

# A One-on-One Experience at Now Studio

BY JEN KHATCHATRIAN

For those who hesitate to go to a traditional spa but still crave the benefits of healing treatments, Now Studio is the perfect choice. Expect the unexpected with owner, Nourhy Chiriboga who opened Now Studio six years ago with trusted partner, Buster, a pug mix who brings as much love and comfort to Now as Nourhy does. Most days you'll find Buster greeting you at the door and attending a session or two, if he's inclined. The studio is a hidden gem providing holistic, one-on-one services, that are perfectly suited for each client. No matter if you are a seasoned spa lover like me or a newcomer to the world of healing, Now offers a unique experience that is hard to forget.

The post-holiday season begs us all to take a break from big gatherings and to shift the gift-giving focus inward. Now Studio gives you that cozy, much needed retreat we all crave at the end of a busy social schedule. Rather than waiting in line to check in—conjuring images of an airline trip, not a soothing experience—envision walking into what feels like a home, and a cute one at that. Instead of discussing your service in the same room where you'll soon be naked (let's face it), at Now you sit comfortably in a living room sipping tea and chatting. The experience feels completely different. I love the down-to-earth quality. Once you make your way into the treatment room, complete with your own private restroom, you're feeling the vibe. The decor is like Anthropologie meets Zen sanctuary. (I even quizzed Nourhy on how I could replicate it in my home.) The

scents and lighting match the space—warm and soothing.

The surroundings all reflect Nourhy, a calm and soft person as well as gifted healer. A near-fatal accident led Nourhy to abandon her fast-paced corporate career to make healing her mission. After talking with her you can sense the dedication and commitment. "If I could do this for free, I would," she shares with honesty and conviction. And I believe it. She's involved in the community and with special projects such as supporting children with autism. Nourhy's heart shines bright and is absolutely contagious.

A trained Reiki Master, Nourhy is in tune with people's energy and uses your body's messages as a guide for healing opportunities that meet your needs perfectly. Your session is customized whether you realize it or not as Nourhy combines her specialties of massage, craniosacral and Reiki. Unaware of the benefits, I asked Nourhy to enlighten me about craniosacral healing. "It works with your central nervous system and feels like a chiropractic session without the cracking. Like a massage with your clothes on," she explains. It was something I needed to try. After my treatment I thought it was also like acupuncture, but without the needles—amazing.

After my session we sat and chatted. The experience was so different from a large spa where you're ushered to a checkout desk to pay. It's a given that there are no hard, fast rules when it comes to healing at Now. Nourhy relates her love of being her own boss, "I'm not on a strict



PHOTOS: JON SHAFT

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time table. I like to spend the extra time with my clients." Walking away I felt like I had a serious realignment and also spent time with a friend. A satisfying combination if you ask me.

#### » Now Studio

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