

BODY TREATMENTS

"My skin feels more hydrated with a natural glow. If you are feeling run down or trying to bounce back from illness, give REVIV a go!"

Health and Fitness magazine

MASSAGE

HERSHESONS, FOURTH FLOOR

ASHRAM MASSAGE 50 MINS £150/1 HR 20 MINS £200

Combines deep-tissue shiatsu pressure points, lymphatic drainage, aromatherapy and a no-hands technique.

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

HOURGLASS (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

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

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) PRICES 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.

THALGO BODY TREATMENTS, FOURTH FLOOR

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 always recommended before 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

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

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

UPPER LIP £70

CHIN £70

UPPER LIP AND CHIN £120

CHEEKS £70

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

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

TANNING*

HERSHESONS, FOURTH FLOOR

JAMES READ – THE SIGNATURE TAN 30 MINS £60

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

NUTRITION

BEYOND MEDISPA, FOURTH FLOOR

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

INITIAL CONSULTATION 60 MINS £150

FOLLOW-UP CONSULTATION 45 MINS £75

DETOX PROGRAMMES PRICES 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.

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

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.

BOOSTER INJECTIONS

REVIV, GROUND FLOOR

VITAMIN B12 PURE ENERGY BOOSTER 15 MINS £29

Popular with athletes, the natural energy booster will also help with sleep, mood and appetite cycles.

SLIMBOOST METABOLIC WEIGHT-LOSS BOOSTER 15 MINS £39

A unique blend of vitamins, B12 and amino acids, Slimboost works to stimulate your metabolism and 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.

LIFESTYLE GENETICS

REVIV, GROUND FLOOR

Understanding your unique genetic make up 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

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, the Pressotherapy boots take lymphatic massage to the max. By boosting circulation, it speeds up the elimination of toxins from the body, reducing fluid retention, puffiness and cellulite.

ADD PRESSOTHERAPY TO FACIAL +£40

THE MEDI-GLOW PEEL

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

MEDI-GLOW PEEL + POST-CARE KIT 45 MINS £125

MEDI-GLOW PEEL + VITAMIN A + POST-CARE KIT 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

A treatment that addresses a multitude of skin concerns on the face, body and scalp, from hyperpigmentation and sun damage to fine lines, enlarged pores, texture irregularities, rosacea, acne scarring, stretch marks 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 and 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

THE KEGEL THRONE

THE LIGHT SALON, FOURTH FLOOR

A medical and scientifically backed device that works to activate and tone the pelvic floor muscles. Using electromagnetic currents, this wonder chair delivers 11,000 super-charged Kegel exercises in under 30 mins. With no need to remove your clothes, each session can be enjoyed alongside an uplifting dose of LED light therapy.

KEGEL THRONE & LIGHT SINGLE SESSION 30 MINS £175
6 SESSIONS £875

CRYOTHERAPY, THERMOTHERAPY & LED

111CRYO/HEAT, FOURTH FLOOR

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

111CRYO £95

The UK's first electrical full-body cryotherapy chamber. 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.

3 MIN SESSIONS

1 SESSION £95

5 SESSIONS £375

10 SESSIONS £650

20 SESSIONS £1,000

INTRO PACKAGE OF 3 SESSIONS (NEW CLIENTS ONLY) £200

UNLIMITED SESSIONS FOR 1 MONTH £850

11HEAT 15/30 MINS

The UK's first thermotherapy and infrared sauna wellness pod. The powerful personal chamber delivers customised programmes using combinations of clever tech, including an LED face and body light system, and aromatherapy.

15/30 MIN SESSIONS

1 SESSION £95/£150

5 SESSIONS £375/£500

10 SESSIONS £650/£900

20 SESSIONS £1,000/£1,500

LABS BY CAR.O.L

FOURTH FLOOR

Get fit in seconds with labs by CAR.O.L AI-powered exercise bike.

It's the first of its kind in the UK and is 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 for a total of 27 sessions.

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

£41.52 per session; 39 sessions plus 3 free calibration sessions for a total of 42 sessions.

3 CAR.O.L EXPERIENCE SESSIONS £235

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

10 CAR.O.L EXPERIENCE SESSIONS £645

£64.50 per session; 10 sessions, plus 3 free sessions for 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 AND 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 treatments for ingrown toenails have been shown through research to reduce the risk of reoccurrence.

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

VERRUCA TREATMENTS

**FAULKNORS NEEDLING PACKAGE
(INCLUDING 1-WEEK AND 4-MONTH REVIEWS) £600**

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

**SWIFT MICROWAVE TREATMENT 45 MINS £200
3 x 45-MIN SESSIONS £500**

This takes seconds to treat verrucae and warts and requires no aftercare.

CRYOTHERAPY 60 MINS £150

LASER TREATMENT

Laser treatment can treat many conditions, including fungal nail infection, plantar fasciitis, ligament and joint pain, common foot pain and pre-and post- surgery care. It's quick and pain-free.

**LASER CONSULTATION 30 MINS £60
LLT (LASER) TREATMENT 30/45 MINS £80/£125**

ELECTRO CORPOREAL SHOCKWAVE THERAPY

**CONSULTATION AND TREATMENT 60 MINS £150
3 x 60-MIN SESSIONS £400**

Effective for painful foot conditions that have not responded to more conventional treatments such as physio or steroid injections.

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

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