



The Dream Team at Stillwater Centre & MedSpa are left to right: Sarah, Sophie, Caryn, Thais, Veronica, Breah, Deana. Seated: Carlie, Jaime.

The Health Solutions Guests Find at Stillwater Skin Centre & MedSpa are More Than Skin Deep

OWNER-OPERATOR, SARAH RIVARD, describes Stillwater Skin Centre & MedSpa in a single, elegant line: “Correction in a beautiful space.”

More to the point, she adds: “If you weren’t born with it, we can treat it. Conditions such as acne and hyperpigmentation. I also perform lesion removal. Your concern might not affect your health, yet it still affects you socially, mentally, or emotionally.”

Stillwater celebrated its second year in business in December. Sarah has been a certified Medical Esthetic Practitioner for the past 18 years, helping people with skin ailments and clinical corrective facials. She and her team perform an array of treatments, which include full body treatments, lymphatic drainage massage, manicures, pedicures, waxing, and lash enhancements.

Only Ontario accredited practitioners, who study skin health and its function, work at Stillwater. During the various lockdowns brought on by the COVID-19 global pandemic, Sarah used the

time to ensure each member of her team completed their Clinical Skin Health studies online, which certifies them to work clinically.

“Now, every member of my team can look at pigment on the skin,” Sarah says, “and know if it was caused by sun damage or if it’s hormonal. My team knows the questions to ask.”

The team is minimalist perfection:

Team members Breah, Veronica and Sophie have multiple specialties, including couples’ massages, body scrubs, wraps, manicures, and pedicures. Caryn demonstrates her 18 years of experience in every body treatment she performs: full body wraps, scrubs, hot stone massage, and relaxation massage.

“They also specialize in pedicures for feet that need a little extra care,” Sarah says. “Some clients have medical conditions, such as diabetes, calluses or ingrown toenails. We care for our clients in a stress-free environment that doesn’t feel like a clinical office.”

Jaime is interested in correction and achieves this through

Indian scalp massage, which is excellent for relieving tension. She offers these massages during facial treatments while the active products perform their magic. She chats briefly before each treatment to learn what guests want to address and confirm which approach is worth their investment.

All team members are equipped to perform all spa services, except lymphatic drainage. That is the specialty of Thais who is a certified practitioner in southwestern Ontario who performs Brazilian lymphatic drainage.

“The lymphatic system is a network of tissues and organs that help rid the body of toxins, waste and other unwanted materials,” according to LiveScience.com. The process is a gentle, full body massage, which flushes the system of toxins and alleviates inflammation in joints.

“Infertility doctors recommend Thais,” Sarah explains. “People come in every week for this. Many clients are health care professionals with stressful jobs who are looking for relief.”

The focus at Stillwater is not only providing stress relief and pampering, but determining the triggers of skin ailments, treating those triggers, and monitoring the results.

“Very often, guests come in, believing their problem is one thing,” Sarah explains, “but it turns out to be something else, entirely. Healing begins when you address what’s triggering the condition.”

In this way, Stillwater Skin Centre & MedSpa is different from other spas. Many of their treatments are vitamin based, going past the lipid barrier in the skin. Few products do this.

“Most treatments on the market don’t go that deep,” Sarah says. “Ours have nano molecular content—nano vitamins. We feed nutrition into the skin where there is depletion. Our guests see the healing. If you think of it, our skin is our shield of defense. When it’s impaired or raw or dry, it stings, tingles—it tells us something is wrong. At Stillwater, we feed it the nutrition it needs to bring about healing. Now, my entire team can provide this.”

Sarah adds: “We don’t sell anything. We recommend nutrition to supplement what’s depleted.”

It’s all about identifying the “triggers.” Products exist to treat the surface problem, but Sarah’s philosophy centers on getting to the root cause and treating that.

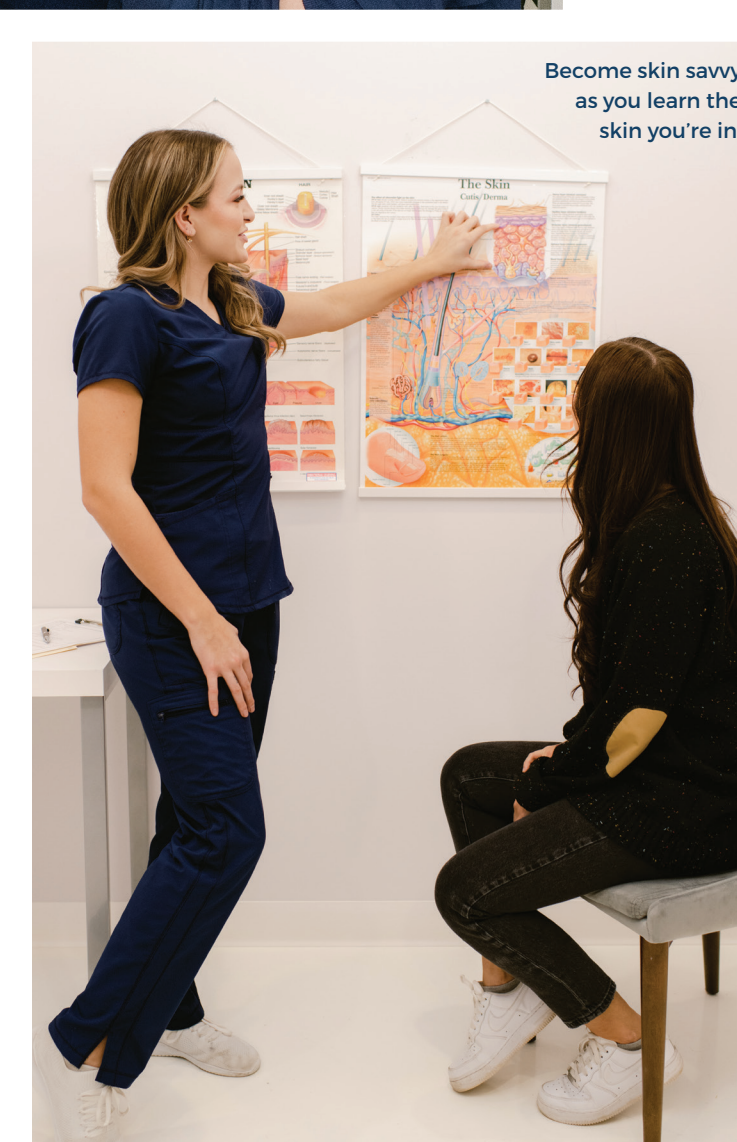
She knows this because she experienced it in her own life.

“Years ago, I struggled with my own conditions,” she remembers. “My skin was very re-active and inflamed. Everything I tried either burned or tingled.”

Then, using her own knowledge of skin, she began supplementing nutrition. “That’s when I started seeing positive results.”

It’s all about education. Sarah increased her knowledge about the causes of her condition, and now the Stillwater team educates guests about their options. Guests find this empowering.

If you were not born with the condition, contact Stillwater Skin Centre & MedSpa to learn how they can help.



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5970 Tecumseh Road East, Windsor
519-551-0590 | stillwaterskincentre.com