



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, 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 a personal letter, 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, water, and fire.

*As you journey through life take good care to
listen to your heart and be true to your soul.*



Facial Treatments

All facial treatments begin with a skin type analysis and include cleansing, exfoliation, mask, serum, and moisturizing. The therapist will perform a full facial massage as well as arm, hand, leg and foot massages. The mini facial includes a choice of a hand OR foot massage.

The Mini Facial

30 Minutes \$75

Instantly refresh skin with this express service. The gentle cleansing, exfoliation, and moisturizing paired with a hydrating mask will leave your skin feeling and looking renewed.

The Beyond Bliss Facial

60 Minutes \$97

Our signature service, the Beyond Bliss Facial, is a favorite among guests of Potosa Spa. This service is customized to individual skin types and designed to target specific skin concerns such as dryness and dehydration, oiliness and congestion, rosacea, and sensitive skin. Products will be selected that complement your skin type.

Luminous Facial

60 Minutes \$145

Our Luminous Facial uses a 40% AHA spa-grade peel designed to deeply exfoliate the skin as well as minimize the appearance of dark spots, fine lines, and wrinkles. The brightening and evening of the skin tone after this facial can only be described as luminous.

Vitamin "C" De-Ox Facial

60 Minutes \$110

Indulge in the latest anti-free radical service that will revitalize and protect a youthful complexion through the use of the earth's most precious antioxidants. The Vitamin "C" De-Ox Facial will preserve and nourish skin's youthfulness, restore natural hydration, and reawaken extraordinary vitality.

Lift and Tone Facial

60 Minutes \$165

This remarkable treatment is ideal for any skin type showing signs of aging. Designed to reduce fine lines, improve elasticity, lift, firm, and tighten for a more youthful appearance, this facial instantly repairs the skin so you can look your very best.

Fountain of Youth Facial

60 Minutes \$204

The secret to timeless beauty, this luxury facial includes hydradermabrasion to smooth skin texture, improve microcirculation, and plump fine lines and wrinkles. The Fountain of Youth awakens your skin to reveal a more firm, toned, radiant, and supple appearance. Undaria Seaweed bioactive peptides and plant cell extracts help give your skin triple perfection: uniformity, smoothness, and protection.

Facial Enhancements

High Frequency Electrical Current

Add-On \$33

Eco-fin Hydrating Treatment (Hands or Feet)

Add-On \$33

Vacuum Extractions

Add-On \$33

Chemical Exfoliations

Add-On \$33

Hydradermabrasion

Add-On \$66

Caviar Eye and Lip Rejuvenation Treatment

Add-On \$66

Massage

Potosa Massage **30 Minutes \$75 | 60 Minutes \$97 | 90 Minutes \$138**

This massage releases muscle tension, increases circulation, and leaves you feeling balanced in mind, body, and spirit. Calling on their individualized training, our therapists will tailor the massage to your specific needs using the Swedish Technique with a range of pressure from light to firm. Aromatherapy may be chosen to complement and enhance your massage.

Potosa Couples Massage **30 Minutes \$172 | 60 Minutes \$218 | 90 Minutes \$297**

Guests enjoy the ambiance of our candlelit couples room and the added together time during this treatment.

Mother-To-Be Massage **30 Minutes \$75 | 60 Minutes \$97**

Designed to nurture and care for the mom-to-be. This massage will leave you feeling relaxed and rejuvenated. A body pillow and our specially designed cushions are used to ensure comfort.

**This treatment is for guests in their 2nd and 3rd trimester only.*

Cupping Therapy Massage **60 Minutes \$143**

This full body massage supports deep tissue techniques, lymphatic drainage, and improves circulation through the use of specialized silicone cups. Cupping Therapy is known to improve mental clarity, boost immune system, and relieve headaches.

Himalayan Salt Stone Massage **60 Minutes \$143**

This massage uses Himalayan salt stones to massage the body and relax muscle. These warm stones benefit by relieving sinus and allergy symptoms as well as reduce stress and depression.

Organic Shea Butter Massage **90 Minutes \$185**

Your service begins with a decadent butter scrub and your choice of ginger lime, rosemary mint, milk and honey, or French lavender scent. A generous application of body butter is applied before you are enveloped in a thermal blanket. To help further your relaxation, a scalp massage releases tension while the warm wrap allows you to drift into bliss. Tired muscles begin to relax as you finish with a full body massage.

Herbal Detoxification Treatment and Massage **90 Minutes \$175**

This service is inspired by the therapeutic practice of using heat to treat 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 to further stimulate circulation. Linens steeped in aromatic herbs are then wrapped around you. During the wrap, you will enjoy a scalp massage. **Please allow an additional 15 minutes prior to treatment to sip a cup of detoxifying tea.*

Four Elements Massage **90 Minutes \$165**

Inspired by the Native American Medicine Wheel, this service incorporates the four elements: earth, wind, water and fire. We will honor each element through the use of Warm Himalayan Salt Stones (Earth), Crystal Infusion Spray (Water), and a specially created candle that provides oil for your full body massage (Fire). This service is completed by sealing your energy field (Wind). **Includes a gift of the Warming Glow Candle used during the treatment.*

Milk and Honey Reflexology **30 Minutes \$75**

This treatment is based on the theory that there is a direct correlation between pressure points in the feet and the organs in the rest of the body. Our therapists will work and massage those pressure points along with the lower legs to positively affect the entire body. Warm stones during your service will leave you feeling calm, relaxed, and re-energized.

Warm Oil Scalp Massage **30 Minutes \$75**

A blissful blend of warm oils calms the mind while leaving the scalp nourished and relaxed.

Massage Add-Ons

Cupping Therapy Spot Treatment	Add-On \$33
Himalayan Stone Spot Treatment	Add-On \$33
Foot Reflexology	Add-On \$33
Hand Reflexology	Add-On \$33
Lavender Sugar Foot Scrub	Add-On \$33
Scalp Massage	Add-On \$33
Deep Tissue Spot Treatment	Add-On \$33
Deep Tissue Full Body	Add-On \$55

Body and Bath Treatments

Silky Smooth Body Scrub

60 Minutes \$97

Gentle and deep cleansing, this scrub transforms skin from dry and rough to soft and smooth, resulting in a youthful-looking glow. This treatment removes skin impurities and is a perfect choice for all skin types.

Back Facial

60 Minutes \$97

Begins with a gentle steam and full cleanse of the back, followed by a customized exfoliation, skin mask, and finishing serum to keep your skin feeling protected and hydrated.

Potosa Bath

60 Minutes \$105

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 fully hydrated, leaving it soft and vibrant.

Bath & Body Ceremony

90 Minutes \$176

This luxurious treatment starts with a dry exfoliation to begin the process of increased lymphatic flow and circulation. Slip into a warm bath enhanced with aromatherapy and alkalizing bath salts to soften tired muscles, while you drift into blissful relaxation. Treatment is completed with a customized full body massage using your choice of essential oils.

Fluid Detox Wrap*

90 Minutes \$170

This wrap is designed to reduce water retention and swelling. It minimizes the appearance of "orange peel" skin and provides a feeling of instant lightness. The service will leave your skin feeling renewed by improving tissue elasticity, firmness, and smoothness.

Heat Stimulating Body Wrap*

90 Minutes \$170

The product used during this service acts on fat deposits of the abdomen, thighs, buttocks, underarms, and other areas of concern. This wrap uses a customized thermogenic emulsion to contour the body.

Sleek Hydrating Wrap*

90 Minutes \$170

This wrap employs a sophisticated emulsion that strengthens supporting tissues while intensely hydrating and revitalizing the skin. The Sleek Hydrating Wrap adds nourishment to the skin, leaving it feeling radiant and soft.

*Wraps are performed by an Esthetician and include a Mini-Facial

Manicures

Express Manicure

30 Minutes \$39

A perfect pick-me-up for your nails. Nails will be filed and shaped, and cuticles will be cleaned and trimmed. The finishing touch includes a polish of your choice.

Potosa Signature Manicure

50 Minutes \$66

Your skin will be soothed and nourished with a gentle exfoliation and mask. You will then enjoy a relaxing hand and arm massage. Conclude with a beautiful nail polish in your favorite shade.

Pedicures

Express Pedicure

45 Minutes \$60

Keep toes looking brilliant! Nails are filed and shaped, and cuticles are cleaned and trimmed. The finishing touch includes a polish of your choice.

Potosa Signature Pedicure

50 Minutes \$97

A truly wonderful pedicure that will leave your skin feeling nourished and rejuvenated. It begins with a relaxing soak, then an exfoliation and mask, followed by a foot and leg massage. The treatment concludes with your choice of polishing or buffing.

Nail Enhancements

Gel Polish (manicure only)

\$22

Gel Removal

\$17

French Tip

\$15

Day Packages

Life rushes on and we often neglect our own well-being. Reserve a day for tranquility with one of our day packages. We have offerings for women, men, and mothers-to-be. Do inquire about our Spa-Together experiences.

Spa Day Retreat \$259

Potosa Massage	60 Minutes
Beyond Bliss Facial	60 Minutes
Potosa Signature Pedicure	50 Minutes

Mother-to-Be Package \$237

Mother-To-Be-Massage	60 Minutes
Mother-To-Be Bath	45 Minutes
Potosa Signature Pedicure	50 Minutes

Spa Together \$360

(2) Potosa Massages	60 Minutes
(2) Beyond Bliss Facials	60 Minutes

Couples Getaway \$370

Couples Massage	60 Minutes
(2) Potosa Signature Pedicure	50 Minutes

Make-up Application

Make-up Application

Airbrush Application

30 Minutes \$66

Make-up Application

30 Minutes \$44

Band Lashes

15 Minutes \$22

Hair Care

All hair cutting and styling prices below are starting rates and may be subject to change due to the length (Short, Medium, Semi-Long, or Long) as well as the density, texture and/or time spent styling your hair.

Hair Cutting and Styling

Haircut	\$33+
Haircut and Blowdry	\$44+
Shampoo and Blowdry	\$38+
Bridal Updo	\$100+
Updo	\$77+
Single Process Color	\$72+
Partial Highlights	\$77+
Full Highlights	\$100+
Face Framing Highlights (up to 6 foils)	\$38+
Brow Tinting	\$18
Add Ons: Thermal Tools	\$12

Hair Removal

Nose	\$17
Lip	\$17
Chin	\$17
Brow	\$18
Brow and Lip	\$28
Brow, Lip, and Chin	\$38
Underarm	\$25
Half Arm Full Arm	\$28 \$44
Half Leg Full Leg	\$55 \$79
Strictly Bikini	\$28
Bikini Plus	\$38
Full Brazilian	\$83
Brazilian Maintenance	\$55
Back or Chest	\$67

Bridal Packages and Events

Allow us to pamper you as you prepare for the big day. Potosa Spa now hosts bachelorette parties and bridal showers as well as hair and make-up for wedding parties. Light snacks and beverages can also be catered in for you and your event. Prior arrangements will need to be made with our spa wedding specialist.

No carry in food or beverages please. Package prices are not valid with other coupons or discounts.

Event Day Packages

Bridal Party Attendants \$187 | Bride \$215

Includes Express Manicure with Gel Polish, Express Pedicure, Airbrush Make-Up, and Formal Style/Casual Style *This package can be split into 2 days.

Potosa Policies and Procedures

Spa Etiquette

If you are a first-time spa-goer, you may be wondering what you'll need to bring or wear during your spa treatment. Upon arrival you will be shown to our men's/ladies' 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 your expectations are for the service. Your therapist will invite you to get comfortable to your desired level, whether that be to wear a bathing suit, undergarments, or disrobe completely; it 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 and are meant to commend therapists for exceptional service. Should you choose to leave a gratuity, simply leave it with the staff at the front desk upon your departure. The standard within the spa industry is 20% of the treatment cost; however, do feel empowered to leave whatever you desire for your therapist.

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 to do so. 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 scheduling your appointment or visit www.potosaspa.com to book online.

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.

Age Requirements

Guests 16-17 years of age scheduled for massage services must be accompanied by a parent or guardian. A parent or guardian is required to remain in the spa for the duration of the massage treatment. Massage treatments are not available to minors under the age of 16.

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 to not delay the next scheduled guest.

Groups

Potosa Spa caters to all groups. Our Wellness Coordinators will assist with planning your events. Celebrate your Girl's Day Retreat, Princess Party, Bachelorette Party, Bridal Party, or Wellness Retreat with coworkers at Potosa Spa. For groups of four or more, 20% gratuity is automatically added to the service(s) enjoyed. All groups of four or more will need to provide notification of cancellation 48 hours in advance to avoid being charged 100% of the service fee.

Contact us at leadwc@potosaspa.com. We would be delighted to assist you with your group booking.

Gift Shop

Potosa Spa offers unique gift options. Whether it's a special occasion, birthday, or anniversary, we have something for everyone. Need it wrapped up? Gift wrap is also available upon request. Let us help you create a special memory with gift baskets or gift certificates from Potosa Spa.