



INTERCONTINENTAL®

HOTELS & RESORTS

MENU OF SERVICES

LOCATED INSIDE INTERCONTINENTAL CHICAGO
IN THE FITNESS CENTER

312.946.3000 | WINDYCITYMASSAGE.COM

FACIALS

CITY LIFE FACIAL

50 MIN \$150

A breath of fresh air for your skin in a facial that distills all the benefits of the sea to detox and revitalize your skin. The break from pollution's harmful effects eliminates signs of fatigue, brightens your complexion and rehydrates your skin.

OLIGOFORCE LUMINATION

50 MIN \$180

A complete global anti-aging treatment that illuminates the complexion, reduces dark spots and smooths wrinkles. The ideal combination of a peel, a powerful anti-aging serum and a sheet mask rich in elements to infuse the skin with light.

XMF SUPREME YOUTH

80 MIN \$240

The ultimate sensorial experience. A gentle slathering of self-heating marine mud along the spine for total relaxation and optimal detox effects. Phytomer's extra marine filler instantaneously firms and smooths the skins appearance for an immediate radiance.

SERVICE ENHANCEMENTS

15 MIN \$35

EYE CONTOUR TREATMENT

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

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.

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.

LAVA SHELL THERAPY

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

CHINESE CUPPING THERAPY

Experience this traditional and effective form of Chinese healing. Cupping increases local blood supply, loosens adhesions and knots and moves lymphatic fluids via a negative pressure.

Prices subject to change.

MASSAGES

50 MIN \$150 | 80 MIN \$200 | 110 MIN \$250

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.

**price per person*

Prices subject to change.

BODY TREATMENTS

80 MIN \$250 | 110 MIN \$300

BODY MELT THERAPY

The ultimate relaxing experience that combines deep, intensive massage with steaming hot towels. Tension deep within spinal muscles is unraveled with an anti-inflammatory arnica gel in this powerful therapeutic treatment

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.

SHEA BUTTER BODY QUENCH

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

HOT STONE

Enjoy warmth and relaxation at its best. Penetrating heat and soothing massage create a perfect heavenly mixture of healing and revitalization

CELLULITE REDUCTION

Enjoy a full body 80-minute massage while addressing one of these common problem areas: hips, thighs or abdomen. Specific, hands-on cellulite reduction techniques are applied with a thermal cellulite cream and wrap. For best results follow with our cupping add-on service. Add \$30 for each additional area.

BODY BRUSH AND SCRUB

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

FOUR-HAND MASSAGE

Try something that you'll remember forever. Two therapists, one amazing experience will massage away all worries and aches.

MONSOON RITUAL

Begin with an almond orange nut exfoliation, followed by a white tea mask and scalp treatment concluding with a full body massage.

ESPRESSO SCRUB, RUB & CHUG

Invigorate your mind, body and soul with our espresso body scrub and custom massage. Cleansing espresso beans, antiseptic honey and nourishing oils prepare your skin for the massage. An espresso shot completes this service sending you off to conquer the day.

Prices subject to change.