

# SIÈR

Wellness MediSpa

SIÈR WELLNESS MEDISPA



Welcome to SIÈR

SIÈR 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.

We invite you to see what makes us different!

### **Appointments & Information**

We are open to serve you Monday through Saturday. Later treatment times are available by appointment.

|                 |             |
|-----------------|-------------|
| Monday – Friday | 9 AM – 5 PM |
| Saturday        | 8 AM – 5 PM |

Appointments: 262.241.SSPA (7772)

SIÈR

10554 N. Port Washington Road  
Mequon, WI 53092

## Microdermabrasion

A medical-based “crystal free” technology called DiamondTome™ 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.

|                      |      |
|----------------------|------|
| Treatment.....       | \$50 |
| Extractions .....    | \$15 |
| Hydration Mask ..... | \$15 |

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

## 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 |
|----------------|------|

## Ultrasound

Uses a combination of ultrasound and electrical therapy to stimulate blood supply improving skin elasticity, dryness and fine wrinkles. In addition, when a topical product such as a peel is applied to the skin, it sits on or near the surface and cannot penetrate the deeper layers of tissue where it can be most effective. The combination of ultrasound and electrotherapy enables the product to break through the barrier of the skin where it can do the most good.

\*A combination of these three treatments is our most popular and most requested skin care treatment.

|                          |       |
|--------------------------|-------|
| Treatment with peel..... | \$150 |
|--------------------------|-------|

## 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

Our highest level (15% or 30%) 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

## XPL Photofacial

A non-invasive treatment that gently corrects the effects of photoaging 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

\*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**

All skin types (dry, sensitive, combination, oily) will benefit from this treatment, tailor made to meet your individual needs.

60 Minutes..... \$75

Add an serum treatment according to your skin type for \$15.

Add a silver ion mask for product penetration for \$25.

Add a microdermabrasion scrub for \$15.

**Clarifying Acne Facial**

A specific treatment with anti-bacterial properties and active ingredients which help refine the skin's surface.

60 Minutes..... \$75

**Alpha Lipoic Omega Facial**

Alpha Lipoic Omega will hydrate and gently exfoliate the skin leaving behind a noticeable luminous glow. Essential vitamins, amino acids, and trace minerals will replenish the skin with the help of Epicuren®'s state-of-the-art Silver Ion Cloth.

60 Minutes..... \$110

**Ultimate Repair Facial**

This deeply hydrating and mineralizing mask has high seaweed content which soothes, heals and refreshes combined with the benefit of revitalizing Propolis, a natural healing and desensitizing substance rich in natural antibiotics and Vitamin A. This facial is ideal for sensitive, Eczema and Psoriasis prone skin types.

75 Minutes..... \$115

**Non-Surgical Facelift Facial**

This results oriented facial utilizes a unique protein enzyme that stimulates cell metabolism to dramatically improve the skin's appearance. Dramatically lifts, tightens and firms facial skin, increasing textural clarity and tone. This state-of-the-art facial is combined with Epicuren®'s Six-Step System for home care to maintain lasting results.

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

## 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 smooths 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

## 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.

Treatment..... starting at \$350

(Pricing is by unit and is determined by the number of units needed for areas treated).

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

## JUVÉDERM™

Juvéderm™ 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.

Juvéderm™ 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.

Treatment..... starting at \$550

(Cost ranges vary based upon number of syringes needed. Treatments are tailored to clients individual needs to achieve optimal results).

### **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.

Treatment..... starting at \$550

(Cost ranges vary based upon number of syringes needed. Treatments are tailored to clients individual needs to achieve optimal results).

### **Radiesse™**

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. Radiesse™ 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

### **CosmoDerm® and CosmoPlast®**

A highly purified human-based dermal filler used for the correction of unwanted fine lines and wrinkles. CosmoPlast® may also be used to provide definition to the lip border. Treatment results are immediate and typically last up to four months, depending on the area being treated. Without ongoing treatments, the collagen is gradually absorbed by the body and your face returns to its original contours.

Treatment..... starting at \$250

(Cost ranges vary based upon number of syringes needed. Treatments are tailored to clients individual needs to achieve optimal results).



A safe, proven and effective non-surgical procedure used to treat spider veins — those small yet unsightly clusters of red, blue or purple veins that most commonly appear on the thighs, calves and ankles. Veins are injected with a sclerosing solution which causes them to collapse and fade from view. This procedure may also remedy the bothersome symptoms associated with spider veins including aching, burning, swelling and night cramps.

### Sclerotherapy

First treatment .....\$395  
 Follow-up sessions.....\$325

### Laser

Treatment.....\$350

### Aromatherapy Massage

The powerful effects of natural and high-quality plant essential oils combined with our gentle massage technique stimulates the lymphatic system to remove toxins. Guided by a therapist and based on your personal needs, an aromatherapy essential oil blend will be selected for you.

60 or 90 minutes..... \$90/\$130

### Ultimate Spa Massage

A sixty-minute aromatherapy massage paired with a vichy shower.

90 minutes..... \$140

### 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/\$140

## 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

## De-Stress Massage

Experience an all over body massage treatment designed to work on stiff, tight and fatigued muscles and joints. A double-layer of essential oils are used during this massage to penetrate and effectively treat sore muscles. Finish this treatment with a relaxing vichey shower.

90 minutes..... \$135

## Nutritional/Lifestyle Consult

The initial coaching session starts with an hour of fact finding through discussion, symptom survey evaluation and a physical palpation exam to discover potential nutritional stressors. The session also includes a lifestyle/nutrition action plan. The program is based on a holistic nutrition and whole foods supplement philosophy and enzyme therapy.

60 minutes..... \$100

## Cleansing/Purification Coaching

This program incorporates the nutritional consult with a 21 day cleanse. In today's environment, we are bombarded with toxin overload. Whether the toxin source is from the food we eat, the air we breathe, the water we drink, the chemicals we are exposed to or merely the act of exercise itself, cleansing can be a great rejuvenator.

60 minutes..... \$100

## Weight Management

Individual programs designed to address behavioral, psychological and nutritional imbalances.

60 minutes..... \$100

## Stress Reduction Services & Makeup Application

### Reiki

A subtle hands-on, energy-balancing technique used to create a sense of calm and wellbeing. Assists in stress reduction and the healing process.

60 minutes..... \$80

### Raindrop Therapy

A gentle massage method of “dropping” essential oils on the spine and back to promote healing, wellness and to boost the immune system function.

60 minutes..... \$80

### Makeup Application

Our estheticians and Youngblood® Mineral Cosmetics work together to enhance your natural beauty.

Makeup touch-up..... Complimentary

Makeup application..... \$45

Makeup lesson ..... \$55

Bridal makeup ..... \$50

Bridal trial run ..... \$40

## Permanent Cosmetics & Eyelash Extensions

### Permanent Cosmetics

Consults ..... N/C

Eyeliner..... \$600

Eye shadow..... \$600

Eye brows..... \$600

Full lip color ..... \$650

Lip liner..... \$600

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

### 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

Lavish Lashes™ — full set ..... \$250

Lavish Lashes™ — touch-ups ..... \$75



**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 |
|-----------------|------|

**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/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

## 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 vichey shower)

## Tri-Crystal Microderm Body Scrub

Old World tradition meets modern technology. Epicuren®'s state-of-the-art Tri-Crystal Microderm technology combines sea salt, sugar and magnesium oxide crystals to give you the delicate hand applied exfoliation of a full body microdermabrasion in a traditional salt scrub. This scrub also features the unique "Epicuren® Hydra Shield" formula. This treatment will intensely soften the skin as it tightens and seals in moisture. The results are unbelievable silky, glowing skin.

Treatment..... \$50

Hydrotherm ..... \$40

This treatment is an added benefit for relaxation during a hydrotherapy session that consists of heated water bags to further relax tension.

## 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

## Sea Salt Golden Glow

Achieve a natural looking, golden glow without the sun exposure. A Dead Sea salt exfoliation with use of 7-head vichey shower system precedes a professionally applied airbrush tan for an even tan and silky, smooth skin.

60 Minutes..... \$125

## TriActive Cellulite Laser

Laser diodes penetrate skin tissue and together with the massaging action it smooths 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

## Rent the Spa

Host a special occasion at the spa!

SIÉR is available for private parties, showers, spa days, as well as corporate and employee retreats.

SIÉR can provide services, meeting space, classes, food and much more to customize your event.

Contact us for further details and availability.

**Payment:** Cash, Checks, American Express, Visa, MasterCard.

**Gift Cards:** 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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