



VILLAGE OF
HOMEWOOD
2020 Chestnut Road,
Homewood, IL 60430
(708) 206-3385

APPLICATION FOR SPECIAL USE PERMIT

SUBJECT PROPERTY ADDRESS: 18036 Gottschalk Ave

APPLICANT INFORMATION:

Name: Katrina Guthrie

Email: Simplymassage9@gmail.com

Address: 18036 Gottschalk Ave

Phone (daytime): 708 250 8807

Fax:

PROPERTY OWNER INFORMATION (if different than applicant):

Name: Patrick Brady

Email:

Address: 195 N. Harbor Dr. #4301

Phone (daytime): 630 926 7771

Fax:

Describe the need for the request; please be specific:

Business offering therapeutic Massage and Body work and mental health support

Describe the present use of the subject property:

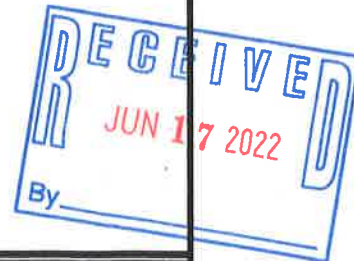
Vacant

Has the property owner applied for a variation or special use permit for this property within the last 12 months?

☐ Yes ☒ No

REQUIRED SUBMISSIONS:

- ☒ Completed application
- ☐ Site plan drawn to scale indicating present and proposed improvements to the subject property
- ☐ Business plan/description of operation plan
- ☐ Statement addressing Conditions of Approval (see instructions)
- ☐ Proof of ownership or interest in ownership
- ☐ Plat of survey with legal description



Office Use Only

Date Application Received: 6/17/22

Case No.:

Zoning of Property: ☐ R1 ☐ R2 ☐ R3 ☐ R4 ☒ B1 ☐ B2 ☐ B3 ☐ B4 ☐ DO ☐ M ☐ PL

Application Fee Paid: ☒ \$150.00

I hereby certify that the statements and facts given on this application are true and complete to the best of my knowledge. I agree that if granted the special use requested, the resultant land use will at all times comply with applicable resolutions, ordinances and standards of the Village of Homewood.

[Signature]
Signature of Applicant

6.13.22
Date

Katrina Guthrie, BA, CLC, MMP, LMT, AAMFT
Owner, Simply Massage
CEO and Founder, Simply Massage the Wellness Center LLC
Summary of Business Plan 2022

Attn: Planning and Zoning Committee

Simply Massage's initial business plan was submitted to Homewood's Planning and Zoning Committee in 2013. Since then, my heart continues to smile and beat with the same passion and tenacity which has fostered both personal and professional growth. Covid 19, as we all know, has historically been the most unanticipated and challenging time for us all, especially small business owners. Albeit, I have maintained continual success here in Homewood, and I have retained the loyalty of clients from first launching in 2010, and the admiration of new clients in and around the surrounding area.

Simply Massage has grown to create *Simply Massage the Wellness Center LLC*, located 18036 Gottschalk Ave. Homewood IL. Simply Massage the Wellness Center LLC, prides itself on maintaining the integrity of its business' initial intent. Its expansion will continue to be fully operated and person-centered, providing therapeutic massage and body work, art therapy/therapeutic art coaching, (self-guided), and mental health support to the community of Homewood IL and its surrounding underserved communities. The services provided by Simply Massage the Wellness Center LLC, will be facilitated by [1-2] Licensed Medical Massage Therapists, a Licensed Clinical Professional Counselor[s] (voluntarily and bi-weekly), and a Certified (relationship) Life Coach. There is a multipurpose room which will host workshops, group coaching, art therapy and will be available to its clients.

The Benefit of Massage Therapy: There is a myriad of benefits associated with Therapeutic Massage and body work it may be clinical in nature or purely relaxing. At *Simply Massage the Wellness Center LLC*, the professional massage therapists will utilize a broader set of modalities such as **Trigger Point Therapy or Myofascial Release, to assist muscle recovery.** Additionally, Medical massage is outcome-based massage, primarily the application of a specific treatment targeted to the specific problem the patient presents with a diagnosis and are administered after a thorough assessment/evaluation by the medical massage therapist with specific outcomes being the basis for treatment. Massage in general reduces muscle pain and soreness, helps with insomnia, improves immune function, increases flexibility and range of motion, and most importantly relieves stress and anxiety effectively creating an atmosphere for healing of the mind, body, and spirit.

The integration of Art and Art Therapy: Studies have shown that Art therapy can be used as a complement to traditional mental health support, it's aim is to manage behaviors, process feelings, reduce stress and anxiety, and increase self-esteem. Art is a self-expression, creating art can help you acknowledge and recognize feelings that have been lurking and or suppressed in your subconscious. Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental Health support further provides much needed assistance to the prevalence of anxiety and depression mostly due to trauma. *Simply Massage the Wellness Center LLC*, is NOT a mental health facility but proposes to offer mental health support to

individuals, couples, groups and families as a complimentary intervention through open dialogue and facilitated coaching/therapy support. The weekly sessions will be complimentary (included with "membership" or bundled services), facilitated by a Certified Life Coach and/or a licensed clinical professional counselor (LCPC). Additionally, *Simply Massage the Wellness Center LLC*, plan to house an intimate art gallery by soliciting local artists and offering free advertisement for freelance artists. The works selected will be specific to emotional wellness and as we grow the further aim would be to host nutritional and financial support workshops to improve upon the wholeness of self.

At *Simply Massage the Wellness Center LLC*, several packages and payment options will be available as well as "membership" making it appealing to all. We plan to offer something for toddlers and tweens and everyone in between, providing a relaxing, therapeutically safe and sound environment with a sprinkle of fun for the entire family.

"Our greatest achievement is self-awareness, if *Simply Massage the Wellness Center LLC*, can assist in achieving your fullest potential, it would be our pleasure". ~Katrina

Sincerely,

Katrina Guthrie

Katrina Guthrie CEO/Founder
www.simplymasaage9@gmail.com
Simplymassage9@gmail.com
708.250.8807

June 27, 2022

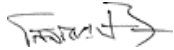
Valerie Berstene
Village Planner
Village of Homewood
2020 Chestnut Road
Homewood, IL 60430

**Re: Consent for Simply Massage the Wellness Center LLC
18036 Gottschalk Avenue, Homewood, IL 60430**

Dear Ms. Berstene:

Thank you for your phone call this morning. Please accept my confirmation that Simply Massage the Wellness Center LLC, owned by Katrina Guthrie, has my consent to lease space at 18036 Gottschalk Avenue in Homewood for her business purposes. I look forward to Miss Guthrie expanding her business and continuing to support the community of Homewood.

Best regards,



Patrick Brady
(630) 926-7771