

MIL

Milwaukee's Lifestyle Magazine

Sweet MIKE



DATING, UNFILTERED

MILWAUKEEANS DIVULGE
THEIR BEST AND WORST
DATE STORIES

M WEDDINGS

BRIDAL FASHIONS, DIFFERENT
TAKES ON CAKES AND MUCH MORE

CONDIMENT CRAZE

THE AREA'S MOST INVENTIVE
BURGER SAUCES AND SPREADS



Couple Up

M'S EDITOR ON UNWINDING WITH YOUR SIGNIFICANT OTHER

BY JEN HUNHOLZ

The text message reminding my fiancé and I of our upcoming spa treatment, sent on Dec. 26, could not have been more well-timed. We had brought home our Golden Retriever puppy just two weeks earlier, and despite the incredible joy dog ownership brings, training a puppy is no small feat. Countless accidents, little sleep and three Christmas celebrations with a 10-week-old puppy in tow later, we were ready for some R & R. The day of our appointment was met with the worst snow/sleet/hail storm of the season to date, but I refused to let the inclement weather alter our plans. After an especially stressful drive from our condo on the East Side to Neroli Salon & Spa's downtown location, we were greeted warmly by the receptionist and ushered into the spa's treatment area. Relieved to have arrived safely (and to spend a few hours puppy-free), to say the least.

I should mention that neither my fiancé, a first time spa-goer, nor I had ever experienced a couples spa treatment. He was leery, but I felt immediately at ease when entering the spa, ready and excited to try something new. We changed into robes in our respective locker rooms and met in the waiting area/lounge, which was every bit as

serene as you'd hope it to be. After a brief foot soak, we were escorted to the private couples massage room.

My fiancé was treated to an 80-minute stone massage, and I received the stress-fix body massage, which incorporates Aveda's own stress-fix aroma. Infused with organic French lavender, lavandin and clary sage, the aroma is said to relieve stress. The massage therapist began by instructing me to take three deep inhales and exhales of the aroma, with the intention of establishing my breath. As a fairly devout yogi who understands the power of controlled breathing, I appreciated the added feature. I'll refrain from spoiling any other details of the 80-minute session, but let's just say I left feeling relaxed, restored and rejuvenated.

Massages are, for all intents and purposes, a relaxing enterprise. And although I've been lucky enough to receive multiple individual massages over the past few years, experiencing one alongside my significant other inspired an entirely new level of relaxation. Hearing his voice when the massage therapist asked an occasional question or two never alarmed me — it only soothed me, further enhancing the experience, and his presence just a few feet away made me feel calmer and more secure. A worthy alternative to any overpriced Valentine's Day dinner, no doubt.

Five Places Around Town to Enjoy Couples Spa Treatments

AZANA SALON & SPA

200 N. Moorland Road, Brookfield, (262) 784-4700, azanaspa.com

— Couples massage services available in 60- or 75-minute increments. Aromatherapy treatments can be added for \$10/ person.

KNICK SALON & SPA

1028 E. Juneau Ave., (414) 312-7947, knicksalonandspa.com

— Swedish and deep-tissue massages available for couples in 45-, 60- or 90-minute increments.

NEROLI SALON & SPA

Various locations, (414) 227-2888, nerolispa.com

— Couples services available at the downtown and Bayshore locations. All massage services can be performed in couples form, and guests can choose two different services, if desired.

SPARGO SALON & DAY SPA

1001 Cecelia Drive, Pewaukee, (262) 695-7400, spargosalon.com

— Select massage services available for couples in the spa's signature treatment room.

WELL SPA & SALON

424 E. Wisconsin Ave., (414) 277-92073, pfisterwellspa.com

— Tables for Two: Doubles massages available in 60- or 90-minute increments. Two options, On the Deeper Side and Relax Me, can be customized based on individual preferences.

Shully's Cuisine & Events

Your wedding day is one of life's most treasured moments. Shully's Cuisine can help you realize the special day you've always dreamed about, creating wonderful memories you'll cherish forever. The event coordinators can guide you through the entire process — planning engagement parties, showers, rehearsal dinners, gift openings, and of course, the big day itself. They'll work closely with you, sharing their knowledge and expertise to enhance the entire wedding experience.

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(262) 240-2220 | mequonsmiles.com

Neroli Salon & Spa

With five convenient locations and an award-winning team, Neroli Salon & Spa is committed to making your day special. Complimentary bridal concierge will work with you to coordinate hair, makeup, nail and skin needs. On-location services, catering and car service are also available. Open seven days a week.

327 E. St. Paul Ave., Milwaukee

1919 E. Kenilworth Place, Milwaukee

3885 N. Brookfield Road, Brookfield

5714 N. Bayshore Drive, Glendale

10902 N. Port Washington Road, Mequon

(414) 227-2888 | nerolispa.com

Pure Barre

Look your best on your wedding day! Pure Barre offers a bride-to-be package that includes three months of unlimited classes for \$375. Available at both locations. Pure Barre is a total body workout that utilizes the ballet barre to perform small, isometric movements, which burn fat, sculpt muscles and create long, lean physiques.

418 E. Silver Spring Drive, Whitefish Bay | (414) 702-6025

12894 W. Bluemound Road, Elm Grove | (414) 800-7369

purebarre.com

Quintessa Aesthetic Center

Quintessa Aesthetic Center believes the true essence of beauty begins with relationships — and whether you are trying to preserve your natural glow or need help rejuvenating it, the center's licensed experts give you the confidence you deserve through customized, state-of-the-art surgical and non-surgical options you can trust. Led by nationally renowned Dr. Andrew Campbell, M.D., Quintessa Aesthetic Center offers specialty treatments, including non-invasive skin tightening, laser skin resurfacing, body contouring, injectables, medical facials, laser hair removal and more.

10604 N. Port Washington Road, Mequon

W307 N1497 Golf Road, Suite 200, Delafield

2124 Kohler Memorial Drive, Sheboygan

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Artist Group Photo & Video

Artist Group Photo & Video has been creating beautiful, modern, relaxed event photography and video for more than 18 years. The company services the greater Wisconsin and Illinois areas and travel to destination events all over the world. Artist Group's photography has appeared in many well-known publications, such as Oprah, Vanity Fair, Details, GQ, Chicago Style Weddings, The Knot and Wisconsin Bride, among others. They have also photographed many celebrities, including Robert De Niro, U2, Prince Charles, Peter Fonda, Christina Aguilera, Jay Leno and more.

(262) 387-1001

artistgroup.net



thereception

Cedarburg Cultural Center

Explore the unlimited possibilities for your wedding day at the Cedarburg Cultural Center! Located in downtown Cedarburg's national historic district, the Center features attractive and unique facilities with flexible options. Intimate and charming gallery spaces can be customized to create the perfect setting for your special day. A unique gallery setting. A warm, inviting atmosphere. A perfect memory.

W62 N546 Washington Ave., Cedarburg | (262) 375-3676

cedarburgculturalcenter.org

Davians Catering & Events

Casual or formal, traditional or modern, for a few loved ones or a few hundred — a Davians wedding is one to remember. Davians offers delectable dishes, attention to detail and the freedom to relax and enjoy your special day. From cocktails to dessert as well as casual hors d'oeuvres to formal sit-down dinners, our top-notch event team is with you from start to finish, bringing the event you've dreamt about to life. Your place or ours.

N56 W16300 Silver Spring Drive, Menomonee Falls

(262) 781-3333 | davians.com

Milwaukee Art Museum

From breathtaking lake views to grand, light-filled halls, the Milwaukee Art Museum is the perfect place for the perfect wedding. With extraordinary settings, meticulous service, personalized support and fabulous food offerings, an unforgettable event experience awaits you and your guests. Beneath its soaring wings, the ultimate stunning venue will inspire you. The museum defines elegance, culture and beauty for your ceremony, reception and celebration. Indulge your guests in an once-in-a-lifetime experience that reflects the wedding of your dreams.

700 N. Art Museum Drive, Milwaukee | (414) 224-3287 | mam.org

Milwaukee County Historical Society

The Milwaukee County Historical Society offers two unique locations for weddings, daytime meetings and corporate events. The elegant Historical Center, located in the heart of downtown Milwaukee along the Milwaukee River, and the rustic Trimborn Farm in Greendale, have received praise from leading wedding industry publications, including the Wedding Channel and The Knot, and are sure to make your special day one to remember.

910 N. Old World Third St., Milwaukee | (414) 273-8288

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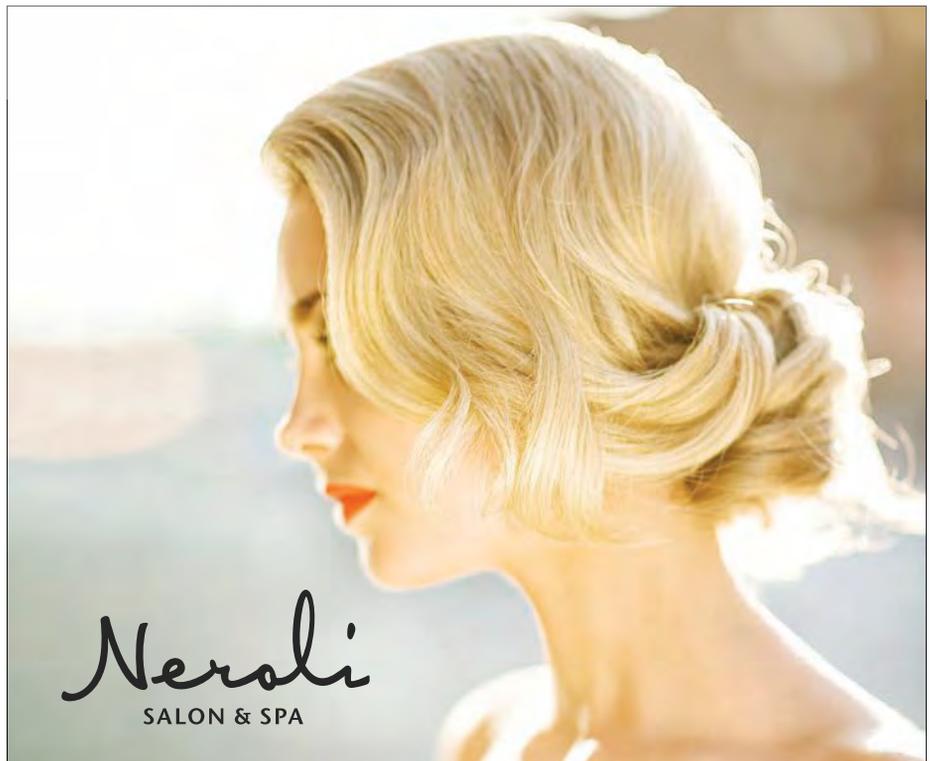
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