



Rejuvenate yourself in our tranquil spa with a selection of soothing signature services performed by massage therapists licensed through the state of Illinois. Request your appointment 24 hours in advance through Guest Services.

## SIGNATURE MESSAGES

### SWEDISH

Replenish in traditional European massage technique using firm yet gentle pressure to help your body remove toxins while improving your circulation. The best treatment to relieve stress, both emotional and physical.

30 Minutes.....\$45

60 Minutes.....\$75

### DEEP TISSUE

Revitalize with a broad approach to treating your body as a whole, through targeted therapeutic work. Especially helpful for chronically tense areas such as a stiff neck, lower back pain or sore shoulders.

45 Minutes.....\$60

90 Minutes.....\$105

### LOCATED INSIDE THE IHOTEL

Appointments available upon request

### I HOTEL AND CONFERENCE CENTER

1900 South First Street | Champaign, Illinois 61820  
www.StayAtTheI.com | info@StayAtTheI.com | 217 819 5000