THE Spa

AT MINNESOTA
WOMEN'S CARE

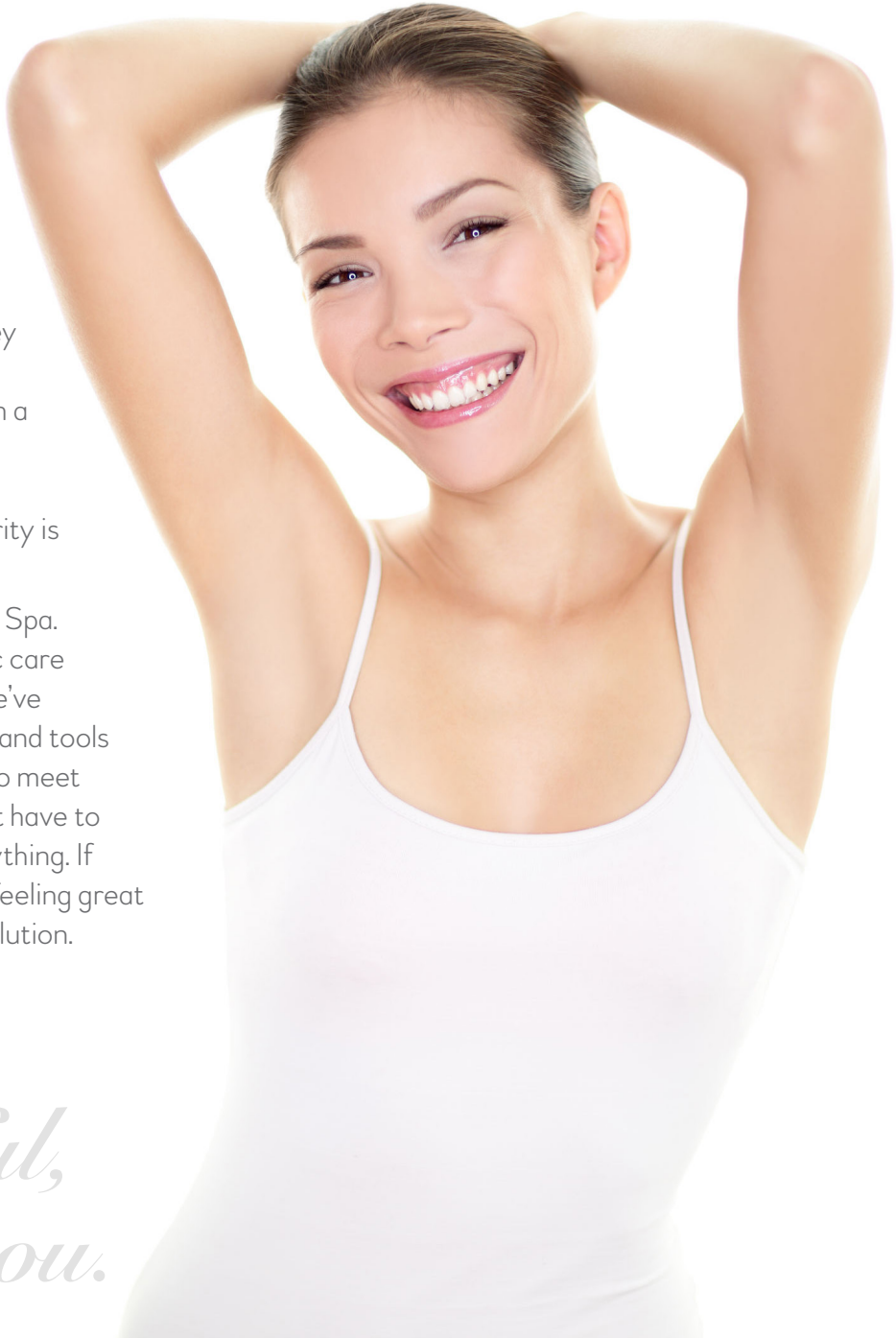
THE SPA

at Minnesota Women's Care

At Minnesota Women's Care, we believe in giving women the tools they need to lead their best life. We strive to provide the most advanced care in a facility that's warm and welcoming – a comfortable place to share your concerns and find answers. Our priority is you, your health, and your safety.

That's exactly why we developed our Spa. Women deserve top-notch aesthetic care delivered with respect and safety. We've assembled the right staff, resources, and tools to provide a wide range of services to meet the needs of women today. You don't have to live with, put up with, or overlook anything. If something is holding you back from feeling great about yourself, let's talk and find a solution.

Discover the beautiful, confident you.



Smooth beautiful skin

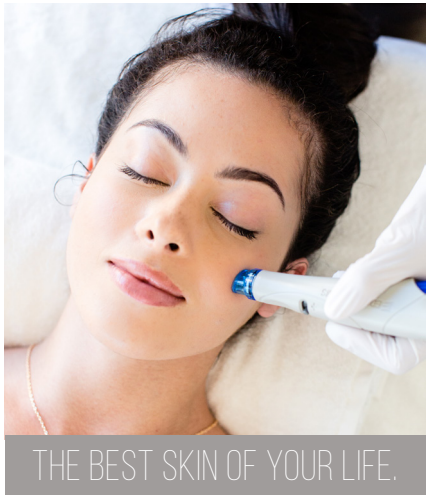
HYDRAFACIAL MD®

HydraFacial MD is life-changing skincare treatment for all faces. The amazing results are both instant and long-lasting.

It's not a facial. HydraFacial is in a category of its own. It's more of a "hydrapeel and hydrabrasion" combining and amplifying the benefits of chemical peels, microdermabrasion and facials in one great experience.

The multi-step process cleanses, exfoliates and extracts to get rid of impurities and dead skin cells while at the same time quenching skin with vital nutrients like antioxidants, peptides and hyaluronic acid.

hydrafacial



HYDRAFACIAL MD OPTIONS

Refresh (25 minutes) $150

The essential 4-step treatment.

Rejuvenate (50 minutes) $250 - $295

Includes the Refresh plus LED Light Therapy and the booster super serum of your choice. Select from: Tone and Smooth/Tightening Hydrafacial, Wrinkle Reducing Hydrafacial, Brown spot and Lightening Hydrafacial, Acne Clearing Hydrafacial

Restore (80 minutes) $325

Includes the Refresh plus LED Light Therapy, one of the booster super serums listed above and, most importantly, detoxification using Lymphatic Drainage Therapy.

LASER TREATMENTS: CYNOSURE ELITE

LASER HAIR REMOVAL

Laser hair removal is a procedure that uses a laser — an intense, pulsating light beam — to remove unwanted hair. During treatment, the beam passes through the skin to an individual hair follicle. Although laser hair removal is most effective for people who have light skin and dark hair, the system we use is effective on a wide range of skin tones. It typically takes multiple laser hair removal treaments to provide desired results. Periodic maintenance may also be needed.

Typical laser hair removal costs:

Abdomen	$220
Areola	110
Arm full	220
Arm Half	135
Back Full	220
Back Lower	192
Back Upper	192
Between Brows	55
Bikini	110
Brazilian Full	165
Buttocks	165
Chest	220
Chest and Abs	275
Chin	83
Cheeks	83
Eyebrows	83
Full Face	110
Feet	110
Hands	110
Legs Full	330
Legs Half (w/ knee)	220
Lip upper	83
Neck (front or back)	83
Neck (full)	110
Shoulders	165
Sideburns	83
Underarms	110

LASER FACIAL

A nonwounding (nonablative) laser, which stimulates collagen growth and tightens underlying skin

Laser facial resurfacing is a skin resurfacing procedure that uses a laser to improve the appearance of your skin or treat minor facial flaws. Laser resurfacing can decrease the appearance of facial fine lines. Laser resurfacing can also treat loss of skin tone and improve your complexion if you have scars or sun damage. Best results attained with 3-5 consecutive treatments.

Face	$220
Face and Neck	275
Face Neck & Decollete	330

Prices subject to change. Please inquire.

LASER PHOTOFACIAL

This is a treatment for sun/photo damaged skin to improve the all over tone and texture of the treated area it will also significantly reduce or eliminate pigmented lesions in the skin such as sun or age spots. Although one treatment will greatly improve the tone and texture of the skin, three treatments are recommended for best results.

Arms full	$220
Arms half	165
Décolleté	220
Face	165
Face, and Neck	275
Face, Neck, and Décolleté	385
Hands	110
Neck	110
Spot Treatment (10 spots)	83

LASER VEIN TREATMENT

For the removal of broken capillaries and spider veins on the face and body.

Small	$83
Med	110
Large	220

Are you wondering what will work best for you? Just ask!
We'll explain your options and make a recommendation.

KYBELLA®

KYBELLA is a prescription medicine used to improve the appearance and profile of moderate to severe fat below the chin (submental fat), also called "double chin."

Pricing available after consultation.

BOTOX INJECTIONS

Botox is primarily used in the upper face (forehead, between the eyebrows, crow's feet) to smooth wrinkles by not allowing those muscles to pull and move in the same way.

Botox	$12 / unit

20 units or more are typically needed during one appointment.

DERMAL FILLERS

Fillers are used to "fill in" grooves, lines, and wrinkles – most commonly on the lower half of the face such as the NLF lines (from your nose to the sides of your mouth) and in the lips. Different fillers have different lifespans, but most last between 6 months to a year and some even longer.

Typical treatment costs:

Juvederm Ultra	$550
Juvederm Ultra Plus	550
Voluma	770
Volbella	500

CHEMICAL PEELS BY SKINMEDICA

A chemical peel is a skin-resurfacing procedure in which a chemical solution is applied to the skin to remove the top layers. The skin that grows back after a chemical peel is smoother and younger looking.

Illuminize Peel (light)	$66
Vitalize Peel (medium)	99
Rejuvanize Peel (heavy)	132

THERMISMOOTH® FACE

ThermiSmooth Face is an RF procedure performed using a specially designed temperature controlled hand piece. This non-invasive procedure gently heats the skin's surface using dermal heating. It is typically used on the forehead, cheeks, eyes, mouth, and neck.

ThermiSmooth: Per treatment	$300
ThermiSmooth: 5 treatments	$1200

SKINPEN

The SkinPen is a unique type of procedure that utilizes your body's own natural healing processes to promote smoother and younger looking skin. The procedure prompts damaged cells to go into repair mode – producing more collagen and elastin for smoother and younger-looking skin.

SkinPen	$250

DERMAPLANING

Dermaplaning is a safe, non-invasive treatment which uses a special tool stroked along the skin to remove "peach fuzz," as well as dead skin cells. Dermaplane is performed as a stand-alone treatment or prior to other skincare treatments to enhance their effectiveness. This is a wonderful form of exfoliation that can be used with or without chemicals. This treatment does not require downtime and will effectively smooth acne scars and give you the smoothest skin possible.

Dermaplaning	$80

BODY CONTOURING

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Minnesota Women's Care offers a full range of body contouring options depending on your needs and preferences. We offer:

UltraShape®: the first and only FDA-cleared, non-invasive body-shaping procedure to use focused ultrasound to selectively destroy fat cells.

VelaShape®: a non-invasive body contouring treatment for circumferential and cellulite reduction.

Smartlipo Triplex™: the most advanced lipolysis system that permanently melts away fat in just one treatment.

THERMITight®: the advanced system that uses RF energy to gently heat cells under the skin which results in tighter skin in the treatment area.

Details about our body contouring options are included on the back page.

Body contouring

ULTRASHAPE®

UltraShape is the first and only FDA-cleared, non-invasive body-shaping procedure to use focused, pulsed ultrasound energy to selectively destroy fat cells.

Unlike other fat-reduction procedures that use heat or freeze fat, UltraShape is virtually painless and leaves no unwanted signs of treatment– no incisions, no anesthetics and no recovery time.

One area: 3 treatments $3000

VELASHAPE®

VelaShape is a non-invasive body contouring treatment for circumferential and cellulite reduction*.

One area: 3 treatments $995
One area: 6 treatments $1500

SMARTLIPO TRIPLEX™

Smartlipo is the most advanced lipolysis system. It permanently melts away fat in just one treatment. This unique technology safely delivers the optimal blend of three laser wavelengths for better fat removal and enhanced tissue tightening.

Do you have have stubborn love handles, bat wings, muffin tops, saddlebags or jowls that don't respond to exercise and diet? Smartlipo TriPlex is a terrific option for maximum results. Plus, there's less downtime and pain than with traditional liposuction.

Smartlipo is the most widely accepted and clinically studied laser-assisted lipolysis system available today – one with terrific patient approval.

Smartlipo TriPlex
Prices starting at $1,250 per area

THERMITIGHT®

THERMITight® uses RF energy to gently heat cells under the skin which results in tighter skin in the treatment area.

THERMITight: One area $1000

VELASHAPE ADD-ON

Opt for any of our body contouring procedures and add one VelaShape procedure for 50% off.

MEMBERSHIPS

Ultra Club Membership &
Vela Club Membership

Club memberships are available for both UltraShape and VelaShape. Within one month of purchasing or completing a treatment, you can purchase a membership that provides a 50% discount on either UltraShape or VelaShape treatments for a 12-month period.
12-month membership (each) $500

ABOUT MINNESOTA WOMEN'S CARE

We're focused on providing the most advanced and personalized health, wellness, and beauty care to women of all ages.

FOR INFO & APPOINTMENTS

Call 651 600-3035 or visit www.mnwcare.com

Our Spa is located here:

2603 White Bear Avenue North
Maplewood, MN 55109

Our newest location in Woodbury is now open for OBGYN appointments:

683 Bielenberg · Suite 103
Woodbury, MN 55125