



## WHAT'S IN STORE

Good living is in the details.

Written by *Mary-Jo Dionne*

**SPA DIVINE** It was architect Ludwig Mies van der Rohe who is credited with observing: "God is in the details." While it is unlikely he was referring to a recent experience at this longtime Port Moody favourite, it would nonetheless be an apt statement. From chilled lemon water and cozy warm robes upon arrival to professionals who know how to spa, Shannon Morse and her disciples have earned a faithful following of believers. After a blissful treatment (we suggest the new Divine Goddess Spa Ritual), curl up in one of the two Tranquility Lounges. Be sure to pick up their new all-natural body-care line, *Divine*. **Rocky Point Centre, Suite 1 – 2806 St. Johns Street, Port Moody, 604-461-4772, [www.spadivine.ca](http://www.spadivine.ca).**

**BILL'S FARM MARKET** Back in the days of the brave explorers who tamed the great Canadian wilderness, the winter months likely posed a bit of a nutritional challenge. After all, without a place like Bill's Farm Market, vitamin-C deficient soldiers were sure to stumble upon something they weren't eating to discover: starchy. Thankfully, getting our hands on, and snaking our teeth into, healthy food options throughout the winter is today's TopCrew's only wish. Thanks for the fresh fruits and veggies. **611 2168 North Fraser Highway, Coquitlam, 604-637-2281**

**BURNING BODIES** The best part about the New Year is that in order for us to achieve all those goals we listed before midnight, "killing the fat" needs to be replaced with "building the wall." Or some other term, "burning the fat." Thankfully, at the TrCrew you are well equipped not only with a plethora of mats and tools, but with people

to help us stay the course. The great people at the Training Room can help you find the perfect pair of running shoes, as well as the perfect diet to help put those construction goals into action. **267 - 2768 Langford Highway, Port Coquitlam, 604-603-2222**

**IL DIVINO SALON AND SPA** If you love pampering yourself from top to bottom for the sake of making healthy decisions, come check out Il Divino. Il Divino is your newly named master of relaxation. A couple of miles with global expertise is at the forefront of the industry. Great products, top tier hair services, and highlights are only one of the highlights of Il Divino's new services. Through our atmosphere, you can relax to a virtually weightless feel where relaxation takes you all the way from the forehead to the toes. (Please note: we have a parking lot and a 24hr 24/7 service. **2117 St. John Street, Port Moody, 604-637-2222, [www.ildivino.ca](http://www.ildivino.ca)**

**THE 3 SPORTS** If you've received the ultimate in athletic achievement, the ultimate reward, and qualified to World Championships in Hawaii, wearing the nickname "Kona King" on the way, there's only one thing left to do. Open a store dedicated to the sport you've clearly loved, and so clearly loves you back. The TrCrew is home not only to one of the best shops in the lower mainland for athletes, but to fantastic business *Pro Franchise*, a lot of a leg and in the side. And, thankfully, the best resource in reading, writing, and thinking that can be found. "The most important thing, however, is that you be prepared to work hard and work smart." **2111 2600 St. John Street, New West 604-670-8888**