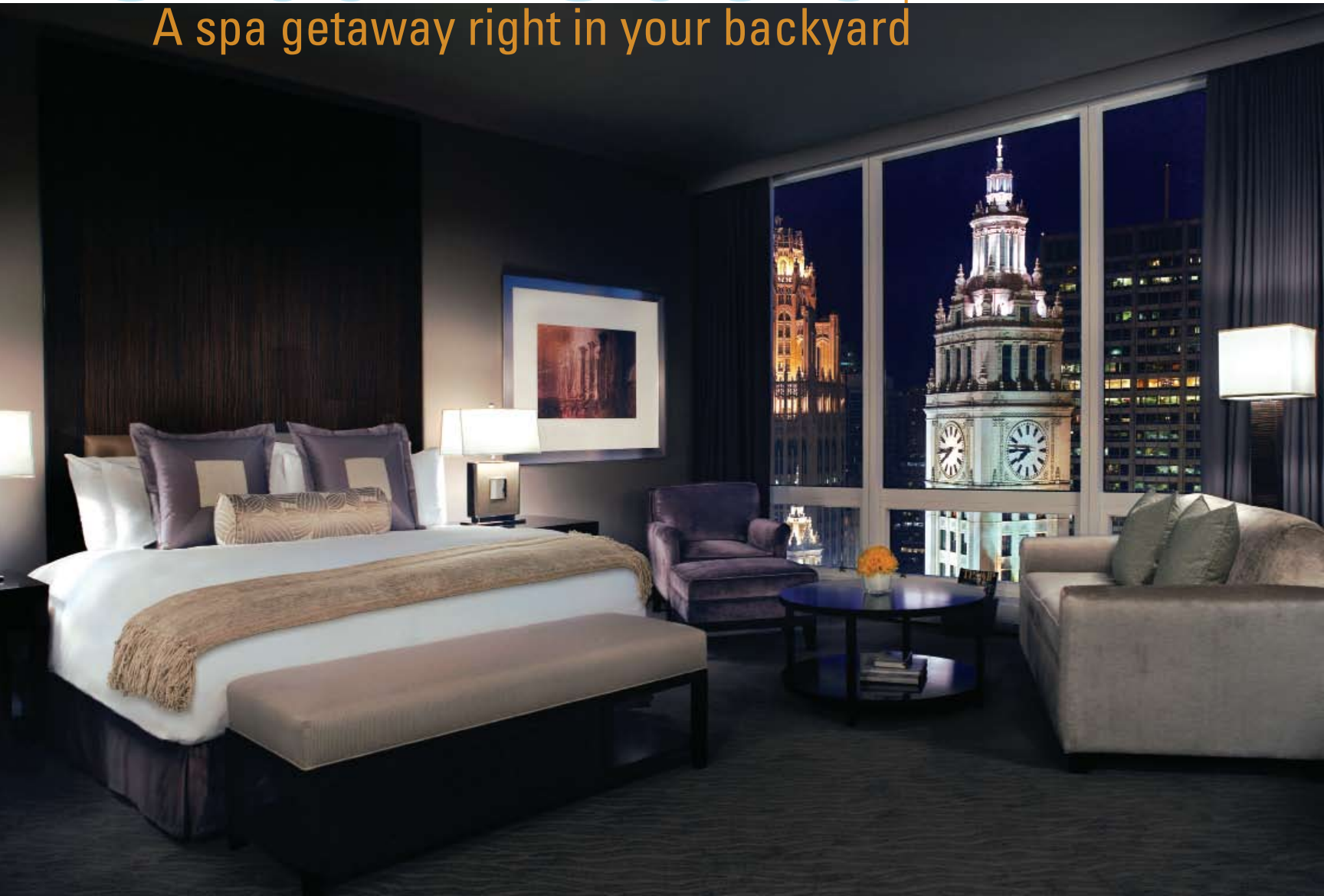


# Urban Oasis

A spa getaway right in your backyard

BY BETH MACKAY  
PHOTOGRAPHY BY WILLIAM HUBER



Imagine a place where you can escape the hectic lifestyle to be pampered without all the hassle of getting away. The Spa at Trump is about an hour drive from the green meadows of Barrington. At this new spa, you will find endless ways to rejuvenate, relax, and reconnect with the new excitement of Trump in Chicago.

**T**RUMP INTERNATIONAL HOTEL & TOWER CHICAGO, located on Chicago River, opened The Spa at Trump in April 2008. The 23,000 square foot health and fitness spa is located on the 14th floor of the tower, giving their guests something of a surprise: an amazing view of the city and Lake Michigan. ♦♦♦ From the moment the doors are opened to the lobby, you step away from the downtown traffic (or whatever you're trying to get away from) to the modern and luxurious atmosphere of Trump Tower. With rich, cozy colors displayed throughout the design and a smile and greeting from all the employees, one feels comfortable before they even make it up to the spa floor. Once the personal dossier is completed, you are ready for the ultimate spa experience.

## GOOD INTENTIONS

The spa's treatment focuses around five personal intentions: calm, balance, heal, purify, and revitalize. Each sensation is personalized in the spa through categorizing it under services, oils, herbal teas, and even colors in the mood enhancing showers in the locker rooms such as red for energy, green for calm and balance, and blue for insomnia and depression.

No matter which sensation is preferred, it is the spa's goal to make sure every guest is well looked after. A signature at The Spa at Trump is a personal spa attaché, someone who attends to every need, from preparing beverages and samplings from the spa cuisine menu, to customizing music selections for iPods, to even drawing baths.

Guests are invited to arrive an hour before their appointment so they can enjoy other facilities such as the mood enhancing shower and sauna in the locker room. Then, they can wait in the Relaxation Lounge and enjoy a cup of herbal tea while relaxing with a warm neck or eye pillow in a dark room with candles (which are actually battery-operated due to the no-open-flame rule for tall buildings). There is also a private men and women's lounge for those who wish to be alone or are in a large group. The lounge does its job; relaxation settles in before a therapist comes to guide you down a darkened hall filled with candles towards your spa treatment room.

There are 11 spa treatment rooms offering anything from massages, facials, and hydrotherapy tubs, to signature treatments for women, men, and couples. Nine are designated to massage and four have a water element. One water room, as Serena Carbonell, spa and membership coordinator, said is "like a car wash. You literally have jets about you that can be moved back and forth. It focuses solely on body treatment." Each room is dimmed or kept lit due to the guest's request, and the area is so quiet and relaxing that people must whisper when they are walking through the hallways.

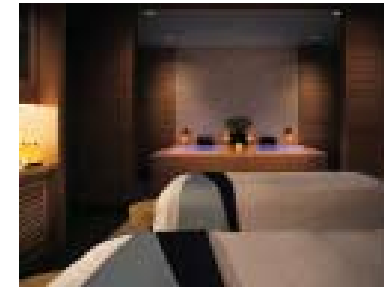
For that perfect couple getaway, the spa provides a couples' VIP suite with two Infinity tubs along with two massage tables. Here the couple is serviced with champagne and oysters as they enjoy a soak and a massage. Other options can accommodate to couples, such as a treatment room that is connected to a guestroom.

## HOME AWAY FROM HOME

If you stay in a spa guestroom, you may never want to leave. In September, 53 spa guestrooms were built (13 on the spa level and 40 below connected by a grand staircase) to better enhance a guest's stay of luxury and relaxation. "This is something very new to not only the Midwest, but I'd venture to say in the U.S., to have 53 spa guestrooms on the same level as a 23,000 square foot spa," said Robert F. Prohaska, director of sales and marketing. "It's the first of its kind where it's your



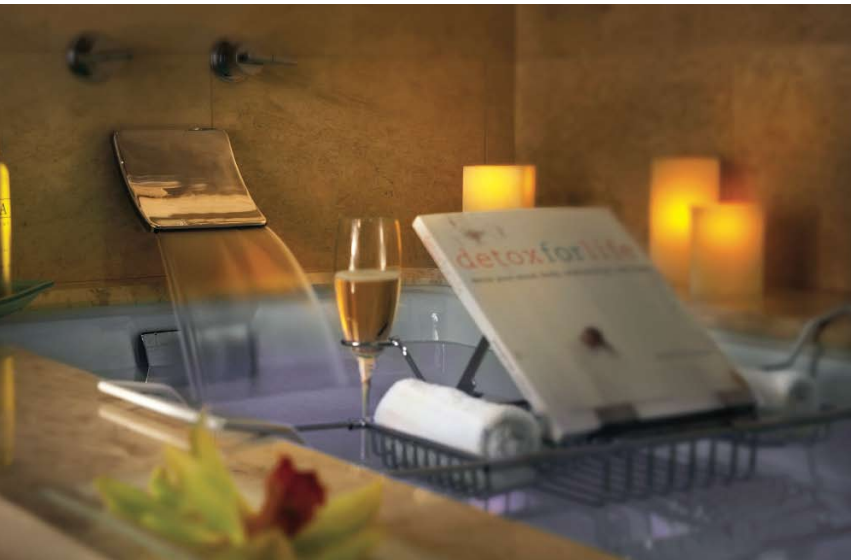
LEFT: The 75-foot indoor heated pool overlooks the Chicago River and is children friendly.



MIDDLE: The spa provides a couples' VIP suite with two Infinity tubs along with two massage tables. Here the couple is presented with champagne and oysters as they enjoy a soak and a massage.



BELOW: The lobby of Trump International Hotel & Tower Chicago. The hotel comprises of floors 14-27 of a 92-story residential tower. It features 339 appointed guestrooms—including one-, two-, and three-bedroom suites.



Guests can partake in the luxurious Signature Bath menu in their spa guestroom, whose base ingredients carry out the five personal intentions: lavender for calm; sandalwood for balance; citrus for purify; rosemary for heal; and lemongrass for revitalize. Guests can enhance their bath experience with additional indulgences such as champagne, strawberries, and caviar.



own sort of urban resort. They're just so unique and the attention to the details are just amazing."

The spa deluxe guestroom is a beautiful sight, with warm colors and sunlight pouring in from 10-foot-long windows. You can wake up in the morning and see what time it is from the Wrigley Building Clock outside your window, or do early-morning yoga while the sun is rising over Lake Michigan. When it's time to end the night, you'll come back to your room with the lights turned down and candles on. And if you wish to continue your treatment of the five intentions (calm, balance, heal, purify, and revitalize), a specifically designed CD will be playing in your room. Plus, due to the warming cabinets in every spa guestroom, a neck and eye pillow will be warmed and waiting for you, which will "literally melt away any stress you have," Prohaska said. And just in case you cannot entirely escape from the outside world, there is a 42-inch LCD flat-screen HDTV and complimentary wireless Internet access.

The bathroom alone is a sight to see. Besides the in-mirror TV, the tubs are a foot deeper in the spa guestrooms, allowing plenty of room. A full bath menu, based around the five intentions, allows guests to continue their spa service in the privacy of their own room. Your spa attaché will draw the bath with a certain scent for each intention, and to enhance the experience, you can order champagne or chocolate covered strawberries.

### TO A HEALTHY YOU

The Spa at Trump is about fitness as well as pampering. Each spa guestroom is assigned its own personal nutritionist and an exclusive, in-room health menu. Even the mini-fridge has items just as organic juice and tea. Guests can also use the 75-foot heated indoor pool and sauna as well as the health club, which features Technogym equipment, personal training, spin, yoga, and pilates studios, and much more. The Technogym equipment, which sponsored the Beijing Olympics and were used by athletes such as Michael Phelps, has its own TV and iPod connector, but you may prefer the watch the city instead through the large windows of the gym. Nutrition counseling is also offered, as well as a comprehensive fitness evaluation.

You won't have to worry about eating out, either. The Spa Cuisine Menu, created by Executive Chef Frank Brunacci, will compliment your healthy getaway while still pleasing your tastebuds. Beyond the smoothies and cleansing cocktails (ginger, beet, apple, and carrots), there is a list of healthy, organic food that ranges from hummus to sushi to salmon. For those with different tastes, Sixteen, the signature restaurant on the 16th floor, is open for breakfast, lunch, and dinner, or you can choose to do in-room dining while relaxing to you spa CD.

Fourteen floors above the street, walking into The Spa at Trump was like walking away from the daily stresses of life. For an hour, to a day, to even a long weekend, you're allowed to escape life to focus and pamper your most important thing — yourself. Beyond the luxury of the hotel and the phenomenon service of the staff, you are able to get away from it all while being in the backyard of Barrington. The pampering isn't just in the spa treatment room — it's there the second you walk in.

The spa's floor has a view of the Chicago River, Lake Michigan, and buildings such as the Wrigley Building Clock.



## Great Gift Ideas

THERE ARE DOZENS OF WAYS TO ENJOY A SPA. IT CAN BE A COUPLE'S ROMANTIC WEEKEND, A GIRL'S NIGHT OUT, TO A SPECIAL TREAT FOR YOU. HERE ARE A FEW PICKS.

### EXCLUSIVE TO CHICAGO

You can celebrate your love for the city with an Ultimate Urban treatment. There are five treatments just for the Chicago spa experience such as the Ultimate Urban Hand Relief for those Blackberry strained thumbs or long days at the office.

### THERAPEUTIC MASSAGE

This is great for those sore, tense muscles after a long day from work or at the gym. You'll instantly feel your body melt stress away on its way to being healthy again, and will feel like a new person for days after.

### JUST FOR COUPLES

Looking for a romantic getaway or a way to reconnect with your loved one? The Spa at Trump offers several services aimed just for couples in a romantic setting.

### PRIVATE MEMBERSHIP

Private memberships are exclusive, but Caroline Rawlings, membership director, said members are "spoiled and well-looked after." A membership includes complimentary laundry, 20 percent off spa services Monday through Thursday, free exercise classes as well as full access to the health club, and much more. Members can also bring an unlimited number of guests at no additional fee. The cost is \$2,000 with monthly dues of \$190.

GIFT IDEAS ARE ENDLESS. To see the full menu on spa services, visit [http://www.trumpchicagohotel.com/Trump\\_Spa/spa\\_services.asp](http://www.trumpchicagohotel.com/Trump_Spa/spa_services.asp)

## Inside The Spa

AN INSIDE LOOK FROM DEJA PENEV, THE SPA DIRECTOR AT THE SPA AT TRUMP

### ARE THERE ANY FUN "INSIDER TIPS" FOR THOSE VISITING THE SPA?

It doesn't matter if you are booking a full-day spa package or a 60-minute spa service; you have full access to our private membership health club, pool, and locker room.

### HOW FAR WILL THE SPA GO TO PLEASE A CUSTOMER?

All of our treatment rooms are multi-functional. If a couple wants a side-by-side massage and facial, we can accommodate, and we have.

### WHAT ARE THE STANDARDS FOR THE THERAPISTS?

Each of our therapists have the same minimum standards required by all spas; however, ours go through a rigorous interviewing process that evaluates how well their education, skills, and overall personality will fit within our team.

### HOW MANY OTHER TRUMP SPAS ARE THERE?

There is another one in Las Vegas. Ones in Fort Lauderdale, Fla., and SoHo in New York will be opening soon.

### IS THERE REAL GEMS GROUND UP IN THE GEMSTONE TREATMENTS?

Yes! These organic oils with real gemstones floating in them are flown in from Dubai especially for The Spa at Trump.

### IS THERE ANYTHING THE SPA AT TRUMP DOESN'T HAVE YET THAT IT'S HOPING TO GET?

All we can ask for at this time is a second set of Kate Somerville's advanced technology equipment — the Dermalquench and DermaLucent machines — so we can offer guests the Ultimate Kate side-by-side. It is on the horizon for 2009.

