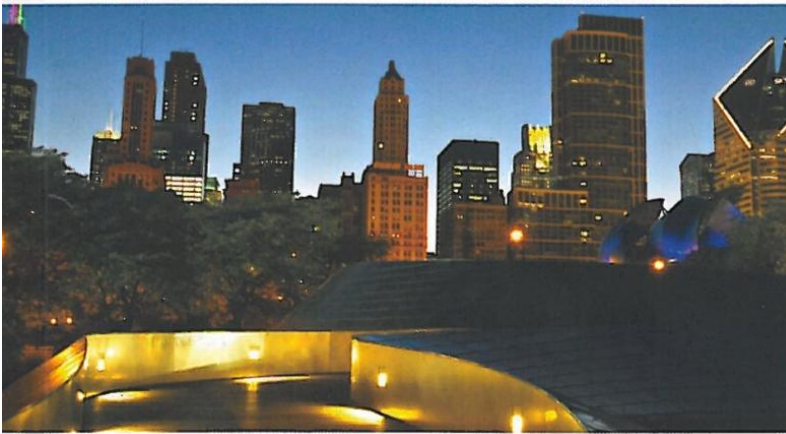


2010 CITY GUIDE
CHICAGO

MORE THAN 500 ANSWERS TO YOUR TOP TRAVEL QUESTIONS

PROFESSIONAL INSPECTORS RATE 300+ HOTELS, RESTAURANTS AND SPAS TO MAKE SMART TRAVEL DECISIONS EASY

FORBES LISTS THE BEST SHOPPING, DINING, SIGHTS, NIGHTLIFE AND ATTRACTIONS



URBAN RENEWAL

In a place where city dwellers are slapped with ice-cold winters and jungle-humid summers, it's no surprise that there are an abundance of soothing retreats. From the head-to-toe treatments at upscale spots like the Spa at Four Seasons to quick beauty rituals (such as expert acupuncture at Ruby Room Spa), there's something for everyone—because everyone needs pampering now and again.

SPA AT DANA HOTEL

Dana Hotel and Spa, 660 N. State St., River North, 888-301-3262;
www.danahotelandspa.com

One of the newest additions to Chicago's spa scene, this spot is built to impress. Green mosaic tiles shimmer in the oval-shaped lobby, while all treatment rooms include an iPod-ready Bose stereo—so you can be buffed and polished to your own beat. Signature treatments include the Aromasoul Massage (\$95), which incorporates essential oils from India, Asia, the Middle East and the Mediterranean. Or try the Nourishing Organics Manicure (\$35), which wraps hands in a mask made from pumpkin, tomato, artichoke and beet. Afterward, work up a sweat in the spa's cutting-edge gym—its ultra-sleek fitness equipment, called "Technogym," will give you a great workout. After your treatment, you might want to check out the "true daylight" mirrors in the locker rooms, which are great for applying makeup.



SPA AT DANA HOTEL