



Nails

It's more than pretty nails. It's special attention to skin and cuticles, strengthening and nourishing your hands and feet.

MANICURE

Express Manicure.....	\$26
Manicure.....	\$42
Gel Polish Manicure.....	\$62

PEDICURE

Express Pedicure.....	\$62
Pedicure.....	\$82
Gel Polish Pedicure.....	NA

SMILE
 BE HAPPY
 BE YOURSELF BE KIND
 BE THE BEST PART OF SOMEONE'S DAY
 WORK HARD
 PLAY HARD TOO
 RESPECT YOURSELF, THE EARTH, EACH OTHER
 KEEP LEARNING KEEP IT SIMPLE
 KEEP IT REAL
 THIS IS YOUR LIFE LIVE IT 
 IT'S YOUR BODY LOVE IT  LIFESPA™

As part of Life Time, we share the Core Three philosophy of **Know it, Nourish it, Move it.**™

Know It

When you understand how the body works, science and technology can help you achieve optimal results.

Nourish It

With the right knowledge and products, we can help you make decisions on not only what to put in your body, but what to put on your body too.

Move It

Exercise affects how your body looks and feels. You were born to move, and through activity you'll see beauty and vitality.



MASSAGE
HAIR
SKIN
MEDI
NAILS

Love Your Body

LifeSpa MLTAC
615 Second Avenue South
Minneapolis, MN 55402

Schedule today at lifespaonline.com

Pricing and services vary by location. All prices listed are starting prices and will vary based on each technician's experience. Taxes may apply.
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Massage

From molecule to muscle, we understand how the body works and can help provide faster recovery between workouts, enhance performance and reduce aches and pains.

BODYWORK

30 minutes.....	\$80
60 minutes.....	\$110
90 minutes.....	\$145

RELAXATION AND RECOVERY

30 minutes.....	NA
60 minutes.....	NA
90 minutes.....	NA

MASSAGE ENHANCEMENTS

Detoxifying Back Treatment.....	\$120
Dry Brushing.....	NA
Taping.....	NA

MASSAGE SERIES

BodyWork

60-minute series of 6.....	NA
60-minute series of 10.....	NA
90-minute series of 6.....	NA
90-minute series of 10.....	NA

Relaxation and Recovery

60-minute series of 6.....	NA
60-minute series of 10.....	NA
90-minute series of 6.....	NA
90-minute series of 10.....	NA

Hair Care

Our technicians take the time to listen, then make sure that with premier products and a luxury experience, you leave not only with a flattering do that's right for you, but also hair that's happy and looks healthy.

HAIRCUT, STYLE + FINISH

Women.....	\$62
Men.....	\$50
Kids (12 and under).....	\$30

STYLE + FINISH

Blowout.....	\$55
UpDo.....	\$100
DownDo.....	\$85

COLOR

All-Over Color.....	\$90
Full Highlights.....	\$145
Partial Highlights.....	\$110
Premium Color Upgrade.....	\$15

EXTENSIONS

For Length and/or Volume Price based on consultation

HAIR TREATMENTS

Smoothing.....	NA
Deep Conditioning Therapy.....	\$25
Clarifying Treatment.....	\$10
Scalp Treatment.....	NA

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Skin Care

We take the time to understand what's going on from a cellular level. We will provide you with a personalized recommendation that gets you the results your skin needs.

CUSTOM FACIALS

60 minutes.....	\$110
Firming Facial 90 minutes.....	\$175

FACIAL ENHANCEMENTS

Hand Treatment.....	\$16
Eye Treatment.....	\$16

REJUVENATING PEEL*

Peel.....	NA
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WAXING

Facial Wax.....	\$55
Body Wax.....	NA

TINTING*

Lash Tint.....	\$30
Brow Tint.....	\$30

EYELASH EXTENSIONS

Full Set.....	NA
Fills.....	NA

**Available at select locations.*

HYDRAFACIAL®

You'll love this advanced resurfacing procedure that detoxifies, rejuvenates and protects. We exfoliate and extract impurities while bathing new skin with antioxidants, hyaluronic acid and other moisturizing serums.

30 minutes.....	\$165
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THE ULTIMATE HYDRAFACIAL®

Combine all the benefits of the traditional HydraFacial treatment with the added detoxification and de-stressors of steam, massage and a mask. Nutrient-rich and effective, this relaxing treatment will give you a truly healthy glow.

60 minutes.....	\$235
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HYDRAFACIAL® ENHANCEMENTS

Lip Treatment.....	NA
LED Treatment.....	\$40
Neck/Décolleté Treatment.....	\$50
Peptide Treatment.....	NA
Brightening Spot Corrector.....	NA
Growth Factor Treatment.....	NA

SKIN CARE SERIES

Facial Series of 6.....	NA
Facial Series of 10.....	NA
Peel series of 4.....	NA
Peel series of 6.....	NA
HydraFacial series of 6.....	NA
HydraFacial series of 10.....	NA

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