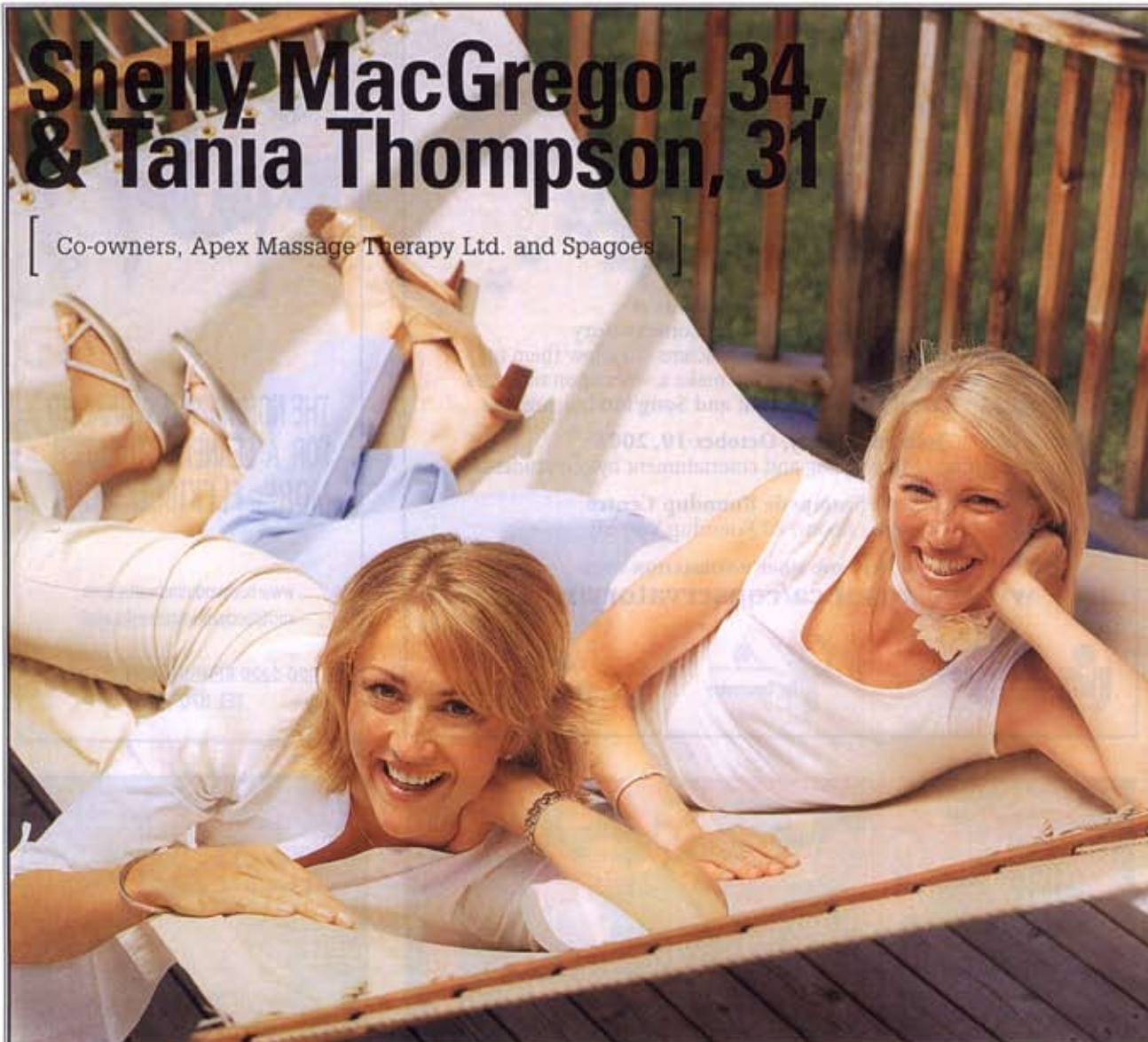


# CALGARY INC

FORTY UNDER FORTY

## Shelly MacGregor, 34, & Tania Thompson, 31

[ Co-owners, Apex Massage Therapy Ltd. and Spagoes ]



**WANT THESE TWO** to come to my house and play.

The kind of play they're into these days is Spagoes, the Indonesian spa that comes to your door. They launched Spagoes in May, from their nine-year-old business, Apex Massage Therapy.

With a bucketful of personal adversity under their belts (Tania's parents both passed away when she was a teenager, and Shelly landed in a wheelchair for a short time after a serious accident), they found themselves working together at Apex Massage, becoming sole owners in 1996. With 13 registered massage therapists on staff, Apex is "pretty much self-sufficient." And, at

the moment, they each still have the time to take clients, as well as run the many shows they currently have in the works.

These two are livin' the dream, working what some would consider part-time hours, and holding their extra-long weekends and holidays sacred. But with the launch of Spagoes and being exclusive Canadian distributors of Jamu products and services across Canada, not to mention the many charities they are involved with, that might be about to change.

"We're finding it hard to be entrepreneur and technician at the same time, so we're starting to look at do we need to separate to be effective?" says Thompson, who, by the

way, has two toddlers and is training to run the New York Marathon.

MacGregor adds, "We're looking to hit the Alberta market in the next month with Jamu products, which come with specific Jamu training, so we will be teaching as well. Right now, we're much busier than we ever expected. It's in balance, but we haven't officially launched the product yet.

"Balance is so important, and we educate our clients about balance. For us not to have it in our lives would be hypocritical."

Well, hold onto your robes. The next year looks like it will be a doozie.