

# Self-Care Weekend

in Whitewater, WI



## Where to Stay -Hamilton House Bed & Breakfast

If you're looking to get away, Hamilton House B&B is the go-to for rejuvenation. Book a suite with an in-room jacuzzi and enjoy the innkeeper's delicious breakfasts each morning.

### Friday

#### Self-Care Spot #1

**Botanica Beauty Parlour** - Sometimes self-care means new hair, and Botanica Beauty Parlour will make you feel brand new after your appointment. Book a cut, color, or a simple wash and style to rejuvenate your locks.

Pricing: Ranges from \$20-\$150

#### Self-Care Spot #2

**Blue Sage Massage** - Blue Sage Massage offers times that work for the busy body or those who need to chill. Start with an infrared light therapy sauna session for a little sweat detox and then try the sound healing chair for some deep deep relaxation.

Pricing: Ranges from \$40-\$180

#### Self-Care Spot #3

**The Vinery Stained Glass Studio** - Reset with art therapy! Hang out at The Vinery and learn how to create stained glass, fused glass, or mosaics. These kind owners and creators will help you every step of the way and the results always please. Check their site for their class listings.

Pricing: Ranges from \$40 to \$150

#### Dinner

**Fanatico Italian Restaurant** - Indulge in your favorite pasta dish with a glass of wine or go for Chef's choice to try something new.

#### Self-Care Spot #4

**B&B Jacuzzi:** Head back to your room to soak in your jacuzzi with a glass of wine.

### Saturday

#### Self-Care Spot #1

**Facial at Lovely Lashes** - If you carry tension in your head, face, and neck, don't think twice about booking a facial at Lovely Lashes. Give your skin some love, and enjoy the added bonus of a head, neck, feet, arm, and hand massages as well!

Pricing: \$65 for 45min or \$85 for 75min

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## Afternoon Pick-Me-Up

**Health Shake or Tea at ReVamp Nutrition** - Take a time out and include a beverage that'll help you flush out toxins AND fuel you through the rest of the day. Pop into ReVamp Nutrition for a shake or tea loaded with all the good stuff your body craves. A place with positive vibes and lots of smiles.

## Self-Care Spot #2

**Massage at Red Tail Massage and Wellness** - To reduce any tension in the rest of your body, book a Swedish massage with Red Tail. Or opt for a cupping session if you want to try something new!

Pricing: \$40-\$160

## Self-Care Spot #3

**Reiki at Live Life Spiritual Direction** - For something a little more low-key for your nervous system, try Reiki with Live Life Spiritual Direction. This hands off or gentle touch approach uses energy rather than force to promote relaxation.

Pricing: 45min for \$75

## Dinner

**Taco Fresco** - Mexican food with a twist! Enjoy traditional fare or opt for anything off their vegetarian menu to keep it light.

## NightCap

**Binggs** - Delight in a custom cocktail or mocktail to finish out your evening.

## Saturday

## Self-Care Spot #1

**Whitewater Aquatic & Fitness Center** - Soak in the whirlpool. Or if you prefer a bit more movement, hit up the lap pool or take a float around the lazy river!

Pricing: Whitewater Resident Day Pass: \$8/person, Non-Resident Day Pass: \$10/person

## Self-Care Spot #2

**BaristaCats Cafe** - I mean, cats and coffee. Enough said. Or purrhaps this quote from BaristaCats will say more, "A safe space to sit, sip, and study. Or relax with the purrfect pawtner!" Emotional support from cats and a perk up from coffee = self-care win.