

*Quintessa®*

# Traveling Patients & *Concierge*



# Quintessa Patient Travel Guide: Your Surgical Stay In *Milwaukee*

Welcome to Quintessa We're honored to be part of your aesthetic journey. Whether you're visiting us from across the country or around the globe, our goal is to make your surgical experience seamless, comfortable, and restorative. This guide is designed to help you navigate your stay in Milwaukee with ease, offering everything from hotel and dining recommendations to relaxation and sightseeing suggestions.

# Pre-Visit Preparation



## **Virtual Consultation:**

Meet your surgeon from home and begin planning your treatment.

## **Concierge Coordination:**

A dedicated Quintessa coordinator will help you with:

- ⊙ Scheduling pre-op and post-op appointments
- ⊙ Hotel and travel arrangements
- ⊙ Dietary preferences
- ⊙ Transportation and pharmacy needs



## Where to Stay

Choose from our list of comfortable, well-located hotels offering great service and recovery-friendly amenities:

### Luxury:

- **The Pfister Hotel** – Iconic and elegant, with lake views and full spa services.
- **Kimpton Journeyman Hotel** – Stylish boutique hotel in the heart of the Third Ward.

### Comfort + Convenience:

- **The Westin Milwaukee** – Wellness-focused with modern design and comfort.
- **Drury Plaza Hotel Downtown** – Ideal for families or longer stays, with free breakfast and evening bites.

## Getting Around

- Fly into **Milwaukee Mitchell International Airport (MKE)**
- Rideshare services, hotel shuttles, and car rentals are available
- Quintessa can assist with post-op transportation if needed





## Dining Recommendations

Whether you need light meals for recovery or a special dinner pre-surgery, Milwaukee has excellent options:

### Recovery-Friendly:

- **FreshFin Poké** – Clean, protein-packed bowls
- **Greenhouse Milwaukee** – Smoothies and wellness blends
- **Sweetgreen** – Salads and anti-inflammatory ingredients

### Local Favorites:

- **Blue's Egg** – Creative breakfast and brunch
- **Odd Duck** – Seasonal, small-plate dining
- **Kopp's Custard** – A local treat worth trying (if approved!)



## Relaxation & Sightseeing

Explore Milwaukee at your own pace with these calm, recovery-friendly experiences:

### During Recovery:

- **Milwaukee Art Museum** – Calming atmosphere and beautiful lakefront views
- **Veterans Park Lakefront Path** – Easy, scenic walking path
- **The Domes** – Indoor botanical gardens with accessible pathways

### Pre-Surgery or for Companions:

- **Milwaukee Public Market** – Local goods and gourmet bites
- **Historic Third Ward** – Shopping, art, and charm
- **Harley-Davidson Museum** – A Milwaukee icon



## Wellness & Self-Care

Treat yourself to a spa day before your procedure, or plan for one during extended recovery:

- **Well Spa + Salon (Pfister Hotel)** – Private suites and pampering
- **Knick Salon & Spa** – Massages, facials, and nail services
- **Float Milwaukee** – Sensory deprivation therapy (post-op only with approval)

## Essentials & Support

- **Pharmacies:** Walgreens and CVS have nearby locations (some 24-hour)
- **Groceries:** Sendik's Food Market offers delivery to many hotels
- **Quintessa Concierge Team:** Here to assist with local recommendations, supplies, and more



**Your Quintessa Experience** At Quintessa, we blend top-tier medical care with thoughtful hospitality.

We're here to ensure your visit is as restful and transformative as possible. Please don't hesitate to reach out to your care coordinator at any time.

We look forward to welcoming you to Milwaukee—  
and to a new you.

**Let us help you feel beautiful, confident, and  
cared for—every step of the way.**