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Wednesday, 10/24/07

Donelson's four health and wellness businesses at 223 Donelson Pike

Tea For Two and More

Billed as a tea bar in the style of coffee houses gaining popularity.

Co-owner Taylor estimates offering 140 blends of teas and herbal teas. Health and therapeutic information of many of the different blends are posted.

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"A total education," said Jane Schnelle, a regular customer and director of the Donelson Senior

Center. "It's more than tea."

Customers can also make their own tea to have in the store or to take out. And blends are for sale in tins to make at home. Small tins that make about 10 cups are \$4.50. Bigger tins that make about 26 cups are \$8.50.

Mary Noonan is Taylor's business partner.

Taylor blends her own teas. She was in the tea business several years, selling online and at flea markets and craft fairs before opening her store.

For more information, call 889-0044.

Green Pergoli Soap Co.

Owner Gregory White has sold his natural skin-care and aroma products online for about nine years.

White has a workshop at home where he makes nearly all the products he offers from natural soaps, lotions, essential oils, creams and other skin-care products.

White also offers soy candles. He estimates he makes 90 percent of his product line in his workshop at home.

"The more natural product you can get, you allow the skin to take care of itself the way it is meant to be," White said. "Your skin wasn't meant for rubbing chemicals on you."

White also does private aroma therapy and consultations by appointment.

For more information, call 889-0044.

One 2 YOGA



enlarge 

Tea For Two and More and Green Pergoli Soap Co. share the same space inside the One 2 Yoga studio on Donelson Pike. (GEORGE WALKER IV / THE TENNESSEAN)

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Yoga classes are generally offered six days per week except Sunday.

Offerings include "Gentle Yoga" and "Power Yoga" classes.

Gentle Yoga is designed to open contracted areas of the body and strengthen the spine. Power Yoga is a more physically challenging system of practice.

Director Jan Thrasher began the business in 2000. She also recently began offering a youth yoga class.

"Yoga is accessible to a wide range of people," Aimee Larson, a One 2 YOGA student, said.

For more information, call 884-9021.

Essential Kneads

Owner Lisa Yarnes offers massage therapy by appointment.

Circulation benefits are one plus to massage therapy. She also offers Thai yoga bodywork, which is clothed bodywork done on a shiatsu style mat on the floor and ties in with yoga.

Appointments can be made 889-0044 or by e-mailing lisa@greenpergola.

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