

Subscribe to List

View Past Issues

RSS

translate

8

+1

f

Like

Comment

t

February 4, 2012

Email not displaying correctly? [View it in your browser](#)

TWEET • FORWARD • SIGN UP



CHICAGO



It All Balances Out

Indulge in the four-handed massage for some serious relaxation



Ladies, you don't need no stinking man in your life to treat yourself right this Valentine's Day. We mean pull yourself together Demi, you don't need that punk. Get a good workout in and go shave your head or something. Or better yet, grab your Angels and get to the spa!

When is the last time you called in to work faux sick and took a spa day? Whether solo or with your besties, grab your Amex and **declare it "Treat Yo-Self" day**. Now head to **Balance Spa**, located on the fifth floor of the Palmer House Hilton on Monroe. **It's the perfect Loop destination for a week-time spa day.** Treat yourself to a four-handed massage, a sea foam body wrap, and of course, the essential manicure and pedicure duo.

Then, take a dip in the pool, a sauna break, or a moment in the steam room. Visitors to the spa get to indulge in it all!

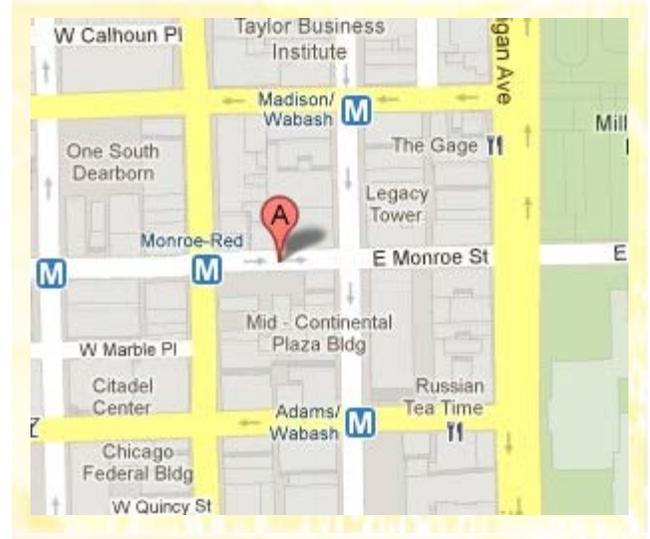
Here's a little secret: **check out their specials for some great deals year-round**. Balance Spa even offers convenient online and mobile booking. So grab your iPhone, cough a little in front of your boss, and run out the door to the spa. Did we mention the pedicure stations are like little suites with curtains? Boss-

SEND TO A FRIEND



Balance Spa

At the Palmer House Hilton, Fifth Floor
17 E. Monroe St.
Chicago, IL 60603
312-422-1336



advertise with us

Love it? Share It!



and paparazzi-proof!

Psssttt...grabbing a cup of tea or a fabulous cocktail in the [lobby of the hotel](#) after will only sweeten the deal.

xx, The FabFitFun Chicago Team

Just saying hello!



PREVIOUSLY ON FABFITFUN



Are You Ready for Some Calories?

Don't let the Super Bowl gorgefest ruin your diet plans. We have a few suggestions for pre-game workouts.



Hot Topics with Carmen Electra

The former PCD lead performer talks with us about dating dos and don'ts, sex appeal, causes close to her heart, and her reality TV guilty pleasure.

LIFE IS BETTER WITH



SEE YOU TOMORROW

YOU ARE GETTING THIS EMAIL BECAUSE YOU SIGNED UP AND LOVE US.

UPDATE YOUR [SUBSCRIPTION PREFERENCES](#) OR [UNSUBSCRIBE](#) IF YOU'VE FALLEN OUT OF LOVE.

SAY HELLO! HELLO@FABFITFUN.COM | 323.454.2220 | 8474 W. 3RD ST. LOS ANGELES, CA 90048

© FABFITFUN 2012