



Dede's Perfect Day

LA-based actress Dede inspired our daring and dramatic décor scheme. Dede's room is pure Hollywood glam with a chrome four poster bed, provocative art and a wrap-around balcony.

1. Get toned up at **Turf** with a Dance Cardio class at this studio, store and cafe in one and then grab a hot 'nana smoothie to go. The homemade almond milk, bananas, flax, hemp seeds, dates, turmeric, ginger, black pepper and vanilla is the boost needed to start the day off right.
2. Take a walk to **The Cross** to pick up ideas for home decor, buy locally designed covetable pieces, or stock up on pretty presents.
3. Get the girls together for a lunch of shareable plates, prosecco and casual talian fare at **La Pentola** at the OPUS Hotel.
4. Take a taxi over to **BRUNETTE Showroom** for a tour of the fashion agency, which was featured on Goop recently (and be sure to check out the cheeky label bottles in OPUS rooms).
5. Back in Yaletown visit **Karameller Candy** to indulge in authentic Swedish style candies and purchase a pretty little jar of sweets for your sweetie.
6. Don those heels for the short walk from the hotel to **Blue Water Cafe** to dine on Oceanwise sushi and fresh fish at Vancouver's best seafood restaurant.
7. Cap off the night with a glass of champagne, or three, at **Pierre's Lounge** for a sparkling end to the evening.

