

Two Hidden Venice Island Gems

Island Touch Massage & Facials by Suzanne

VENICE GULF COAST LIVING MAGAZINE



Do you know of a sanctuary where you can walk through the door and, in one short hour, lose the inherent stresses of modern life? A place where comfort is pervasive, tensions of the body-mind drop away, and time disappears in the magic of real respite? If you know where to look, such an oasis can be found in the heart of the city, at the Venice Centre Mall.

Actually, two settings, nestled side by side, serve as complimentary touchstones on the path of the good life in Venice. Located inside the charming historic KMI Building for more than 20 years, these neighboring establishments were founded by a pair of talented women who have worked as allies for decades, both of whom have had the good fortune of achieving success and satisfaction in their chosen professions.

Normalinda Hays, a native of Florida, has been the owner-operator of Island Touch Massage for over 20 years. Her career choice as a massage therapist emerged out of volunteer work at a hospice, where she discovered

she had a natural gift for therapeutic touch. Over the years, she has helped thousands of people and garnered an assortment of professional awards including being honored for multiple years as the *Herald-Tribune Venice Readers' Choice* and *Venice Gondolier-Sun Best of Venice* top choices for Massage Therapy.

At Island Touch, Normalinda uses only organic lotions and oils, offers therapeutic breath work for enhanced relaxation, and makes available the use of an Amethyst BioMat™, an innovative device that emits far infrared light through a bed of amethyst crystals. She reports, "Guests are amazed at the transformative effects of this unique invention."

Normalinda's goal continues to be individually focused care, aimed at creating a "pattern-shift," and renewal of body, mind and spirit.



YOU ARE AS OLD AS YOUR SKINCARE REGIMEN



Just a few steps down the hall, you will find an office setting with a welcoming warmth that looks and feels like home. Suzanne Martin sits at her desk surrounded by a collection of elegant skin care products that are comparable to high-end brands, but are offered at very reasonable prices. She is the owner and creative force behind Facials by Suzanne, a business that has thrived in Venice for over 35 years. "A European facial is an essential part of self-care," she explains, "which, like dental care, should be repeated regularly. It consists of a deep cleanse, facial massage, misting, and the extraction of impurities." Both men and women can take advantage of services including facial waxing, eyelash and eyebrow tinting, Light Therapy Treatment, and microdermabrasion treatments. For more than 20 years, Suzanne has had many of the same clients. "We are really like family," she says. "We laugh, cry, and share a wonderful, caring relationship. To ensure the health and well-being of all my clients, all safety procedures are followed: I use an ozone machine every night after closing and keep an air purifier running all day. Also, I am fully vaccinated and boosted."

Together, Suzanne and Normalinda see their services as contributing to the beauty and vitality of the Venice area lifestyle, of which they are both appreciative. "Our local guests come here, get a facial or massage, have lunch and go shopping as a regular ritual," shares Normalinda. "Seasonal residents make appointments months in advance for weekly sessions and return home to remarks applauding their rejuvenation!" All of which demonstrates that when you find yourself a real touchstone, a positive shift will happen!

For more information about this advertorial, call Island Touch Massage at 941.412.9798 or call Facials by Suzanne at 941.928.7973 or email Suzanne at Suzanne0707@yahoo.com. Located at 226 Tampa Avenue West, Island Touch Massage is open by appointment from 10 a.m.–4 p.m. Mon.–Sat. Right next door at 230 B Tampa Avenue West, Facials by Suzanne is open by appointment Mon., Tues., Thurs., and Fri.

- Island Touch Massage, Inc. #MM 10562
- Facials by Suzanne #FB0710650

Photo of Normalinda by Kelli Tindall; photo of Suzanne provided by Facials by Suzanne. All photography used in collaged background by Albertine Ellinwood.

Venice Plein Air Meet and Paint...May 21st
See Calendar page 62



FACIALS by Suzanne

Award-Winning
Therapeutic Massage
State-of-the-Art BIOMAT,
Breath Work
226 Tampa Ave. West
941.412.9798 MM 10562

Deep Cleansing European Facials,
Tinting, Waxing, Dermafile,
Microdermabrasion
230 B Tampa Ave. West
941.928.7973
Located in Historic Venice Centre Mall

ISLAND TOUCH MASSAGE, Inc.