



xhalespa

CHICAGO MARRIOTT LINCOLNSHIRE RESORT

MENU OF SERVICES





xhale spa at Chicago Marriott Lincolnshire Resort

Welcome to your private sanctuary surrounded by nature inspired design. Here in this oasis of tranquility on Chicago's North Shore, you will breathe in a new sense of well-being, health, and relaxation while xhaling away the impurities of the day.



Packages

Brilliant Experience

\$250

- o Essential Massage 50 min
- o Essential Facial 50 min
- o Take Ten Manicure & Pedicure 50 min

\$115

\$115

\$70

\$300 value / 3 hours / \$50 savings

Yoga Inspired Experience

\$240

- o Body Sugar Scrub 50 min
- o Breathe Deeply Massage 50 min
- o Stretch Therapy 30 min

\$105

\$125

\$60

\$290 value / 2.5 hours / \$50 savings

Your Link to Health

\$275

- o Detoxifying Enzyme Body Wrap 50 min
- o Clarifying Essential Facial 50 min
- o Reflexology 50 min

\$105

\$115

\$105

\$325 value / 3 hours / \$50 savings

Red Carpet Ready

\$350

- o Red Carpet Facial 80 min
- o Make Up Application 30 min
- o Shampoo, Blow Dry & Style 50 min
- o Take Ten Manicure & Pedicure 50 min

\$225

\$55

\$60

\$70

\$410 value / 4 hours / \$60 savings

Massage Therapies

Essential Massage

50 min | \$115 80 min | \$175

Beginning with Inhalation therapy to calm and quiet our busy world, this full body Swedish massage is customized to your specific needs and well-being. Medium to light pressure promotes circulation and relaxation.

Breathe Deeply

50 min | \$125 80 min | \$195

Tailored to address your overused, stressed muscle areas, our therapeutic massage uses medium to deep pressure to release muscular knots to aid in immediate recovery and recuperation with deep breathing techniques.

Prenatal Massage

45 min | \$105

Designed for the second or third trimester, this massage ensures the safety and comfort for mother and child. Light pressure is used to promote relaxation and enhance circulation, stimulating lymphatic flow to flush toxins and relieve stress during this exciting time.

Hot Stone Therapy

50 min | \$125 80 min | \$185

Combining our Essential Massage with heated basalt stones stressed muscles to enhance tension relief and brings a sense of total well-being.

Teen Inspired

30 min | \$60

Youthful exuberance needs relaxation too. 30 minutes of special attention to the back area will achieve a positive and upbeat outlook for the rest of the day.

Reflexology

30 min | \$60 50 min | \$105

Specialized pressure techniques on your feet target blocked energy, relieve stress and boost circulation to achieve your wellness goals.

Massage Break

30 min | \$60

Under time constraints? This time saver massage addresses the areas you identify. Our trained professionals will take it from there. Therapeutic, relaxing & restorative all in one.

Stretch Therapy

30 min | \$60

Our trained professional will stretch areas with Yoga influenced techniques to lengthen and strengthen overworked muscle groups.

Let our trained professionals customize each therapy to your specific needs using the Aromatherapy of your choice with every massage

Enhance the Experience - \$10 each

Extended Scalp Massage with Aromatic Oil - Hydrates and Shines

Hydrating Back Scrub - Exfoliates those out of reach areas

Paraffin Hand or Foot Therapy - Softens and Soothes

Chakra Balancing - An ancient modality to align your body's energy



Body Therapies - 50 min | \$105 each

Body Peel

Using three exfoliation tools, dry brush, age repairing masque and scrub, results in a brighter skin complexion, ready for any special occasion.

Sugar Scrub

Antioxidant-rich nutrients of our certified organic botanicals buff your skin to perfection. Finished with a hydrating application of vitamin-rich lotion leaving skin firm and rejuvenated.

Slimming Body Wrap

Botanical hyaluronic acid and coconut replenish moisture while a natural retinol alternative delivers instant firming action and age-defying results.

Detoxifying Enzyme Body Wrap

Fortified with naturally occurring minerals, nutrients and organic ingredients, this wrap stimulates and detoxifies for healing and beautification of your skin.



Gentlemen

Gentlemen's Massage 50 min | \$115 80 min | \$175

Slow deep pressure techniques target your stressed muscle groups to unlock tension and relieve pain. Perfect before or after a stressful workout or event.

Gentlemen's Facial 50 min | \$125 80 min | \$195

Designed around the art of shaving, this customized facial cleanses and hydrates using botanicals chosen for your skin type and concerns. A soothing neck and shoulder massage finishes the relaxation process.

Back Facial 30 min | \$60 50 min | \$90

Purification and exfoliation are prime for a gentlemen's neck and back. Including a customized masque and hydrating application of our unique botanicals chosen just for you.

Gentlemen's Manicure 30 min | \$25 50 min | \$45

Nails and cuticles are expertly shaped while hands are being massaged with warm hydrating cream. Nails are buffed for a clean finish

Gentlemen's Pedicure 30 min | \$35 50 min | \$55

A massaging warm water soak, care of nails and cuticles and buffing to a shine. A lower leg and foot massage is included in this relaxing therapy.

Full Back or Chest Wax 30 min | \$50 50 min | \$75

Facials

Essential Facial

50 min | \$115 80 min | \$175

This one of a kind facial is customized to your skin concerns. Carefully selected botanicals, antioxidants, phytonutrients, and vitamins will cleanse and exfoliate. Enjoy a nutritious masque to improve skin texture, extractions as needed and a moisturizer chosen to promote naturally healthy skin. Whether you are looking to diminish the visible signs of aging, erase hyperpigmentation, reduce skin redness or clear away acne, we have the solution.

Perfected Peel Facial

50 min | \$125 80 min | \$195

Complete skin rejuvenation with visible results in minutes and no down time. This results-focused facial is customized by our skilled estheticians to your skin's specific needs, choosing the correct botanical peel that is gentle without irritation. Your skin will be pampered with a cleanse, exfoliation and hydration, leaving you ready for any occasion immediately.

Red Carpet Facial

80 min | \$225

Our Perfected Peel facial is enhanced with three non-invasive and all-natural treatments. Formulated to instantly lift, firm and tighten, our age corrective collection of botanical peptides, hibiscus and unique ice wine active, will deliver results in minutes. Ultra Eye Lift, Instant Line Filler and Ultra Lift for the neck, leaving you red carpet or photo shoot ready.

Teen Inspired

30 min | \$60

This clarifying facial is designed for youthful cleansing and exfoliation for congested pores, leaving skin hydrated while reducing oil and drawing out impurities for the perfect balance.

Facial Recovery

30 min | \$60

This time saver facial addresses your immediate concerns: premature aging, sun damage, sensitive skin or combination skin with naturally healing organics to calm and soothe your skin for a healthy glow.

Facial Enhancements - \$20 each

Ultra Eye Treatment

This 4 step treatment rapidly tightens and de-puffs tired eyes, having the most immediate and visible results for dark circles and tired-looking eyes.

Lip Treatment

Our Lip Trio Kit is an effective treatment to exfoliate, plump, and moisturize using the Citrus Enzyme Lip Exfoliator, Plumping Masque, and Citrus Lip Balm.

Neck & Décolletage Treatment

Instant firming and lifting for the neck and décolletage. Rejuvenate and tighten the delicate neck area with a blend of hibiscus and botanical hyaluronic acid to keep skin firm and rich in moisture.

Waxing

Bikini Line	\$60
Lip, Chin or Cheek	\$15 each
Eyebrow	\$20
Brow Shaping	\$25

Combination of waxing and tweezing for a perfectly shaped brow



Nail Treatments

Manicure 50 min | \$40

Breathe deeply in this manicure designed for relaxation. Nail and cuticle care are followed by a rich masque to deliver nutrients and minerals back into tired hands. A moisturizing botanical is massaged into lower arms and hands. The ideal choice of polish completes your experience.

Pedicure 50 min | \$60

Immerse your feet into a luxurious foot soak, relaxing as we pamper your feet. Expert nail and cuticle care, callus removal and finished with polish of your choice. Lower leg and foot massage included with organic rejuvenating lotion.

Take Ten

Mini Manicure 30 min | \$30

Mini Pedicure 30 min | \$40

Youthful Manicure or Pedicure 20 min | \$20

Each service is designed for our 5 to 12 year old guests. Shaping and polishing of the nails, excludes cuticle and callus care.

Salon

Haircut

Women's Haircut, Blow Dry and Style \$75

Bang and Neck Trim \$20

Youthful Haircut and Style (4 to 12 years) \$25

Hair Color Services - (Includes Styling)

Full Color/Color Retouch Single Process Starting at \$130

Partial Highlights or Lowlights Starting at \$140

Full Highlights or Lowlights Starting at \$165

Specialty Services

Shampoo, Blow Dry and Style \$60

Up-Do's Special Occasion Style \$85
Shampoo not included.

Princess Special Occasion Style (Under 12 years) \$50
Shampoo not included.

Barber Services

Traditional Shave \$50

Mustache and Beard Trim \$30

Neck Shave \$20

Men's Haircut with Styling \$30



Beauty Services

Make Up Application with Lesson	\$75
Make Up Application	\$55
Air Brush Make Up Application	\$25
Strip Lash Application	\$20
Individual Lash Application	\$100
Add-On In Room Special Occasion Salon	\$40

Bridal Services

Wedding Day Make Up

Pre Wedding Consultation	\$35
Wedding Day Application	\$85

Our experienced cosmetologists are available exclusively to your bridal party on your wedding day. Please contact our salon coordinator at least 3 months prior to your wedding date to ensure salon availability.

**Full credit for consultation applied to your wedding day services*

xhale spa Information

Phone Number: 847.634.0100 x5795

Book Online: www.chicagomarriottlincolnshire.com

Spa Hours: Monday: Closed
Tuesday-Thursday: 10am to 6pm
Friday: 10am to 8pm
Saturday: 8am to 8pm
Sunday: 8am to 1pm

Special hours available upon request

Reservations: We recommend booking your appointments in advance to ensure availability. Please provide a credit card or room reservation guarantee.

Check In: We suggest arriving 20 minutes prior to your appointment to allow ample time to complete a brief health questionnaire and change into our robe and slippers provided in our locker room facility. Arriving late will shorten the time of your therapy. Hair Services require a check in of 10 minutes prior.

Cancellation Policy: Cancellations must be made 24 hours in advance to avoid a fee assessed for the missed appointments. Spa Packages or Group bookings require a 48 hour cancellation notification to avoid a fee assessment.

Gratuities: Gratuities for exceptional service may be made at your discretion. A 20% gratuity is customary.

Spa Etiquette: To ensure each guest receives a peaceful tranquil experience, we prohibit the use of cell phones and tobacco in the spa area. Guests are requested to keep voices to a minimum while enjoying our amenities.

Special Requests or Health Concerns: When making your reservations, please let us know of any physical conditions or special needs which your therapist should be made aware of and state any preference for a male or female therapist, so that we may accommodate your individual needs.

Spa Attire: A robe and slippers with a locker for your belongings will be provided at the spa, excluding hair appointments. Please do not bring jewelry or valuables unless necessary.

Age Requirements: Persons under the age of 18 are welcome to visit the spa. A signed waiver and accompaniment of a parent or adult guardian are required.

Pregnancy: In your best interest at this special time, we do not perform massages within the first trimester. It is recommended to discuss your spa visit with your physician prior to your appointment.

Spa Amenities: xhale spa has a relaxation room with light snacks and beverages before and after your appointments. Shower facilities, hair dryers and toiletries are provided.

Day Spa: The use of the resort's pools, indoor and outdoor along with therapy tub are available to our spa guests for a small day spa fee of \$25.00 added to any therapy appointment. Day Spa is available Tuesday thru Friday. A bathing suit is required for use of the indoor/outdoor pools and therapy tub.

Spa Lunch: A light and healthy spa lunch is available poolside for an additional fee. Please order in advance.