

# FACIAL TREATMENTS

## FACIALS

### THE LIGHT SALON, GROUND FLOOR & FOURTH FLOOR

#### THE SIGNATURE LIGHT 20 MINS £35

Each session features a thorough cleanse, near-infrared or red LED plus a stimulating face massage. Refreshes, brightens, calms and clarifies the complexion.

#### THE BLUE LIGHT 15 MINS £35

Blue LED light targets the bacteria that causes breakouts (near-infrared and red LED reduce inflammation and speed up the healing process). An acne programme will see you alternating between near-infrared + red LED and blue LED.

#### THE PICK-ME-UP 15 MINS £35

In just 15 minutes, we'll give you a noticeably brighter and healthier complexion.

#### THE BESPOKE LIGHT 15 MINS £35

Targets specific skin concerns, whether you're suffering from redness and inflammation, a tired and lacklustre complexion, or you want to purify the skin.

#### THE CLEANSER (BLUE LED) FROM 40 MINS FROM £75

An antidote to problem skin. From hormonal flare-ups to pollution-congested skin, this treatment is designed to clarify and soothe.

#### THE PEEL & HEAL FROM 35 MINS FROM £75

Your rescue remedy for a dull complexion, breakouts, clogged pores, or uneven texture and tone.

#### THE RADIANCE (NEAR-INFRARED OR RED LED) 45 MINS £115

A supercharged enzyme treatment rich in fruit acids and peptides, an LED session and a de-puffing massage.

#### ADD-ONS TO ANY COMBINATION FACIAL:

ENZYME TREATMENT 15 MINS £40

VITAMIN A BOOST 10 MINS £40

EXTENDED MASSAGE 10 MINS £20

SPOT TREATMENT 10 MINS £20

EXTRACTION 15 MINS £20

PACKAGES

Details & price on consultation.

#### BOOST LED MASK 20 MINS £50

Lunchtime Peel + Hydrogel Face Replenish Mask + Boost LED.

(Redeemable on Boost LED Mask & Hydrogel purchase.)

#### BOOST LED BIB 20 MINS £50

Lunchtime Peel + Hydrogel Décolletage Glow Mask + Boost LED.

(Redeemable on Boost LED Multi-Use Bib & Hydrogel purchase.)

### BEYOND MEDISPA, FOURTH FLOOR

#### BEYOND HYDRAFACIAL

Our most popular treatment consists of six stages including removing dead skin, extracting debris and providing lasting hydration.

BEYOND EXPRESS 30 MINS £100

BEYOND HYDRA 60 MINS £160

HYDRA SPECIFIC 90 MINS £190

#### HYDRA ADD-ONS:

OXYGEN INFUSION 30 MINS £60

LED MASK 30 MINS £40

#### BEYOND OXYGEN FACIAL 60 MINS £160

A customisable oxygen infusion using intraceutical products.

Expect skin to appear more bouncy, dewy and radiant.

#### BEYOND LIGHT THERAPY FACIAL 60 MINS £150

Five different types of LED therapy targeted to different skin conditions. Proven to rejuvenate skin and improve the most problematic of skin issues.

### DERMAPEN FACE TREATMENT

A medical-grade micro-needling treatment that helps remove scarring and pigmentation, and target anti-ageing and cell renewal, with five days of downtime after each session.

MEDICAL NEEDLING 75 MINS €300

GROWTH FACTOR NEEDLING 75 MINS €180

### SUBLIME

Radio frequency is used to stimulate collagen production and tighten the skin.

A great option for those looking for an instant lift.

FACE 30 MINS €450

NECK 30 MINS €395

FACE AND NECK 30 MINS €500

### SUBLATIVE

A micro-ablation and radio frequency treatment to help remove scars and resurface the skin. Usually three to five treatments are needed for optimal results, with five to seven days of downtime after each session.

FACE 30 MINS €450

UPPER FACE 30 MINS €550

NECK 30 MINS €295

EYES 30 MINS €250

SMOKER'S LINES 30 MINS €175

STRETCH MARKS 30 MINS €295

SCARS THERAPY 30 MINS FROM €200

### THALGO FACIALS. BEYOND MEDISPA. FOURTH FLOOR

Thalgo facials feature brightening ultrasound, radio-frequency tightening and massage.

SILICIUM MARIN SUPER LIFT FACIAL 75 MINS €140

An anti-ageing massage and a super-lifting mask visibly contour the face and neck.

Your skin is left firmer, younger-looking and glowing.

BRIGHTENING LUMIÈRE MARINE TREATMENT 60 MINS €140

A high-performance anti-pigmentation and rejuvenating facial to correct skin tone and dark spots, for a clearer, brighter complexion.

IBEAUTY PURITY REVIVER 30 MINS €70

Get healthier, brighter skin with this express facial, which removes impurities and restores balance to the complexion.

IBEAUTY HYDRATION CORRECTOR 45 MINS €100

Ultrasound technology allows iHydrate to be absorbed into the skin, leaving it feeling fresh, bright and hydrated.

IBEAUTY ANTI-AGEING ACTIVATOR 45 MINS €100

Radio-frequency technology and iPlump stimulate the complexion to become smoother and firmer.

IBEAUTY WRINKLE CORRECTOR 45 MINS €100

This anti-ageing treatment smoothes skin and targets fine lines and wrinkles. Add to any Thalgo anti-ageing facial for a boosted anti-ageing effect.

THALGOSKIN EXPERT RÉNOVATION RADICALE FACIAL

45 MINS/75 MINS €160/€180

Microdermabrasion smoothes the skin for an instantly clear and radiant complexion, while light therapy offers soothing and anti-ageing results.

RÉNOVATION RADICALE TREATMENT

30 MINS/55 MINS €140/€160

This treatment refines pores and skin texture, and treats skin irregularities including pigmentation, acne scarring and blemishes, leaving your skin smooth.

### HERSHESONS, FOURTH FLOOR

DR DENNIS GROSS OWN YOUR GLOW

SIGNATURE ALPHA BETA FACIAL 45 MINS €110

This popular complexion-perfecting facial delivers smooth, flawless skin and minimises fine lines, pores and discoloration.

DR DENNIS GROSS BRIGHTEN & FIRM HIGH-PERFORMANCE

VITAMIN C COLLAGEN FACIAL 45 MINS €110

The high-performance treatment helps correct sun damage; includes an Alpha Beta Peel.

DR DENNIS GROSS ULTIMATE RETINOL  
AGE-DELAY FACIAL 50 MINS £120

This anti-ageing facial uses a clinical-strength Retinol peel to transform the skin's texture, smooth wrinkles, minimise pores and correct discolouration.

DR DENNIS GROSS INSTANT RADIANCE ALPHA BETA  
EXPRESS FACIAL 20 MINS £80

Delivers smooth and flawless skin, minimising fine lines, pores and discolouration.

SKINCEUTICALS CITY RADIANCE FACIAL 75 MINS £150

Potent actives revitalise and repair dull, tired skin while restoring luminosity and preventing damage.

SKINCEUTICALS DETOX PURIFYING FACIAL 60 MINS £110

A pore-cleansing treatment that targets congestion to draw out impurities, provides nourishment and hydration, and reduces oil without drying.

SKINCEUTICALS PIGMENT BALANCING PEEL 45 MINS £100

With a high concentration of glycolic acid, this peel exfoliates and brightens, targeting discolouration and uneven skin tone.

SKINCEUTICALS GEL PEEL 45 MINS £100

Designed for sensitive skin, the peel helps restore radiance and brightness.

CACI ULTIMATE FACIAL TREATMENTS

A non-surgical treatment system to tone, lift and firm facial muscles. Combines microcurrent, cosmetic microdermabrasion, light therapy and high frequency to help minimise fine lines and wrinkles.

CACI NON-SURGICAL FACE TREATMENT 75 MINS £90  
PACKAGE OF 10 £810

HYDRATONE 15 MINS £45

Provides intense skin hydration in just 15 minutes.

WRINKLE 15 MINS £45

Reduces the appearance of lines and wrinkles.

JOWL LIFT 30 MINS £55

Targets loose, sagging muscles around the jawline to firm the skin.

**11CRYO/HEAT. FOURTH FLOOR**

Express and luxury CRYO & HEAT facials using a combo of mSKIN products with innovative temperature and light technology. The controlled system helps to enhance oxygen levels, improve microcirculation, and provide optimal conditions for collagen and elastin stimulation.

EXPRESS CRYOTHERAPY FACIAL 30 MINS £60

Paired with mSkin products, the controlled system of -30°C cooled air and pure CO<sub>2</sub> helps to enhance oxygen levels, improve microcirculation, and provide optimal conditions for collagen and elastin stimulation.

PACKAGE OF 5 SESSIONS £250

EXPRESS THERMOTHERAPY FACIAL 30 MINS £80

(CAN BE COMBINED WITH WHOLE-BODY THERMOTHERAPY)

mSKIN's signature steps and products combine with LED therapy and oxygen infusion to help detox the skin. Collagen stimulation and bacteria reduction deliver a clear and even skin tone.

PACKAGE OF 5 SESSIONS £350

LUXURY CRYOTHERAPY FACIAL 60 MINS £160

Inspired by the mCRYO treatment, using mSKIN products, signature massage, CryoAir Machine and an LED Machine to holistically restore skin.

PACKAGE OF 5 SESSIONS £700; 10 SESSIONS £1,100

LUXURY RADIANCE INFUSION FACIAL 90 MINS £300

This opulent treatment harnesses the power of our Celestial Black Diamond Intensive range, cult-favourite masks, an Oxygen Machine and deep massage technique to brighten, firm and rejuvenate face, neck and décolletage.

PACKAGE OF 5 SESSIONS £1,200; 10 SESSIONS £2,000

**FACE PLACE. FOURTH FLOOR**

Hollywood's best-kept secret for over 45 years.

FACE PLACE SIGNATURE TREATMENT 70 MINS £140

Designed for both men and women, the treatment uses powerful antioxidant vitamin C and galvanic current to stimulate collagen production and to lift and calm for a radiant complexion with no downtime.

### FACE PLACE EXPRESS TREATMENT 40 MINS £100

Great for when you're pushed for time but still want that Face Place glow.

### HARVEY NICHOLS THE WORKS 100 MINS £220

The Signature Treatment, plus our powerful stress relief, lifting, draining, contouring facial massage to give a sculpted result, while eliminating excess fluids and toxins, improving circulation and reducing the signs of fatigue, leaving a youthful glow. Combined with cell-boosting LED therapy, this is the ultimate skin recovery and detox.

#### ADD-ONS:

#### ADVANCED SKIN PEEL 15 MINS £95

Salicylic or mandelic peels work with the Signature Treatment to intensively resurface and brighten, or target acne and blemishes.

#### BEGINNER'S SKIN PEEL 15 MINS £50

A lighter peel, suitable for all skin types, with glycolic and lactic acids giving deep exfoliation with no downtime.

#### SIGNATURE FACIAL MASSAGE 15 MINS £50

Add our lifting, draining, contouring facial massage to your Signature Treatment for a sculpted result.

#### LED LIGHT THERAPY 15 MINS £50

The latest in LED light technology improves cellular health to reduce signs of ageing and eliminate acne. Anti-ageing red LED stimulates collagen production and anti-bacterial blue light helps prevent and calm acne and redness.

### ELEMIS. FOURTH FLOOR

Our clinically proven anti-wrinkle, radiance and resurfacing facials provide instant results.

Or try skin-specific and booster facials for breakouts and sensitive skin.

#### PRO-COLLAGEN AGE DEFY 60 MINS. £75

Specialised anti-ageing massage combined with marine extract padina pavonica; helps re-energise cell communication and rejuvenate skin.

#### SUPERFOOD SKIN RADIANCE 60 MINS. £75

Rejuvenate and re-energise tired skin with a facial designed to sculpt and restore radiance.

#### PRO-DEFINITION LIFT AND CONTOUR 60 MINS. £75

Designed to lift, shape and firm slackened skin. Powerful lifting techniques combined with cutting-edge technology target sagging jowls, cheeks, chin and neck.

#### DYNAMIC RESURFACING PRECISION PEEL 60 MINS. £75

This treatment targets blemishes, uneven skin tone, superficial facial scarring and fine lines, revealing younger-looking skin.

#### BIOTEC TOUCH 15 MIN £15

Incorporates sculpting massage and active formulations.

Biotec's potent Bioenergy complex of encapsulated zinc and copper, combined with a trio of acids, leaves skin looking healthy and revitalised.

#### BIOTEC TECHNOLOGY 30 MIN £45 / 60 MIN £75

The Biotec machine helps increasing skin's natural cellular energy; technology turbocharges touch. The clinically proven result? Thriving, visibly healthy and energised skin.

#### ONLY FOR MEN FACIAL 60 MINS. £75

Helps combat the effects of a hectic lifestyle and environmental stressors.

#### SKIN BOOSTERS £15 EACH:

#### SMOOTH THE LINES

A powerfully rejuvenating clinically proven anti-ageing treatment using microcurrent pulses and red LED therapy combined with award-winning heroes from our

Pro-Collagen range to effectively iron out wrinkles and fill in lines.

#### ALL THE GREENS

Combining galvanic currents to decongest, light therapy to balance and re-energise, and Super Food Oil to restore moisture and vitality, this facial treatment leaves skin visibly clearer, brighter and more radiant.

#### RESURFACE. RENEW. REVEAL

This antidote for dull and tired skin harnesses the power of ultrasonic peeling to gently exfoliate surface impurities and pigmentation. Paired with a trio of purifying enzymes and skin-calming light therapy, it will reveal smoother, revitalised skin.

### CHIN UP

Rediscover the architecture of your face with this ground-breaking blend of microcurrent sculpting technology and jowl massage, restoring skin elasticity and muscle memory for a contoured complexion that is remarkably lifted and tightened.

### ENERG`EYES

Wake up tired eyes with this treatment that harnesses microcurrent technology, oxygen infusion therapy and rehydrating eye masks to gently stimulate, replenish and tighten delicate skin around the eyes, reducing the appearance of fine lines.

### ENHANCED CLARITY

Dynamically reducing the appearance of uneven skin tone, discolouration and age spots, this white brightening treatment uses ultrasonic peel and light therapy targeted to address skin pigmentation, visibly illuminating the complexion.

### LA PRAIRIE, FOURTH FLOOR

£100 PER TREATMENT. REDEEMABLE ON 2 PRODUCTS\*  
(one of which must be a moisturiser or serum)

### PLATINUM FACIAL 45 MINS

Ultimate in rejuvenation for all skin types, incorporating the exquisite Platinum Collection. This mini-facial utilizes pure platinum to restore balance and brighten the skin.

### CAVIAR EXPRESS LIFT FACIAL 45 MINS

A lifting and firming, results driven treatment, for all skin types. This mini-facial will provide moisture rich hydration leaving the skin silky soft.

### PURE GOLD RADIANCE FACIAL 45 MINS

The pure golden drops of Cellular Radiance Concentrate Pure Gold visibly revitalises and perfects the skin. The skin is glowing and luminous.

### RITUAL OF ENLIGHTENMENT FACIAL 45 MINS

The White Caviar Illuminating Collection, utilizing the power of golden caviar extracts will improve firmness and help to brighten the skin for a more even skin tone.

### CELLULAR SWISS ICE CRYSTAL FACIAL 45 MINS

This exquisite mini facial utilizing clear and rose quartz crystals to massage the face and eyes will help to delay the first signs of aging, encouraging younger-looking skin, bursting with moisture and vital energy.

### SWISS CELLULAR ANTI-AGING FACIAL 45 MINS

With the incredible anti-wrinkle power of the Anti-Aging Collection, this facial helps to smooth and plump the appearance of fine lines and wrinkles, leaving the skin smoother and younger looking.

## PEELS

### BEYOND MEDISPA, FOURTH FLOOR

#### BEYOND STIMULATING ZO FACIAL

A light acid peel created by one of the leading skin doctors, Zein Obagi. Targets pigmentation and sensitivity, with the benefit of no downtime.

NON-PEEL 60 MINS £160

PEEL 60 MINS £210

#### OBAGI BLUE RADIANCE PEEL 60 MINS £250

A 20% salicylic acid peel to resurface the skin and target pigmentation and open pores. Downtime is three to five days; then tighter, smoother and rejuvenated skin is revealed.

#### ZO THREE-STEP PEEL 30 MINS £450

The most advanced peel available for longer-lasting benefits. The 30% TCA (Trichloroacetic Acid) will help with anti-ageing, pigmentation, scarring and open pores. Up to 12 weeks of pre-prep with ZO products is recommended, with five to seven days' downtime.

\*After a 15-minute consultation, your therapist will determine which of these treatments is suitable for you. Please allow 1 hour for your appointment. A fee of £100 will be taken to secure your booking; this is redeemable on the day of your treatment on two or more products, one of which must be a moisturiser or serum.

# BODY TREATMENTS

Labs by CAR.O.L.AI-powered exercise bike: "It's incredibly convenient to be able to hop on in your normal clothes and hit your recommended fitness target in no time at all. No more lugging a heavy, sweaty gym bag to the office every day."

*Metro Online*

## MASSAGE

**HERSHESONS, FOURTH FLOOR**

REFLEXOLOGY 50 MINS £120

## CONTOURING

**BEYOND MEDISPA, FOURTH FLOOR**

VELASHAPE\*

Contours, shapes and slims the body by targeting cellulite and reducing circumference with radio-frequency energy. Labelled a breakthrough by beauty experts, it is currently the only contactless device on the market. Usually six treatments are needed for optimal results.

ARMS £75

BACK/BRA ROLL £150

STOMACH £150

BUTTOCKS £150

FULL LEG £200

FULL LEG AND BUTTOCKS £350

COMPLETE UPPER BODY £300

HOURLASS (LEGS, BUTTOCKS, STOMACH, BACK) £600

COMPLETE FULL BODY £700

EXILIS ELITE\*

Delivers radio-frequency energy to target, tighten and tone sagging skin.

Although it works by heating the layer under the skin, Exilis Elite is completely pain-free.

HALF FACE (UPPER OR LOWER) £450

FULL FACE £650

ABDOMEN 450

FLANKS £450

ABDOMEN AND FLANKS £700

UPPER ARMS £450

BRA ROLL £400

KNEES £400

OUTER/INNER THIGHS £600

EYES £200

NECK £375

HANDS £375

LIPS AND MARIONETTE LINES £150

HYDRA TITE\*

A combination of the hydrating Hydra Facial and toning and tightening Exilis Elite.

HALF FACE (UPPER OR LOWER) £600

FULL FACE £800

EYES £350

NECK £525

HANDS £600

LIPS AND MARIONETTE LINES £300

## CELLULITE + FAT REDUCTION TREATMENTS

**BEYOND MEDISPA, FOURTH FLOOR**

COOLSCULPTING (DUAL TREATMENT 40 MINS)

PRICE ON CONSULTATION

Targeted fat-freezing to contour your body. No surgery, needles or downtime.

BEYOND BUTT LIFT AND CELLULITE 60 MINS FROM £2,000

Thermal and mechanical energy target the five main causes of cellulite and result in a butt lift. Four treatments are recommended for optimum results.

BEYOND FAT DISSOLVING TREATMENT

60 MINS. PRICE ON CONSULTATION

An injectable solution that helps dissolve fat cells from the body naturally.

\*Treatment times vary depending on the client's specific needs and the treatment area.

## THALGO BODY TREATMENTS

Using Thalgo's signature Body Palp technology, these high-performance sculpting treatments break down cellulite and tone skin, plus its famed marine body wrap helps boost circulation. Treatments will be tailored to your needs.

### FRIGI-THALGO BODY WRAP 60 MINS €95

Thalgo's famous cool marine bandage wrap improves blood flow and regulates fluid balance, significantly boosts circulation to eliminate excess fluid from the hips and thighs, and improves the appearance of cellulite.

### BODY SCULPT WITH BODY PALP 45 MINS €100

This high-performance treatment breaks down stubborn cellulite, tones the skin and visibly resculpts. Can be personalised according to body type.

### BODY SCULPT (WITH PERFECT SCULPT MASSAGE) 40 MINS €100

Target cellulite and stubborn fat to refine, resculpt and firm up.

## INVASIVE TREATMENTS PRICES ON APPLICATION BEYOND MEDISPA. FOURTH FLOOR

The following treatments are available on request: Botox, Lip Fillers, Full Face Rejuvenation, Nose Augmentation and Non-Surgical Face Lift. A medical consultation with one of our doctors is recommended before any treatment.

## HAIR REMOVAL\*

### HERSHESONS. FOURTH FLOOR

FULL LEG AND BIKINI 60 MINS STRIP €69/HOT WAX €80

FULL LEG STRIP 30 MINS/HOT WAX 45 MINS STRIP €57/HOT WAX €60

HALF LEG STRIP 15 MINS/HOT WAX 30 MINS STRIP €37/HOT WAX €42

BIKINI 30 MINS STRIP €34/HOT WAX €40

FULL ARMS STRIP 30 MINS/HOT WAX 45 MINS STRIP €39/HOT WAX €45

FOREARMS STRIP 15 MINS/HOT WAX 30 MINS STRIP €33/HOT WAX €39

UNDERARMS STRIP €27/HOT WAX €30

FULL FACE 30 MINS STRIP €55/HOT WAX €55

NOSE 15 MINS STRIP €30/HOT WAX €30

TOES STRIP €25/HOT WAX €25

CHEEKS STRIP €30/HOT WAX €30

LIP OR CHIN 15 MINS STRIP €27/HOT WAX €30

LIP AND CHIN 30 MINS STRIP €40/HOT WAX €43

EYEBROWS 15 MINS STRIP €30/HOT WAX €33

BACK/CHEST 45 MINS STRIP €50/HOT WAX €60

THIGHS 30 MINS STRIP €40/HOT WAX €46

FULL BODY STRIP €200/HOT WAX €225

FULL LEG & BRAZILIAN 70 MINS STRIP €89/HOT WAX €100

STOMACH HOT WAX €40

BRAZILIAN HOT WAX €60

HOLLYWOOD HOT WAX €60

ELECTROLYSIS 15 MIN €35/30 MIN €60/45 MIN €70

## LASER HAIR REMOVAL

### BEYOND MEDISPA. FOURTH FLOOR

PATCH TEST €30

UPPER LIP €70

CHIN €70

UPPER LIP AND CHIN €120

CHEEKS €75

LOWER FACE (UPPER LIP, CHIN AND CHEEKS) €160

FULL FACE €200

NECK €120

UNDERARMS €85

NAVEL PUBIS €60

BIKINI (STANDARD) €100

BIKINI (BRAZILIAN) €140

BIKINI (HOLLYWOOD) €155

NIPPLES €70

BIKINI AND UNDERARMS €160

BRAZILIAN AND UNDERARMS €200

HOLLYWOOD AND UNDERARMS €215

FULL ARMS €200

HALF ARMS €150

LOWER LEGS €200

\*Treatment times vary depending on the client's specific needs and the treatment area.

FULL LEGS £350

CHEST £150

ABDOMEN/STOMACH £150

FULL BACK AND SHOULDERS £250

HALF BACK £200

FULL BODY (EXCLUDING FACE) £1,000

IPL (INTENSE PULSE LIGHT)

FOR PIGMENTATION. THREAD VEINS AND ANTI-AGEING

FULL FACE £300

HANDS £900

SMALL AREA £175

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## TANNING\*

**HERSHESONS. FOURTH FLOOR**

JAMES READ - THE SIGNATURE TAN 30 MINS £60

For a golden 'week in the Greek Islands' look.

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## NUTRITION

**BEYOND MEDISPA. FOURTH FLOOR**

Your skin doesn't only reflect what you put on it; it's also a window to what's going on inside your body. A consultation with our nutritional therapist and genetic health consultant can help resolve weight gain, acne, rosacea, fatigue, bloating and poor digestion.

CONSULTATION:

INITIAL 60 MINS £150 / FOLLOW-UP 45 MINS £75

DETOX PROGRAMME. PRICE ON CONSULTATION

Tailor-made detox programmes ranging from three to 21 days. Each programme comprises an initial consultation with an expert nutritionist and guidance throughout the detoxification.

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## IV THERAPIES

**REVIV. GROUND FLOOR & FOURTH FLOOR**

HYDROMAX SPORTS INFUSION 60 MINS £99

A favourite for athletes before or after extensive activity, Hydromax focuses on rehydration and relieving lactic acid build-up, while also helping to detoxify and re-energise.

ULTRAVIV RECOVERY INFUSION 60 MINS £129

Delivering vital minerals, antioxidants, vitamins and much-needed hydration along with medication to relieve nausea, pain and inflammation, Ultraviv is the go-to infusion for those feeling in less-than-peak condition.

MEGABOOST WELLNESS INFUSION 60 MINS £199

Reviv's signature infusion contains an extra high dose of vitamin C plus other vitamins, minerals and antioxidants. Use it to boost your immune system and help prevent cold and flu-like symptoms.

VITAGLOW ANTI-AGEING INFUSION 35 MINS £199

The infusion helps to detoxify the body of damaging free radicals, promote cellular repair and improve the appearance of hair, skin and nails.

ROYAL FLUSH DELUXE INFUSION 75 MINS £349

A combination of Ultraviv, Megaboost and Vitaglow, Royal Flush is the top choice for anyone suffering from fatigue, jet lag, allergies or flu-like symptoms.

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## BOOSTER INJECTIONS

**REVIV. GROUND FLOOR & FOURTH FLOOR**

VITAMIN B12 PURE ENERGY BOOSTER 15 MINS £29

The natural energy booster will help with sleep, mood and appetite cycles.

SLIMBOOST METABOLIC WEIGHT-LOSS BOOSTER 15 MINS £39

A blend of vitamins, B12 and amino acids, Slimboost helps to stimulate boost fat burning.

VITABOOST MASTER ANTIOXIDANT BOOST 15 MINS £39

Vitaboost helps to detoxify your body and promote healing, as well as enhance the appearance of healthy skin, nails and hair.

COQ10+ POWER FITNESS BOOST 15 MINS £49

For those hoping to recover from the toughest physical activity, CoQ10+ will help boost the immune system, maintain cardiovascular health and enhance fitness.

\*Patch Test complimentary. Treatment times vary depending on the client's specific needs and the treatment area.



## LIFESTYLE GENETICS

### REVIV, GROUND FLOOR & FOURTH FLOOR

Understanding your unique genetic makeup can have a beneficial impact on areas such as your health and athletic ability. REVIV Genetic Analysis includes a 1:1 consultation and a personal written analysis. Payment terms available.

HEALTH, WEIGHT AND NUTRITION £2,795

BEAUTY, WEIGHT AND NUTRITION £1,695

SPORTS AND NUTRITION £1,095

NUTRITION £995

BEAUTY £895

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## LIGHT THERAPY

### THE LIGHT SALON, FOURTH FLOOR

THE FULL BODY LIGHT 30 MINS/45 MINS £95/£120

A nurturing treatment that will re-energise the body and mind allowing you to pause, repair and reset by cocooning the body under near-infrared LED light.

THE PRESSOTHERAPY + DOUBLE DOSE OF LIGHT 40 MINS £75

Creating waves of gentle compression, Pressotherapy boots take lymphatic massage to the max. It speeds up the elimination of toxins from the body, reducing fluid retention and cellulite.

ADD PRESSOTHERAPY TO FACIAL +£40

### THE MEDI-GLOW PEEL

Addressing skin concerns including sun damage, pigmentation, fine lines and acne scarring, the peel is a results-driven treatment that aims to restore the skin to its optimum state.

MEDI-GLOW PEEL 45 MINS £125

MEDI-GLOW PEEL + VITAMIN A 60 MINS £160

THE LIFT, LIGHT & GLOW 60 MINS £125

A personalised version of all our favourite add-ons in one facial.

THE SUPER-RENEWAL MICRONEEDLING

Addresses a multitude of skin concerns, from sun damage to fine lines and hair loss.

SUPER-RENEWAL FACE + GF HYDROGEL 60-75 MINS £195

SUPER-RENEWAL FACE WITH GROWTH FACTORS (GFIT) 60-75 MINS £260

SUPER-RENEWAL BODY FROM 45 MINS FROM £160

SUPER-RENEWAL BODY WITH GROWTH FACTORS (GFIT) 60 MINS FROM £225

SUPER-RENEWAL HAIR WITH GROWTH FACTORS (GFIT) 60 MINS £245

### THE TARGETED LIGHT

Ideal for rectifying a range of issues including pigmentation, sun damage crepey-looking skin, and breakouts on hard-to-reach areas.

TARGETED LIGHT (BODY) 20 MINS £35

PEEL & HEAL (BODY) 40 MINS £75

+ SPOT TREATMENT 5 MINS £10

+ EXTRACTION 15 MINS £20

+ MICRODERMABRASION 15 MINS £40

+ ENZYME TREATMENT 15 MINS £40

+ VITAMIN A BOOST 15 MINS £40

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## THE KEGEL THRONE

### THE LIGHT SALON, FOURTH FLOOR

Using electromagnetic currents, the Throne delivers 11,000 Kegel exercises in under 30 mins.

KEGEL THRONE & LIGHT SINGLE SESSION 30 MINS £175

6 SESSIONS £875

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## CRYOTHERAPY, THERMOTHERAPY & LED

### 111CRYO/HEAT, FOURTH FLOOR

A temperature and light treatment system that conditions the body for optimal wellness. Known as Contrast Therapy when practiced together, 111CRYO/HEAT provides a biohacking experience.

### WHOLE-BODY CRYOTHERAPY

This technology exposes the body to -85°, offering incredible mental and physical benefits that include pain relief, muscle recovery and firmer skin, among many others.

1 THREE-MIN SESSION €95

3-SESSION INTRO PACK (NEW CLIENTS ONLY) €200

5 SESSIONS €375

10 SESSIONS €650

20 SESSIONS €1,000

UNLIMITED SESSIONS FOR 1 MONTH €850

#### WHOLE-BODY THERMOTHERAPY

The thermotherapy and infrared sauna wellness pod delivers customised programmes using clever tech, including an LED face and body light system, and aromatherapy.

30-MIN SESSIONS

1 SESSION €150

3-SESSION INTRO PACK (NEW CLIENTS ONLY) €300

5 SESSIONS €500

10 SESSIONS €900

20 SESSIONS €1,500

UNLIMITED SESSIONS FOR 1 MONTH €1,200

#### CONTRAST THERAPY

Maximise the benefits of both treatments with this method of biohacking for peak wellness.

1 SESSION €200

3-SESSION INTRO PACK (NEW CLIENTS ONLY) €500

5 SESSIONS €750

10 SESSIONS €1,350

20 SESSIONS €2,200

UNLIMITED SESSIONS FOR 1 MONTH €1,800

### LABS BY CAR.O.L FOURTH FLOOR

Get fit in seconds with Labs by CAR.O.L AI-powered exercise bike, clinically proven by the American Council on Exercise to deliver maximum health benefits in minimum time.

SIGNATURE 8-WEEK CAR.O.L PROTOCOL €1,230

£51.25 per session; 24 sessions plus 3 free calibration sessions a total of 27 sessions.

SIGNATURE 12-WEEK CAR.O.L PROTOCOL €1,495

£41.52 per session; 3 sessions plus 3 free calibration sessions a total of 42 sessions.

3 CAR.O.L EXPERIENCE SESSIONS €235

£78 per session; 3 sessions plus 3 free calibration sessions a total of 6 sessions.

10 CAR.O.L EXPERIENCE SESSIONS €645

£64.50 per session; 10 sessions, plus 3 free sessions a total of 13 sessions.

#### ADDITIONAL SERVICES

Taster sessions for the additional services are free.

LIGHT & SOUND THERAPY €1 PER MINUTE

COMPLETE 3D BODY COMPOSITION ANALYSIS €40

**CAR.O.L RIDES:** €24 (INTENSE OR ENERGISER)

€36 (FAT BURN 30)

€40 (FAT BURN 60)

€55 (FITNESS TEST MEASUREMENT)

### FLAWLESS FEET PODIATRY & LASER CLINIC BEYOND MEDISPA, FOURTH FLOOR

We offer full medical and surgical podiatry programmes for feet. All treatments include a diagnostic consultation and management advice for the toenails and skin.

MEDICAL PEDICURE 45 MINS €160

Diagnosis, treatment and management of skin and toenail conditions including corns, callouses, ingrown toenails and verrucae.

SIGNATURE LUXURY PEDICURE 60 MINS €180

Like a pampering facial for feet to help them look, and feel, 10 years younger.

## NAIL SURGERY

Our ingrown-toenail treatment helps reduce the risk of recurrence.

- 1 NAIL SURGERY PROCEDURE 60 MINS
- + 3 × 15-MIN FOLLOW-UP APPOINTMENTS £600
- 2 NAIL SURGERY PROCEDURES 90 MINS
- + 3 × 15-MIN FOLLOW-UP APPOINTMENTS £800
- NAIL RECONSTRUCTION 30 MINS £55 PER NAIL

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## VERRUCA TREATMENT

FAULKNORS NEEDLING PACKAGE

(INCLUDING 1-WEEK AND 4-MONTH REVIEWS) £600

Carried out under local anaesthetic, the technique helps cure verrucae and includes two check-ups.

SWIFT MICROWAVE TREATMENT 45 MINS £200

3 × 45-MIN SESSIONS £500

Treats verrucae and warts, and requires no aftercare.

CRYOTHERAPY 60 MINS £150

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## LASER TREATMENT

Quick and pain-free, laser treatment helps eliminate fungal nail infection, plantar fasciitis, ligament and joint pain and common foot pain.

CONSULTATION 30 MINS £60

TREATMENT 30/45 MINS £80/£125

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## ELECTRO CORPOREAL SHOCKWAVE THERAPY

Effective for foot conditions that have not responded to more conventional treatments.

CONSULTATION AND TREATMENT 60 MINS £150

3 × 60-MIN SESSIONS £400

## FUNGAL STUDIES/PATHOLOGY

An effective add-on to any foot treatment (Laser Consultation or Medical Pedicure, for example).

CONSULTATION AND ASSESSMENT 30 MINS £45

4 SESSIONS AND INITIAL ASSESSMENT (ONE FOOT)

30 MINS PER SESSION £600

4 SESSIONS AND INITIAL ASSESSMENT (BOTH FEET)

30 MINS PER SESSION £850

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## GAIT ANALYSIS/BIOMETRICS/ORTHOTICS THERAPY

An assessment of lower limb pain and examination of your hips, knees, ankles and feet.

Includes video gait analysis with Dartfish. All our orthotics include a fitting consultation and a review after 4-8 weeks.

BIOMECHANICAL ASSESSMENT 60 MINS £160

INITIAL PAIR OF ORTHOTICS £400

ADDITIONAL ORTHOTICS £300

FOLLOW-UP CONSULTATION £100

ORTHOTICS ADJUSTMENT £150

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## HEALTH SCREENING

**SIMONE THOMAS WELLNESS, FOURTH FLOOR**

Monitor and optimise the energetic state of your internal organs.

CONSULTATION AND INITIAL TREATMENT 60 MINS £450

The Advanced Health Screening uses the Bioenergetics machine to determine your major health concerns. A series of smaller tests helps identify specific concerns. We then create a bespoke treatment plan.

THE SIX TREATMENTS 60 MINS £400 EACH

(PURCHASE 5 TREATMENTS AND GET 1 FREE)

Based on the results of the Advanced Health Screening test, we decide whether to introduce changes to the plan. This could include changes to your lifestyle, diet, nutrition or supplements.