

SoWa News

Serving the SOWA (South of Washington Street)
Arts and Media District of Boston's South End

SALDARE • 251 SHAWMUT
AVENUE

Nicole and Lisa

And across Peter's Park from Chris and Bob is Saldare, the brain-child of Nicole Ricci and life partner Lisa Costanzo. Move over Upper East Side and The Four Seasons. Right here on the corner of Shawmut and Milford is our very own Topkapi – a palace of indulgence minus the minarets. Saldare – Italian for striking a balance – specializes in therapeutic massage of all kinds (Swedish, Deep Tissue, Hot Stone...), salt scrubs, seaweed wraps, facials, acupuncture and shiatsu – as well as private exercise training including free weights and machines. Not to mention Thai body work and pregnancy relief massage. Nicole's first job out of college, personal trainer at Metropolitan Health Club, is holding steady at nine years but between that and making



The OTHER Hat Sisters!

in-home calls, consulting at spas and giving massage all over the city, she grew tired of commuting and said, "Why not house it all under one roof?"

So, damn the economy, full throttle forward and guess what? Loyal following, happening neighborhood, walk-ins aplenty and It's A Go! They swear one guy comes in three times a day for a foot massage and they swear-and-a-half that a seaweed wrap does not involve one of those big, gooby, brown kelp things you see floating in the

surf and they totally double-swear that there is no surprise-attack with acupuncture and no needles at all with shiatsu (whatever that is). So Nicole, Lisa and aide-de-camp Brian Parks will treat you right, send you home limp and blissed out and, in an inspired nod to the greater SoWa community, if you happen to be an artist (bring along a slide of your work or show them the paint under your nails) they'll give you ten percent off!