

MASSAGE THERAPY

CUSTOM MESSAGE

Choose from a range of massage therapy techniques including Swedish deep tissue, sports or reflexology. Or ask your therapist to customize your massage treatment with a stress-busting combination of any or all of these techniques.

25 minutes \$70 50 minutes \$125 80 minutes \$180

AROMA JOURNEY MESSAGE

Unwind during a sensory balancing massage experience with your choice of four Aromatherapy blends infused with essential oils: Harmony, Lavender, Ginger, or Neroli.

25 minutes \$75 50 minutes \$135 80 minutes \$190

QUIET THE MIND MESSAGE

Clear your head of distraction and prepare for deep slumber. Begin with a scalp and temple massage with a thoughtful blend of lavender, cajeput & peppermint essential oils designed to quiet thoughts and relieve scalp tension. Your full body massage features soothing techniques and a lavender oil.

50 minutes \$135 80 minutes \$190

MOTHER-TO-BE-MASSAGE

Designed to address the special needs of the mother-to-be, this treatment combines tried and tested safe pregnancy massage techniques. Chinese geranium-infused oil that balances feminine energy and has a harmonizing effect on women. Helps to relieve tension in your lower and upper back, and alleviates swelling in the hands and feet. Not recommended during the first tri-mester of pregnancy.

50 minutes \$135 80 minutes \$190

AROMA STONE MESSAGE

Melt your cares away while smooth, polished river rocks are heated and used to massage the body. Stones are left in patterns on the body to balance the energy centers. Your choice of aromatherapy oil adds a wonderful aromatic element to the experience to calm, soothe and settle inflammation and irritation of skin and/or nerves.

50 minutes \$160 80 minutes \$240

WARM BAMBOO MESSAGE

Known for its healing properties, this massage works at all levels to balance, calm and energize you physically, mentally and spiritually. This rejuvenating enhancement will add to the holistic experience of massage & body treatments alike. The use of bamboo ensures healthy circulation, relief of muscle tension, deep relaxation and even aids in detoxification.

50 minutes \$160 80 minutes \$240

COUPLES MESSAGE

Enjoy any two therapeutic massages with a loved one or friend in our luxurious couple's suite. Pricing based on treatments selected

SKIN CARE

REFRESHER FACIAL

A deep cleansing introductory facial based on organic Moor Mud, which refines and remineralizes dull, lifeless skin. Includes a skin analysis and short massage of the face and shoulders, as well as a heated hand treatment.

25 minutes \$75

AROMATHERAPY FACIAL

Reconnect with nature, spirit and self with this deluxe facial based on the accent and influential art of Aromatherapy. Centered on a global bouquet of skin renewing aromatic oils, this facial imparts a complete vitality and relaxation. Includes an invigorating foot scrub, specially developed aromatherapy facial. *Scalp massage & cooling treatment is included in the 80 minute version.

50 minutes \$125 80 minutes \$180

URBAN THERAPY ANTIOXIDANT FACIAL

Ultra-oxygenating, anti-aging treatment based on vitamin-rich super berries, plant cell cultures to rejuvenate and crushed pearl powder to renew. Concentrated nourishing oils, serums and plant essences combine with exclusive acupressures and muscle-easing face and neck massage followed by a nourishing algae-rich masque for increased cellular renewal and a healthy radiance. A scalp massage & cooling foot treatment is included in the 80 minute version

50 minutes \$135 80 minutes \$190

CUSTOMIZED CLEANSING FACIAL

A deep cleansing purifying treatment customized for all skin types. Includes an exfoliating peel to renew the skin, a deep-cleansing massage to promote circulation and a masque to balance and nourish the skin. A heated hand treatment completes the experience.

50 minutes \$125

FACIAL ENHANCEMENTS

CHITOSAN MASQUE WITH CHAMOMILE - \$25

This super soothing alginate peel-off masque hydrates, calms and reduces the appearance of redness. Dramatically improves skin texture, tone and color.

VITAMIN C AMPOULE - \$30

Excellent antioxidant. Reverses damages and brightens skin.

VITAL EYE RESCUE - \$40

This intensive eye treatment is designed to diminish fine lines and wrinkles and improve under eye dark circles.

BODY TREATMENTS

TEMPLE OF TRANQUILITY

Awaken the senses with the signature aroma of Sweet Neroli Blossoms in this deeply relaxing yet uplifting experience featuring a lymphatic dry brush technique, energy balancing, and a warm Neroli oil meditative massage and Eucalyptus infused foot cleansing/reflexology ritual to clear the mind.

80 minutes \$190

TURKISH BODY SCRUB

An exhilarating thermal salt exfoliation is applied in a two-step treatment utilizing salt rich in mineral and trace elements mixed with essential oil. Followed by a loofah scrub with Thermal Mineral Shower/Bath Gel. This treatment is the most invigorating of our scrubs. Stimulates circulation and leaves the skin smooth and soft.

25 minutes \$75

JET LAG RECOVERY

Remedy jet lag or your shortage of sweet slumber in this balancing spa experience that include a dry brush exfoliation, full body exfoliation with our Turkish bath scrub. Body scrub is infused with your choice of organic essential oils to energize your mind and body or to promote deep relaxation. Choose our soothing lavender option to induce rest or our invigorating ginger option to take on your day ahead.

50 minutes \$135

ALOE QUENCH BODY WRAP

The healing moisturizing properties of aloe vera are combined with the soothing properties of lavender in this deluxe hydrating body wrap. Treatment includes a luxurious scalp and neck massage, as well as a foot massage with an alpine foot balm.

50 minutes \$135

GINGER RENEWAL

Earthy minerals are combined with ginger's healing properties in an invigorating full body exfoliation. Following is a pampering back, neck and shoulder massage with organic ginger oil and warm healing stones. Next, nourish and relax inside a warm cocoon while a luxurious foot and scalp massage complete the experience.

80 minutes \$190

LAVENDER DREAMS BODY SCRUB

Relax. Dreams of lavender fields kissed by the French sun envelop your senses as you drift on waves of blue. Breathe deeply; inhale the calming and balancing benefits of wild lavender in this completely balancing and rejuvenating spa experience. To begin, earthy minerals are combined with lavender's healing properties in an invigorating full body exfoliation. Next, nourish and relax inside a warm cocoon, after lavender spray is massaged into the body.

50 minutes \$135

WELCOME TO THE SPA INTERCONTINENTAL CHICAGO MAGNIFICENT MILE.

SPA InterContinental is a three-level facility complete with spa treatment rooms, state-of-the-art exercise equipment, a junior Olympic pool, full service locker rooms and sauna.

Our team is committed to creating an experience that leaves you feeling pampered and replenished. Treat yourself to a custom aromatherapy massage, aloe quenching body wrap, urban antioxidant facials or any one of our several other treatments - guaranteed to eliminate tension and relax your muscles.

SPECIAL EVENTS

Ask us about reserving the spa for your event – bridal shower, birthday or girl's night out.

PAYMENT AND SERVICE CHARGES

We accept all major credit cards. Guests of the InterContinental Chicago may charge the service to their room accounts.

HOURS OF OPERATION

9 am - 9 pm Sunday - Saturday

Services before and after hours are available by special request, and are subject to availability and a \$25 surcharge.

TO SCHEDULE AN APPOINTMENT

Call **312-321-8700** or dial **ext. 8700** from any hotel phone.



InterContinental®
Chicago Magnificent Mile
505 North Michigan Avenue,
IL Chicago 60611

HOW TO SPA

Prepare yourself for your spa journey. The more relaxed you are, the more your treatments will enhance your well-being.

What Should You Wear: Luxurious bathrobes and sandals are provided for your comfort. You may leave your personal belongings in a locker. For your treatment, disrobe to the level of your comfort. Undergarments are not necessary, but you may wear them during your treatment if you prefer. Our licensed therapists are trained to drape a sheet or towel over your body in a discrete manner, assuring your privacy at all times.

Shaving Before a Treatment: Shaving is not recommended prior to any treatment, but if you wish to shave we recommend doing so two hours before any facial or full body exfoliation treatments.

Cellular Phones: In consideration of our other guests, we ask that you turn off your cell phone and/or pager before entering the spa.

Valuables: Spa Intercontinental is not responsible for damage to or loss of personal belongings. Our recommendation is to not bring valuables to the spa.

Facilities & Amenities: All guests are offered complimentary use of the fitness facility and our landmark junior Olympic-sized swimming pool.

Appointments and Reservations: We strongly recommend that you schedule spa appointments prior to your arrival. Reservations are subject to availability and must be guaranteed with a credit card.

Arrival: We suggest that you arrive 10 minutes before your appointment time to fill out your personal care guide where you can explain your special health considerations or specific needs.

Late Arrival: As a courtesy to our clients booked after you, late arrivals will only receive the remaining available appointment time and will be charged the full service fee.

Age Requirements to Use the Spa: All spa guests must be 16 or older to schedule a treatment.

Cancellation: Treatment times are reserved especially for you. We kindly request that cancellations or changes to appointments be made at least 4 business hours in advance. Appointments starting before noon must be changes of canceled by 9 PM the evening prior. A full service charge will apply to all no-shows and untimely cancellations.



SPA

INTERCONTINENTAL

TREATMENT MENU