



TREAT YOURSELF

luxe relaxation

LOOKING FOR A NEW WAY TO UNWIND . . . in luxury? We checked local day spas and found a trio of unique treatments sure to soothe both body and soul.

quench your body's thirst

Need to rejuvenate skin left parched by summer's blistering rays? Azana Salon & Spa's Body Quench (\$90) promises to be a moisture-rich dream. The 50-minute luxury session begins with a total-body exfoliating treatment and is followed by a hydrating body mask. Next on the schedule is an exotic wrap with banana leaves. And, as if that weren't enough, your silken skin is then massaged with a super-slick (though not oily) body balm.

Your skin's autumnal forecast? Smooth sailing.

Azana Salon & Spa
200 N. Moorland Road, Brookfield
262.784.4700

hit the spot

If you want the works — for relaxation — Neroli Salon & Spa may have what you're

looking for. With locations in Brookfield and in the historic Third Ward, this spa packs its menu with services to soothe the body and soul. Among the most unique offerings is the Himalayan Body Treatment (prices start at \$200), a two-hour experience that treats muscles and joints to a full massage, a steam bath and Shiro dhara — a stream of oils continuously poured over the forehead.

How's that to make you forget about raking the leaves?

Neroli Salon & Spa
325 E. Chicago St., Milwaukee
3885 N. Brookfield Road
414.227.2888

a time to chill

Are you a wishy-washy type who has a hard time deciding between a chilly shower and a warm bath? Experience a

bit of both with the 50-minute Cooler-Near-the-Lake service (\$140) offered at Kohler Water Spa in Kohler. The treatment, which is expected to promote healthy circulation, begins with a citrus foot soak and moves on to a warm Vichy shower before launching into chilly spurts of ice therapy — all synchronized to create unexpected warm and cool effects. Once the body is energized, cool stones are strategically placed to soothe and a final application of moisturizer is applied after gentle rocking motions calm the body — sometimes, rocking the client fast asleep.

Kohler Water Spa, The American Club
501 Highland Dr., Kohler
866.928.3777; 920.457.7777

— LISA JONES TOWNSEL
KIMBERLY JOHNSTON
AND STACY HILLMER