



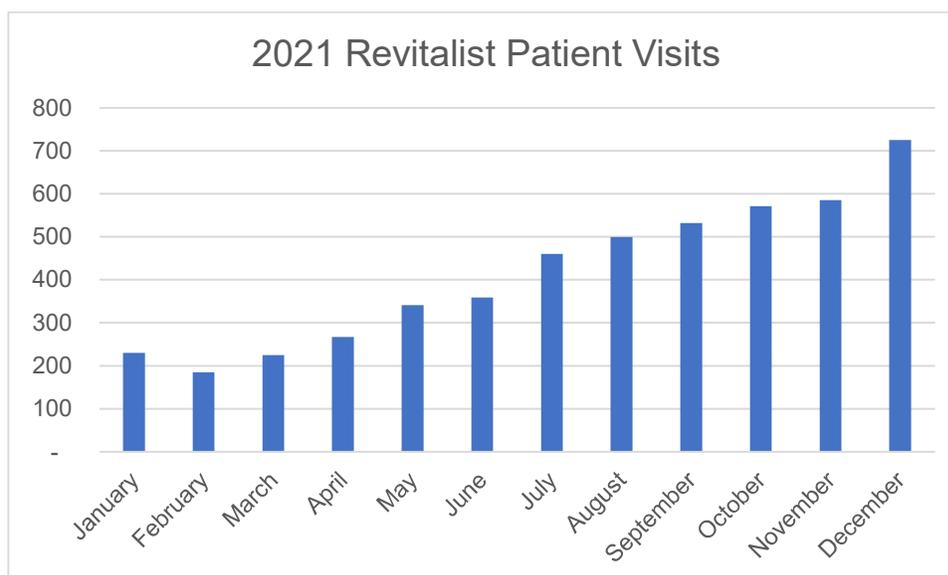
Year in Review: Revitalist Provides Summary of 2021, Reporting Patient Visits of 5,000, a 128% Increase From 2020

VANCOUVER, BC, January 20, 2022 – REVITALIST LIFESTYLE AND WELLNESS LTD. (“Revitalist” or the “Company”) (CSE: CALM) (OTC: RVLWF) (FSE: 4DO) is pleased to recapitulate the milestones the Company reached in the calendar year 2021. The Company **has** significantly scaled its operations, providing approximately 5,000 patient treatments, representing a 128% increase from 2020.

Noteworthy events for Revitalist in 2021 are summarized below under the respective headings. Please note that as a summary, this is not a comprehensive listing of the Company’s material events during each stated period. Complete disclosures of material events can be found on the Company’s SEDAR profile.

Patient Visits and Sales

Patient visits grew extensively in 2021, totaling approximately 5,000, up 128% from 2020. Sales for the year ended December 31, 2021, totaled approximately \$2,200,000 (unaudited), representing a 110% increase year over year. Monthly visits are listed in the chart below:



Expansion

Revitalist commenced the year with one clinic under operation and ended with seven clinics across four states in the USA. January 2022 announcements included the opening of an additional clinic in Washington, D.C and the acquisition of a clinic in Jacksonville, FL bringing the current total to nine clinics in 6 states. The Company also successfully executed agreements with Certified Registered Nurse Anesthetists in 2021, securing nine, 3-year options to open new clinics across the USA.

Service lines expanded in 2021 to include Transcranial Magnetic Stimulation, Intensive Outpatient Programs, and Vitamin Infusions. The Company also proudly announced patient coverage with Medicare and other insurance providers during the year as well as multiple strategic collaborations including US Veterans Affairs and clinical study partners.

Revitaland

November 22, 2021 – Revitalist acquired a 60% interest in Revitaland Meta Tech Inc. to expand virtual clinics in the metaverse (“**Revitaland**”). Revitaland is being developed with real time patients and mental health professionals. The Metaverse is an expansive network of persistent, real-time rendered 3D worlds and simulations that support continuity of identity, objects, history, payments, and entitlements, and can be experienced synchronously by an effectively unlimited number of users, each with an individual sense of presence. This virtual world allows real people to gather, socialize, play and work with other people who aren’t in the same physical space.

Awards & Publications

Revitalist CEO Kathryn Walker received Microdose’s “Entrepreneur of the Year” award in November 2021 at Wonderland: Miami, the largest psychedelic medicine business event.

Clarus securities published coverage on the Company on October 25, 2021, with a speculative buy rating and a target of \$1.50 per share. Revitalist was also featured by Forbes in an article showcasing the Company’s holistic approach to ketamine treatments and the vision of its founder, Kathryn Walker.

Equity Financing

Revitalist successfully raised over \$11,000,000 in 2021, with it’s last \$3,000,000 financing closing in November 2021 whereby H.C. Wainwright & Co. acted as the exclusive placement agent.

Capital Markets

On August 24, 2021, the Company commenced trading on the Canadian Securities Exchange under the symbol CALM. Shortly thereafter, Revitalist listed on the Frankfurt Stock Exchange and the OTCQB.

Revitalist CEO, Kathryn Walker states, “We are thrilled with the year we had in 2021 as we continued to form relationships with CRNA’s in the USA, while establishing a presence 5,000 patient visits, and further optimizing our operations to facilitate long-term growth. We ended the year with seven clinics and announced another two recently bringing the total clinic count to nine. During the calendar year 2021, Revitalist also made several notable accomplishments in the capital markets, including our public listing on the Canadian Securities Exchange, Frankfurt Stock Exchange, and upgrade to the OTCQB. On behalf of the Revitalist team, I express my utmost gratitude to everybody who contributed to our success over the past year as we continue to deliver exceptional patient care and corporate growth.”

ABOUT REVITALIST LIFESTYLE AND WELLNESS LTD.

Revitalist Lifestyle and Wellness Ltd. (CSE: CALM) (OTC: RVLWF) (FSE: 4DO) is a publicly traded company, headquartered in Knoxville, Tennessee, with clinics operating across the United States and expanding. Revitalist is dedicated to empowering individuals toward an improved quality of well-being through a combination of comprehensive care and future-centric treatments provided by medical professionals, mental health experts, and chronic pain specialists. Since opening their first clinic in 2018, Revitalist has provided thousands of infusions for patients suffering from treatment-resistant conditions. Additionally, Revitalist offers a number of lifestyle optimization services and vitamin infusions that can bring anyone closer to total wellness. For additional information and to be added to the Company’s mailing list, please click [here](#).

Twitter: @RevitalistCorp
Facebook: @RevitalistLifestyleandWellnessLtd.
Instagram: @RevitalistCorp
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On Behalf of the Board
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Forward Looking Statements

This news release contains forward-looking statements and information within the meaning of applicable securities legislation. Often, but not always, forward-looking statements and information can be identified by the use of words such as "plans", "expects" or "does not expect", "is expected", "estimates", "intends", "anticipates" or "does not anticipate", or "believes", or variations of such words and phrases or state that certain actions, events or results "may", "could", "would", "might" or "will" be taken, occur or be achieved. Forward looking statements or information involve known and unknown risks, uncertainties and other factors which may cause the actual results, performance or achievements of Revitalist to be materially different from any future results, performance or achievements expressed or implied by the forward-looking statements or information contained in this news release.

Risks, uncertainties, and other factors involved with forward-looking information could cause actual events, results, performance, prospects and opportunities to differ materially from those expressed or implied by such forward-looking information. The Canadian Securities Exchange has not reviewed and does not accept responsibility for the adequacy or accuracy of the content of this news release.

