

SIÈR SPA Services

Sièr Spa & CSM | 10554 N. Port Washington Road | Mequon, WI 53092

262.241.SSPA |7772| N. John Yousif, MD | Board Certified Plastic Surgeon | Clinical Professor

**Microdermabrasion** - A medical-based “crystal free” technology called DiamondTomeTM for our microdermabrasion service. Natural diamond chips gently exfoliate the top most layer of the skin while at the same time vacuuming the dead skin cells away. Removing this outer layer of dead cells improves skin texture and promotes the growth of healthy new skin cells without any recovery time.

 \*Microdermabrasion is best combined with a light chemical peel to increase the effect.

Treatment…$50

**SkinCeuticals® GL Gel Peel** - Contains Glycolic and Lactic Acid which work synergistically to exfoliate the skin while reducing irritation and dryness. This treatment helps reduce the appearance of fine lines and wrinkles and is ideal for dry, photo-damaged and/or aging skin.

Treatment…$60

**SkinCeuticals® SM Gel Peel -** Includes Salicylic and Mandelic Acid to exfoliate the skin while decongesting pores and reducing irritation and breakouts. This light chemical peel revitalizes sensitive skin and is suited for people with oily, acneic, or sensitive skin, as well as for patients with darker complexions.

Treatment…$60

**SkinCeuticals® Pigment Balancing Masque** - The Pigment Balancing Masque is a customizable brightening treatment targeting hyperpigmentation to dramatically improve the uneven appearance of photodamaged, mottled skin after a series of 4-6 treatments. The masque combines high-performance brightening and anti-inflammatory agents with a peeling acid solution to accelerate cell renewal and diminish diffuse and localized hyperpigmentation.

Treatment…$90

**Microdermabrasion Treatment Package** - Includes microdermabrasion, a SkinCeuticals® peel, mask and extractions with your choice of foot and leg or hand and arm massage.

Treatment…$135

**TCA Peel 15% or 30%** - Our highest level in office peel used to treat facial lines, acne scars, and skin discoloration. Includes pre and post-care products.

Treatment per area…$125

Full face treatment…$550

*SIÉR is not just another MediSpa but a wellness center where the entire body, mind and spirit of our clients is addressed. We have brought together a premiere team of specialists in aesthetics and wellness to ensure superior outcomes and client satisfaction. Our services are medically supervised by Dr. John Yousif, a board certified plastic surgeon and member of the American Society of Plastic Surgeons.*

Skin Care

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Skin Care Continued

**XPL Photo-facial** - A non-invasive treatment that gently corrects the effects of photo-aging and sun damage with no recovery time. This FDA cleared technology treats a wide variety of facial concerns including age spots, broken capillaries and Rosacea. Optimal results can be expected after a series of 3 to 5 treatments.

Treatment…starting at $350

Package of 5 treatments…starting at $1,500

**Skin Tightening** - Micro-laser pulses are sent deep into the skin creating a controlled area of elevated temperature, which triggers a biological response leading to collagen remodeling. Remodeled collagen can smooth out fine wrinkles and tighten sagging skin. Optimal results can be expected after a series of 3 to 5 treatments. The amount of skin tightening varies depending on one’s age, skin thickness and degree of skin laxity.

Treatment…starting at $250

Package of 5 treatments… starting at $1,075

**Acne Treatment** - This blue LED light treatment offers significant improvement in certain types of skin conditions such as active acne and acne rosacea and is also effective in treating pre-cancerous spots called actinic (solar) keratosis. Optimal results can be expected after a series of 8 treatments.

Treatment…$75

Package of 8 treatments…$500

**Skin Rejuvenation** - A non-invasive treatment using red LED lights to counteract the effects of aging by improving skin tone, texture, and evening-out pigmentation. Optimal results can be expected after 8 to 12 treatments.

Treatment…$95

Package of 8 treatments…$700

**Hair Removal** - To eliminate hair, the 1064 laser emits gentle pulses of energy that pass through the skin to the hair follicle. This energy is then absorbed into the hair follicle to destroy it so that hair can never grow there again. Optimal results can be expected after a series of 4 to 6 treatments.

Treatment…starting at $150

Package of 4 to 8 treatments…starting at $600

**The Alexandrite laser -** is the gold standard for hair removal. Its concentrated energy focuses on the hair follicle and eliminates hair growth. Although it cannot be used on all skin types, when applicable it is the most effective and efficient hair removal treatment.

Treatment…starting at $250

Package of 4 to 8 treatments…starting at $1,000

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Facials

*\*All facials include personalized skin care analysis, cleansing, and extractions to soothe, strengthen, tighten, and hydrate.*

**Reviver Facial** - This express mini facial is perfect for a quick fix. Using products rich in minerals and vitamins with excellent healing properties, your skin will be left feeling cleansed and nourished.

30 Minutes…$45

**SIÈR Custom Facial, Customizable Treatment for Acne, Anti-Aging or Repair** - All skin types (dry, sensitive, combination, oily) will benefit from this treatment, tailor made to meet your individual needs.

60 Minute Facial ($75), with microdermabrasion scrub, silver ion mask and serum…. $130

75 Minutes…$135

**Back Facial** - This clarifying back treatment includes a deep pore cleansing to detoxify the skin, exfoliation, extractions and a specialized treatment mask. This treatment will leave your back ready to be seen.

60 Minutes…$75

**Plantomier Facial** - This facial is perfect for a quick fix. Using products rich in minerals and vitamins with excellent healing properties, your skin will be left feeling cleansed and nourished. This facial uses Galvanic mini ampules that give help repair and absorb products.

40 Minutes…$115

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Facial Add-On’s

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**Extractions…$15**

**De-Stress Eye Wrinkle Treatment** - Alleviate the problem of wrinkles and crêpe skin. Also helps to hydrate, plump and reduce the appearance of fine lines.

Treatment…$15

**De-Stress Eye Puffiness Treatment** - Stimulates lymphatic capillaries to drain effectively. Reduces puffiness and helps to ease dark circles and re-energize the eyes.

Treatment…$15

**Youthful Lip Treatment** - Retinol is used to hydrate and renew the lip area reducing the problems of dry, cracked lips and lipstick bleeding. Visibly smooth’s expression lines and wrinkles around the mouth and effectively restores and redefines the lip contour; your lips are rendered smooth, plump and youthful.

Treatment…$15

**Hand or Foot Treatment** - The hands/feet are placed in individual, sanitary pouches filled with warm all-natural paraffin and then insulated with mitts. Great for moisturizing and relieving joint and muscle pain. Also includes a hand/foot massage.

Treatment…$15

Acupuncture

Georgia Rapkin, LAC. National Board Certified Acupuncturist

**Acupuncture** - Acupuncture is among the oldest healing practices in the world. As part of traditional Chinese medicine (TCM), acupuncture aims to restore and maintain health through the stimulation of specific points on the body. In the United States where practitioners incorporate healing traditions from China, Japan, Korea, and other countries, acupuncture is considered part of complimentary and alternative medicine CAM)

**Electrical Stimulation** - The painless procedure of electric stimulation consists of applying gentle electric current to acupuncture needles. This technique is often used to decrease pain, accelerate tissue healing and remove inflammation, edema and swelling.

**Cupping** - Cupping refers to an ancient Chinese practice in which a cup is applied to the skin and the pressure in the cup is reduced (by using change in heat or by suctioning out air), so that the skin and the superficial muscle layer is drawn into and held in the cup. In some cases, the cup may be moved while the suction of the skin is active, causing a regional pulling of the skin and muscle (the technique is called gliding cupping).

**Please contact Georgia @ 262.345.2032 to discuss pricing specifically tailored for you and your needs**

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Aesthetic Injectables

**BOTOX® Cosmetic** - FDA approved BOTOX® Cosmetic is a simple, non-surgical treatment for wrinkle reduction, facial sculpting, eyebrow lifting and shaping, as well as prevention/reduction of vertical neck bands/lines. The most common areas for treatment are the frown lines between the brows, forehead lines, and crow’s feet. Lower face sculpting may also be achieved through advanced techniques. The effects are typically seen in 3 to 5 days with results lasting approximately

3 to 4 months individual results may vary. Repeat treatments are recommended every 4 months to maintain a smoother, more youthful appearance. Pricing is by unit and is determined by the number of units needed for areas treated.

Treatment…starting at $350

BOTOX® can also be used as an effective treatment for **undesirable underarm sweating**. BOTOX® is injected in the underarm area. It typically takes a few days for maximum effect. Research has shown that the results last over 6 months.

Treatment…$995

**JUVÉDERMTM** - JuvédermTM is a smooth consistency gel made of hyaluronic acid – a naturally occurring substance in your skin that helps add volume and hydration. It restores the skin’s volume and can smooth facial wrinkles and folds, like the “smile lines” or “parentheses” (Nasolabial folds). It is also used to enhance facial features such as the lips, cheeks, jaw line and other areas that may benefit from facial contouring. JuvédermTM is the only hyaluronic acid dermal filler FDA approved to last up to one year. The injection process takes about an hour and results may be seen immediately with a minimal recovery or downtime. Cost ranges vary based upon number of syringes needed. Treatments are tailored to client’s individual needs to achieve optimal results.

Treatment…starting at $550

**Restylane® and Perlane®** - Dermal fillers that both use hyaluronic acid to replace lost volume and restore youthful contours. They are used to smooth away moderate to severe facial wrinkles and folds such as the lines from the nose to the corners of the mouth (Nasolabial folds). Restylane® and Perlane® last six months or longer, depending on the region treated and the patient’s specific characteristics. Cost ranges vary based upon number of syringes needed. Treatments are tailored to client’s individual needs to achieve optimal results.

Treatment…starting at $550

**RadiesseTM** - A dermal filler that is made of calcium-based microspheres suspended in a water-based gel, and is injected into the skin through a simple and minimally invasive procedure. RadiesseTM may be used for facial contouring and treatment of deeper lines and folds. The results may last up to one year.

Treatment…starting at $550

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**Swedish Massage** - This gentle, relaxing full-body massage is a spa classic. Therapists make use of various techniques to increase circulation, relieve muscle tension, and promote relaxation.

60 or 90 minutes…. $80-$125

**Back, Neck, and Shoulder Massage** - Special care for overstressed areas of the body. Quickly relieves tension and improves circulation.

30 minutes…$55

**Stone Therapy** - Devised by Native Americans hundreds of years ago, this therapy uses heated stones combined with our specialty blended massage oil. Stones are smoothed over each muscle in rhythmic sequence to relax the body and soothe the spirit.

75 or 90 minutes…$95-$130

**Maternity Massage** - A light massage which assists in relaxing and relieving lower back pain and water retention. This massage uses a specially designed support system for added comfort.

60 or 90 minutes…$90-$130

**Deep Tissue** - A therapeutic, firm massage, which focuses on specific areas to relieve tension. Using various strokes and deep pressure, specific muscle tension is released and flexibility restored. Excellent for clients that desire a very firm and deep massage.

60 or 90 minutes…. $95-$140 Deep Tissue

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Massage

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**Salt Glow** - A deep cleansing and exfoliating body treatment, using a blend of aromatic and mineral salts and essential oils to massage away impurities and dead skin cells. Stimulates circulation and brings skin back to superb radiance. Leaves skin feeling and looking soft, smooth, silky and hydrated.

Dry treatment - 45 Minutes…$50

Wet treatment…$90 *with use of 7-head Vichy shower*

**Aromatic Moor Mud Wrap** - A wonderful, detoxification treatment for soothing muscular aches and pains, encouraging healthy circulation in sluggish, dry skin and providing stress relief. Nutrient-rich moor mud helps the skin regain elasticity and suppleness.

60 Minutes…$100

**Slimming Green Coffee Body Wrap for Cellulite** - This revolutionary holistic wrap helps to control fat infiltration, transforming fat into energy and eliminating toxins from the body. Contains the latest, most effective anti-cellulite performing ingredient: Green Coffee to soothe and strengthen the skin.

60 Minutes…$110

**TriActive Cellulite Laser** - Laser diodes penetrate skin tissue and together with the massaging action it smooth’s out the cellulite-affected area and improves microcirculation. This in turn increases skin elasticity and promotes a tighter appearance.

Treatment…$110

Package of 10 treatments…$850

Package of 20 treatments…$1,500

Half body treatment…$55

Half body package of 10 treatments…$500

Half body package of 20 treatments…$900

**Airbrush Tanning** – Leaving your skin flawless and golden, Airbrush Tanning is an easy and safe alternative to having a glow without skin damage.

Whole Body…$35



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Body Treatments

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Consult…N/C

Eyeliner…$600

Eye shadow…$600

Eye brows…$600

Full lip color…$650

Lip liner…$600

Eyelash Extensions

Eyelash extensions are a great way to enhance the length and thickness of your natural eyelashes for that special day or every day.

Party Lashes — full eye…$40

Party Lashes — partial eye…$15

Waxing

Lip…$15

Brow… $18

Chin…15

Neck… $18

Full Leg…$75

Half Leg…$45

Under Arm…$25

Full Arm… $44

Half Arm…$22

Chest…$50

Stomach…$30

Half Back…$30

Full Back…$60

Bikini Line…$30

Brazilian…$75

**The Bikini Remedy** - Includes cleansing, steam, masque and extractions of ingrown hairs. A great addition to any bikini wax.

45 Minutes…$28

Permanent Makeup

There will be a need for a post-procedure touch-up after the initial procedure. There is no additional cost for this.

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Manicure

**Classic Manicure/Pedicure** - Includes buffing and shaping of the nails, cuticle treatment, stress relieving hand/foot massage, and polish of your choice.

45 Minute Manicure…$27

45 Minute Pedicure…$53

**Spa Manicure/Pedicure** - “The works” for hands and feet. This deluxe treatment goes beyond our classic manicure/pedicure to include your choice of a paraffin or essential oil and hot towel treatment perfect for dry or weathered skin.

60 Minute Manicure…$37

60 Minute Pedicure…$63

**Express Pedicure** - Includes clipping and shaping of the nails, polish of your choice, and one of the following: stress relieving massage, cuticle clipping, or callous removal with a foot file.

30 Minutes…$40

**Artificial Nails** - Enhance your natural nails with an acrylic application.

Acrylic Full Set…from $75

Acrylic Fill…from $39

**Hand/Foot Polish Change**

Hand…$16

Foot…$21

**French Manicure/Pedicure Polish**

Treatment…$4

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PRODUCTS

REVISION SKINCARE

Outsmart the signs of aging® with this best-selling tinted moisturizer that gives skin a touch of sheer, healthy color. Formulated with an advanced peptide and broad-spectrum UVA and UVB protection, it’s the smart way to care for your skin.

SKIN CEUTICALS®

Skin Ceuticals® provides the most effective tools for the skincare professional to optimize patient results through medical corrective procedures and in-office treatments. The SkinCeuticals complete, customizable range of medically-exclusive epidermal peel procedures are formulated with pharmaceutical-grade ingredients for high efficacy and help expedite the correction of existing skin damage to improve the health and appearance of all skin types.

LIQUID SMILE®

Is the first and only professional whitening pen, offers consumers convenient, professional and affordable teeth whitening. Liquid Smile is easy to apply, takes less than one minute, contains the most powerful dosage of hydrogen peroxide (12%) of any paint-on whitener, and fits into your evening routine of brushing before bedtime.

EPICUREN DISCOVERY

The Epicuren® Enzyme Skin Care System is used by cosmetic surgeons, dermatologists, exclusive resorts, skilled licensed aestheticians & faithful consumers around the world.

LATISSE®

This is a prescription treatment for hypotrichosis used to grow eyelashes, making them longer, thicker and darker.

LUMIÈRE

Research indicates that PSP® combined with the unique blend of key ingredients contained in LUMIÈRE helps to promote youthful more vibrant skin around and under the eyes.

SIÈR where science meets sophistication

EVENTS - Rent the Spa…

Please contact us for pricing and availability.

SIÉR will customize a special package for private parties, showers, spa days, as well as corporate and employee retreats.

SIÉR can provide services for a meeting space, classes, food and much more. We will customize all your event needs.

Please speak to a SIER representative for dates and availability.

PAYMENTS **-** Available in any dollar amount and may be used on all services and products. Gift cards are not refundable or redeemable for cash. SIÉR is not responsible for lost or stolen Gift Cards.

CANCELLATIONS **-** SIÉR kindly requests a 24-hour notice for cancellation of any appointment or service. 72-hour notice is required for spa packages. Failure to comply with this policy will result in a 50% charge of service/package.

LATE ARRIVALS - SIÉR cannot guarantee that the full service requested will be performed. However, we will do our best to be accommodating.

CELL PHONES -To maintain a peaceful and relaxing environment within the spa, please silence all cell phones.

SIÉR is a place of peaceful and soothing surroundings. SIÉR encourages our clients to step away from the hectic pace of today’s modern life. Therefore, children are not allowed in the spa/treatment rooms to ensure the quality of the services provided. Thank you for your cooperation.

\*Prices are subject to change without notice.

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