

Pause Studio Highland to Open as Utah's First Pause Studio, Bringing Wellness and Recovery Services to Highland

Heber-based owners will open the new wellness and recovery studio at Highland Mains on October 3, offering a wide range of therapies under one roof.

HIGHLAND, UT, UNITED STATES, August 20, 2026 /EINPresswire.com/ -- [Pause Studio Highland](#), a new wellness and recovery studio offering a comprehensive range of health, wellness, and recovery services, will open October 3 at Highland Mains in Highland, Utah. Owned and operated by Heber-based entrepreneurs Ben Shih and Michele Ledoux, this will be the first Pause Studio in Utah and will serve residents of Highland, Alpine and surrounding communities.



Pause Studio to open on October 3 in Highland, Utah

The studio will bring multiple wellness and recovery modalities together in one location, including contrast therapy, infrared sauna, sensory deprivation float therapy, medical-grade LED light therapy, and compression therapy.

“

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Michele Ledoux

Pause Studio Highland is designed to give guests a convenient and individualized way to incorporate wellness, relaxation, and physical recovery into their routines. Guests can book individual treatments or combine complementary services based on their personal wellness and recovery goals.

Pause Studio Highland at a Glance

- Location: 5378 West 11000 North, Unit 302, Highland, Utah
- Opening: October 3, 2026
- Utah distinction: First Pause Studio location in Utah
- Services: Contrast therapy, infrared sauna, sensory deprivation float therapy, LED light therapy, compression therapy, and more.
- Community served: Highland, Alpine, and surrounding Utah communities
- Future expansion: Additional Pause Studio locations planned across the Wasatch Front and Wasatch Back

Local Owners Bring Personal Wellness Experience to New Studio

Shih and Ledoux, who have been married for 23 years and have two daughters, bring extensive hospitality experience to Pause Studio Highland. Michele has owned and operated a catering business for more than 20 years.

Their decision to open Pause Studio grew from their own experiences seeking wellness and recovery services and recognizing the challenge of visiting multiple businesses to access different treatments.

“We experienced firsthand how valuable these different recovery and wellness modalities are, but we were constantly going from one business to another to find them,” said Michele Ledoux. “Pause stood out because it brings everything together under one roof in a private, welcoming setting. It makes prioritizing your health and well-being easier, more efficient, and more accessible, and we’re excited to share that experience with this active community that prioritizes health and wellness.”

Wellness and Recovery Services Under One Roof

Pause Studio Highland will offer a variety of wellness and recovery services designed to support relaxation, recovery, and overall well-being.

Why Highland and Alpine

For Shih and Ledoux, choosing the right community was an important part of opening their first Pause Studio location in Utah. Conversations with local developers, city leaders, and community members helped reinforce their decision to locate the studio in Highland.

“We were struck by how welcoming everyone is and by the pride people have in this community,” Ledoux said. “There is a strong focus on family, health and taking care of yourself and others, which felt very aligned with what Pause represents. The more people we met, the more Highland felt like the right place for us.”

A Modern Approach to Wellness and Recovery

Pause Studio Highland will feature a tranquil, contemporary environment designed to provide guests with a comfortable place to relax, recover, and recharge. The studio combines modern wellness technology with personalized service and multiple complementary treatments. The range of services is intended to support a variety of individual wellness goals, including relaxation, stress management, physical recovery, performance, and overall mental and physical well-being.

Grand Opening and Pre-Sale Offer

The Pause Studio Highland grand opening celebration will take place Saturday, October 3, 2026. In advance of the opening, Pause Studio Highland is offering a [50% off pre-sale package](#) to introduce the community to the studio's wellness and recovery services.

Pause Studio Highland is planned as the first of several Pause Studio locations that Shih and Ledoux intend to open across the Wasatch Front and Back.

For information about Pause Studio Highland, grand opening updates, and future Utah locations, visit Pause Studio Highland or follow @pause.highland on Instagram.

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