

## MENS PRICE LIST

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### HANDS

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#### MALE MANICURE

30 mins - £40  
Cuticle work, buff & file , oil

### FEET

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#### MALE PEDICURE

30 mins - £40  
Cuticle work, buff and file, finished with cuticle oil

### LYMPHATIC DRAINAGE

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Advanced cryo technology boosts lymphatic drainage reduces inflammation and water retention reduces pain, treats and improves arthritis.

Half Body, 30 mins - £135 (Legs)  
Full body, 60 mins - £199 (Back legs arms)

#### COURSES

Half Body, x6 - £700    x12 - £1,225  
Full Body, x6 - £1,100    x12 - £2,000

# SPORTS

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All sports clients boost performance and recovery with advanced cryo technology. Reduces pain, treats injury, increased energy and boost immune system

Individual, 30mins - £125

Treatment area, 30mins x3 - £350

Treatment area, 30 mins x5 - £600

Treatment area, 30 mins x10 - £1,000

# PAIN MANAGEMENT

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Advanced cryo technology reduced inflammation supports recovery. Reduces pain, treats injury and improves arthritis

Individual - £115

Treatment area x3 - £320

Treatment area x5 - £510

Treatment area x10 - £890

# SPORTS SPA PACKAGE - £165

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Our Sessions Medispa team are delighted to welcome you. We look forward to seeing you enjoying your Sessions package and your Ultimate Sports package with us.

- Sports Body Massage (Hands) (Excludes advanced technology Body massage), 60 mins
- Cryo Sports Muscle treatment, 30 mins
- Drink
- Relaxation
- Steam Room, 20 mins

# BODY MASSAGE

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## INNER HARMONY MASSAGE BACK

Shoulders & Head, 30 mins - £85 / Full Body, 55 mins - £125

An intense Swedish style ritual with scientifically designed ingredients to bring about balance and harmony. Using bespoke massage techniques to relieve muscular tension and toxin drainage to encourage healthy circulation re-centring your body and bringing overall balance to re harmonise your core.

## BODY LYMPHATIC MASSAGE

Legs, 30 mins - £85 / Full Body, 55 mins - £125

This heavenly treatment starts with lymphatic body brushing followed with an enriched mineral and purifying body balm and gentle full body lymphatic massage. (Legs only 30 mins)

## THERMAL STONE MASSAGE

Back, 30 mins - £90 / Full body, 55 mins - £135

Relax your body and deeply hydrate your skin with this restoring thermal muscle treatment. Balinese hot stones are worked gently into the muscles, loosening tension, and reaching knots and areas of stress at a profound level. The result is radiant vitality, restored muscles, and intensely hydrated skin.

## FREE STYLE MASSAGE HALF BODY

Back, 30 mins - £90 / Full body, 55 mins - £135

Alleviate stress and soften the body with a tailored deep tissue treatment. Your therapist will select an oil suited to your concerns. Skin is prepared and circulation boosted while a flowing massage works deeply into the tension, leaving you grounded and fully restored

## UPPER BODY BLISS MASSAGE

Back, Neck, Shoulders, Face & Scalp, 55 mins - £115

A deeply relaxing massage working on the back, shoulders, neck, face, and scalp. Rhythmic movements are performed to soothe, calm, and restore peace. The treatment includes facial cleansing and intense head massage.

## **EXPRESS BACK MASSAGE**

30 mins - £85

Pushed for time but need to unwind this is perfect for you. Choose a deeply relaxing massage that focuses only on the back in relieving you of day-to-day stresses or target tense muscles with greater pressure unravelling tightness to make you feel more relaxed and ready for another day.

## **SPORTS MASSAGE**

Bespoke Areas, 30 mins - £90 / Full body, 55 mins - £135

A sports restorative treatment is specifically designed for athletes tight stressed and aching muscles. Whether its heavy exercise, too many hours driving or at your desk your body can become stiff tight and painful. This massage technique along with bespoke balms know to aid circulation and warm up muscles and help disperse the build-up of lactic acid giving a calming soothing anti- inflammatory effect.

## **DEEP TISSUE MASSAGE**

Half Body, 30 mins - £95 / Full Body, 55 mins - £155

A deep tissue treatment is specifically designed for tight stressed and aching muscles. Whatever stresses are deep routed at muscular level our expert therapists using pressure specific to your needs will manipulate to relax you a get you ready for another day. Bespoke balms known to aid circulation and warm up muscles and help disperse the build-up of daily stresses giving a calming soothing effect.

## **SUB ZERO BODY MASSAGE**

(Advanced Technology) Half Body, 30 mins - £90 / Full Body, 60 mins - £160

Cryo (cold technology is applied in with a massage relaxing technique in combination with warm hands to target deep layers of tissue in a relaxing manor. This hybrid experience focuses on mobility flexibility and stability that can be used to optimize preparation, performance, and recovery. Get the benefit of improved oxygen flow, additional energy boost, immune system support and inflammation reduction in cells. A great choice for all athletes.

## **SUB ZERO LYMPHATIC MASSAGE**

Half Body (legs) - £135 / Full Body (back legs, arms) - £199

Advanced Cryo cold technology combined with warm hands provides an additional boost for lymphatic drainage. This also reduces swelling and boosts immunity. Popular for, water retention, swelling, menopausal symptoms. Monthly Course recommended.

# INJECTABLES

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## ANTIWRINKLE

Consultation	£50
1 Area	£150 - 190
2 Areas	£180 - £220
3 Areas	£210 - £260
Hyperhydrosis	£460
Brow lift	£200
Gummy Smile	£200
Lip Flip	£160
Bunny Lines	£180 - £240

## FILLERS

Cheeks	£270 - £400
Chin	£240 - £350
Jawline	£270 - £400
Nose	£260 - £375
Lips 1m	£250 - £325

## SKIN BOOSTERS

Profhilo (1 treatments)	£350
Profhilo (3 treatments)	£900

## HEALTH INJECTIONS

Vitamin B12	£55
Biotin	£80

# AESTHETIC COURSES

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## HYDRAFACIAL COURSES

Express Hydrafacial, 30 mins x3 - £295

## BASIC HYDRAFACIAL COURSES

Face x3 - £330    Face x6 - £580

Body x3 - £400    Body x6 - £720

## PRESCRIPTIVE HYDRAFACIAL COURSES

Face x3 - **£340**    Face x6 - **£620**

Body x3 - **£450**    Body x6 - **£810**

## DELUX HYDRAFACIAL COURSES

Face x3 - £395    Face x6 - £700

Body x3 - £675    Body x6 - £900

## MICRO NEEDLING COURSES

Full Face, 60 mins x3 - £650    Full Face, 60 mins x6 - £1200

Half Face, 30mins x3 - £450    Half Face, 30 mins x6 - £800

Small Area, 15mins x3 - £280    Small Areas, 15 mins x6 - £500

Stretch Marks, 20mins x3 areas - £800

Stretch Marks, 20mins x6 areas - £1,500

## **CRYO FACE & BODY COURSES**

Arctik Body Fat freezing, x4 - £1,200    Arctik Body Fat Freezing, x8 - £2,400

Cryo Body, x4 - £900    Cryo Body, x8 - £1,600

Cryo Face Light, x4 - £400    Cryo Face Light, x8 - £700

Cryo Face Lift, 60 mins x4 - £600    x8 - £900

Cryo Ice & Fire Face, x4 - £800

## **CRYO SPORTS COURSES**

Individual Treatment, 30 mins - £125

Treatment Area, x3 - £350    Treatment Area, x5 - £600

Treatment Area, x10 - £1,000

## **CRYO PAIN MANAGEMENT COURSES**

Individual, 20 mins - £115

Treatment Area, x3 - £320    Treatment Area, x5 - £560

Treatment Area, x10 - £900

## **CRYO LYMPHATIC DRAINAGE COURSES**

Half Body, x6 - £700    Half Body, x12 - £1,225

Full Body, x6 - £1,100    Full Body, x12 - £2,000

## **IPL COURSES**

Nose, 15 mins x3 - £120

Cheeks, 15 mins x3 - £180

Nose & Cheeks, 30 mins x3 - £260

Full Face, 30mins x3 - £450

Full Face & Neck, 45 mins x3 - £595

Decollete, 30 mins x3 - £390

Full Face, Neck & Decollete x3 - £805

Hands (Pigmentation only), 45 mins x3 - £195

## ENDYMED COURSES

- EndyMed Eye Lift, x6 - £700
- EndyMed Eye Tighten, x6 - £550
- EndyMed Neck or Cheek, x6 - £500
- EndyMed Jaw & Neck or Cheek, x 6 - £655
- EndyMed Full Face, x6 - £1,500
- ENDYMed FSR, x 3 - £900
- ENDYMed INTENSIF, x3 - £1,200
- EndyMed Body Shaper, 30mins x6 - £800
- EndyMed Body Shaper, 60mins x6 - £1,500

## PCA PEELS

- PCA Brightening Peel, x3 - £350
- PCA Brightening Peel, x6 - £640

## CACI COURSES

- CACI Classic, 60 mins - £85 x6 - £480 x12 - £900
- CACI Synergy, 75 mins - £95 x6 - £540 x12 - £1020
- CACI Ultimate, 90 mins - £105 x6 - £600 x12 - £1,140
- CACI Eye Revive, 30 mins - £55 x6 - £300 x12 - £540
- CACI Jaw, 30 mins - £50 x6 - £270 x12 - £480
- CACI Buttocks, 30 mins - £90 x6 - £510 x12 - £960





# HYDRAFACIAL

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Hydrafacial uses advanced technology and bespoke products to detox lymphatic drainage to remove toxins, improve circulation, detoxify, tone and tighten skin. Cleanse, Exfoliation and Peel. Uncover a new layer of skin with gentle exfoliation & relaxing resurfacing. Extract & Hydrate Remove debris from pores with painless vortex extraction. Nourish with intense moisturisers that quench skin. Infuse & Protect Saturate the skins surface with antioxidants and peptides to maximise your glow.

## **Enhancements Included:**

LED light therapy to treat acne, reduce redness, wrinkles, pores and further stimulate collagen, improving texture and tone.

## **HYDRAFACIAL EXPRESS**

30 mins - £100

This convenient quick 30min treatment for time precious clients focuses on advanced cleanse, exfoliate and super hydration to leave you glowing and refreshed.

## **HYDRAFACIAL BASIC**

Face, 60 mins - £130      Body, 60mins - £170

## **HYDRAFACIAL CLASSIC**

Face, 60 mins - £140      Body, 60 mins - £190

## **Includes all of the HydraFacial Basic steps and in addition to:**

- Peel or face Mask
- Peel to stimulate cell turnover and treat acne, pigmentation, and age spots, improving overall texture & tone.

## HydraFacial Deluxe

Face, 80 mins - £160    Body, 80mins - £210

Includes all of the Basic and Prescriptive HydraFacial steps and in addition:

### **Tailored Booster serum, either:**

#### **Bespoke Booster**

Skin Bespoke Booster can treat redness and sensitivity by detoxifying the skin and replenishing hydration to support a healthy skin barrier function. It is also able to minimize inflammation and diminish the appearance of skin redness. Meanwhile, extract works to control sebum production and minimize texturizing pores.

#### **Brightening Booster**

Skin Brightening Booster is specifically formulated for those who exhibit an uneven skin tone and signs of hyperpigmentation. As well as restoring hydration, this booster can reduce the appearance of brown spots and prevent new pigmentation from forming. Using a skin brightening complex to block the production of pigmentation, the Brightening Booster will help you achieve a more even complexion. Plus, glycerine will restore and replenish.



# LASER HAIR

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Sessions offers industry leading permanent hair removal. Quick effective and safe, our laser hair removal provides a long-term solution to unwanted, excess hair for both men and women. This hair laser treatment is suitable for both face and body hair, with visible results just a after a few sessions.

Beard, x6	£700
Full Chest, x6	£790
Full back & Shoulders, x6	£1,000
Buttocks, x6	£750

# CRYO FACE & BODY

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Cryo technology uses advanced sub-zero temperatures to boost collagen production, reduce fat and tighten skin, delivered in a pleasant relaxing way with no downtime (Slim, rejuvenate & tighten)

## **CRYO NON - SURGICAL FAT REMOVAL CHIN**, 35 mins - £250

Advanced Cryo therapy targets fat cells causing the fat cells to go into apoptosis which is a safe effective way to reduce fat and improve face contours.

## **BODY FAT REDUCTION**

Arctik Body Ultimate Fat Freezing Specific Area, 30 mins - £350

Cryo Body Fat Freezing & Skin Tightening Specific Area, 30 mins - £250