



“Continuum's commitment to their clients and the wellbeing of those clients makes them a unique find in a sea of spas. Two thumbs up... a first rate experience.”

Review: Continuum Studio

In Spring 2006 the Andersonville/ Edgewater area got a much needed addition; a top notch wellness spa called [Continuum Studio](#).

Owners Johnnie Grozenski and Paul Hasenwinkel opened this warm space with the concept that, "bodywork is good health, not a luxury or a form of pampering." And while guests may argue that one feels ultimately "pampered" here, there's no argument that the spa therapies served up at Continuum truly advance wellness. For example, Continuum blocks out 90 minutes for 60 minute services so that guests are given a proper screening and follow-up based on their visits.

The spa also carries a selection of product lines such as Dermalogica, SkinCeuticals, Issimo Guy Gear, Biotone Spa and Performance Health.

After filling out some paperwork I was ready to begin my first spa therapy, the Continuum Studio Signature Massage. Michael, an LMT with a structural massage background, incorporated stretching, deep tissue techniques and Swedish techniques in the service. He used the perfect amount of pressure and, as good as the massage was, I think it would actually get even better with more treatments- after all, it's Michael's goal to understand how his clients' bodies work. The result is customized services that actually make an impact on the clients' overall well-being. A concept that every service, every action, every staff member at Continuum seems to embrace. (Side note: The entire Continuum massage staff is prenatal certified, so if your wife is expecting send her here for the Pre-natal Massage and you'll gain bonus points.)

After my massage I was lead into the esthetician's area for the Studio Face Treatment, a skin-type specific service (including extractions as needed) that includes a thorough skin analysis, cleansing, toning, exfoliation, treatment mask and moisturizing massage. I was once again prescreened and made to feel right at home. After the service, my skin felt and looked great. The products used were soothing and clean-smelling- an important detail for a guy who doesn't want to be covered with cloying florals.

Lastly, I was ready for my post service consultation. I was given tips on maintaining my healthy complexion including a brief overview of products that I was interested in. It's been several weeks since my visit to the spa and I have risked my editor's fury to hold off on writing this review until I had time to assess the long term benefits of my trip to Continuum. I purchased several of the products that the esthetician recommended and they actually have made an impact on my skin. I started using Dermalogica's Daily Microfoliant, which is very easy to use and takes almost no extra time to do. The Continuum staff recommended a new Active Moist Moisturizer that's keeping my face hydrated minus the greasiness I've felt with other products. I was even reminded about avoiding sun damage, and I am now using (and likin') a very basic Solar Defense Booster that I simply add right into my moisturizer while applying.

Continuum's commitment to their clients and the wellbeing of those clients makes them a unique find in a sea of spas. Two thumbs up; one for Johnnie and Paul and one for the staff members for making my trip to Continuum a first rate experience.