



Revitalist Reports Fourteen Months of Consecutive Monthly Visit Growth and a 466% increase Year over Year for March 2022

VANCOUVER, BC, April 20, 2022 – REVITALIST LIFESTYLE AND WELLNESS LTD. (“Revitalist” or the “Company”) (CSE: CALM) (OTCQB: RVLWF) (FSE: 4DO) is pleased to announce patient visits for the month of March 2022 increased by 466% year over year, representing the fourteenth consecutive month of positive visit growth for the Company.

Monthly visits are summarized in the chart below.

Month	Year	Patient Visits
February	2021	185
March	2021	225
April	2021	267
May	2021	341
June	2021	359
July	2021	496
August	2021	535
September	2021	600
October	2021	664
November	2021	745
December	2021	858
January	2022	871
February	2022	975
March	2022	1274

CEO, Kathryn Walker states, “I’m pleased to report that we have another consecutive month of month over month increased visits at Revitalist. We are currently running 9 clinics in 6 States, of which the majority of the clinics were opened in Q3 and Q4 of 2021. We expect to have continued growth as these clinics mature in the markets they serve. The infrastructure has been created to scale significantly over the next few years and capture the increased demand. Thanks to the entire team that worked hard to achieve this growth and for offering exceptional care to our patients. I look forward to continued growth in the coming months as our clinics mature in their respective regions.”

The Company also announces it has granted a total of 75,000 stock to certain employees and consultants pursuant to the terms of the Company's long term incentive plan ("Plan"). The stock options are exercisable at a price of \$0.09 per share.

ABOUT REVITALIST LIFESTYLE AND WELLNESS LTD.

Revitalist Lifestyle and Wellness Ltd. (CSE: CALM) (OTCQB: RVLWF) (FSE: 4DO) is one of the largest publicly listed, ketamine focused clinic operations operating in the United States. Revitalist proudly offers hope to patients suffering from treatment resistant pain and mood conditions through ketamine assisted psychotherapy ("KAP"). Each clinic enables access to psychedelic medicine, vitamin infusions and other lifestyle optimization services provided by medical professionals, mental health experts, and chronic pain specialists. Since opening their first clinic in 2018, Revitalist has provided thousands of ketamine infusions through its network of 9 clinics operating in 6 states. Its founder and CEO, Kathryn Walker, has witnessed firsthand the transformative impact of KAP and intends on offering other psychedelic treatments as they become available. For additional information and to be added to the Company's mailing list, please click [here](#).

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On Behalf of the Board
Kathryn Walker
Chief Executive Officer

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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

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