



Beautiful FIT

COOPER SPA™

FULL MENU

Welcome

: HOURS

Monday-Friday	9 a.m.-8 p.m.
Saturday	8 a.m.-8 p.m.
Sunday	Noon-6 p.m.

: ARRIVAL INSTRUCTIONS

We ask that you arrive 15 minutes prior to your scheduled appointment time. Arriving late will deprive you of precious minutes during your spa treatment. To prevent distractions during your treatments, please refrain from cell phone use upon entering Cooper Spa.

: RESERVATIONS AND CANCELLATIONS

Please book Cooper Spa appointments in advance by calling 972.392.7729 or emailing dallas@cooperspa.com. You may request a specific gender or therapist for your service while booking an appointment. We also have the ability to arrange a recurring appointment for you based on your schedule. Please inform one of our spa coordinators, who can assist you with scheduling your standing appointment.

We ask for a 24-hour notification to cancel or reschedule an appointment. Cancellations with less than a 24-hour notice will be charged 50 percent of the original value of the scheduled service. Missed appointments will be charged the full fee.

: SPA AGE REQUIREMENTS

For those under the age of 17, parental or guardian supervision is required for all services. Please contact a spa coordinator to learn more about specific service restrictions.

: CHILDCARE

For the privacy and relaxation of our spa clients, we kindly request that children not accompany you during your services. For your convenience and peace of mind we provide complimentary childcare for children ages 2 months to 12 years at Cooperized Kidz based on length of time and availability. When booking your spa appointment, please request childcare reservations. 24-hour advance reservations are required.

: SPA ATTIRE

Before and between services you are welcome to use our Spa dressing room with showers, lockers, toiletries, oversized robes and slippers. For your privacy during the service, you will be professionally draped.

: FITNESS CENTER USE

Complimentary use of the locker room facilities including sauna, whirlpool and steam room are available for use during the day of treatment. With the purchase of two or more Cooper Spa services, you will also receive complimentary use of Cooper Fitness Center exercise space and any non-paid group exercise classes.

: GIFT CARDS

Cooper Spa offers gift cards for services or a dollar amount beautifully packaged and ready for presentation. For convenient gift giving, gift cards may be purchased in person, by phone or online at cooperspa.com. All gift card purchases are nonrefundable.

: DAILY EMAIL SPECIALS

Log on to cooperspa.com to join the Cooper Spa daily email list to receive the latest spa specials and last-minute appointment openings and discounts.

: COOPERSPA.COM

Be sure to visit cooperspa.com to connect with us. From the comfort of your home, you can:

- Purchase gift cards
- Sign up for daily email specials
- Learn about seasonal promotions



Unwind with a massage by our professional and knowledgeable licensed therapists.

: BEAUTIFUL FIT SIGNATURE MESSAGE

This personalized service, tailored to your specific needs, incorporates varying techniques, pressure and essential oils to give you ultimate relief. Following a private consultation with the licensed therapist, your one-of-a-kind service will begin to unwind your body and mind.

75 minutes / \$185

🌿 : DEEP TISSUE MESSAGE

Using stronger pressure focused on trigger points in the muscle tissue, this technique is ideal for the active person or those needing relief from extended soreness or tightness.

50 minutes, \$150 / 80 minutes, \$195

🌿 : SWEDISH MESSAGE

Addressing tension in the muscles and soft tissue, this traditional technique is ideal for every person.

50 minutes, \$130 / 80 minutes, \$175

🌿 : FITNESS STRETCHING MESSAGE

Integrating deep tissue massage with stretching, this treatment releases tension, increases vitality and enhances flexibility. Beneficial for fit body types.

50 minutes, \$150 / 80 minutes, \$195

We recommend women wear a sports bra top and shorts and men wear loose-fitting shorts.

: PREGNANCY AND POSTPARTUM MESSAGE

The extra stress and tension placed on an expectant mother's body is relieved through the use of massage, specialty contoured body pillows, soft music and aromatherapy. Improved circulation and diminished back and hip pain are benefits of this unique therapy for pregnant women. Postpartum massage can help restore a new mother's body to its pre-pregnancy condition and alleviate muscle strain and soreness.

50 minutes, \$140 / 80 minutes, \$180

We recommend that you are past your first trimester and/or have a physician's consent.

: MUSCLE ACTIVATION TECHNIQUES®

MAT, or Muscle Activation Techniques, is a non-invasive technique that analyzes and corrects muscular imbalances. The first step is to identify the cause of the imbalance, pain or limited range of motion through a series of tests. Once identified, a process for reactivating the affected muscles begins. Benefits can include reduced pain, improved mobility and decreased risk of injury.

60-minute consultation and light work, \$85

60-minute full session, \$160



Unwind with a massage by our professional and knowledgeable licensed therapists.

: AROMATHERAPY

Enhance the healing powers of massage with a customized selection of pure essential oils that nourishes the body and nurtures the spirit.

\$20

: MAGNESIUM TREATMENT

Magnesium oil is an anti-inflammatory mineral oil used during massage to relax and relieve cramps, muscle fatigue and stress.

\$20

Magnesium oil is not recommended for those who are pregnant or taking heart medications.

**: MOROCCANOIL® LEAVE-IN HAIR TREATMENT
ENHANCEMENT**

Treat your hair with the conditioning benefits of MoroccanOil®. Infused with antioxidant-rich argan oil and shine-boosting vitamins, this treatment will leave your hair rejuvenated and smooth.

\$20

: PERCUSSION THERAPY

Targeted recovery therapy, percussion therapy delivers fast, short pulses and vibration to muscles and connective tissue using a massage device. The benefits include increased blood circulation, decreased amount of muscle soreness post workout and decreased muscle tension and tightness leaving you with an overall feeling of relaxation.

\$20

Not recommended for those who bruise easily, are pregnant, have diabetes, a bleeding disorder or acute nerve injury or have recently had surgery.

: STONE THERAPY ENHANCEMENT

With the placement of warm and cool stones, this massage enhancement loosens tight muscles, relieves stress and eases tension. Ideal for those needing relief from extended soreness or tightness.

\$20

Not recommended for those who are pregnant, have diabetes or Raynaud's phenomenon or lack sensation for any other reason.



Body treatments are meant to focus on both your internal and external health through a combination of exfoliation, targeted pressure points, specialty hydration methods and other techniques as listed below.

: HARMONIC LAVENDER SUGAR SCRUB

Your mind will instantly rewind while your skin is exfoliated thoroughly with a special blend of natural lavender essential oil and sugar mix. After a rinse when the skin is ready for hydration, you will be lathered in soothing lotion during a therapeutic 50-minute massage.

80 minutes, \$200

: DETOXIFICATION BODY WRAP

Packed with antioxidants and phytonutrients, the techniques and products used in this service will stimulate your body, resulting in a refreshed feeling and youthful glow all over. Your body will be nourished inside and out. This full-body treatment includes a body brushing, warm wrap, a brief resting period while the scalp is massaged and a steamy shower, then a methodical massage technique is used for application of a moisturizing lotion.

80 minutes, \$200

: STONE CROP RESTORATIVE BODY TREATMENT

A relaxing and luxurious service, the Stone Crop Restorative Body Treatment is rich in antioxidants, vitamins and hydrating qualities. Stonecrop is a hydrating and healing plant used in many skincare products. This full-body treatment includes dry brushing followed by a lemony scrub to exfoliate and brighten skin. Next, your skin is rehydrated with a Stone Crop body moisturizer followed by a 50-minute massage using Stone Crop body oil and hot stones.

80 minutes, \$200

: FIT BODY SCRUB FOR HIM

Stimulate your body and mind with this robust mixture of rosemary and lavender oils, excellent for muscular tension. Following the exfoliation treatment, relaxation continues with a full-body Deep Tissue Massage.

80 minutes, \$200

It is recommended to refrain from shaving within 24 hours of any body care services. Exfoliation services and body wraps are not recommended for those who are sensitive to iodine, shellfish or seaweed; are pregnant; have heart disease, irregular blood pressure or open wounds; or have highly sensitive skin or allergies.



chieve healthier hands with one of our salon treatments. All manicure services include thorough cuticle and nail bed maintenance as well as hydrating hand and forearm massage.

🌿 : BEAUTIFUL FIT SIGNATURE MANICURE

This lavish, fully customizable experience for the hands includes a moisturizing hand soak, nail grooming, hydrating paraffin wrap and soothing hand and forearm massage. Leave with beautifully manicured, polished nails.

40 minutes, \$55

🌿 : REVITALIZING MANICURE

Transform the appearance of tired hands with ultra-moisturizing cupuacu butter and antioxidant-rich white tea extract. This luxurious manicure delivers a powerful boost of collagen production in the skin. You'll leave feeling soothed and renewed.

40 minutes, \$65

: NOURISHING ALMOND MANICURE

Soothe tired hands with our sweet fragrant almond manicure. Rich in jojoba oil and vitamin E, this service will leave your hands well hydrated and feeling satin-smooth.

40 minutes, \$65

: HARMONIC LAVENDER MANICURE

Experience the relaxing and comforting effects of lavender while soothing and softening your hands. This service begins with lavender essential oil to melt the stress away, followed by a lavender sugar scrub to exfoliate. Enjoy a lavender moisturizing mask applied to your hands and arms before ending your session with a luxurious lavender lotion hand massage and the polish of your choice.

40 minutes, \$65

🌿 : ESSENTIAL MANICURE

An efficient, full-service manicure including nail grooming, cuticle maintenance, hydrating hand massage and polish.

25 minutes, \$48

: FIT MANICURE

Designed to make your hands and nails look and feel their best. Includes nail grooming, cuticle trim, hand massage and nail buffing.

25 minutes, \$40

Complements to Manicures

VITA-GEL POLISH, \$23

VITA-GEL REMOVAL, \$18

POLISH CHANGE, \$20

FRENCH/AMERICAN POLISH, \$10

RESTORATIVE CUTICLE OIL SOAK, \$15

HYDRATING PARAFFIN TREATMENT, \$18



Refresh your feet with one of our salon treatments. All pedicure services include thorough foot, nail and cuticle maintenance, exfoliation or mask as well as a soothing foot and calf massage.

: BEAUTIFUL FIT SIGNATURE PEDICURE

The ultimate experience for your feet, this fully customizable pedicure uses soothing, calming Beautiful Fit products. A warm foot soak is followed by detailed nail grooming and cuticle maintenance. Feet and calves are exfoliated, followed by a paraffin wrap and thorough massage. The final touch is the polish of your choice.

60 minutes, \$82

: REVITALIZING PEDICURE

Transform the appearance of tired feet with ultra-moisturizing cupuacu butter and antioxidant-rich white tea extract. This luxurious pedicure delivers a powerful boost of collagen production in the skin. You'll leave feeling soothed and renewed.

60 minutes, \$85

: NOURISHING ALMOND PEDICURE

Perk up your tired feet with our sweet fragrant almond pedicure. Rich in jojoba oil and vitamin E, this service will leave your feet well hydrated and feeling satin-smooth.

60 minutes, \$85

: HARMONIC LAVENDER PEDICURE

Experience the relaxing and comforting effects of lavender while soothing and softening your feet. This service begins with lavender essential oil to melt the stress away, followed by a lavender sugar scrub to exfoliate. Enjoy a lavender moisturizing mask applied to your feet and calves before ending your session with a luxurious lavender lotion foot massage and the polish of your choice.

60 minutes, \$85

: ESSENTIAL PEDICURE

This thorough service includes a foot soak, foot buff, nail grooming, cuticle maintenance, hydrating foot massage and polish.

45 minutes, \$68

: FIT PEDICURE

A relaxing pedicure that includes a foot soak, nail grooming, cuticle maintenance and nail buffing. Just what every person needs for tired, callused feet.

40 minutes, \$55

Complements to Pedicures

VITA-GEL POLISH, \$23

VITA-GEL REMOVAL, \$18

POLISH CHANGE, \$20

FRENCH/AMERICAN POLISH, \$10

RESTORATIVE CUTICLE OIL SOAK, \$15

HYDRATING PARAFFIN TREATMENT, \$18



Enjoy our innovative approach to skin health. Through the use of natural ingredients, fragrance and therapeutic touch, our treatments restore vitality and promote healthy skin function.

Facials begin with a skin analysis to identify skin type and problem areas along with a full cleanse using one of our unique cleansing tools. Each full facial includes a hand and foot massage during the masking treatment (with the exception of microdermabrasion and peels). For a comprehensive consultation and skin analysis, the esthetician will ask about your current home skin care regimen.

: BEAUTIFUL FIT SIGNATURE FACIAL

Formulated according to your skin condition, plant enzymes remove accumulated deposits and dead cells to improve skin color and texture, while allowing the skin to breathe freely. The results are enhanced with the application of phytoaromatic Italian massage cream.

75 minutes, \$175

: SKINCEUTICALS® FIRMING FACIAL

This service is ideal for dehydrated, aging and environmentally-damaged skin. Using specific SkinCeuticals® products including vitamin C will leave a healthier, firmer appearance of the skin.

75 minutes, \$175

: ÉMINENCE® ORGANIC CUSTOMIZED FACIAL

Eminence addresses a variety of skin concerns such as premature aging, wrinkling, sun damage and acne. The therapies come from natural ingredients that soothe and refresh the skin. Let one of our experienced estheticians select organic products to address your skin care needs in this customized facial.

75 minutes, \$175

: DEEP CLEANSING FACIAL

Rejuvenate and maintain healthy skin with this deep pore cleansing treatment with extractions as needed and advanced hydration. All of your skin's basic needs will be satisfied.

60 minutes, \$135

: ANTIOXIDANT HYDRATING FACIAL

For dry to extremely dry skin, this super hydrating treatment recharges the skin with essential lipids and moisture-binding elements. Powerful antioxidants also help intercept skin-damaging oxidants that may contribute to future skin damage.

60 minutes, \$145

: TEEN FACIAL

Clinically proven to assist in the management of acne-prone skin, you will experience a gradual clearing of blemishes and an overall skin retexturization. Consultation, treatment and product recommendations are included.

60 minutes, \$125

: FIT FACIAL FOR HIM

An anti-stress facial treatment specifically designed to meet the needs of a man's skin, with extra attention given to the beard line. An oxygenating energy gel gives a revitalizing boost. Please shave at least eight hours prior to your service; however, if you have sensitive skin, it is best to shave 24 hours in advance.

60 minutes, \$135



ur treatments restore vitality and promote healthy skin function.

: CUSTOM CHEMICAL PEEL

Rejuvenate your skin tone and texture with a custom chemical peel. Gently lifting dead skin cells using AHA/BHA acids, chemical peels expose your clear, healthy skin underneath. They are a great way to brighten the face, reduce pigmentation, minimize acne scarring and rejuvenate the skin for a radiant complexion. Our chemical peels have zero downtime and can be performed on most skin types.

50 minutes, \$175 / Facial add-on, \$75

: DERMAPLANE

An effective alternative to chemical treatments, dermaplane uses a fine exfoliating blade to skim dead skin cells and fine, "peach fuzz" hair from the face. The result is a smooth, youthful and radiant complexion. Dermaplane also helps minimize wrinkles and acne scarring with results lasting approximately three weeks.

50 minutes, \$175 / Facial add-on, \$75

🌿 : MICRODERMABRASION

Ideal for men and women desiring healthy, younger looking skin, microdermabrasion is an alternative to chemical and laser treatments. Through gentle exfoliation of surface cells, the appearance of fine lines and wrinkles, acne scarring, stretch marks and age spots is minimized. Consultation included.

50 minutes, \$175 / Facial add-on, \$75

: NEW! NANOINFUSION

A non-invasive procedure to improve the look of skin texture, address visible signs of premature aging and boost hydration. This treatment involves tiny stainless-steel cones to help with resurfacing and product infusion.

50 minutes, \$175 / Facial add-on, \$75

: COLLAGEN FACIAL MASK

A mask of 100 percent freeze-dried natural marine collagen is applied for an intensive moisturizing treatment to counter premature aging, wrinkles and slackening of the skin.

Facial add-on, \$50

: COLLAGEN EYE MASK

Derived from 100 percent freeze-dried natural marine collagen, this intensive treatment immediately smoothes skin in the entire eye area and diminishes the look of premature aging. We recommend a series of treatments for maximum results.

Facial add-on, \$35

: HAIR REMOVAL BY WAXING

Our skilled technicians use delicate, ultra-smooth cream wax that encapsulates the hair rather than sticking directly to the skin. When the integrity of the skin is uncompromised, there is reduced inflammation, redness and downtime for the client.

Not recommended for those on Retin-A or Accutane. Inform your esthetician of any prescription drugs or topical products you are currently using.

Chin, \$25

Lip, \$20

Brow, \$25

Face (not including brow), \$55

Neck, \$30

Underarm, \$40

Arm, \$40

Back (full), \$85

Back (half), \$55

Bikini, \$55

Leg (full), \$85

Leg (half), \$55

Spot Waxing, \$20



t Cooper Spa, we believe in natural beauty. With our professionally trained technicians, we are able to enhance your features through a variety of services.

: LASH AND BROW TINTING

Long-lasting 100 percent natural vegetable tints help define and accentuate your lashes and brows for a natural look and feel. Brown, black and amber tints available.

25 minutes (lash), \$35

25 minutes (brow), \$35

30 minutes (combo), \$60

: EYELASH EXTENSIONS

Wake up to longer, thicker and more beautiful lashes every day. These semi-permanent individual lashes last from two to four weeks, based on personal maintenance. Your first basic refill is complimentary if scheduled within two weeks of original application.

120 minutes (full set), \$250

60 minutes (basic refill), \$60



Find total body relaxation with one of our individual or group packages. Or you can customize a package unique to your needs.

: BEAUTIFUL FIT ESCAPE

Escape into a day of pampering. Begin with the Beautiful Fit Signature Facial and further relax with a revitalizing body scrub of your choice. Complete your time with our Beautiful Fit Signature Manicure and Pedicure to experience ultimate luxury. With your body and mind revitalized, enjoy a delicious, heart-healthy spa meal provided by Cedars Woodfire Grill at Cooper Aerobics (during hours of operation).

5 ½ hours, \$524

: ELEGANT ESCAPE

Invigorate your mind and body with a Deep Cleansing Facial and a 50-minute Swedish Massage. This total body experience concludes with an Essential Manicure and Pedicure.

4 hours, \$381

: EXPECTING THE BEST

Specially designed for the mother-to-be, the pampering includes a 50-minute Pregnancy Massage, Eminence® Organic Customized Facial and a Nourishing Almond Pedicure.

3 hours, \$400

: HARMONIC LAVENDER ESCAPE

Relax and unwind with the soothing and balancing aroma of our natural harmonic lavender services. This calming, full-body experience includes a Harmonic Lavender Sugar Scrub, including a 50-minute massage, followed by a Harmonic Lavender Manicure and Pedicure.

2 ½ hours, \$350

: FIT ESCAPE FOR HIM

Begin this head-to-toe relaxation package with a Fit Facial followed by a Fit Body Scrub which includes a massage. A great de-stressor for him.

2 ½ hours, \$335

: GROUP AND BRIDAL PACKAGES

Cooper Spa is the ideal setting for group outings or wedding celebrations. It can be a time of relaxation before the big day or a unique treat for friends. Create your own ideal Spa day or let us design a Spa day for you.

We suggest groups of five or more make reservations at least two months prior to the desired Spa day. A credit card is required, along with the number of people in your group and the specific desired services. A 72-hour advance cancellation notice is required to avoid full service charges.

For your convenience, a 20 percent surcharge is added to cover service fees and gratuities.

: CUSTOM PACKAGES

Events can be customized with catered luncheons and preferential scheduling to ensure the pampering and relaxation needs of your group are met. Create your own ideal Spa day or let us design a Spa day for you.

Please email us at dallas@cooperspa.com to begin designing your experience.



e offer services tailored for a man's unique body and skin care needs.

: SWEDISH MASSAGE

Addressing tension of the muscles and soft tissue, this traditional technique is ideal for every person.

50 minutes, \$130 / 80 minutes, \$175

: DEEP TISSUE MASSAGE

Using a rougher pressure focused on trigger points in the muscle tissue, this technique is ideal for the active person or those needing relief from extended soreness or tightness.

50 minutes, \$150 / 80 minutes, \$195

: FITNESS STRETCHING MASSAGE

Integrating deep tissue massage with stretching, this treatment releases tension, increases vitality and enhances flexibility. Beneficial for fit body types.

50 minutes, \$150 / 80 minutes, \$195

We recommend wearing loose-fitting shorts.

: FIT BODY SCRUB FOR HIM

Stimulate your body and mind with this robust mixture of rosemary and lavender oils, excellent for muscular tension. Following the exfoliation treatment, relaxation continues with a full-body Deep Tissue Massage.

80 minutes, \$200

: FIT MANICURE

Designed to make your hands and nails look and feel their best. Includes nail grooming, cuticle trim, hand massage and nail buffing.

25 minutes, \$40

: FIT PEDICURE

A relaxing pedicure that includes a foot soak, nail grooming, cuticle maintenance and nail buffing. Just what every man needs for tired, callused feet.

40 minutes, \$55

: FIT FACIAL FOR HIM

An anti-stress facial treatment specifically designed to meet the needs of a man's skin, with extra attention given to the beard line. An oxygenating energy gel gives a revitalizing boost. Please shave at least eight hours prior to your service; however, if you have sensitive skin, it is best to shave 24 hours in advance.

60 minutes, \$135

: FIT ESCAPE FOR HIM

Begin this head-to-toe relaxation package with a Fit Facial followed by a Fit Body Scrub which includes a massage. A great de-stressor for the man of any profession.

2 ½ hours, \$335



Cooper Clinic Dermatology is the perfect complement to Cooper Spa's therapeutic and revitalizing treatments. Our board-certified dermatologists are experts in health and beauty, using the latest preventive and cosmetic dermatology techniques available.

To make an appointment for a consultation or service, call 972.367.6000 or visit cooperclinicdermatology.com. Prices vary.

: SKIN CANCER SCREENING

Meticulous head-to-toe evaluation of your skin by a Board Certified Dermatologist to identify and treat skin cancers as well as other dermatologic conditions

: MOLE REMOVAL

Surface removal of moles for preventive or cosmetic reasons.

: BOTOX® AND DYSPORT®

Used cosmetically to reduce wrinkles or medically to treat excessive underarm sweating.

: FILLERS

Restore fullness in the face, reducing smile lines, sagging skin and wrinkles with fillers including Restylane® and Sculptra®

: LASER TREATMENTS

Short, concentrated beams of light improve dull and discolored skin with new collagen formation, resulting in more youthful skin.

- PICOSURE®
- COOLPEEL® (ablative CO2 resurfacing)
- FUSION (blended ablative and non-ablative resurfacing)
- SULTRA (non-ablative resurfacing)
- IPL (Fotofacial)

: CHEMICAL PEELS

A variety of treatments to help correct sun damaged and aging skin and protect against future damage.

: VIVACE® ULTRA RF MICRONEEDLING

Industry-first ultrasound visualization combined with radiofrequency microneedling to stimulate the natural production of collagen to alleviate wrinkles and fine lines, as well as tighten and tone the face, neck and body

: PLATELET-RICH PLASMA (PRP)

Stop hair loss with safe, non-invasive injections of your own plasma for natural hair growth, stronger follicles and thicker volume