

MODERN LUXURY

# MICHIGAN AVENUE

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## The Style Issue

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# Skin DEEP



Wicker Park wellness spa Reishi refreshes and rejuvenates with a *wabi-sabi*-inspired approach.

Health equals beauty at Reishi, Wicker Park's new *wabi-sabi*-inspired holistic wellness spa. *By Amber Gibson*

Aging gracefully and naturally is a lofty goal in these days of injections and other invasive treatments, but it's one Theodora Koutsougeras pursues with gusto. "Botox and lasers are not long-term solutions," she says. "They're masking the issues at hand." She has created an unlikely oasis for Zen healing in Reishi, located behind Wicker Park's Trim waxing salon.

Reishi adheres to a philosophy of beauty rooted in *wabi-sabi*—the on-trend concept of artful imperfection—and wellness, with traditional Chinese medicine therapies like fire cupping, *gua sha*, acupuncture and herbal remedies playing a large role. Specialized practitioners include acupuncturists, massage therapists and estheticians, who customize nature-based facials with Marie Veronique and Yon-Ka products. Koutsougeras extols the importance of hydration, good sleep habits, meditation and exercise as elements to incorporate into daily life. "When you feel more balanced, your skin and body will show that," she says.

Unlike many spas, where you simply tick a few boxes about skincare concerns, the consultation questionnaire at Reishi is as long as a college application. Lifestyle details including sleep habits, nutrition, exercise and hormones are all crucial for personalizing each guest's experience. Every facial (\$75-\$195) includes targeted treatments like lymphatic drainage to increase circulation, micro-current to tighten pores, or ultrasonic waves to promote cellular renewal.

Coming next? Cosmetic acupuncture. "It's not as invasive as Botox or fillers," Koutsougeras explains. "But the results lead to a more natural appearance, with no side effects or downtime." 1629 N. Milwaukee Ave., 773.276.8746, [reishibeauty.com](http://reishibeauty.com)

## GREEN GLAM

Sustainability is the story at these Chicago beauty sources.

### Lena Rose

Nail technician and clean beauty activist Jenny Duranski named her non-toxic nail salon and spa in Ravenswood after her daughter. Monthly events allow customers to blend their own scrubs, learn about beauty nutrition and meet the makers of favorite green beauty products like Au Naturele High Lustre lip gloss (below, \$25 each). 4668 N. Manor Ave., 872.806.2552, [shoplenarose.com](http://shoplenarose.com)

### Art of Pure

Local entrepreneur Monika Joshi went from Wall Street to wellness to heal herself from the inside out. Find products for skin, hair, bath and body along with cosmetics and ayurvedic remedies at her online beauty emporium. [artofpure.com](http://artofpure.com)

### Credo Beauty

This San Francisco clean beauty stalwart's Bucktown outpost offers a comprehensive collection of 100-plus brands from Intelligent Nutrients and Vapour Organic Beauty to Maya Chia, along with Tata Harper facials (\$95-\$250) and makeup lessons at the beauty bar. 1659 N. Damen Ave., 773.698.8163, [credobeaity.com](http://credobeaity.com) -AG



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