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Dr. Dan Thorstenson, the owner of the new LaVida Massage, in Springbrook Prairie Pavilion commercial plaza, and Heather Dugena, manager of the center, show the stores reception area.

Sequoia General Contracting helps put LaVida Massage on the Naperville map.

If you ask Dr. Dan Thorstenson today, he'll tell you that finding the right location for his new LaVida Massage was matched by his success in finding the right general contractor to do the project justice. The new LaVida Massage is in Naperville's Springbrook Prairie Pavilion commercial plaza. The builder, a familiar contributor to the Naperville community, is Mike Stengle's Sequoia General Contracting Corp.

"Sequoia's craftsmanship and attention to detail created a warm and relaxing décor that fits the nature of our business," Dr. Thorstenson, a retired chiropractor, said.

Thorstenson described the mix of soft colors and earthy materials Sequoia used as creating a meditative and relaxing zone where clients can shed away their inhibitions and the stress of the day-to-day grind. That process is completed by licensed massage therapists who offer more than a simple backrub. Heather Dugena, manager of the new LaVida Massage, said the finished center is absolutely wonderful.

"This frees us to concentrate on our clients," she said, adding that a properly performed massage is more than a matter of pampering; it's therapeutic. While standing by the curved front counter, with a rich, mahogany front and marble toned top, Stengle described how his company's skilled and dedicated craftsman and subcontractors were able to complete the project on time in spite of a tight deadline.

"This was virgin space when we started – just four walls," said Stengle. "The key is to surround yourself with good people."

Thorstenson said the center has nine massage therapy rooms, including one that opens into a larger room for couples. He said LaVida Massage offers massage therapy at a very competitive price and never requires a client to sign a contract for multiple massages.

"That's one of the big differences here," he said.