

Middle Eastern Treats

Spalicious

2005

Her voice is gentle and nurturing, her manner gracious. But there is also a wonderful energy to Mehraneh Mehr's voice when she speaks about her decision to change careers and follow her dream of helping people develop a sense of well-being. That dream came true with a very busy and successful esthetics career since graduating from the Blanche Macdonald Centre in 1995.

Formerly Spa Director at the Echo Valley Ranch and Spa in the Caribou region of British Columbia, Mehraneh feels that as estheticians, the opportunity to travel is unlimited. She has been offered jobs in Saudi Arabia, Thailand and on several cruise ships, but calls Vancouver home.

Mehraneh believes her training at the Blanche Macdonald Centre thoroughly prepared her for the diversity of her career. Her days are divided between the Essential Day Spa and the Miraj Hammam, both in Vancouver. While her focus is on modern, progressive skin and spa treatments at the Essential Day Spa, Miraj Hammam is a return to her roots and the ancient cleansing and healing ritual of the hammam. Using traditional Middle Eastern treatments of steam, mist and exfoliation with black Moroccan soap, guests are massaged into blissful relaxation before retreating to the lounge to sip on mint tea and nibble on sweet cakes.

"Before I attended Blanche Macdonald, I loved the world of esthetics-making people feel happy and comfortable about themselves. After carefully researching several schools, I chose Blanche Macdonald and I feel that this was one of the best decisions of my life. I congratulate every single person that works at Blanche Macdonald, they are all so helpful and caring. Most of all, the Esthetics Director, Debbie Nickel. She has been the biggest mentor to my career. I have been in the esthetics field since 1995, and I've never looked back."