



awakened. balanced. rested.

# NEWS

## quick links

mySpa chicago  
mySpa specials



## sun-kissed skin... no sun required!



Achieve that coveted summer glow while protecting your skin from harmful UVA/UVB rays with a [spray tan](#).

## need a lift?



Book an [intraceuticals](#) facial for your daily dose and see immediate lift, fullness, and brightness!

## mySpaExperience

## august 2010

### august is for vacations

*"Rest is not idleness, and to lie sometimes on the grass on a summer day listening to the murmur of water, or watching the clouds float across the sky, is hardly a waste of time." -Sir John Lubbock*

We're in the thick of summer vacation season and if you're like most Americans you've been waiting patiently to use your (measly) two weeks of R+R to head to the beach, the mountains, the city or even your own backyard. In this era of smart phones that beep and flash with emails, texts, and news alerts, we need this valuable and often unused time to slow down, find rest, enjoy our surroundings or just do nothing. So whether you're hitting the highway or finding respite on your porch, here's how to make the most of your 14 days:



- If you're preparing to hit the road follow the boy scouts motto and [be prepared](#). Worrying that you forgot to unplug the coffee maker is no way to start a vacation.
- Spending your off days at home doesn't have to leave you with vacation envy. Learn ways to [rediscover your home town](#). Of course, going to a spa is a surefire way to renew your mind and spirit (and [mySpa at Fairmont Chicago](#) offers some great spa packages!)

So you've had a relaxing vacation and now you're back at home. How can you keep that relaxed frame of mind yet still get back in the swing of things? Find [tips to a stress-free return](#) to your normal routine.

Wherever you're headed this month...enjoy!

## featured spa therapist: olga tatic

Olga entered the spa world in 1996 where her passion for the wellness industry eventually led her to become both a massage



Save 10% on your next spa appointment when you complete our guest satisfaction survey. Valid email address required.

therapist and esthetician. Her wholistic approach to skin care and massage was crafted after her travel experiences exposed her to the healing traditions of other countries. Olga firmly believes that a healthy mind and body create a happy, healthy life and is dedicated to helping each guest find the perfect mind-body balance.

***This month when you book a 60 min. facial with Olga you'll enjoy a free oxygen inhalation (value \$30).***

## locals only massage club

Stress less, save more. Join the [locals only massage club](#) and save \$35 on a monthly massage!



## myFitness Membership



Ask us about our **NEW** myFitness membership options!

## ahhh-gust [spa special](#)

Get buff this month without breaking a sweat! Our refining body polish is only \$49 (reg. \$75) when you book a 60min. myMassage or true transformation facial.



## have you had your energy boost today?

Try an oxygen inhalation to help reduce fatigue and jet lag, provide relief from hangovers or headaches, improve concentration, and increase stamina. Add a "shot of O2" to any spa treatment or enjoy a la carte for only \$30!



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