

# Feet first: Area spas offer healthy foot treatments

From reflexology to massages, neglected area gets pampered

By **Jamie Trudell**  
Special to The Freeman

**BROOKFIELD** – From foot fitness classes to foot-focused med-spas to reflexology, it's all about the feet, an often overworked and undertreated area of the body.

According to SpaFinder, which hails itself as the global spa and wellness resource, the No. 1 global spa trend for 2012 is healthy feet treatments.

Local salons are catching onto this trend and offering more services to keep feet soft, moisturized and rejuvenated.

Neroli Salon & Spa, which has locations in Brookfield, Bayshore, downtown Milwaukee and Milwaukee's east side, offers numerous treatments for feet. These include salt scrubs, foot massages, reflexology, hot stone pedicures and spa pedicures,

which the salon describes as a facial for your feet.

Kanin Price, a nail therapist who specializes in foot treatments, says that the healthy feet trend will be long-lasting because people are starting to realize the importance of taking care of their whole bodies.

"We beat up our feet. We run on them; we stand on them; we stub them in the middle of the night. It's one of the most neglected body parts," said Price, adding, "There is a need to slow down and rejuvenate. (Foot care) is the fastest way to do that."

A growing number of people, including nurses and teachers, are on their feet most of the day for work. By the end of the work week, their feet are often overworked and undernourished. The summer months also present a challenge to those prone to wearing sandals and flip-

## At a glance

**What:** Neroli Salon & Spa  
**Where:** 3885 N. Brookfield Road, Brookfield  
**Contact:** 414-227-2888, [www.nerolispa.com](http://www.nerolispa.com)

**What:** Spargo Salon  
**Where:** 1001 Cecelia Drive, Pewaukee  
**Contact:** 695-7400, [www.spargosalon.com](http://www.spargosalon.com)

flops. Without the proper care, feet can become dry and cracked.

Julie Daizley is a licensed massaged therapist at Spargo Salon in Pewaukee. Daizley also believes that this trend is one that will stick around. People are trying to take better care of themselves nowadays, she says, and foot care is a critical component in that.

"It's the foundation of your body," said Daizley. "If you take care of your feet,

everything else aligns."

Spargo offers pedicures, exfoliation and reflexology. It also recently added a foot pumice treatment made of wild thyme, which offers a soothing, natural effect for smoothing dry feet.

Since 2008, Neroli's most requested foot care treatment has been reflexology, a practice that dates back to ancient times and uses pressure points in the feet and hands to correspond to organs in the body. The salon's version of reflexology focuses primarily on engaging circulation in the body through the feet.

Neroli plans to add a suite service package to its extensive line of offerings. The suite service would provide a customer with an all-in-one facial, pedicure and reflexology foot massage. Having multiple services performed at once aids in time, efficiency and the relaxation factor.



Charles Auer/Freeman Staff

Katie Bauer works on a pedicure at Neroli Spa in Brookfield on July 16.

Salons aren't just for women, either. Price notes that, despite the stereotype, foot care is important for every member of the family.

"When people think about foot care and spas, they think about women and pol-

ish," said Price. "But it has nothing to do with that. This is for men and women alike."

For more information on healthy feet treatments, log onto [nerolispa.com](http://nerolispa.com) or [spargosalon.com](http://spargosalon.com).