



By Appointment Only

Photo Biostimulation, Facials, Peels,
Body Treatments, Waxing, and Massage

Mobile Service Available

2218 E. Latoka, Springfield, MO 65804

(417)861-2874

www.staceyluehrs.com

*Other services may be available upon request.

LICENSED, BONDED & INSURED

spa menu

helpful hints:

What you can expect

Arrival

We suggest that you arrive 10-15 minutes before your first appointment. This will give you the necessary time to fill out any paperwork, and go over any questions you may have.

Late Arrivals and Cancellations

Arriving late will limit your scheduled treatment time. Your treatment will end on time so the next guest will not be delayed. We kindly request that any cancellations/changes to appointments be made at least 24 hours in advance. At our discretion, clients will be invoiced for services booked.

Choosing your treatment

We will help you plan the perfect spa experience based on your specific needs. Make sure to inform us of any medical issues.

Health Considerations

Please notify us if you have high blood pressure, allergies, any physical ailments, special needs, or if you are pregnant. All of this information will be completed on your client information sheet upon arrival to the spa.

Electronic devices

Please turn off all electronic devices upon entering the spa.

What to wear

Wear what is comfortable to you. At the time of treatment you will be fully draped except for the area being treated.

Shaving

Shaving is not recommended before your appointment. If you are waxing, please allow 3 weeks of hair growth or approximately ¼ inch growth before your appointment.

Payment Policy & Gratuity

We accept cash, checks, Visa, MasterCard, American Express, and Discover at the time of your visit. A typical gratuity is 15-20%, however any gratuity is appreciated for good service. Please ask your professional about our referral program.

Gift Cards

Gift cards can be made for any service or dollar amount. You may buy them while visiting the spa or over the phone. Gift cards bought over the phone may be picked up or mailed.

Group Appointments

Please contact our spa coordinator to schedule these events. Group appointments require a credit card for reservation and will be charged for cancellations made with less than 48 hours notice. On the day of the appointment you may pay with any acceptable form of payment listed in our payment policy.

Satisfaction Guarantee

We want you to feel you've received incredible quality for your money and are not only satisfied, but would also refer your friends to us. If not, please let us know (in person, by phone, by mail or email) within 48 hours. We will give you another appointment at no cost to you or we will refund 100% of your appointment fee.

facials:

Bioelements Facial - \$40

Designed for your exact complexion, this personalized facial is totally customized from start to finish! You'll experience a custom blended deep pore cleansing, exfoliation and massage of the face, neck and shoulders followed by a custom blended serum designed to correct specific problems and therapeutic Bioelements mask. Emerge with immaculately clean, smooth, balanced and glowing skin.

Treatment time: One hour, 30 minutes

Bioelements All Things Pure Organic Facial - \$45

This professional facial utilizes all natural and organic ingredients from start to finish. After a thorough cleansing under steam, experience a unique exfoliation with all natural Chinese Herbs, a rejuvenating massage and mask that tightens, firms and retexturizes rough, sagging skin. You'll emerge with skin that feels especially clean, youthful and amazingly nourished.

Treatment time: One hour, 30 minutes

NEW! Calmitude Facial for Sensitive Skin - \$45

Created for intolerant complexions, this soothing treatment is designed to strengthen fragile skin while reducing redness and discouraging irritation. You'll experience calming skin cleansing, gentle exfoliation, a relaxing facial massage and an ultra-soothing mask customized specifically for your skin's unique sensitivities. Emerge with skin that feels comfortable, smooth and less reactive to aggravating stressors. A perfect choice for any sensitive skin or rosacea.

Treatment time: One hour, 30 minutes

Bioelements Skin Treatment for Men - \$45

A customized treatment designed to keep your skin looking young, healthy and clear. We'll start with deep cleansing and exfoliation to target any breakouts, blackheads and ingrown hairs. Next, a custom blended Bioelements mask will be applied to soothe, balance and tone your skin. All this, plus a relaxing massage of the face, neck and shoulders. You'll emerge looking and feeling like a million.

Treatment time: One hour, 30 minutes

Bioelements Acne Clearing Treatment - \$55

An absolute must if you're breakout-prone, have clogged pores or blackheads. You'll receive a personal Bioelements SkinReading followed by deep pore cleansing, exfoliation and a medicated Amino Mask® that contains enzymes, antioxidants, antiseptic and anti-inflammatory ingredients. Make this effective treatment a part of your continuing fight against acne. To target non-inflamed acne (blackheads and whiteheads) and inflamed acne (papules and pustules).

Treatment time: One hour, 30 minutes

Pumice Peel Manual Microdermabrasion Treatment - \$50

To smooth out fine lines and wrinkles, resurface minor acne scarring, retexturize, clarify, reduce hyperpigmentation, and rejuvenate the skin.

The ultra-fine pumice crystals in this machine-less microdermabrasion treatment peel away dull, dreary cells, abrade uneven skin and visibly reduce the appearance of fine lines and wrinkles. A skin-resurfacing treatment, it also includes a customized Bioelements mask to infuse nutrients into your newly polished complexion. The results will be brighter skin with improved clarity and a more even tone. It's the ideal option for those who want the effects of microdermabrasion without the machine.

Treatment time: One hour, 30 minutes

Flaxx-C Anti-aging Facial - \$50

Compresses tissues to firm, lift, tighten and smooth. Mask corrects poor elasticity/sagging while it helps to hydrate, and detoxify the skin. It also reprograms and remodels the skin's supportive matrix.

This breakthrough treatment is created for skin that's showing signs of age — sagging, fine lines and dullness. A thorough cleansing is followed by our exclusive layered exfoliation process, energizing massage and ultra-tightening mask. It's all designed to restore firmness to sagging skin. You'll instantly experience firmer, more resilient skin.

Treatment time: One hour, 30 minutes

Stress Solution Spa Facial - \$45

This luxurious aromatherapy treatment is customized for each client.

A luxurious facial designed to soothe and soften your complexion while it deeply de-stresses your entire body. You'll enjoy a gentle yet thorough cleansing, a soothing Aromatherapy Oil massage of the face, neck and shoulders, relaxing steam inhalation therapy, and a customized Bioelements mask laced with calming plant extracts. All signs of stress will float away as you emerge with renewed skin that glows with radiant health. This is the ideal treatment for sensitive skin that needs extremely gentle care.

Treatment time: One hour, 30 minutes

Oxygenation Facial - \$45

This uses oxygen molecules to carry active ingredients deep into the skin, accelerating their effects.

Breathe new life into your complexion with this high performance cosmeceutical treatment that carries active ingredients deep into your skin via oxygen molecules. The immediate, visible benefits you'll enjoy include softer, smoother skin that feels cleaner and fresher than ever. This is the perfect treatment for skin that is sluggish, clogged or prematurely aging.

Treatment time: One hour, 30 minutes

VitaMineral Power Facial - \$45

To firm, strengthen, smooth and clarify skin by infusing it with antioxidant vitamins and trace minerals. A perfect treatment to target visible signs of aging.

This cosmeceutical treatment infuses your skin with antioxidant vitamins and trace minerals to stimulate the production of collagen and elastin and protect against environmental aggressors. The perfect anti-aging facial, it includes a unique Bioelements energizing massage to penetrate vitamins A, C, E and D into the epidermis and tone the skin. Experience this dynamic treatment for firmer, stronger, more radiant skin.

Treatment time: One hour, 30 minutes

Urban Detox® Post-Op Facial - \$45

To give delicate, post-operative skin extra gentle care and protection for faster healing.

This ultra-soothing treatment cleanses, rehydrates and soothes fragile skin while it helps protect against harmful environmental aggressors. (Must have clinical approval)

Treatment time: One hour, 30 minutes

LightPlex™ Pigment Balancing Treatment - \$45

To lighten, brighten, and even-out skin tone. Balances skin pigmentation by slowing it down.

If evening out your skin tone and fading dark spots is a priority, this is the facial for you. It starts with a thorough skin cleansing followed by an EnzymeTherapy exfoliation treatment custom blended for your skin. Next, a professional-strength LightPlex Pigment Balancing Serum is penetrated deep into your skin where dark spots are formed. To finish, you'll experience a customized Trissage® facial massage. It's the perfect treatment to help you attain even-toned, spotless skin.

Treatment time: One hour, 30 minutes

V-Neck Firming Facial - \$45

To tighten, soften and smooth. Fueled with anti-agers to repair skin chin-to-chest. Reduce depth of neck creases, fade freckles caused by the sun, and smooth out skin texture.

Treatment time: 30 minutes

Bioelements Fast Results Eye Smoother - \$20

In just 30 minutes, this express treatment gives you a relaxing anti-aging eye treatment that includes a de-stressing acupressure massage, a hydrating, cooling mask and calming aromatherapy. The Fast Results Eye Smoother is perfect for Brides or that special event where you need to look your best - or for anyone that doesn't have a full hour to spare. The results? Eyes that are fresh, bright, and younger-looking.

Treatment time: 30 minutes

Back Facial - \$60

Facials aren't just for faces! This facial revitalizes your back. Cleanse, smooth, and treat the area that is the most impossible to treat on your own.

Treatment time: One hour, 30 minutes

advanced services:

Alphablend® Maximum Exfoliant Treatment - \$50

To help reduce fine lines, lighten pigmented spots, smooth and soften skin texture and minimize the appearance of enlarged pores. This intra-epidermal treatment exfoliates outer skin cells while promoting cell renewal.

This professional peel utilizes Alphablend, our exclusive blend of fruit acids to exfoliate dulling surface cells, refine skin texture and reduce the appearance of sun damage. This treatment also minimizes pore size and helps to reduce clogged pores, leaving your skin looking vibrant, and feeling soft and smooth.

Treatment time: One hour, 30 minutes

Bioelements Double Surface Peeling Treatment - \$55

To smooth, retexturize and brighten the skin via surface peeling. By using both enzymes and acids, this treatment will provide maximum surface peeling results.

This powerful treatment uses extra-strength exfoliation to peel away dulling surface layers, minimize the appearance of pores and smooth the skin. An immediate improvement in texture will occur, surface skin will feel like porcelain, and your complexion will take on a healthy, youthful glow. The intensity of the treatment is customized for your exact skin to ensure maximum results. A potent skin peel without any downtime!

Note: *Due to the aggressive nature of this surface peeling treatment, it is recommended to prepare the skin first with an Alphablend® Maximum Exfoliant Treatment.*

Treatment time: One hour, 30 minutes

Lactic Acid Peel - \$55

This advanced, ultimate strength peel contains organic lactic acid, enhanced by pumpkin fruit enzymes and stimulating pomegranate to provide a powerful surface peeling of dulling skin cells. This peel will dramatically improve dull, lifeless and rough textured skin, and it can be customized to meet the level of exfoliation that your skin needs with amazing results and no "down-time." Your skin will feel smooth and retexturized, with a brighter, more even overall tone.

Treatment time: One hour, 30 minutes

Jessner's Solution Advanced Peel - consultation is mandatory

add-ons:

Try it, you'll love it!

Warming Mitts - \$5

Warming Booties - \$5

This is for those who love the results from Paraffin Wax, but don't want the feeling of hot wax. World class luxury, especially nice for those suffering from arthritis or muscle stiffness.

Aromatherapy - \$5

Enjoy the benefits of aromatherapy by adding it to your service. Ask for a list of our vast selection.

paraffin:

Hands -	\$8
Feet -	\$8
Elbows -	\$8
Knees -	\$10

Body - Price available with consultation

microtreatments:

Karafole® Elbow Rescue - \$15

To eliminate rough, dark, scaly elbows and replace them with a smooth, refined look. Great with a facial!

Herbology Hand Retexturizer - \$10

Rough, dry hands can make you look older than you are. In this rejuvenating treatment, medicinal Chinese herbs and alpha hydroxy acids are applied to exfoliate, smooth and de-age the skin on your hands.

Multi-Task® Eye Mask - \$12

This cooling and de-puffing mask helps refine, brighten and smooth away dry, crinkly skin around your eyes, restoring their youthful appearance.

Bioelements V-Neck Firming Mask - \$12

This micro-treatment is designed to instantly firm and tighten sagging neck and v-area tissue. Perfect for any client that is concerned with, loss of elasticity, lines and wrinkles and rough texture on the neck and v-area. You will see immediate results, with brighter, smoother skin.

Lip Buff® Double Exfoliation Treatment - \$10

This treatment gently sweeps away dead, peeling skin, reduces fine lines and promotes natural color. Lips will feel cushioned, soft and smooth.

Hand Facial - \$20

Using only OPI™ and Bioelements™ products your hands will be cleansed, softened, scrubbed, masked, massaged, and smoother, just like a natural nail manicure, only buffing the nail to a natural sheen instead of a polish. Can be combined easily with other add-on services.

Foot Facial - \$20

In a word, paradise for feet. Using only OPI™ and Bioelements™ products your feet will be cleansed, softened, scrubbed, masked, massaged, and smoother, just like a natural nail pedicure, only buffing the nail to a natural sheen instead of a polish. Refresh and re-energize.

Soothing Sunburn Relief - Prices vary per body surface area/ full body treatment- \$50

Soothing mask to relieve burned skin using colloidal oatmeal, aloe, Immediate Comfort, and other soothing blends. Takes the "heat" out while nourishing the skin.

body treatments: *Disposable underwear will be provided or you may bring a swim suit

Bioelements Aromatherapist Oil Wrap - \$40

This very sedating treatment will relax, calm, and balance the system while softening and lubricating the skin.

Embark on a sensory journey that incorporates healing touch with aromatherapy to promote deep relaxation and soft, silky skin. The treatment begins with an invigorating exfoliation followed by a neck-to-toes application of therapeutic Aromatherapist Oils. You'll drift into a state of complete relaxation as the fragrant molecules of warm oil penetrate your skin. You will emerge completely de-stressed with unbelievably smooth, soft skin.

Treatment time: One hour, 30 minutes

Herbology Body Retexturizer - \$50

This true retexturizing treatment will smooth, exfoliate and hydrate while Chinese herbs feed the skin with nutrients.

Experience Bioelements therapeutic body exfoliation that uses medicinal Chinese herbs to smooth and retexturize your skin from neck to toes. It starts with an application of warm Hazelnut Oil followed by an exfoliating Herbology massage. You'll then be cocooned in heated thermal blankets to melt the therapeutic granules into your skin. The result will be silky smooth, revitalized skin that will feel comfortable for days.

Treatment time: One hour, 30 minutes

MudTherapy Body Mask - \$50

This treatment will detoxify and stimulate metabolism of the skin while smoothing, nourishing and revitalizing. A real boost for sluggish skin, this nutrient rich organic mud from Germany can also be added to facial masks to help clear congested skin.

Detoxify and stimulate your skin's metabolism with therapeutic mud and aromatherapy. In this revitalizing treatment, MudTherapy is applied to your entire body and you are cocooned in warm blankets to jump start the purification process. The mud mixture will unleash a stimulating action, helping to rid your body of toxins. Emerge from this invigorating treatment refreshed and re-energized. Especially effective if you have been overindulging and need to 'detox.'

Treatment time: One hour, 30 minutes

Trissage Body Smoothing Treatment - \$60

This is a two-part treatment. The first part exfoliates the body, smoothing away dead, rough skin. The second part hydrates, lubricates and firms the body, leaving it exceptionally soft and smooth.

Treatment time: One hour, 30 minutes

Cryothermic Body Treatment - \$60

Detoxifying, slimming, and relaxing, this is a very active treatment. Dual sensations of cold and hot stimulate the circulatory system, encouraging the body's natural slimming process. It purges excess toxins, relieves water retention and helps firm tissues. CryoThermic Body Gel activates your microcirculation. As you're wrapped and relaxed, this intensive thermal process will immediately begin to target puffiness and swelling due to water retention, tissue firmness, unwanted toxins and sluggish microcirculation from lack of exercise. The result is a more toned, revitalized body.

Treatment time: One hour, 30 minutes

Siddha Body Wrap - \$45

A real treat. This treatment will detoxify the body and aid in the removal of toxins that impair cellular and tissue function using Siddha herbs and Sandalwood oil. Great for stressed, devitalized skin.

Treatment time: One hour, fifteen minutes

body glows: *Disposable underwear will be provided or you may bring a swim suit. Treatment time is usually one hour, thirty minutes. Combining different oils with a good selection of salts, herbs, sugars or coffee make this a luxurious exfoliation treatment that leaves your skin feeling buttery and fabulous. All "glows" start with the area being dry brushed, treated with glow mixture of your choice, removed with warm steam towels, and generously spritzed with equalizer or power peptide.

The Plain Jane or Jim - \$45

Sea salt + Oil = smooth, clean and bright. Area is dry brushed, rubbed with salt glow mixture, removed with warm steamed towels and generously spritzed with equalizer or power peptide.

The Dead Glow - \$50

The waters of the Dead Sea have been renowned for their therapeutic effects since ancient times. Why are these types of salts beneficial? Magnesium is important for combating stress and fluid retention, slowing skin aging and calming the nervous system. Calcium is effective at preventing water retention, increasing circulation and strengthening bones and nails. Potassium energizes the body, helps to balance skin moisture and is a crucial mineral to replenish following intense exercise. Bromides act to ease muscle stiffness and relax muscles. Sodium is important for the lymphatic fluid balance (this in turn is important for immune system function).

The Healthy Hawaiian - \$50

Alaea Traditional Hawaiian Volcanic Red Sea Salt is combined with purified Alaea clay. The clay adds color and beneficial minerals to the salt. It is the traditional salt, used for centuries in Hawaii to preserve. Exfoliating and moisturizing.

The Bolivian Rose Ancient Mountain Scrub - \$50

Mineral Salts are sometimes referred to as "Jurassic Era" sea salts. These salts are from ancient sea beds that were covered by volcanic lava millions of years ago - crystallizing the salt and preserving it from modern-day pollution. These salts are harvested in the Himalayan and Bolivian mountain ranges. They are high in minerals and have gorgeous pink and red hues. For a delightful extra I recommend adding geranium or orange aromatherapy oil in this one.

The Celtic Scrub - \$50

Sel Gris Celtic Sea Salts, or French Grey as they are also known, are world renowned. They are completely unrefined, so they retain more of the trace minerals that actually occur in sea water. These salts have a naturally high moisture content. These salts are famous for their texture and health benefits.

The Hawaiian Black Sea Scrub - \$50

This coarse, black salt from Hawaii is renowned for its texture and color. The color is created by bonding high quality activated charcoal to pure Pacific Ocean sea salt. Good for those in need of a detox or maybe just out a little too late the night before. Looks weird, feels great.

The Hippie - \$50

Kala Namak Volcanic Mineral Salt has an unforgettable smell, similar to egg yolks. Used extensively in Indian culture and popular for being "Vegan friendly". Rich in protein, this particular salt also helps with acne. This is one you will either embrace with open arms or become familiar with my aromatherapy offerings.

The Jasmine Glow - \$50

Comprised of Loose Leaf Jasmine Green Tea and oil, this is one of my most fragrant scrubs. The benefits of green tea are amazing. The smell is amazing. You should give it a try.

The Starbucks Kicker - \$50

This one is made of- you guessed it- coffee! Sumatra blend mixed with oil will make you sing Goooooooood Morning Seattle! This is an invigorating scrub that should tantalize your senses. Ingestion is no longer the only way to get your fix.

massage: relaxation

*Disposable underwear will be provided or you may bring a swim suit

½ Hour (**back, neck, and shoulders**) - \$25

Full Hour - \$35

**add aromatherapy oil for only \$5 more!

waxing:

When scheduling your waxing, it is best to allow 3 weeks' worth of hair growth for maximum results. And of course, your privacy will be upheld at all times.

Eyebrows -	\$12	Bikini -	\$25 and up
Lip -	\$12	Brazilian -	\$55 and up
Chin -	\$12	Back and Shoulders -	\$45
Combination – Eyebrows - \$12, Lip or Chin - \$7		Chest -	\$45
Full Face -	\$25	Men's neck -	\$12
½ Arm-	\$20	Ears -	\$10
Full Arm -	\$30	Nose -	\$10
Under Arm -	\$15	Ear and Nose -	\$15
½ Leg -	\$25 and up		
Full Leg -	\$40 and up		

*Consultations are always available. Prices vary on products used and time allotted.

make-up:

Make-up consultation and application - \$10-20 depending on time and product used.

*Weddings, Dances/Prom, Senior Pictures – special pricing available upon request

Eyelash & Eyebrow Tinting - coming soon

Eyelash Extensions - coming soon

light therapy: photo biostimulation with soli-tone

The Soli-Tone is a unique skin rejuvenation device that uses light therapy and special currents to turn back the clock on aging, sun-damaged skin, blemishes, redness, and uneven pigmentation.

This multi-platform system features two treatments: the LumiLift® and the LumiFacial®. Simultaneous application of these technologies mutually enhances their individual effectiveness, promoting cellular rejuvenation from within.

Consultations are always free. See our brochure for more details or talk to our specialists today.

microdermabrasion:

Now Microdermabrasion, Photo Biostimulation and Micro Currents are integrated in a complete facial rejuvenation package. The synergy produced by this amazing combination of treatments provides a more effective solution to the aging process by directly impacting the epidermis, dermis, and muscles.

See our brochure for more details or talk to our specialists today. **Coming Soon**

cellulite & body contouring system: lumicell wave 4

Coming Soon

age positive consultation:

Explore new ways to age well with a Bioelements Age Coach. Our Coaches will help enhance your anti-aging efforts by connecting all aspects of lifestyle, attitude and skin care. In a personalized, private consultation we'll identify your age accelerators and tailor a unique Age Positive Plan just for you. You get all the tools and expert advice you need to maintain a youthful appearance and a positive way of life.

other offerings:

Personal Training

Spa on the Run now offers total body wellness with Personal Training. Our Personal Trainer can customize meal plans and fitness according to your personal needs and goals.

Zumba Classes

Are you ready to party yourself into shape? Zumba is an exhilarating, effective, easy-to-follow calorie burning fitness dance that is moving people toward health and happiness.

Zumba® Fitness is the Latin-inspired dance-fitness program that blends red-hot international music, created by Grammy Award winning producers, and contagious steps to form a "fitness-party" that is downright addictive.

Since its inception in 2001, the Zumba program has grown to become the world's largest - and most successful - dance-fitness program with more than 12 million people of all shapes, sizes and ages taking weekly Zumba classes.

Hair & Nail Care:

Contracted professionals are available by appointment.

retail catalogue available upon request