



Spas2b is now in 36 countries worldwide

Leslie Lyon is President of Spas2b Inc., a full service International Spa Development company, specializing in Consultation, Education and Training. Leslie began her career in the Health and Beauty Industry over 25 years ago and today enjoys her profession as a Spa Business Consultant, Educator, Speaker, Published Columnist, Freelance Writer, and Contributor to numerous Committees and Associations, including: Board Advisor to the International Pedicure Association; Education Committee Member for the Leading Spas of Canada; and Esthetic Committee Member for the National Association of Career Colleges. The Spas2b Management Certificate Courses, Instructor-led by Leslie personally, have become the #1 Premium Choice for Spas worldwide, offering 1, 4, and 5-Day Seminars in both the Classroom, as well as the very popular Online Distance Learning programs.

You can find out more about Spas2b by contacting Leslie Lyon at **1-519-585-0626**, **llyon@spas2b.com**, or by visiting the website at **www.spas2b.com**.



Polish

DAY SPA & SALON

by Leslie Lyon

Open date: October 15, 2009

Type of Spa: Day Spa and Hair Salon

Size of Spa: 4200 sq ft

Number of Employees: 14-18

Treatment Rooms: 8 Treatment Rooms, 2 Manicure Stations, 5 Pedicure Benches, Club Room, Couples Room

Treatments offered: Facials, Body Treatments, Massage, Manicure, Pedicure, Infrared Sauna, GREEN PEEL comfort, Hair Removal, Spa Packages, Permanent Make up, Hair Care Services, including Hair Extensions

Business Stats:

Spa Management Training And Consultation Services: Spas2b Inc.

Interior Designer: Cindy Dow, Interiors by Cindy

Spa Program used: Salonware Spaware

Staff Compensation: Hourly & Fee for Service + commission

Product Lines: Dermalogica, OPI, Dr. Med. Christine SCHRAMMEK, essential waxing system, Footlogix

Contact Information: 324 N. Front Street, Belleville, Ontario, K8P 3C5
www.polishdayspa.ca

Stepping into Polish Day Spa & Salon, in Belleville, Ontario is like being transported into another world. What you have entered into is a scene out of Toronto's Yorkville, or New York City's Soho—a luxurious, sexy spa, fit for any urbanite. But don't feel you have to be urbane to fit in. Polish's warm, courteous staff make you feel relaxed and comfortable right away. It's the perfect balance between big-city chic, and rural hospitality.



This atmosphere was no accident. Proprietor, Dianna Cairns, knew exactly what she was doing when she made her dreams reality with the opening of Polish Day Spa & Salon, in October, 2009. "I wanted to create a spa experience that was completely different from anything available in this area,"

explains Cairns. In design aesthetics, spa services, and professional product, Polish delivers an experience in relaxation and beauty like no other.

Whether it's in the ornate chandelier that crowns Polish's main entry, or in the commissioned abstract art piece by Carryl Postma that frames the reception area, luxury abounds at



LESLIE'S PICK

Polish. Dark, heavy wood pieces and soft, warm lighting give a sexy, bold flare to treatment rooms outfitted with leather chairs, big mirrors, and gold accents. With the help of Cindy Dow of, Interiors by Cindy, it's the kind of place fit for a queen—or a king.



"We wanted men to feel comfortable here as well," says Dianna, as she whisks open the door of a very special spa feature, the Men's Club Room. "Spa treatments aren't simply for women. More and more men understand that it's vital to take time for self-care and relaxation."

It would be hard not to relax in the Men's Club Room. With two giant, leather vibrating chairs, a monstrous flat-screen satellite television, and ample privacy, it was created specifically with Polish's male clientele in mind. A tailor-made menu of treatments includes skin care, manicures and pedicures. "We've had men tell us their wives would be jealous of the club room, and we've had women request to use it as well," smiles Cairns.

Catering to couples is another area in which Polish shines. The special Couple's Fireplace Suite provides an intimate atmosphere for romantic getaways. With a wall-mounted fire place and dim lighting to create a sumptuous, sexy feel, this space provides the perfect opportunity for couples to indulge together. Relaxing massages, body treatments, and facials are sure to revitalize mind, body, and relationship. But the fun doesn't end there. Couples can also warm up together in the infrared sauna—one of the highlights of Polish's body treatment menu.

Upon opening the door, one is greeted with a pure, dry heat that would rival any exotic vacation. Unlike tradi-

tional saunas that heat the body indirectly using air or steam, the infrared heaters emit infrared radiant heat which is absorbed directly by the body. And with healing, detoxifying, and weight loss benefits, the infrared sauna is a must try, alone, or with that special someone. Individuals with conditions such as high blood pressure, asthma, chronic pain, fibromyalgia, and psoriasis have found relief from their symptoms with regular use of the infrared sauna. A twenty minute session can also result in burning up to 800 calories.

Another special treatment at Polish is the GREEN Peel Herbal Peel. This medically developed skin treatment is made of only pure, natural plant ingredients. "This corrects everything, from oily skin to premature aging, scarring, and even cellulite," explained Cairns. "It's like getting a chemical peel, minus the side effects."

Aside from these exclusive treatments, Polish Day Spa & Salon offers a full selection of traditional spa and salon services such as real human hair extensions, micro-pigmentation, facials, manicures, and pedicures. By carrying product lines such as Dermalogica, L'Oreal, and OPI, clients can expect to be treated with professional quality products that are featured in some of the best spas in the world.

Whether in the spa, salon, or one of the feature rooms, all clients can be confident that they will receive the highest level of personalized care. Individual consultations with professional, fully-certified staff will ensure that everyone leaves looking, and feeling, their very best. "Customer service is my passion," explains Cairns.

This focus on premium customer service is exactly what will put Polish on the map in the spa industry. Clients can expect to leave feeling transformed, not just on the outside, but inside as well. Walking back out the doors, one will leave feeling bold, sexy, and polished—it's a promise! ■

