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Head trip

Ease your car-cramped joints and limbs at one of Milwaukee's best spas.

By Manya Kaczkowski

Actaea Works

New to the Bay View neighborhood this year, Actaea Works is inside an old Victorian rooming house that's been updated with industrial details for a cool, casual vibe. The original wide-plank floors and antique furniture coexist with massage chairs, pedicure stations and modern-artsy features like sheets of water spilling from rows of copper pipes (they're room dividers). From rose-infused lemonade to huge bowls of red and green apples to the occasional complimentary weekend brunch, Actaea Works' staff will spoil you silly. The 60-minute massage (\$75) is top-notch. Take a dip in the hydrotherapy tub beforehand and you'll feel like jello before your massage even begins: The 30-minute Mineral Mud Soak is a popular option (\$15). 2173 S Kinnickinnic Ave (414-962-9889, actaea.com).



Well Spa at the Pfister

The plush, private suites at the brand-new Well Spa give this urban oasis a glamorous edge over other Milwaukee spots.

Try the Moroccan Nights treatment (\$220 for 80 minutes)—an exfoliating massage; a hammam rain shower; a heated Rassoul clay mask (the clay comes from Morocco); a 15- to 30-minute steam; a moisturizer application; and, finally, a dusting of golden body shimmer, applied lightly with a brush. You'll feel like draping yourself in silk and eating bonbons the remainder of the

day. And you can do that, by the way, in the private relaxation room, after your treatment. 424 E Wisconsin Ave (414-277-9207, pfisterwellspa.com).

Seven Stones

You won't get all of the cushy frills here, but if you want a results-oriented, reasonably priced massage or facial, get thee to this New Agey spa on the East Side. After relaxing with a cup of hot green tea in the front lounge amid skin products and yoga-instruction books (all for sale), you'll head into a back room for your service. We like the Fire package (\$160), which includes a multivitamin power facial, a salt scrub for the feet and an 80-minute hot-stone massage with cocoa butter (\$15 extra). When we left two hours later, our face and feet were glowing and we smelled like a chocolate bar—yummy. 1924 N Farwell Ave (414-224-1074, seven-stones.com).