



MAKE-UP

Consult with our talented makeup artists for a whole new look or just something dazzling for a special event. Choose either a consultation or a full makeup application, and leave feeling and looking your best.

NAIL CARE

Our talented nail technicians will refresh your tired digits and make you look good from hand to toe!

Express Manicure¹ or Pedicure²

For a polished look in a hurry (15 min¹ or 30 min²)

Spa Manicure¹ or Pedicure²

Pampering and soothing with a refined look to match (30min¹ or 60min²)

No-Chip Manicure (30 min) & Pedicure (60 min)

Keep your look lasting for up to two weeks with a gel manicure or pedicure. Allow more time if gel removal is needed

French Manicure (30 min)

French Pedicure (60 min)

WAXING

A full offering of waxing services will complement your clean, fresh, glowing skin.

SERVICES VARY BY LOCATION

Packages

Select one of our money saving packages or allow our Spa professionals to recommend various services created for you or your loved one.

Gift Cards

FFC gift cards are available for all services. Please inquire and we will guide you in selecting the ideal gift. Gift cards are also available online at ffc.com.

Appointments

We recommend that spa appointments be made as far in advance as possible to ensure technician availability and preferred time. Please arrive 15 minutes prior to your appointment to relax and enjoy all amenities.

Cancellations

We request you notify us 12 hours prior to your spa appointment if you need to change or cancel the session we have held for you. Please be aware the full amount of the service will be charged to your account on file in the event of a no-show.

Cell Phones

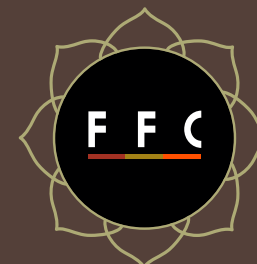
To maintain a peaceful experience, please turn off your cell phone upon entering the Spa.

Spa Parties

You will enjoy celebrating any special occasion with a memorable spa party for groups of 3 to 10. Inquire about discounted pricing and party suggestions.

EAST LAKEVIEW ELMHURST GOLD COAST
LINCOLN PARK OAK PARK PARK RIDGE
SOUTH LOOP UNION STATION WEST LOOP

ffc.com





The road to achieving your personal and fitness goals can be arduous, exciting and rewarding all at the same time. The Spa at FFC is here to help you on your journey.

MASSAGE THERAPY

A healthy lifestyle requires consistency and commitment. Including massage as part of your wellness routine will improve your results, speed your recovery, enhance your performance and increase your vitality. Our team of qualified professionals will address problem areas and chronic pain, and create a treatment plan exclusively for you.

Performance Massage

This massage is specially priced for our guests committed to incorporating massage into their fitness regimen. Choose sets of three, six or 12 massages for the ultimate customizable treatment, which may include deep tissue, Swedish, trigger point, stretching, myofascial and more. Available only when purchased as a series of 30/60/90 minute treatments.

FFC Signature Massage

By combining techniques such as Swedish, deep tissue, myofascial, stretching and more, your therapist will create a unique massage experience perfectly tailored to meet your current needs. Each massage will incorporate breathing techniques, balancing scalp and face massage, aromatherapy oils, and warm towels and packs, to enhance the benefits of your treatment. This ultimate FFC massage treatment is not to be missed! 75 minutes.

Swedish Massage

This classic relaxation massage uses long strokes and deep kneading to release stress and relax muscles. 30/60/90 minutes.

Sports Massage

This massage is a must before and after training or athletic events for flushing toxins, loosening adhesions, reducing soreness and improving range of motion. 30/60/90 minutes.

Thai Massage

This treatment will stretch your body and lengthen your muscles. Guided pressure is used to facilitate increased circulation and expanded range of motion. Thai massage is done without oils on a floor mat or table. Please wear comfortable clothing. 60/90 Minutes.

Deep Tissue Massage

Deep, penetrating work through muscle adhesions increases circulation and improves range of motion. This massage technique works to unlock chronic issues and heal the body to restore balance. 30/60/90 minutes.

Vitality Treatment

A complete wellness experience that will exfoliate your skin, detoxify your body, ground you and warm your soul. It includes dry brushing, foot treatment, hot stone back massage and full body massage, essential for the tired, stressed, sore You that's looking to lift your mind, body, and spirit! 90 minutes.
This service is contraindicated during pregnancy and some ailments/illnesses. Please consult the spa for more information.

Aromatherapy Massage

Powerful and therapeutic essential oils penetrate into the body through the skin to heighten the effects of your massage. We use only the finest quality certified organic essential oils, which provide maximum absorption and effectiveness. Choose from several blends which can provide reduction of pain and inflammation and enhance relaxation. 30/60/90 minutes.

Pre and Post Natal Massage

Pre and Post Natal Massage
Target areas of tension during and after pregnancy with this comforting, yet effective treatment that helps minimize tension in the lower back, neck and shoulders, and reduce swelling in the hands and feet. 60/90 minutes.

Targeted Massage

When you're short on time but need results, this massage will focus on a few targeted areas to help relieve pain and stress quickly. Customized to your need for either relaxation or deeper work. 30 minutes.

Myofascial Release

This specialized massage targets the connective tissue (fascia) which supports the muscles of the body to reduce tension, relieve pain and increase blood flow. 30/60/90 minutes.

SKIN CARE

Aging, sweat, sun and wind exposure, and hormonal imbalances are just a few of the many factors that your body combats through your skin each day. Improve your skin's health and appearance by creating a regular routine for your face and body. Our licensed and expert estheticians will work with you to assess your skin's needs and advise you on proper care.

** All facials include a skin analysis **

Fitness Formula Facial

Keep your skin care routine fresh with this classic facial which includes products specifically chosen to match your skin's condition and favored seasonal aromas. It is appropriate for rosacea prone and sensitive skin types. 60 minutes.

Signature Facial

This ultimate facial includes double cleanse, exfoliation, extractions, masque, moisturizer, back treatment and a heavenly facial massage with "ice globes." 80 minutes.

Fit for a Man

This cleansing facial includes exfoliation of the skin to prevent ingrown hair, lessen irritation from shaving and hydrate the skin. It includes a relaxing face, neck and shoulder massage. 60 minutes.

Petite Facial

Get great results in just a half-hour with this time efficient facial. It's a great addition to your favorite massage, or after a workout to freshen up the skin. 30 minutes.



Lift & Glow Treatment

This unique and effective procedure will leave your skin glowing for months. Great for most skin types, this treatment is especially beneficial for aging skin, or skin with loss of elasticity and muscle tone, since it exfoliates, firms, tones, lightens and delivers antioxidants to the skin. 60 minutes.

Fitness Formula Back Treatment

This treatment mirrors the facial of the same name, but focuses only on your back. Including double cleanse, exfoliation, extractions, moisturizer and a light back massage. 60 minutes.

Facial Add-Ons

- * Deluxe Eye Treatment - For fine lines, dark circles and puffiness
- * Paraffin Hand and/or Foot Treatment - Soothing and smoothing for dry, cracked skin

Chemical Peels

Improve and smooth the texture of your facial skin with our highly effective, customized chemical peels administered by experienced estheticians.

Brighten Up
for Hyperpigmentation

Clear Complexion
for Acne & Oily Skin

Naturally Soothing
for Rosacea & Sensitive Skin

Pumpkin Peptide Peel
for Healthy Aging Skin