

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 conditioning 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



Brown Sugar Scrub with 30 min Massage

A great skin exfoliation with aromatherapy along with a 30-minute massage
1 hour.... from 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.... from 55

Vichy Hydrotherapy Treatments

A warm invigorating water massage followed by moisturizers.
Chocolate or Lavender Salt Scrub.... from 85
Chocolate Mud Wrap.... from 85
Sugar Scrub.... from 85
Vichy Hydrotherapy Treatment alone...from 60

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.... from 75

Seaweed Body Mask Treatments

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

Airbrush Tanning

Flawless glow that is safe and natural looking, not orange. UV free.
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....from 29
Haircut with Finished Style.....from 49
Reconditioning Service....from 7
Reconditioning Treatment with heat....from 20
Shampoo & Style....from 19
Special Occasion Styles....from 45 and up (hair length varies)
Other styles available upon request



Men's Hair Services

Includes a Shampoo & Finished style.....from 19
Beard Trim....from 8
Men's Hair color blend..from 27



Color Services

We use the Pravana Color System for all semi permanent, permanent & highlighting services.
Hi-lights...from 69
Hi-lights with Lo-lights...from 96
Color Application...from 49 (Prices may vary depending on hair types, and length of hair.) Other charges may apply.
Color Removal or Color Correction
Treatments by consultation only.

Chemical Services

Perm Waves....from 59
Relaxers.....from 59
Long Hair or Spiral Perms additional charge
Partial perm from 6 per rod



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

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	

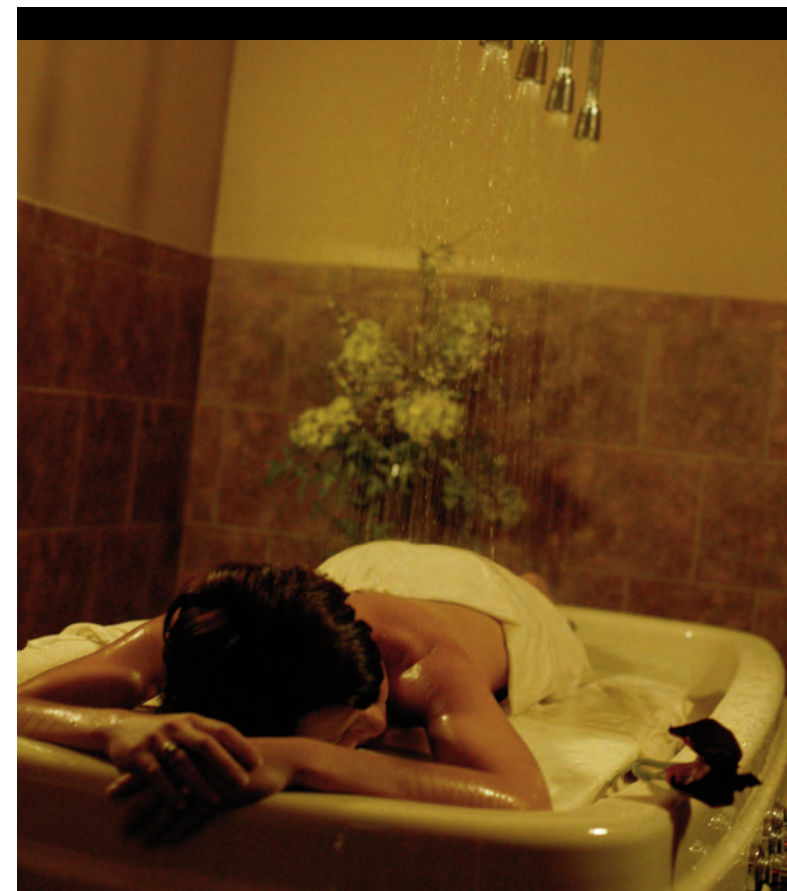
And many programs designed for other types of ailments

Steam Rooms, Lockers and Shower facilities available for men & women at no charge with a service of at least \$40.
(Steam treatment alone \$20)

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



Spa 2000
A Men's & Women's Day Spa



HOURS OF OPERATION

Mon-Thurs: 9 am - 8 pm
Fri: 9 am - 6 pm
Sat: 8:30 am - 5:30 pm
Sun: Closed

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



Massage

La Stone Massage

A relaxing massage with hot stones incorporated into the Swedish massage, which is more relaxing to the muscles.

30 min.... from 54
1 hour.... from 81
90 min.... from 101

Deep Tissue added to any Massage..... 10

For a more nourishing massage add aromatherapy...10

Add a Eco-fin 100% natural paraffin treatment to your massage, plant based emollients & pure essential oils!... 8

Swedish Massage

A traditional therapeutic massage, choose specific areas, or have a full body massage.

30 min...from 44
1 hour...from 71
90 min.... from 101

Sports Massage

A massage geared towards any athlete looking for muscle stretching. This massage also works on trigger points.

1 hour....from 71 90 min....from 101

Prenatal Massage

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

30 min....from 47 60 min....from 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.... 79

Advanced Thai Massage, with more stretching & other therapeutic positions.

90min.... 109

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... 189

90 min... 259

Reflexology

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

30 min....from 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... 189

90 min... 259

Pedicures & Manicures

Spa Pedicure

1 hour.... from 69

Diva Pedicure

Have a paraffin treatment added to your pedicure and let your feet feel soothed & soft. Especially good for dry, cracked feet.

1 hour...from 74

Refreshing Pedicure

All the essential steps for your feet to keep them in tip top shape. Includes polish.

30 min...from 49

Seasonal Pedicure

A fun way to bring in the season, with a use of different lotions and scents. During the winter enjoy a cranberry or pumpkin spice pedicure and for the summer relax with our ice cream pedicure!

1 hour....from 72

La Stone Pedicure

A wonderful way to relax and get a leg and foot massage with warm stones.

1 hour....from 74

Men's Executive Pedicure 50 min...from 55

Enhancements

Polish change... 15

Nail Gems... from 5

French Tip Polish... 5

Add Paraffin to any manicure or pedicure... 10

Spa Manicure 45 min...from 41

Diva Manicure

Anti-aging Glycolic peel treatment added to your manicure.

50 min....from 46

Classic Manicure 25 min...from 33

Men's Executive Manicure 30 min...from 35



Shellac Nails

Polish that is chip free, wears like gel nails. Lasts up to 14 days!!

With a Spa Mani.....from 53

Polish only.....from 28

Added on to any above

manicure...12

Removal....8



Artificial Nails

Full Set...from 54

Nail Fill...from 34



FaSSage

The Ultimate Tandem Treatment! Experience Heaven on Earth with this Facial & Massage combination. Includes a Petite Facial & Full Body Swedish Massage. Two technicians work in harmony to hydrate & relax the body, while restoring and nourishing the mind. An experience unlike any other! 60 min....from 146

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.

Spa Facial

Cleanse, rejuvenate and treat your skin to this popular facial.

Includes all essential steps plus massage!

45 min.... from 62

Petite Facial

Is time a factor? Get a shortened version of the Spa Facial yet still feel cleansed and rejuvenated.

30 min.... from 46

Pure Serenity Facial

Indulge with pure relaxation! Extended massage plus skin treatment and rejuvenation.

60 min.... from 74

Non-Surgical Face Lift Mask

A mask that pulls impurities from pores, and also firms, tones and rehydrates the skin for a more youthful glow, all while laying in a massaging hydrotherapy bed. 90 min.... from 74

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...from 76

Men's Executive Facial

All the benefits of a regular facial geared toward men without any strong scents.

30 min.... from 46



Specialty Facials 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...from 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...from 89

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.

One treatment

30 min ...from 46

Buy package of 5, Get one FREE!... 230

(4-5 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...from 129

6 treatment package...from 99 each

Upgrade Add-Ons

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

Extractions

Our facial includes minor extraction. (facial, back, neck or chest) Any additional.... from 20

Collagen or Herbal Eye Treatment 15

Lash Tinting / Brow Tinting

from 25 from 20

Waxing Services

Brow	16	Full Arm	from 37
Lip	14	Half Arm.....	from 25
Lower Lip	10	Full Leg	from 67
Chin	12	w/Bikini	from 87
Full Face	52	Upper Leg	from 37
Back	from 56	w/Bikini	from 57
Chest.....	from 40	Lower Leg	from 41
Underarm	from 21	Bikini	from 32
Hand.....	from 15	Brazilian	from 57
Guyzilian.....	from 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.

