



Potosa Spa

Be true to your soul



Potosa Spa

The world's most sought after spas share one endearing trait - a deep and authentic connection to the community they call home. The bond may be to the land, or an indigenous people or even a mystery unsolved. At Potosa Spa, there are links to all three.

The spa is named in honor of Potosa, daughter of Peosta, the chief of the Meskwaki or Fox Native American tribe that inhabited this area now known as Dubuque. Legend has it she was also the wife of Julien Dubuque, the town's namesake and friend to the Fox. In what some storytellers have called "a great romance of the Old West," Julien purportedly stole Potosa under cover of night from a neighboring tribe, where she had been promised in marriage to the chief's son. In personal letters, Dubuque referred to a "Madam Dubuque," yet there was no mention of a wife when his estate was settled upon his death in 1810, giving rise to the belief that if a wife existed she was a Native American who returned to her tribe after his death.

Today, you'll find treatments at Potosa Spa that are inspired by the Native American Medicine Wheel, drawing from the four directions and four elements of Earth, Wind, Fire and Water.

As you journey through life
Take good care
To listen to your heart and
Be true to your soul.



pevonia[®]
BOTANICA

Only the finest.... Pevonia Botanica

World-renowned, the Pevonia Botanica spa brand is offered by prestigious spas around the globe. Pevonia professional treatments and at home products provide effective skincare solutions for women and men of every skin type, age and ethnicity.

Combining the finest natural ingredients from oceans and earth, proven-effective formulations and high-tech manufacturing, Pevonia delivers outstanding visible results and an unsurpassed spa experience.



Hair Care

Hair Cutting

Woman's Haircut	25.00
Woman's Cut & Style	30.00
Men's Haircut	20.00
Teen Haircut (13-19)	20.00
Teen Cut & Style	25.00
Child Haircut (12 & under)	15.00
Child Cut & Style	20.00
Bang Trim	8.00

Hair Treatments & Color

Deep Conditioning Treatment	25.00
Color	50.00
Partial Foil	55.00
Full Head Foil	75.00
Corrective Color	60.00/Hour
Perm	65.00
Specialty Perm	85.00
Partial Perm	3.00 Per Rod

Hair Styling

Shampoo & Set	20.00	Bridal Style	45.00 & up
Updo	40.00 & up	Braiding	40.00 & up

Hand and Foot Care

Manicures

Express Manicure **30 Minutes** **25.00**
A perfect pick-me-up for your nails. Nails will be filed and shaped and cuticles cleaned and trimmed. The finishing touch includes a polish of your choice.

Ritual Manicure **50 Minutes** **40.00**
This manicure starts with a conditioning soak. Nails will be shaped, cleaned and buffed. Skin will be exfoliated and masked to soothe and nourish. Your hands and arms will then be massaged. Finishes with a beautiful polish for the nails.

Spa Manicure **60 Minutes** **50.00**
Our most indulgent manicure starts with a soak in orange pomegranate bath salts. Nails will be shaped and cleaned. Hands will be exfoliated and massaged, followed by a relaxing Eco-fin treatment. The final touch is your choice of buffing or polishing of the nails.

Pedicures

Express Pedicure **30 Minutes** **35.00**
Keep toes looking brilliant. Nails are filed and shaped and cuticles are cleaned and trimmed. The finishing touch includes a polish of your choice.

Ritual Pedicure **50 Minutes** **60.00**
A truly wonderful pedicure. Your skin will be left deeply nourished and rejuvenated. It begins with a relaxing soak. Next, an exfoliation and mask using 100% Vegan products. Followed by a foot and leg massage. The treatment concludes with your choice of polishing or buffing.

Spa Pedicure **60 Minutes** **70.00**
A truly lavish pedicure. It begins with a relaxing soak. Next an exfoliation with scents of orange, tangerine and mandarin. The feet and legs will be massaged followed by a Eco-fin treatment meant to moisturize and replenish the skin. The finishing choice is buffing of the nails or polishing.

Polish Change - Fingers or Toes **15 Minutes Ea.** **15.00 Ea.**

French Polish **Add On** **10.00 Ea.**

This is a French tip polish that may be added in advance to any manicure or pedicure service

Eco-fin Treatment for Hands or Feet **30 Minutes or Add On** **15.00**

An exclusive blend of 100% natural plant based emollients and pure essential oils. Relaxes muscles and increases blood flow providing temporary relief to sore, stiff muscles and achy arthritic pain. May be scheduled alone or as an add-on service to the Express or Ritual Manicures and Pedicures.



Hair Removal

Brow	15.00	Underarm	20.00	Half Leg	35.00
Lip	15.00	Half Arm	25.00	Full Leg	50.00
Chin	15.00	Full Arm	35.00	Bikini	30.00
Full Face	30.00	Back	45.00	Brazilian	50.00

For Men

Men's Facial **50 Minutes** **75.00**
Knowing that men have unique skin care needs, this facial was designed just for him. While focusing on desensitizing and decongesting problem areas the skin will begin to heal and fragile skin will be strengthened. Also great for razor burn and ingrown hairs.

Rejuvenate Hands or Feet **30 Minutes Each** **25.00 Each**
A perfect detailing of the nails. Nails are filed, shaped and cuticles are cleaned and trimmed. The finishing touch includes a buffing or matte polish.

Facial Treatments

The Bliss Facial **50 Minutes** **50.00**
Ideal for any guest, this facial is tailored to your specific skin care needs.

Beyond Bliss Facial **60 Minutes** **60.00**
While receiving the benefits of our Bliss Facial this treatment will directly target a specific skin concern.

Luminous "C & Sea" Facial **60 Minutes** **80.00**
Combines a high potency concentration of Vitamin C with Seaweed. Reduces fine lines, improves elasticity, counteracts photo-aging and restores a youthful appearance. Provides every skin type with a result that can only be described as luminous.

The Healing Facial **60 Minutes** **80.00**
This facial is excellent for those who have concerns with redness, microcirculation problems and rosacea. It will desensitize, diffuse redness and reduce skin's heat while strengthening and healing the capillaries.

The Ocean Facial **60 Minutes** **75.00**
This facial incorporates a cool, gentle mask that soothes, heals, strengthens and deeply hydrates the skin, leaving it tight, refreshed, vital and healthy with an exceptional glow.

Teen Facial **50 Minutes** **50.00**
Tailored to your skin's specific needs, this treatment heals the skin by counteracting damage and preventing breakouts. Your skin will be left replenished with a luminous glow.

Youthful Lip Smoothing Treatment **Add On** **20.00**
This services smoothes wrinkles and lines, redefines lip contour while bringing forth a renewed skin surface within the delicate lip area.

Anti-Fatigue Eye Treatment **Add On** **20.00**
This treatment decreases puffiness, reduces dark circles and is soothing and calming to the eye area.

Youthful Eye Treatment **Add On** **20.00**
This treatment will smooth the appearance of fine lines and rejuvenate eye contour.

Makeup Applications

Makeup Application	25.00
Makeup Lesson	40.00



Body Care

Massage

Potosa Massage • 50 Minutes 70.00 • 65 Minutes 80.00 • 80 Minutes 100.00

Let this massage help release muscle tension, increase circulation, and leave you feeling balanced in mind, body and spirit. Calling on their individualized training, our therapists will tailor the massage to your specific needs using a variety of techniques and a range of pressure from light to firm. Techniques may include Swedish, Deep Tissue, Neuromuscular, Lymphatic Drainage, or energy work such as Reiki, Polarity Therapy or Cranial Sacral. Scented oil may be chosen to complement and enhance your massage.

Foot Massage/Reflexology • 30 Minutes (Alone) 45.00 • 15 Minutes (Add on) 25.00

Based on the theory that there is a direct correlation between the feet and the rest of the body, massaging and working pressure points on the feet and lower legs affects the entire body. The use of rosemary/mint massage cream and warm Sabai mineral stones during your service will leave you feeling calm, relaxed and re-energized.

Mother-To-Be Massage

• 35 Minutes 50.00 * • 50 Minutes 70.00 • 65 Minutes 80.00

Designed to nurture both mother and baby, this gentle massage will have you feeling calm and centered. During your service, a body cushion and down pillows will be used to ensure your comfort.

* 35 minute head/neck/shoulders/foot massage, not full-body.

Hot Stone Massage • 60 Minutes 100.00 • 75 Minutes 125.00

This massage uses Sabai mineral stones to massage the body and relax the muscles. Tension melts away for a truly relaxing and stress-relieving experience.

Head/Neck/Shoulder Massage • 35 Minutes 50.00 • 50 Minutes 70.00

Whether you choose this massage because you especially love scalp massage or because you experience most of your muscle tension in your neck and shoulders, this may be the perfect choice for you. This upper body massage concentrates on face, scalp, neck and shoulders; the longer version includes arms, hands and a full back massage as well.

Many Hands Massage • 65 Minutes 175.00

Truly one of the most relaxing massages you will ever experience! Inspired by traditional East Indian Ayurvedic massage techniques, two therapists massage in synchronization following the body's meridians (pathways in the body through which life energy flows). While at first confusing to the mind, it disarms the nervous system, which ultimately relaxes, and the mind is stilled. Simply amazing!

Four Elements Massage • 60 Minutes 100.00 • 75 Minutes 125.00

Inspired by the Native American Medicine Wheel, this service incorporates the four elements: Air, Water, Fire and Earth. Your treatment begins with a footbath - Water. Warm stones held in your hands during the footbath represent Earth. You'll choose a specially created, scented, mini candle that, as it melts, provides the oil for the massage that follows - Fire. The service is completed by sealing your energy field - Air.

** Includes a gift of the Warming Glow Candle used during the treatment to take home.

Herbal Detoxification Wrap Massage • 75 Minutes *** 110.00

This service is inspired by the therapeutic practice of using heat to treat both overworked muscles and detoxify the system. It begins with dry brushing to encourage circulation and lymphatic flow, and is followed by a massage using an essential oil blend that further stimulates circulation. Linens steeped in aromatic herbs are then wrapped around you. During your wrap, you will enjoy a face and scalp massage.

*** Please allow an additional 15 minutes prior to treatment time to sip a cup of detoxifying tea.

Turquoise Energy Balancing Massage • 60 Minutes 75.00

Native Americans considered turquoise a stone of healing and protection of body and soul. Turquoise is said to open all chakras, allowing the stone's energy of love to flow. Beginning with a light massage that follows the energy meridians of the body (pathways in the body through which life energy flows), followed by the placement of turquoise stones on the major chakras of the body. This quiet time is perfect for meditation, or if you prefer, hand or foot massage.



Body Treatments

Milk & Honey Shea Butter Massage **90 Minutes** **150.00**

Your service begins with an application of oil and a sprinkling of gingered sea salt. A gentle massage increasing circulation and preparing the skin for the Milk & Honey Shea Butter that will be applied. You'll be enveloped in a thermal blanket while a face and scalp massage help to release tension and the warmth of the wrap allows you to totally unwind and tired muscles begin to relax. Finish with a full body massage. Divinely inspired!

Aromatherapy Salt Glow **45 Minutes** **70.00**

An invigorating exfoliation using bath salts infused with aromatherapy will stimulate and improve skin tone. This treatment exfoliates and cleanses the skin leaving the skin soft, smooth and revitalized.

Silky Smooth Body Scrub **45 Minutes** **70.00**

Gentle and deep cleansing, this scrub renders dry and rough areas soft and smooth resulting in more youthful-looking skin. This treatment removes skin impurities and is a perfect choice for those who suffer from back acne and body breakouts.

Anti-Stress Wrap **45 Minutes** **70.00**

The body and mind become one again. Stress and anxiety disappear. This aromatic treatment uses essential oils known for their healing and therapeutic qualities and benefits.

Desert Heat Body Wrap **60 Minutes** **90.00**

This desert mud treatment soothes every inch of your skin. As healing and nourishing minerals seep in, warm heat envelops the skin, encouraging aches, pains and stress to flow freely out of your body.

Green Coffee Wrap **60 Minutes** **90.00**

This slimming and toning wrap stimulates your body's ability to break down fat, increase metabolism, and eliminate water retention. Pure 100% Micronized Green Coffee will smooth and enhance your skin's overall texture.

Bath Treatments

Potosa Bath **60 Minutes** **85.00**

Using cornmeal, an ingredient indigenous to the area, this treatment will soothe the skin and the senses. Following a full body exfoliation, you will step into a relaxing bath. Your skin will then be hydrated leaving it soft and vibrant.

Bath & Body Ceremony **80 Minutes** **125.00**

Begin by choosing the aroma for your bath and massage. Choose from lavender, milk and honey, ginger lime, or rosemary mint. Increase circulation and lymphatic flow with a full body dry brushing. Relax in an aromatherapy bath for 20 minutes to soften tired muscles. Finish with a 50-minute full body massage.

Mother-To-Be Milk Bath **45 Minutes** **70.00**

Designed to relieve itching and tummy dryness. The skin soothing properties of organic milk, combined with organic oils, create a heavenly scented and relaxing bath moment every mother-to-be deserves.

The Ultimate Wrap and Bath **90 Minutes** **150.00**

The skin will be soothed with an exfoliant infused with brown sugar. A hydrating mask will be a nice touch before the body is enveloped in a heated wrap. After a relaxing facial massage, you will retreat to a lovely soak in a soothing foaming bath. The final touch is a full body hydration that will not only hydrate, but soften, tone and promote the appearance of healthy looking skin.



Day Packages

Men's Day Package	125.00	Spa Day Retreat	150.00
Potosa Massage	50 Minutes	Potosa Massage	50 Minutes
Men's Facial	50 Minutes	The Bliss Facial	50 Minutes
Rejuvenate Hands	30 Minutes	Ritual Pedicure	50 Minutes
Teen Day	125.00	Mother-To-Be Package	125.00
Teen Facial	50 Minutes	Mother-To-Be Massage	50 Minutes
Ritual Manicure	50 Minutes	Mother-To-Be Bath	30 Minutes
Ritual Pedicure	50 Minutes	Ritual Pedicure	50 Minutes

Spa-Together treatments are available for most treatments. Please inquire at the time of booking about enjoying our Spa-Together treatment room.



Bridal Packages and Events

As you plan for your special day, allow us to take care of all the pampering details. Pricing for treatments scheduled on their own are as follows:

Updo	40.00 & up	Makeup Applications	
Bridal Style	45.00 & up	Makeup Application	25.00
Braiding	40.00 & up	Makeup Lesson	40.00

Bridal Packages (Bridal Parties/Bridal Showers/Bachelorette Parties)

The pricing below will be available to groups of six (6) or more. Light snacks and beverages can be catered in for your event. Prior arrangements will need to be made with our Wellness Coordinator.

Prior to the Big Day:		The Day of:	
For the Bride	150.00	For the Bride	145.00
Practice Updo & Makeup Application		Updo	
Beyond Bliss Facial	60 Minutes	Makeup Application	
Potosa Massage	50 Minutes	Ritual Manicure *	
		Ritual Pedicure *	
		* Includes French Polish	
For the Attendees	120.00	For the Attendees	145.00
Beyond Bliss Facial	60 Minutes	Updo	Ritual Manicure
Potosa Massage	50 Minutes	Makeup Application	Ritual Pedicure

** For parties of eight (8) or more, the Bride's Package is complimentary.



Potosa Policies and Procedures

Reservations:

For optimal availability we highly recommend that treatments be scheduled at least two weeks in advance. To secure your reservation, we will ask for a credit card to hold the appointment for you. No charges will be made to your card until the day of your visit. Should you wish at that time to use a different form of payment, please feel free. We do employ both male and female therapists, and you will be scheduled with either unless you state you have a preference.

Contact us at 563.588.5570, and one of our Wellness Coordinators would be delighted to assist you with your appointment.

To ensure you are completely satisfied with your treatments the allotted times indicated for your spa services include your initial consultation, treatment application, ending consultation as well as at home recommendations for spa care.

Spa Etiquette:

If you are a first-time spa-goer, you may wonder what you will need to bring or wear during spa treatments. Upon arrival you will be shown to our men's/lady's lounge areas where you will be offered a robe and sandals to enjoy during your visit with us. You will then be shown to the Relaxation Lounge where you may relax until your therapist greets you for your treatment. Upon entering the treatment room or salon area, you will discuss with your therapist what you desire and your expectations for the day's visit. Your therapist will invite you to get comfortable to your desired level, whether that be to wear a bathing suit, under garments, or disrobe completely--that will be left to your discretion.

For the peace and tranquility of all of our guests, we ask that all electronic devices be silenced during your visit.

Gratuities for treatments at Potosa Spa will be left to the discretion of the guest. Gratuities are meant to commend therapists for exceptional service. All gratuities should be left with the staff at the front desk upon departure. The standard within the spa industry is 15-18% of your treatment cost. However you should feel empowered to leave whatever you desire for your therapist.

Cancellations:

Should you need to change or cancel your treatment time, please notify us at least 24 hours prior to your scheduled treatment time. Notifications made within 24 hours of the treatment time will be charged 50% of the treatment cost. Please note that if you arrive late for your treatment, it will end as scheduled so as not to delay the next scheduled guest.

Potosa Spa Hours:

8 a.m. - 8 p.m. - Seven days a week

Hours and pricing are subject to change at any time without notice.



Potosa Spa

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563.588.5570

www.potosaspa.com