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The MILFORD DAILY NEWS

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Oasis or mirage?



IV hydration spas are expanding

Henry Schwan Worcester Telegram & Gazette | USA TODAY NETWORK

WORCESTER – Laura Lenis looked like any patient who gets an infusion of fluids through an intravenous injection as a clear bag that contained yellow-colored fluid flowed through a tube into a vein in her left arm.

But this wasn't your traditional IV, at least in terms of where it happened.

Instead of a hospital with nurses and doctors milling about and machines beeping patients' vital signs, Lenis sat in a comfy chair in a quiet room with lots of natural light. It seemed more like a living room than what is the typical antiseptic medical facility to get an IV.

The venue was Vita Hydration and Wellness in Worcester, one of what appears to be a growing number of private businesses that are providing IV services as part of a menu of wellness offerings. Vita also offers infrared sauna, salt treatments and red-light therapy.

Whether they're called wellness clinics, hydration spas, med spas or drip bars, their numbers are skyrocketing. Medical aesthetics in the United States was a \$15 billion industry

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Vita Hydration and Wellness owner Alana Giannopoulos checks on client Laura Lenis during an IV treatment March 19.

TOP: Lenis receives an IV treatment March 19 at Vita Hydration and Wellness in Worcester.

PHOTOS BY RYCK CINLAIR/TELEGRAM & GAZETTE



Massachusetts Gov. Maura Healey addresses the press at the state house March 30.

MARGIE CULLEN/USA TODAY NETWORK

MA pushes back on Trump's new order on voting

Margie Cullen

USA TODAY NETWORK - NEW ENGLAND

Massachusetts Gov. Maura Healey is pushing back hard against President Donald Trump's executive order on mail-in ballots and voter rolls.

Trump on Tuesday, March 31, signed an executive order requiring the Department of Homeland Security to coordinate with the Social Security Administration to create lists of voting-age U.S. citizens who are residents of each state and transmit them to state voting officials at least 60 days before an election. It also directs the U.S. Postal Service to oversee and develop standards for mail-in ballots.

The move escalates the president's bid to place new restrictions on voting ahead of the 2026 midterm elections, when control of Congress is at stake. The action was swiftly condemned by Democrats and voting rights groups, who said it interferes with state election administration and makes it harder for

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Not all area grocery stores will be open on Easter

Bailey Allen

USA TODAY NETWORK - NEW ENGLAND

Need to grab some last-minute marshmallow Peeps or eggs to dye on Easter? What about that glazed ham? Many Massachusetts grocery stores will be open on Easter Sunday, but their hours may be limited.

While no state laws prevent supermarkets from opening as usual on Easter, many opt to open with limited hours to allow employees to celebrate the holiday.

To avoid any surprises, shoppers should check store hours before heading out to the supermarket on Sunday, April 5.

Here's what to know about popular Massachusetts grocery stores on the spring holiday.

Is Stop & Shop open on Easter 2026?

Most Massachusetts Stop & Shop

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Many Massachusetts grocery stores will be open on Easter Sunday, but their hours may be limited. GETTY IMAGES

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