



Cowshed Spa at Soho House

6 CHICAGO SPA DELIGHTS

BY AMBER GIBSON

If you had to choose between a facial and a massage, which would it be?
A mani/pedi or a body scrub?

Luckily, you don't have to choose at our favorite full-service spas in Chicago. Escape for the day for a girls' getaway, to get ready for a big night or just to give yourself a well-deserved break.

The Workout Buff: Spa at Equinox

Enter through the locker room at the Gold Coast location to find this hidden gem. The Equinox spa is open to non-members, and if you're getting a treatment, you have full gym access for the day. First-timers should book the Equissage, which starts with a posture evaluation so your therapist can tailor the massage to your body's needs. Finish with a mini-facial cleanse and moisturizing session, complimentary with all massages. 900 N. Michigan Ave., Chicago; 1750 N. Clark St., Chicago; 200 W. Monroe St., Chicago, 312-252-3100

The Newbie: Cowshed Spa at Soho House

You might know the British boutique Cowshed bath and body products from **Barneys** and **Anthropologie**. The brand new Cowshed Spa in the West Loop's Soho House is the first one open to the public in North America. Snuggle up with your own lap pillow and personal TV while getting a pedicure—the spherical drill they use to buff your feet trumps a rough pumice stone and leaves your soles startlingly soft. 113-125 N. Green St., Chicago, 312-754-6915

The Sanctuary: NoMI Spa at the Park Hyatt

With just two private treatment suites, you'll feel like you have the entire place to yourself at the Park Hyatt's ultra-luxe spa. The HydraFacial, which is ideal for all skin types, uses gentle suction from a machine to exfoliate and infuse skin with hyaluronic acid and antioxidants for a dewy glow. After your facial, get your nails bedazzled with Deborah Lippmann colors at one of the mani/pedi stations

next door. Estheticians and nail techs here are the kindest and most knowledgeable in town. 800 N. Michigan Ave., Chicago, 312-335-1234

The Quick Fix: Elysian Spa

In just 30 minutes, a little diamond microdermabrasion and infusion of vitamin C, hydrating or Lumixyl serums will help fade acne and brown spots while pepping up dull complexions. The SilkPeel's dermal infusion technology is typically only available through dermatologists, but there are two machines here for efficient exfoliation and rejuvenation. 11 E. Walton St., Chicago, 312-646-1310

The Chinese Healer: Chuan Spa at The Langham, Chicago

Traditional Chinese Medicine advocates a holistic approach to well-being, and treatments here aim to restore your body's yin and yang balance. Lead therapist **Sharon Viernes** also holds a master's in acupuncture and oriental medicine and will prescribe cupping, moxibustion or the scraping strokes of gua sha to accompany your massage. 330 N. Wabash Ave., Chicago, 312-923-7650

The Birthday Girl: Spa@theWit

The Spa@theWit turns five this year, and to celebrate they are offering a massage and facial anniversary package. This treatment encompasses a little bit of everything, with a full-body massage, scrub and facial masque wrapped into one. A citrus tangerine scrub ensures your legs and feet are party-dress ready. 201 N. State St., Chicago, 312-239-9402 ■