



ILLINOIS. MILE AFTER MAGNIFICENT MILE.

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BEAT THE BLAHS WITH AN ILLINOIS SPA GETAWAY

Rejuvenating spa treatments available for travelers to every region of the state

CHICAGO - When life seems permanently on fast-forward and it's time to press the pause button, Illinois' world-renowned spas—luxury day spas, resort spas and all-inclusive health spas—may be the perfect way to unwind and make a getaway even more pleasurable. And travelers couldn't agree more, as spa visits are increasingly becoming a standard component of travel itineraries. In fact, the Travel Industry Association of America¹ has found that the process of choosing the right spa can affect multiple elements of a vacation, including the choice of destination.

"Illinois spas provide world-class relaxation and rejuvenation—but travelers want more than just pampering," said Illinois Bureau of Tourism Deputy Director Jan Kostner. "They want a spa that suits their needs. With an impressive array of luxury day spas, resort spas, and all-inclusive health spas, Illinois has something for everyone."

CHICAGO

After an exhilarating day shopping and touring blockbuster sites such as Millennium Park and the Museum Campus, Chicago visitors can recover from the action at **The Peninsula Spa Chicago** in the Peninsula Chicago Hotel. Rated by *Travel + Leisure* magazine as the "No. 2 City Spa in the Country," it boasts an expert staff and luxurious care for all clients. For those in search of the ultimate pampering experience, the "Magnificent Mile Package" includes a 55-minute Swedish massage, an exfoliating earth and sea wrap, a deep-cleansing European facial and the Peninsula manicure and pedicure. Hotel guests can enjoy even more extravagance by booking a lavish suite with breathtaking views of Michigan Avenue.

For more information, contact The Peninsula Spa Chicago (312-573-6860, www.peninsulaspachicago.com).

Along with spectacular views of Lake Michigan and Navy Pier, the W Chicago Lakeshore's stylish new **Bliss** spa also provides countless sought-after services. The spa's offerings include the "Plum Plum Pedicure," which uses hot cream and plum leaves for conditioning and fragrance. The spa also includes 16 treatment rooms; four movie-while-you-manicure nail stations; a retail store; and Bliss trademark touches like rhythm and blues tunes and a brownie buffet. W Hotel guests will also benefit from retail discounts and priority bookings at Bliss.

For more information, contact the Bliss Spa (312-201-9545, www.blissworld.com/spa/location/chicago).

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¹ TIA's *Travel Insights*, Vol. one, August 2005

CHICAGOLAND

The **Pheasant Run Resort & Spa** in St. Charles has created a unique blend of recreation, luxury and astounding beauty. It's the Midwest's largest entertainment resort with 473 lush guest rooms, two championship golf courses, award-winning dining, three pools and the **Mario Tricoci Hair Salon & Day Spa**. Visitors can get the true Pheasant Run experience with the "Strong Medicine" package, which includes two nights of deluxe accommodations in the two-story luxury whirlpool suites, breakfast for two both days, two tickets to Zanies Comedy Club, a massage for two at the spa, a \$50 dinner credit and a \$25 drink credit.

For more information, contact Pheasant Run Resort & Spa (800-474-3272, www.pheasantrun.com/packages/spa.htm).

Upscale accommodations, luxurious amenities and innovative spa treatments are available just 35 minutes from downtown Chicago at **Eaglewood Resort & Spa** in Itasca. The resort offers a warm atmosphere with architecture influenced by Frank Lloyd Wright's Prairie style, and the 10,000 square-foot European spa offers a wide variety of treatments including massage, Reiki, body wraps, scrubs and more. Understanding that men make up more than a quarter of spa clients nationwide, Eaglewood also provides men's services such as the gentleman's facial, a deep-cleansing therapeutic treatment.

For more information, contact the Eaglewood Resort & Spa (630-773-1400, www.eaglewoodresort.com).

The impressive **Herrington Inn & Spa** in Geneva offers 61 deluxe guest rooms, an award-winning restaurant (*Wine Spectator* gave its wine list the "2004 Award for Excellence"), space for meetings and weddings and a spa. In addition to Geneva's rich shopping, dining and outdoor recreation options, Herrington features romantic scenery and remarkable couple's massages that make it the perfect getaway for two. The spa's Swedish, deep tissue, aromatherapy, and river and stone massages give couples a way to find both romance and relaxation at once. For guests staying at the Herrington, in-room treatments are also available. After the massage, loved ones can enjoy the fireplace, whirlpool and private bar available in every room.

For more information, contact the Herrington Inn & Spa (630-232-4252, www.herringtoninn.com).

NORTHERN

Surrounded by 6,800 acres of rolling hills, **Stonedrift Spa** at the Eagle Ridge Resort in Galena provides the ideal location for a tranquil retreat. After a full morning of skiing, golfing or hiking, visitors can unwind with a half-day package that includes a facial, sea satin exfoliating, Vichy treatment and a soothing deluxe pedicure. Full-day packages are also available.

If visitors to Galena are looking for additional relaxing spa treatments, they can also try the **Wild Clover Day Spa**, located in the charming Irish Cottage hotel. Wild Clover is known for its calm environment and for using only the most natural, pure products. Tailored packages that provide everything from aromatherapy and vapor rubs to anti-aging facials and hair care services are available for the "executive gentleman," the "queen for a day" and golfers.

For more information, contact Eagle Ridge Resort & Spa (800-892-2269, www.eagleridge.com); Wild Clover Day Spa (1-877-3-DAYSPA; www.wildcloverdayspa.com/home.html).

CENTRAL

Heartland Spa, 90 miles south of Chicago in Gilman, has been described by guests as “friendly and unpretentious, a getaway for people looking for what the good life really means.” A pioneer in the health spa industry that is now growing throughout the country, Heartland has offered its private health and fitness retreat amid a warm country setting for years. The spa offers three standard, all-inclusive packages: two-night weekend, five-night, and seven-night stays. Each allows guests to enjoy the spacious, secluded 32-acre estate surrounded by a serene lake and peaceful forest. The spa’s nurturing atmosphere prompted *Travel + Leisure* magazine to rate it “One of Top 10 Spas in America.”

For more information, contact the Heartland Spa (www.heartlandspa.com, 800-545-4853).

WESTERN

For a day spa offering more than the traditional massage and facial, travelers can visit Peoria’s **Skin Dimensions Day Spa**, where convention meets medical innovation. Opened in 1991 to complement the Soderstrom Dermatology Center, Skin Dimensions focuses on personalized, medically based treatments such as a relaxing cranberry enzyme peel designed to restore and soften the skin. With a staff composed of two plastic surgeons, a dermatologist, certified nurse specialists and aestheticians, Spa Dimensions provides its clients with a “total skin facility” offering customized facials, salt glow massages and age-defying Vitamin C treatments. Once revitalized, clients can get a good night’s sleep at Peoria’s recently remodeled **Mark Twain Hotel**, where they can slip into the Sweet Dreams bedding systems complete with ultra-luxe featherbeds and down comforters.

For more information, contact Skin Dimensions Day Spa (309-691-9381, www.skinnews.com/skinDimensionDaySpa); Mark Twain Hotel (309-676-3600, www.marktwainhotel.com).

SOUTHERN

The ancient Egyptians were among the first to construct a holistic approach to health and overall wellness, a tradition Carterville’s **Egyptian Revival Day Spa and Wellness Center** follows well. Combining Egyptian practices with the most up-to-date services, treatments and medical expertise have helped make the center one of Illinois’ most notable spas. Some of its more popular treatments are the Sacred Honey Body Wrap, the Egyptian Revival Sugar Sweet Bubble Bath, and the Egyptian Queen/King package which includes a Cleopatra milk bath, an aromatherapy massage, a body wrap, a spa manicure or pedicure and a spa lunch. After a day of feeling like royalty, clients can stay the night at one of nearby Carbondale’s bed and breakfasts, such as the quaint **Kite Hill Vineyard B & B**, a country-style cottage on a private lake with wine and full gourmet meals visitors won’t soon forget.

For more information, contact the Egyptian Revival Day Spa and Wellness Center (618-985-8995, www.egyptianrevivaldayspa.com/index.php); Kite Hill Vineyard B & B (618-684-5072, www.kitehillvineyards.com).

SOUTHWEST

Few spas today can boast more than 100 years of service, and one of the only spas in Illinois that can offer clients mineral spring treatments. The **Original Springs Hotel and Bath House**, located in the charming town of Okawville, can do both. Taking a cue from the success of 18th-century European mineral baths, this hotel and spa opened its doors in 1867 and is listed in the National Registry of Historic Sites. Natural mineral water has been medically proven to aid in treating arthritis and skin irritations. Original Springs' mini-vacation package is a must, including a three-night stay in one of the hotel's 33 rooms, dinner at its Boiler Room Restaurant, and six sessions each of a mineral bath and Swedish massage.

For more information, contact the Original Springs Hotel and Bath House (618-243-5458, <http://members.tripod.com/okawvillehotel/index.htm>).

To get help travelers plan their spa getaways, the Illinois Bureau of Tourism offers additional information on spas, resorts, one-of-a-kind attractions, events statewide, accommodations and bookable 3-Day Getaways through the bureau's Web site, **www.enjoyillinois.com** or its travel counselors at **1-800-2CONNECT**.

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EDITOR'S NOTE: Media materials and downloadable images are now available on the Illinois Bureau of Tourism's online media center at **www.illinoismediacenter.com**. Additional photography, available electronically or in slide format, may be obtained by contacting Anne Dattulo at anne.dattulo@edelman.com, 312-240-2829, or Katie Markese at katie.markese@edelman.com, 312-297-7561.

The Illinois Department of Commerce and Economic Opportunity, Bureau of Tourism manages industry efforts that result in sustainable and significant economic and quality-of-life benefits for Illinois residents.