

*Slip into Summer with New Spa Treatments
at Four Seasons Hotel Chicago*

CHICAGO – As the weather continues to heat up this summer, the Spa at Four Seasons Hotel Chicago is your urban retreat from the rising temperatures and effects of the summer sun. Our new menu of treatments includes experiences tailored to help you keep your cool and sport a healthy glow.

“Our new treatments are designed to hydrate summer skin while providing the ultimate in relaxation and rejuvenation,” says Spa Director Patricia Norcross. “The Spa at the Four Seasons Hotel Chicago is the perfect place to escape the hot summer sun and indulge yourself this season.”

Among the new treatments at the Spa at Four Seasons Hotel Chicago are the:

Blueberry Soy Manicure and Pedicure

Blueberries are in season this summer at the spa. Each treatment includes a luxurious sugar scrub, a revitalizing masque and a stimulating massage with blueberry soy soufflé cream. This summer treat is topped off with a delicious blueberry smoothie. Manicure, \$55; Pedicure \$75

Sweet Dreams Massage

Forget counting sheep and let the Spa help you drift off to a better sleep at night with the *Sweet Dreams Massage*. This massage works gently but deeply into the muscle using flowing strokes along with a blend of orange blossom and chamomile scents. It helps to restore the normal patterns of your circadian rhythms and improves the length and quality of the sleep you experience. 55 minutes, \$130; 80 minutes, \$175

Back to Beautiful

Just in time for the backless and strapless season, a facial for your back that addresses those problem areas with a special masque to cleanse and refine pores, followed by a relaxing back and shoulder massage. 50 minutes, \$140

Ayurvedic Scalp Massage

Planning summer barbecues and vacations have you stressed? Experience the power of this ancient Eastern healing modality that uses scalp massage techniques to relieve tension and stress throughout your body. 25 minutes, \$65

Maui Sugar Scrub Wrap

Let yourself escape to the Hawaiian Islands with the *Maui Sugar Scrub Wrap*. This ultimate recipe for island rejuvenation uses a blend of lehua honey, Maui cane sugar and Hawaiian oil of kukui (candlenut). While wrapped in warmth, enjoy a relaxing neck and scalp massage. 50 minutes, \$150

All Seasons Sun Glow

The perfect way to achieve a beautiful tan without the harmful effects of the sun. This delightful treatment begins with a thorough exfoliation to remove dry, flaky skin. Then, a luxurious, hydrating tanning lotion is evenly sprayed on. Legs only, 25 minutes, \$65; full body, 50 minutes, \$125

Magnificent Mile Lifting Facial

This facial goes that extra mile to combat the Chicago wind and weather damage with an enzyme peel that dissolves dead skin while nurturing an instant healthy glow and a series of tightening masks to help you look younger. 80 minutes, \$180

Gentlemen's Urban Defense

Designed with the masculine skin in mind, this deep-cleansing facial addresses the specific needs of the male face. The *Gentlemen's Urban Defense Facial* guards against the damages brought on by shaving with a gentle clay mask that stimulates blood circulation while exfoliating and cleansing. 50 minutes, \$130; 80 minutes, \$165

The Spa is open daily from 8:00 a.m. to 8:00 p.m. and the Fitness Club is open 6:00 a.m. to 11:00 p.m. Please call (312) 280-8800 for more information or visit our website at www.fourseasons.com/chicagofs.

Contact: Terri Hickey
Public Relations Director
312-649-2322 or terri.hickey@fourseasons.com