



URBÀNA

Nancy Goodwin is ahead of her time setting up this ultra hip urban spa and tea bar in the middle of Southeast Charlotte. Myers Park native and staffer Lil described her first impression of the atmosphere and décor at Urbàna as feeling like a hip bar in the trendy meatpacking district in the middle of Manhattan. "As a Charlottean, I can say we desperately need more places like this here!" Lil signed up for the Asian Elixir, a Thai massage where the practitioner walks on your back to provide an incredible deep tissue massage. Since Lil is a petite 5'3" and size zero, Nancy thought it best that she sample some of the other forms of massage, but she came back saying she really liked having people walk all over her. Urbàna currently has two therapists certified in Ashiatzu Oriental bar therapy, which Nancy tells us is often referred to as 'the deepest, most luxurious massage on the planet.' And they also offer Thai floor massage, known as the lazy man's yoga...done on the floor with clothing on. In addition to their in-depth massage-only spa services, Urbàna offers 60 premium, loose leaf teas, a rotating art exhibit, and an international mix of massage and retail products. This place is way cool.

704.543.1700. escape2urbana.com

Carmel Village