour House. All guests receive gift packages of three seaweed body products for the bath, as well as samples of edible seaweed bread. Customized tours are also available.

For more information visit www.sea-flora.com

Courtesy of TravelVideo.TV