

The Spa to Inspire

A Jackson Jewel: Three Passions for Perfection

by Mary Margaret Storey

Q and A with Tamar Sharp and Mary Margaret Storey

Tamar Sharp's involvement in The Fairview Inn takes in shared inn duties but also her own business which is an on site full service Spa Center.

What type of background or training do you need to operate a spa?

I received my training from the ground up. After I graduated from massage school I was hired at an upscale day spa called the Grand Floridian Resort located in Disneyworld. Besides what I learned during school, the Grand Floridian trained me on all the different treatments that the spa offered which included body wraps, reflexology, aromatherapy and hydrotherapy. While I was working at the Grand, I was also building up my own private practice so I could eventually be on my own. I went back to school to get my aesthetician license so I would be able to offer both skin care and massage. I was then given the opportunity to open up our own business within an exclusive apartment complex and that is when my business took off. I used my experience that I gleaned from the Grand Floridian to know what equipment was useful and what products and treatments were effective. I think it is better to have a working background so you don't make costly mistakes.



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Tamar Sharp showing off a display at Nomispa.

What type of products and equipment do you offer and what makes those your choice for the best results?

I have to believe that something truly works before I can sell the product or service to our customers. I don't like gimmicks or trends that really don't do anything for the client. I've always felt we should offer a high quality product for a fair price. The aromatherapy oils I select are Therapeutic Grade A which means they don't just smell good, they work. The skin care line we use is Dr. Hauschka which is homeopathic. The beauty of this line is that the company who creates it has the client's best interest at heart. It is all about healing and not wounding the skin with a quick fix. The heart of the Dr. Hauschka facial is lymphatic stimulation, it places you in a meditative state. Whenever I have the pleasure of giving a facial it almost feels like a sacred event, it nurtures the skin and touches you to your very core.

What part of a person's existence is touched by such an experience, physical, mental, spiritual?

During any body treatment, whether it is a massage, facial, body wrap or even hair removal, I think all parts of the person's existence is touched. Anytime you have the honor and permission to work on a fellow human being that shows trust on their part. So many people aren't touched even by their own medical doctor. I always quote what a friend of mine who once said "If every human being had a massage one time a month, there would be peace on earth." People always feel more at peace with themselves and life doesn't look so gloomy after they have received a spa treatment. They not only feel better about themselves, but everyone else.

A lot of people think of spa as related to women, is what you offer just as meaningful for men?

Absolutely, men enjoy spa treatments as much if not more than women. They come into the spa feeling so stressed out and disconnected with what is important in life and they walk away feeling very peaceful and relaxed. You just need to create an environment that men are comfortable to be in.

Describe some of the treatments you offer and what they do?

One of my favorites to give is called the Raindrop Therapy Technique. We use 9 different Therapeutic, Grade A essential oils made by Young Living Oils. The oils are anti-viral, anti-bacterial and anti-microbial. The treatment takes about 80 minutes. We begin by balancing the person's electrical frequencies with an essential oil blend called Valor. After that a full massage is given to the front part of the body. The client turns over, and we layer the nine oils along the spinal column, loosen up the back muscles along the spine and give a thorough back massage working out any problem areas. The oils allow us to access the deeper muscles of the back. After the massage is complete we apply warm, moist towels to the back so they soak in deeper. This treatment boosts the immune system and makes the client feel absolutely fantastic.

When did you become interested in this line of endeavor and how does it fit in with the Inn?

I became involved with Reiki which is energy work. For me to be able to give Reiki to others, I either had to become a Licensed Massage Therapist or RN. I attended massage school and never looked back. It is the most rewarding line of work I could ever ask for. What other career always has a happy customer in the end? It's a win/win situation. I feel good by making others feel good. Plus the work surroundings are peaceful and relaxing. It is a perfect fit for the Fairview Inn. Our guests can have a complete getaway experience when they visit us.

What are the advantages and disadvantages of living and working in the same location? Do you talk about business during your time at home too?

The best advantage is that there is no commute time! The difficult part is separating yourself from work and taking time to relax. Both my husband Peter and I are workaholics, luckily we enjoy our work. Yes we discuss the business at home but we do try to leave the Inn and go out to dinner and a movie whenever we can

What effect has the economy had on your business?

We just opened the spa when the recession began. We are still building the business, and we are fortunate that it continues to grow even in this economy.

What do you like most and least about your work?

I love the fact that I am able to get to know our spa clients. People tend to open up to you from their hearts when you give them a massage or any type of bodywork. I love it when I can make someone feel better either physically or emotionally. What do I like the least, all the laundry!

I wanted to let you know the origin of the spa's name, nomiSpa. It is named after our son Simon (it is his name spelled backwards, how he would read it from the other side) who graduated this lifetime due to leukemia on November 14, 2007. He was 15 years old at the time. Our restaurant Sophia's is named after his twin sister Sophie. Simon's essence was and still is a beacon of light that inspired others. We want nomiSpa to also be a beacon of light to those who walk through its doors. You can read about him and the foundation that we started in his memory, called the Simon Sharp Eagle Fund.

www.simonsharpeaglefund.us

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