



# ILLINOIS. MILE AFTER MAGNIFICENT MILE.

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## **RESOLVE TO BE HEALTHY IN 2008: GETAWAY TO ILLINOIS**

*From high-end spas to spiritual retreats, Illinois offers myriad ways for travelers to focus on their health year round*

CHICAGO – The appeal of wellness vacations is on the rise. According to AAA<sup>1</sup>, travel that focuses on achieving, maintaining and enhancing one's overall health and wellness is a growing trend in leisure travel. For residents and visitors, Illinois offers a range of options including world-class spas, miles of natural beauty and specialty wellness retreats. Particularly during the long winter months, travelers will find endless ways to relax, reenergize and rejuvenate in Illinois.

### **CHICAGO**

Chicago residents and travelers alike enjoy the total relaxation resulting from a visit to **The Peninsula Spa Chicago** in the Peninsula Chicago Hotel. Rated by *Travel + Leisure* magazine as the "No. 2 City Spa in the Country," this urban retreat offers an array of advanced treatments and luxurious care that focus on contemporary European and Asian techniques and provide the ultimate pampering experience.

For more information, contact The Peninsula Spa Chicago (312-573-6860, [www.peninsulaspachicago.com](http://www.peninsulaspachicago.com)).

Known best for offering fresh, vegan foods, **Karyn's Fresh Corner Cafe** and **Karyn's Inner Beauty Center** also educate and counsel patrons on improving their lives in practical, holistic ways. Those looking to kick-start a New Year's resolution to live and eat more healthily can find inspiration and guidance with one of Karyn's food prep classes, relax with a range of offered massages and services, and indulge in delicious and healthy foods offered at the restaurant and café.

For more information, contact Karyn's (312-255-1590, [www.karynraw.com](http://www.karynraw.com)).

### **CHICAGOLAND**

Travelers can shake off the winter 'blahs' with a getaway to one of Illinois' hidden treasures; the **Herrington Inn & Spa** in Geneva offers a remote setting along the Fox River with 61 deluxe guest rooms, an award-winning restaurant and a full-service spa.

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<sup>1</sup> AAA, *Travel Trends*, August 2006

Couples can reconnect with each other over in-room massages, and guests will enjoy delicious meals and top-notch service creating an environment that leaves guests feeling recharged and renewed.

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

Although a quiet season for most plants and trees, the winter is a great time to explore and connect with nature through trail hikes, guided tours and engaging classes. The staff at the **Morton Arboretum** encourages its visitors to share their joy of nature by offering the 1,700-acre garden as a place to unwind, explore and discover. Children can have fun, too, while learning about the winter landscape and how the season affects the trees and plants during daily “Cool Kids Nature Hikes.”

For more information, contact Morton Arboretum (630-968-0074, [www.mortonarb.org](http://www.mortonarb.org)).

### **NORTHERN**

Placing emphasis on rejuvenation, healing and energizing the soul, **Anderson Japanese Gardens**, located in Rockford, is a retreat from busy and hectic lives. Open year-round to the public for tours, instructional courses, classes and events, Anderson Japanese Gardens is the result of John Anderson’s interest and respect for Japanese culture following a visit in 1966. Constructed into two different gardens, three elements – water, rocks and plants – are incorporated throughout and lend to this calming and reflective environment.

For more information, contact Anderson Japanese Gardens (815-229-9390, [www.andersongardens.org](http://www.andersongardens.org)).

Guests who take part in **Learn Great Foods’** culinary escapes reveal that the retreats “change the way their families buy and think about food.” These unique retreats bring together local farmers and food artisans, chefs and lovers of food for time spent learning about and experiencing local and organic foods. New for 2008, Organic Culinary Escapes itineraries feature both Galena and Mount Carroll and will highlight the local foods, vintners and growers in those areas. Each retreat provides hands-on cooking classes and demonstrations.

For more information, contact Learn Great Foods (815-244-5602, [www.learngreatfoods.com](http://www.learngreatfoods.com)).

### **CENTRAL**

**Heartland Spa**, described by past guests as a getaway “for people looking for what the good life really means,” is nestled in the heart of Illinois farm country and operates under the belief that overall health and wellness is a result of a healthy and full heart. A pioneer in the health industry, Heartland Spa offers all-inclusive packages that let

guests indulge in relaxation and fitness classes, top-notch spa services, stress management sessions and healthy dining options.

For more information, contact the Heartland Spa (800-545-4853, [www.heartlandspa.com](http://www.heartlandspa.com)).

Specializing in new American cuisine, **Montgomery's On the Square** in Monticello infuses its seasonal menus with a commitment to sustainable and local farming, as well as fresh ingredients. Focusing on healthy, flavorful and creative dishes, and offering an extensive wine list created to pair well with the menu, the dining experience at Montgomery's is sure to please every palate.

For more information, contact Montgomery's On the Square (217-762-3833, [www.montgomerysonthesquare.com](http://www.montgomerysonthesquare.com)).

### **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. Working closely with the physicians at the Soderstrom Dermatology Center, estheticians and nurse specialists provide customized facials, contemporary massage techniques and specialized facial treatments.

For more information, contact Skin Dimensions Day Spa (309-691-9381, [www.skinnews.com/skinDimensionDaySpa](http://www.skinnews.com/skinDimensionDaySpa)).

Over the past decade there has been a resurgence of interest in the use of labyrinths – a maze-like design – for artistic, spiritual and therapeutic purposes. The **Quad Cities Labyrinth Project** encourages and teaches visitors how to walk through labyrinths to improve and promote health, minimize obstacles and problems, and build community. Several labyrinths are open to the public year-round in the Quad Cities, including those in Moline, Rock Island and Roscoe. Labyrinth enthusiasts won't want to miss the 2<sup>nd</sup> Annual Health and Wellness Fair, June 14 and 15, sponsored by the Quad Cities Labyrinth Project.

For more information, contact Quad Cities Labyrinth Project (563-323-1737, [www.qclabyrinth.org](http://www.qclabyrinth.org)).

### **SOUTHERN**

This winter, escape the urban jungle and experience some of the Midwest's most stunning vistas and natural areas with a **Shawnee Forest Weekend**. Visitors can spend time biking or cross country skiing the popular Tunnel Hill State Trail, exploring the abundance of bird species, and horseback riding to find hidden waterways, rock formations, swamps, and canyons. Following a full day of winter activities, travelers can relax and unwind at **The Irish Inn**; its popular "Wellness Weekend" package includes

two nights, a one-hour massage and wine tasting at a local winery.

For more information, contact Southernmost Illinois Tourism Bureau (618-833-9928, [www.southernmostillinois.com](http://www.southernmostillinois.com)) or The Irish Inn (618-695-3355, <http://irishinn.tripod.com>).

In a world that can feel bombarded with information overload and stress, **Lofty Acres Retreat** provides its guest with a mind and body escape that focuses on a mental, spiritual and physical experience. Set on 40 acres of land, Lofty Acres' quaint cabins are the setting for a variety of ready-made and personalized retreat packages. For overworked moms, the Women's Weekend leaves the cell phones and kids at home and includes days filled with hiking, biking, wine tasting and scrapbooking. Interested in energy healing? The Reiki Weekend teaches guests about this ancient art and how to incorporate it into their lives. Other packages include a couples retreat, a physical detox weekend and corporate retreats focused on team building and communication.

For more information, contact Lofty Acres Retreat (618-827-4816, [www.loftyacres.com](http://www.loftyacres.com)).

## **SOUTHWEST**

Few spas today can boast more than 140 years of service and being one of the only spas in Illinois that offers clients mineral spring treatments. The **Original Springs Hotel and Bath House**, located in the charming town of Okawville, can do both. Listed in the National Registry of Historic Sites, Original Springs opened for service in 1867 and welcomes guests to experience the effects of natural mineral water for both muscle ailments and overall skin rejuvenation. For a relaxing winter getaway, the hotel's mini-vacation package includes a three-night stay in one of its 33 rooms, dinner at the Boiler Room Restaurant and six sessions each of a mineral bath and Swedish massage.

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

Ideal for a weekend winter getaway, the delicious wine, gourmet meals and scenic vistas found throughout **Wine Country in Southwest Illinois** are beneficial to visitors' physical and mental health. Guests can discover handcrafted, Illinois-made wines at a range of wineries, many of which offer cozy suites and private guest houses that cater to guests' needs and interests. Culinary enthusiasts can tour the wineries and vineyards and learn first-hand about wine and food pairings, the nutritive properties of wine and the practice of growing and cultivating wine grapes.

For more information, contact the Southwest Illinois Tourism Bureau (618-397-1488, [www.thetourismbureau.org](http://www.thetourismbureau.org)).

To get travelers started on their health and wellness getaways, the Illinois Bureau of Tourism offers information on related one-of-a-kind attractions, events, accommodations and bookable 3-Day Getaways through the Bureau's Web site,

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**www.enjoyillinois.com** or its travel counselors at **1-800-2CONNECT**. Travelers can also order the Illinois Travel Guide, the most comprehensive guide to travel in the Land of Lincoln. Guides are available at Tourist Information Centers, local convention and visitors bureaus, and regional tourism development offices statewide.

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**EDITOR'S NOTE:** Media materials and downloadable images are available on the Illinois Bureau of Tourism online media center at **www.illinoismediacenter.com**. Additional photography, available electronically, may be obtained by contacting Emma Douglas at [emma.douglas@edelman.com](mailto:emma.douglas@edelman.com), 312-240-2730 or Andrew Smith at [andrew.smith@edelman.com](mailto:andrew.smith@edelman.com), 312-552-1139.

*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.*