

# Day Spa: Not just for women, men have skin that needs treatment too

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30-minute Swedish or Deep Tissue Massage. Other packages range in price from \$145 for the Chikara TRUE Makeover, which lasts about two-and-a-half hours, to \$415 for the Chikara Experience package, which provides a TRUE Aroma Transformation Facial, 60-minute Swedish Massage, Salt Glow, Raw Earth Pedicure, Rejuvenating Spa Manicure, hair treatment and blow-dry, makeup application and a spa lunch, all in about six hours.

Chikara also supplies a package specifically for men. The Chikara Gentlemen's Retreat includes the Gentlemen's Facial, which, according to Chikara's Web site — [www.chikarasonandspa.com](http://www.chikarasonandspa.com) — is "a customized, corrective treatment designed for men to ease irritation from shaving and keep skin healthy and smooth looking." Also integrated in the Gentlemen's

package are a 60-minute Deep Tissue Massage and the Rejuvenating Spa Manicure. This three-hour treatment goes for \$190.

The Pearl Day Spa & Hydrotherapy Clinic, located at 1375 Pearl St., does not provide the urban chic atmosphere that Chikara is known for, but rather a cozy, inviting feel that promotes wellness and health.

"The atmosphere of The Pearl Day Spa is warm and relaxing," manager Katie St. Clair said. "It's not a modern feel. Pretty much everything here at the spa is related to wellness and taking care of yourself."

The Pearl Day Spa has much more of a homey feel, seeing as it is located in an actual house.

"It's a beautiful old turn-of-the-century house that we have made into a luxurious and comfortable environment," said owner Susan Zahn. "You

walk through the door and you enter this whole other world. People say it's very elegant, yet very comfortable."

Although the spa treatments found at The Pearl Day Spa are the focus of the spa, the environment provided for customers is equally as important to employees.

"We really pride ourselves on our lounge because it's a place where we have recliners and hanging hammock chairs, a little fireplace which is set up with twinkle lights and the (lighting is) low," Zahn said. "People can go into the lounge and just relax, away from the reception area where the phone is ringing. We try to keep that all separated."

Groups are encouraged to visit The Pearl Day Spa, as discounts for groups are offered. The entire spa can be rented out for the day by groups up to 10.

"We can really accommodate



NICOLE BARKER | SENIOR PHOTOGRAPHER

Chikara, at 134 Oakway Center, is a full-service salon and day spa. It also carries a variety of hair, skin and nail product lines.

groups because we can see up to 10 people an hour, doing body treatments, facials, hair, nails, wraps and massages," Zahn said. "People can come as a group and rent the whole spa. ...They come and they put on their robes and slippers and are

there for the day. It's like a little vacation in town."

For more information on The Pearl Day Spa visit [www.thepearldayspa.com](http://www.thepearldayspa.com).

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