



TAMMY CARMON, CO-OWNER OF INDULGE MOBILE SPA ON PLANNING YOUR NEXT ECO- FRIENDLY SPA PARTY!

Background: Indulge Mobile Spa is the Washington area's newest sensation—a premier, upscale, eco-friendly mobile spa company providing you with top-notch spa services at your home, office or special event. Spa services include therapeutic massage therapy, wonderful manicures and pedicures, and salon quality facials.

INTERVIEW

Q: What is your background?

A: My background is actually in science education. I have been a secondary science teacher for the past 10 years-I have a BS in biology, secondary education and will finish an M.Ed in curriculum and instruction May of this year. While in undergraduate here in Washington, DC, I actually enrolled as a student to get licensed in doing nails-my parents found out and threatened to stop paying for college if I continued.

So after completing undergraduate school and my first year teaching I enrolled in night school at a local beauty school to get a licensed in nail technology because I was so passionate about the craft of doing nails. I would have to say becoming a licensed nail tech has been one of the best decisions I have ever made in my life. I have had the opportunity to work with many high profile clients in DC area as well do editorial work for Cosmopolitan magazine and the best part is I love what I do and do a great job at it which is such a blessing.

Q: What made you decide to start a mobile spa business?

A: Indulge Mobile Spa was first started by Cameo Person my business partner. We worked together at the Grooming Lounge in Tyson's Corner and she needed to go back to Corporate America fulltime and I had to go from a part-time teacher to full time teacher but we both love the spa industry and did not want to give it up. She told me about her business and from there we collaborated on ideas and Indulge Mobile Spa as you know it now was born. Cameo and I are yin and yang and we balance each other so perfectly which is great.

Q: What kind of occasions work well with your services?

A: Our services are great for bridal parties, baby showers, girl's night out, couple retreats, princess parties, pre-prom services, sweet sixteen parties, tween parties, employee appreciations, launch parties, and more. We have several spa party packages to choose from and can customize

Q: Can you tell us about some of the more creative or unusual spa parties you've planned for clients?

A: We have been in business for a little over a year now and for the most part we have done your typical spa party where friends get together and hang out. But we are hosting our first big event for women at Studio 10 in Washington, DC. This event is entitled "Goddess for a Day" Spa Retreat & Spring Fashion Show which will include facials, manicures, pedicures, chair massage, make-overs, mimosas, and brunch- all inclusive of admission ticket. In addition we will have wine tastings, boutiques, and a best selling author and a possible celebrity guest. Save the date it's March 22nd.

Q: What kinds of services are available during the spa parties and how many people can you accommodate?

A: Spa parties are meant for groups of 4 or more. We do basic spa services such as manicure/pedicures, facials, and massage. All our facials include aromatherapy. Nail services include your choice of organic scrub/organic moisturizer such as the Mambo Mango spa treatment or Nubian Milk Chocolate spa treatment.

In addition we have something called enhancements that can be added to your spa party. Some of these enhancements are nanny service, spa robes, wine tastings, personal chef service, and more.

Q: You also specialize in eco-friendly spa party event planning--what makes these different?

A: When we say eco-friendly spa party event planning this is when we handle your event from start to finish using the latest and greatest eco-friendly products available. For example if you wanted to throw a swanky baby shower for your BFF. We can do invitations on-line or you can chose from a variety of eco-friendly cards such as the seed plantable card-your guest can plant after the event and it grows into flower. Decorations would be handled so we might include biodegradable balloons, an exclusive organic diaper cake, and more. In addition we can provide a personal chef or have your food catered for the event using locally grown/organic foods. Lastly we will provide spa services and other

activates for the guests to make it a joyful/memorable event for the mom to be. We will also set up a recycling station for your event.

Q: Can you tell us about some of the eco-friendly products you like and why?

A: We use Shea Terra Organics for our nail treatments- which are sulfate free, paraben free, silicone free, cruelty free and are composed of pure fruit, pure plant extracts, and 100% certified organic shea butter.

Our nail polish is Priti , an 100% soy based nail polish out of New York City's first organic spa-we are the only spa in the Washingto,DC area to use the brand which is awesome b/c it gives a wonderful finish.

For facials we use Arbonne International an all natural vegan certified product.

FYI all our cotton balls are organic, pedicure slippers biodegradable, & nail polish remover is organic/soy based. We are a Green Partner Company for the Commonwealth of Virginia.

Q: What do you think clients enjoy the most about?

A: Our spa services are great because we are professional, the products we use are not harmful to the body, the host of a spa party receives free spa treatments, and every guest of your spa party receives a free gift which could include organic chocolate, a bamboo plant in a vase, & natural/organic spa product samples.

Another reason guests like our company is because we bring the eco-spa to you our slogan is "indulge your mind, body, soul conveniently".

INDULGE MOBILE SPA

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