



SPA 42

BOUTIQUE SPA & FITNESS

*“Where nothing is overlooked but the city.”*

# Spa Services

## MASSAGE THERAPY

### CUSTOM MASSAGE

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 MASSAGE

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

**25 Minutes \$75 / 50 Minutes \$135 / 80 Minutes \$190**

### QUIET THE MIND MASSAGE

Quiet the mind and soothe body and spirit. Temples and scalp are massaged with calm mind oil, a restorative blend of peppermint and lavender created to help relieve headache tension and stress. Lavender body oil is used to achieve an overall feeling of bliss as we customize your massage.

**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. Massage uses a Chinese geranium-infused oil that promotes 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. Mother to be massages are not recommended during the first tri-mester of pregnancy.

**50 Minutes \$135 / 80 Minutes \$190**

### AROMA STONE MASSAGE

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 MASSAGE

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**

### 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**

### COUPLES MASSAGE

Enjoy any two therapeutic massages with a loved one or friend in our luxurious couple's suite.

**Pricing based on treatments selected**

## SKIN CARE

*Skin care services are "non-invasive" and do not involve extractions or any chemical peels.*

### 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 ancient and influential art of aromatherapy. Centered around a global bouquet of skin renewing aromatic oils, this facial imparts complete vitality and relaxation.

**50 Minutes \$125**

### RESCUE REMEDY

A treatment designed to restore balance to distressed complexions. This ultimate calming facial reduces inflammation and improves the skin's tolerance to irritation with an anti-inflammatory ampoule. This facial includes deep cleansing enzymes, an anti-redness masque and protective serums that encourage cellular repair with advanced preparations. Includes neck and décolleté massage.

**50 Minutes \$135**

### MAN ABOUT TOWN FACIAL

A deep-cleansing, therapeutic facial designed specifically for the special skin care needs of men. Relaxes the skin as it refines pores. Includes a luxurious facial massage and deep-cleansing masque. Specifically addresses sensitivity and razor burn.

**50 Minutes \$125**

### URBAN THERAPY ANTIOXIDANT FACIAL

This oxygenating, anti-aging facial utilizes ingredients brimming with antioxidants, including an application of a natural spirulina algae rich in protein, vitamins, minerals and botanical extracts. Combats premature aging, disrupts hyperpigmentation and provides skin with a healthy glow. Skin is noticeably smoother and younger-looking after treatment.

**50 Minutes \$135**

# Spa Services

## FACIAL ENHANCEMENTS

### CHITOSAN MASQUE WITH CHAMOMILE

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

**\$25**

### VITAMIN C AMPOULE

Excellent antioxidant. Reverses damage and brightens skin.

**\$30**

### VITAL EYE RESCUE

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

**\$40**

## BODY TREATMENTS

### 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 includes a dry brush exfoliation, full body exfoliation with our Turkish body 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

Earthly 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, earthly 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.

**80 Minutes \$190**

## HOW TO SPA

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

### APPOINTMENTS AND RESERVATIONS

We strongly recommend that you schedule spa appointments prior to your arrival at Spa 42. Reservations are subject to availability and must be guaranteed with a credit card.

### SPECIAL EVENTS

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

### 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 changed or canceled by 9 PM the evening prior. A full service charge will apply to all no-shows and untimely cancellations.

### 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 clients booked after you, late arrivals will only receive the remaining available appointment time and will be charged the full service fee.

### 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.

### SHOULD YOU SHAVE 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 body exfoliation treatments.

### IS THERE AN AGE REQUIREMENT TO USE THE SPA?

All spa guests must be 16 or older to schedule a treatment.

### CELLULAR PHONES

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

### PAYMENT AND SERVICE CHARGES

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

### VALUABLES

Spa 42 is not responsible for damage to or loss of personal belongings. Our recommendation is to not bring valuables to the spa.

Thank you, and we look forward to your visit!

### FACILITY & AMENITIES

All guests of Spa 42 are offered complimentary use of the fitness facility and other amenities including

- \* Lockers
- \* Sauna
- \* Relaxation Room
- \* Lap Pool
- \* Whirlpool
- \* Precor Exercise System
- \* Free Weights

Monthly memberships to our fitness facility are also available.

### TO SCHEDULE AN APPOINTMENT

Call 312-268-8070 or dial ext. 8070 from any hotel phone. You can also press the "FITNESS" button on your room phone, or email [Info@Spa42Chicago.com](mailto:Info@Spa42Chicago.com).

### 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.



323 E. Wacker Dr.  
42nd floor of the Swissôtel  
Chicago, IL 60601

312-268-8070  
[Spa42Chicago.com](http://Spa42Chicago.com)