

Relaxation, Cleansing, Peace and Tranquility By MaryBeth Weisner

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Have you ever been able to tell that a person has “good” energy? I could tell just from phone calls with Russ and Candice Borner that I was about to meet two people with “good” energy. What a joy! Two massage therapists, married, local, with good attitudes; this was going to be an enjoyable interview.

Many of us believe in alternative forms of healing. In the West, we have traditionally been born and bred to go visit the doctor whenever we are not feeling well. Often the doctor’s visit results in a diagnosis and if deemed necessary, a prescription of antibiotics. What does all this have to do with massage therapists?

My Father is approaching 84, and has been touting the benefits of regular massage therapy and acupuncture for years. Like most teenagers, I wasn’t always supportive of my parents’ choices. However, as I age and personally witness my own aches and pains, I have become a believer in taking care of my body and soul.

I met Russ and Candice Borner at Mariani’s Cafe for a cup of coffee and was immediately smitten with the ease of which they maneuvered about. Russ, an ex-AT&T executive, always had an affinity to touch. As a young man he felt called to heal, but the corporate world was also calling. Luckily in his mid forties, AT&T presented Russ with a “package” he could not refuse. With the gift of a year’s salary and his newly acquired free time, Russ started along an entirely different path from the corporate world and enrolled in the Swedish Massage Institute of Manhattan.

Russ stated his mission is a desire to “bring touch into a structured environment one person at a time.” As a massage therapist, Russ has been serving New York, New Jersey and Connecticut clients for over 25 years. Numerous times during our interview, Russ alluded to the age of many of his clients. Yes, he has helped strapping, muscle bound professional athletes, like numerous members of the New York Giants’ football team; but he has also helped people who are much more like my dad and me. As we were sipping our coffee, Russ took a call from an 88-year old client in Connecticut who has a standing bi-monthly appointment with him.

The saying is, “Youth is wasted on the young”, but some people contain that lively attitude long into their gray-hair years. Perhaps it is time we channel into why some people remain young at heart or are fortunate enough to experience longevity? Is a long life simply a result of good genetics? Is it because some people surround themselves with friends and cohorts who foster an atmosphere of growth and caring? Is it because they choose to remain active and viable

contributors to society? Is it because they take better care of themselves? Perhaps a bit of all of these qualities are the answers to aging gracefully, healthily and with dignity.

Back to my father: my Dad will be 84 in October, and he still goes to work every day. He plays golf twice a week—a full 18 holes. He also has a standing appointment with his massage therapists every Wednesday night.

Clients like my Dad have made up the bulk of Russ Borners' business for the past 25 years. Russ has been traveling around the Tri-State area with his massage table and oils while he, "touches one person at a time". Russ enjoys this aspect of his business; however, when one of Russ's clients mentioned that Cherylyn Salon North was opening in Armonk, he knew this was an opportunity. Both the Borners now consider Cherylyn Salon North, at 430 Bedford Road, Armonk, "home base" for their business.

A local client of Russ' shared some thoughts on her experience. "My massage with Russ was excellent. I immediately felt relaxed and at ease. He was welcoming and refreshing from the moment he came downstairs to introduce himself. The room was fresh, subdued, and the table was very comfortable, especially the headrest and the slightly heated temperature. He questioned my needs and paid sufficient attention to the parts that always seem to require a little extra tender loving care. I've had many massages; he covered all the basics: and found the balance of just enough, but not too much, pressure by verbally asking my confirmation. The repetition of his touch, the attention, and the reinforcement of the positive energy flow from his hands to my head and hands, especially stands out. His massage was almost mesmerizing. I've never had such a thorough head and neck massage. I highly recommend it. My first visit was an introduction of Russ's capabilities and I intend to see him again soon."

Like Russ, Candice has been practicing massage since the 1980's. She is tiny and I was anticipating she would have a "light touch". So as not to be disappointed, I told her that I enjoyed really feeling my massages. I wanted all my kinks worked out. Candice may be small, but she is also strong. I actually had to tell her to ease up a bit. Not something I often have to tell a massage therapist. A recent spill in my swimming pool resulted in a fractured radius (arm bone) and a very stiff shoulder and upper back. Candice worked around my injuries and she made all my aches disappear!

Candice was originally trained out in Lapeer, Michigan at the Health Enrichment Center. She too is a New York licensed and Board Certified Massage Therapist. Both the Borners were pioneers of the Chair Massage. They were instructors and traveled the world to promote chair massage for the "father" of Chair Massage, David Palmer. In fact, the Borners met while attending a massage seminar in Chicago.

Candice has two passions, massage and facials. I was the lucky and astounded beneficiary of both. For those of you who have been getting facials for years, unfortunately, I never understood what all the hoopla was about. Now, I get it. I thought I had died and gone to Heaven. I think I may now become a facial junky.

Here is a short synopsis of what Candice does during a European Facial. She began with a consultation to determine my overall health, nutrition, allergies, et cetera. Then she proceeded with what I consider to be the "good stuff". Steps one through ten are as follows; cleansing my skin - two times; skin analysis; steam; exfoliation; extractions; a facial massage; a mask; a toner; and finally a moisturizer. As if all this wasn't wonderful enough, while my mask was working, Candice asked me if I'd like an additional neck and shoulder massage, or would I prefer a foot massage?

Candice's facial and massage were both absolutely wonderful. She was thorough and she paid attention to my needs. I was particularly impressed with her gentleness during the facial and her strength while giving me a full body massage. The facility of the Cherylyn Salon North is also professional, clean, peaceful and relaxing. I felt years younger after my time with Candice. For you men out there who might be thinking that the salon is only for women, rumor has it there may be a men's night coming soon.

Remember the slogan of the TV commercial from the 1970's, "Calgon, take me away?" My afternoon was way better than any Calgon bath I've ever had. Candice uses three different skin care lines, (Dermalogica, Bio-Therapeutics and Circadia) to accommodate all different skin types and sensitivities. Candice has clients of all ages and she can accommodate and educate teenagers who may be suffering acne.

I am not sure which step of the facial process was my favorite. The entire experience was truly relaxing and delightful. For those of us on a budget, Candice recommends a facial every season. Candice has a special that will continue through September 30th. European facials with eye lift for \$70.00. (Regular price is \$145.00).

I heed the advice of my Dad: I respect and acknowledge all that massage does for us, and now I appreciate all that a facial can do for me as well. Thank you Candice!

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