

THE WESTIN
CHICAGO
RIVER NORTH

CREATE YOUR OWN PERSONAL RETREAT



“Our services are about compassion and respect for the body, mind and spirit - so that you may relax and heal from the demands of daily life.”

TO BOOK AN APPOINTMENT
CONTACT THE HEALTH CLUB AT EXTENSION 41

indulge in personal spa services

relax

A timeless classic. This is a traditional Swedish-based massage that uses light-to-moderate pressure, with techniques varying from gliding to kneading that creates a relaxing and therapeutic experience.

60 minute/\$120 90 minute/\$160

restore

Especially beneficial for the physically active individual, this treatment provides a deep, strong massage to alleviate tightness and strain.

60 minute/\$120 90 minute/\$160

rejuvenate

Following a private consultation with your therapist, this massage will concentrate on your specific needs. The combination of several massage techniques will alleviate symptoms of stress where you carry it the most. Moderate to firm pressure will be used.

60 minute/\$120 90 minute/\$160

Please contact the Westin Workout at extension 41 or the Concierge Desk at extension 31 to schedule an appointment to renewal.

in-room spa service by westin

refresh massage

Pure tranquility will center your whole body through both aroma and physical therapies. Essential oils and customized massage techniques will increase microcirculation, soothe your nerves, provide tension relief and induce deep relaxation.

60 minute/\$120 90 minute/\$160

signature massage

Whether you work out or just prefer stronger, deeper therapeutic pressure. Your massage therapist will release patterns of muscular tension to increase your ease of movement, assist you in self-healing and give you a greater sense of overall well-being.

60 minute/\$120 90 minute/\$160

Services are also offered in the comfort and privacy of your own room between the hours of 8am and 10pm seven days a week.

For all in room treatments an additional \$20 will be charged.