

Body Treatments

Contouring Body Wraps

A detoxifying wrap that aids in the removal of toxins from cellulite. The bonus of a contour wrap is the skin condition and the inch loss. You will lose 4-14 inches or ½ a dress size in just one wrap!

1 hour...\$75
 Include full body measurements
 90 min.... \$85



Vichy Hydrotherapy Treatments

A warm invigorating water massage with aromatherapy.
 Chocolate or Lavender Salt Scrub.... \$85
 Chocolate Mud Wrap.... \$85
 Sugar Scrub.... \$85
 Vichy Hydrotherapy Treatment alone...\$60

Brown Sugar Scrub with 30 min Massage

A great skin exfoliation with aromatherapy along with a 30-minute massage
 1 hour.... \$75

Brown Sugar Exfoliation Treatment

Help your skin refresh and feel rejuvenated with the gentle exfoliation of brown sugar and essential oils followed with application of moisturizing lotions.
 45 min.... \$55

Cranberry Bog Body Wrap

A peat mud wrap enriched with vitamins which helps moisturizes and adds minerals to the skin with a great cranberry scent.
 1 hour.... \$75

Seaweed Body Mask Treatments

Indulge yourself in a rich source minerals, salts, trace elements & vitamins to tone & hydrate your body. Do with the vichy hydrotherapy
 60 min....\$90
 Or have a seaweed wrap done with a 30 min massage
 60 min.....\$80

Airbrush Tanning

A spray on tan that gives you the perfect tan every time. Exclusive at Spa 2000
 Single Session.... \$35
 5 Session Package.... \$150
 Add boost color for a more tropical darker tan....\$10

Hair Services



Women's HairCut

Includes a Shampoo & a blow-dry Style....\$28
 Finished style.....\$40
 Reconditioning Treatment....\$18
 Shampoo & Style....\$20
 Special Occasion Styles....\$45 and up
 (hair length varies)
 Other styles available upon request

Men's Hair Services

Includes a Shampoo & Finished style.....\$18
 Beard Trim.....\$15
 Men's Hair color blend..\$35

Color Services

We use professional Redken Cream colors, Color gels, Shades, & Blonde Dimensions.
 Hi-lights or Lo-Lights ...\$85
 Hi-lights with Lo-lights...\$95
 Color Application...\$50
 (Prices may vary depending on hair types, and length of hair.) Other charges may apply.
 Price does include a small hair trim.

Color Removal or Color Correction
 Treatments by consultation only.

Chemical Services

Perm Waves starting at \$58
 Relaxers starting at \$50
 Long Hair or Spiral Perms additional charge



Steam Rooms, Lockers and Shower facilities available for men & women at no charge.

Add a lite meal to any spa package or any service for \$10.



Endermologie (exclusive in Sioux Falls)

The only FDA approved method to get rid of cellulite. Increase Lymphatic flow to body and smoothes skin to diminish the "cottage cheese" or dimple look to your skin. Purchase by packages of 7, 14, or 21 (Must do at least 7 session to see results)
 7 Session Package.... \$90 each
 14 Session Package.... \$80 each
 Includes 1 free Contour Body Wrap
 21 Session Package.... \$70 each
 Includes 2 free Contour Body Wraps

Permanent Cosmetics By Marcy Shay

Call Marcy direct to set up an appointment or for specific questions on her procedure. 605-359-3424

Eyebrows\$450
 Eyeliner (top & bottom)\$350
 Full Lip Color\$550

Ion Foot Cleanse

A detoxifying foot bath, to rid your body of harmful toxins, and improve your health. Recommended in a series.
 Single session.... \$37 (pkg. price available)

Wellness Programs & Detoxification

95% of all degenerative disease begins in a toxic colon
Signs of a toxic Body
 Fatigue/ Lack of Energy / Over or under weight
 Cravings for sugar or caffeine / Headaches
 Mood Swings, depression / Allergies, Asthma, or hay fever
 Skin disorders / Smoking or alcohol addictions
Results From a Detoxification
 Mental Clarity / Increased Energy
 Reduced cravings / Bad eating habits broken
 Immune system strengthened /Peristaltic action improves
 Lower cholesterol & triglyceride levels
 All organ & body systems are cleansed and allow rejuvenation.



We offer a full line of M'lis Herbal Supplements.

They aid in a holistic lifestyle change.

Programs offered for

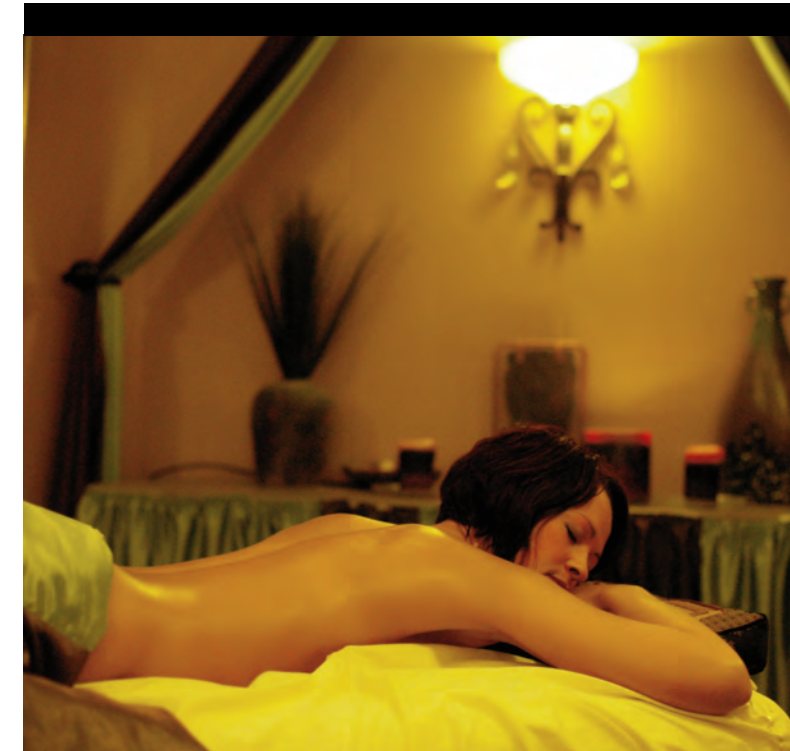
Wellness	Weight Loss
Fibromyalgia	Candida
Hormone Balance	Arthritis
Diabetes	

And many programs designed for other types of ailments

We have classes held each month, or sign up for an individual consultation.

First class session or consultation is free.

Call in for class times or set up an appointment for an individual consult.



HOURS OF OPERATION

Mon-Thurs: 9 am - 8 pm

Fri: 9 am - 6 pm

Sat: 8 am - 6 pm

Sun: by appointment only

224 N. Phillips Avenue
 Sioux Falls, SD 57104 • (605) 361-2600
 www.spa2000sd.net



Massage

Deep Tissue added to any Massage \$10
For a more nourishing massage add aromatherapy for \$10

La Stone Massage

A relaxing massage with hot stones incorporated into the Swedish massage, which is more relaxing to the muscles.
1 hour....\$80
90 min....\$100

Swedish Massage

A traditional therapeutic massage, choose specific areas, or have a full body massage.
30 min...\$45
1 hour...\$70
90 min.... \$100

Sports Massage

A massage geared towards any athlete looking for muscle stretching. This massage also works on trigger points.
1 hour....\$70
90 min....\$100

Prenatal Massage

Ease aches and pains of pregnancy with a trained professional that will perform a comfortable safe massage for you and baby.
60 min....\$72

Thai Massage

This is a non-traditional massage done on a mat, using yoga-like stretches acupressure points. This is great for spinal alignment and joint mobility, also very relaxing.
1 hour....\$78
Advanced Thai Massage, with more stretching & other therapeutic positions.
90min. \$110

Couples Massage

A wonderful romantic massage with your loved one. Choose between a Swedish or La Stone massage. A complimentary dessert, beverage and steam room included.
1 hour...\$170
90 min...\$230

Reflexology

Exercise applied to pressure sensors of the hands and feet, which prompts a response in the body to improve ones health.
30 min....\$48

Massage for Two

Invite your friend, sister, mother, daughter ect. to join you for a massage together in the same room. Choose between a Swedish or La Stone massage. A complimentary dessert, beverage and steam room included.
1 hour...\$170
90 min...\$230

Pedicures & Manicures

Add paraffin to any manicure or pedicure \$10

Spa Pedicure

1 hour.... \$68

Seasonal Pedicure

A fun way to bring in the season, with a use of different lotions and scents. During the winter enjoy a cranberry pedicure and for the summer relax with our ice cream pedicure!
1 hour...\$72

La Stone Pedicure

A wonderful way to relax and get a leg and foot massage with warm stones.
1 hour...\$75

Diva Pedicure

Have a paraffin treatment added to your pedicure and let your feet feel soothed & soft. Especially good for dry cracked feet.
65 min...\$75

Refreshing Pedicure

All the essential steps for your feet to keep them in tip top shape. Additional services available include mask for feet...\$10, extended massage...\$10, or french tip polish...\$5)
30 min...\$48

Men's Executive Pedicure

50 min...\$55

Spa Manicure

45 min...\$40

Diva Manicure

Anti-aging Glycolic peel treatment added to your manicure.
50 min....\$45

Men's Executive Manicure

30 min...\$35

Fiberglass Nails

Thinner more natural looking artificial nail system without a lot of harsh chemicals. Uses mesh like product to strengthen and lengthen your natural nails.
Full set...\$55
Nail Fill...\$35

Polish change...\$15
(No extra charge for french tip polish)



Facials

All of our facials include a skincare analysis to determine the precise treatment for your skin type. We use Skinceuticals skincare products and M'lis all natural skin care products. Additional charges may apply for product additives to a service.

Petite Facial

Basic facial, with a cleanse, exfoliate, mask (moisture or clarify), toner & moisturizer.
30 min.... \$45

Spa Facial

Relax with this facial! Get all the basic steps, plus add in 15 min of soothing massage.
45 min.... \$62

Pure Serenity Facial

Indulge with pure relaxation! Extended massage plus all the basic facial essentials!
60 min.... \$75

La Stone Facial

Warm stones added to the facial massage.
60 min.... \$80

Non-Surgical Face Lift Mask

A mask that pulls impurities from pores, and also firms, tones and rehydrates the skin all while laying in a massaging hydrotherapy bed. 90 min.... \$75

French Clay Mask

A mask that pulls impurities out and removes excess oils. Add this to any facial for a more cleansing mask.... \$15

Vitamin C Mask

An extra moisturizing facial mask, that will exfoliate to help moisture penetrate in deeper into pores, great for aging skin. Add to any facial....\$15

Seaweed Mask Facial (Repechage Product)

Rich European Seaweed, that tones & firms the skin. Enriched with vitamins & minerals that aid in healthy skin cell production.
60 min...\$75

Four Layer Facial (Repechage Product)

Premier anti aging facial treatment, with layers of European seaweed that will rejuvenate & tone, followed by the rich mineral thermal mask that allows total penetration of all layers (all skin types) 75min...\$90

FaSSage

The Ultimate Tandem Treatment! Experience Heaven on Earth with this Facial & Massage combination. Includes a Petite Facial & Full Body Swedish Massage. Two therapists work in harmony to hydrate & relax the body, while restoring and nourishing the mind. An experience unlike any other!
70 min....\$145

Back Facials

Cleanse, exfoliate & massage your back! Get all the benefits of a facial to your back! Decrease oil build-up and break-outs.
60min...\$80

Men's Executive Facial

All the benefits of a regular facial geared toward men without any strong scents.
30 min.... \$45

Glycolic Peel

A peel to exfoliate skin into the deeper layers for facial resurface & rejuvenation. Evens out skin tone & age spots, help with fine lines.
First treatment
30 min ...\$50
2nd, 3rd, 4th treatments
20 min ...\$35 each
(four treatments 7-10 days apart is recommended for full facial resurfacing.)

Microdermabrasion

Non-invasive procedure to remove the outermost layer of dry, dead skin cells and reveal younger, healthier-looking skin. Also encourages the production of a new underlying layer of skin cells with higher levels of collagen and elastin, which further improves your skins appearance.
Single treatment...\$129
6 treatment package...\$99 each

Extractions Starting at \$20
(facial, back, neck or chest)

Collagen or Herbal Eye Treatment \$15

Lash Tinting / Brow Tinting
\$25 \$20

Waxing Services

Brow	\$16	Full Arm.....	\$37
Lip	\$14	Half Arm	\$25
Lower Lip	\$10	Full Leg	\$67
Chin	\$12	w/Bikini.....	\$87
Full Face.....	\$52	Upper Leg.....	\$37
Back.....	\$55	w/Bikini.....	\$57
Chest	\$40	Lower Leg	\$40
Underarm	\$20	Bikini	\$32
Hand	\$15	Brazilian.....	\$57
Guyzilian	\$67	Prices may vary	

(Prices may vary depending area to be covered)

Eyelash Extensions

Individual Eyelashes applied to your own, for long beautiful full lashes, lasting up to 2 months before a fill is needed. Consultations free! Prices vary depending on amount of lashes added. Fill prices differ from a full set.

