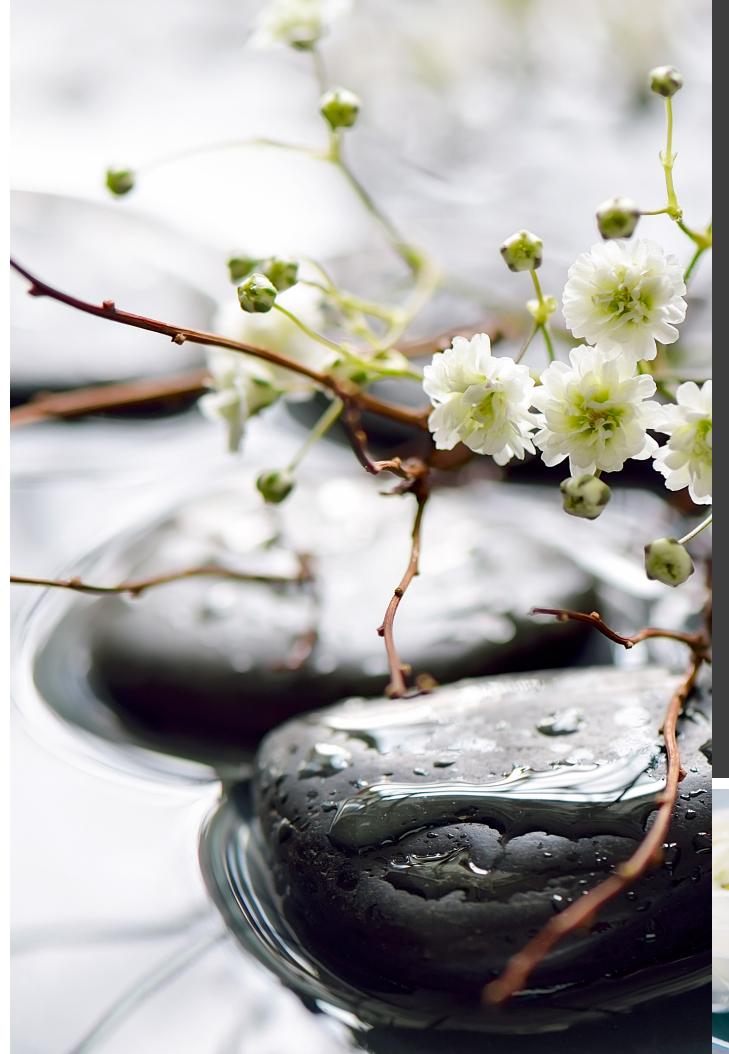


COACHL/GHT Clinic & Spa





Whether you've chosen Coachlight Clinic & Spa for a clinical treatment, a spa treatment or both, you'll know you've made the right choice from the moment you arrive. Slip into a plush robe, take your time in our eucalyptus aromatherapy steam room or our himalayan salt-infused sauna, curl up with a cup of herbal tea in our calming relaxation room under a warm throw, and most of all—relax. Everything about your experience here—the highly trained, caring staff, the finest quality products, the most effective, advanced treatments, even the welcoming design of our facilities—all of it was developed to help you be your very best.

Review and enjoy our extensive menu of clinical and spa offerings to see what is perfect for you.







Naturopathica is synonymous with 21st Century Wellness. Using proven organic ingredients such as seed oils, probiotics and botanical extracts, along with clean cosmeceuticals such as plant stem cells, AHA, retinols and peptides, Naturopathica provides deep benefits to the skin.

One facial treatment per month is suggested to compound the results and see continue improvement.

WRINKLE REPAIR FACIAL

Mild vet effective, this facial helps combat the signs of aging. It includes the ingredient Argan Plant Stem Cells, a Glycolic Refining Exfoliation and an Aloe Replenishing Mask to aid the reduction of fine lines and wrinkles. It also improves skin tone and firmness with no redness or flaking.

60 minutes

CALMING + HEALING FACIAL

This soothing and restorative facial is ideal for sensitized or rosacea-prone skin. Designed to calm inflammation and redness, this facial features regenerating Sweet Lupine and Calendula as well as Naturopathica's Aloe Replenishing Gel Mask to provide healing and immediate relief for irritated skin.

60 minutes

BIO ENERGY LIFT™ REJUVENATION FACIAL

This luxurious treatment delivers instant rejuvenation bringing dry, devitalized skin back to life. Your skin is super hydrated and re-energized with Naturopathica's award winning Bio Energy Lift Serum – a blend of Copper and Amino Acid Complex and Sea Firm Extract to firm, lift and brighten the skin.

60 minutes



FACIAL ENHANCEMENTS FOR NATUROPATHICA FACIALS

EYE CONTOUR TREATMENT

An intensive treatment designed to reduce puffiness, under-eye discoloration and the appearance of fine lines and wrinkles.

HYDRATING LIP TREATMENT

A deeply moisturizing treatment designed to gently exfoliate dry, flaky skin and leave lips smooth and supple.

ENZYME POWER EXFOLIATION

Your skin is evaluated to give a personalized facial experience, using the herbal enzyme of your aesthetician's choosing (Sweet Cherry, Pumpkin Purifying or Pear Fig Exfoliation Polishing). Your specific skin imbalance will be treated, whether it's blemishes, hyperpigmentation, fine lines and wrinkles, to name a few – with no redness or flaking.

FACIAL ENHANCEMENTS

INSTANT EYE ENHANCEMENT

Helps to tighten and firm the delicate skin tissue around the eyes, while

Exfoliates and plumps the lips while softening and smoothing fine lines on the outer lip area.

FIT AND FIRM **BEAUTY INFUSION**

Designed to give you the ultimate control in customizing your facial, these beauty infusions, chosen by your aesthetician just for you, use the power of key botanicals, natural actives, probiotics and dry oils to restore brightness, clarity and a youthful glow. A vitamin and mineral-rich mask is applied to further penetrate the infusions for firmer, more hydrated skin.

achieving radiant, healthy skin for a lifetime is a personal journey. By re-imagining proven

SPA MENU

skin care approach delivers

the use of harmful parabens,

One facial treatment per

AGE DEFIANCE FACIAL

A dynamic facial that resurfaces

for the nourishing benefits of the

damaged skin cells to open pathways

powerful protein SGF-4 technology.

This restores depleted cells to a more

vibrant youthful condition. Collagen

is stimulated, fine lines and wrinkles

are plumped and filled. The result is

A single treatment will produce

visible immediate results and is an

A series of three to six treatments

recommended for optimal results.

spaced 7-14 days apart is

excellent introduction to home care.

a smoother appearance with firmer

and more toned skin tissue.

60 minutes

month is suggested to compound

the results and see continued im-

dyes, added fragrances or

animal testing.

provement.

transformational results without

This facial will resurface and remove dull, depleted skin layers, while restoring hormonal balance to the skin with an infusion of topical Vitamin D. A marine-based mineral rich mask refines skin tone, while nourishing Vitamins B5, C, D and E protect and hydrate the skin, and Vitamin K naturally brightens dark circles around the eyes.

VITA-D BRIGHTENING

INFUSION FACIAL

60 minutes

CLARIFYING PROBIOTIC FACIAL

By dissolving the source of acne breakouts with a sugar cane-based exfoliant, this facial says 'goodbye' to blackheads and congested skin, and 'hello' to healthy, even, clear skin. It includes a calming, healing medicated mask of eucalyptus and sulfur to reduce inflammation and redness, and to restore natural moisture balance. For both teens and adults.

60 minutes

THE BACIAL BACK AND FACE TREATMENT

This unique experience is a facial that actually feels like a body treatment. The back is treated with a Bamboo Ginseng Scrub and a detoxifying mask to deep clean congested pores. The mask is followed by hydrating avocado, cardamom and bergamot oils to reduce muscular tension. A relaxing foot and ankle massage eases tired, aching feet. Finish with a deep cleansing facial to remove dead skin cells and target the signs of aging.

60 minutes

FOR SKIN AUTHORITY FACIALS

smoothing lines and brightening tired, darkened skin.

ENHANCEMENT

FACIAL TREATMENTS A healthy, glowing visage helps you face the world with confidence. Coachlight Clinic & Spa is committed to producing excellent results for you. That's why we're known for sourcing

the best spa products and technology available. Combined with our aestheticians' expertise, world-renowned Naturopathica and Skin Authority treatments deliver radiant, calming and memorable facial experiences. And those experiences don't stop when your treatment ends. You'll also receive information from your aesthetician on how to continue your prescribed skin care at home.

All of our facials are 60 minutes, and include luxurious and soothing arm, hand and foot massages to relax and revitalize you from head to toe.

NOTE: All of our facials can be enjoyed by both men and women.



CHEMICAL PEELS

Coachlight Clinic & Spa offers a wide variety of skin-renewing chemical peels. These treatments are great for removing dead, dull surface cells from damaged skin. With just a short procedure, you can achieve skin rejuvenation on your face, neck or chest. Our light peels have little or no downtime, while the moderate formulations cause skin peeling that lasts up to five days.

Looking for a non-invasive, no downtime treatment that produces long-term results you can instantly see and feel? HydraFacial's unique Vortex-Fusion® serum delivery system is truly unique.

The treatment cleanses, evenly exfoliates and extracts to remove impurities and dead skin cells while simultaneously replenishing vital nutrients including antioxidants, peptides and hyaluronic acid.

This system effectively infuses these performing ingredients to more effectively help mitigate environmental damage, reduce fine lines and wrinkles, and plump and firm your skin.

One treatment per month is suggested to compound the results and see continued improvement.

HYDRAFACIAL MD

This customized treatment is tailored to your specific skin concerns. Your trained HydraFacial professional will target your priorities, including fine lines and wrinkles, effects of aging, dull skin, oily and congested skin and sensitive skin. Your skin isn't like everyone else's and your treatment shouldn't have to be either.

60 minutes

One treatment reveals amazing results and lasts 5-7 days. One treatment per month is suggested to compound the results and see continued improvement

SIGNATURE BIO ENERGY LIFT FACIAL

A transformative experience exclusive to Naturopathica Healing Arts Centers and Spas. The HydraFacial process exfoliates and cleanses the skin to allow HydraFacial's Vortex Infusion of Naturopathica's award winning Bio Energy Lift serum – a blend of a Copper and Amino Acid Complex and Sea Fern Extract. This extensive firming and oxygenating treatment not only firms but also clarifies, refines, revitalizes and brightens your skin.

60 minutes

MULTI-ACTION HYDRAFACIAL MD

The ultimate for healthy skin inside and out; this HydraFacial incorporates Skin Authority's multi-action Antioxidant Cocktail of Vitamins A, C, D2, D3 and E which are infused into the skin with Skin Authority's unique Fit and Firm Lifting Soothing and Hydrating Mask. These essential vitamins nourish, repair and prevent future damage.

60 minutes

ADD-ON PERKS

PERK EYE TREATMENT

Brightens and invigorates
the delicate eye area, using
key ingredients in the Eye
Replenishing Serum. Soothing
Eye Masks are included for home
use applications to calm and
soothe under eyes.

PERK LIP TREATMENT

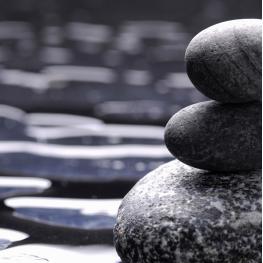
Lightly plumps and locks in moisture to reveal a perfect pout. A lip treatment smooths and naturally plumps lips using key ingredients in Lip Revitalizing Serum. Hydrating Lip Balm SPF 30 provides UV ray protection and locks in moisture to maintain lip hydration.

MASSAGE THERAPY

Surrender to the deep healing power of massage. The expansion of technology in our lives causes us to turn to the time-honored tradition of touch therapy to reduce stress. Coachlight Clinic & Spa's massage therapies by Naturopathica are designed to improve muscle and joint health, relax the body, relieve tension and restore vitality. All massage therapies can be enjoyed as a 60-minute treatment or for 90 minutes to enjoy more focus on each area of the body.

For those who prefer the use of unscented massage oils, we offer Unzented Oils by ZENTS.

NOTE: All of our massages can be enjoyed by both men and women.



HERBAL MASSAGE THERAPY

Naturopathica Herbal Massages are deeply therapeutic, combining the best therapy techniques with traditional healing practices.

Your therapist will assist you in selecting your own clinical-grade essential oils and plant extracts to help you unwind, balance and revitalize your body.

60 minutes 90 minutes

BALANCE HERBAL MASSAGE

A warming herbal massage with Ginger Root Oil that calms the mind, eases muscle tension and restores internal balance. Great for balancing a hectic lifestyle.

REST HERBAL MASSAGE

Deeply relaxing, featuring Lavender Blossom Oil and long connective strokes designed to ease fatigue and soothe an over-stressed nervous system. Total relaxation at its best.

RENEW HERBAL MASSAGE

This stimulating massage with Alpine Arnica Oil encourages circulation and relieves muscle soreness and stiff joints while energizing the senses. Great for athletes or overuse – either at the desk or in new physical activities.

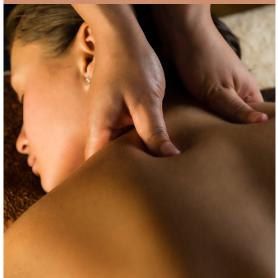
DETOX HERBAL MASSAGE

The ability to breathe deeply and purify the body is essential to good health. This detoxifying treatment uses a cleansing Deep Forest Oil, known for its decongestant and diuretic properties.

HIMALAYAN SALT STONE HERBAL MASSAGE

Using your selected Herbal Massage listed above, melt tension away in this totally relaxing full body massage with the added benefits of an infusion of minerals delivered by warmed hand-carved salt stones, held in the hands of your therapist. The warmed stones loosen restrictive tissue and allow a deeper relaxation of muscles and joints.

SPA MENU





Designed to improve muscle and joint health, natural immunity, stress relief and wellness; Naturopathica's Wise Concoctions utilize the best of nature's pharmacy with therapeutic botanical ingredients including Alpine Arnica, Sweet Birch and Blue Eucalyptus.

60 minutes 90 minutes

ALPINE ARNICA DEEP TISSUE MASSAGE

Created especially for athletes and for tension relief, this intensive treatment is designed to relax sore muscles, tendons and stiff joints by enhancing deep tissue massage with Trigger Point therapy, Myofascial Release and Russian Massage techniques.

NIRVANA STRESS RELIEF AROMA MASSAGE

This deeply revitalizing treatment uses aromatherapy and deep tissue massage to unwind the body, reboot the mind and transform stress into balance. Choose from our aromatherapeutic blends featuring grounding Cardamom, calming Neroli, clarifying Balsam Fir and energizing Holy Basil.

BLUE EUCALYPTUS ENERGIZING MASSAGE

This holistic treatment combats adrenal fatigue caused by our modern 24/7 lifestyles. Beginning with a steaming Blue Eucalyptus inhalation, this treatment follows with a vigorous deep tissue massage with Ginger Root Oil to rebalance the adrenal system.

PRENATAL REST & RENEWAL TREATMENT

A deeply restorative treatment designed for mothers-to-be to help improve sleep, reduce stress and soothe muscle fatigue. Beginning with a pregnancy Swedish massage, this treatment follows with an application of Gotu Kola Healing Balm to help prevent the appearance of stretch marks, and ends with a facial massage of Oat Cleansing Polish and Aloe Re-balancing Gel to address sensitive hormone-reactive skin.

Prenatal Massage is 60 minutes only.

Please note that some physicians do not recommend prenatal massage due to specific concerns for their patients. Please check with your physician.

BODY CARE TREATMENTS These treatments were designed to celebrate the body. Each experience utilizes a compound of multiple layers. This is to ensure a conditioning of the body's skin with unique blends of herbs, clays, mud and sea nutrients, and to provide an effective formula for well being. Using the power of organic and natural ingredients to foster radiance, vitality and inner harmony, these treatments deliver soothing, relaxing and balancing experiences, and feature Naturopathica's certified organic 21st Century Wellness products and Skin Authority's scientifically advanced natural products.

NOTE: All of our body treatments can be enjoyed by both men and women.



I FMON VFRBENA HYDRATING BODY TREATMENT

A two-step body polish and hydrating wrap by Naturopathica, this body treatment leaves skin radiant and deeply nourished. Bright citrus notes of Lemon Verbena and gentle buffing grains are blended with Aloe Vera, Oat Protein and Shea Butter to soften skin. During the soothing wrap, a scalp and foot massage further relax and ease tension. Following the delicious scrub, wrap and warm shower, the body is drenched in a deep moisture body lotion application to promote profound hydration.

60 minutes

90 minutes includes a full body massage

COFFEE AND VOLCANIC MUD DETOX TREATMENT

Draw out impurities and replenish your skin. After a full body exfoliation with Coffee Arabica and Volcanic Pumice, enjoy a warm wrap in earthy Indian Sarsaparilla, Black Silt Clay and Honey to smooth and firm the skin. A scalp massage with Wild Lime Revitalizing Scalp and Hair Oil along with a foot massage with Mighty Mint Rescue Cream help you sink into oblivion during the wrap. Follow with a soothingly warm shower and a moisturizing lotion applied with long connective and flowing strokes.

60 minutes

90 minutes includes a full body massage

VITA-D BRIGHTFNING BODY TREATMENT

Skin Authority's health inspired body resurfacing treatment uses natural extracts to remove dry, dead skin cells, and rich infusions of Vitamin D to increase clarity, hydration and illumination. Your skin is left softer, brighter, ultra-smooth and completely relaxed.

60 minutes

90 minutes includes a full body massage

SOUL TO SOLE

Drift to sleep with Skin Authority's luxurious body and face experience. This treatment starts with an exfoliating body scrub to remove dry skin cells. A soothing self-heating oil will be drizzled over your body followed by a Moroccan Rhassoul Clay Mask infused with Rose, Jasmine and Ylang-ylang to purify and cleanse. As you are cocooned in the wrap, relax and de-stress with a pressure point scalp conditioning hair treatment and muscle release foot massage. After your warm shower to remove the clay, a nourishing body cream is applied and a relaxing face massage hydrates and firms the skin to completely lift your spirits and calm your body and mind.

90 minutes

COACHLIGHT **JOURNEYS**

Take the time for a better you. Coachlight Journeys are experiential paths to relaxation and renewal. Combining Naturopathica's uniquely blended scrubs, curative baths and therapeutic massages, each experience is a 120-minute journey designed to achieve deep restoration and rest.

MEDITATION JOURNEY

PURIFICATION JOURNEY

REVITALIZING JOURNEY

COACHLIGHT SOAK & MASSAGE RITUALS

You deserve peace and harmony in your life. Our private VIP massage and bath suite, featuring a private tub/shower area and massage table, is where you will find it. These beautiful rituals combine the restorative benefits of hydrotherapy with the best of massage therapy techniques. You will begin with a peaceful rest in a soothing, therapeutic botanical soak to heal the body and mind. You'll then receive a harmonizing therapeutic massage using Naturopathica's finest natural-organic ingredients, based on your specific needs. Choose from the following:

CALM

A relaxing, calming Lavender Blossom Soak followed by the Nirvana Stress Relief Massage to transform stress into balance.

REFRESH

Refresh sore muscles with the Sweet Birch Magnesium Bath Cure and an Alpine Arnica Deep Tissue Massage to thoroughly relax stiff muscles and joints.

90 minutes 120 minutes includes a 90 minute massage

FORTIFY

A grounding Ginger Root Bath and a Balance Herbal Massage settles the mind and helps restore inner balance.

REPLENISH

A replenishing Alpine Arnica Bath restores energy from fatigue and the Renew Herbal Massage stimulates circulation and relieves muscle soreness.

TREATMENTS

Every beautiful experience is better

when shared. Coachlight Clinic & Spa has a luxurious suite with two massage tables and private tub for two to enjoy a relaxing time

with someone special. Select from

the treatments below or let us help

you create an experience especially

designed for the two of you.

Two massage tables, two therapists and one memorable shared massage experience to be enjoyed with a spouse, companion, friend or family member. Select from our array of massage therapies.

TIME FOR TWO MASSAGE

60 minutes 90 minutes

TIME FOR TWO SOAK AND MASSAGE

Our therapists will guide you to the private tub in our VIP suite where you can relax in a therapeutic soak, and then rest on your massage tables with the harmonizing massage. Select your experience from our Coachlight Soak and Massage Rituals.

90 minutes

TIME FOR TWO JOURNEY

This is an experience you will never forget. Two hours of pure bliss with a body scrub, soak and full body massage. It's a shared journey to true renewal. Select your Journey from the Coachlight Journeys.

120 minutes













While all of our spa treatments are perfectly suited for both men and women, these particular treatments were specifically designed with men in mind.

MEN'S MASSAGE TREATMENT

Designed to improve muscle and joint health, natural immunity, and stress relief, our line of Wise Concoction massage therapies offer a list of services that are perfect for you.

60 minutes 90 minutes

MEN'S REBALANCING FACIAL

Customized by Naturopathica for men's skin care needs, your skin is cleansed, exfoliated with Pear Fig Polishing Enzyme and massaged to absorb a concoction of ingredients suited for your skin. As you rest in your facial mask, your hands and arms are massaged with Alpine Arnica Oil and your feet are massaged with Mighty Mint Rescue Cream. This treatment effectively renews skin tone and texture while helping to soothe and restore devitalized, sun damaged or razor-burned skin.

60 minutes

MEN'S TRANSFORMATION **FACIAL**

This results-driven treatment by Skin Authority resurfaces and removes dead skin layers to decongest blocked pores while targeting the repair of redness and irritation caused by shaving. Skin is instantly calmer with reduced sensitivity. Fast-acting ingredients hydrate and protect the skin from future damage.

60 minutes

ESPRESSO MUD BODY DETOX

This detoxifying treatment starts with a vigorous exfoliation using Volcanic Pumice and Coffee Arabica to stimulate circulation. This is followed by a warm wrap with mineral-rich Black Silt Clay and herbal extracts of Indian Sarsaparilla and Honey to draw out skin impurities. Enjoy a scalp massage with Wild Lime Revitalizing Scalp and Hair Oil, and a foot massage with Mighty Mint Rescue Cream. Conclude the experience with a hot shower and a relaxing application of Sicilian Bergamot Body Lotion.

60 minutes

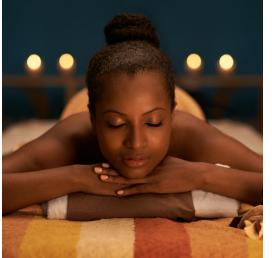
90 minutes includes a full body massage

VIP SOAK AND MASSAGE

Ease muscle strain and renew your energy with an Alpine Arnica Bath Soak to reduce pain and improve flexibility. Relax with a combination of deep massage techniques to treat sore muscles, tendons and stiff joints. True tension relief like no other.

90 minutes

120 minutes includes a 90 minute massage





using the finest in waxing products and techniques.

Grooming to look your best,

Bikini

Brazilian

Brow

Brow/Lip

Chin

Full Face

Lip

HALF-DAY PACKAGES

If you can dream it, we can make it happen. Allow our spa professionals to assist in designing the perfect spa day, just for you. Here are a few suggestions for how to discover pure relaxation at Coachlight Clinic & Spa – and these are only the beginning!

Coachlight Journey of your choice (scrub, soak and massage) followed by a Facial of your choice.

3.5 hours

Coachlight Soak and Massage Ritual followed by a Facial of your choice.

2.5 hours

A Wise Concoctions Massage Therapy Treatment of your choice, 60 or 90 minutes, followed by a Facial of your choice.

2 or 2.5 hours

Combine a Body Care Treatment of your choice, 60 or 90 minutes, with a Facial of your choice.

2 or 2.5 hours

For Men – Any combination suggested above is perfect for men OR combine a Men's Body Treatment of your choice, 60 or 90 minutes, with a Men's Transformation Facial.

2 or 2.5 hours







WHAT MAKES COACHLIGHT CLINIC & SPA UNIQUE?

Because we are committed to being the best place for the best YOU, we invest in the most advanced equipment available. We offer treatments which provide proven results. Simply put, our facilities, treatments and staff are among the finest in the region. Here's why:

- Our Aestheticians and Nurses have over 75 years combined aesthetic experience.
 Our Aestheticians are Iowa Licensed and our Nurse Injectors are trained by the top certified injection training companies in the U.S.
- We are the #1 practice in Iowa offering Botox® Cosmetic, Juvéderm® and SkinMedica®.
- We are the #1 practice in Iowa offering CoolSculpting®.
- Our Medical Director, Dr. David Robbins, is on-site and Iowa's only quadruple board certified plastic surgeon.
- We provide a consultation utilizing our VISIA Skin Analysis system at no charge.
 You will meet with true experts in advanced lasers and skincare.
- We make customer service our #1 priority. We treat YOU how we would want to be treated ourselves.
- We focus on educating our clients and providing the necessary information to make informed decisions.



MEET DR. DAVID ROBBINS

Dr. Robbins is the owner and Medical Director of Coachlight Clinic & Spa. Because he understands beauty starts from within and not everyone requires the benefits of surgery or are interested in having the downtime associated with this, he decided to expand his surgical practice (Des Moines Plastic Surgery) to offer aesthetic and laser services several years ago.

As nonsurgical treatments continue to grow in popularity providing exceptional results with minimal downtime at Coachlight Clinic, opening a resort-type spa featuring new ways to achieve health and well-being was a progressive transition. Dr. Robbins is proud to offer a spa experience unlike any other in Iowa, offering over 10,000 square feet of pure relaxation!

Dr. Robbins is among the top 1% of plastic surgeons in the United States. He is a leader in the Allergan community through his time serving as a national speaker on multiple platforms. He is board certified by:

The American Board of Plastic Surgery

The American Board of Facial Plastic and Reconstructive Surgery

The American Board of Cosmetic Surgery

The American Board of Laser Surgery

Dr. Robbins graduated from the University of Nebraska Medical Center with a medical degree and continued at UNMC for his surgical training. He then completed plastic surgery training at the University of Kentucky.

Professional Society Memberships:

American Society of Plastic Surgeons Fellow, American College of Surgeons

WHAT SHOULD YOU EXPECT ON YOUR FIRST VISIT?

The Coachlight Clinic & Spa offers a unique skin analysis and educational session which is free of charge. Our focus is not on selling, but on thoroughly educating you about your skin, all beneficial treatments, products, as well as providing realistic expectations. We will help you achieve your skincare goals.

During this educational session, you will learn facts about your skin, be given a VISIA Skin Analysis, which will compare you against a database of 4.5 million people, and be provided with a custom-designed plan for treatments and home care.



VISIA SKIN ANALYSIS

THE COACHLIGHT CLINIC & SPA APPROACH

Our goal at Coachlight Clinic & Spa is to help you be the best YOU. We do this with clinically proven services and medical-grade skincare products for home care which include growth factors, retinols, anti-aging, specialty products, and sunscreen. We offer complimentary consultations to help you discover the best skincare treatments and products to fit your needs. Natural mineral cosmetics are also available to nourish and protect your skin while revealing a fresh, even complexion.

Statistics from the American Society of Plastic Surgery have consistently shown substantial growth in nonsurgical cosmetic procedures. In fact, most cosmetic procedures performed today are nonsurgical in nature. The trend is for minimally invasive procedures that provide safe, consistent, reliable results with minimal or no downtime. Procedures such as laser treatments, nonsurgical fat reduction, hair restoration, nonsurgical skin tightening, vaginal rejuvenation, and minimally invasive face lift procedures are becoming more popular.



TREATMENTS FOR FACE AND BODY

Clients usually have several skin concerns they want to treat. They also have different budgets, and downtime requirements vary. The advancements in technology and the overwhelming increase in nonsurgical procedures over the last several years has allowed Coachlight Clinic & Spa to invest in the most advanced equipment. We want to make sure we have the newest technology on the market for our clients who want nonsurgical procedures which work on the face and body.

SKINCARE REGIMEN AND PRODUCTS

BABY FOOT
ESSENTIAL OILS
JANE IREDALE®
NATUROPATHICA
OBAGI®
REVISION®
SKIN AUTHORITY
SKINMEDICA
ZENTS

LASER TREATMENTS

FOREVER YOUNG BBL™

BBL from Sciton is Broad Band Light and is one of our most popular procedures available to correct texture, tone, and color issues on any part of the body. It treats rosacea, active acne, small blood vessels, and has been clinically shown to reverse the signs of aging and sun damage.





BEFORE

AFTER

HALO PRO™

Targets years of damage to your skin, including discoloration, sun damage, signs of aging, uneven skin tone, enlarged pores, poor texture, fine lines and scars.

LASER HAIR REMOVAL

Our gold standard Lumenis Duet Laser is equipped with a small and a large hand piece. The large hand piece allows us to treat large areas in 75% less time with 75% less pain.

LASER TATTOO REMOVAL

We are the first in the area to own the Quanta Q-Plus C Laser, considered the gold standard in tattoo removal. This laser has a ruby tip which allows us to treat all tattoo colors.





AFTER

BEFORE

LASER RESURFACING

An extensive, deeper treatment used to treat deep wrinkles, acne scars, sun damage and aging skin. Performed by Dr. David Robbins.





BEFORE

RE AI

MICROLASER PEEL AND PROFRACTIONAL TREATMENTS

Lasers are considered the most effective way to resurface the skin with minimal downtime. The Sciton Laser can be used to treat wrinkles, sun damage, large pores, texture, tone, discoloration, melasma and reduce scars.

MEDICAL SPA TREATMENTS

HYDRAFACIAL MD

The only hydradermabrasion procedure that combines cleansing, exfoliation, extraction, hydration and antioxidant protection; simultaneously resulting in clearer, more beautiful skin with no discomfort or downtime. Treatment is soothing, moisturizing and non-invasive, while improving the appearance of dull, dry, oily, congested or acneic skin.

60 minutes

One treatment reveals amazing results and lasts 5-7 days. One treatment per month is suggested to compound the results and see continued improvement

ADD-ON PERKS FOR HYDRAFACIALS

PERK EYE TREATMENT

Brightens and awakens the delicate eye area. An eye treatment awakens and invigorates the delicate eye area using key ingredients in the Eye Replenishing Serum. Soothing Eye Masks are included for home use applications to calm and soothe under eyes.

PERK LIP TREATMENT

Lightly plumps and locks in moisture to reveal a perfect pout. A lip treatment smooths and naturally plumps lips using key ingredients in Lip Revitalizing Serum. Hydrating Lip Balm SPF 30 provides UV ray protection and locks in moisture to maintain lip hydration.

BOTOX COSMETIC

This purified protein injectable has been proven to be a safe and effective treatment for facial lines and wrinkles since its FDA approval in 2002.

Treatments last 3 to 6 months and are often used to treat crow's feet, frown lines and wrinkles in the forehead.

KYBELLA™

A non-human and non-animal formulation of deoxycholic acid, a naturally-occurring molecule in the body that aids in the breakdown and absorption of dietary fat. When injected into submental fat or the double chin, KYBELLA causes lysis of adipocytes, the destruction of fat cells. Once destroyed, those cells cannot store or accumulate fat.

WRINKLE FILLER

Juvéderm, Voluma™, Radiesse and Restylane Lyft® are products used to restore volume to sunken areas of the face such as the cheeks, laugh lines, hands and lips. These products help reduce the appearance of lines and contour depressions. Results are immediate and last from 8 months to 2 years depending on the type and amount of product used.





JUVÉDERM BEFORE

JUVÉDERM AFTER

SMARTLIPO*

A laser is used to liquefy fat and tighten skin. It is most commonly performed with only local anesthesia and there is minimal downtime. Smartlipo can be performed on the same areas as traditional liposuction.

COOLSCULPTING

Being the first in Des Moines to offer this revolutionary treatment for nonsurgical fat reduction, we are one of the top providers in Iowa. If you can squeeze it, we can freeze it! Each treatment lasts one hour or less with no downtime. Treats the abdomen. love handles, upper arms, inner and outer thighs, back rolls, bra fat, male breasts, inner knee fat and double chin.



BEFORE

EXILIS™

Exilis uses radio frequency technology to tighten skin on all areas of the face and body. This treatment visibly tightens skin on the face, neck, arms, stomach and thighs. The procedure feels like a warm massage and has no downtime.

LASER LIFT*

Dr. David Robbins performs this fantastic procedure used to tighten and lift your lower face and neck. This procedure is performed under local anesthesia and takes just 30 minutes. This means NO general anesthesia, NO stitches, and minimal downtime.



BEFORE



THERMITIGHT™*

This is a treatment for people who are bothered by loose skin or have skin laxity with minimal fat. ThermiTight uses a tiny probe under the skin to gently heat specific tissues to a physician selected therapeutic temperature. After the treatment, a gentle wrap is applied and you may resume normal activities the next day.

CELLULAZE™*

Cellulite has long been one of the most frustrating issues for women. We offer the most effective solution. Cellulaze produces measurable, visible, permanent removal of cellulite with NO general anesthesia and minimal downtime.

* Procedure performed by Dr. David Robbins at Des Moines Plastic Surgery.

ADDITIONAL TREATMENTS

MIRADRY® SWEAT REDUCTION

This revolutionary procedure reduces excessive underarm sweat, odor and hair. It is a permanent and quick procedure with minimal downtime.

NEOGRAFT® HAIR LOSS **REPLACEMENT***

We are the first in Iowa to offer NeoGraft, a hair replacement procedure for men and women. There are no stitches, no scars, minimal downtime, and hairgraft regrowth rate is 98%.



BEFORE



PERMANENT MAKEUP

For those clients who don't want to apply makeup every day or have allergies to makeup, micropigmentation is a solution. It is a cosmetic tattoo which is typically applied to the upper or lower eyelash and eyebrows.

A growing number of women are seeking feminine rejuvenation. Much like a surgical "mommy makeover", women want their bodies back. Whether it is for aesthetics, function, or for increased sensation during intercourse, these procedures can benefit many women. Feminine Rejuvenation includes nonsurgical or surgical procedures which will help with urinary incontinence, improve vaginal sensitivity, increase moisture and sensation, provide internal vaginal tightening and external labia skin tightening.

THERMIVA®*

ThermiVa is a nonsurgical procedure which uses a radio frequency device to regenerate collagen, shrink the labia, tighten vaginal tissue, treat urinary incontinence and enhance sensation. ThermiVa treats multiple symptoms without surgery and without a recovery period. There is no downtime and minimal discomfort.

THE ORGASM SHOT® OR O-SHOT®*

The Orgasm Shot or O-Shot is an injection which improves sensation and urinary incontinence. The O-Shot procedure works by using your own Platelet-Rich Plasma (PRP) to stimulate stem cells to grow healthier vaginal tissue.

*Combined Treatment -ThermiVa treatments combined with the O-Shot produce enhanced orgasms, more sensitivity, lubrication, better muscle control and help with prolapse and incontinence.

These procedures and other vaginal rejuvenation procedures such as Labiaplasty, Vaginoplasty and Clitoral Hood Reduction are performed at Des Moines Plastic Surgery. To learn more, visit VaginalRejuvenationIowa.com.





These tips will help you make the most of your appointment time.

LATE ARRIVAL

If you arrive late, we will try to accomodate you, but cannot promise your full service time. You will be charged the full value of your treatment.

CANCELLATIONS—CLINIC

As a courtesy to all, we ask that a 48 hour notice be given if you need to cancel or change your appointment.

If 3 no-show/cancellations are accumulated consecutively a \$50 deposit will be required for an upcoming appointment. The deposit may be applied toward services.

CANCELLATIONS—SPA

As a courtesy to all, we ask that notice be given 24 hours before your appointment if you need to cancel or change your appointment.

Full treatment value will be charged for late cancellations or no-shows. Same-day appointments cannot be cancelled and will be charged the full treatment fee. A credit card is required at the time treatments are booked.

MINIMUM AGE

No Clinic treatment will be performed on any child under the age of 18 unless the parent remains present in the room during the treatment.

No Massage Therapy, Body Treatments, or Skin Care shall be performed on any child under the age of 16 unless the parent remains present in the room during the treatment.

GRATUITY

Upon checkout you may add gratuities which are at your discretion and appreciated by the staff for an outstanding experience.

CELL PHONES/PERSONAL ELECTRONIC DEVICES/CAMERAS/VALUABLES

We strive to provide our clients with a tranquil and private escape from the outside world. Please help by turning off and securing cell phones, personal electronic devices, and cameras upon entering the Clinic & Spa. Cameras and video recording are strictly forbidden to honor our clients' privacy. We recommend that you do not bring valuables with you. The Coachlight Clinic & Spa is not responsible for damage or loss of your personal items.

MEDICAL CONCERNS

We always recommend that you consult with your physician if you have questions or concerns regarding treatment considerations. We do have a brief Health History Intake Form for all clients to fill out prior to scheduled treatments to ensure we are able to provide the safest possible service. Please accurately and completely inform us of any medical or special needs such as high blood pressure, allergies, pregnancy, or any other special circumstances that may require our attention. Based on your health history or communications with the provider, he/she may cancel, recommend a different service or modify a service to ensure your safety.

As we are most interested in your safety and comfort, we reserve the right to refuse service to any client at any time.

YOUR COMFORT AND WELL-BEING

For the utmost in your well-being and comfort, please communicate with your service provider any preferences, concerns or expectations that you may have.

Prices and services are subject to change without prior notice.

FOR SPA ONLY

APPOINTMENTS

We recommend that you schedule spa services well in advance in order to better secure a treatment time most convenient to you. Reservations are subject to availability and will be guaranteed to your credit card.

PLAN YOUR ARRIVAL

A visit to the spa is a commitment to your overall wellbeing. Plan to arrive at least 30 minutes prior to your service in order to begin to unwind so you can fully enjoy your treatment. Allow yourself time to change, wrap in your spa robe and relax in our steam, sauna, and resting area with cold cloths and cool waters. Then continue on to our Relaxation Lounge and select a cup of tea to await your spa service provider. This is the beginning of your soothing spa experience.

WHAT TO WEAR

Robes and slippers are provided for your convenience. Lockers are available to store your clothing and valuables. Our spa service providers professionally drape our clients during treatments. Please disrobe to the level of your comfort.

BOUTIQUE

Recreate your Spa experience right at home. Upon completion of your treatment, our Spa Professionals will educate you on the products used and share suggestions for your continued relaxing spa experience at home. All of these products are available for purchase at our Spa Boutique.

GIFT CERTIFICATES

Gift certificates are the perfect gift for anyone and for any occasion. Available at the Spa Reception or online at DsmCoachlight.com. The gift certificate must be present at time of redemption.

AMENITIES

EUCALYPTUS-INFUSED STEAM ROOM*

An experience that helps improve respiration, increases circulation and opens pores to soften the skin.

HIMALAYAN SALT SAUNA*

The warmed salt gives off negative ions that help to relieve anxiety, reduce stress, improve sleep, reduce air pollution and reduce allergens.

IEDITATION/RESTING AREA*

Meditation is one of the most powerful ways to achieve balance for the mind, body and spirit.

COOLING RAIN EXPERIENCE*

This helps to cool the body between steam and sauna for a full calming thermal circuit which stimulates circulation, releases adrenalin and leads to the serotonin secretion.

RELAXATION LOUNGE

Enjoy herbal teas and infused water to relax before your spa experience.

*Located in both ladies' and gentlemen's locker rooms.



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