

HEALTHY LIVING Under One Roof

200 Capitol houses professionals who invite clients to take time to take care of themselves.

By Laura Lieff

Self-care and wellness are at the forefront these days and the Eagle business community has been paying attention. Four businesses, all of which promote healthy living, are located in one place – at 200 Capitol. Bringing decades of experience in massage, skincare, acupuncture, and chiropractic, as well as many years in the Eagle County, these business owners understand the importance of healthy living.



Collier Acupuncture

Specializing in acupuncture, Oriental Medicine, Qi Gong Energy healing, Tuina, Shiatsu, nutrition, and pain management, Mandy Collier L.Ac, MSOM focuses on a more natural way of achieving permanent pain relief. Through a combination of natural treatments and methods, Collier assists in self-healing mechanisms so people can enjoy a reinvigorated, pain-free lifestyle. She started her business 10 years ago and has been at 200 Capitol for seven years. She has also worked with Summit Neurology and Shaw Cancer Center.

Collier works closely with each patient to develop their personal treatment plan based on their individual needs by getting to the root of the illness, treating underlying problems to reduce (if not eliminate) the symptoms, and restore the body's balance. Going forward, Collier would like to start offering more classes in which she teaches people how to heal, as well as about different plants, herbs, and Chinese medicine theories.

collieracupuncture.com
(970) 331-6618
collieracupuncture@yahoo.com



Natural Balance Spa owner, Jessica Johnson in her calming retreat.

Natural Balance Spa

Eagle County native Jessica Johnson, who has been licensed in Aesthetics for over 18 years, provides high-quality, relaxing skincare services through her business Natural Balance Spa. She offers several different types of facials, various skincare treatments, waxing, and tinting, among other services. After working in luxury spas from Vail to Hawaii, she understands the importance of having experience with a variety of skincare lines and devices.

After almost 20 years of commuting from Eagle to Vail, she opened Natural Balance Spa in June 2022 and is enjoying working closer to home and with a more local clientele. "I chose this location because the energy in this building is amazing," says Johnson. "This building is full of extremely talented professionals who help people feel and look better. It's definitely a wellness building."

naturalbalancespa.co
(970) 390-0672
jessica@naturalbalancespa.co

Dr. Erich Eckdahl, D.C., Ac. and Dr. Luke Cobb, D.C., Ac.

Following his graduation from Logan College of Chiropractic in 1994, Colorado native Dr. Eric Eckdahl established one of the first chiropractic centers in the Vail Valley. He is also boardcertified in Chiropractic Manipulation and Acupuncture and has completed advanced training in Trigger Point Dry Needle Technique, Chiropractic Extremity Specialization, Advanced Graston Technique®, Craniosacral Therapy, and Therapeutic Cold Laser.

Originally from Wisconsin, Dr. Luke Cobb has lived in Colorado since 2009. He received his Doctor of Chiropractic from the University of Western States in 2018 and is a board-certified Chiropractor and Acupuncturist, with additional post doctorate training in extremity manipulation, orthopedic dry needling, and gait analysis.

With locations in both Eagle and Edwards, Edwards Chiropractic & Acupuncture provides comprehensive chiropractic care across the Valley. Dr. Eckdahl and Dr. Cobb focus on leading their patients "into a lifestyle of being pain free" by "utilizing chiropractic manipulation, softtissue techniques, therapeutic rehabilitation, and a variety of chiropractic services to help achieve individual health goals."

edwardschiro.com
(970) 926-9222



KK Therapeutic Massage

A licensed massage therapist for almost 20 years, Kayte Kelly worked at the Ritz Carlton, Bachelor Gulch Spa, the Chateau Beaver Creek, and the Shaw Cancer Center, and has owned her mobile massage business for six years. She started KK Therapeutic Massage with a mission to help people by reducing stress and tension and relieving muscle and joint pain. Kelly specializes in structural alignment, orthopedic, and sports massage and offers a variety of additional massage options including Himalayan Salt Stone, Thai, CBD Enhancement, and Essential Oils.

Whether her clients are training for a race or looking to enjoy all the activities the Vail Valley has to offer, Kelly hopes to help everyone "move optimally and pain free." Additionally, she feels that message therapy shortens recovery time between workouts, improves circulation, reduces the chance of injury, and strengthens immune response.

kktherapeuticmassage.com
(970) 331-6702
kaytekelly@kktherapeuticmassage.com