

WELLNESS

RECOVERY

MASSAGE

SHARED EXPERIENCES

BODY RITUALS

FACIALS

NAILS

FITNESS CLUB



THE SPA

AT TRUMP®

Wellness Begins With Intention

Welcome to a modern wellness club where recovery, relaxation, and self-care come together in a space designed to help you feel your best.

Whether you're unwinding after a busy week, recharging after a workout, preparing for your next adventure, to simply carving out time for yourself, every visit begins with one question: *How do you want to feel today?*

Choose your intention – **Calm, Energize, or Restore** – and let it guide a personalized experience thoughtfully tailored to your needs.

From therapeutic massage and advanced skincare to contrast therapy, restorative rituals, and recovery experiences, our curated offerings are designed to support your overall well-being at every stage of your wellness journey. Whether your goal is to relax, recover, or reconnect, you'll leave feeling refreshed, renewed, and inspired to carry your intention beyond the spa.



★ *Prices may be adjusted seasonally and according to demand; however, the price quoted at time of booking will be honored. Rescheduled appointments are subject to price changes. Pricing listed above includes 22% service charge.*

Wellness Experiences

Well-being is shaped by the moments we intentionally create for ourselves. Be it time to rest, recover, recharge, or simply reset. Our curated Wellness Experiences bring together restorative therapies and modern wellness practices designed to support how you want to feel today and help you carry that feeling into what comes next.

The Trump Luxe Ritual

4 Hours | Call For Pricing

An immersive wellness journey designed for individuals or those choosing to experience wellness together. This experience seamlessly blends restorative body therapies, advanced skincare, culinary moments, and elevated hospitality into one personalized escape. With Priority Host Service, your dedicated spa host thoughtfully orchestrates every detail, creating an effortless experience centered on care, intention, and renewal. The result is a bespoke ritual that restores balance, revitalizes the body, and leaves you feeling deeply replenished.

**Please call 312.588.8020 to reserve this experience.*

Sleep Well Massage

90 Minutes | Starting From \$360

Designed to prepare the body and mind for restorative rest, the calming massage combines slow, rhythmic techniques with a soothing blend of sleep-promoting essential oils to ease tension and quiet the nervous system. A peaceful scalp massage completes the experience, helping you unwind more deeply and transition into a state of relaxation. Leave with a curated sleep wellness gift to continue your journey at home.

Sound & Sole Grounding

30 Minutes | Starting From \$90

Ground yourself through a restorative ritual that begins with a mineral-rich Bathorium foot soak and concludes with an immersive sound meditation. Designed to calm the nervous system, offering a peaceful rest for the body and spirit.

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Contrast Therapy

30 Minutes | Starting From \$95

Experience the power of hot and cold therapy in one revitalizing session. Begin with an invigorating cold plunge to help reduce muscle tension, support circulation, and sharpen mental clarity, then unwind in the HigherDOSE sauna blanket to promote relaxation and recovery.

Recovery Reset

30 Minutes | Starting From \$180

60 Minutes | Starting From \$250

Restore tired feet and recharge your body with this targeted recovery treatment inspired by the principles of reflexology, focused pressure techniques on the feet, hands, and ears help ease tension, encourage relaxation, and promote a renewed sense of balance. Ideal after a workout or a long day.

Move + Recovery Package

90 Minutes | Starting From \$305

Reset your body with a complete recovery experience, designed to help you move, recover, and feel your best. Begin with a 30 minute personal training session, transition into 30 minute contrast therapy featuring cold plunge and HigherDOSE sauna blanket, and finish with a 30 minute therapeutic massage to release tension and restore ease of movement.

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Aromatherapy Intention Massage

60 Minutes | Starting From \$265

90 Minutes | Starting From \$365

Your journey begins with the selection of a signature aromatherapy blend aligned with your intention – **Calm, Energize, or Restore**. Expertly tailored massage techniques melt away tension while the therapeutic benefits of essential oils create a deeply restorative experience for body, mind, and spirit.

CALM | This Swedish massage promotes a sense of serenity and includes a warm application of soothing lavender, clary sage, mandarin, chamomile, and blue tansy aromatherapy oils.

ENERGIZE | This deep tissue massage promotes vitality and includes a warm application of invigorating aromatherapy oils of grapefruit and bergamot.

RESTORE | Restore with the therapeutic techniques of Swedish and deep tissue massage to create a sense of balance. Includes a warm application of relaxing aromatherapy oils with lemongrass, grapefruit, lime, patchouli and geranium.

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Deep Tissue Massage

60 Minutes | Starting From \$285

90 Minutes | Starting From \$385

Ideal for those seeking focused muscle recovery, this results-driven massage applies sustained pressure and therapeutic techniques to release deeply held tension, improve mobility, and restore balance throughout the body.

Nurturing Prenatal Massage

60 Minutes | Starting From \$285

Thoughtfully designed for expectant mothers, this restorative massage is tailored to support the unique needs of pregnancy. Gentle, therapeutic techniques and specialized body cushions provide exceptional comfort while easing tension, reducing stress, and promoting deep relaxation for both mother and baby.

Massage Enhancements

Glass of Bubbly | \$25

Foot Revitalizer | \$30

Detox Dry Body Brush | \$30

Deep Tissue Massage Upgrade | \$35

Scalp Refresher | \$30

Hot Stones | \$35

Spot On Relief | \$40



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Wellness for Two

60 Minutes | Starting From \$570

90 Minutes | Starting From \$770

Reconnect and unwind together in the privacy of our couples' sanctuary. Personalize your shared experience with your choice of a massage, facial, or body treatment, thoughtfully selected to meet your individuals wellness needs. Enjoy your treatments side by side as skilled therapists create a restorative journey designed for relaxation, renewal, and connection.

Exclusive Couples Retreat

120 Minutes | Starting From \$990

Escape together into an elevated wellness experience designed for relaxation, connection, and celebration. Your journey begins with a private soaking ritual featuring mineral-rich bath salts and aromatic essential oils, accompanied by champagne and hand-crafted chocolate covered strawberries. Continue into your private suite for a personalized 90-minute massage, where calming aromas, soft candlelight, and soothing touch create an unforgettable retreat shared side by side.

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Citrus Renewal Ritual

60 Minutes | Starting From \$280

Revitalize from head to toe with this Vitamin-C rich body ritual designed to smooth, brighten, and visibly refine the skin. Micronized bitter orange gently renews the body before concentrated Vitamin C emulsions replenish and enhance luminosity. A targeted application of C+C Body Lift completes the experience, leaving skin smooth, energized, and beautifully radiant.

Mineral Glow Body Polish

60 Minutes | Starting From \$280

Refresh and renew with a luxurious body exfoliation featuring mineral-rich salts and aromatic essential oils. This revitalizing treatment smooths and softens skin before a nourishing body moisturizer replenishes lasting hydration, revealing a luminous, satin-soft finish.



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Hydrafacial

30 Minutes | Starting From \$265

60 Minutes | Starting From \$385

90 Minutes | Starting From \$475

This non-invasive treatment gives you the best skin of your life, without the downtime. Using resurfacing and fusion technology, skin is gently but deeply exfoliated and then infused with potent antioxidants, peptides and hyaluronic acid to leave skin completely revitalized.

Glo2Facial

30 Minutes | Starting From \$265

60 Minutes | Starting From \$385

Experience advanced skin renewal with this high-performance facial that combines Glo2Facial's signature Oxfoliation™, customized infusion, ultrasound, LED Light Therapy, and lymphatic massage. The result is a visibly smoother, healthier-looking complexion with an immediate luminous glow, no downtime required.

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Citrus Radiance Facial

60 Minutes | Starting From \$275

Revitalize dull, tired skin with this antioxidant-rich facial powered by natural botanicals and fruit acids. Gentle exfoliation and brightening ingredients help improve skin tone and texture while revealing smoother, healthier-looking complexion with a radiant glow.

Age Renewal Facial

60 Minutes | Starting From \$295

Reveal a brighter, more youthful-looking complexion with this advanced age-defying facial. Targeted ingredients help visibly improve uneven skin tone, diminish the appearance of dark spots, and enhance skin firmness while restoring luminosity for a smooth and radiant complexion.

Modern Man Facial

60 Minutes | Starting From \$295

Designed to restore balance to skin exposed to daily stress, shaving, workouts, and environmental factors, this high-performance facial deeply hydrates while helping to calm irritation and improve overall skin health. Customized botanicals and essential oils leave your complexion refreshed, resilient, and ready for what's next.

Facial Enhancements

Glass of Bubbly | \$25

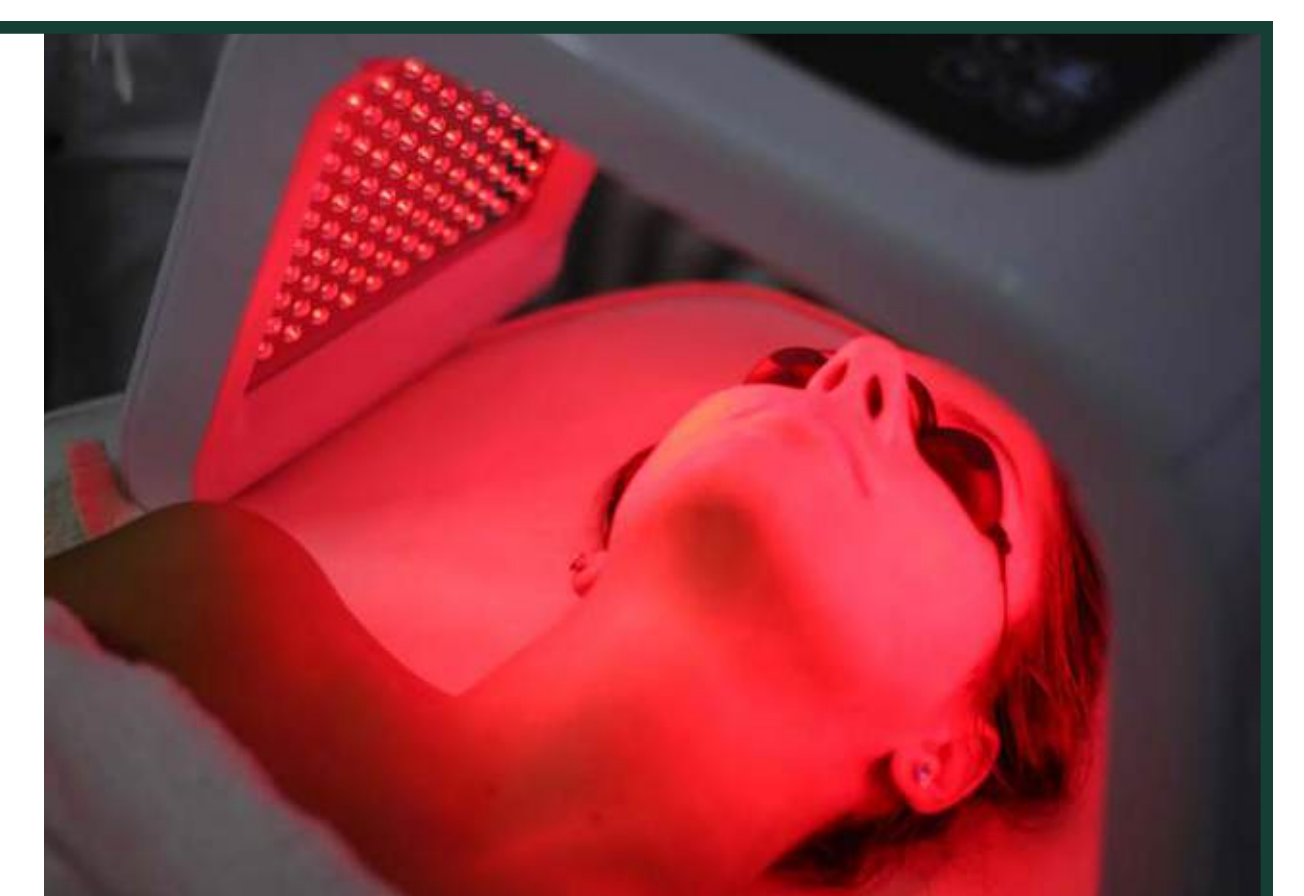
Scalp Refresher | \$30

Foot Revitalizer | \$30

Spot On Relief | \$40

Light Stim Therapy | \$60

Oxygen Infusion | \$120



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Essential

Manicure | Starting From \$65 Pedicure | From \$105

Our detailed treatments begin with aromatic soaks and nail grooming with clipping, shaping and buffing, paying special attention to cuticles. A hydrating aromatic massage with choice of nail color completes this treatment.

Citrus Refresh

Manicure | Starting From \$115 Pedicure | From \$135

Begin your experience with a relaxing soak in essential oils followed by the juicy scents of Natura Bissé C+C Vitamin Body Scrub to exfoliate and restore circulation. Full of antioxidants that fight free radical damage and premature aging, this treatment is perfect for anybody looking for soft, healthy skin on the hands or feet. A soothing massage and cuticle care concludes these delicious treatments. Includes your choice of buff or polish.

Well-Kept Man

Manicure | Starting From \$65

Pedicure | Starting From \$105

Essential care featuring exfoliation, hard skin removal, nail and cuticle grooming and a relaxing massage. Finish with a natural buff and shine.

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Sole Therapy Pedicure

60 Minutes | Starting From \$125

Give tired feet focused care with this intensive pedicure designed to soften, smooth, and renew. A warm mineral soak with Dead Sea salts and calming lavender is followed by targeted exfoliation, detailed nail and cuticle care, and hydrating broad-spectrum hemp. A soothing foot massage and perfect polish complete the experience.

Express Pedicure

30 Minutes | Starting From \$65

A perfectly polished refresh when time is limited. Essential nail and cuticle care is finished with your choice of polish, leaving feet feeling groomed and ready to go.

French Style

Manicure | Starting From \$80

Pedicure | From \$115

Gel Polish

Manicure | Starting From \$90

Pedicure | From \$125

Nail Enhancements

Glass of Bubbly | \$25

Spot On Relief | \$40

Private Personal Training Session

30 Minutes | Starting From \$50

60 Minutes | Starting From \$95

Schedule a consultation with one of our results-oriented fitness coaches. Get more out of your regular exercise routine with a program tailored to your unique body strength and health goals.

Group Exercise Class

60 Minutes | Starting From \$30

Engage in a variety of classes ranging from high intensity interval training, yoga, Pilates, and swim training alongside a goal oriented community. Class schedule varies from month to month.

Move + Recovery Package

90 Minutes | Starting From \$305

Reset your body with a complete recovery experience, designed to help you move, recover, and feel your best. Begin with a 30 minute personal training session, transition into 30 minute contrast therapy featuring cold plunge and HigherDOSE sauna blanket, and finish with a 30 minute therapeutic massage to release tension and restore ease of movement.



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SPA SERVICES HOURS | 8:00 AM - 8:00 PM

SPA RELAXATION LOUNGE HOURS | 8:00 AM - 8:00 PM

LOCKER ROOMS, STEAM ROOM, AND SAUNA HOURS | 6:00 AM - 10:00 PM

FITNESS CLUB HOURS | 24 HOURS

SWIMMING POOL HOURS | 6:00 AM - 10:00 PM

TRUMP INTERNATIONAL HOTEL & TOWER CHICAGO
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[TRUMPHOTELS.COM/CHICAGO](https://trumphotels.com/chicago)

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