



TOWN OF HOLLISTON
ZONING BOARD OF APPEALS
TOWN HALL

HOLLISTON, MASSACHUSETTS 01746

OFFICE OF THE
TOWN CLERK
HOLLISTON, MASS
2022 OCT 12 AM 10:10

APPLICATION FOR GRANT OF A SPECIAL PERMIT

Date Filed: _____

Subject Address: **859 WASHINGTON STREET**

Applicant's Name: **MIKAELA FAIR D/B/A MINFDUL RECOVERY HOLLISTON INC**

Applicant's Phone Number: **508-317-7176**

Applicant's Email: **MIKAELALFAIR@GMAIL.COM**

Owner's Name: **EDMOND MASSABNI**

Owner's Address: **27 GOODNOW LN., FRAMINGHAM, MA 01702**

The Owner hereby appoints _____ to act as his/her/its agent for the purposes of submitting and processing this application for a special permit.

Applicant's Signature: *M Fair*

Owner's Signature: *Edmond Massabni*

Registry of Deeds Recording Information: Book **57416** Page **130** L.C. Y/N?

Assessors Map **50** Block **8.E** Lot **3**

Zoning Information (To be completed by Inspector of Buildings):

Zoning District: **RES**

This is a pre existing non conforming use that would change to another non conforming use. 10/12/24
WLL

Section of Zoning Bylaw that permits this use by grant of Special Permit:

1-C (2)

Nature and subject matter of Special Permit:
SEE ATTACHED.

The Applicant presents the following evidence that supports the grant of the special Permit:

a. The use is in harmony with the general purpose and intent of the bylaw because:

SEE ATTACHED

b. The general or specific provisions of a grant of a special permit, as set forth in the zoning bylaw are satisfied because:

SEE ATTACHED

Will the proposed use include the storage or process of any hazardous substances?
Yes _____ (Please attach additional information.) No ☒ _____

Nature and subject matter of Special Permit:
I-C PRE-EXISTING NON-CONFORMING USES

2 Nonconforming Uses

2.1 Permissible Changes

2. Change from one nonconforming use to another

I, Mikaela Fair, would like to relocate Mindful Recovery Holliston Inc (existing business in Holliston) from 26 Exchange Street to 859 Washington Street. I'm requesting a Special Permit to change 859 Washington Street from one non-conforming use to another. This location has been the home of a Dentist's office for over 100 years, proving no detriment to the surrounding neighborhood.

Mindful Recovery is a health and wellness suite specializing in alternative therapies to aid in the recovery of the body and mind. Our primary therapies include Whole-body Cryotherapy, Far Infrared Sauna Therapy, and Compression Therapy. Some benefits of these therapies include but are not limited to decreased inflammation, improved circulation, increased mobility, improved mood disorders such as anxiety, stress, and fatigue, improved immune system, increased energy, accelerated tissue and muscle healing, and so much more.

The hours of Mindful Recovery are aligned with most local businesses in Holliston.* We receive one liquid nitrogen delivery by Middlesex Gases every other Thursday between 10:00 AM and 12:00 PM. The delivery will last between 15 to 20 minutes. The cryotherapy machine uses liquid nitrogen to lower the chamber temperature, triggering natural responses by the body that aid in healing. All employees have received formal safety training on the use of liquid nitrogen.

As far as client traffic goes, we operate on a one-to-one ratio; one client to one service. We do not expect to have more than three clients, plus one employee, in-house at any given time. We plan to provide a map on our website, as well as our email confirmations, to notify clients of public parking options that are nearby. We ask that on-street parking be allowed as it has been for the last 10+ years.

We employ five part-time employees. Two of those five employees are Holliston Highschool students, and the three others are from surrounding towns. All our employees have gone through formal training to help our clients utilize our therapies. These employees will park in the municipal lot located on Exchange Street to free up as much public parking as possible.

*Current operating hours:

Monday 9:00 – 12:00 PM

Tuesday and Wednesday, 9:00 – 2:00 PM, 4:00 – 8:00 PM

Thursday 12:00 – 7:00 PM

Friday 9:00 – 7:00 PM

Saturday and Sunday, 9:00 – 2:00 PM

Thank you for your time and consideration of our special permit request. We believe moving Mindful Recovery to 859 Washington Street will have no more impact on the neighborhood than Holliston Dental had. I think it's worth mentioning that we have thirty-two 5-star reviews on Google, and we'd love to continue serving the town of Holliston for years to come.

Thank you for your time and consideration,

Mikaela Fair