

SPACES 2BACE



A HOLISTIC APPROACH

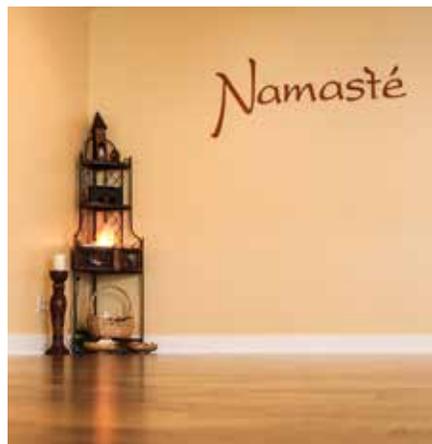
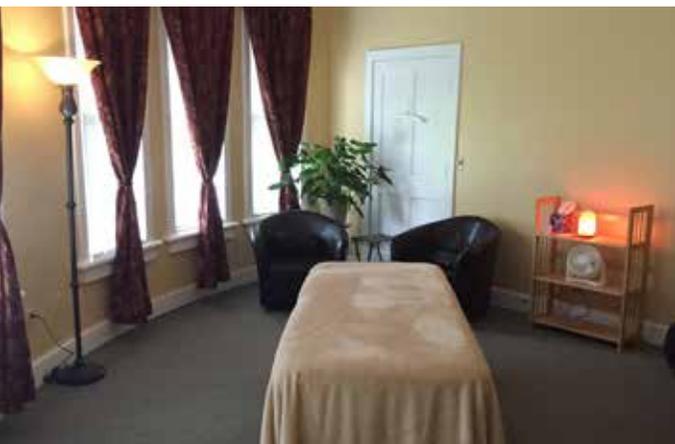
Wellness Takes Shape

IN THIS SIMPLE SPACE

A Holistic Approach Center for Health and Wellness, 15971 McGregor Boulevard in Fort Myers, has been helping people heal, get healthy, and reach harmony since 2005. The center offers a wide range of allied modalities in this tranquil space! At right, Cindy Carfore, owner, answers our questions about her unique wellness center.

Please give our readers a little history about your building

The entire Iona Schoolhouse Complex was filled with children from 1924 until 1949. The front building was the original schoolhouse. Our almost 5000 square foot building - at the back of the complex - was the playground. It was built in 1986 and sat vacant for years until we came





along. We built a few walls, added wood floors to the entry and yoga room, invested in an impressive amount of paint and hired a cleaning crew, to whom we're forever indebted.

How much of your building is dedicated to fitness vs. wellness?

Almost all of our building is dedicated to fitness and wellness. We have one large yoga room, eight treatment rooms, one class room and, of course, one room for retail therapy!

How many people are on staff?

We have 25 people who work at the center at any given time.

How many different wellness modalities do you offer?

16+, including Acupuncture, Functional Medicine, Holistic Pediatrics, Rapid Trauma Resolution, Couples Therapy, Clinical Hypnosis, Quantum Energetics, CranioSacral Therapy, LoveWorks by Kandy Love, Therapeutic Massage (Trigger Point Therapy, Deep Tissue Therapy, Swedish, Hot Stone, Chair), Reflexology, Manual Lymphatic Drainage, Partnership-in-Healing, Full Spectrum Infrared Sauna, Yoga (Iyengar, Alignment, Chair) and Classes (Tai Chi Tune Up – 8 form and Stretch and Strength)

Do you have a favorite room?

I love the feel of the entire center. Someone once came in and exclaimed "It's so calm... I feel like I took a Xanax every time I come in here." I love my office, which is spacious and bright and a joy to work in. One of our treatment rooms, named Water, is part of a half-round room and has wonderful lines and feel. The exterior of the complex with its lush landscaping gives the feel of being in our own little healing oasis. GCW

