



## Spirit of Women Membership Rewards Discount List



Clothing, Bags & Jewelry	
Beauty by Jeunique	Free custom bra fitting & 10% discount on regular priced items
Changeable Charm Jewelry	10% off any item. Contact Deb Speckman (712) 277-8221
Dress Forms Design Studio, LLC	\$50 off custom design gown or suit. 25% off one designer garment styling / alteration. Free designer veil with custom wedding gown booking.
Greenberg Jewelers	20% off regular priced jewelry (some restrictions apply) 10% off sale items. Discounts can be taken at Southern Hills Mall store.
Sandy Keane's School of Dance	50% off one regular priced item of merchandise
Younkers	15% off a single regular or sale price apparel, or accessory item or save 10% on a single regular or sale price home item. Normal exclusions apply.
Floral, Home Décor & Gifts	
A Step In Thyme Floral	10% off your flower order. (Excludes banquets, weddings & funerals.) One use per visit. Not valid with any other offer.
Beth's Flowers on 4th	15% off regular priced item (Excludes special orders)
Book People	10% discount on regular priced merchandise. Some restrictions may apply.
Hy-Vee	Free Mylar balloon with purchase of any floral arrangement. All Sioux City and South Sioux City locations.
The Glass Apple Gift Shop	20% off one gift item or jewelry. Excludes flowers, candy and all sundries.
Tupperware	Free shipping for your 1st order. Free gift for scheduling or referring a demonstration. <a href="http://my.tupperware.com/cindysue">my.tupperware.com/cindysue</a>
Usborne Books	10% off orders of \$25 or more!
Health Care & Fitness	
Kruse-Manley Clinic of Chiropractic	Free 30 minute massage with initial chiropractic office visit or referral.
St. Luke's Center for Heart & Vascular Health	\$5 discount on each of the tests in the Vascular Screening Program for circulatory diseases. All are non-invasive, painless and quick: carotid scan, abdominal aortic scan and screening of the lower extremities for peripheral arterial disease. Call 712-279-3257.
St. Luke's Home Care	10% discount on any purchased item. Cash only, not able to discount insurance purchases.
Ultimate Fitness	\$0 to join. Single: \$29.95/month. Couple: \$49.95/month. Family(3-4 people max): \$59.95/month. 2 free training sessions included. Access to 2 locations.
Restaurants	
Perkins Restaraunts	15% discount. Unlimited visits and number of guests in a party. Spirit of Women member must pay when with a party. Offer good for 2010.
Pickerman's	5% discount on purchases of \$5 or more
The Pita Pit	Free combo (22oz fountain drink and chips <i>or</i> 22oz fountain drink and 2 cookies) with the purchase of a regular pita.
The Sugar Shack Bakery	\$2 discount on a large cookie bouquet. \$1 off any cake order. 700 Jennings St., Sioux City, 712-252-5598
Wine Styles	10% off purchase. Excluding 6 for \$60 special or any other offer.

Salon, Spa & Skin Care	
Belle Touche Salon & Day Spa	10% off Aveda products
Body & Soul	One free makeup lesson and 10% off retail purchases
Isagenix	Free bottle of Natural Accelerator Capsules, Metabolism Boost with your first order of \$100 or more. (\$32 value). Dorothy Barto, 712-252-5215
Mary Kay Cosmetics	Free makeover with skin care and color consultation. Free gift at initial appointment. Cheri Van Valkenburg, 712-233-3114
Massage & Body	\$5 off any service over \$30. Two locations: 2820 Hamilton Blvd & 4297 Sergeant Rd
Rick & Company	\$5 off pedicure, \$5 off spray tan, \$5 off tanning packages
Services	
FastFrame	\$25 off Custom Framing of \$100 or more (Not valid for work in progress) Discount applies at time of ordering. Not valid with any other promotion.
Harold's Photo Centers	20% off any portrait session. Not valid with other offers.
Knoepfler Chevrolet	Free multi-point vehicle inspection. Free front end alignment with purchase of 4 tires. 10% discount on any non-sale item in our gift shop.
Kollman Appliance	Free major component warranty with every major appliance. (\$59.95 value)
Mosher's, Inc.	10% discount on all regular priced merchandise. Excludes items on sale, labor charges when applicable and discounted specials. "Cash & Carry" only.
Play All Day	\$1 off on full price admission
The Quilting G	25% discount on hourly rate for machine quilting.

You must present your current Spirit of Women membership key tag to take advantage of these discounts.

Visit [www.stlukes.org](http://www.stlukes.org) for the latest Spirit of Women calendar of events and membership information.



**ST. LUKE'S**  
IOWA HEALTH SYSTEM

*Siouxland's Exclusive  
Spirit of Women Hospital*