



The mySpa experience is all about you.
In this spirit, we present spa treatments that invite you to rediscover yourself, awakened...balanced...rested.
Surrender, and enjoy.

myMassage

Your time. Your experience.

60m \$135

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.

90m \$205

Create your own unique myMassage experience with a myEssentials indulgence.

foot scrub

\$10

A perfect prelude to your massage that smoothes rough skin and freshens tired feet.

paraffin

hands or feet \$20

Warm, skin-softening wax melts away joint and muscle aches while hydrating your skin.

hands and feet \$40

hot stones

\$20

Heated stones incorporated throughout your massage session provide deeper and longer lasting relaxation.

comfort zone

\$25

Enjoy your myMassage experience in the comfort of your guest room.

myMassage Treatments

aroma-harmony

60m \$145

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

90m \$215

sole salvation

60m \$135

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.

the deep sleep

60m \$145

This indulgent bedtime or anytime ritual encourages a peaceful sleep with a relaxing massage featuring a blend of 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.

suite slumber

60m \$265

Slumber in the comfort of your guest suite after your sleep inducing massage experience and relaxing, warm bath infused with a dreamy blend of essential oils. Our exclusive "Suite Slumber Kit" provides you with the essentials you need for complete sleep surrender.

mySuite

Enjoy any treatment side by side in our duet suite which features a two person soaking tub and private bath. Our Spa Consultants are available to assist you in creating your ultimate mySuite experience to celebrate love or friendship.

suite soaks

30m \$40

Bathing becomes indulgence. Soaking in fragrant, mineral rich waters calms the mind, softens the skin, and relieves stress and muscle tension. Our soaks feature 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

90m \$220

Wash.Scrub.Buff.Nourish.Hydrate. An awakening treatment inspired by Japanese purification rituals. Flower oils, fruit essences, and rich minerals combined with specific massage techniques soften the skin and release the flow of vital energy in the body.

hammam

90m \$220

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. Cleanse.Scrub.Polish.Replenish.Enrich.

nirvana

90m \$220

Center your mind, body, and spirit with this luxurious body treatment infused 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 infused oil

refining body polish

30m \$75

Indulge your senses with a skin softening body polish made from refreshing and aromatic blends of natural elements. Nourishing essential oils replenish your skin as your therapist concludes your treatment with decadent body butter. Select from gingergrass bamboo + plum blossom cream or coffee blossom olive stone + tangerine fig body cream.

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 skin care line addresses lifestyle and environmental challenges with a luxurious, multi-sensory approach to nourish your skin and soul.

Create your own unique mySkincare experience with a myEssentials indulgence.

eye contour mask \$40

refresh and repair tired eyes to reduce the appearance of fine lines

foot scrub \$10

paraffin hands or feet \$20

hands and feet \$40

true transformation 60m \$150

After a comprehensive skin analysis our skilled skin care specialists create a 90m \$225

personalized regimen which includes gentle skin brushing, hands-on care, hand renewal treatment, and massage. Discover what your skin *can* be rather than what it has been. Your 90m true transformation includes our 12 point acupoint massage, eye contour mask, and heavenly foot massage.

reveal radiance 60m \$150

Our exclusive enzyme peel features lactic acid and 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.

saving face 60m \$175

The 5 step Somme Institute regimen relies on pharmaceutical grade ingredients and patented Molecular Dispersion Technology to 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 rosacea and acne, and improves skin texture, tone, and clarity.

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.

Create your own unique myHands&Feet experience with a myEssentials indulgence.

hot stones \$20

extended massage 15m \$20

paraffin hands or feet \$20

hands and feet \$40

the journey manicure 40m \$45

the journey pedicure 50m \$65

the ultimate journey 75m \$145

An indulgent treat for your feet that includes all of our myEssentials.

polish change	\$15
french polish	\$20
hair removal	
brow shaping	\$30
lip	\$15
underarm	\$30
half arm	\$35
full arm	\$50
half leg	\$50
full leg	\$70
back	\$55
chest	\$55
bikini, standard	\$45

mySpa for Men

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

skin maintenance 60m \$150
 Get your skin in shape with our targeted facial care system designed to convert the rough to refined. Our skincare specialists will even provide you with expert tips on achieving your best shave. Cleanse. Hydrate. Condition.

tension tamer 60m \$135
 Relax and revive your mind and body with our concentrated massage for the head, neck, and back.

true grit 30m \$75
 Invigorating. Stimulating. Discover a new way to relax with a head to toe body scrub.

make it a double 60m \$285
 When one 'shot' of spa therapy isn't enough let us take care of you from head to toe. Two therapist work simultaneously to deliver a skin maintenance session and our relaxing sole salvation foot treatment.

grooming standards

hair removal

A variety of waxing services are available. Please see 'hair removal' above for details.

nail conditioning hands 40m \$45
 Clip, shape, buff, and groom the appearance of your hands and feet. feet 50m \$65

MVP

Multiple spa treatments are a sure-fire way to eliminate stress and get you back in your game. Build your own experience or let us create it for you. Prices vary depending on services.

We recommend the following:

- myMassage + skin maintenance session
- true grit + myMassage
- tension tamer + skin maintenance + nail conditioning

myGeneration

While our spa services may be enjoyed by everyone, myGeneration treatments were created with our younger spa goers in mind.

stress soother 60m \$135

Nix your nerves, fight fatigue, and move out muscle tension with a classic massage meant to loosen your body *and* your mind.

fresh face skin treatment 60m \$150

Cleansing, toning, exfoliation, and hydration are all a part of this skin specific treatment designed just for you. Learn how to create your own at home skin care routine to maintain a clear, vibrant complexion.

pampered pedi 50m \$65

Great after a shopping spree on the Magnificent Mile, our pedi refreshes and smoothes your tired tootsies with a soak, scrub, massage, and polish.

marvelous mani 40m \$45

Need a break from texting and typing? Our luxurious mani provides relief with a soak and scrub followed by some much needed massage. Your nails are then clipped, shaped, and perfectly polished with an array of dazzling colors.

fabulously french add \$20

Add a fancy French twist to our basic manicure or pedicure. Ooh la la!

spa scene

Looking for a place to hang out with your closest BFF's? Choose mySpa for your next birthday, special event, or gift idea. Massage, facials, and nail services are available in any combination for any budget.

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 power treatments to indulge your fix in half the time.

myMassage 30m \$70

mySkincare treatment 30m \$80

the journey manicure 30m \$35

power trip 60m \$185

Includes 30m myMassage followed by a 30m mySkincare treatment and simultaneous journey manicure

jet setter 3h \$520

Our first class experience is designed to fight flight fatigue and provide you with a much needed altitude adjustment. Includes a 60m mySkincare treatment, 60m myMassage, the journey manicure, airport transfer, Spa-To-Go kit. Gratuity included.

red eye reviver 90m \$205

30m myMassage and sole salvation

luxe

4.5 h \$625

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

social

prices vary

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

prices vary

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.

myFitness

We offer an array of state-of-the-art fitness equipment featuring Technogym and Precor strength and cardio, as well as free weights.

mySpa at Home

Please 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 your spa experience at home.

myExperience

Our mission is to help you feel more balanced, rested, and energized.

We blend the luxurious details and personalized attention you expect with effective, results-oriented treatments. Our spa consultants are available to answer your questions and help you create an experience to fulfill your needs.

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.

If you must reschedule or cancel your services please notify us 4 hours prior to your scheduled appointment to avoid being charged the full value of your services. Spa packages require 24 hours 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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