

menu of services



awakened. balanced. rested.





The mySpa experience is all about you.

Discover a spa sanctuary in the heart of downtown where you'll feel awakened, balanced, and rested within a warm, welcoming environment. Reconnect with yourself by experiencing our unique massage treatments, transformative skincare, global inspired therapies, and perfectly polished nail services. Enjoy a restorative steam experience or, find peace in our quiet spa lounge. Achieve your fitness goals in our modern studio complete with Technogym cardio, strength training equipment, free-weights and fitness accessories.

You deserve to feel this good.



myMassage Therapy

myMassage

Your time. Your experience.

We believe in offering a truly personalized massage experience. Whether you are seeking a gentle, soothing session or a deeper, focused touch your therapist will provide you with a massage made just for you. Your myMassage may also be enjoyed in the comfort of your guest room.

60m / 90m

myEssentials

Enhance your myMassage experience with our essential upgrades.

foot scrub The perfect prelude to your massage to smooth rough skin and freshen tired feet.

paraffin Warm, skin-softening wax hydrates your hands and feet and melts joint aches.

hot stones Heated stones provide deeper and longer lasting relaxation.

aroma-harmony

Tap into the forces of energy in your body with our unique aroma-sensory experience. An array of organic essential oils infused with healing crystals each designed to nourish and balance the 7 centers of well-being, create a harmonious massage experience.

60m / 90m

sole salvation

After a long day of shopping on the Magnificent Mile or just when you need some extra pep in your step, refresh your sole with our deluxe foot treatment that includes an invigorating scrub, warm paraffin wrap, stress relieving neck massage, energizing foot massage, and a moisturizing balm.

60m

make it a double

When one 'shot' of spa therapy isn't enough let us take care of you from head to toe. Two therapists work simultaneously to deliver a facial and our relaxing sole salvation foot treatment.

60m

the deep sleep

This indulgent bedtime or anytime ritual encourages peaceful sleep with a relaxing massage featuring lavender, ylang ylang, and geranium. As you rest in a warm cocoon of aromatic oils your spa therapist envelops your face with hot towels and offers a gentle scalp massage.

60m





mySuite

Enjoy any treatment side by side in our duet suite which features an infinity-edged soaking tub and private bath. Our Spa Consultants will help you create your ultimate mySuite experience to celebrate love or friendship.

suite soaks

Soaking in fragrant, mineral rich waters calms the mind, softens the skin, and relieves stress and muscle tension. Our soaking tub features a unique color therapy system so we can create the relaxing environment you need. The perfect way to begin or end your mySuite experience.

reflect renew your sense of focus and find balance

meditate reduce anxiety and discover peace of mind

calm relax your body and lift your spirits

restore purify your body and rejuvenate your mind

myBody Ritual

Experience the power of ancient healing rituals from distant cultures.

vitality

Wash.Scrub.Buff.Nourish.Restore.Hydrate. An awakening experience inspired by Japanese purification rituals. Flower oils, fruit essences, and rich minerals soften the skin and release the flow of vital energy in the body.

90m

hammam

Cleanse.Scrub.Polish.Replenish.Restore.Enrich. This indulgent detoxifying ritual is inspired by ancient bathing practices of Europe. An intense blend of fruit and nut extracts and aromatic oils provide the essentials for therapeutic healing and deep relaxation.

90m

nirvana

Center your mind, body, and spirit with exotic Indonesian Ginger and Indian Frankincense. A gentle exfoliating treatment and refining body mask are the prelude to a soothing massage with warm Chinese Jasmine oil.

90m

refining body polish

A skin-softening body polish refreshes your skin while a decadent body cream seals in moisture to give you a radiant glow. Select from gingergrass bamboo + plum blossom cream or coffee blossom olive stone + tangerine fig body cream.

30m



mySkincare

We recognize the individual and offer tailor-made solutions for your ever changing skin care needs. Formulated with the fundamentals of science and nature, our results-oriented skincare treatments address lifestyle and environmental challenges with a luxurious, multi-sensory approach to nourish your skin and soul. Discover what your skin can be rather than what it has been. We recommend consistent follow up care to achieve optimal results.

true transformation

Our skilled specialists offer a personalized facial to restore, harmonize, and comfort your skin. Your experience includes gentle skin brushing, a clarifying enzyme mask, and aromatic massage. Your 90m true transformation includes a hand renewal treatment, 12 point acu-massage, firming eye contour mask, and heavenly foot massage.

60m / 90m

reveal radiance

Our exclusive enzyme peel brightens, tightens, and smoothes the skin with super anti-oxidant Idebenone to uncover vibrant, youthful skin without inflammation and redness. For extra indulgence we include our hand renewal treatment accompanied by relaxing massage. Optimal results are achieved with a series of 6 treatments.

60m

saving face vitamin infusion

Pharmaceutical grade ingredients and patented Molecular Dispersion Technology deliver essential vitamins (A, C, E, B3, B5, and D) to the deeper layers of the skin. This clinically proven skin treatment significantly reduces the appearance of fine lines and wrinkles, repairs sun and environmental damage, treats acne, and improves skin texture, tone, and clarity. Our 90m experience includes an extended stimulating face massage and a heavenly foot scrub and massage.

60m / 90m

myEssentials

Enhance your mySkincare treatment with our essential upgrades.

neck & décolleté treatment A nourishing cleanse and exfoliating enzyme mask treat this delicate area and reduces the appearance of sun damage and aging.

eye contour mask Refresh and repair tired eyes to reduce the appearance of fine lines.
paraffin Warm, skin-softening wax hydrates your hands and feet and melts joint aches.

hair removal

A variety of waxing services are available. See our rate card for details.



myHands&Feet

Our journey manicure and pedicure treatments transform your hands and feet with a heavenly scented soak, skin softening scrub mask, and a relaxing massage. Your nails are then groomed, shaped, and perfectly polished.

the journey manicure **45m**
the journey pedicure **50m**

Our mini journey's include a soak, nail grooming, and polish.

mini journey mani **25m**
mini journey pedi **30m**

myEssentials

Enhance your myHands&Feet treatment with our essential upgrades.

paraffin Warm, skin-softening wax hydrates your hands and feet and melts joint aches.
hot stones Heated stones provide deeper and longer lasting relaxation.

polish change
french polish

mySpa for Men

Never let them see you stress. Our mySpa for Men treatments are geared to help you unwind and recharge.

skin maintenance facial

Get your skin in shape with our targeted facial care system designed to convert the rough to refined.

60m

tension tamer

Relax and revive your mind and body with a concentrated massage for the head, neck, and back that incorporates hot towels and a warming oil tonic to enhance circulation and promote deep relaxation.

60m

true grit

Discover a new way to relax with an invigorating and energizing head to toe body scrub.

30m

nail conditioning treatment

Clip, buff, and groom the appearance of your hands and feet.

hands 45m

feet 50m

express hands 25m

express feet 30m

grooming standards

A variety of waxing services are available. See our rate card for details.

MVP

Multiple spa treatments are a sure-fire way to eliminate stress and get you back in your game. We suggest pairing your myMassage with a skin maintenance facial or the tension tamer with true grit, or for the ultimate experience, our make it a double.



mySpa Collections

power treatments

Ideal for busy guests who are short on time but don't want to skimp on luxury. Choose from our list of 30 minute power treatments to indulge your fix in half the time.

myMassage

mySkincare treatment

mini journey manicure

power trip

For the multi-tasker we offer all three power treatments at once! Your myMassage is followed by a simultaneous mySkincare treatment and mini journey manicure.

60m

red eye reviver

Relieve your jet lag and get energized with our 30m myMassage followed by the sole salvation.

90m

luxe

Your indulgent day includes a 60m mySkincare treatment, 90m myBody Ritual, the journey manicure, the journey pedicure, Oka b. sandals to take home, and spa gift. Gratuity included.

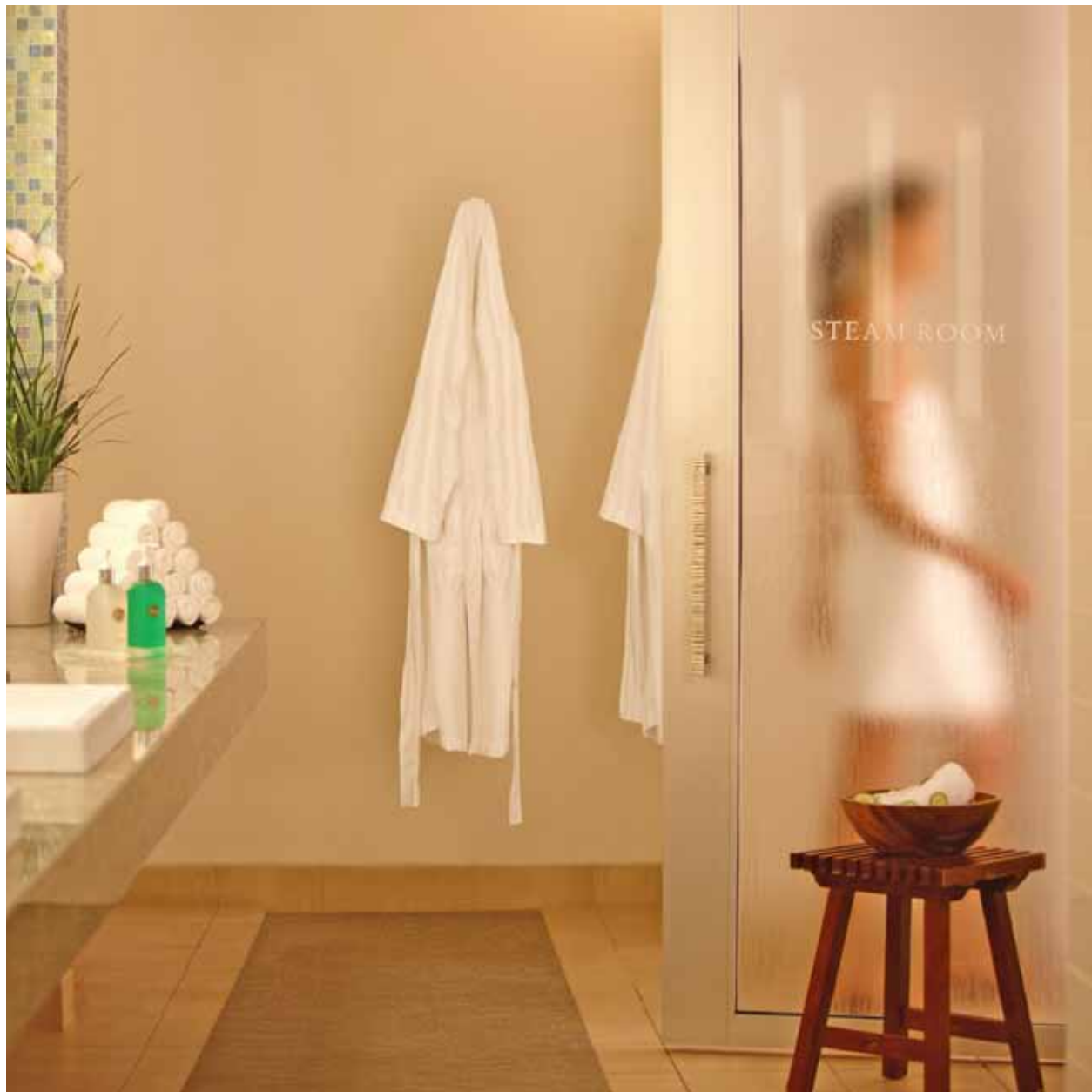
4h

social

Celebrate. Pamper. Chill. Ideal for bridal parties, baby showers, or a girl's getaway, your rate includes spa services in your private hotel suite, spa lunch, and gift bags. Minimum 4 people, 4 hours required. Based on room availability. Two week advance reservations required.

wed

Whether you wish to be alone, with your partner, or a group of your closest friends, let one of our Spa Concierges assist you in planning your spa day. A variety of spa services and special enhancements are available to celebrate your special day.



STEAM ROOM

myExperience

arrival

We suggest arriving 30 minutes prior to your treatment so that you may enjoy your entire experience and the amenities we provide. Arriving late may limit your treatment time so that our next guest is not delayed.

safety

Please notify our spa consultants if you have any medical conditions that may be affected by our services. These include allergies, high blood pressure, or physical ailments. Please tell us if you are pregnant so that we may provide you with the proper guidance, care, and comfort you need.

privacy

We provide a robe and slippers for your comfort during your experience and a locker for your personal belongings. During your treatment, our therapists use professional draping techniques to ensure your privacy at all times, only exposing the area to be worked upon. While most spa treatments are best enjoyed without clothing, every step is taken to ensure discretion.

satisfaction

Gratuities are not included in the service fee and may be given at your discretion. If you have enjoyed your services we recommend 20%.

peace of mind

We request that cell phones and personal communication devices be turned off while in the spa so that you and our guests may experience a relaxing spa environment.

mySpa Gift Certificates are available and may be used towards services or retail items.

mySpa at Home

Visit our spa boutique where you will find an array of exclusive skin care, bath and body products, and home spa items you need to continue the spa vibe at home.

menu of rates

myMassage Therapy

myMassage	60m	135
myMassage	90m	205
myMassage in room	add	25
aroma harmony	60m	145
aroma harmony	90m	215
sole salvation	60m	135
make it a double	60m	285
the deep sleep	60m	145

mySuite

suite soaks	30m	40
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myBody Ritual

vitality	90m	220
hammam	90m	220
nirvana	90m	220
refining body polish	30m	75

mySkincare

true transformation	60m	150
true transformation	90m	225
reveal radiance	60m	150
saving face vitamin infusion	60m	175
saving face vitamin infusion	90m	260

myHands&Feet

the journey manicure	45m	45
the journey pedicure	50m	65
mini journey mani	25m	25
mini journey pedi	30m	50
polish change		15
french polish	add	10

myEssentials

essential upgrades for your myMassage, mySkincare, or myHands&Feet treatments

foot scrub		10
hot stones		20
paraffin hands or feet		20
paraffin hands & feet		40
eye contour mask		40
neck & de'collete' treatment		30

hair removal

brow shaping	30
lip, chin	15
underarm	30
half arm	35
full arm	50
half leg	50
full leg	70
back	55
chest	55
bikini, standard	starting at 45

mySpa for Men

skin maintenance facial	60m	150
true grit	30m	75
tension tamer	60m	135
MVP		prices vary
nail conditioning hands	45m	45
nail conditioning feet	50m	65
express nail conditioning hands	25m	25
express nail conditioning feet	30m	50

mySpa Collections power treatments

myMassage	30m	70
mySkincare	30m	80
mini journey mani	25m	25
power trip	60m	185
red-eye reviver	90m	205
luxe	4h	625
social		prices vary

If you must reschedule or cancel your services please notify us 8 hours prior to your scheduled appointment to avoid being charged the full value of your services. Spa packages and groups of 3 or more require 24 hour notice in order to avoid being charged the full value of the services. A credit card number is required at the time of booking.

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