



LEAF

BY K'ALMA SPAS



Our lives are tied to the earth unto which we are born. Our physical, mental and spiritual bodies are deeply intertwined to the seasonality of our planet. There are moments of transformation available to use all throughout our lives and often are brought on by the natural changes around us. More often than not, presenting us with an opportunity to shed the old “leaves” and blossom anew and take one step closer to our true selves.

Leaf spa is the embodiment of the seasonality of life. Incorporating elements of nature in our treatments, we remind you that universally we are all one and come from the same place. Our intention is to bring you back to the source from which you came, so that like the foliage of nature, you can embrace the changes that may be presented in your life and align with the strength that each seasons presents.





Birch
rebirth/new beginning



Holly
peace and good will



Red Oak
willingness to survive



Red Maple
symbol of endurance



Sycamore
symbol of strength



Fern
good luck and often
for new lovers



Ginkgo
hope, love and duality



Bodhi
attained enlightenment,
wisdom and compassion





Winter

"Winter is the time for comfort, for good food and warmth, for the touch of a friendly hand and for a talk beside the fire: it is time for home." - Edith Sitwell

During winter things tend to slow down. We have time to reflect as we reset and begin a new year. Cleansing from the past and peacefully pursuing the future.



The Sacred Sage Facial

Sage, known for centuries as a sacred herb, has amazing antioxidant and antibacterial properties. This facial will cleanse you from the inside out and clear out those bad vibes. Embrace the quiet nature of Winter as your skin is left purified and nourished.

By: Monastery

50 Mins \$180 | 80 Mins \$280



The Peaceful Pause Massage

Recharge with our peaceful pause massage starting with a manifesting meditation to help calm your nerves of anxiety so you can peacefully pursue your dreams.

50 Mins \$175 | 80 Mins \$275 | 110 Mins \$375

The Serenity Slumber Body Treatment

Rest is needed sometimes to relax and reflect on what's to come. Realign with us with this lavender-infused body scrub that will shed what no longer serves you while we realign your chakras to get you ready for what's to come.

80 Mins \$300





Spring

“Spring adds new life and new beauty to all that is.”
– Jessica Harrelson

As we reach spring our bodies are recharged and renewed ready to blossom and take on the world.

Spring Glow Revival

Restore your skin's energy with our Glow Revival Facial. Powered by an AHA/BHA peel with Tranexamic Acid, this brightening facial will help even out the skin tone, minimize pores, and reduce hyperpigmentation. Restore your luminosity and leave glistening like the sun glowing upon your skin. Note: mild skin peeling may occur in the few days following your facial. **By: Ultraceuticals**

50 Mins \$180 | 80 Mins \$280

The Floral Flow Massage

Go with the flow and let go of any worries with our Floral Flow Massage. Using Rose aromatherapy to elevate your energy so you can vibrate higher and attract abundance into your life with ease and comfort.

50 Mins \$175 | 80 Mins \$275 | 110 Mins \$375



The Radiant Renewal Body Treatment

Experience a rejuvenating transformation with our 80-minute Spring Radiant Renewal body treatment, designed to reveal smoother and more youthful skin. Infused with the revitalizing properties of Green Tea, Lemon Oils, Brown Sugar, and Coconut Oil, this treatment will energize both your skin and spirit, preparing you for the vibrant season ahead.

80 Mins \$300



Summer

"Summer is singing with joy, and the beaches are inviting you with dancing waves." —Debasish Mridha

Summer is about soaking up the sun enjoying every second of the day, and making memories that last a lifetime.



Sunshine Soothe Facial

Designed to combat the effects of sun damage and alleviate sensitivity, this facial will calm inflammation and redness while restoring moisture and balance. Relax as cooling sensations envelop your skin, leaving you feeling refreshed and radiant.

By: Monastery

50 Mins \$180 | 80 Mins \$280

The Citrus Bliss Massage

Experience pure tranquility with our Citrus Bliss Massage. Let the refreshing scent of citrus oils calm your senses as skilled hands melt away tension. Feel revitalized and balanced, ready to embrace a renewed sense of serenity.

50 Mins \$175 | 80 Mins \$275 | 110 Mins \$375



The Cool down Cure Body Treatment

Experience a rejuvenating escape with our 80-minute Summer Cool Down Cure, featuring an aloe and coconut-infused body treatment enriched with chamomile, peppermint, and vanilla oil. This soothing therapy utilizes cold techniques to heal your skin while leaving you feeling refreshed and invigorated, perfect for combating the summer heat.

80 Mins \$300





Fall

“There is no better time than the autumn to begin forgetting the things that trouble us, allowing them to fall away like dried leaves.

As autumn arrives we are filled with warmth of holiday cheer, a year closing out and hopeful to celebrate a new year with endless possibilities.

The Falless Facial

Like the falling of autumn leaves, shed the old and welcome the new with our Falless Facial. Powered by Retinol and Bromelain enzyme, this facial will renew the skin and restore a youthful radiance. Ideal for aging skin and comedonal acne. Note: mild skin peeling may occur in the few days following your facial.

By: Ultraceuticals

50 Mins \$180 | 80 Mins \$280

The Mindful Meditative Massage

The mind is powerful, and disconnecting from time to time is needed in order to live a healthy and happy life. Join us for this meditative massage starting with a guided meditation and soundbowl healing to help relax the mind and ease the body into this majestic massage.

80 Mins \$275 | 110 Mins \$375



The Dosha Detox Body Treatment

Experience a rejuvenating 80-minute Fall Dosha Detox that harnesses Ayurvedic wisdom to support your body during seasonal transitions. This lymphatic, herb-infused treatment utilizes ginger, lemongrass, rosemary, and essential oils to promote balance and alignment of your body, mind, and spirit, ensuring a thorough reset for optimal health.

80 Mins \$300 | 110 Mins \$400





The Lotus of Love Couples Massage

The lotus represents purity, and enlightenment, even when its roots are in the dirtiest waters, the Lotus produces the most beautiful flower. We created this couples massage with the intention to reignite the purity and beauty in your love.

50 min \$380 | 80 min \$580 | 110 min \$780



The Prenatal Pine Massage

Prenatal Massage is a nurturing massage that focuses on the needs of mothers-to-be after the first trimester pining for relaxation and serenity.

50 min \$175 | 80 min \$275 | 110 min \$375



The Lavendar Love Massage

A calming heart-opening massage that encourages the nervous system to calm and open up any blockages around the heart chakra. Using essential oils, crystals and tuning fork to align and balance your mind, body, and soul.

50 min \$190 | 80 min \$300 | 110 min \$390

The Vital Force Massage

The Vital Force Massage revitalizes the body and mind by combining soothing techniques with invigorating pressure. This therapeutic experience aims to enhance energy flow, relieve tension, and promote overall well-being.

50 Mins \$175 | 80 Mins \$275 | 110 Mins \$375





KNESKO Masks

Enhance your treatment with a luxurious Knesko collagen mask, infused with precious gemstones and rich in marine collagen and antioxidants, to hydrate, firm, and reduce inflammation.

Face	\$50
Eye	\$35
Lip	\$35
Neck	\$50
Décolleté	\$50

Monastery Deep Red LED Mask

A powerful, yet gentle treatment that uses deep red light to stimulate collagen production, reduce inflammation, and boost radiance, leaving your skin visibly glowing, firmer, and more rejuvenated.

\$30

Scalp Rejuvenation

Melt away tension with a soothing scalp massage enhanced with nourishing, aromatic essential oils to stimulate circulation and leave you deeply relaxed and refreshed.

\$35

Revivers

Reveal brighter skin with this exfoliating and nourishing treatment that will leave the hands, feet, or back soft and smooth. A perfect addition to any massage or facial treatment.

Hand Reviver	\$35
Foot Reviver	\$35
Back Reviver	\$35

CBD

Benefits of CBD include reduced inflammation, chronic pain relief, and reduced tension and anxiety.

Full Body Oil	\$75
Targeted Balm	\$35
Targeted Sport	\$35
CBD Scalp Rejuvenation	\$45
CBD Bath Soak-	\$110

**Separate reservation is required for bath soaks

Hot Stones

Enhance your massage or body treatment with the soothing warmth of hot stones. Melt away tension, promote deep relaxation, and ease muscle stiffness—an ideal add-on for deeper stress relief.

\$35



Wish Tree

Traditionally native, local and indigenous, wish trees are symbolic and represent hope. We created the wish tree in our spa to allow our guest to remember everything starts with a dream and anything is possible.

Steam room

Sitting in a steam room might significantly improve your cardiovascular health. Improved circulation can lead to lowered blood pressure and a healthier heart. It can also promote healing of broken skin tissue.

Meditation Room

A quiet space where you can relax before treatment. Meditation is welcomed and encouraged.

Alchemist Bar

Where the magic happens. Create your very own concoctions in our Alchemist bar. Where we have an assortment of healing herbs, plants, and more. Here you can create your own oils, scrubs, and tinctures to take a little piece of Leaf Spa home with you. Extra fee may apply.

Relaxtion room

A quiet space where you can relax before treatment. Meditation is welcomed and encouraged.

House of Knowledge

House of Knowledge is our gallery wall of plants, herbs, and leaves from around their natural healing benefits. Mother Nature is always giving us her gifts and we wanted to shed light on how powerful the world we live in is.

Arrivals

In order to experience and prepare for your treatment with enough time to enjoy our amenities, we recommend that you arrive at least 30 minutes prior to your treatment. Spa guests and hotel guests have access to the spa's wet facilities which includes sauna, as well as the spa's indoor relaxation areas.

Etiquette

The spa environment is one of tranquility and relaxation. In consideration of other spa guests, guests are asked to speak quietly and switch off mobile phones and digital devices. If using headphones, the volume level should not be audible to other guests. The spa is a non-smoking zone.

Special Request

Trained professionals properly drape guests throughout their service. If there is a preference for a specific technician or a male or female therapist for spa treatments, spa staff will strive to fulfill wishes based upon availability. For assistance with anything during the spa experience, such as an adjustment to lighting, sound, temperature, pressure or technique of the spa service, guests should inform their technician.

Cancellation

If you wish to reschedule or cancel your booking, please be advised that a minimum 24 hour notice is required to avoid a 100% cancellation fee. No- shows are charged a 100% fee.

Loss and Damages

Leaf spa is not responsible for any loss or damage to personal items and valuables during visits. Guests are advised not to wear any jewelry or valuables to the spa.

Health

To maximize the benefits of the spa experience, guests should relate any health issues, allergies or injuries that may make the chosen treatment unsuitable. If you are feeling ill or have a fever, we ask that you contact us immediately but before 24 hours to scheduled services and postpone your appointment.





LEAF

BY K'ALMA SPAS

200 N Columbus Drive Chicago, IL 60601

312- 946-8945

reservations@leafspas.com