

Appeal Period Expires 7/30/25

Town of Essex, Vermont

Application Date 1/1

Zoning District CTR

Application for Zoning Permit

Permit Number 2025-108

(Building Permit)

- Contact State Permit Specialist Jeff McMahon (477-2241) to check for state permitting and/or setbacks.
- Post permit card visible to the road immediately as Permit is appealable within 15 days of issuance.
- Call the Zoning Administrator at 878-1343 to schedule a Certificate of Occupancy inspection if indicated below as required.
- Call the Assessor at 878-1345 to schedule a re-assessment upon completion of work.
- Provide a diagram showing proposal and any easements, well or septic locations, etc.

SIGN HERE: Stephanie Mack

Parcel Account Numb. (Map-Parcel-Lot) 2-058-003-000

Property Address: 110 Center Rd Essex

Owner: Lunar Lifestyles LLC

Owner Address: 256 Jericho Rd Essex

A Owner Phone: (work) 802 735 7292 (Cell) _____

(Email) admin@healer.center

Tenants name: Healer Phone: 802 735 7292
(or contractor) Cell: _____

Estimated Construction Dates: Start: 5/15/25 Completion: 8/1/25

Sq. Feet: _____ Estimated Cost (labor & materials): \$10,000

B Sewage Disposal (Please attach Sewer and/or State Septic Approval).

Public Septic Connection Fee \$ 216.40 Date Paid: 7/15/25

Proposed New Bedrooms: NO Existing Bedrooms N/A
Addition Allocation 209 gallons approved SB

C Water (Please attach Water Service Application if applicable). 7/14/25

Public Well Fee \$ 1203.40 Date Paid: 7/15/25

D Driveway (Please attach copy of approved Curbcut / Utility Application).

Date of approval: 1/1 N/A pre-existing

E Stormwater N/A

Project disturbs an area greater than or equal to 1 acre – Erosion Control Permit Required. Attach completed permit application.

Project creates new or expands existing impervious surface greater than or equal to 1/2 acre – Erosion Control Permit and Stormwater Management Permit required. Attach completed permit application.

F Diagram – Show a sketch of project on reverse of this application with property lines, building, and setbacks or attach separate sheet.

See attached

Signature of Tenant and
Signature of Owner

Stephanie Mack

G

Check box(es) which describe proposed use or construction (circle choice in parenthesis).

N = New A = Addition R = Remodel

	N	A	R
Residential:			
Single Family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Two-family (duplex)(other)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Multi-family	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Condominium / Townhouse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Mobile home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Inclusions or Additions:			
Garage (attached) (detached)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Porch (enclosed) (open)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Deck	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pool (in) (above) ground	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shed	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Barn (residential) (agriculture)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Non-residential:			
Commercial / Industrial	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stormwater:			
Stormwater	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Erosion Control	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Other:			
Change in use	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Miscellaneous	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Renewal	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Office Use Only

Fees:	Type	Amount	Date Pd
Permit		\$ <u>300</u>	<u>7/10/25</u>
Recreation		\$ _____	<u>1/1</u>
Recording		\$ <u>30</u>	<u>7/10/25</u>
Certificate of Occ		\$ <u>100</u>	<u>7/10/25</u>
Other Water + Sewer		\$ <u>3366</u>	<u>7/15/25</u>

Building Permit
Approved Rejected Date 7/15/25

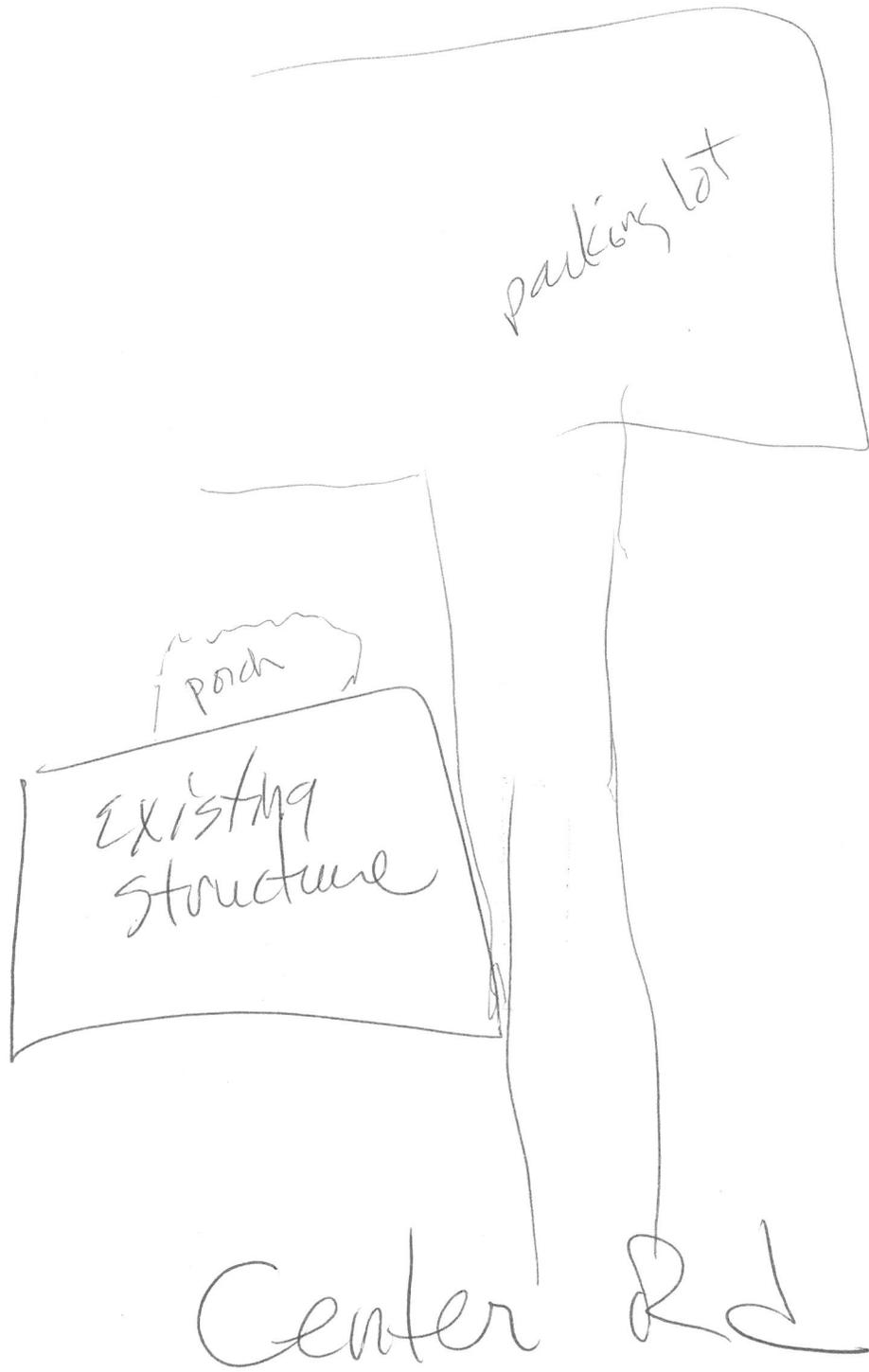
Issued to: Lunar Lifestyles LLC

Zoning Administrator: Sharon Kelley

Notes: Select Code Approver
Water Allocation on 7-14-25

C.O. Required (Certificate of Occupancy) Yes No

**THIS PERMIT VALID FOR TWELVE (12) MONTHS FROM DATE OF ISSUE
RENEW FOR 1 YEAR (FREE) IF NOT EXPIRED**



parking lot

porch

existing structure

Center Rd

Memorandum

To: Katherine Sonnick, Director of Community Development
Sharon Kelley, Town Zoning Administrator
Kent Johnson, Town Planner

From: Annie Costandi, P.E., Water Quality Director *AC*
Dan Gregoire, E.I., Town Staff Engineer
Aaron Martin, P.E., Director of Public Works *Aun*
Lea Sanguinetti, P.E., Associate Engineer *LMS*

Date: June 23, 2025

Subject: 110 Center Road, Conditional Use Application

Public Works staff have reviewed the Conditional Use application for the above referenced location and offers the following comments.

Traffic:

1. The applicant coordinated with VTrans and provided the Town with Guidance Document #47059 dated April 10, 2025. VTrans determined that a Section 1111 permit is not required for the proposed change of use, however VTrans placed conditions on the property including future change of use proposals require VTrans' approval and if crashes occur at this location, the Agency may, at its sole discretion, require access modifications to bring access into compliance with the commercial drive standard.

Water/Sewer:

1. The property currently has 360 GPD of water and sewer allocation. The attached document was provided by the applicants engineer (KAS Consulting), which calculates the proposed water and wastewater design flows. The proposed water and wastewater design flows have been reviewed and approved by Public Works.

Public Works understanding of the change in use is listed below, which were used to determine the proposed water and wastewater design flows.

First Floor:

- A 400 SF retail space
- Catering kitchen with multiple uses, such as a test kitchen, packaged meal preparation, meal demonstrations, and dinner once a week.
- Seasonal popsicles stand, which would function similarly to an ice cream stand.

Second Floor:

- Space to be converted to a detox spa with only one provider a day for services. Services provided in the spa include saunas, ionic foot baths, and a "Soft-Pack System" bed. It is assumed that 6 patrons

will utilize the saunas each day, 1 patron will use the "Soft-Pack System" each day, and 8 patrons will use the ionic foot baths each day. A Hammam Table, a warming table to perform a massage on, will be available as an add-on service only and will not result in any additional patrons.

The Town will monitor the water usage of the property. If there is a significant increase in usage after the spa opens, then the Town will contact the applicant to revisit the allocation.

2. The additional water and sewer allocation has been determined to be 204 GPD. The applicant must apply for the additional water and sewer allocation. The application will require Selectboard approval for the additional sewer allocation. Once approved, the applicant will be required to purchase the additional allocation in the amount calculated below prior to the issuance of the building permit. The sewer and water fees have been estimated as follows:

- a. Water: 204 GPD x \$5.90 per gallon = \$1,203.60
 - b. Sewer: 204 GPD x \$10.60 per gallon = \$2,162.40
- Total: \$3,366.00

If the water and sewer fee schedule changes, then the fee charged shall be the fee in effect at the time of the submittal for the building permit.

3. The applicant will be required to install a grease trap since the intended use of the building includes a catering kitchen.

110 Center Road, Essex, VT
 Change of use of a commercial building
 Water/Wastewater Design Flows - Revised June 18, 2025

Existing Mixed-Use Lot: Water and Wastewater Design Flows

Existing Demand Category	Water Supply Design Flow (GPD)	Wastewater Design Flow (GPD)
WW-4-1048	360	360
Permitted Total	360	360

1. Property wastewater system and water supply design flows permitted under WW-4-1048, April 4, 1997. For the conversion of a single family residence to a first floor retail space with four employees and second floor two-bedroom apartment.

Proposed Kitchen, Retail Space and Day Spa: Water and Wastewater Design Flows

Proposed Demand Category	Number of Users Per Day	Water Gallons Per Day (GPD)	WW Gallons Per Day (GPD)	Maximum Proposed Water Supply Design Flow (GPD)	Maximum Proposed Wastewater Design Flow (GPD)
Kitchen, Commercial Catering, no residence	1	100	100	100	100
Kitchen, Employee	2	13	13	26	26
Weekly Dinner Seat, 1 meal w/on-site catering	12	14	14	168	168
Retail Area, up to 400 SF	1	50	50	50	50
Popsicle Stand (3)	1	42	42	42	42
Popsicle Stand, Employee	1	13	13	13	13
Day Spa, Sauna (4,5)	6	1	1	6	6
Day Spa, Soft Pack System (4,6)	1	2	2	2	2
Day Spa, Ionic Foot Bath (4,7)	8	4	4	32	32
Day Spa, Patron with showers (sauna and bath)	7	8	8	56	56
Day Spa, Patron no showers (foot bath)	8	4	4	32	32
Day Spa, Employee	1	13	13	13	13
Day Spa, Laundry (8)	2	12	12	24	24
First Floor				399	399
Second Floor				165	165
Proposed Total				564	564
Additional Allocation				204	204

1. Water and Wastewater design flows were calculated using the EPR Chapter 1 Wastewater System and Potable Water Supply Rules, April 12, 2019 (WW/WS Rules) and best fit categories.
2. Weekly dinner seat calculation includes member pre-packaged meal-to-go on nights the dinner is not occurring
3. Popsicle stand will be seasonal and will not utilize water to make the popsicles. Usage per day based on cleaning of machine. Assume 100 gallons per day x 5 months open / 12 months per year and round up.
4. Day spa counts are based on the reasonable number of patrons one employee may be able to attend to in an 8 hour day and manufacturer specifications.
5. Day Spa Sauna does not utilize water for treatment. One gallon per session has been included for cleaning purposes. Assume 3 users x 2 saunas per day x 1 gallon per session.
6. Day Spa Soft Pack System does not get changed out after each use and resembles a water bed. Assume 135 gallons to fill / 90 day changeouts.
7. Day Spa IonCleanse foot bath utilizes three gallons per treatment with one gallon to rinse feet and one gallon to clean. Assume 2 users x 4 baths per day x 4 gallons per session.
8. Washing machine manufacturer specification of 12 gallons per load.
9. The Hammam massage table is an add on service only and will not require showering. The Hammam massage table will utilize no water and use household cleaner in a spray bottle to clean.

Healer

Autoimmune Support & Wellness Center (byline)

Healer.Shop (brick & mortar and online)

Healing Meals To Go

Healer Detox Spa

Pop-Up Meal nights (random for members based on Chef availability)

Healer is a speciality center all about autoimmune support & how to live an anti-inflammatory lifestyle. Typically members are fighting cancer, diabetes, psoriasis, thyroid disorders, etc. There will be 3 different sources of revenue. The Shop will have small-batch, non-amazon, products on the main level. We try to use as many local vendors as possible. Healing Meals To Go, will be organic meals using Pete's Greens farmshare, made by a local chef & sold out of the store. The Detox Spa will be upstairs, but the current tenants will not be out until the end of June, then we have topical renovations so it is not slated to be open until Sept 1.

The general concept: everyone entering will be members. This will eliminate random traffic. New folks will have to scan the QR code on the door. This will allow them to sign up at the Shop level & get a code to enter.

Healer.shop

The Products are going to be kept in the main level on the west side. There will be a refrigerator to hold the to go meals & a freezer for local meats. The check-out will be autonomous, so members can check out on their own (like you can do at any grocery store). The main entrance will be at the back of the building, adjacent to the parking lot. Store hours will be 8-8 Mon-Sun. So with a membership based clientele & autonomous check out, members can stop by anytime convenient to them to pick up items from the store. Members can enter with a pin code, so there is no off-limits time, but realistically people typically would not stop by after they drive home from work.

Currently & for the past 5 years, Petes Greens drops their farmshare on Thursdays. Healer aims to keep this relationship strong, since we want to use their farmshare in our Meals To Go program. This brings about 24 cars in & out on Thursdays for farm share pick up.

Healing Meals To Go

It may be a lot of the same customers who use the farmshare will frequent the Shop & Meals & Spa. We aim to start meals on Tuesdays weekly & then build the week. They are purchased wholesale from a local chef & Healer resells them on the weekly program. Members will be able to add on extra meals if there are any extras in the fridge. Meals can be picked up any time after noon on the pick up day. Since we host the local farmshare drop/pick up, which happens on Thursdays, we are not going to offer our To Go meal program on the same day. We are going to offer it Mon, Tues, Weds & Friday. The farmshare drops the produce late morning. Pick ups usually start around 3pm-8pm, as members head home. So as to not conflict with the in & out

flow of the farmshare, we will limit our meals to the other 6 days of the week, since pick ups would be approximately the same time frame. **NOT PREVIOUSLY NOTED: Once my kitchen is approved, we will have the chef cook out of our kitchen for the Healing Meals to Go.**

Healer Detox Spa

The tenants will not be out of the upper apartment until the end of June. Then we have topical renovations July-Aug, with an anticipated start date of Sept. We should have 2 service providers in 2 of the 4 rooms, like Reiki & Massage. The other 2 rooms are going to be passive units, like red light sauna & possibly moving the ionic foot baths upstairs. Detox Spa is going to be managed by Healer & the practitioners are going to be managed by the availability of the Spa as a whole. **NOT PREVIOUSLY NOTED: The tenants will be out May 31, so we are ready to begin renovations. We are going to have 1 service provider, not two, unless there is a group.**

From surveying my other acupuncture friend's clinic, we should be getting about 8 cars a day for the spa, as many of the members will book services back to back. This clinic gets about 24 cars in a 3 day cycle. She has 3 rooms & many of her client timeslots overlap. The other practitioner gets about 12 cars over 2 afternoons & 1 full day. This same type of volume will be much like my spa. The hours of operation would typically run 8am-8pm **7 days a week by appointment. So the spa will not be open if members have not booked services.**

→ **NOT PREVIOUSLY NOTED:**

Member Pop-up Meal nights

This is not for the general public. We have a membership list. Members will be notified via email as to which nights in the month the Chef can cook & what the menu will be. We will cook one meal. Members choose which night suits them. There will be about 4 nights per month. We originally wanted to seat about 20 but can only fit 12 on the deck. This will be seasonal, May- Sept. This is like a catering on-site event, as there will not be any servers. Members will seat themselves & get their own meals, etc. They can just eat out on the deck. So it is like catering with a social aspect. This is not a "restaurant" in the traditional sense.

→ **NOT PREVIOUSLY NOTED:**

Popsicles

We are dairy & gluten free. So we cannot go to Palmers Maple or Sweet Scoops. We are going to be offering popsicles daily 12-8pm, but not on nights where we have pop-up meals. Customers can sit out on the deck while eating their popsicle or sit in the picnic tables around the yard. We make our own popsicles, we put toppings on them & treat them like a sundae.

→ **NOT PREVIOUSLY NOTED:**

Regenerative Health Program

Members work with 2 different doctors on their alternative wellness plan. All of these sessions will be done via zoom & will not impact the building or parking.

Exterior

Front of the building is going to need a sidewalk put in from the driveway to the front porch steps. Better access needs to be provided for the farmshare traffic which does their pick up off the front porch. See pics. **NOT PREVIOUSLY NOTED: We have moved the farm share pick up to the back porch so customers can get in & out quicker with their pick ups.**

On the back porch, we are going to need to make the exterior entrance to the shop & the spa look a lot better. We are planning on putting up siding similar to the existing siding & putting on better gutters so water does not land on the back porch steps. Additionally, we are going to pressure wash the existing fir decking & re-stain. Finally, we already have a handicap ramp to the back porch entrance, which is very helpful for any handicap customers & for product deliveries. See the pics of the existing exterior that needs to be spruced up. All the junk around the back shed is going to be removed

We intend on having security cameras on both entrances & on the detox spa entrance & in the shop but not inside the detox spa.

Parking

The driveway is going to be relined to revitalize the 16 car parking lot & 1 handicap space which was previously approved for on a plan dated April 30, 1997. The 2 exterior light poles are in working order. Parking space will be relined to state code as soon as the lot dries up, which by the time this meeting actually happens in June, should already be done. Additionally, we are sliding back the shed off the parking lot so there will be more parking spaces available & expanded area for snow plow piles.

Agency of Transportation on the use of the premises

I have reached out to AOT & awaiting their reply. I will have a reply by the time this meeting comes up. **NOT PREVIOUSLY NOTED: AOT responded with approvals.**

Conditional Use Review

Healer Autoimmune Support Center is going to extend the Essex business district from Price Chopper shops to Hoagies. The timing of the members entering the driveway is opposite timing from the nextdoor at Hoagies. Hoagies tends to be later in the afternoon, early evening & weekends. We will be focused on afternoon pick ups for meals & day hours for Detox Spa. We feel the parking lot is more than sufficient for the needs of the business, as traffic flow is elicited at different times of the day. There would not be any more traffic than Hoagies encourages. The current office building was significantly under used with the prior owner. This will have more traffic like the prior sports store at this location.

As a side note, I run an accounting consulting business called Strategizer. I will be using the back office on the main floor as the back office for Healer & Strategizer. There will not be any clients coming to my office for Strategizer, as it is an online business only.

downstairs
C owner and 2 employees
cook 1

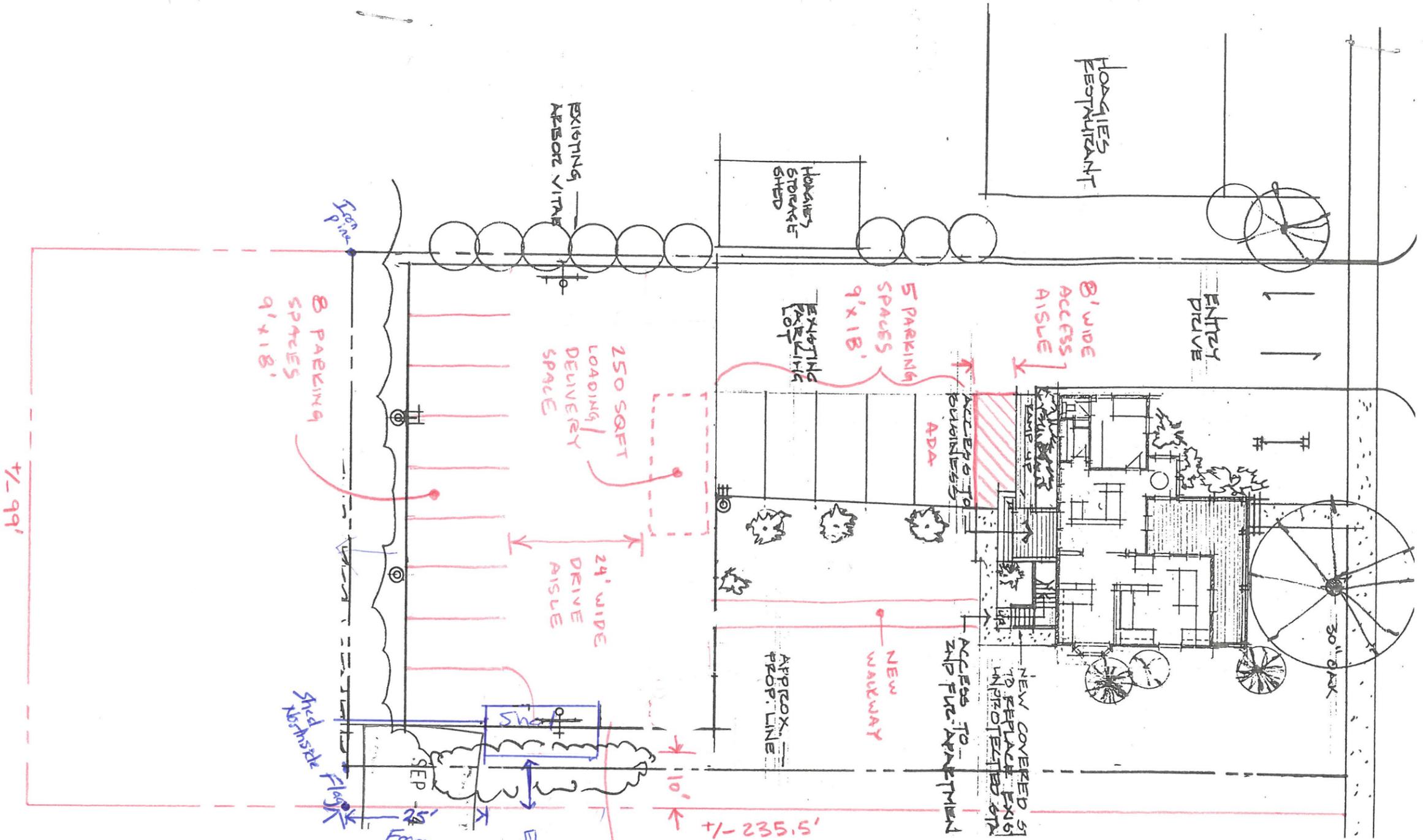
Employees - ~~Front Desk~~ every other Friday 1-5

~~see~~ Popsicles - W-S 12-8 1 employee
picnic tables for public customers

Dinner - ? Random night based on Chef
availability 5-8 ~~noon~~
Front Porch

Store - Membership / key FOB access
24/7

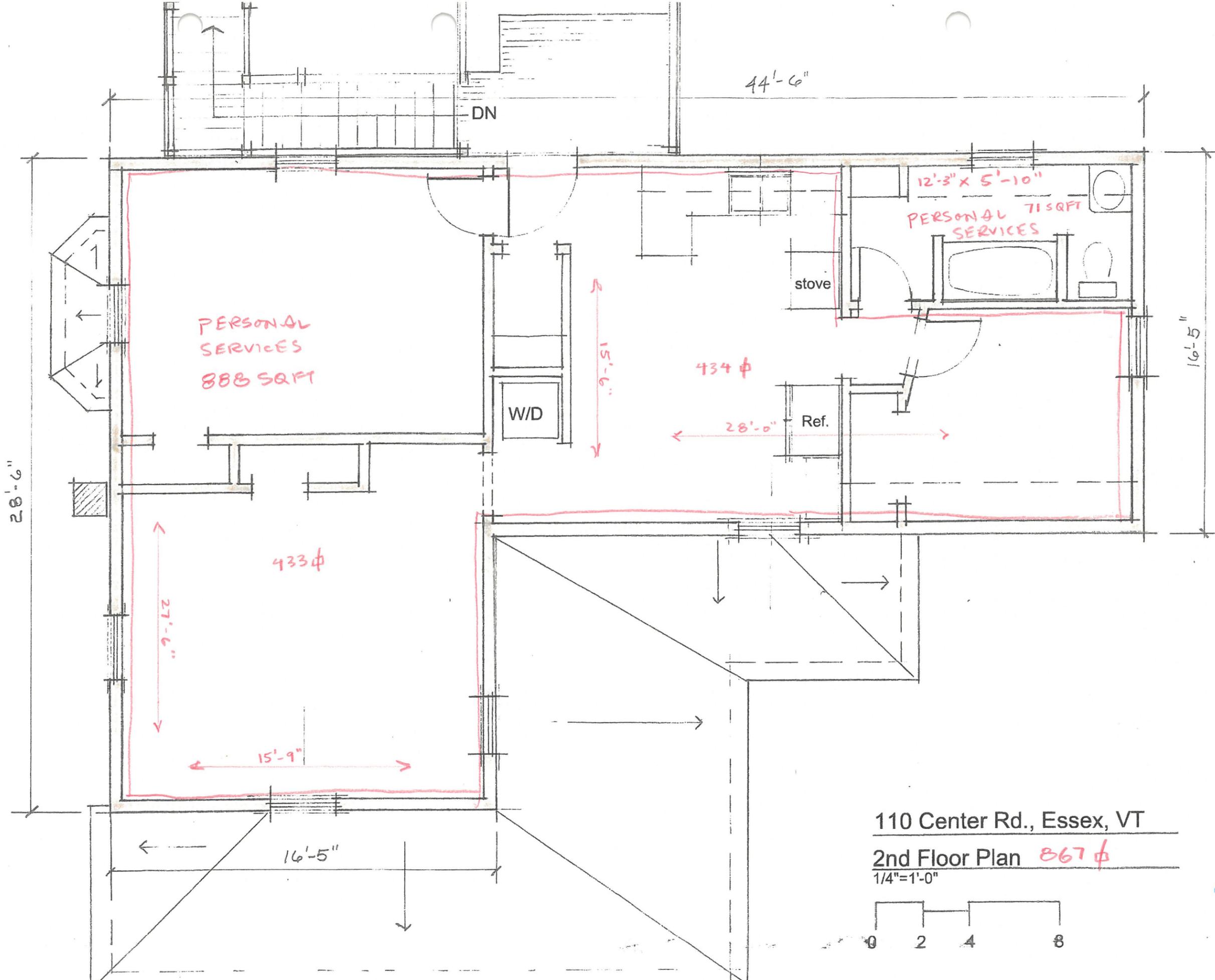
Meals to Go - Thursdays back porch 2-6pm



9'-8" x 16'-2" SHED
 (MUST BE AT LEAST
 10' FROM PROPERTY
 LINE)
 Exactly 10' to back of shed.
 From rear west property line

ADJUSTED SITE PLAN
 110 CENTER RD., ESSEX, VT
 1" = 20'
 6/17/25

SKETCH PROVIDED BY:
 KENT JOHNSON, PLANNER
 TOWN OF ESSEX



44'-6"

DN

12'-3" x 5'-10"

PERSONAL 71 SQFT SERVICES

stove

PERSONAL SERVICES
888 SQFT

15'-6"

434 φ

Ref.

28'-0"

W/D

16'-5"

28'-6"

433 φ

27'-6"

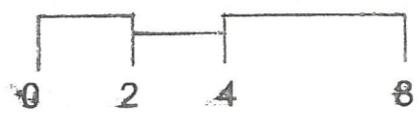
15'-9"

16'-5"

110 Center Rd., Essex, VT

2nd Floor Plan 867 φ

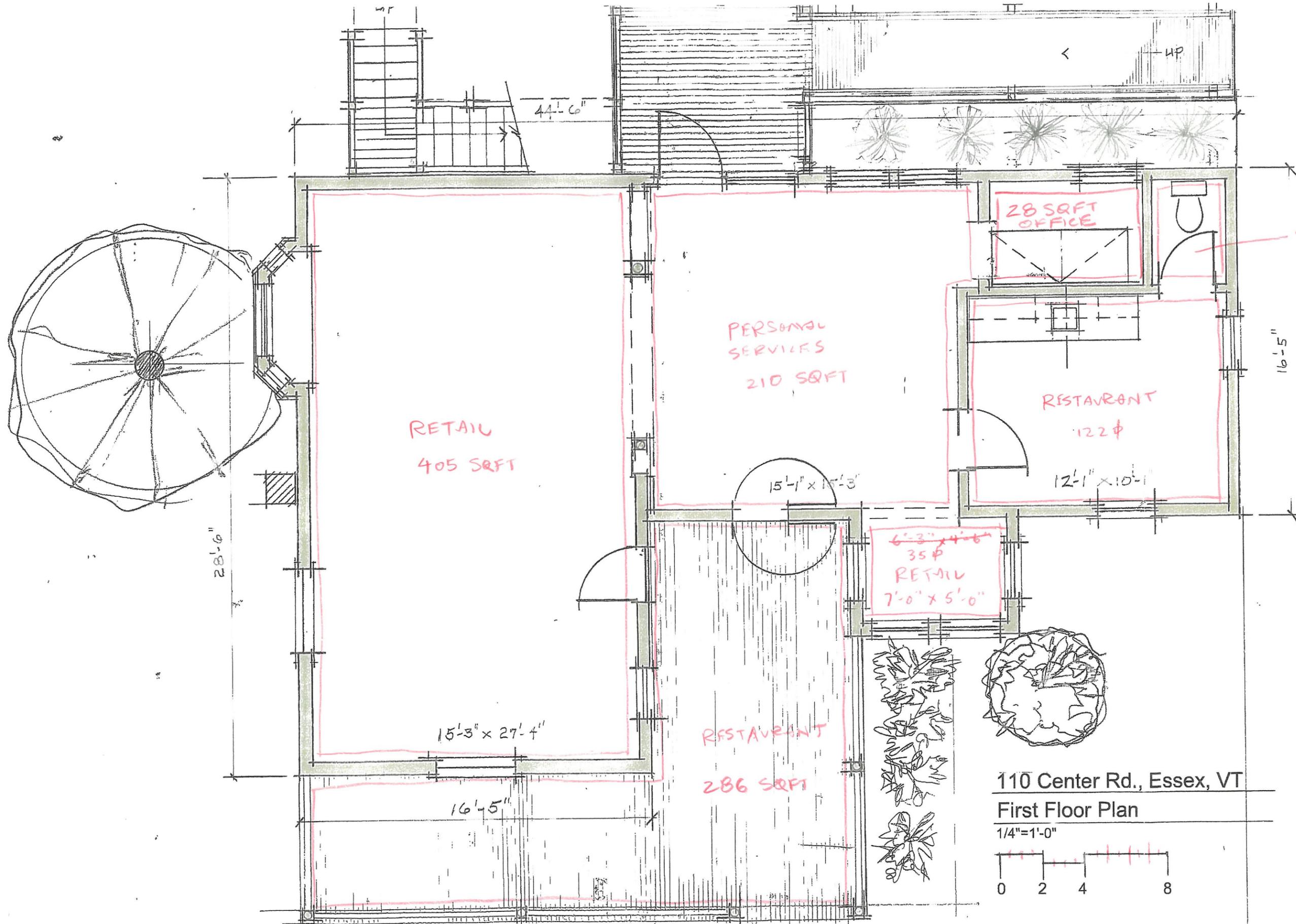
1/4"=1'-0"



RECEIVED

MAR 03 2025

TOWN OF ESSEX
COMMUNITY DEV. OFFICE



PERSONAL SERVICES
 3'-3" x 4'-6"
 3'-6" x 5'-0"
 17.5 φ

6'-3" x 4'-6"
 35 φ
 RETAIL
 7'-0" x 5'-0"

RECEIVED

MAR 03 2025

TOWN OF ESSEX
 COMMUNITY DEV. OFFICE

110 Center Rd., Essex, VT

First Floor Plan

1/4"=1'-0"

