



S U N B E A R

*spa medspa salon*

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## Facials

### *Radiant Glow Organic Facial*

This naturally healing facial restores what the stresses of modern life take away, using the ancient remedies of herbs and fruits. It is ideal for any guest because it is customized just for you. Whether addressing the concerns of premature aging, sun damage, sensitive skin or combination skin, you'll look in the mirror and see a radiant glow and rejuvenated skin. Organic ingredients may include wild plum, sour cherry, lemon, grape, even paprika. The 90-minute version extends the customized experience, allowing even more time for massage and a deeply penetrating healing masque.

60 min	\$80
90 min	\$110

### *Classic European Facial*

This classic facial helps maintain a healthy complexion incorporating European methods. Melodies of classic formulas gently cleanse and exfoliate bringing instant radiance to the skin. Thereafter, a customized ampoule of serums, a relaxing neck, shoulder and facial massage with accompanied masque treatment, rejuvenates and illuminates the complexion. The 90-minute version extends the customized experience.

45 min	\$65
60 min	\$80
90 min	\$110

### *AHA Rejuvenating Peel*

This exquisite treatment offers the allure of fresh scents and natural active ingredients such as apples, grapes and naseberry. You will experience deep exfoliation from the natural fruit acids, remove skin build-up, tighten pores and minimize acne. A unique paprika masque and facial massage will rejuvenate the skin by detoxifying the cells, soothing the senses and healing the body. This combination of highly active detoxifiers and oxygen boosters will deeply exfoliate your skin to leave it glowing.

60 min	\$90
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### *Purely for Men Facial*

Men have unique skin care needs, so we developed a facial quite different from our other treatments so it would be "just for him". It begins with a deep pore cleanse and exfoliation followed by a relaxing massage of the neck and shoulders. Specific products are used to balance, nourish and calm the skin irritated by the aggressive effects of shaving, pollution, and climate changes. Skin receives tender care to replenish lost hydration and restore vibrancy. There is virtually no better treat you can give your skin.

60 min	\$80
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### *Enhancements for Facials*

Luxurious Lip Service	\$10
Herbal Eye Treatment	\$10



## Body Rituals & Massage

### *Red Flower Japan Body Ritual Massage*

Red Flower Japan, a ritual based massage treatment, a vitalizing flow: breathe, release, purify, energize, soften, flowers, hands, water, scent a ritual massage treatment combining the therapeutic properties of flower oils and fruit essences with the rich minerals from the earth and sea. Be purified with yuzu mimosa sea algae, deeply scrubbed with ohana gingergrass, polished with cherry blossom rice, and hydrated with rose, camellia and plum. Finish with a heavenly massage using kinmoxei wild lime silk oil to energize and restore the whole body. Take rest and illuminate. Devote. Available Spring & Summer.

60 min	\$90
90 min	\$120

### *Red Flower Hammam Body Ritual Massage*

Red Flower Hammam, deeply detoxify the skin and release the body to a state of euphoria. Retreat into a ritual of steam, heat and pure scent for intense therapeutic transformation based on the skin care practices of the Hammam bath house. In this massage ritual, be intensely cleansed with Moroccan mint tea and silt, vigorously scrubbed with coffee, olive stones and lemons. Wrapped in rich rhassoul clay to draw deep impurities out of the body and recharged with quince and orange blossom. The treatment finishes with a warming Turkish massage using the curative essences of cardamom, jasmine, bergamot, amber and clove. Take rest and illuminate. Devote. Available Fall & Winter.

60 min	\$90
90 min	\$120

### *Therapeutic Massage*

Beginning with a personal consultation, the therapist will customize your massage. Various massage techniques will address your trouble spots, stimulate blood flow and lymphatic circulation and induce deep relaxation which ultimately leads to full body stress relief and healing.

60 min	\$70
90 min	\$100
Series of 6 (60 min)	\$375

### *Hot Stone Massage*

A massage treatment using heated river stones provides isolated deep heat at strategic points on the spine, back, hands and feet. Muscles warm and relax with the combination of deep, penetrating heat along with the pressure of massage strokes.

60 min	\$80
90 min	\$110

### *Prenatal Massage*

Specially trained therapists, working on a contoured table, will gently reduce the aches and pains that often result from pre-natal changes to the body. This therapy is appropriate for any stage of pregnancy.

60 min	\$80
90 min	\$110



## Body Treatments

### *Soothing Organic Body Wrap*

The healing powers that only nature can produce are the heart and soul of this organic wrap. You and your therapist will take pause to determine your skins needs. Then, the treatment begins in earnest, with a light, cleansing exfoliation followed by a calm, graceful application of your custom organic masque. Your body is eased from one step to the next with the added indulgence of a face, neck and scalp massage. Last, a soothing application of evocative body soufflé leaves your skin soft and hydrated.

60 min                      \$90

### *Detoxifying Thermal Mud Wrap*

This intense treatment uses a symphony of organic ingredients high in minerals and trace elements and gives the body a powerful natural detoxification by opening the pores, eliminating toxins and increasing circulation. While the thermal mud penetrates, you are treated to a delicious face, neck and scalp massage. A rinse in our private shower cleanses the mud from your body. The organic body soufflé application after will re-hydrate and nourish, leaving the skin soft, supple and glowing within.

60 min                      \$90

### *Herbal Cellulite Wrap*

Minerals from underground thermal lakes have been boiling and fermenting for centuries, creating a highly potent blend of sulfur, spring water and phytoestrogens. These elements have been combined into an herbal mud masque that is used to detoxify, purify and stimulate the lymphatic system, releasing toxins and excess fluids from the skin. The body is dry brushed, cleansed and treated to an herbal masque and wrap. The body will feel warm and spicy as its circulation increases. A soothing rinse in the shower will reveal a firmer, more even-textured skin. A highly effective and stimulating treatment that can be done as part of an on-going program for long term results.

60 min                      \$90  
Series of 3                      \$240  
Series of 6                      \$480

### *Vitalizing Body Scrub*

An invigorating exfoliation using organic body polish as a scrubbing agent, this treatment refines, exfoliates and nourishes your skin. A gentle shower rinses the mixture away, followed by a nourishing mist and application of hydrating body soufflé leaving your skin renewed, healthy and glowing.

60 min                      \$90



## Manicures & Pedicures

### Red Flower Japan

Energize, vitalize and soften your hands or feet in a treatment inspired by traditional Japanese bathing rituals. Relax with serenity from our Yuzu Mimosa Sea Algae Wash. Revive and exfoliate with a Lime Silk Oil and Ohana Ginergrass Bamboo Scrub. Refresh and cleanse with pressure point massaging soap. And finally, replenish with an extra level of pampering and hydration from a Plum Blossom Silk Cream massage.

Available Spring & Summer.

<i>Manicure</i>		<i>Pedicure</i>	
30 min	\$25	30 min	\$30
45 min	\$35	60 min	\$60

### Red Flower Hammam

Heat, scent, relieve and heal your hands or feet in a treatment inspired by the ancient and traditional art of caring for the body in Turkey, Tunisia and Morocco. Revive and exfoliate with Neroli Oil and potent Lemon Coffee Blossom Olive Stone Scrub. Refresh and cleanse with pressure point massaging soap. And finally, replenish with an extra level of pampering and hydration from a Tangerine Fig Butter Cream massage.

Available Fall & Winter.

<i>Manicure</i>		<i>Pedicure</i>	
30 min	\$25	30 min	\$30
45 min	\$35	60 min	\$60

### French Spa Polish

Enjoy our spa services with the added indulgence of the traditional French technique.

Add on \$5

*Full Set* \$60

*Fill* \$30

*Pink & Whites* \$70

*Overlay* \$60

*Back Fill* \$40

*Nail Repair* \$6

*Polish Change* \$15



## *Salon Services*

Our salon is committed to providing our guests with the highest standards in salon services, offering fashion-led wearable hairstyles using the most exclusive hair care products available. Our staff is trained to discover your lifestyle, your self-perceptions and your aspirations. We firmly believe in not just educating ourselves but our guests too, by giving extensive advice on maintaining beauty and health beyond the salon.

### *Hair*

starting at

Haircut	\$30
Child's Haircut	\$20
Shampoo Style	\$25
Updo	\$70
Color	\$55
Full Foil	\$75
Partial Foil	\$60
Permanent	\$65
Kerastase Treatment	\$25
Hair Extensions	Please call for pricing

### *Waxing*

starting at

Brow Maintenance	\$23
Cheek, Chin or Lips	\$15
Chest & Arms	\$45
Back	\$60
Underarms	\$25
Bikini	\$30
Brazilian Bikini	\$60
Full Legs	\$70
Half Legs	\$45

### *Eyelash & Brow Tint*

Eyelash	\$25
Brow	\$18

### *Make-up Application*

We will help you choose colors and apply them brilliantly for every occasion when you need to feel beautiful, or just your everyday best. Or, if you prefer, you can let our technicians create the face of your dreams for that special event, when only perfection will do.

starting at \$55

### *Permanent Make-up*

This state of the art technique is medically proven and specifically designed to be completely safe. Intradermal Pigmentation is used for a variety of permanent cosmetic enhancements such as eyebrows, eyeliner, full lip and lip liner. It is artistically applied to enhance your natural appearance. You'll look your best and no one will suspect it's not makeup.

Eyeliner, Eyebrows or Lips \$400

### *Eyelash Extensions*

Transform your lashes into lush, beautiful, longer lashes through the application of synthetic eyelashes directly on to your natural lash one at a time. Weightless, comfortable, long lasting and waterproof.

Lasts up to 4 weeks \$200

Refresher visit \$250

Includes removal of old lash extensions



## *Sunbear Medical Spa*

Our Medical Spa professionals are dedicated to identifying skin problems and applying body and facial rejuvenation treatments to enhance the personal appearance, self-esteem and health of our clients. For men and women of all skin types, Sunbear Medical Spa offers FDA approved, non-surgical cosmetic procedures including IPL Laser Hair Removal, Photofacial Treatments, Chemical Peel, Microdermabrasion, Botox® and Restylane®. Our Medical Spa works with only the most advanced equipment and skincare products to achieve your desired results.

### *Botox®*

Botox® is a popular non-surgical injection that temporarily reduces or eliminates frown lines, forehead creases and crows feet. During the treatment, low doses of Botox® Cosmetic are administered via tiny injections directly into the muscles that cause those stubborn facial wrinkles. You can expect to see results within seven to ten days of your treatment and results can last up to four months.

### *Restylane®*

Restylane® is a safe and natural cosmetic dermal filler that restores volume and fullness to the skin to correct facial folds, wrinkles or thin lips. It will temporarily restore a smoother, more youthful appearance. Restylane® is the first cosmetic dermal filler made of non-animal-based hyaluronic acid, a natural substitute that already exists in the human body. The results are instantaneous and can last six to twelve months depending on the area treated.

### *Complimentary Consultations*

To help you determine which skin care products and services best suit your individual needs, a complimentary consultation with a medical esthetician is offered for all IPL laser services, medical grade chemical peels, microdermabrasion and skin care products. Please contact our Medical Spa Coordinators to set up your complimentary consultation.



## *Medical Facial Peels*

Facial Peels can effectively remove layers of damaged skin to make way for new healthier skin, evening out skin tone and improving skin's textures and clarity with dramatic results. A facial peel is a great way to prepare your skin, maximize and enhance results of new skincare products and IPL Laser services.

### *Obagi Blue Peel*

The ultimate in healthier, younger-looking skin, the Obagi Blue Peel is a fast way to dramatically improve the appearance and health of your skin. Effectively removes layers of aged and damaged skin. Dead skin cells are replaced by healthier ones, allowing the skin's own clarity and tightness to resurface. The Obagi Blue Peel allows the skin care professional to precisely control the peel in order to tailor the process to your skin's specific needs. It is effective for all skin colors and thicknesses, for many conditions including laxity, wrinkles, brown spots, age spots, large pores and acne.

### *Skin Medica Vitalize Peel*

Fight the effects of time by reducing visible signs of aging and reveal healthier skin with this safe and effective peel. Safe for all skin types, this peel offers benefits to those who have experienced acne scarring, sun damage, hyperpigmentation, melasma, aging skin or poor skin quality. With the benefits of alpha-hydroxy and a unique blend of other peeling agents, the Vitalize Peel delivers results after just one treatment. You will notice an improvement in your skins tone and texture, less visible fine lines and a healthier more youthful appearance. There is little to no downtime and dramatic results are achieved with a series of peel treatments.

### *Illuminize Peel*

This peel is right for you if you have photo-damaged skin, fine lines and wrinkles or irregular pigment. This superficial peel utilizes a novel approach to chemical peeling with a newer generation of alpha hydroxy acids in combination with phytic acid and commonly used peeling agents to maximize skin rejuvenating effects with low irritation. Appropriate for first time chemical peel clients looking for a gentle peel to increase the luminosity of your skin. The perfect solution for the day of your special event when you want your skin to reflect a healthy radiant glow.



## *TPL Laser Services @ Microdermabrasion*

### *TPL Laser Hair Reduction*

Palomar Starlux™ Pulsed Light Systems offer state of the art technology to deliver fast, comfortable and permanent results. The hair removal hand piece emits pulses of light into the hair follicles, the light is absorbed by the pigment in the follicles and converts to heat. The heat then loosens the hair and disables the cells responsible for growing new hair. Nearly all areas of the body can be treated for both men and women. A series of treatments will be necessary to achieve optimal results.

### *TPL Laser Skin Rejuvenation*

Rejuvenate the skin your are in. The Palomar Rejuvelux process provides state of the art, safe, comfortable and effective photofacial treatment of sun damage and visible veins, without any downtime. The Rejuvelux hand piece emits pulses of light into the skin. The light is absorbed by the pigment in the sunspots and the blood in visible vessels, which then converts to heat. The heat dissolves the cells that create the pigment and shrink the vessels. After your treatment the pigmented lesions will darken slightly and then eventually fade away. A series of treatments may be necessary to achieve optimal results.

### *Common Conditions Treated With TPL Laser Include:*

Large pores, redness or ruddiness in skin tones, freckles, age spots, sun damage, fine lines, hyperpigmentation, rosacea, broken capillaries, birthmarks and acne scarring.

### *Microdermabrasion*

Microdermabrasion is a safe and non-invasive procedure to help reduce the appearance of aging, including fine lines and wrinkles, shallow face scarring, sun damage, and enlarged pores. With several treatments, microdermabrasion, in conjunction with specific skin care products, can facilitate in evening out the tone and texture of the skin. A microdermabrasion treatment leaves your skin looking and feeling refreshed and radiant by exfoliating the skin and stimulating circulation, even after the first treatment. A series of 3-6 treatments is recommended for optimal results.

### *Micro Peel*

An elevated approach to skin rejuvenation using microdermabrasion followed by the latest in noninvasive chemical peeling. This treatment will give your skin a glow like no other treatment with no downtime. Take home your ceramide treatment cream to maintain your glow and continue to build collagen.



## Medical Spa

### *IPL Laser Hair Services*

Full Arms	\$225
Partial Arms	\$175
Underarms	\$150
Bikini	\$150
Brazilian Bikini	\$175
Chin	\$125
Beard	\$200
Full Face	\$225
Lip	\$100
Neck	\$150
Full Legs	\$450
Half Legs	\$250
Full Back	\$350
Partial Back	\$250
Abdomen	\$300
Chest	\$125

### *IPL Laser Skin Rejuvenation*

Photofacial Full Arms	\$400
Photofacial Partial Arms	\$300
Photofacial Face	\$400
Photofacial Face & Décolleté	\$600
Photofacial Hands	\$125
Photofacial Neck	\$300
Spot Treatment 1-5	\$200
Spot Treatment 5-10	\$300

### *Microdermabrasion*

Face	\$100
Series of 3	\$270
Series of 6	\$540
Face & Décolleté	\$120
Micro Peel	\$130

### *Botox® & Restylane®*

Please call for pricing

### *Medical Facial Peels*

Obagi Blue Peel	\$500
Skin Medica Vitalize Peel	\$150
Illuminize Peel	\$100

### *Medical Spa Series*

Series of three	10% off
Series of four or more	15% off

Series discounts apply to IPL Laser Services and Medical Facial Peels.



# *Wedding Parties, Group Events & Gift Certificates*

## *Special Events*

Entertain in opulent style. Combine lavish spa services and an elegant and private setting in the spa to make your next event memorable. For more details on how we can personalize your special gathering, birthday, or bridal party spa day, please contact our Special Event Spa Coordinator to make your preferred arrangements.

## *Bridal Bliss*

From hair, make-up and facials to waxing, massage and nail care, Sunbear Spa will simply take care of everything. Peace of mind also comes with knowing you are in good hands with our experienced team of technicians. Please contact our Special Event Spa Coordinator to customize a package to get you through 3 to 6 months of planning for your special day.

## *Bridesmaids Retreat*

You and your bridesmaids will never forget a lavish retreat, enjoying relaxing services to calm the nerves prior to the big event. Customize the individual retreats with our Special Event Spa Coordinator to your group's needs and desires.

## *Girls' Getaway*

The ultimate way to pamper yourself and spend time with friends. This peer package is specifically designed to meet the needs of your group with treatments that compliment each other for the ultimate girls' getaway. Add a little wine, a little shopping in our beautiful, downtown White Bear Lake, and a facial and it is probably as close to heaven on earth as you can get. It is also a fabulous day away for mothers and daughters or sisterhoods. Please contact our Special Event Spa Coordinator to customize your getaway.

## *Sunbear Gift Certificates*

Sunbear Gift Certificates are the perfect indulgence for your friends and loved ones. Pamper that special someone by giving them any of our professional services. Enjoy the convenience of our beautifully packaged gift certificates with box and bow. Gift certificates may be purchased in any dollar amount or may be customized to include your choice of services.



## *Sunbear Spa Packages*

Spend the day pampering yourself at Sunbear with one of our spa packages or customize a package that suits your every desire. Please contact our Spa Coordinators to set up your day at the spa. Groups Welcome!

### *Luxurious Spa Day* 5-6 Hours

Red Flower Body Ritual Massage (60 min)  
Radiant Glow Organic Facial (60 min)  
Red Flower Pedicure (60 min)  
Red Flower Manicure (45 min)  
Make-up Touch-up  
Kerastase Conditioning Treatment & Style  
Light Lunch

\$325

### *Awaken Spa Day* 2 Hours

Radiant Glow Organic Facial (60 min)  
One Hour Massage

\$150

### *Blissful Spa Day* 3-4 Hours

Radiant Glow Organic Facial (60 min)  
One Hour Massage  
Red Flower Pedicure (30 min)  
Make-up Touch-up

\$200

### *Your Signature Spa Day* Endless Hours

Create your own path. We will tailor your personal spa day, choosing as many treatments as you desire.



## *Spa Etiquette*

*Speak softly. No cell phone use in The Spa.*

Sunbear Spa offers guests the rare opportunity to relax in a calm, quiet environment with no disruptions or distractions. Please help us maintain this peaceful atmosphere by turning off your cell phone and speaking softly when visiting The Spa.

### *Please Consider*

Arriving early gives your mind and body a chance to wind down a bit before your spa treatments begin. It also lets you experience the complete treatment as it was meant to be. Please be aware that we must end your session at it's scheduled time in order to accommodate the next guest; therefore, arriving late will likely shorten your spa treatment.

Kindly provide us with a 24 hour cancellation call so we may better accommodate you, other guests and staff.

We are concerned about the safety of your children as well as the relaxation of other guests. If you plan on children accompanying you to Sunbear Spa please know that you are responsible for them being quiet and staying seated at all times.

Appointments are recommended and preferred, but not always necessary. As a courtesy, we will call in advance to remind you of your appointment.

### *Products*

Kerastase. Bumble and Bumble. Is Clinical. Obagi. Skin Ceuticals. Skin Medica. Eminence. Glo Minerals. Red Flower.

### *Spa Hours*

Monday – Thursday	9 – 9
Friday	9 – 6
Saturday	9 – 5
Sunday	Closed

Hours may vary season to season

*The prices in this menu are subject to change  
without notice*





2207 3<sup>rd</sup> Street • White Bear Lake • MN 55110

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