

GREAT AREA DAY SPAS

Taking that much needed break
from the lake

by Rebecca Kleefisch

photography by Carla Seward



Above: Jennifer Koehler receives a facial at Anton's Salon & Spa in Delafield. Facials can replenish moisture to sun-damaged skin and are a pleasant way to create a more youthful appearance. Right: Wet treatments, such as wraps, are done in a special room at Spargo Salon & Day Spa in Pewaukee.



Above: Yolanda Villarreal of Hartland relaxes while Sarah Kodzik styles her hair at Anton's Salon & Spa in Delafield. **Below:** Megan Wehking, 11, of Pewaukee gets her hair washed by Casey Knutson, stylist at Spargo Salon & Day Spa in Pewaukee.



It doesn't happen often, but sometimes, all that lake living can drain you. Even as your boat rides turn from summer cruises into fall-color tours, there are some real reasons you may consider a day of rejuvenation at one of Lake Country's relaxation havens.

"Being out in the sun, it's probably not the best for your skin," confides Maggie Lausten, a manager at Anton's Salon and Spa in Delafield. That's no news flash, but what may surprise you is the number of options you have to restore your skin's health after a summer of sunshine.

Lausten recommends Anton's Fresh Satin Body Glow, a service that's done underneath a Vichy shower, which has six showerheads above a massage table that spray down on clients as an aesthetician or a massage

therapist scrubs them with an exfoliant. According to the spa's Web site, the treatment uses a blend of sea salt, mineral salt and essential oils to buff away the summer sun damage to get you gorgeous for fall.

But a sea-salt scrub isn't the only spa service to get lake lovers back to their watery roots.

"I usually recommend, for a lake person, a seaweed body wrap," says aesthetician and massage therapist Ellyn Kaemmerling, who runs All Aglow Day Spa out of her Lisbon home, after 10 years in Hartland. "It's like giving your body a multivitamin. It's extremely hydrating." Plus, as the summer sun starts to fade, Kaemmerling says the seaweed body wrap will help your skin keep its summer color.

Unfortunately, those summer tans are partly to blame for many tired-looking autumn appearances. "As far as living on the lake, their skin is going to get dry," Kaemmerling says, "and is going to need more attention." She, like her fellow spa advocates, is quick to suggest a facial. "Facials come in very handy if they want to keep more youthful, moister-looking skin," she adds.

Leigh Liburdi, marketing and advertising manager of Spargo Salon and Day Spa in Pewaukee agrees. "We offer facials that specifically cater to more mature, more environmentally challenged skin. It's very relaxing."

Healing hands

"Relaxing" is a word that is used a lot to describe a spa experience. With more than a half-dozen day spas in Lake Country, it isn't hard to find one suited to refresh you. It's also pretty easy to find a perfect way to get pampered once you get there. Perhaps the most familiar spa indulgence is a massage – a hot item as the weather cools. While you tote the extra jackets and thermoses onto the boat, your back may be aching for a little warm-up of its own.

"We do a lot of massage to relieve aches and pains," Liburdi says. But relief from those physical symptoms may not be the only reason people crave this hands-on service. According to The American Massage Therapy Association, after a massage, people say they feel good in a general sense, and report a greater sense of well being. The organization adds, "Massage has been shown to reduce blood pressure and heart rate, and to increase blood and lymph circulation. Massage also has been shown to

**PUTTING THE "AH"
INTO YOUR TRIP TO A SPA**



- **ARRIVE ON TIME.** Allowing enough time to soak in the atmosphere and the friendliness of the staff will add to your experience.
- **RELAX.** You've left your stresses outside the spa. Now let your mind release them, too, so you can fully enjoy your treatment.
- **BE COURTEOUS TO THE SPA STAFF** and the service provider who gives you your treatment. The kinder you are to them, the nicer they'll be to you - even over and above what you might expect.
- **TAKE YOUR SPA ATTITUDE HOME WITH YOU.** Your spa experience will not serve its full purpose if you tense up the moment you leave the facility. Try to keep that soothing, relaxed frame of mind even after the cell phone and daily grind are back within reach.



Top Left: Christine Ferrell relaxes while waiting for a spa treatment at Anton's Salon & Spa in Delafield. **Above:** The pedicure/foot room at Spargo Salon & Day Spa in Pewaukee provides a welcome addition to the spa experience. **Left:** Leigh Liburdi, a make-up artist at Spargo Salon & Day Spa in Pewaukee, puts the finishing touches of a day of beauty on Kathy Stuppy of Milwaukee.

increase endorphins, the body's natural pain killers." Maybe that's why the group claims one in five people had a massage in the last year, a figure up 13 percent since 1997.

"Massage therapy is extremely useful for loosening any muscle tension, and also just the pure relaxation factor of it," All Aglow's Kaemmerling says. The relaxation factor is one that can't be ignored. For all the functional spa services that seem tailor-made for lake residents, there are those intangible mental benefits that come from simply being pampered. Spas are attractive for their often-serene decor and exceptionally accommodating treatment of guests.

Getaways

At Anton's, the atmosphere invites you to forget about reality for a little while, from the fireplace to the Couples' Room, where you can turn your spa experience into a social, or even romantic, experience. The escapism begins in the locker room, where you hang up your hang-ups with your street clothes, and slip into something more comfortable. "You change into a robe and sandals," Lausten says, "and we do have a steam shower available for people to use to get into a relaxation mode, as well as before all of our services, they start off with a foot bath in the relaxation room." A roomy, airy spa when you walk in, Anton's gives you an intimate, secluded feeling in its private rooms.

Spargo feels big, but according to Liburdi, operates like it's small, catering to individual customers who often request the same massage therapists every visit. Inside the spa, you'll find a stark contrast to the bustling Capitol Drive corridor outside. "In the spa

side, we have the relaxing soft music, waterfalls, water fountains," Liburdi says. And no spa experience would be complete without candles. Spargo has those, and even Kaemmerling's private spa room includes a number of them.

As the only massage therapist and aesthetician at All Aglow, Kaemmerling treats each client herself, in a private room of her home, devoted to her customers and the relationships she's developed with each of them. But make no mistake: This is not like your home, where you're the one with responsibilities and pressures. This, like the other area day spas, is where you come to relinquish control, and leave recharged.

The little candle flames, the music and the water trickling all blend into a kind of mini vacation 15 minutes from home. "Mentally, you can just escape. There's that one hour all by yourself with no cell phones, no kids crying and you can mentally just turn everything off," Liburdi says.

That's the point, say these spa experts. It's why you pay to have someone deal with your skin flaws or rub out the kinks in your neck. Simply put, a spa trip may help you shake off the stress you just can't seem to ditch at home.

"People are more conscious of taking care of themselves than they were 20 years ago, and reducing stress is one of the number one things you can do for your overall health," Kaemmerling says. While a spa visit certainly is not a medical necessity, it's a fun way to decompress and clear your body and mind for what lies ahead. Plus, what better justification can you get for all that pampering than helping your overall health? ♦