

# intro

## BALI HIGH

It's a simple, yet stunning collision of social trends – cocooning, salon-style entertaining, pampered self-care, and traditional body therapies – that fits the Zeitgeist perfectly. Home-happy Calgarians should be all over Spagoes, the brainchild of entrepreneurs/massage therapists Tania Thompson and Shelley MacGregor.

Spagoes temporarily transforms your home or office into an Indonesian-influenced oasis of peace and bliss, bringing Balinese spa rituals, treatments, and atmosphere to you and your significant other and/or circle of friends.

You supply one or more pals; Spagoes does the rest. A week or more in advance, you book the services. Therapists clad in traditional Thai togs show up at your door on the appointed date bearing baskets filled with plush robes and slippers, spice tea, fountains, massage tables dressed in Balinese silks or bamboo, privacy screens, wood bowls, rose petals, and gloriously decadent Jamu products – lotions and potions made in Bali with traditional ingredients. An onsite manager oversees everything. Pedicures and manicures are a group event, with everyone in the same room, while other treatments are done in separate rooms or behind dividers. There's a parting gift for each guest, and the robes and Jamu products are for sale, though not like Tupperware – items are available but not hawked. Your pyjama party doesn't have to end when the Spagoes crew departs, because the robes and slippers are picked up the next day.

Spagoes has fantastic products and techniques, to which Thompson and MacGregor currently have the only Canadian access. Jamu is used in world-class facilities in the U.S. and the Caribbean and has been featured in magazines like *O* and *Shape*.

Another factor working in their favour is their solid reputation. Thompson and MacGregor co-own Apex Massage Therapy, a trusted clinic with a roster of loyal staff and clientele.

The Spagoes experience delights all five senses and enlivens any gathering – from an anniversary with your sweetheart to a girls' night in.

Jamu products are available at Spagoes gatherings and at Apex. Call 521-2282 or visit [www.spagoes.com](http://www.spagoes.com).

Christa O'Keefe

