

Sable

AT NAVY PIER



**CONTACT 312.946.3000
TO MAKE YOUR RESERVATION**



WINDY CITY MASSAGE

PERSONALIZED IN-ROOM MASSAGES

50-MINUTE \$160 | 80-MINUTE \$210 | 110-MINUTE \$260

SWEDISH

This deeply relaxing treatment, featuring long connective strokes, is designed to ease fatigue and soothe over-stressed nervous systems.

DEEP TISSUE

More engaged pressure for those who want to feel every nuance of the massage. Firm pressure and thoughtful sequencing for maximum results.

SPORTS

For the athlete or weekend warrior who needs specific techniques to address performance enhancement or pain-reduction.

FOCUS

When you really want only a couple areas treated because they really, really need it. Forget doing everything and just focus on what you really want and need. This isn't necessarily symmetrical or formulaic because you're not!

PRENATAL RESCUE

The perfect massage when you're working twice as hard! Relieve tension, fatigue and swelling. Baby will thank you! Note — this is done in side-lying position with bolsters.

COUPLES

Receive two customized massages side-by-side. Chit-chat or be silent while therapists customize the perfect massage for your needs.

BODY TREATMENTS

80-MINUTE \$235 | 110-MINUTE \$285

SHEA BUTTER DRENCH

Enjoy a massage with warm organic shea butter, hot towels and a revitalizing exfoliation.

WARM HONEY DRIZZLE

Start with an invigorating skin brushing followed by a truly unique massage incorporating eco-friendly warm honey to cleanse pores, improve circulation and soothe muscles and joints.

BODY BRUSH AND SCRUB

Treat yourself to maximum decadence with skin brushing, scrub and full body massage.

SERVICE ENHANCEMENTS

15-MINUTE \$30

BODY MELT SCALP THERAPY

Aromatic lime scalp oil is gently warmed and applied vigorously to the scalp, neck and shoulders to stimulate circulation and relieve muscle tension.

BODY MELT FOOT THERAPY

Calves and feet are massaged with a stimulating peppermint balm and then cocooned in steaming hot towels to wake up tired feet.

LAVA SHELL UPGRADE

Add the relaxing and penetrating elements of a naturally heated massage to your favorite service.

EYE CONTOUR TREATMENT

This facial add-on is an intensive treatment designed to reduce puffiness, fine lines and under eye discoloration.

CBD OIL ENHANCEMENT

Enhance the benefits of your massage with CBD infused massage oils.