

THE  
WELL

Wellness Menu



## Contents

Facials: *pages 4-7*

Pigmentation: *page 7*

Lashes & Brows: *page 9*

LED Face & Body Therapy: *page 10*

Hair Removal: *pages 11-12*

Aesthetic Medical Services: *pages 13-16*

Body Treatments: *page 18*

Women's Health: *page 19*

Nail Services: *pages 19-20*

Osteopathy, Physiotherapy, Chiropractic: *page 20*

Five - Elements Acupuncture: *page 20*

Cosmetic Acupuncture: *page 21*

Homeopathy: *page 21*

Reiki / Healing / Aromatherapy: *page 21*

Massage Services: *page 22*

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# Facials

## LING FACIALS:

Ling Chan facials are developed with a holistic philosophy, merging traditional Asian beauty principles with State-of-the-art ingredients and technology, blending the best of both worlds for maximum skin benefits. Ling facials are based on the Asian beauty principles of proper exfoliation and hydration to balance the skin while preventing and treating skin ailments.

### The Express: 30 mins | £45

(Deep cleansing) Speedy facial comprising cleansing, exfoliation, steam, extractions and application of Ling products to have you out the door in no time.

### The Signature: 50 mins | £90

(Deep cleansing) Bespoke facial comprising cleansing, exfoliation, steam, extractions and ultrasound to allow the Ling products to penetrate the skin surface.

### Luxury: 80 mins | £140

As for the Express facial, and in addition includes a shoulder and scalp massage.

### Wow Signature Triple Peel Facial: 80-90 mins | £140

Suitable for all skin types, especially those with clogged and large pores and oily skin.

### Champagne Rose 02 Facial: 60 mins | £90

Rejuvenating and bringing dry, dull skin back to life.

### C The Difference Antioxidant Facial: 60 mins | £90

For sun damage, sun spots, ageing, uneven skin tone.

### Bye-Bye Breakout Facial: 75 mins | £120

For Acne-prone skin, monthly breakouts.

### Charcoal Detox Facial: 90 mins | £140

For detoxifying, clogged pores and blackheads, hot and humid weather.

### DNA Do Not Age Facial: 80-90 mins | £140

Suitable for all signs of ageing, tired skin, fine lines.

### Ginseng Herbal Facial: 50-60 mins | £90

For relaxation and pampering, dehydrated and tired skin.

### NASA Light Years Younger Facial: 60 mins | £90

For ageing skin, hyperpigmentation, redness, broken capillaries, acne.

### Oxygen Sparkling Glow Facial: 60 mins | £90

For rejuvenating and bringing dry, dull skin back to life.

### Pore to Pure Facial: 60 mins | £90

Suitable for all skin types, especially clogged and enlarged pores, oily skin.

### Relax and Rewind Facial with Body Wellness: 75 mins | £110

Suitable for relaxation and anti-ageing.

### Back Ling Facial: 60 mins | £90

Treat your back to the same attention your face gets with this treatment which involves cleansing, exfoliation, back massage, customised treatment masks and peels, extractions and application of bespoke serums and lotions.

### Back Ling Facial Luxury: 90 mins | £140

If your back needs a little extra attention, whether it is extractions, masks or massage, this is the treatment for you.

# Facials

## GUA SHA:

### Qi Balance Facial: 60 mins | £150

(Deep cleansing, anti-ageing): The Well is proud to be the flagship spa for 320MHz. This unique facial uses the 320MHz products and Hayo'u to provide deep cleansing, extractions, Gua Sha massage, moisture replenishment and ultrasound, allowing the products to penetrate the skin surface. 320MHz and Hayo'u are vegan friendly, sustainably sourced and free from synthetics and preservatives.

## INTRACEUTICALS OXYGEN FACIAL TREATMENTS:

Known as the red carpet or oxygen facial, Intraceuticals delivers dramatic instant and visible results to fatigued, tired, and lacklustre skin with no down time. The facial application method uses Hyperbaric Oxygen to promote delivery of Professional Strength Rejuvenate serums to the skin, for instant plumped, hydrated, glowing skin.

### Intraceuticals Rejuvenation: 50-60 mins | £140

(Anti-ageing) Reduces the appearance of fine lines and wrinkles

### Intraceuticals Clarity: 50-60 mins | £140

(For acne / blemish-prone / congested skin): refines the appearance of problem prone skin, clearing all build up, leaving skin clarified and refined. Cooling and calming, this treatment increases absorption of the Clarity serum and naturally improves your skin's hydration levels while vitamins and antioxidants protect and defend.

### Intraceuticals Opulence: 50-60 mins | £140

(for pigmentation / brightening / sun damage / uneven skin tone): Intraceuticals Opulence combines botanical brighteners and concentrated Vitamin C to brighten and balance dull, uneven skin tone whilst minimising pigmentation, leaving skin luminous.

### Intraceuticals Atoxelene: 50-60 mins | £140

(for fine lines and wrinkles): This targeted treatment can be added on to the above Intraceuticals facials, and is an alternative to more invasive procedures. Natural amino acids instantly firm, lift and plump the skin for reduced appearance of fine lines and wrinkles.

### Intraceuticals Booster: £60 each

Enhance your results with a personally prescribed Booster+ Treatment. Choose any of the above Intraceuticals facials and add on a Booster serum,:

**Vitamin A** to help promote skin elasticity while clarifying and refining the appearance of skin

**Vitamin C+3** contains 3 forms of Vitamin C to smooth, strengthen and promote healthy glowing skin.

**Antioxidant** revitalises and balanced dull, stressed skin with natural superfruits from the Australian outback.

**Collagen** promotes skin renewal and rejuvenation

**Intraceuticals Lip / Eye Treatment: £15 each**

# Facials

## HYDRAFACIAL

### The Well Signature Hydrafacial: 60 mins | £150

(a multi-step treatment that combines patented technology to cleanse, exfoliate, extract and treat the skin)  
Treatment starts with lymphatic drainage and ends with LED therapy.

### The Well Signature Hydrafacial Face & Décolletage: 1 hour 15mins | £170

As for The Well Signature Hydrafacial, includes the décolletage

### Hydrafacial Anti-ageing: 60 mins | £170

(contains DermaBuilder™, an advanced age-refining peptide complex serum to help smooth the appearance of fine lines and wrinkles, and enhance skin elasticity. This includes home care products containing the same ingredients)

### Hydrafacial Brightening: 60 mins | £170

(contains Britenol® which gently nourishes skin to help minimise the appearance of dark spots, sun spots, and hyperpigmentation. Includes home care spot corrector products)

### Hydrafacial Deep Pore: 60 mins | £170

(combat oily/congested pores and problematic skin)

### Hydrafacial For The Back: 75 mins | £170

Treat your back to a deep cleansing treatment to give glowing skin

### Hydrafacial Express: 30 mins | £95

The facial for busy people, or to combine with other treatments. Skin is cleansed, exfoliated, extractions performed, hydrating serums infused.

## DR. LEVY ADD ONS: 15 MINS EACH | £20

All Dr. Levy Add-Ons can be incorporated into any The Well facial, using Dr Levy award-winning, patented formulas proven to stimulate dermal stem cells to decrease wrinkle depth and increase skin density:

*Microneedling, Radiofrequency (using Forma), Ultrasound, Microdermabrasion, Mesotherapy*

## MIMI LUZON STANDALONE / ADD ONS:

Available to add on to any facial or to book standalone, Mimi Luzon's unique high-performance treatments are designed to address multiple skin needs.

### Wonder: 30mins | £200

For irritated, sensitive skin to keep it moisturised, flowing and fresh.

### Pure Gold: 30mins | £200

Corrective antiwrinkle treatment, treating redness and fine lines, evens the skin tone, promotes a healthy glow. Suitable for all skin types.

## MIMI LUZON STANDALONE / ADD ONS:

### 24K Gold Eye Radiofrequency treatment: 30mins | £125

Lifts the delicate skin surrounding the eye, improving skin elasticity, texture and tone. The radiofrequency provides further tightening and firming.

### 24K Gold Eye treatment: 20mins | £110

Lifts the delicate skin surrounding the eye, improving skin elasticity, texture and tone.

# Pigmentation

### Dark Circles: 30-60 mins | £150

Mesoesthetic Global Eyecon Chemical peel combined with microneedling treatment for the treatment of dark circles under the eyes. Packages of 6 are recommended for weekly treatments £750.

### Melasma: 60mins | £950

Mesoesthetic Cosmelan Chemical peel treatment for the treatment of melasma. Course of treatment includes one clinical treatment and a homecare regimen. Price includes homecare worth over £400.

### Mesoesthetic Dermamelan: 60 mins | £1250

Chemical peel treatment for the treatment of melasma, provided by the medical team only. Course of treatment includes one clinical treatment and a homecare regimen. Price includes homecare worth over £400.





# Lashes & Brows

## EYELASH EXTENSIONS

Novalash Minx lashes and glue are used as a glamorous new way to extend the length and / or thickness of natural eyelashes, as a practical, convenient and beautiful alternative to the daily use of mascara. Because each tapered, synthetic lash is bonded to a single natural lash, the final result is of effortless glamour and difficult to detect even close up. NovaLash lash extensions can be worn throughout the year with minimal monthly maintenance. Touch-ups are recommended after the initial full set application to refill any lashes that have cycled out.

To maintain the full, thick appearance of a new set of lashes top ups are recommended every 2-4 weeks based on your own natural lash growth cycle. When applied properly, lash extensions will not harm natural lashes. The NovaLash application technique allows natural lashes to grow and thrive with extensions. This technique requires several different "separation" steps during the application process so each extension is adhered to a single natural lash in order to prevent interruption of the lash growth cycle. Choose between a classic, American, or London Volume looks. Patch test is required 24 hours prior to treatment.

### NOVALASH CLASSIC:

Full Set (2 hours): £160  
 45 mins Top Up: £55  
 60 mins Top Up: £75  
 90 mins Top Up: £115

### NOVALASH AMERICAN VOLUME:

Full Set (2 hours): £180  
 45 mins Top Up: £70  
 60 mins Top Up: £90  
 90 mins Top Up: £140

### NOVALASH LONDON VOLUME:

Full Set (2 hours): £200  
 60 mins Top Up: £100  
 90 mins Top Up: £155

### LVL Lash Lift: 45 mins | £80

A setting serum straightens your own natural lashes at the root, to make them look curled, creating a length-volume-lift effect that lasts for 6 - 8 weeks. Patch test is required 48 hours prior to treatment.

### Eyelash Tint: 15 mins | £25

Semi-permanent dye is applied to the eyelashes to give weeks of dark, full lashes without the need for mascara. Patch test is required 24 hours prior to treatment.

### Eyebrow Tint: 15 mins | £20

Semi-permanent dye is applied to the eyebrows to enhance, shape and define the eyebrows. Patch test is required 24 hours prior to treatment.

### Eyebrow Lamination: 45 mins | £45

Brow Lamination works to redirect and set your brow hairs to your desired shape so that you get the most fullness out of your natural growth. Patch test is required 48 hours prior to treatment.

### Eyebrow Lamination + Tint: 60 mins | £50

As above with a tint applied to the brows after the lamination process.

# LED Face & Body Therapy

Using the Neo Elegance Lumineo device, we are able to offer LED Therapy that penetrates into the skin for a pain free and relaxing treatment, with clinically proven results. A specific light can be chosen for the duration of the treatment, or the Lumineo can be set to a rotating setting to allow you to benefit from all the wavelengths. A complimentary hand massage is performed during the LED Therapy. Weekly sessions are recommended. LED can be applied to the face or any part of the body, for example the back during a back facial, hands etc.

## RED LIGHT:

Boosts collagen, repairs elastin, increases natural hyaluronic acid, reduces skin inflammation, improves healing time after invasive treatments, reduces bruising

## BLUE LIGHT:

Kills main spot-causing bacteria, reduces redness

## GREEN LIGHT:

Targets and reduces hyperpigmentation, brightens the skin complexion

## PURPLE LIGHT:

Helps to heal and repair the skin, brightens the skin and improves skin clarity

## YELLOW LIGHT:

Increases lymphatic drainage, improves a sluggish complexion

## ORANGE LIGHT:

Increases blood circulation and oxygenation to the skin, feeds the skin with vital nutrition

## Add on: 15 mins | £20

Add on to any facial, peel or other treatment.

## LED Therapy Solo: 15 mins | £50

Standalone LED Therapy

## Vitamin D LED Therapy: 30 mins | £75

Performed by our doctor only, upon review of blood test results for low levels of Vitamin D. Calcium Light is used on the hands or feet to provide treatment. Course of 4 recommended, one session a week.

# Hair Removal

## LASER HAIR REMOVAL:

The Well offer Laser Hair Removal using Soprano Titanium, a breakthrough hair removal platform. Thanks to its large 4 cm2 spot size and advanced cooling system, treatments are now much faster and pain free. Soprano Titanium leverages the benefits of three combined wavelengths, with an improved patient experience, creating a unique and result driven new solution in the world of hair removal. Patch test is required 20 mins before treatment.

| Area             | Single Treatment | Price per treatment for a course of 6 | Price per treatment for a course of 8 |
|------------------|------------------|---------------------------------------|---------------------------------------|
| Abdomen          | £126             | £76                                   | £63                                   |
| Arm (Half)       | £126             | £76                                   | £63                                   |
| Arm (Full)       | £200             | £120                                  | £100                                  |
| Back             | £200             | £120                                  | £100                                  |
| Back (Half)      | £126             | £76                                   | £63                                   |
| Beard            | £126             | £76                                   | £63                                   |
| Bikini Line      | £70              | £42                                   | £35                                   |
| Brazilian        | £100             | £60                                   | £50                                   |
| Buttocks         | £138             | £83                                   | £69                                   |
| Cheekbones       | £70              | £42                                   | £35                                   |
| Chest            | £126             | £76                                   | £63                                   |
| Chin             | £70              | £42                                   | £35                                   |
| Earlobes         | £44              | £26                                   | £22                                   |
| Eyebrows         | £44              | £26                                   | £22                                   |
| Feet             | £70              | £42                                   | £35                                   |
| Face (Full)      | £158             | £95                                   | £79                                   |
| Face (Half)      | £126             | £76                                   | £63                                   |
| Finger           | £70              | £42                                   | £35                                   |
| Full Legs        | £250             | £150                                  | £124                                  |
| G-String         | £80              | £50                                   | £45                                   |
| Hands            | £70              | £42                                   | £35                                   |
| Hollywood inc PA | £138             | £83                                   | £69                                   |
| Jawline          | £100             | £60                                   | £50                                   |
| Legs (Lower)     | £150             | £90                                   | £75                                   |
| Legs (Full)      | £250             | £150                                  | £124                                  |
| Navel Pubis Line | £70              | £42                                   | £35                                   |
| Neck             | £70              | £42                                   | £35                                   |
| Nipples          | £70              | £42                                   | £35                                   |
| Nose             | £44              | £26                                   | £22                                   |
| Perianal         | £70              | £42                                   | £35                                   |
| Shoulder         | £126             | £76                                   | £63                                   |
| Sideburns        | £70              | £42                                   | £35                                   |
| Thighs           | £150             | £90                                   | £75                                   |
| Toes             | £70              | £42                                   | £35                                   |
| Underarms        | £70              | £42                                   | £35                                   |
| Upper Lip        | £70              | £42                                   | £35                                   |
| Upper Lip & Chin | £100             | £60                                   | £50                                   |

# Hair Removal

## WAXING:

| Body            | Strip Wax | Intimate     | Hot Wax        |
|-----------------|-----------|--------------|----------------|
| 1/2 Leg         | £25       | Basic Bikini | £23            |
| 1/2 Leg Top     | £28       | Underarm     | £17            |
| Inner Thigh     | £12       | G-String     | £34            |
| 3/4 Leg         | £31       | Brazilian    | £49            |
| Full Leg        | £44       | Hollywood    | £52            |
| 1/2 Arm         | £19       | Nipples      | £10            |
| Full Arm        | £26       | Intimate Bum | £28            |
| Bum Cheeks      | £18       |              |                |
| Naval Line      | £6.50     | <b>Face</b>  | <b>Hot Wax</b> |
| Full Stomach    | £18       | Eyebrow      | £16            |
| Lower Back      | £10       | Lip or Chin  | £10            |
| Full Back       | £25       | Nose         | £10            |
| Exact Area      | £6.50     | Ear          | £10            |
| Chest           | £26       | Neck         | £25            |
| Stomach         | £30       |              |                |
| Chest & Stomach | £40       |              |                |
| Shoulders       | £26       |              |                |

## THREADING:

|                           |     |                           |     |
|---------------------------|-----|---------------------------|-----|
| Chin                      | £15 | Full Face Excluding Brows | £50 |
| Eyebrow Shape             | £25 | Upper Lip                 | £15 |
| Lower Lip                 | £5  | Middle of Brows           | £5  |
| Forehead                  | £12 | Neck                      | £15 |
| Cheeks                    | £18 | Sideburns                 | £18 |
| Full Face Including Brows | £70 |                           |     |

## ELECTROLYSIS

|            |     |            |     |
|------------|-----|------------|-----|
| 15 minutes | £25 | 30 minutes | £45 |
|------------|-----|------------|-----|

# Aesthetic Medical Services

## INJECTABLES:

The Well offer a range of products for medical aesthetic treatments, including but not limited to Botox, Azzalure, Bocouture, Teoxane, Radiesse. The most suitable products are chosen depending on treatment objectives. Commonly treated concerns include frown lines, crow's feet, bunny lines, forehead, smoker's lines.

### AquaGold: 60 mins | £350

AquaGold Fine Touch™ is a gold-plated micro-injection system that delivers custom solutions of vitamins, enzymes, plant extracts, botox and hyaluronic acid painlessly into the skin to affect the dermis.

### Aqualyx / Celluform / DesoFace / DesoBody: 45 mins | £350

Fat dissolving injections, course of 3 is recommended for best results

### Baby Botox: 30 mins | £225

Small doses of Botox injected into target areas of the face to achieve a lighter look with more movement but shorter lasting results. A course of 3 is recommended over 3 months

### Botox: 30-45 mins | £250

for 1 area £250  
for 2 areas £350  
for 3 areas £395  
for 4 areas £445

Treatment areas: frown lines, crow's feet, bunny lines, forehead, smoker's lines, nasolabial

### Calf Slimming/Botox Calves:

30 mins | £800

### Botox Lip Flip / Gummy Smile:

30 mins | £150

Creates a pout without adding volume, also known as gummy smile treatment

### Botox Masseters / Teeth grinding treatment:

30 mins | £500

Treatment to stop teeth and jaw grinding, softens the look of the lower face

### Botox Nefertiti: 45 mins | £375

Redefines the jawline and lifts the neck area by tightening, smoothing and lifting the skin of these areas

### Cinderella Lips: 30 mins | £70

Trial lip filler using isotonic saline rather than dermal filler, providing temporary lip enhancement lasting up to 8 hours, perfect for an event or trial before committing to the longer lasting fillers

### Chin Augmentation: 30 mins | £425

Definition and shaping of the chin using fillers

### Fillers: 30 mins | from £350

Choice of products available for various treatment sites

### Hair Restoration: 60 mins | from £300

Using AQ products and Microneedling with dermastamp for areas of hair thinning / loss

### Trapezius Slimming/Botox Shoulders:

30 mins | £800

### Meso Threadlift: 60 mins | £950

Specially designed degradable fibre is used to lift, rejuvenate and tighten skin on the face. These threads have the strongest effect for stimulating development of new collagen.

### Mesotherapy: 45 mins | from £265

Used for various issues such as dehydration, fine lines, cellulite, and hair loss. A series of small injections into the mesoderm, using a range of products depending on the treatment goals, to encourage the skin cells to function at an optimum level

### Nose augmentation: 30 mins | £450

Definition and shaping of the nose using fillers

### Platelet Rich Plasma Therapy (PRP):

60 mins | £500

Injections of a concentration of your own platelets into the target area of the face / scalp body. Can be used to treat a variety of issues including sports / soft tissue injuries, for anti-ageing, and to promote hair growth

# Aesthetic Medical Services

## INJECTABLES:

### Threadlift: 30-60 mins | £1200

The one stitch non-surgical face lift, lifts and rejuvenates the facial skin, resulting in a fresher, more youthful appearance

### Cheek Volume Filler: 30 mins | £400

### Tear Trough Filler: 30 mins | £350 - £450

### Hyperhidrosis (Excessive Sweating):

30 mins | from £550

Hyperhidrosis is a common problem affecting the armpits, hands and feet, and a major cause of distress and anxiety. It's often known as 'the silent handicap' and many people live with it not knowing their treatment options.

Humans have up to 4 million sweat glands distributed over the body. Eccrine glands secrete an odourless, clear fluid that serves to aid in the regulation of body temperature by allowing heat loss by evaporation. These glands are in higher density on the soles of the feet. Apocrine sweat glands are located in the axilla and genital regions—and produce a thick, odourless fluid that undergoes bacterial decomposition, leading to substances with strong odours, often known as 'B.O'

Anti-Wrinkle injections can help relieve sweating in all these areas through blocking nerve control of sweating. Although routinely used in the hands and feet it is only currently licenced for the armpits. Anti-Wrinkle injections are quick, painless, extremely effective and can last between 6-8 months.

# Aesthetic Medical Services

## SKIN REJUVENATION & TIGHTENING:

### Alumier Peel: 1 hour | £200

A choice of peels for all skin types, even sensitive skin, for the face, neck, décolleté, or hands. Cell turnover is increased bringing newer skin cells to the surface. Effective in helping to treat concerns such as pigmentation, acne, and ageing skin. Choice of Radiance or Glow Peel. Strength is customised by the number of layers applied.

### Fractora: 1 hour | from £800

Fractora is a skin resurfacing treatment that stimulates collagen production via fractionated radiofrequency coagulation, to improve skin quality for effective treatment of acne scars, and active acne, even cystic.

### GFIT: 1 hour | from £300

The SkinPen is used in conjunction with the AQ Recovery Serum, to intensify the benefits and enhance the penetration of growth factors and other skin renewing/therapeutic ingredients into the dermis, so that you will see faster, more dramatic results than when using the serum or micro needling alone. Treatment is finished with a complimentary cryotherapy massage.

# Aesthetic Medical Services

## SKIN REJUVENATION & TIGHTENING:

### IPL Face: 60 mins | £200

Intense Pulsed Light treatment for the face to effectively treat skin discolouration, reducing brown pigmentation, sun spots, rosacea, thread veins, fine lines and wrinkles. Treatment is finished with a complimentary cryotherapy massage.

### IPL Décolleté: 60 mins | £200

Intense Pulsed Light treatment for the décolleté to effectively treat skin discolouration, reducing brown pigmentation, sun spots, rosacea, thread veins, fine lines and wrinkles. Treatment is finished with a complimentary cryotherapy massage.

### IPL Hands: 60 mins | £200

Intense Pulsed Light treatment for the hands to effectively treat skin discolouration, reducing brown pigmentation, sun spots, rosacea, thread veins, fine lines and wrinkles. Treatment is finished with a complimentary cryotherapy massage.

### IPL Capillaries: 15-30 mins | £90

Intense Pulsed Light treatment to treat small areas of capillaries in target areas. Treatment is finished with a complimentary cryotherapy massage.

### Profilo Hydralift: 45 mins | £700 for a course of 2 treatments / £400 for 1 treatment

Effective and natural looking non-surgical facelift treatment to address skin laxity, firmness and elasticity. 100% Hyaluronic Acid is injected into 5 entry points on each side of the face, to hydrate the skin from the inside out. Results are a tightened and lifted skin, improved skin tone and texture, rehydrated skin and restored radiance. Treatment areas include face, neck, hands.

### SkinPen Face: 1 hour | £250

Dermapen Microneedling, also known as collagen induction therapy, is a minimally invasive skin rejuvenation procedure to help minimise the signs of ageing, improve the appearance of acne or other scars, and rejuvenate ageing skin on the face. Treatment is finished with a complimentary cryotherapy massage.

### SkinPen Body: 1 hour | £320

Dermapen Microneedling, also known as collagen induction therapy, is a minimally invasive skin rejuvenation procedure to help minimise the signs of ageing, improve the appearance of acne or other scars and stretchmarks, and rejuvenate ageing skin on the body. Treatment is finished with a complimentary cryotherapy massage.

### Forma Skin Tightening Face: 60 mins | £250

Radiofrequency non-surgical face and neck lift. Course of 8 is recommended

### Forma Skin Tightening Neck: 30 mins | £100

Radiofrequency non-surgical neck lift. Course of 8 is recommended

### BTL Exilis Skin Tightening Face, Neck & Body: From 30 mins | £250

Radiofrequency & Ultrasound combined for non-surgical skin lifting and tightening, with simultaneous destruction of fat. Course of 4 is recommended £750.

### Hydratite: 60-90 mins | £350

The ultimate combination treatment comprising of a Hydrafacial Express and BTL Exilis, to give your face a radiant glow with instant results, helping to lift and tighten the skin. Course of 4 is recommended, once a week £1050.

# Aesthetic Medical Services

## IV THERAPY:

### Wellness Myers': 30 mins | £240

Enhances the immune system, reduces fatigue, helps with seasonal allergies, reduces symptoms of fibromyalgia and asthma

### Modified Myers': 30 mins | £260

Myers' with added ingredients customised for your wellbeing

### Immune Booster: 30 mins | £240

Includes Vitamin B Complex

### Fat Burner Plus: 30 mins | £220

Includes Vitamin B Complex

### Skin Brightening: 30 mins | £200

### ATP Energiser: 30 mins | £280

Includes high doses of B vitamins, essential for the body's energy production, for an energy boost

### Performance Booster: 30 mins | £220

Essential for sports events, the body receives the vitamins and minerals required for optimal function, while reducing tiredness and fatigue

### Amino Muscle Plus: 30 mins | £250

Includes Vitamin B Complex. Ideal for those leading an active lifestyle, high concentrations of amino acids are delivered to increase athletic performance and add fuel to the muscles

### Performance Booster plus: 30 mins | £250

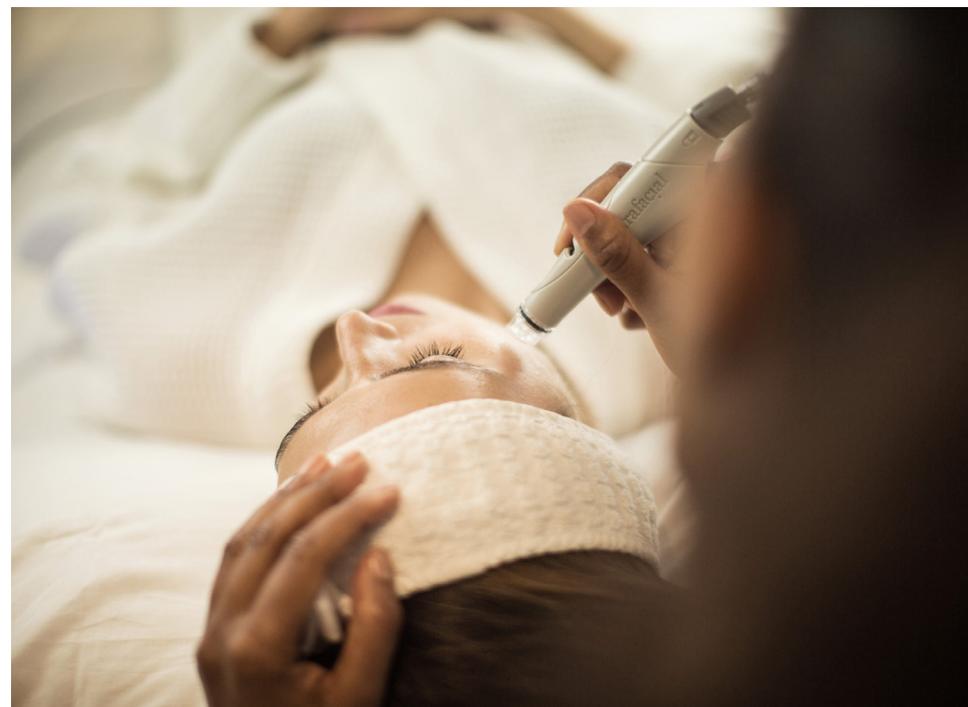
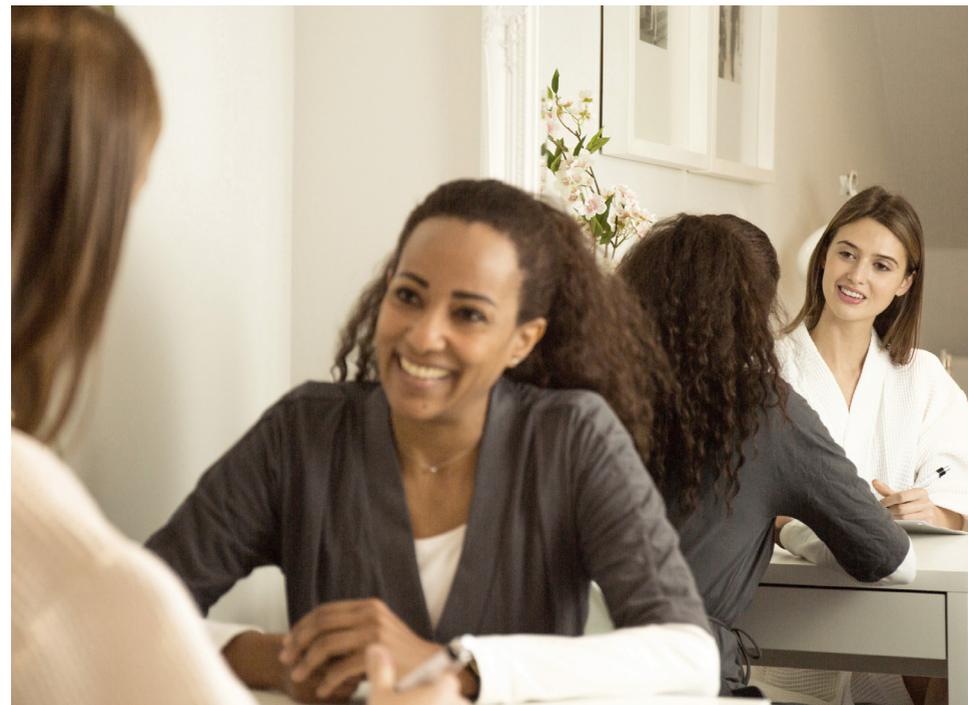
As for the Performance Booster, with added ingredients based on individual requirements

### Health Boost Plus: 30 mins | £250

Includes Vitamin B Complex. This ultimate blend of ingredients helps your body maintain optimum health, useful to help jetlag recovery and during cold / flu season

### Advanced ATP: 30 mins | £300

Includes Vitamin B Complex. The ultimate power hit for a bigger energy boost to get the energy flowing



# Body Treatments

## CoolSculpting: from 45 mins | £350

This treatment involves controlled cooling of fat cells in all areas of the body. Treatment cycles are 35 – 45 minutes, and will help to reduce subcutaneous fat in the target area by up to 25% with little downtime. Prices are per applicator, starting at £350. Packages are applied when more than 1 applicator is purchased. Surcharge of 30% for treatment with Dr Russo.

## BTL Emtone Cellulite and Skin Tightening: 45 mins | £300

The synergy of non-invasive intensive radiofrequency and strong targeted pressure energy allow the BTL Unison to treat all 5 main causes of cellulite. Dimples are reduced and skin appearance is overall improved. A course of 4 treatments is recommended for optimal results over 4 weeks. Course of 4 treatments £1000.

## BodyFX: 60 mins | £200

BodyFX is a non-invasive cellulite and body fat treatment. Radiofrequency and vacuum are used to tighten the skin, reduce fat and improve the appearance of cellulite. A course of 8 is recommended over 8 weeks for best results.

## Forma Plus: 60 mins | £300

The non-surgical skin tightening and lifting solution for the body, using radiofrequency to stimulate collagen production and provide optimal skin contraction in the deep layers of the skin.

## Freezpen Cryotherapy: 30 mins | £100

A versatile treatment for a variety of skin blemishes including:

- Skin Tags
- Age Spots
- Facial Thread Veins
- Warts and Verrucas
- Mili
- Cherry Angioma

## Spray Tan: 30 mins | £50

We use the very latest St Tropez products, which develop in less than half the time of their previous range, so you can decide how sun-kissed, or bronzed, you want to go. Enjoy your treatment and choose your tan intensity. Tan develops in 1-3 hours

## BTL Vanquish ME: 60 mins | £300

BTL Vanquish ME is the newly developed, maximum energy (ME) non-invasive fat removal device that uses multi polar radio frequency for non-contact treatment of subcutaneous fat, for the abdomen, thighs, and flanks. Best results achieved with a course of 4, weekly, £1000.

## BTL EmSculpt: 30 mins | £650

EMSCULPT is a revolutionary new body sculpting treatment that tones and lifts the abdomen, buttocks, arms and legs. This is the only procedure to help both men and women burn fat and build muscle in all of these hard to treat areas. By building muscle and reducing unwanted fat at the same time, our patients who choose this treatment can enjoy a noticeably more defined body. Best results achieved with a course of 4, every 2-3 days £1950.

# Women's Health

## VAGINAL REJUVENATION

### FemiLift: 30 mins | £1200

CO2 laser used internally under sterile conditions by our female doctor to help address a wide range of female intimate concerns such as stress urinary incontinence, vaginal dryness, and vaginal tightening. Course of 3 (recommended) £3450

### BTL Emsella: 30 mins | £240

The only FDA-approved device for non-surgical treatment of urinary incontinence and vaginal laxity. The device is a chair that uses a high-intensity electromagnetic field to activate the pelvic floor in a way that exercise cannot. Treatment is provided with clients fully clothed. Course of 6 is recommended over 3 weeks £1200

# Nail Services

The Well use OPI Infinite Shine and Gel polishes, which create long-lasting finishes in a beautiful range of over 100 colours. With every nail service booked, a complimentary glass of Prosecco / coconut water / other beverage of choice is offered.

## HANDS:

### Express Manicure: 30 mins | £34

Express minimal nail & cuticle care, polish removal, new polish application

### Gel Manicure: 60 mins | £50

Full nail & cuticles care, polish removal, skin exfoliation, application of gel polish, moisturising hand and arm massage

### Infinite Shine Manicure: 1 hour | £43

Full nail & cuticles care, polish removal, skin exfoliation, application of Infinite Shine polish, moisturising hand and arm massage

### Dipping Powder Manicure: 90 mins | £60

Full nail & cuticles care, polish removal, skin exfoliation, application of OPI dipping powder, moisturising hand and arm massage

### Gel/Dipping Powder Removal: 15 mins | £10

Complimentary when booking a manicure / pedicure

## Nail Services

### FEET:

**Gel Pedicure:** 60 mins | £50

Full nail & cuticles care, polish removal, skin exfoliation, callous treatment, application of gel polish, moisturising foot and leg massage

**Infinite Shine Pedicure:** 1 hour | £46

Full nail & cuticles care, polish removal, skin exfoliation, application of Infinite Shine polish, moisturising foot and leg massage

**NAIL ART:** 30 mins | £15

Choose from a wide range of designs or let us know your theme and we can create a unique bespoke design with you.

**Mani Pedi Package:**

For both treatments booked at the same time with infinite shine polish

For both treatments booked at the same time with gel polish

60 mins | £62

60 mins | £66.50

## Osteopathy, Physiotherapy, Chiropractic

Fernando Bidino is a healthcare specialist consultant with degrees in osteopathic medicine and physiotherapy, and extensive post-graduate training in chiropractic techniques. He is one of the very few specialists in London who is able to combine and deliver these three streams of complementary medical treatment throughout the different stages of care, making his treatment approach highly efficient.

**Consultation:** 60 mins | £180    **Long Follow Up:** 45 mins | £135    **Short Follow Up:** 30mins | £90

## Five - Elements Acupuncture

Our practitioners from the Gerad Kite clinic are leading Five - Element Acupuncturists. They apprenticed under Gerad Kite in the Worsley style of practice.

This style of acupuncture and its understanding of life, teaches us that every human being has an innate ability to self-heal and return to full health. Our responsibility as practitioners is to help our patients awaken this natural response. Five-Element Acupuncture is different to other schools of thought, in that your symptoms are simply seen as alarm bells of distress and a welcome signal that we are being made aware that something is wrong. Rather than try to silence a symptom, we find the cause. We can't treat symptoms, we can only treat people, and we know from our extensive experience and acknowledged success that when we see the patient as a unique individual, this personal focus fuels the potency of our treatments and effects a cure.

**Consultation:** 60 mins | £195    **Follow Up:** 30mins | £115

## Cosmetic Acupuncture

The natural alternative to Botox. Relaxes facial tissue, defines, sculpts and encourages circulation through facial acupuncture, followed by the application of a mask or serum to encourage collagen growth, reduce redness and pigmentation and provide deep hydration.

**Treatment:** 90 mins | £200

## Homeopathy

Louise Lowry is a qualified Homeopath registered with the Faculty of Homeopathy. Her approach is to listen carefully to the full history of your presenting situation from both an orthodox medical and homeopathic perspective. The aim of homeopathic and natural treatment in general is to activate the body's inherent healing ability. Whenever appropriate this approach will be given priority. However if it is relevant to consider orthodox investigation, medication or surgery to be the treatment of choice or necessity in your case, she will discuss this with you in detail.

The consultation will be similar to one with a conventional doctor in some ways but Louise will ask you about aspects of your life that may not be covered in orthodox medicine, such as your favourite foods, sleep and dreams, preferences in the weather and time of day and some of your personality traits. This is because the discipline of classical homeopathy requires the prescription of a remedy that suits both your problem and your constitution in order to stimulate the body to heal itself. At the end of the consultation a homeopathic remedy will usually be prescribed. The remedy may be in liquid, powder or tablet form and patients are always given clear instructions on how to take homeopathic remedies.

**Consultation:** 80 mins | £195    **Follow Up:** 30-45 mins | £90

## Reiki Healing

A customised treatment session combining, reiki, healing and aromatherapy to restore emotional wellbeing to even the most stressed-out of souls.

**Consultation:** £25    **30 minute Treatment:** £50    **60 minute Treatment:** £90

# Massage Services

ALL MESSAGES LISTED ARE AVAILABLE FOR THE FOLLOWING DURATIONS UNLESS OTHERWISE STATED:

30 mins: £60    60 mins: £110    90 mins: £145    120 mins: £195

**Aromatherapy:** Swedish massage using massage oil containing essential oils to suit or create individual moods

**Bellabacci Cupping:** A modern take on traditional cupping, with the cups used to massage the body in a slow relaxing manner

**Californian:** A sensual massage involving slow and thorough massage using oil, followed by light touches, kneading and stretching

**Deep Tissue:** Deep pressure massage beneficial in releasing chronic muscle tension. The focus is on the deepest layers of the muscle tissue for ultimate relaxation and tension release

**Hot Stone:** The massage commences with the traditional Swedish massage technique to prepare the muscles. Warm stones are then placed on key acupressure points of the body. The stones warm and relax the muscles, allowing deeper pressure to be applied during the massage

**Lymphatic Drainage:** A gentle form of massage that encourages the movement of lymphatic fluids around the body. The fluid in the lymphatic system helps remove waste and toxins from the bodily tissues

**Natural Facial Rejuvenation (30 mins only):** A facial massage to reduce muscle tension in the face, scalp, neck and shoulders, and helps to reduce fine lines and wrinkles. A deep sense of relaxation is created, and the health and appearance of the facial tissue is improved

**Pregnancy:** Massage therapy during pregnancy is a great complementary choice for prenatal care. It is a healthy way to reduce stress and promote overall wellness. Massage relieves many of the normal discomforts experienced during pregnancy, such as backache, stiff neck, keg cramps, headaches or swelling.

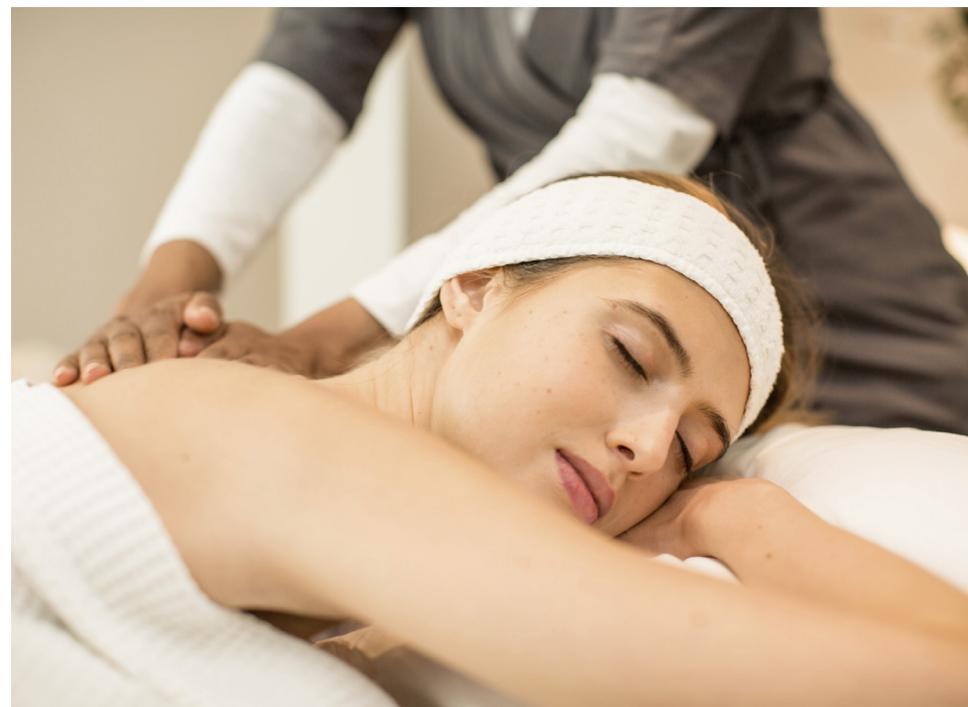
**Sports:** A massage designed to assist in correcting problems and imbalances in soft tissue that are caused from repetitive and strenuous physical activity and trauma. The application of sports massage, prior to and after exercise, may enhance performance, aid recovery and prevent injury

**Swedish:** Long gliding strokes in the direction of the blood returning to the heart are used to relax the entire body. The classic massage that goes beyond relaxation. Swedish massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

**Traditional Cupping (no flame):** Cupping Therapy is an ancient form of alternative medicine in which special cups are placed on the skin for a few minutes to create suction. Useful for help to ease pain, inflammation, improve blood flow, relaxation and well-being

**Tuina:** A form of bodywork based on Traditional Chinese Medicine, used as a treatment for specific patterns of disharmony within the body. May involve Moxibustion where appropriate

**Warm Bamboo:** Heated bamboo is used to roll and knead the tissues to create an extreme sensation of relaxation. An alternative way of providing Swedish or Deep Tissue massage.



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