

Transform and Nourish at Soulistic Studio and Spa



BY JEN KHATCHATRIAN

If you crave a retreat from the hustle and bustle of the city, head to Soulistic Studio and Spa where you can tune in and tone all in one space. Forget the sea of exercise machines and think of what it would be like if you and your friends could build your own studio/spa. What would it look like? Would you still watch TV suspended from the ceiling in a cold, gray massive room? I doubt it. Soulistic is what I imagine most people would create for themselves if they only had the money, space and time.

Soulistic engages your senses from the very first moment you walk in. Warming earth colors flood the walls that expose big, bright windows connecting you with nature. The tinkling of a water fountain replaces those monotonous city noises with a peaceful hush. Minutes after I walk in I find myself taking deep breaths and giving in to the big smile that spreads across my face. My once fast paced, high-pitched voice is softened. At last I feel my shoulders lower and my tension begins to dissipate. All this and I hadn't even started my spa treatment yet!

The amazing green design, created by Sherry Herr, sets the tone for relaxation, but it's the programming and staff that makes Soulistic unique. "We are dedicated to our clients," says Margaret Castrovallari, owner of Soulistic Studio and Spa. "Our goal is to help make good life choices and encourage sustainable behaviors." The marriage of studio and spa at Soulistic makes complete sense. Not only does the Soulistic team work with you, but they also collaborate with each other to build your cus-

tomized lifestyle program. Soulistic engages everyone with the same enthusiasm no matter where they are on the fitness spectrum. "We cater to people who need extra attention as well as the seasoned athlete who has specific goals in mind," says Castrovallari.

Recently they created the Pink Ribbon Program, a post operative workout enhancing recovery after breast cancer. Soulistic is the only studio in the city doing this type of program. Likewise, they host many special events like Girls Night Out groups and corporate events to inspire a stronger work/life balance for the community.

Although they are smaller than their super-sized competitors, Soulistic has a wide range of group classes that complement their personal training and Pilates Reformer options. Their fee-for-service (sans hefty membership fee) sets them apart as well. I was thrilled that they host 10 different yoga classes for kids and adults. It feels like Soulistic is in sync with what it takes to maintain interest in fitness for the long term. Speaking of attention spans, if you are tired of your same old yoga routine check out Soulistic's Nia Dance Class (a fusion of dance, yoga and martial arts), Cardio Hip Hop, Boot Camp, BOSU workout or their Bollywood Burn class.

Don't forget to indulge with some serious pampering too. If you thought the schedule of classes were long, Soulistic provides an even more extensive list of spa treatments including luxurious, healing massages, Thai Hot

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Compress (my favorite!), facials, waxing and sessions in their infrared sauna. They also offer over a dozen Ayurvedic treatments accompanied by a consultation designed to impact your everyday life and to enhance your fitness program. It's so easy to forget that wellness incorporates all aspects of living, but at Soulistic it's their mantra—"Transform the body. Nourish the soul."

So when you're ready to disconnect from the city and tap into the self, head straight to Soulistic Studio and Spa.

» **Soulistic Studio & Spa**

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