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### Exsalonce Salon and Day Spa

Excellence at Exsalonce

Quaint restaurants and independent boutiques line the blocks of the cute, cozy northside area of Chicago known as Roscoe Village, which is inhabited by city dwellers and young families. In the heart of it all sits [Exsalonce Salon and Day Spa](#), an oasis that caters to residents of the neighborhood and the surrounding communities.

Happening upon [Exsalonce](#), I entered a lively, hair-focused salon area marked by dark green and gray marble floors, a bright retail area and four hair styling stations. The reception area offered comfy green cushioned benches, Indian-inspired pillows and a toasty fireplace. I was warmly greeted by owner Tony Odisho, who also serves as a hair stylist and the United States' exclusive distributor and trainer of EuroSoCap, a unique hair extension process that involves 100% human hair and keratin, a substance that is specifically shaped to invisibly bond to one's own hair.

Tony offered me a cold glass of water and then led me back to [Exsalonce's](#) private spa area that is separated from the rest of the salon by a soundproof door. Once inside this little nook, I took in the soothing waterfall and serene music. From here, an esthetician brought me into one of the spa's two treatment rooms where she debriefed me on how she would perform a Cous Cous/Sesame Scrub (\$55).

First, I changed into disposable undergarments and hair cap. Then I lay down on a table covered in plush towels. She began by taking a dry bristle brush and working it all along my body, sloughing off dead skin cells and promoting circulation. Then she made a mixture of sesame seeds, cous cous grains, essential and aromatherapy oils and cinnamon. She explained that this special mix is used to removed more dead and dry skin and promote natural lymphatic drainage to remove toxins from the skin's layers, while the cinnamon provides a soothing component. After I was covered in the mix, she wrapped me up in towels, a fleece blanket and a solar blanket. I was swaddled up like a newborn, and she explained that all the layers would help generate body heat, therefore using my body's own perspiration to release toxins while maintaining moisture.

After 15 minutes, she unwrapped me and asked me to shower off in the room's enclosed stall with the Dermologica Conditioning Wash (which helps hydrate and moisturize the skin) provided. I noted to myself how nice it was to have a shower in the treatment room so I wouldn't have to leave the area in my current state. The marble stone shower had four heads at various levels and it didn't take long for all the seeds and grains to rinse off. When I got out of the shower, she had left me a warm robe to slip into. She came back in the room and proceeded to massage me with Dermologica's Hydrating Body Cream with lavender, lemon oil and tea tree oil, which naturally locks in moisture and removes any dead skin remaining. The treatment was like nothing I had ever experienced before. Not only was it relaxing, but my skin felt renewed and glowing. She explained that the Cous Cous/Sesame scrub works for just about anybody, but has the most benefit for those with especially dry, dehydrated skin. And in Chicago, I bet that adds up to a lot of folks.

Now it was time for my Spa Pedicure (\$45). Another esthetician showed me the way to the pedicure station, where she asked me to relax in a massage chair and soak my feet in a Jacuzzi foot spa filled with warm water and sea salts from Israel's Dead Sea. Then she trimmed my toenails and cuticles and buffed the callouses with a pumice stone. Next she applied an Aveda scrub from my toes to my knees that would exfoliate my skin and feel fresh and tingly. She noticed that my heels were pretty badly cracked,

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so she gave me a few tips to try at home to heal them, such as before bedtime soaking my feet with warm water, baking soda and salt, then applying Kiehl's Intensive Skin Treatment For Dry skin and Callouses (which she gave me a sample of to take home), and sleeping in socks. She followed that with a massage of Dermologica's Body Hydrating Cream. Just when I thought there wasn't any more work to be done but polishing, she applied a mint masque with exfoliation oil. She wrapped my feet in baggies, then inserted my feet into warm plastic booties. My feet sat bundled up for 15 minutes while the masque did its magic. Once she removed all the plastic, she scrubbed off the masque in the tub and took one more once over to my callouses, cuticles and nails. Now it was time for the polish. I chose a mauve color with a bit of iridescent sparkle by Cosmo. Not only did my toenails look pretty, but my feet felt better than they had in months - fresh and tingly.



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While my tootsies dried, I sat in the sunny storefront reception area, flipped through a magazine and noshed on complimentary pretzels. It was an excellent experience at [Exsalonce](#).

Other salon services offered in addition to scrubs, pedicures and the aforementioned EuroSoCap hair extensions include hair cuts, coloring, highlights and styling, waxing, make up lessons and applications, a range of massages, body therapy treatments and facials, microdermabrasion, manicures, nail wraps and paraffin treatments, as well as specialized services for men. In [Exsalonce's](#) retail area, customers can purchase many reputable goods including hair products from Graham Webb, L'Oreal, Matrix and Pureology, men's grooming products from American Crew and nail polish from Cosmo and Essie.

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