



C H I C A G O



### **Relaxation (Swedish) Massage**

Developed in the 1700's, this European technique uses a firm but gentle pressure to help rid the body of toxins, increase oxygen flow in the blood, improve circulation and flexibility, and reduce emotional and physical stress. Used regularly for stress management.

\$42/30 min    \$72/60 min    \$105/90 min

### **Hot Stone Massage**

Experience the nurturing effects of deep soothing heat as smooth river stones are placed on your body to massage and revive tired aching muscles. Ideal for countering the effects of the harsh Chicago winter and for added comfort any time of the year.

\$85/60 min

### **Clinical Approach Massage Therapy**

Specific therapy is administered to improve musculature conditions such as joint soreness, pinched nerves, range of motion and muscle functioning. The goal is to alleviate painful muscle conditions.

\$42/30 min    \$72/60 min    \$105/90 min

### **Deep Tissue Massage**

While similar to clinical massage described above, the deep tissue massage focuses on the deeper tissue structures of the muscle and connective tissues. The pressure is generally more intense and focused while treating the entire body with specific therapeutic work.

\$45/30 min    \$80/60 min    \$115/90 min

### **Restorative/Sport and Fitness Massage**

Our signature massage targets muscular tension due to prolonged stress or sports injury. This deep tissue massage penetrates tense muscle fibers, increasing flexibility and restoring them to their natural function.

\$45/30 min    \$80/60 min    \$115/90 min

### **Reflexology Massage**

An ancient therapy practiced in Egypt that focuses primarily on the feet and hands. Pressure point therapy is applied to key zones and Meridian points which correspond to different organs in your body. The therapist applies pressure and movement to these points to release organ blockage, stagnation and improve circulation.

\$42/30 min    \$72/60 min    \$105/90 min

### **Aromatherapy Massage**

This fragrant, comforting therapy uses the power of essential oils to stimulate the body's natural healing mechanisms. Aromatic extracts are distilled from plants, trees and herbs in order to create these essential oils. Topical application, inhalation and massage with oils can stimulate well-being and encourage a healthy mental, physical and emotional state.

\$42/30 min    \$72/60 min    \$105/90 min

### **Sugar Honey Polish Body Treatment & Massage**

Luscious sugar granules gently exfoliate dead skin cells, pure honey nourishes and moisturizes skin, and selected essential oils of Jojoba, Apricot, Borage, Aloe, Olive, Grape Seed and Rosa Mosqueta leave your body feeling silky smooth and totally satisfied. This treatment includes your choice of massage.

\$90/60 min    \$125/90 min



**Spa Hours**

Monday – Friday, 9:00am-8:00pm  
Saturday & Sunday, 9:00am-6:00pm

**Reserving Appointments**

Appointments are scheduled at the reception desk or by calling 773.235.2300. We recommend you schedule your appointment at least 24 hours in advance.

**Spa Arrival**

To begin your treatment relaxed and on time we suggest you arrive a minimum of 30 minutes prior to your appointment. This will allow for time to check in at the reception desk where you will be provided with your robe, sandals and your choice of herbal tea. Please enjoy the quiet and amenities of our locker rooms, including showers and dry sauna; or you may simply relax and prepare for your treatment in our spa waiting room.

**What to Expect**

Your well-being is our primary concern. We suggest you disrobe to your comfort level. Keep in mind that our therapists are trained to drape you discreetly and will protect your privacy at all times.

**Gratuities**

We staff the highest quality licensed technicians. Appreciation for services in the form of gratuities may be given directly to your therapist or taken care of at the reception desk upon checkout.

**Cancellation Policy**

A 24-hour cancellation or rescheduling notice is required to avoid being charged in full for your treatment time. No shows will also be charged the full service fee. Special requirements may apply for group bookings.



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