



# MEDIA RELEASE

OFFICE OF COUNTY MAYOR GLENN JACOBS

400 Main Street, Suite 615, Knoxville, TN 37902

FOR IMMEDIATE RELEASE: Sept. 10, 2020

Contact: Mike Donila Abbey Harris  
306-1177 cell 215-4579 office  
705-1681 cell

## **Small Business Series Features The Retreat Day Spa**

*KNOXVILLE, Tenn.*—Knox County Mayor Glenn Jacobs interviewed Allyson Harris of The Retreat Day Spa as part of his latest video series highlighting small businesses.

When the series began, the Mayor conducted interviews with small business owners and operators, providing them the opportunity to talk about how the COVID-19 pandemic has impacted their families and employees, and helping them share any plans they hold for the future.

“We were forced to shut down and we were closed for seven weeks,” Harris said.

Mayor Jacobs noted it couldn’t have happened at a worse time as Harris and her team had just gotten their second location up and running when COVID-19 closures began.

Harris agreed, but said the larger issue for her was the inability to serve her clients, stating that many of them are healthcare providers and nurses who benefit from the alleviation of stress and anxiety.

Mayor Jacobs asked Harris to share a bit about the impact she feels her business has on those who are suffering from mental health issues stemming from isolation and increased stress.

“Massage isn’t just good for your body, it’s good for your soul,” Harris said.

A new vignette runs each week on the county and Mayor’s various social media platforms. To hear more of what was said, check out the [video](#).

###