

OAK Mind + Body Opens Its Doors, Continuing a Legacy of Healing in Oak Park

OAK PARK, MI, UNITED STATES, June 24, 2025 /EINPresswire.com/ -- [OAK Mind + Body](#), a new holistic wellness center, has opened its doors along the revitalized W. Nine Mile corridor in Oak Park. Offering a multi-disciplinary collective of wellness practitioners, the space is designed to nurture the mind, body, and spirit in a warm, modern setting that stands apart from traditional spa environments.



Co-owners Vanessa and Adam Friedman purchased and began restoring the 1949 mixed-use building nearly two years ago. “It was important to us to invest in this area—just a couple towns over from where I grew up,” said Vanessa Friedman. “The building was originally constructed by a local medical doctor who ran his practice here for decades, later passing it to his daughter who was also a physician. We’re proud to carry on this legacy of healing, now with a more expansive and integrative approach.”

When a long-standing tenant vacated the space in November, the Friedmans saw the opportunity to bring a long-envisioned dream to life: a thoughtful wellness space rooted in community, with offerings that go beyond traditional bodywork.

OAK Mind + Body now houses a growing team of wellness professionals specializing in a range of modalities—from massage therapy and acupuncture to mental health support, somatic practices, aesthetic treatments and energetic healing. Clients can create individualized wellness plans with a focus on whole-person care.

“We designed OAK to feel calm, clear, and welcoming—a place that supports deep self-care without the clichés of a typical spa,” said Friedman. “We’ve curated every detail to feel intentional, from the minimalist interior to the forthcoming retail offerings featuring select beauty, skincare, ceramics, and self-care items from both local and global artisans.”

Their ties to Michigan—and their admiration for the energy of metro Detroit—are strong. “We find inspiration both locally and abroad,” Friedman explained, “and OAK is a space where those influences come together. We hope to contribute something fresh to the community: a place where personal wellness and collective connection can coexist.”

In addition to one-on-one services, OAK Mind + Body plans to offer group classes, workshops, and events in the months ahead. The goal is to cultivate a space that supports ongoing personal transformation, rooted in the understanding that wellness is not one-size-fits-all, but rather a dynamic and integrated process.

OAK Mind + Body began accepting appointments in May and is currently welcoming new clients. The center is also actively hiring wellness practitioners for the following roles: massage therapist, talk therapist, esthetician, wellness coach, and chiropractor.

For more information, to book a service, or to inquire about joining the team, visit www.oakmindbody.com.

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