

DAY SPAS

LISTED ALPHABETICALLY

COMPANY	OWNER	SERVICES	PREFERRED PRODUCT LINE
ABUNDANT WELLNESS CENTER 94 Chicopee St., Chicopee, MA 01013 (413) 592-2828; www.abundantwellness.net	Debee Boulanger	Acupuncture and oriental medicine; couples massages; reflexology; Reiki; deep tissue/injury rehabilitation; emotional-freedom technique; hot-stone massage; yoga; therapeutic massage; nutritional consultants; tai chi and qigong	Natural Vitality; metaphysical gift shop; essential oils; healing crystals
AMHERST LASER & SKIN CARE 264 North Pleasant St., Amherst, MA 01002 (413) 253-2214; www.amherstlaser.com	Dr. Bob Weitzman	Facial and body rejuvenation; laser hair removal; Botox; laser pigment and vascular treatment; laser acne treatment; laser body sculpting; laser tattoo removal; microdermabrasion; body waxing; facials and peels; custom back facial	eTwo tightening and toning system; Latisse lashes; SmartLipo laser body sculpting; MiraDry underarm sweat treatment; iGrow laser helmet
BELLUCCI SALON 673 White St., Springfield, MA 01108 (413) 782-8056; www.belluccisaloon.com	Maria Serra	Organic luxury facials; total nail care; customized color and hair cutting; makeup, salon, and spa packages; all stylists American Board certified	Eminence; Jane Iredale; Soma; Tri
BROOKS AND BUTTERFIELD THE DAY SPA 140 Main St., 2nd Floor, Northampton, MA 01060 (413) 586-0366; www.brooksandbutterfield.com	Shannon Fleury	Skin-care treatments; massage therapies; men's services; hand treatments; manicure; pedicure; express services; full-body treatments; hair removal; makeup; bridal preparation; spa packages; spray tanning	Jane Iredale; GM Collin; Biotone
CANYON RANCH 165 Kemble St., Lenox, MA 01240 (413) 637-4100; www.canyonranch.com	ZC Management, LLC	Classic massages; Asian therapies; advanced restorative touch therapies; Ayurvedic body treatments; hydrating and soothing body scrubs and wraps; facials; complete salon services, including manicures, pedicures, makeup, hair styling	N/A
CHERYL NINA SALON & DAY SPA 35 University Dr., Amherst, MA 01002 (413) 256-4557; www.cherylninasalon.com	Cheryl Nina	Hair styling; hair coloring; manicures; paraffin hand and foot treatments; waxing; facials; aromatherapy massage; reflexology	Redken; Paul Mitchell; Joico Milk Shake; CND Shellac; Jane Iredale; Glymed Plus; OPI; Fairy Tales Haircare
COSMETIC AND WELLNESS CENTER 2085 Riverdale St., West Springfield, MA 01089 (413) 650-7546; www.cosmeticwellnesscenter.com	Dr. Roberto Salva-Otero	Laser hair removal; spider veins; facial anti-aging; pigment reduction; laser liposuction; body sculpting; cellulite reduction; tattoo removal; keloid removal; botox; Radiesse; Sculptra; Juvederm; Dysport; sclerotherapy; acupuncture; laser chemical peel; stretch mark reduction; cosmetic products	Jan Marini
CRANWELL SPA & GOLD RESORT 55 Lee Road, Lenox, MA 01240 (800) 272-6935; www.cranwell.com	Cranwell Management Corp.	More than 50 services including massage; facial; body wraps; baths and salon services; personal training; fitness center; indoor pool; swim lessons	Moroccan Oil; Declor; Carita; OPI; Shellac Hybrid Color; Jane Iredale Mineral Cosmetics; Sojourn
DIGRIGOLI SALONS 1578 Riverdale St., West Springfield, MA 01089 (413) 827-8888; www.digrigoli.com	Paul DiGrigoli	Hair cutting (including blow-dry and style) for women, men, and children; color and highlights; permanent waves; relaxers; formal up-dos; deep conditioning treatments; facial waxing; manicures	Redken; Rusk; TIGI Bed Head
ELEMENTS HOT TUB SPA 373 Main St., Amherst, MA 01002 (413) 256-8827; www.elementsshottubspa.com	Jeff and Diana Krauth	State-of-the-art, private hot tubs; infrared saunas; aromatherapy steam room; individual and couples massage; advanced therapeutic bodywork modalities; natural facials; spa services	France Laure Natural Care
ELEMENTS MASSAGE HADLEY 379 Russell St., Route 9, Hadley, Ma. 01035 (413) 341-0050; www.elementsmassage.com/hadley	Michele and Mark Cornelius	Massage services, with a wide range of modalities from relaxation massage to deep tissue massage. Hot stone massage upgrades as well	N/A
ELEMENTS THERAPEUTIC MASSAGE 80 Center Square, East Longmeadow, MA 01028 (413) 525-4456; www.elementsmassage.com/eastlongmeadow	John Pantera	Therapeutic massage for relaxation and fibromyalgia	Bon Vital
ELLE DAY SPA AT CROWNE PLAZA One West St., Pittsfield, MA 01201 (413) 445-5600; www.elledayspa.com	Michelle McGuire	Acupuncture; body treatments and wraps; electrolysis; eyelash extensions; facials and facial peels; makeup applications and lessons; manicures and pedicures; shellac manicures; reflexology; spray tanning; waxing	Pevonia; Jane Iredale
FACE TO NAILS ETC. 600 Springfield St., Chicopee, MA 01013 (413) 594-8563; www.facetonails.com	Francine Kumiega James Kumiega	Massage therapy; facials; makeup; microdermabrasion; body treatments; hot-stone massage; reflexology; hand and foot treatments; nail services including acrylics; hair styling and color; men's services; hair removal	Kuma (a Face to Nails exclusive); Pureology; Goldwell; KMS; Redken
LA DERMIQUE SKIN REJUVENATION AND BODY CONTOURING CENTER 1154 Springfield St., Feeding Hills, MA 01030 (413) 786-3376; www.ladermique.com	Dr. Stanley Swierzewski III	Advanced, FDA-approved, non-invasive, minimally invasive, and surgical aesthetic procedures; laser hair removal; laser skin rejuvenation; laser vein therapy; laser fat reduction; laser cellulite treatments; injectable Botox and fillers; laser tattoo removal	Skin Medica; Glow Minerals; Epiquin Micro; Clarisonic
MIND, BODY, SKIN 117 River St., West Springfield, MA 01089 (413) 734-7470; www.mindbodyandskin.com	Jenna Pruitte	Customized mind, body, and skin-care spa services for both men and women, including body wraps and body treatments; facials; massages; waxing; makeup; full spa packages available	France Laure; Pevonia; Bioelements For Body and Keyano Makeup
OCHOA SALON & SPA 15 College St., South Hadley, MA 01075; (413) 533-0000 653 North Main St., East Longmeadow, MA 01028; (413) 737-2500 www.ochoadayspa.com	Margaret Ochoa	Design cuts; custom hair color; hair removal; airbrush tanning; eyelash extensions; massage therapies; hand and foot treatments; hydrotherapy; esthetic treatments; full body therapy; body wraps; cosmetics	L'Oreal; Kerastase; Moroccanoil; Jane Iredale; Dermalogica
OKSANA SALON & SPA 702 Bliss Road, Longmeadow, MA 01106 (413) 565-2244; www.oksanasalonspa.com	Oksana Villeneuve	Design cuts; custom hair color; eyelash extensions; airbrush tanning; massage therapy; facials; clinical-grade peels; hair removal; threading; nail treatments; spa packages; body treatments; private bridal suite	Moroccanoil; Great Lengths; Oribe; Deva Curl; Essie; Glymed; Goldwell; OPI; Footlogix; Xtreme Eyelash Extensions
PUFFER'S SALON AND DAY SPA 56 Southwick Road, Westfield, MA 01085 (413) 568-9000; www.pufferdayspa.com	Judy Puffer	Skin esthetics; massage and body treatments; hand and foot care; hair care; waxing; makeup; spa packages; bridal; men's services	Aveda
RENEW.CALM 160 Baldwin St., West Springfield, MA 01089 (413) 737-6223; renewcalm.com	Dawn Nooney	Advanced skin care; body treatments; nail services; therapeutic massages; yoga; hair removal; makeup; lashes	Jane Iredale; Methode Physioderme; Cellex C; St. Tropez; ZENTS; Biotone Spa; Activaderme Nutrients; OPI Nail Lacquer; Blinc's Kiss Me Mascara

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COMPANY	OWNER	SERVICES	PREFERRED PRODUCT LINE
SERENE SALON & SPA 1 Open Square Way, Holyoke, MA 01040 (413) 322-9799; www.serene-salon.com	Michelle Menard	Hair cutting/styling; hair coloring; botanical hair and scalp renewal; special-occasion up-dos; Hotheads hair extensions; massages; waxing treatments; makeup and facials	Aveda
SERENITY SALON & SPA 474 Burnett Road, Chicopee, MA 01020 (413) 594-2119; www.serenitychicopee.com	Laurie Kareta	Facials; waxing; hair; massage; manicure; pedicure; Reiki; ear coning	Aveda; Pureology; Glymed
SKIN CATERING 1500 Main St., 2nd Floor, Springfield, MA 01115 (413) 282-8772; www.skincatering.com	Leanne Sedlak	Massage; facials; waxing; spray tan; mobile massage and mobile tanning available; in-home couples massage; usui body treatment; yoga	Skin Catering
THE SPA AT NEW ENGLAND DERMATOLOGY 57 Union St., Westfield, MA 01085 (413) 868-9800; www.westfieldspa.com	New England Dermatology and Laser Center	Facial; chemical peels; micro needling; silk peels; massage; manicures; pedicures; clinical skin treatments; Botox; fillers	Skin Ceuticals; Skin Medica; Envy Medical; Ellure; Eminence; OPI; Foot Logics
SPA ON THE GREEN 776 Longmeadow St., Longmeadow, MA 01106 (413) 565-2405; www.spaonthegreen.com	Dr. Glen Brooks	Medical-grade skin-care treatments; laser hair removal; waxing; peels	Jane Iredale; Brooks Skin MD; Nia 24
SYZYGY THE MEDICAL SPA 61 Locust St., Suite 2, Northampton, MA 01060 (413) 587-0600; www.truswellplasticsurg.com	Dr. William Truswell	Laser hair removal; microdermabrasion; light chemical-peel treatments; anti-aging rejuvenation treatments; advanced skin-care packages	SkinMedica; Jane Iredale; Pevonia Botanica; PCA Skin

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Confidential health and lifestyle

questionnaire prior to arriving and reside in an alcohol-free environment for the length of their stay. Nurse educators and 'lifestyle concierges' are always on hand, and chefs and dietitians work in tandem to develop all of the resort's meals, which are typically low-sodium and locally sourced.

Its most inclusive — and, in another way of speaking, exclusive — option is the Executive Health Program, an integrated plan that includes a full physical and diagnostic testing; nutrition consultations; an exercise physiology consultation with a personalized exercise prescription; private training in yoga, tai chi, qi gong, or meditation; and more.

"There is definitely a strong instruc-

tional piece incorporated into the customized agendas we create for all of our groups, and more companies in general are looking for these types of classes," said Ramsey-Jacobsson. "In fact, nearly all of our groups take some sort of class now."

Give Me Your Tired...

In terms of corporate guests, this often translates to solving some of the key stressors members of the American workforce suffer. For instance, 55% employees who responded to the SpaFinder Wellness study reported that the top obstacle to work productivity was overall fatigue. Job stress was a close second at 52%, followed by lack of time to accomplish tasks (47%) and poor sleep (45%).

The survey also found that roughly

"The objective has become teaching people to live longer, healthier lives, and corporate meetings are just one place we can start. Business gets done, healthier decisions are made, and companies are giving their employees a real gift by investing in their health."

nine in 10 employees who tried a new fitness or wellness activity felt inspired to continue it on a consistent basis, and 38% said they were more productive and happier at work.

Those new activities could be as simple as replacing donuts and coffee with fruit and bottled water, or going a few steps further and taking a class in chair yoga, or attending private lectures cover-

ing stress management or the importance of sleep.

"The objective has become teaching people to live longer, healthier lives," said Ramsey-Jacobsson, "and corporate meetings are just one place we can start. Business gets done, healthier decisions are made, and companies are giving their employees a real gift by investing in their health." ♦