

The Spa at West Glen

Menu of Spa Services

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. A complimentary makeup application will leave you ready to move on with your busy schedule.

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.

Aromatherapy Facial | 60 minutes, \$100 This customized facial combines plant extracts and essential oils to meet the specific needs of your skin while you relax in a multi-sensory experience that will relieve your body of stress and pressure. This service provides your skin with nutrients for a healthy, vibrant complexion, leaving you feeling relaxed and revitalized.

Rx Facial | 60 minutes, \$105 Specifically designed to help skin that is oily, blemished, sun-damaged or aging. This treatment provides early corrective steps to allay 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 deep treatment that includes special massage and acupressure techniques to stimulate the deepest layers of your skin, "lifting" and toning your skin. The visual reversing of unwanted facial wear and tear, regardless of your age, gives you a dramatic improvement in the appearance of fine lines, firmness and vitality.

Signature Spa Facial | 90 minutes, \$140 Our most decadent facial – 90 minutes of indulgence, leaving your skin smooth and luminescent. This treatment features protein-rich, hydrating and skin-firming ingredients. Includes a soothing foot massage.

Age Defiance Facial | 75 minutes, \$150 Improve and treat visible signs of aging, including hyperpigmentation, melasma, photodamage, fine lines, wrinkles and sallowness, caused by environmental damage without using chemical peels or intense pulsed light treatments. Prevent future damage while repairing skin texture, tone and appearance.

Refresher Facial | 40 minutes, \$60 This 40-minute treatment features a Hungarian Moor Mud mask, made from a rare form of nutrient-rich peat consisting of herbs, plants, vitamins and minerals. This special mask will revitalize, detoxify and rebalance your skin, leaving it smooth and radiant.

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.

Perfect Pregnancy Facial | 60 minutes, \$85 Your skin may be changing every trimester, and you need help keeping up with it. This facial uses expertly selected ingredients to address the hormonal influence of pregnancy and ensures glowing skin during this most beautiful time of your life.

Gentleman's Facial | 45 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. The deep cleansing treatment renews your skin and refines pores for a smoother, younger look.

Purifying Back Facial | 40 minutes, \$60 This deep cleansing back facial 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!).

Eye Rescue Treatment | 15 minutes, \$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 | 15 minutes, \$20 This added treatment nourishes and beautifies this delicate extension of your face. The perfect complement to any facial rejuvenation service.

Lip Treatment | 10 minutes, \$25 Add this specially formulated treatment to transform dry lips into lips with a young, plump look. The collagen treatment enhances volume, shape and shine. Take home a tube of our popular lip plumper to prolong the results.

Fresh Face Facial | 25 minutes, \$40 Perfect facial for younger clients, 12 & under. This facial involves a cleansing, toning and skin analysis, followed by an exfoliation and gentle extractions to clean out delicate, developing pores.

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, 60 or 90 min., \$45, \$70 or \$95 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 | 60 or 90 min., \$85 or \$115 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 or 90 min., \$85 or \$115 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.

Signature Spa Body Ritual | 90 minutes, \$150 A warm, relaxing wrap follows gentle exfoliation for an exquisite 90 minutes of personal indulgence. A head-to-toe massaging application of our protein-rich, hydrating and skin-firming ingredients leaves you feeling exotically pampered and totally relaxed.

Hot Stone Therapy | 60 or 90 minutes, \$90 or \$120 Muscle-melting bliss radiates deeply into your muscles as various-sized stones are strategically applied to key points of the body for balance and healing. Stone therapy produces alternating sedative and re-energizing responses to the body to promote healing that lingers for days.

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.

Couples Massage | 60 or 90 minutes, \$170 or \$230 The two of you, side-by-side, in a state of rest and relaxation in our Suite-for-Two. Together, you can discover how fun a shared massage experience can be. The massage-for-two is for couples or any two friends or family members looking for a brief feel-good escape.

Reflexology | 30 minutes, \$40 An ancient Egyptian technique, reflexology stimulates the nerve endings that correspond to all major organs, glands and body parts. Finger-point pressure on the reflex zones of the feet or hands restores the flow of energy to the body. This 4,000-year-old wellness approach will reduce your stress, improve circulation, ease pains and renew your body, mind and spirit.

Perfect Pregnancy Massage | 60 minutes, \$85 No one knows the need for massage better than an expectant mother. Pamper yourself and baby with this gentle treatment. You will love the relief from backache, sore feet and other physical and emotional stresses of pregnancy. (Not recommended during your first trimester.)

New Mother Massage | 60 minutes, \$85 Your postnatal muscles will benefit from the lengthening, balancing and detoxifying massage as you work to restore your body to its pre-pregnancy condition. This experience will help reduce pressures that can cause headaches, back pain and discomfort from breastfeeding. (Not recommended before your six-week check-up.)
body treatments

Body Treatments

The perfect response to a tired, overworked body. Choose from our comprehensive menu for a relaxing and rejuvenating experience. You are invited to retreat to the women's sauna or the men's steam room after your treatment.

Mango Glow | 45 minutes, \$70 Tired skin cells are gently exfoliated and the skin moisturized to a renewed softness. The tropical mango scent leaves your senses refreshed and your skin supple and soft.

Sand & Sun | 45 minutes, \$70 Enjoy a sun-kissed tan without the damaging effects of sun exposure. Your transformation begins with a two-step exfoliation leaving your skin soft and smooth, expertly prepared for a flawless application of sunless tanning lotion.

Turkish 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.

Aromatherapy Wrap | 60 minutes, \$85 Wrapped from head-to-toe in a divine envelope of aroma that imparts a sense of well-being for your body and spirit, this body treatment is extremely relaxing and a therapeutic awakening of the senses.

Body Slimming Wrap | 75 minutes, \$110 The algae wrap tightens and tones your skin, decreasing the appearance of unwanted cellulite, as it stimulates your body to rid itself of trapped toxins, unwanted fat cells and excess lymph fluids. You will realize the best results through a series of treatments.

Hungarian Moor Mud Wrap | 60 minutes, \$85 Hungarian Moor Mud is a rare nutrient-rich peat consisting of herbs, plants, vitamins and minerals. This full wrap draws toxins from your body and balances your skin tone as it rejuvenates tired muscles and remineralizes dull, thirsty skin.

Hands & Feet Treatments

Treat your hands and feet to therapeutic, beautifying and soothing indulgences. All of our nail services include either a hand and lower arm or a foot and lower leg massage, followed by an application of hydrating cream and OPI lacquer for a smooth, long-lasting finish. You may enhance any manicure, pedicure or nail polish change with the elegance of a French finish – just add \$10.

The Spa Manicure | 30 minutes, \$30 An invigorating massage makes your hands look healthy and feel soft and smooth. This manicure conditions, shapes and grooms.

West Glen Manicure | 45 minutes, \$45 Experience a manicure personalized just for you. Select your favorite essential scent and relax for an extended massage and exfoliation treatment in sensory delight.

Signature Spa Manicure | 45 minutes, \$60 The Spa's ultimate manicure experience. Active ingredients strengthen, repair and regenerate the skin, leaving it supple while decreasing visible signs of aging.

The Spa Pedicure | 45 minutes, \$45 This therapeutic treatment will supply the nails and cuticles with minerals and trace elements, leaving feet softened and smoothed. An exfoliation and invigorating massage relieves tired feet and legs from pain and improves the appearance of your feet.

West Glen Pedicure | 60 minutes, \$60 We will personalize The Spa Pedicure to your preferences. Select your favorite scents and relax for an extended massage and exfoliation treatment.

Signature Spa Pedicure | 75 minutes, \$80 Our supreme pedicure is 75 minutes of pure bliss. This most luxurious of treatments achieves the ultimate result of smooth, invigorated skin.

Paraffin Treatment | 15 minutes, \$18 Add this treatment to any of our manicures or pedicures and send your hands or feet into a cocoon of warm happiness. Tired, dry skin will melt away in our luxuriously hydrating paraffin gloves or slippers. As the paraffin is peeled away, you will discover softened, silky and revitalized skin.

Triple Acid Peel for Feet | 15 minutes, \$25 A deep exfoliating peel using glycolic, lactic and salicylic acids smoothes out rough textures caused by built-up dry skin and softens calluses to reveal a smoother, healthier layer of skin. Add this peel to any pedicure to transform your feet. Schedule a series of three treatments for best results, \$60.

Polish Change | 15 minutes, \$15 Change the color of your fingernails or toenails to match your mood, the season or a special outfit.

Anti-aging Treatment | 10 minutes, \$20 This is a perfect complement to any manicure or pedicure as it addresses the signs of sun damage and premature aging. A glycolic peel refines your skin and stimulates the development of new collagen, leaving your hands or feet softened, brighter and refreshed.

Gentleman's Hand Detailing | 20 minutes, \$20 Neat and thoroughly groomed nails are the perfect finish to your gentlemanly appearance. Exfoliation, an invigorating massage, nail shaping, buffing and hydration leave your hands looking healthy and professional.

Gentleman's Foot Detailing | 35 minutes, \$40 Treat your hard-working feet to the care they deserve. Inflammation, aches and fatigue disappear as your feet, toes and lower legs rejoice from exfoliation, a revitalizing massage and genteel grooming.

Tiny Toes Pedicure | 30 minutes, \$30 She's never too young to enjoy a trip to The Spa! The perfect experience for that young lady in your life includes a luxurious soak, gentle grooming, massage and polished-to-perfection tiny toenails! Little Miss Mani, \$20. (12 & Under)

Day Spa Packages

For the ultimate in relaxation and rejuvenation, you can schedule a half-day or more at The Spa – on your own, with a friend or a group of friends. Just give us a call. A Spa Concierge 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 that best meet your needs. When three or more services are selected, you will receive a 10% discount on the total.

Please note our 48-hour cancellation policy. When you schedule your appointment, we will ask for a credit card or gift card number. If you are unable to make your appointment, please call within 48 hours, otherwise you may be charged.

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.

Medical Grade Microdermabrasion | 30 minutes, \$125 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. Schedule a series of six treatments for best results, \$625.

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.

Botox® Treatment | Starting at \$350 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 long-lasting, with the effect remaining for six months or longer.

Work and other normal activities can be resumed right after treatment. Juvéderm is a safe and effective injectable that can be used for all skin types and colors and does not require prior testing.

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 women 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.

Chemical Peels

Topical chemical peels are an effective method to treat acne, sun damage, fine lines and mild scarring. 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.

Transformation Peel | 30 minutes, \$75 A dual-action peel that utilizes glycolic and salicylic acid. A powerful treatment for skin troubled by acne and congestion.

Restore & Renew | 30 minutes, \$75 Pure lactic acid that rapidly exfoliates with less irritation than standard glycolic peels.

Illuminize Peel™ | \$100 Illuminize Peel utilizes a new generation of alpha hydroxy acids with phytic acid and commonly used peeling agents to maximize skin rejuvenating effects with minimal irritation. After one treatment patients generally notice increased skin tightening with glow and radiance, a more youthful appearance and improved clarity, color and texture.

Vitalize Peel® | Single treatment, \$130, Package of four treatments, \$390 This treatment of alpha-hydroxy acids will help fade brown spots, diminish fine lines, improve skin texture and stimulate collagen production, giving you a healthier, more youthful look and feel. Safe and effective for all skin types.

Double Peel | 45 minutes, \$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.

Obagi Blue Peel™ | Consultation This is the strongest peel available at The Spa at West Glen. If your skin is showing advanced effects of aging or is excessively sun damaged, your skincare professional may recommend this peel, which uses Trichloro acetic Acid (TCA).

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

IPL™ Rejuvenation | Starting at \$150 for a single treatment Intense Pulsed Light™ (IPL) 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.

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 minutes, \$30 Accentuate your eyes without mascara! Your eyes will appear more vibrant with a long-lasting dramatic look.

Brow Tinting | 30 minutes, \$30

Lash & Brow Tinting | 45 minutes, \$50

Makeup

The secret to smart personal makeup is the balance of color and style. Create, review or update your style to show off your most beautiful features for a special event, a photo session or just because you need a change. A makeup lesson includes an application.

Application | 45 minutes, \$45

Touch-up | 15 minutes, \$15

Lesson | 60 minutes, \$50

Bridal | 60 minutes, \$70

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 Design | \$30
Eyebrow Grooming | \$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

The Spa at West Glen
5465 Mills Civic Parkway, Suite 250
West Des Moines, IA 50266
515.225.2642
866.906.5400
www.spawestglen.com

The Spa at the Firehouse
535 40th Street
Des Moines, IA 50312
515.277.4984
www.firehousespa.com

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.kochmd.com.