



CLOCKWISE FROM FAR LEFT: The pool in The Peninsula Chicago gives swimmers a view of the city from the 19th floor; Millennium Park is a convenient spot to picnic between activities; warm tones lend The Spa by Asha at The James Chicago a clean, calm look.

## CITY GUIDE: CHICAGO

As summer turns to fall and the weather chills, the world-class spas in the Windy City become even more attractive. Should you find yourself in Chicago, why not schedule some prime pampering? LISA DAVIS

<i>if you're looking for...</i>	<i>then book...</i>	<i>at...</i>
Relaxation after shopping Chicago's famed Magnificent Mile	Chakra Balancing with Volcanic Stones (\$275, 105 minutes), a customized therapy that eases aches while centering the mind	The Peninsula Spa by Espa, The Peninsula Chicago, peninsula.com
Something that makes you feel like a masterpiece after taking in the Impressionists at The Art Institute of Chicago	Dana's Nourishing Organics Body Scrub (\$85, 50 minutes), an earth-friendly, all-organic treatment that firms and tones the skin	The Spa at Dana, Dana Hotel and Spa, danahotelandspa.com
The ultimate way to end a day strolling around Lake Michigan	The Aqua Massage (\$205, two hours), which combines a body polish, steam, reflexology, and massage into one fragrant extravaganza	The Spa by Asha, The James Chicago, jameshotels.com
An afternoon pick-me-up before watching the sunset from the 103rd floor of the Sears Tower	Aroma-Harmony (\$145, 60 minutes), an aromatherapy massage that rejuvenates the body and increases energy	MySpa, The Fairmont Chicago, fairmont.com
A red carpet-worthy glow for dinner and dancing at the top of the John Hancock Center in The Signature Room at the 95th	The Ultimate Kate facial (\$350, 90 minutes), which leaves skin radiant, smooths fine lines, and gives an instant lift	The Spa at Trump, Trump International Hotel & Tower Chicago, trumpchicagohotel.com

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