

# Health & Wellness

## Club Canine: The go-to spa for dogs

BY SCOTT E. KINNEY

ATLANTIC NEWS STAFF WRITER

PORTSMOUTH | It's kind of an exclusive club.

Well, not really exclusive, but you do have to walk on four legs.

This is Club Canine, a local spa for our furry four-legged friends, where operating as a self-service dog washing business is just the tip of the iceberg.

Stacey Rogers, who co-owns the business with Maribeth Girard, said Club Canine is much more than that. For club members and those in the know, it is the "go-to" club for all things dog.

"The dog community is a close knit one," she said. "I'm not an authority, but I've certainly got a lot of information to give to people."

The Portsmouth-based business offers a number of services for the proud owner of a canine. And if they don't offer those services they can certainly tell you where to find them.

Among the services provided onsite is Tellington T Touch by Jessica H. O'Donoghue, a gentle method of bodywork and movement exercises that positively influences behavior, performance and well being. There are also days where full-service grooming is available. Best of all it's by appointment only.

"Your dog is the only dog we're working with at

that time," Rogers said, "so they're not here all day in a cage."

There is also training offered. Special programs such as "Manners on the Move," a real life training course that will have dogs learning at the club, the beach, the Portsmouth Dog Park and downtown.

"What better way to learn than with your animal in the public," said Rogers.

And then there's Fido Fitness, a combination of yoga, meditation and core strengthening for both dog and owner.

"It's a great way to rebalance yourself and your dog," offered Rogers, "a way of regrouping and rebalancing."

In the summer, a one-week camp for children age 9 through 12 that will include humane education, crafts, reading, guest speakers and the opportunity to bring their pet in one day for a wash.

The list goes on and on and includes social interaction as well as onsite adoptions through the NHSPCA, not to mention all the networking that Club Canine has done with other doggy-based businesses.

The business also has a retail section which offers a variety of items including a number of wholesome, high end treats and a number of food and health supplements.

And of course, there is



**BATHTIME** — Washer: Club Canine co-owner Stacey Rogers and Washee: Finnegan enjoy some owner-pet bonding time using one of the club's tubs. The business is much more than a self-service dog wash.

— Atlantic News Photo by Scott E. Kinney

the self-service dog wash. For a nominal fee, doggy and owner can spend quality time with a canine bath. Best of all, Club Canine does all the hard work for you. Specially designed tubs await, which means no more lifting dear Fido into the tub (those dog owners with canines of a similar size to Rogers' large Mastiff pup will appreciate that).

All the necessary supplies are readily at hand and are all natural, mean-

ing there's no more reaching for the name brand baby shampoo when you find out you're all out of your favorite dog shampoo. To top it all off, there's no cleanup. The staff at Club Canine does all that for you, which means no more clearing the bath drain of all that dog hair.

"I don't feel this is a luxury service; this is a necessary service," said Rogers. "It makes their health better, their life better and

your life better with them."

Even dogs who traditionally don't like the bath would find this to be a dream treatment.

"I have not had a dog yet who has not enjoyed a treatment," said Rogers.

Club Canine is extremely customer and canine oriented. If a customer is looking something that the business doesn't offer all they need do is ask, said Rogers.

"We're very receptive to

new ideas," she said.

For Rogers, the business is the realization of a life long love. She has served on the board of directors for the SPCA for a number of years and participated in the buildings reconstruction project and remains a board emeritus.

Club Canine is located at 1 Robert Avenue in Portsmouth. The business can be reached at (603) 433-1999, or visit their Web site at [www.clubcanineseacoast.com](http://www.clubcanineseacoast.com).

New students receive a **FREE WEEK!**

Offer good for local residents (50 mile radius)

**Featuring:**

- 20+ classes in athletic forms of yoga
- Beginner Series
- Pre and post-natal classes
- Childlight Yoga
- 200 Hour RYT Teacher Certification Program
- Private and Private Group Classes

**PRASADA**  
yoga center

VISIT OUR APPAREL BOUTIQUE

18 Lafayette Rd. Unit #4, North Hampton, NH 03862  
Across from the Seacoast Harley Davidson Center

603-964-1919

[www.prasadayogacenter.com](http://www.prasadayogacenter.com)

Email: [info@prasadayogacenter.com](mailto:info@prasadayogacenter.com)



\*Licensed Electrologist since 1981\*

**STOP**  
Don't Tweeze  
Call  
Arlene's  
**ELECTROLYSIS**  
929-3936  
Hampton, NH



Constipated? I.B.S.?  
Parasites? Toxic? Overweight?

You could be carrying 10-30 pounds of old fecal matter in your intestines... AIM Herbal Fiberblend will cleanse & eliminate that black plaque

It's time to clean & detoxify your colon  
**CALL TODAY!**

Get a free DVD with your first purchase

603-679-9595  
or 888-504-2623

[BetterWay2Health.com](http://BetterWay2Health.com)

One simple product for great end results!

