

# Time Out

## Chicago

**13** TOP PICKS FOR  
PITCH-FORK



# REASONS CHICAGO IS THE BEST BEER TOWN

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**2** hangover-curing  
spa treatments

**5** fresh rooftop  
hangouts and...

**1** hot rooftop  
workout

# Hangover-curing spa treatments

After all that summer drinking catches up with you, these revitalizing services will save the day.



**ONE MORE ROUND!**

Go to [timeoutchicago.com/wellness](http://timeoutchicago.com/wellness) to read about Blo Salon's Ionic Body Cleanse Detox treatment.

## ▲ Monticelli Mud Therapy at Fuga Salon + Spa

I've always been a semi-skeptic of the concept that a spa treatment could eliminate toxins from your system, but if there's any time I'd like to believe it's possible, a morning after drinking is it. After I soak up a moment of sun in the salon, which overlooks Millennium Park, my aesthetician Agata preps my body to absorb the mineral-rich Monticelli-imported mud. She applies a thin layer to my front and back sides, massaging my arms, legs and back as she rubs it in. The earthy-meets-citrusy smell transports me to a natural bath in Italy, and as I'm wrapped, cocoonlike, in insulating Mylar, the mud heats up. It's so cozy I begin to doze off as Agata's fingertips circle my temples, only to be revitalized by the potent peppermint fragrance of Comfort Zone's hair-conditioning treatment, which she massages into my scalp. Once the mud has dried, Agata leaves me to shower in privacy; I could easily spend 15 minutes washing off under the steaming deluge but figure she'll want to finish up. Regardless of whether the therapy rid my system of toxins (I couldn't say), I'm pleased to find the mud's scent remains postwash... leaving me feeling particularly refreshed, awake and nausea-free. She lathers me up with hydrating oil and I'm on my way. *75 minutes, \$135. 8 S Michigan Ave (312-332-3842, [salonfuga.com](http://salonfuga.com)).*—Jessica Herman

Shopping & Style

## Hangover Herbie at Bliss Spa

For the first time in my life, I wish I were a little more hungover. But the great thing about this treatment at Bliss is that you'll enjoy it whether you went on an all-night bender or if you only have a slight headache after a couple glasses of wine. To kick things off, Fred, Bliss's lead technician, rubs my arms and legs in a soothing essential oil of lavender, bergamot, lemon, thyme, peppermint and eucalyptus, and then insulates my body in a warm Mylar wrap. Once I'm all tucked in, I'm treated to the Triple Oxygen facial mask, which feels like little pops of air soothing and revitalizing my skin. Next up is the anti-migraine massage, and it's at this point that I wonder how I'll ever be able to get over a headache again without the help of Fred. His gentle strokes around my temples and sinuses lure me to the brink of sleep. I'm awake, though, when the soothing blast of cool oxygen is sprayed on my face, and by the end of the treatment I'm feeling refreshed and ready for another night out. *90 minutes, \$215. 644 N Lake Shore Dr (312-255-4496, [blissworld.com](http://blissworld.com)).*—Kevin Aeh



## FIND MORE ONLINE!

The terrarium trend isn't going away any time soon. Visit [timeoutchicago.com/shopping](http://timeoutchicago.com/shopping) for instructions on how to make one at home.