

# Self-Care Weekend

in Whitewater, WI



## Self-Care Spot #2

**Health Shake or Tea at Whitewater Nutrition or 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 or Whitewater Nutrition for a shake or tea loaded with all the good stuff your body craves. Both spaces offer positive vibes and lots of smiles.

## 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. According to Live Life, "Reiki sessions provide energy healing that align chakras and promote overall well-being. After experiencing Reiki, people often feel a sense of peace and contentment. You may also feel rejuvenated and/or a deep feeling of wholeness."

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 purrrhaps this quote from BaristaCats will say more, "A safe space to sit, sip, and study. Or relax with the purrrfect pawtner!" Emotional support from cats and a perk up from coffee = self-care win.