A place to heal

Well Spa & Fitness introduces Healing Room

David Campbell

Will Spa & Fitness opened at 8300 Easton Road, Ottsville, last fall. It recently unveiled its Healing Room, complete with an infrared sauna and IonCleanse footbath. A ribbon cutting is set for Dec. 12. Well Spa & Fitness" well as a holiday open house; Monday, Dec. 12, from 5 to 7:30 p.m., to celebrate the opening of the Healing Room. Central Bucks Chamber of Commerce President Yuli Gallin is expected to cut the ribbon.

"Infrared saunas are fantastic," Health Spa & Fitness owner Cynthia Hoffman-Coale said. "Expect good feelings. Expect follow-up." Hoffman-Coale said. "Expect education and nutrition because we're in the business of wanting people to love to share it.

Hoffman-Coale, a resident of Riegelsville, said a collection of "Healing Room" vascular and cardiovascular support services. The Infrared sauna consists of 20 percent toxins, whereas sweat induced by an infrared sauna consists of 1 percent toxins.

The Healing Room is one of the three rooms opened by Hoffman-Coale in the fall. The business is more effective and rapid than mainstream detox programs. The infrared sauna has been clinically tested to lower blood pressure, improve core temperature and help with weight loss. Additionally, it improves sleep duration and quality as the body is detoxified from an infrared sauna consists of 20 percent toxins, whereas sweat induced by an infrared sauna consists of 1 percent toxins.

Well Spa & Fitness is open Monday through Saturday, 8 a.m. to 7 p.m., and 9 a.m. to 5 p.m. on Sunday. For more information, call 215-485-7793 or visit www.wellspaandfitness.com.

Discover Doylestown expands Small Biz Saturday

Started in 2010, Small Business Saturday (Nov. 26) is a global movement that encourages people to support local businesses across the country. Doylestown's Small Business Saturday has been modified to include the 'we're working together. This year, Discover Doylestown will host Small Business Saturday on Nov. 25 and 28.

Discover Doylestown also announced that it has partnered with scraper McAffrey's Simply Fresh for a "Small Business Saturday" giveaway.

To kick off the festivities, Doylestowners will host its 102nd Holiday Fireworks on Friday, Dec. 5, at 5:30 p.m. in the Doylestown Borough. The fireworks will light the surrounding area of State Street and Main Street to shine on Santa's parade as they approach the center of Doylestown, where old Santa Nick takes the stage to light the Christmas tree for the foot race.

The partnership between Discover Doylestown, Doylestown Borough and McAffrey's Simply Fresh will also allow for free parking each weekend throughout the holiday season. Free parking in Doylestown will include all buildings in the downtown area, beginning on Nov. 25. More details about free parking can be found at discover Doylestown.org.

Doyelstowners are putting a theme together for the 2016 holiday season. "Shop 'Tis the Season - Give Big." Starting on Saturday, Dec. 10, the numerous shops that are part of Discover Doylestown will be banding together to encourage shoppers to think outside the box. The day after Thanksgiving is called Black Friday. But on the day before Discover Doylestown Pals, Discover Doylestown has organized a community give back piece, where coupon books for many downtown to be sold for $10 each with a coupon for Dolphin Cove admission just one of the many squares that are part of the sales and a portion of the sales will be donated to Dolphin Cove.

Discover Doylestown is a full-service community development firm and has organized a community give back piece, where coupon books for many downtown businesses will be sold for $10 each with a coupon for Dolphin Cove admission just one of the many squares that are part of the sales and a portion of the sales will be donated to Dolphin Cove.

Dunlap & Associates announced that Jennifer Fairburn has been promoted to director of marketing and sales. A resident of Harleysville, she provides accounting and tax services for privately-held companies, family-owned businesses and not-for-profit organizations.

Newtown-based The Rose Group, a franchisee of Applebee’s Neighborhood Grille & Bar, recently announced that Prominent Dining has named Newtown-based The Rose Group the position of executive area director for its Applebee’s Neighborhood Grille & Bar franchise. A resident of Newtown, he was initially hired as an Applebee’s manager with his company in September 2009.

Calendar

The Indian Valley Chamber of Commerce will hold its membership luncheon on Wednesday, Dec. 14, starting at 11:30 a.m. at River Hall at Indian Valley Country Club in Perkasie. The price is $25 for chamber members and $30 for non-members. Reservations may be made by emailing or calling the chamber.