Potosa Spa

Be true to your soul
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, or 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 massage. The mini facial includes a choice of a hand OR foot massage.

The Mini Facial 30 Minutes $50
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 $79
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 $95
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.

Men’s Anti-Aging Facial 60 Minutes $95
Allow us to introduce your skin to products enriched in caviar, leaving your skin toned and defined. This service is ideal for reducing fine lines and wrinkles as well as revitalizing skin.

Vitamin “C” De-Ox Facial 60 Minutes $145
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 $145
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 $175
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 15 Minutes $25
Eliminates toxins and bacteria, encourages lymphatic drainage for acne prone skin types. Helps to enhance blood circulation, and increase collagen and elastin production for anti-aging benefits.

Details of Beauty Eye and Lip Treatment 15 Minutes $50
This service smooths wrinkles and lines, redefines lip contour, and brings forth a renewed skin surface within the delicate lip area.

Back Facial Add-On 15 Minutes $50
Release tension and de-stress as skin is renewed. A deep cleanse, exfoliation, and hydration of the back.
Potosa Massage  
30 Minutes $50 | 60 Minutes $79 | 90 Minutes $115
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's Couples Massage  
60 Minutes $178 | 90 Minutes $250
Guests enjoy the ambiance of our candlelit couples room and the added together time during this treatment.

Hot Stone Massage  
60 Minutes $110
This massage uses Sabai mineral stones to massage the body and relax muscles. Tension melts away for a truly relaxing and stress-relieving experience.

Himalayan Salt Stone Massage  
60 Minutes $130
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.

Four Elements Massage  
60 Minutes $110
Inspired by the Native American Medicine Wheel, this service incorporates the four elements: earth, wind, water and fire. Your treatment begins with a footbath – Water. Warm stones held in your hands during the footbath represent Earth. You’ll choose a specially created scented candle that, as it melts, provides the oil for the massage that follows – Fire. The service is completed by sealing your energy field – Wind.* Includes a gift of the Warming Glow Candle used during the treatment.

Herbal Detoxification Wrap and Massage  
90 Minutes $145
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 that further stimulates circulation. Linens steeped in aromatic herbs are then wrapped around you. During your wrap, you will enjoy a scalp massage. Please allow an additional 15 minutes prior to treatment time to sip a cup of detoxifying tea.

Organic Shea Butter Massage  
90 Minutes $155
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.

Deep Tissue  
30 Minutes $80 | 60 Minutes $120 | 90 Minutes $155
Deep tissue massage is a type of massage therapy that focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronic aches and pains in areas such as the neck and upper back, lower back, leg muscles, and shoulders.

Foot or Hand Reflexology  
30 Minutes $50
Upgrade to Himalayan Salt Stones  
$65
This treatment is based on the theory that there is a direct correlation between pressure points in the feet and organs in the rest of the body, with the therapist working and massaging those pressure points and the lower legs to positively affect the entire body. Warm stones during your service will leave you feeling calm, relaxed, and re-energized.

Massage Add-Ons

Foot or Hand Reflexology  
Add-On $25
Reap the benefits of reflexology by replacing your regular hand or foot massage with the hand or foot reflexology treatment during your massage.

Scalp Massage  
15 Minutes $25
Further relax your mind, body, and soul when you add an extended scalp massage onto any massage service.
## Body and Bath Treatments

### Silky Smooth Body Scrub 60 Minutes $79
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.

### Fluid Detox Wrap* 90 Minutes $150
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 $150
The product used during this service acts on fat deposits of the abdomen, thighs, buttocks, underarms, and other areas of concern. This wrap employs the use of a complex of functional stimulating and thermogenic substances to contour the body.

### Sleek Hydrating Wrap* 90 Minutes $150
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.

### Potosa Bath 60 Minutes $90
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 hydrated, leaving it soft and vibrant.

### Bath & Body Ceremony 90 Minutes $150
Begin by choosing the aroma for your bath and massage. Increase circulation and lymphatic flow with a full body dry brushing. Relax in an aromatherapy bath for 20 minutes to soften tired muscles. Finish with a 60-minute full body massage.

*Wraps include a Mini-Facial

## 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 $210
- Potosa Massage 60 Minutes
- Beyond Bliss Facial 60 Minutes
- Ritual Pedicure 50 Minutes

### Girlfriends Getaway $295
- (2) Potosa Massages 60 Minutes
- (2) Beyond Bliss Facials 60 Minutes

### Mother-to-Be Package $200
- Mother-To-Be-Massage 60 Minutes
- Mother-To-Be Bath 45 Minutes
- Ritual Pedicure 50 Minutes
**Manicures**

**Express Manicure**  
30 Minutes $30  
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.

**Nail Harmony Gel Shape and Polish**  
45 Minutes $40  
This treatment provides customized nail shaping and beautiful polish, all while providing extended color wear and remarkable shine.

**Nail Harmony Gel Manicure**  
50 Minutes $55  
This luxurious experience is a true innovation in chip-free extended wear nail color. While stimulating and protecting the natural nail, Harmony provides the ease of a polish with the permanence of a gel. Nails stay pretty for up to 14 days.

**Ritual Manicure**  
50 Minutes $45  
This manicure starts with a conditioning soak to prepare your nails for cleansing, shaping, and buffing. 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.

**Spa Manicure**  
60 Minutes $55  
Our most indulgent manicure starts with a soak in orange pomegranate bath salts. Nails will be shaped and cleaned. Hands will be exfoliated and massaged, and followed by a relaxing Eco-fin treatment. The final touch is your choice of polishing or buffing.

**Rejuvenated Hands for Men**  
30 Minutes $30  
A perfect detailing of the nails. Nails are filed and shaped and cuticles are cleaned and trimmed. The finishing touch includes a buffing or matte polish.

**Nail Add-Ons:**  
- Gel Removal $20  
- French Tip $10

**Pedicures**

**Express Pedicure**  
45 Minutes $40  
Keep toes looking brilliant! Nails are filed and shaped and cuticles are cleaned and trimmed. The finishing touch includes a polish of your choice.

**Ritual Pedicure**  
50 Minutes $65  
A truly wonderful pedicure that will leave your skin feeling nourished and rejuvenated. It begins with a relaxing soak, then an exfoliation and mask using 100% Vegan products, and followed by a foot and leg massage. The treatment concludes with your choice of polishing or buffing.

**Spa Pedicure**  
60 Minutes $79  
This truly lavish pedicure begins with a relaxing soak. Next, is exfoliation with scents of orange, tangerine, and mandarin. Feet and legs will be massaged and followed by an Eco-fin treatment that moisturizes skin. The finishing choice is polishing or buffing.

**Rejuvenated Feet for Men**  
30 Minutes $40  
A perfect detailing of the nails. Nails are filed and shaped and cuticles are cleaned and trimmed. The finishing touch includes a buffing or matte polish.
Make-up Application

Airbrush Application 30 Minutes $50
Band Lashes 15 Minutes $15

Hair Care

Hair Cutting and Styling
- Shampoo, Cut, & Style... $35 and up
- Deep Conditioning Treatment... $15
- Casual Styling... $25 and up
- Shampoo and Casual Styling... $35 and up
- Formal Styling... $60 and up
- Color Retouch... $65 and up
- Full Head Foils... $85 and up
- Partial Head Foils... $65 and up
- Brow Tinting... $15

Hair Removal
- Brow... $15
- Nose... $15
- Lip... $15
- Chin... $15
- Back | Belly | Chest... $65 each
- Half Leg | Full Leg... $50 | $75
- Half Arm | Full Arm... $25 | $50
- Strictly Bikini... $25
- Full Brazilian... $75
- Brazilian Maintenance... $50

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 Package $160
Includes Nail Harmony Gel Shape and Polish, Airbrush Make-Up, Express Pedicure, and Formal Style/Casual Style. This package can be split into 2 days. Enjoy a 25% discount on all products during day of service.
Spa Etiquette
If you are a first-time spa-goer, you may wonder what you will need to bring or wear during spa treatments. 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. 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 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.

Teen Services
We do offer facials, salon and nail spa services to our guests under the age of 18. We request a parent or legal guardian to release consent for the teen to enjoy the service.

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 not to 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.

Gift Shop
Potosa Spa offers unique gift options. Whether it's a special occasion gift basket, 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 for Potosa Spa.