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Milwaukee's Lifestyle Magazine

Inside!
**LAKEFRONT
FESTIVAL OF ART**
OFFICIAL PROGRAM



BEST OF GREATER MILWAUKEE

DREW
MAXWELL



Pewaukee Lake / Photo by David Szymanski

prairie plants — most of them Wisconsin native, but not all,” she says, adding that the garden enjoys six months of plants in bloom.

You’ll see colorful wildflowers, including blazing stars, goldenrods and several types of the monarch butterfly’s favorite plant, milkweed.

“We want to attract monarch butterflies, because the monarch populations have depleted so badly in the last few decades,” Sternkopf says.

In addition to monarchs, look for Eastern tiger swallowtails, painted ladies, silver-spotted skippers and cabbage white butterflies, among others.

If you have mobility issues or little ones in strollers, Sternkopf suggests taking the Plantation Path, the only asphalt trail in the park. “It takes you through woods, through a couple of prairies, and you can bounce off it on flat ground to the butterfly garden,” she says. — S.C.L.

BEST LOCALLY MADE ESSENTIAL OILS

Moots Soap, Cloud Nine Soap Co., June’s Story

Essential oils are undoubtedly the buzzworthy beauty products of the year. Try these three locally made, editor-approved ones:

Tension Relief Aromatherapy Blend, Moots Soap: Easy to use with its roll-on applicator, Moots Soap’s Tension Relief, featuring peppermint oil and six other essential oils, works best when massaged onto the temples or the back of neck. “I came up with Tension Relief because of my chronic neck tension,” says Moots Soap’s owner, Jill Gilbert. “I’m one of many people who apparently like to tense up their shoulders and neck all day and breathe using the chest and neck and not the diaphragm.” The oil’s warming and cooling sensations, adds Gilbert, help relax muscles, shifting focus away from pain. Stow the easily portable product in your purse or at your desk, and apply daily or as needed.

Nourishing Body Oil, Cloud Nine Soap Co.: “The inspiration for my Nourishing Body Oil came from my desire to create an all-natural moisturizer that is free of preservatives and smells divine,” says Lisa Thorstenson, founder and owner of Hartland-based Cloud Nine Soap Co. The oil, she adds, is an in-house blend of premium, plant-based oils, including meadowfoam, hazelnut, sweet almond and sunflower, known to absorb quickly and completely. “It’s (also) scented with French lavender essential oil, which is earthy and herbal rather than floral,” she adds. For those looking for an alternative to traditional spray perfume, the body oil’s subtle scent doubles as a natural perfume too.

Baby Slumber Foot Oil, June’s Story: Business owner Lindsey Trotter founded June’s Story when she was pregnant with her first child — her daughter, June. “I was having a hard time finding affordable and completely all-natural baby and prenatal products,” she explains. “I always dabbled in essential oils as a hobby and enjoyed creating different scents, so I decided to start researching and experimenting.

“I found that lavender — in very small amounts and only if used with a carrier oil — is one of the few essential oils that is safe for babies as well as pregnant and nursing women,” Trotter says, noting that lavender’s health benefits include reducing pain and curbing restlessness and insomnia. The Baby Slumber Foot Oil, her debut product, is rich in lavender, and can be applied to babies’ feet to help soothe them to sleep. — J.K.



Photo by David Szymanski

READERS’ CHOICE AWARDS

Best Yoga Studio

Winner: Delaware House
Runners-up: Nova Dance, YogaOne

Best Place to Get Fit

Winner: Wisconsin Athletic Club
Runner-up: Motifaiith Fitness

Best Lake to Play in the Water

Winner: Pewaukee Lake
Runner-up: Okauchee Lake

Best Trail

Winner: Oak Leaf Trail
Runner-up: Ozaukee Interurban Trail

Best Place to Be Pampered

Winner: Neroli Salon & Spa
Runner-up: Tres Jolie Solace

Best Golf Course

Winner: Lake Park
Runners-up: The Bog and Whistling Straits

Best Charitable Run/Walk

Winner: Susan G. Komen Southeast Wisconsin Race for the Cure