



A Personal Journey for the
Mind, Body and Spirit



facials

Facial treatments are an important part of your journey to healthier, rejuvenated skin. Regular facial treatments can help you identify and treat special conditions to improve your skin texture, tone and overall appearance.

All facial treatments include personalized skin analysis, home care counseling and product recommendations, as well as a stress-releasing hand and arm massage.

EUROPEAN SPA FACIAL | 60 minutes, \$85

A customized deep cleansing facial designed for all skin types, the European Spa Facial is the perfect treatment to help reduce the signs of fatigued, devitalized skin. This classic treatment begins with a comprehensive clinical evaluation of your skin, a deep pore cleansing and exfoliation, a relaxing facial massage and a final treatment mask. Your skin will feel supple, smooth, refreshed and completely nourished.

RX FACIAL | 75 minutes, \$105

Specifically designed to help skin that is oily, blemished, sun-damaged or aging. This treatment provides early corrective steps to delay more intense or invasive treatments. Exfoliation and deep pore cleansing help clear breakouts and reduce topical bacteria. The treatment includes a single layer peel or mini-microdermabrasion that reduces fine lines and wrinkles, leaving your skin clean, refreshed and refined.

ANTI-AGING FACIAL | 75 minutes, \$120

A skin-stimulating treatment that combines our classic facial with a special massage, mini-microdermabrasion treatment and ultrasound to lift and tone facial skin for guaranteed 'whoa!' results. Experience a dramatic improvement in the appearance of fine lines, firmness and vitality, regardless of age, by visually reversing unwanted facial wear and tear.

REFRESHER FACIAL | 40 minutes, \$60

Refresh your skin with a deep pore cleansing, exfoliation, and relaxing facial massage. Skin will feel balanced and look instantly radiant. Perfect for clients who are on-the-go, this facial is an express version of our classic European Spa Facial.

ILLUMINIZE FACIAL | 60 minutes, \$140

A customized deep cleansing facial for all skin types, the Illuminate Facial is the perfect treatment to help reduce the signs of fatigued, devitalized skin. This treatment adds a twist to the classic facial by incorporating alpha-hydroxy acids with phytic acid to maximize skin rejuvenating effects and minimize irritation for noticeably tighter skin, improved

clarity, color and texture, and a healthy, youthful radiance. Prior to peel application, treatment begins with a comprehensive clinical evaluation of your skin, a deep pore cleansing and exfoliation, a relaxing facial massage and treatment mask. Your skin will look and feel supple, smooth, refreshed and completely nourished.

GREAT EXPECTATIONS PREGNANCY FACIAL | 60 minutes, \$85

Ensure glowing skin during the most beautiful time of your life with this facial designed to address specific skin changes during pregnancy by utilizing specially selected ingredients and extra pampering.

GENTLEMAN'S FACIAL | 60 minutes, \$85

Designed to meet the special needs of a man's skin and relieve the daily abuse of razor burns, skin dryness and irritation, this treatment renews skin and refines pores for a smoother, younger appearance.

TEEN CLEAN FACIAL | 45 minutes, \$70

This is a great introduction to healthy skin care for young adults. It includes deep pore cleansing, as well as extractions that will help clear breakouts. This treatment includes an educational session to help teens get on track for a lifetime of beautiful, healthy skin.

PURIFYING BACK TREATMENT | 40 minutes, \$60

This deep cleansing back treatment restores balance and renews the neglected skin of your back and shoulders. The treatment includes exfoliation, hydration and toning of the skin in this hard to reach area, giving you the confidence to go backless (or shirtless, for you guys!).

ULTRASOUND | \$30, If added to a facial, \$20

The Parisian Peel Ultrasound Facial Rejuvenation System is a remarkable method for reversing the aging process, utilizing sound wave technology to transmit thermal and kinetic energy to the deeper layers of skin which increases the levels of collagen and elastin production, thus creating healthier, firmer and more youthful skin. This anti-aging therapy is absolutely safe and has no down time. Although effective when performed alone, ultrasound is generally used in combination with microdermabrasion, chemical peels, therapeutic facials and massage to enhance the overall results.

medical spa treatments

Your journey toward healthier skin may take you along a trusted pathway of healing, restorative and remedial treatments performed under the medical supervision of Dr. Brenton B. Koch. Dr. Koch is one of the area's leading facial plastic surgeons, and the Medical Director at The Spa at West Glen and The Spa at The Firehouse.

MEDICAL GRADE MICRODERMABRASION |

30 minutes, \$125

Schedule a series of six treatments for best results, \$625.

This gentle, non-invasive procedure can help you achieve remarkable improvements as it deeply exfoliates and refines the skin surface. The treatment helps with early signs of aging, fine lines and enlarged pores, leaving the skin brighter, firmer and more youthful looking, often stimulated to produce new collagen itself. Best results are realized with a series of treatments. You'll experience minimal discomfort and down time.

MICRODERMABRASION FACIAL | *45 minutes, \$150*

Add even more value to your medical grade microdermabrasion with a custom mask, a relaxing arm and hand massage and an application of a specially selected product for your skin type or condition. Moisturizer and skin protection complete the all-encompassing skin rejuvenation.

ULTRASOUND | *\$30, If added to a facial, \$20*

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BOTOX® TREATMENT | *Consultation*

This simple, non-surgical, physician-administered treatment can temporarily smooth moderate to severe frown lines on the forehead, crow's feet around the eyes, and lip lines. One treatment of a few tiny injections relaxes the muscles that cause the lines to form and keeps them relaxed for months. Results vary, but one treatment can last up to four months.

JUVÉDERM™ INJECTABLE GEL | *Consultation*

This injectable filler can improve the appearance of deep facial wrinkles, folds, lines and acne scars, enhance the lips, and contour facial features like the chin and cheeks. The results are very natural and last six months or longer.

RADIESSE® | *Consultation*

Deeper lines, wrinkles and facial contours can be reshaped with this long-lasting, injectable dermal filler. Radiesse can improve the appearance of a variety of wrinkles, including nasolabial folds and marionette lines, and it can augment the cheeks, chin and jawline. For patients seeking the chic and pretty effects of smooth facial folds and prominent cheeks, Radiesse offers immediate correction for a youthful look, collagen stimulation for volume enhancement and results that may last a year or more.

Work and other normal activities may be resumed right after treatment.

Juvederm™ and Radiesse® are safe and effective injectables that may be used for all skin types and colors and do not require prior testing.

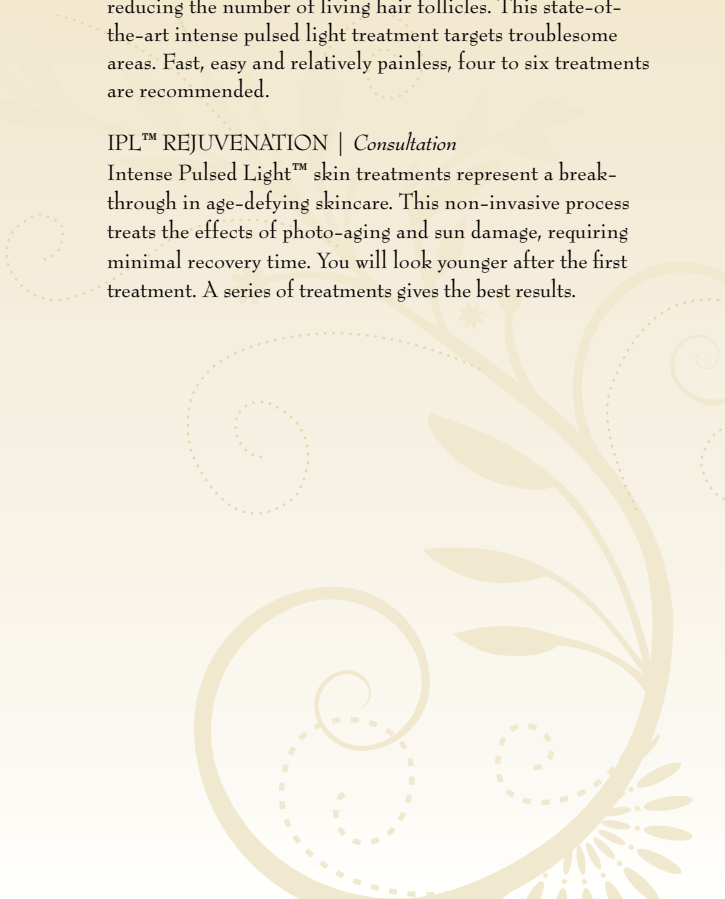
PERMANENT HAIR REDUCTION | *Consultation*

Purchase a package of five treatments, receive the sixth treatment FREE.

Target unwanted hair deep under the skin, thereby dramatically reducing the number of living hair follicles. This state-of-the-art intense pulsed light treatment targets troublesome areas. Fast, easy and relatively painless, four to six treatments are recommended.

IPL™ REJUVENATION | *Consultation*

Intense Pulsed Light™ skin treatments represent a breakthrough in age-defying skincare. This non-invasive process treats the effects of photo-aging and sun damage, requiring minimal recovery time. You will look younger after the first treatment. A series of treatments gives the best results.



chemical peels

Topical chemical peels are an effective method to treat acne, sun damage, fine lines and mild scarring. A series of peels combined with our microdermabrasion treatments are extremely beneficial in helping undo the undesirable effects of time and the environment on your skin and improve your overall skin texture. You will realize the greatest benefit through a series of three treatments. Your aesthetician will analyze your skin physiology and recommend a procedure that is right for you.

MILD

SENSI PEEL | \$85

Ideal for super-sensitive skin. This treatment has little to no stinging sensation and produces a gradual lightening with an instant tightening of the skin. Sensi Peel is excellent for calming rosacea as well as hydrating the skin.

OXYGENATING TRIO TREATMENT | \$85

An excellent treatment for sluggish, tired skin due to environmental damage from toxins, pollutants, allergens and sun. Acne conditions benefit greatly from this treatment. Can be performed weekly and is ideal one or two days before a special event. Determined to be safe during pregnancy.

ILLUMINIZE PEEL™ | *Single treatment, \$100*

Purchase a series of four treatments for \$300

This treatment features a new generation of alpha-hydroxy acids with phytic acid and commonly used peeling agents. After one treatment, clients generally notice increased skin tightening with glow and radiance, a more youthful appearance and improved clarity, color and texture.

PUMPKIN PEEL | \$85

A fruit acid enzyme and Vitamin A peel provide a pumpkin aroma therapy while exfoliating and reducing free radicals in the skin. It is a powerful antioxidant for improvement of pigmentation and fine lines as it stimulates circulation and provides more than 100 beneficial components.

CLARIFYING CLAY TREATMENT | \$85

Improve acne, breakout-prone skin and sluggish, dull complexions with this peel that combines salicylic acid and cherry extract with other beneficial ingredients. Its exfoliating, antibacterial and anti-inflammatory benefits refine skin texture and clarity.

SMOOTHING BODY PEEL | *\$100 per area*

A two-step treatment that is excellent for treating rough, dehydrated, and sun-damaged or acneic skin of the arms, legs, back, chest, hands and feet. Formulated with potent

yet skin-friendly ingredients, this treatment smooths and brightens the skin, utilizing lactic and salicylic acids to affect dramatic changes in appearance and texture while providing softening and hydrating benefits to the skin.

ULTRA PEEL 1 | *\$100 per area*

Specially formulated to treat dehydrated, maturing skin, this treatment also is appropriate for a variety of skin types and conditions. Designed to treat pigment disorders, fine lines and wrinkles, sun-damaged skin and acne, this treatment is especially ideal for sensitive skin, as it produces a mild tingling sensation with mild to moderate exfoliation benefits. Overall, skin will appear plump, hydrated and luminous.

MODERATE

VITALIZE PEEL® | *Single treatment, \$130*

Purchase a series of four treatments for \$390

This treatment utilizes alpha-hydroxy acids to help fade sun damage, diminish fine lines, improve skin texture and stimulate collagen production to give you a healthier, more youthful look and feel.

CUSTOMIZED PEEL | *Consultation*

Customized to meet each individual skin concern and type, this peel rapidly exfoliates with minimal irritation. Treatment includes an in-depth skin evaluation and analysis with a clinical esthetician prior to treatment to address patient concerns.

AGGRESSIVE

REJUVENIZE PEEL™ | *Single treatment, \$200*

The deepest of peels, this treatment penetrates into the skin to produce significant results to improve acne, melasma and hyperpigmentation. This peel also smoothes fine lines, wrinkles, skin tone and texture.

PROGRESSIVE PEEL PACKAGE | *\$350 (\$80 savings!)*

Experience a progressive series of three peels; Illuminize Peel™, Vitalize Peel® and Rejuvenize Peel™, for the ultimate, all-encompassing skin rejuvenation with minimal downtime—perfect for all skin types and lifestyles.

DOUBLE PEEL | *Single treatment, \$225*

The double peel consists of both a microdermabrasion treatment to remove the keratinized layer of epidermis (dead skin cells) followed by our most popular Vitalize Peel® for more aggressive results and less peeling.

massage therapies

Allow your body to surrender to the magic and therapeutic value of massage therapy. You may choose from a variety of experiences that are designed to soothe and renew your body, mind and spirit. We invite you to make regular massages a part of your personal journey to well-being. Please let us know about any medical conditions you have before scheduling an appointment so we can discuss whether a massage is an appropriate treatment for you.

SWEDISH MASSAGE | 30 or 60 min., \$45 or \$70

Classic relaxation is yours as gentle, long strokes knead the body to soothe muscles and increase circulation. Tension flows away from head-to-toe, making this a perfect addition to a weekly relaxation regimen.

AROMATHERAPY MASSAGE | 30 or 60 min., \$45 or \$85

This soothing Swedish massage incorporates all-natural essential oils that are specially blended to awaken the senses. This uplifting experience leaves you relaxed and rejuvenated, with an overall sense of well-being.

DEEP TISSUE MASSAGE | 60 minutes, \$85

This personalized massage pays special attention to various muscle groups as it focuses on specific problem areas. Highly therapeutic, it realigns your body and restores freedom of movement as it relieves stubborn knots.

GREAT EXPECTATIONS MASSAGE | 60 minutes, \$85

Maxed-out moms-to-be will melt on our bump-friendly bed during this gentle massage. Enjoy the relief from backache, discomfort, tension, sore feet and other physical and emotional stresses of pregnancy all while lying on your stomach! (Not recommended during the first trimester)

BACK REJUVENATION MASSAGE | 40 minutes, \$65

Deeply concentrated attention focuses on the back, shoulders and neck. You will experience instant relief of the stress and tension that accumulate in these muscles. Many find this treatment to help relieve common headache pain as well.

body treatments

SEA SALT SCRUB | 60 minutes, \$85

The natural properties of salt exfoliate and polish your skin to a healthy glow, while the rich minerals and trace elements combine with the antiseptic qualities of eucalyptus to refresh and invigorate your body.

add-on services

SCALP STIMULATION | \$8

Experience sensory overload with minimal tousling for your tresses; no oils necessary.

EYE RESCUE TREATMENT | \$20

Your eyes will look brighter as we reduce the unwanted effects of stress, environment and irritations. This specialized booster for the delicate eye area treats fine lines, puffiness and dark circles.

NECK & DÉCOLLETÉ TREATMENT | \$20

This added treatment nourishes and beautifies this delicate extension of your face. The perfect complement to any facial rejuvenation service.

LIP TREATMENT | \$20

Add this specially formulated treatment to transform dry lips into lips with a young, plump look. The collagen treatment enhances volume, shape and shine.

ADVANCED HANDS & FEET MASSAGE | \$12

If you 'knead' to prolong your rubdown, add 10 more minutes of 'aah' focusing on hands and feet.

ULTRASOUND | \$30, If added to a facial, \$20

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cosmetic services

Create the personal look you desire. Focused attention to all the details that enhance your appearance from head-to-toe will make the most of your beautiful features.

LASH TINTING | \$30

BROW TINTING | \$30

LASH & BROW TINTING | \$50

PERMANENT MAKE-UP | *Please call to schedule a consultation*

WAXING SERVICES

The gentlest waxes and skilled techniques enhance comfort as unwanted hair disappears. Regular waxing promotes lighter hair growth and beautiful, smooth skin. You may combine three or more treatments for a 10% savings.

Abdomen | \$15

Arms – Full | \$55

Arms – Half | \$35

Back – Full | \$65

Back – Half | \$45

Bikini* | \$30

Bikini with Abdomen* | \$40

Brazilian – Initial* | \$85

Brazilian – Follow-up* | \$50

Brazilian – Partial* | \$40

Chest | \$65

Chin | \$15

Eyebrow | \$18

Face – Full | \$45

Feet | \$14

Hairline | \$15

Hands | \$14

Legs – Full | \$65

Legs – Half | \$40

Legs and Bikini* | \$90

Sideburns | \$15

Underarm | \$25

Upper Lip | \$14

**Women only*

day spa packages

For the ultimate in relaxation and rejuvenation, you can schedule a half-day or more at The Spa—on your own, or with a friend. Just give us a call. A Spa representative will help you arrange the perfect combination of services and treatments. We proudly offer a “build-your-own” spa package concept, allowing you the luxury of selecting the treatments and services to best meet your needs. When three or more services are selected, you will receive a 10% discount on the total.

rebooking discount

Enjoy a 10% discount toward your next service when scheduled at the time of your appointment.

Does not apply to medical services. Prices and services subject to change.

spa etiquette

Please arrive 20 minutes prior to your scheduled appointment to allow additional time for check-in and to ensure you receive your full service. Should a situation arise that makes a late arrival unavoidable, please contact The Spa immediately. Arriving late may limit your treatment time or may result in rescheduling your appointment.

Upon arrival, we ask that you be courteous to other guests and kindly turn off all mobile devices.

cancellation policy

Please note our 48-hour cancellation policy. At the time of scheduling, a Spa Concierge will ask for a credit card or gift card number to reserve an appointment. If an appointment needs to be cancelled, we ask that you provide 48 hours notice as a courtesy to our technicians and our other guests, otherwise you will be charged.

THE SPA AT THE FIREHOUSE

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Brenton Koch, M.D., is the medical director, and he and his wife, Heidi Koch, M.D., are owners of The Spa. Dr. Brenton Koch practices exclusively plastic and reconstructive surgery of the face. For more information, please visit www.relaxdesmoines.com.

