



Jennifer Krack
Founder of Remedies Day Spa
Whitefish, Montana

Growing up in Bellevue, WA, where her mother catered and taught her to cook, Jennifer Krack became interested in food at an early age. Jennifer's love of cooking inspired her to launch Remedies Day Spa, where all of the body beauty products are created from edible ingredients coming right from the kitchen.

Finding herself with a little extra time on her hands, Jennifer enrolled in massage school. Despite only having one massage before, but very intrigued by the healing benefits, she pursued a new career. One year later, at the age of 21, she started a clinical practice alongside four of the top chiropractors in Seattle, Washington.

After six intense years of rehabilitation work, Jennifer decided to head in a different direction, both professionally and regionally. She packed up her truck and headed east, ending up in the Flathead Valley of Montana, where she spent ten months relaxing and training horses, another one of her passions. It was also during this time that she conjured up the concept for an entirely unique kind of day spa.

In her years of enjoying spa treatments Jennifer found, from the atmosphere to the menu, the spas were predictable. She envisioned a place where visitors' pampering was tailored to the individual, whether alone, or with friends to enjoy a quintessential "girl getaway." Another key element that Jennifer wished to incorporate into her business was that warm and cozy feeling like being at a best friend's house, a philosophy embracing comfortable and fun, rather than the typical serene and quiet. Thus, Remedies was born.

Remedies Day Spa's first location was opened in October 2000, in a 100-year-old farmhouse in Whitefish, Montana. The heart of her spa is the kitchen, where clients can do everything from designing their own herbal tea to enjoying the daily homemade cookies. When you first arrive, you are greeted warmly and brought into the kitchen, where spa parties take

place, chocolate and cheese fondue is served, and all the products for spa treatments are made. From here, a therapist will take you to one of three treatment rooms, each designed with a different style.

The kitchen is also where the clients receive the Kitchen Fassage™, the spa's massage-inspired twist on a facial. Seated around the kitchen table, just like with old friends, each client is taught to create his or her own circulation rub from aromatic lavender, cornmeal, heavy cream, and other natural ingredients. A peppermint, eucalyptus and lemon zest steam follows, which clears out the sinuses and is followed by a protein building egg and honey mask. A final face massage is done using Remedies' homemade beauty mayonnaise, made fresh from an egg, olive oil and lavender essential oil.

The Whitefish Spa's three treatment rooms also cater to those wanting massage, hot rock massage, body wraps and scrubs, and the more decadent, Signature Fassage™. Again, all massage creams, wrap and scrub ingredients, and Fassage™ products are made in front of the clients at the kitchen table when they arrive, creating a unique, hands-on experience.

Remedies has experienced successful growth through the years and now includes six seasonal locations throughout Northwestern Montana: The Spa in East Glacier at the Glacier Park Lodge was the first addition in 2002, followed by the Belton Chalet location in West Glacier the same year. These two locations are open in the spring and summer, catering to the millions of guests that visit Glacier National Park.

The next Spas to be added were in 2003 at the Whitefish Mountain Resort at Kandahar Lodge and a Remedies Express Day Spa in the village of the resort. As Whitefish Mountain Resort expands to accommodate the growing number of visitors each year, Remedies will follow along, and will grow to a larger location for the 2008 - 2009 ski season.

In the spring of 2007, Remedies added a sixth location at Whitefish's Grouse Mountain Lodge, located one mile from the downtown, situated on two championship 18-hole golf courses.

Remedies Essentials product line was launched in December of 2007. The product line, made all by hand in small batches is unique in the industry as the ingredients are raw bulk food items one might find in their own cupboard, free of preservatives and additives, Remedies Essentials is as healthful as it is unique. The product line is available at spas, hotels, retail shops and on-line.

With six busy Remedies Day Spa locations and Remedies Essentials launched, Jennifer Krack spends her time primarily working from home. She is a married and a mother of two little boys, ages one and two. She consults on spa development projects while overseeing and planning for the future growth and expansion of Remedies Day Spas and Remedies Essentials product line.