



## FLOAT AWAY

If you're suffering from jetlag, insomnia or stress—or sore muscles from cycling the seawall or kayaking False Creek—add Pure Float (page 49) to your itinerary. Each flotation-therapy room is filled with 25 cm (10 in) of body-temperature water saturated with Epsom salt, allowing for effortless buoyancy. The warm, dark, quiet environment is small enough to feel comfortably womblike but large enough to prevent claustrophobia. After an hour of floating, you'll feel refreshed and rejuvenated, ready to tackle a 10K run or even the Grouse Grind.

## BEDTIME BUDDY

Jetlagged travellers, meet your new best friend. Dream Water is fast-acting, non-prescription, zero-calorie and loaded with a powerful trio of sleep aids: melatonin, which helps to regulate the body's internal clock; GABA, which aids in relaxation and the reduction of anxiety; and 5-HTP, which improves sleep quality. This could be the beginning of a beautiful friendship. Available at 7-Eleven (page 35) and Shoppers Drug Mart (page 48).



## TOTAL TRANSFORMATION

Everyone needs a makeover from time to time, even a beauty brand. Launched in Vancouver in 2008, Geisha Ink quickly attracted attention for its easy-to-use make-up, especially its Liquid Eyeliner. Now it has relaunched as Amaterasu, and its high-quality, long-lasting cosmetics are proving to be more popular than ever. Find them at Kiss and Makeup (page 47), BeautyMark (page 47) and Spa Utopia (page 49).