

What can massage do for you?

Physical Level

- Deep relaxation and stress reduction
- Relief of muscle tension and stiffness
- Reduced muscle spasm and tension
- Relief from entrapment of nerves in muscle
- Greater joint flexibility and range of motion
- Increased ease and efficiency of movement
- Promoted deeper and easier breathing
- Better circulation of both blood and lymph fluids
- Reduced blood pressure
- Relief of tension-related or eye-strain headaches
- Healthier, better nourished skin
- Improved posture
- Faster healing from pulled muscles and sprained ligaments
- Reduces pain, swelling, and formation of scar tissue following injury
- General health maintenance



Mental Level

- Relaxed state of alertness
- Reduced mental stress: a calmer mind
- Greater ability to monitor stress signals and respond appropriately
- Increased capability for clearer thinking

Emotional Level

- Feeling of well-being
- Reduced levels of anxiety
- Increased awareness of mind-body connection
- Enhanced self image
- A sense of being unified and in harmony

impressions can really affect a customer's experience. She said Calista's greeters and receptionists help to make her visits "very positive," and that they seem to be truly "invested in making sure you enjoy your services." Aimee says, "Everyone at Calista is focused on the vision that the owners, Maria and Don have created to make Calista Grand shine."

Steve Hoyt has been a regular client of Calista since the salon first opened its doors. With a busy lifestyle that consists of numerous volunteer commitments, as well as a high stress career (Steve is Chairman of three companies), he knows first-hand what benefits can come from stress relief. Steve has been getting weekly one-hour massages for years now, and considers Calista to be "an oasis in my week."

"My weekly appointments are very important to me," Steve says, "and my time spent at Calista will determine how the rest of the world will impact me, mentally and physically, throughout that week." He says his massages at Calista are "world class competitive" and he should know! In his travels throughout the world, he has experienced treatments from nearly every continent — from Chinamen walking on his back to mudbaths in Italy — and says that Calista is right there with the best of them. Calista's environment is

"very inviting" and the "people are fantastic."

Besides stress relief, Steve also frequents Calista's spa for its medical benefits. Injured in a car accident in 1995, he has a Hydrotherapy Tub treatment before his massage to make the massage more pleasurable and less painful. With a rebuilt knee, wrist and hand, massage would normally stress those areas of his body, but the hydrotherapy allows his muscles to become more supple and inviting to deep tissue pressure.

As an active member of society, Steve gets great pleasure out of going to Calista because of how strongly he supports Calista's volunteer and charity efforts. Steve says that Calista's owners, Donald Moore and Maria McCool, are "wonderful and committed people who have a bigger agenda than money in the bank." So who could ask for more — stress relief, medical benefits and your heart feels good too!

Kristen Scandone is a regular client and close neighbor of Calista Grand. Having had services here for many years, she considers Calista to be an important factor in her life for keeping herself relaxed, rejuvenated and looking great. She is fond of Calista for all her beauty services — including monthly facials, skincare, massages and hair-care. She considers Calista Grand to be an essential step in her current regimen of