

Local salon rubs the right way

By: [Amanda Masker - The Daily Iowan](#)

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Evergreen garland borders the walls, aromatic candles scent the air, small waterfalls cascade in the corner, and lights dimly set create a soothing ambiance at the award-winning holistic retreat.

Iowa City's Zenders Salon and Spa, 2 S. Linn St., was named among the Top Trend Setting Salons and Spas in W magazine. The salon was also named the best nationwide Aveda holistic spa in 2004 and received a trend award from Elle in 2002.

"It's harder to get [these awards] a second time than it is the first time," owner Donna Zender said. "You have to stay on top of styles and designs."

The most sought after services from the spa are massages and facials, she said.

New to the salon this year is steam therapy, said manager Jenny Naderman.

Before a massage, clients can have what Zenders describes as a "tent-like dome" placed over them while on a table for a muscle-relaxing, detoxifying, sinus-clearing, metabolism-boosting, and skin-hydrating steam, Zender said.

The salon owner consistently strives to bring new concepts and services to her business, and she has been doing so for years.

Zender purchased the then-Sky's the Limit Salon in 1981. Roughly 16 years later, Zender gave her business her last name.

"I felt that time was changing and trend was changing," she said.

The team at Zenders is consciously aware of the necessity to move forward in terms of both image and services. Associates have received advanced education on current looks and trends in Minneapolis, Chicago, and some as far as New York, Zender said.

Many rooms of the salon and spa are adorned with Japanese characters for infinity, air, fire, water, and earth - the five elements of nature on which the Zenders spa services are based.

Esthetician Heather Miller, who specializes in facials and waxing, said the facility offers "a holistic body approach" which concerns the balance of the mind, body, and soul.

"We focus on each client individually and work through aromatherapy for balance," Zender said.

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