



## An Hour at the Spa

If a full day at the spa is a luxury you can't afford, try one of these services that will have you in and out – in about an hour.

BY LOGAN MACOMBER

With every day's to-do list longer than the last, the idea of trading a day of productivity for a day of pampering may cause more stress than any spa could melt away. But while a day at the spa might seem like a luxury of the past, an hour there can go a lot further than it used to. Wisconsin's top relaxation and skin-care specialists are putting the latest technologies and techniques into practice, all with the goal of helping you look and feel your best. From high-tech facials to chocolate baths, groundbreaking injectables to sports-minded massages, the following services provide maximum results in 60 minutes or less.

**QUINTESSA MEDICAL SPA**, 10604 N. Port Washington Rd., Mequon, and 2124 Kohler Memorial Dr., Sheboygan, delivers results-oriented medical treatments. The spa is overseen by Andrew Campbell, a double-board-certified facial plastic and reconstructive surgeon who serves as a luminary for companies like Allergan, the maker of Botox. "We tend to be on the forefront of technology as well as service," Campbell says. One such high-tech product is Juvéderm Voluma XC, an injectable gel filler designed to restore volume to the cheeks.

"The difference that Voluma has over the other fillers is that it is basically stiffer," Campbell says. "It can lift much more significantly for a smaller amount of volume than virtually any other filler out there." Not only that, for 80 to 90 percent of patients, Voluma lasts for two years or more, Campbell says. Other fillers generally last just nine to 12 months. From start to finish, a treatment of Voluma at Quintessa takes less than 30 minutes.

Led by owner Carol VanZelst, **ANEW SKIN AND WELLNESS**, 19265 W. Capitol Dr., Suite 100, Brookfield, boasts more than 50 years of experience in plastic surgery, cosmetic dermatology and aesthetic services. ANEW's advanced HydraFacial, which can be completed in as little as 45 minutes, offers immediate results. "It's the most advanced piece of equipment that will clean and rejuvenate the face," VanZelst says. The HydraFacial machine's wand-like hand simultaneously exfoliates, cleanses and hydrates the skin. "It feels like a wet microdermabrasion," licensed aesthetician Jennifer Megal says. "Your skin ends up looking and feeling really healthy for a longer period of time than a regular facial." The

treatment is great for all skin types but cannot be performed over areas of significant facial hair. The 45-minute "Express" facial costs \$75 and the HydraFacial costs \$150.

For those who can't escape to the tropics during the harsh Wisconsin winter, **AZANA SALON AND SPA**, 200 N. Moorland Rd., Brookfield, offers an alternative way to achieve that island glow. Azana's Infinity Sun Airbrush Spray Tanning takes less than 45 minutes from start to finish and provides an "instant, natural tan that gradually fades," owner Tami Gemmell says. The process, which costs \$45 at Azana, contains three steps. "We airbrush moisturizer on first and then airbrush the tanner on to the desired color," Gemmell says. "Then we air-dry the client." The 9,000-square-foot salon and spa also offers Infinity Sun's Glow on the Go, an all-natural aerosol spray tan used between airbrush tanning sessions for touch-ups on the hands, feet and face.

**SKIIN ANTI-AGING LOUNGE**, 21675 Moreland Blvd. (Hwy. 18), Waukesha, prides itself on delivering advanced skin-care results that last. "There's nothing we can do to turn back time," co-owner Chris Zajdel says, "but there are things that we can do to slow the aging process down." Skiin's Oxygen Infusion Facial is a 45-minute service that utilizes the rapid exfoliating power of microdermabrasion, allowing 87 different vitamins and minerals to be infused into the skin through an oxygen driver. The specialists at Skiin believe so strongly in the Oxygen Infusion Facial that they have made it the cornerstone service of their membership program, which Zajdel calls "insurance for your skin." A standard Oxygen Infusion Facial costs \$150 at Skiin, but for a monthly fee of \$99, members receive the Oxygen facial or a 90-minute Aroma Touch massage. On top of a monthly Oxygen Infusion Facial, membership at Skiin includes discounted rates on Botox and fillers, and gifts for every friend you refer.

**SUNDARA INN & SPA**, 920 Canyon Rd., Wisconsin Dells, is an adults-only destination spa that offers luxurious bath treatments meant to heal from the inside out. "If you don't have all day to spend at the spa, you can still leave feeling like you've been pampered," says marketing director Tara Disch. The spa's bath treatments are rooted in the age-old practice of "taking to the waters" to relax and rejuvenate the body, mind and spirit, and one such treatment

is the epitome of decadence. The Ultimate Chocolate Experience is a 50-minute Valentine's Day favorite that Disch says "will leave you feeling like you spent the entire day at the spa – refreshed and re-energized." The treatment, which costs \$140 per person, can be enjoyed alone or as a couples experience.

**EVENSONG SPA**, 410 Trillium Cir., Green Lake, is located across the street from Heidel House Resort in the midst of tranquil woods. Inside, spa-goers are met with a peaceful labyrinth, waterfall hot tubs and herbal steam rooms. The spa's Sports Renewal Massage provides athletes of all types with respite and rejuvenation. "Strenuous exercise can cause a great deal of strain on the body," spa director Druellen Kosti says. "A sports massage allows the body to relax tight muscles, which can reduce fatigue, stiffness, soreness, spasms, cramps and swelling, and increase circulation, flexibility and range of motion." Evensong's massage therapists use a combination of techniques, and services are customized according to the type of athlete, his or her

individual goals and whether or not an injury is involved. One near constant, however, is the use of arnica oils, which harness bountiful healing properties. A 50-minute Sports Renewal Massage costs \$125, while the 80-minute version is priced at \$180.

**WELL SPA + SALON**, located on the first floor of the Pfister Hotel, 424 E. Wisconsin Ave., combines top-of-the-line facilities with luxurious services to ensure the ultimate relaxation experience. The spa's private-suite concept means that every massage and facial treatment takes place in a private, two-room suite that includes a private bathroom, your own Kohler shower and endless amenities. There is no common locker area at WELL Spa. And the technicians come to you, so you don't have to leave the comfort of your bed, even if you are receiving both a facial and massage. WELL Spa's Remineralizing-Hydrotherapy Bath, which brings the invigorating powers of seawater to the tub, can be enjoyed as a stand-alone service or as the perfect preparation for a massage or facial. The 30-minute sea salt soak in a private bath includes


candles, music, heated jets and a glass of champagne. "It's amazing for relaxation, good for circulation and detoxifying," says Elizabeth Walsh, spa director. The bath, which fortifies the skin to prevent cellular fatigue and reduce dullness, costs \$45 per person, and there is room enough for two in the tub.

**NEROLI SALONS & SPAS** (Spa locations in Downtown Milwaukee, Brookfield, Bayshore Town Center and Mequon, [nerolispa.com](http://nerolispa.com)) also offer unique spa experiences for relaxation seekers on-the-go. According to Lynn Marie Reich, Neroli's director of marketing, spa-goers can save time by combining certain services like an 80-minute facial with a manicure and pedicure (prices starting at \$195). Plus, when you purchase three spa services in one visit, you can save 10 percent on the total cost. It's a day at the spa compressed into less than two hours. "We saw the trend of time being of the essence, but people still wanted that relaxation and a chance to rejuvenate," she says. Luckily for those of us in the Milwaukee area, there are plenty of places to do so. ■

Kiss and Tell

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