



## TREATMENT CATALOGUE

### AESTHETIC SKINCARE

Aesthetic Skincare Consultation R 350.00

This is the first step to take before starting any professional and/or homecare treatments. An in-depth consultation will provide the aesthetic therapist with valuable information, such as: skin type, understanding and identifying the primary and secondary concerns, treatment and product history, possible contraindications, make product recommendations and to formulate a treatment plan to achieve a realistic and satisfying end-result.

### LAMELLE ESSENTIAL FACIALS

Lamelle Research Laboratories is a South African biotechnology research company that produces highly advanced products for the aesthetic skincare industry. Designed to **Correct** and **Prevent** aging of the skin. **Control** and **Manage** acne and problematic skin conditions. To **Restore** the natural lipid bi layer in the epidermis, **Repairing** dry skin with long-term hydration effects.

Lamelle Essential Facial R 750.00

This is a basic facial. Ideal for skin analysis, homecare advice and future treatment planning and recommendations.

Lamelle Essential Deep Cleanse Facial R 950.00

Basic facial with the focus on cleaning out the pores and for the treatment of mild to moderate acne.

Lamelle Signature Facial R 1050.00

This treatment is uniquely modified and designed for each individual client. The treatment includes a quality skincare treatment, face, neck and shoulder massage combined with a Light Superficial Chemical Peel.

(Alpha Peel / Beta Peel / Beta PLUS Peel / Lacti-Firm 30/10)

Lamelle Advanced Signature Facial R 1450.00

This treatment is uniquely modified and designed for each individual client. The treatment includes a quality skincare treatment, face, neck and shoulder massage combined with a Superficial Chemical Peel.

(Retistore Peel / Retistore Plus Peel / Lacti-Firm 90/10)

Lamelle Essential Purifying Back Treatment R 950.00

This treatment focuses on an area of the skin that is often neglected. It acts like a facial for the back to remove dull, dry skin, excess oil and blemishes.

### MICRODERMABRASION

Microdermabrasion is a minimally invasive procedure used to renew overall skin tone and texture. It can improve the appearance of sun damage, wrinkles, fine lines, age spots, acne scarring, melasma and other skin-related conditions. During this procedure the skin is sprayed with exfoliant crystals to remove dead epidermal cells. Skin might be slightly red and sensitive immediately after treatment. Dryness or flakiness in the days following the treatment is not unusual and can last up to a week. Recommended aftercare treatment is essential to mimic and keep the skins natural lipid barrier intact.

Face and Neck R 850.00

Face, Neck and Décolleté R 1200.00

## DERMAPLANING

Dermaplaning is a skin treatment where a sterile blade is used to skim dead skin cells and vellus hair (peach-fluff) from the face. By removing dead non-viable skin cells from the skin's surface, the production of collagen is being stimulated, which makes it possible to treat fine wrinkles and deep acne scarring, leaving the skin's surface looking smooth and radiant.

Dermaplaning Skincare Treatment	R 850.00
Dermaplaning Skincare Treatment combined with Superficial Micro-Needling	R 1250.00

## CHEMICAL PEELS

The basic function of all skin peels is to boost exfoliation and skin cell turnover. But they don't all give you exactly the same result. Different skin peels work in slightly different ways, so each one gives you a different auxiliary result, meaning that there are various skin peels that treat specific skin conditions and achieve certain results.

### Lamelle Chemical Peels

#### Treatment for Anti-Aging

The lactic acid-based peel is a type of alpha-hydroxy acid (fruit acid) derived from lactose (milk) as the name suggests. It's a fairly mild peel, gently stripping away old cells on the skin surface to make space for new cell growth. It is also combined with a plumping agent to help improve the skin's condition almost immediately.

Lacti-Firm 30/10	R 550.00
Lacti-Firm 90/10	R 650.00

#### Treatment for Sun-Damage

One of the most widely used peels for sun-damaged skin, glycolic acid is an alpha-hydroxy acid (fruit acid). The molecular size of this peel is smaller which means it penetrates deeply and the tingling sensation on the skin is more. Your skin might be a little bit red and sensitive directly after the treatment, but within minutes it'll just feel smooth and glowing.

Alpha Peel 20%	R 620.00
Alpha Peel 30%	R 660.00

#### Treatment for Aging

This peel is a Lamelle propriety complex, that corrects already visible signs of ageing by encouraging full epidermal restructuring. This is a more advanced anti-aging treatment with minimal social downtime. It's applied in a two-step process: first a five-minute preparation solution, and then the restoration solution which is left on the skin to go home with, and must be removed 6-12 hours afterwards. The skin will be sensitive directly after treatment and for the first day, as the product goes to work to enhance cell division, boost cell metabolism and stimulate hyaluronic acid production. Days two to five, some fine flaking might be experienced on the skin, therefore keep on applying the prescribed aftercare treatment. By day five to seven, the skin will start feeling plumped and very hydrated with a glowing complexion.

Retistore Peel	R 1050.00
Retistore PLUS Peel	R 1250.00

#### Treatment for Pigmentation

Salicylic acid is a beta-hydroxy peel derived from the bark of the willow tree and is ideal for treating both acne and pigmentation on the skin. With this treatment you will experience a tingling sensation on the skin for the first three minutes it's left on the skin. Afterwards the skin may be red and a little sensitive, but this sensation goes away within minutes. A second or third layer of the treatment might be applied if required. Start on your advised aftercare regime and avoid the sun for a few days. Pigmentation cannot be treated in a single session. A series of treatments would be required.

Beta Peel 15%	R 550.00
Beta Peel 20%	R 650.00
Beta Peel 15% - for hands	R 430.00

#### Treatment for Acne and Problematic Skin

This Beta-Hydroxy peel, salicylic acid, is excellent for removing pimples and it also drastically calms inflammation in inflammatory acne.

Beta PLUS Peel 15%	R 475.00
Beta PLUS Peel 20%	R 580.00

#### Mesoesthetic Chemical Peels

##### Modified Jessner

Broad spectrum peel indicated for treating uneven skin tone, dull/dehydrated skin as well as aging. This peel leaves your skin bright and glowing. R 690.00

##### Melanostop TranX

Depigmenting peel. Superficial peel indicated to treat: Solar Lentigines (UVR induced pigmentation), Post Inflammatory Pigmentation (PIH) and Melasma (Hormonal Pigmentation). R690.00

##### Modified Jessner and Melanostop TranX combination Peel

This peel combination will create a dramatic and visible change in the skin. Skin exfoliation, hydration and a depigmenting treatment, all in one. R1300.00

##### Vajacial

Intimate Chemical Peeling that is designed to be an anti-aging and depigmentation treatment to correct hyperpigmentation on the bikini line and outer labia.

Vajacial	R 950.00
Vajacial Ext.	R 1200.00

#### GALVANIC TREATMENTS

Galvanic therapy, also known as galvanic iontophoresis, is an exclusive electrotherapy treatment that works by penetrating active ingredients into the skin's subcutaneous tissue with the help of a direct galvanic current. These microcurrents retain the muscles to look firmer and improve the production of collagen and new skin cells. It also stimulates blood flow, increasing oxygen supply to the skin. Oxygen makes your skin feel lighter and look fresher. This treatment is great as an add-on to your regular monthly treatments.

Face and Neck	R 750.00
Face, Neck and Décolleté	R 950.00

#### HIGH FREQUENCY TREATMENTS

High frequency is a treatment that utilises targeted thermal energy that kills bacteria on the surface of the skin and treats a range of concerns, such as: skin lesions, acne, waxing procedures, cold sores, fine lines and sagging skin. This treatment has been credited for reducing dark circles and eye puffiness. This treatment is ideal to combine with your regular monthly skincare treatments.

Face and Neck	R 750.00
Face, Neck and Décolleté	R 950.00

## MEDICAL AESTHETIC SKINCARE

### MICRO-NEEDLING – Collagen Induction Therapy

Micro-Needling, also known as Collagen Induction Therapy, is a cosmetic procedure that involves the use of multiple tiny, sterile needles to puncture the skin and cause physical trauma. This trauma prompts the dermis to rebuild and produce collagen. Collagen is an essential protein that helps keep the skin looking youthful, with a firm, smooth, and stretchy texture.

#### Epidermal – Superficial Micro-Needling

The micro-needling device is set at a very shallow depth to glide over the stratum corneum, the outer most part of the epidermis. By separating these corneocytes, tiny little tunnels/pathways are created to allow effective ampule/product penetration. Various ampules can be used depending on the concerns being treated or treatment protocol. This treatment does not require a topical anaesthetic and is tolerable for most clients.

Face and Neck	R 1200.00
Face, Neck and Décolleté	R 2600.00
Neck	R 750.00
Décolleté	R 1400.00

#### Dermal Micro-Needling

Dermal micro-needling is an advanced aesthetic procedure which punctures the skin to stimulate collagen and elastin. A strong topical anaesthetic is applied prior to treatment to ensure that it is pain free. The benefits include overall skin rejuvenation, tightening, plumping of fine lines and wrinkles, improving pigmentation and acne scarring. Some redness may also be present immediately after treatment and in some cases, slight bruising that can last for five to seven days and temporary swelling for two to four days.

Face and Neck	R 1500.00
Face, Neck and Décolleté	R 3100.00
Neck	R 950.00
Décolleté	R 1700.00

Micro-Needling with platelet-rich plasma (PRP) and Vit C is a great combination to treat acne scarring, boxcar scarring, post-inflammatory hyper-pigmentation (PIH) and improves firmness and smoothness of the skin. Before a PRP treatment your own blood is drawn, usually from a large vein below the elbow. The blood is then spun down a centrifuge to separate the red and white blood cells from the platelet containing plasma. This procedure takes about ten minutes. The platelet-rich plasma is then harvested and then re-introduced to the skin during treatment.

Face and Neck	*
Face, Neck and Décolleté	*
Décolleté	*

#### Scarring and Stretchmarks

Micro-Needling can be used for the treatment of various types of scars and on **all skin tones**.

A stretch mark is a type of scar that develops when the skin stretches or shrinks quickly. The abrupt change causes the collagen and elastin, which support our skin, to rupture. As the skin heals, these stretch marks may appear. Not everyone develops these narrow bands on their skin. Darker coloured stretch marks, such as purple ones, are typically newer. Without treatment they would normally fade into white or silver over time. So, regardless of your skin tone, scarring and stretch marks could be effectively treated through a series of micro-needling treatments.

Cost to be determined during consultation/treatment	*from	R 800.00
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## IPL TREATMENTS

The Lumecca IPL therapy is a powerful and effective treatment that reduces and removes specific pigments in the skin. It is particularly successful in removing age spots (red/brow pigmentation), sun damage, vascular lesions (spider veins, poikiloderma, port wine stains, leg telangiectasia) rosacea, freckles, acne scarring and melasma (hormonal pigmentation). This popular anti-aging treatment is a quick treatment with visible results after the first one or two sessions. Immediately after IPL treatment, skin will feel sensitive (almost like sunburn). Improvement is most noticeable within a week post-treatment.

### Photodamage, Photoaging and Skin Rejuvenation

Face and Neck	R 2500.00
Face, Neck and Décolleté	R 3500.00
Neck	R 1000.00
Décolleté	R 1500.00
Hands	R 950.00

### Vascular Lesions

Facial Veins, Spider Veins, Poikiloderma, Couperose and the onset of Rosacea. *from	R 390.00 + R 6.50 p/shot
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### Sun Damage

Sun Spots, Liver Spots, Pigmented Lesions (face, chest, forearms, legs, shoulders, back).	R 390.00 + R 6.50 p/shot
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### Stretch Marks

A stretch mark is a type of scar that develops when the skin stretches or shrinks quickly. The abrupt change causes the collagen and elastin, which support our skin, to rupture. As the skin heals, these stretch marks may appear. Not everyone develops these narrow bands on their skin. Darker coloured stretch marks, such as purple ones, are typically newer. Without treatment they would typically fade into white or silver over time.	R 390.00 + R 6.50 p/shot
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### Scarring

IPL emits non-coherent, broadband, pulsed light that can treat a range of scarring concerns. IPL is effective, not only in improving the appearance of hypertrophic scars and keloids, regardless of their origin, but also in reducing the height, redness and hardness of scars.	R 390.00 + R 6.50 p/shot
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## RADIOFREQUENCY TREATMENTS

The Forma radiofrequency, also called skin tightening, is a non-surgical method of tightening the skin. Skin laxity occurs around the age of 35-40 when the quantity and quality of collagen begins to decline. Maintaining a temperature over 40 °C for over three minutes causes the body to release heat-shock proteins. These proteins stimulate the body to create new collagen fibres. The device effectively treats the forehead, upper and lower eyelids, nasolabial folds, marionet lines, jowls and neck.

Face and Neck	R 1250.00
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Not only does radiofrequency tighten the skin as mentioned earlier, but also restores contours to create toned, firm, youthful looking skin. This firming action makes RF especially well-suited to treat the chin, neck and jawline. It can also tighten the skin between the nose and the mouth. For tightening and facial contouring, a course of four to eight treatments would be required and should be done once a week. After completing a course, a face and neck treatment can be added to your regular skincare treatments as a maintenance procedure.

Upper Lip and Cheeks Course of four treatments	R 2340.00
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Neck and Double Chin  
Course of four treatments

R 2200.00

### THERMOCOAGULATION

The following skin imperfections are superficial which can be treated effectively by Thermocoagulation. The process will improve the skin's appearance by reducing or eliminating those unwanted imperfections, for example: visible facial veins or capillaries, skin tags, angiomas, milia, keratosis, angiokeratomas, open pores or unwanted piercings.

Thermocoagulation utilizes the high frequency current to discharge pin point heat energy to treat these skin imperfections and collapse the spider veins upon contact. The energy created by the high frequency current produces a thermal lesion and the immediate disappearance of the imperfections or spider veins while preserving the epidermis. All that may remain is a tiny circular red mark that disappears within hours post-treatment to leave a micro-crust which itself disappears usually within a few days. The treatment is extremely safe and unlike other procedures does not pose risk of heat blisters or scarring.

30 Minute Session  
45 Minute Session

R 680.00  
R 1250.00

### MEDICAL AESTHETIC PROCEDURES

For more information on medical aesthetic procedures, contact the clinic directly.

### MESOTHERAPY

Mesotherapy is a non-invasive non-surgical technique that uses micro-injections of pharmaceutical and homeopathic preparations, vitamins, enzymes, hormones and plant extracts to rejuvenate and tighten the skin, as well as remove excess fat. While mesotherapy can help your skin be healthier, and can help with very fine superficial wrinkles, micro-needling is more effective for reducing the appearance of fine lines and wrinkles overall. Combination treatments are always highly recommended to target skin concerns internally and externally for best results.

#### Profound

PROFOUND - promotes cell rejuvenation, stimulate collagen production and prevents collagen degrading, maintains skin health and has an anti-wrinkle effect.

#### HA Skin Booster

HA SKIN BOOSTER - very fine dermal fillers that hydrate and improve skin quality, leaving the skin with a glowing look.

#### Profilo

PROFILO - uses one of the highest concentrations of hyaluronic acid on the market to hydrate and remodel the skin. Suitable for face, neck and hands. Two treatments are normally required, spaced a month apart and can be done twice a year to maintain results.

### VAMPIRE PROCEDURES

Before a PRP treatment your own blood is drawn, usually from a large vein below the elbow. The blood is then spun down a centrifuge to separate the red and white blood cells from the platelet containing plasma. This procedure takes about ten minutes. The platelet-rich plasma is then harvested and then very superficially re-injected into the skin using a mesotherapy technique. These PRP's can also be introduced with a micro-needling device. Skin will be sensitive and red immediately after treatment. Patients are advised to wash the skin with clean water and to apply a fast skin repair cream and SPF 50 sunscreen. Avoid the sun for forty-eight hours and do not take any anti-inflammatories for at least a week and a half for optimal results.

### Vampire Facelift

The Vampire Facelift is a medical aesthetic procedure that make use of the power of Platelet Rich Plasma (PRP) - stem cells and growth factors taken from the platelet cells of your own blood. Unlike a vampire facial, which uses micro-needling, a vampire facelift injects both plasma and a hyaluronic acid filler. The procedure can make skin look less wrinkled, firmer and more elastic. This procedure is performed by a trained medical practitioner.

### Vampire Facial

The Vampire Facial isa medical aesthetic procedure that make use of the power of Platelet Rich Plasma (PRP) - stem cells and growth factors taken from the platelet cells of your own blood. A micro-needling device is used to introduce the platelet rich plasma into the skin.

### Vampire Breast Lift

VAMPIRE BREAST LIFT - (VBL) augments your breasts without surgery. A medical professional injects platelet-rich plasma (PRP) to improve skin texture and make the breasts appear fuller. Side effects are minimal, but may include bruising, swelling and tenderness with no down-time post-procedure,

## INTRAVENOUS VITAMIN INFUSIONS

Intravenous (IV) vitamin drip therapy is a safe and effective way to deliver nutrients, vitamins, and medications directly to your bloodstream. This technique bypasses the digestive system, thus all delivered supplements are available for immediate use. Compared to taking medication or trying to get hydrated by drinking water, intravenous therapy has almost immediate benefits. If you need to feel better fast, you'll find no better option than IV therapy.

### MYERS Cocktail

- Improves Fibromyalgia
- Pain Relief
- Anti-Depressant
- Anti-Inflammatory
- Improves Skin Health
- Insomnia Relief
- Improves Chronic Sinusitis
- Maintenance of Health
- Boost in Energy
- Improves Fatigue
- Improves Seasonal Allergic Rhinitis
- Treats Upper Respiratory Conditions
- Immunity Boost
- Relief of Acute Muscle Spasms
- Headache and Migraine Relief

### Booster IV

Contains amino acids, vitamins and anti-oxidants. These ingredients work in combination on a cellular level to increase mitochondrial energy.

- Increase Energy and Vitality Levels
- Improves Collagen Synthesis
- Increases Cellular Energy
- Increase Exercise Tolerance and Athletic Performance
- Anti-Aging
- Improves Fat Metabolism
- Improves Brain Function
- Increases Endurance and Stamina

- Heals Damaged Muscles and Cells
- Anti-Oxidant Effect

#### Detox IV

Glutathione is a natural substance that is present in all human cells and has been the subject of scientific research for many years. Studies have shown that levels of glutathione directly correspond to the health and function of cells. It is a super antioxidant, that binds with toxins and free radicals in the body, ensuring that free radicals are excreted from the body, making it a powerful immune booster and detoxifier.

Glutathione protects cells of many types, especially the skin, lens, retina and cornea. It is also a co-factor in many bodily processes and is the foundation for the main detoxification pathway in the liver, kidneys, lungs, intestinal lining and other organs.

This treatment is both safe and very effective;

- Glutathione is used in Skin Brightening Therapy
- Glutathione lightens the skin evenly
- Aids in Tissue building and Repair
- Produce chemicals and proteins needed for a Healthy Immune System
- Anti-Aging
- Regenerates Vitamin C and E
- Supports Liver, Kidney, GI tract and Intestinal functions

Glutathione is administered via IV and is able to deposit evenly throughout the body. Glutathione will pick up the oxidative damaged cells (which cause skin to darken) and the skin will lighten evenly in a natural, safe and healthy manner.

#### MEGACALM with GABA

Gamma-aminobutyric acid (GABA) promotes Relaxation and Calmness. It also helps with anxiety, insomnia and depression.

- Improves sleep
- Helps with Hypoglycemia
- Treats Migraines
- Treats Anxiety
- Relief from Muscle Tension
- Improves Concentration

#### Elite IV with NADH and CoQ10

NADH stands for Nicotinamide Adenine Dinucleotide (NAD) + Hydrogen (H)

This chemical occurs naturally in the body and plays a role in the chemical process that generates energy.

- Improves mental clarity, alertness, concentration and memory
- Treatment for Alzheimer's, Parkinson's and Dementia
- Improves Athletic Performance
- Treats Chronic Fatigue Syndrome (CFS)
- Good for High Blood Pressure
- Good for High Cholesterol
- Good for Jetlag
- Depression
- Opposing alcohol's effects on the liver
- Reduces signs of Aging
- Immune Booster



Your body produces CoQ10 naturally, but its production tends to decrease with age. Health conditions like heart disease, brain disorders, diabetes and cancer have been linked to low levels of Coenzyme Q10 (CoQ10)

- Helps Treat Heart Failure
- Helps with Fertility
- Keeps Your Skin Young
- Reduce Headaches
- Helps with Exercise Performance
- Helps with Diabetes
- Plays a role in Cancer Prevention
- It is Good for the Brain
- Protects the lungs

### THERMOCOAGULATION

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30 Minute Session	R 680.00
45 Minute Session	R 1250.00

### EYE REJUVENATION

Early signs of aging are typically first seen around the eyes. While this might not make a person look older, it often makes a person look tired. The skin around the eye area is a lot thinner and naturally more fragile. With aging the skin around the eyes becomes even thinner, heals slower, loses its strength due to decreasing levels of collagen, elastin and hyaluronic acid, fine muscles around the eye weaken and become lax and blood circulation and lymph drainage below the eye becomes poor.

#### Periocular Eye Peel

Ideal for hyperpigmentation, skin texture, wrinkles and flaccidity in the upper and lower eyelids.

Course of five treatments (two-week intervals)	R 1500.00
Course of five treatments (two-week intervals) combined with a Galvanic Treatment	R 3250.00
Periocular Eye Peel single treatments (ideal add-on to any skincare treatment)	R 350.00

#### Periocular Eye Peel with Epidermal Micro-Needling

Ideal for hyperpigmentation, skin texture, wrinkles, flaccidity in the upper and lower eyelids, lymph drainage and blood circulation.

Course of six treatments (three Periocular Eye Peels and three Micro-Needling treatments) (one-week intervals)	R 2250.00
Course of six treatments (three Periocular Eye Peels and three Micro-Needling) (one-week intervals) combined with six Galvanic Treatments	R 4350.00
Periocular Micro-Needling single treatment (ideal added-on to any skincare treatment)	R 500.00

## SLIMMING – FAT REDUCTION – CELLULITE – BODY CONTOURING – SKIN TIGHTENING

Body Consultation R 550.00

What is the main concern? **Cellulite, Body Contouring, Fat Reduction, Skin Tightening, Toning** or a combination off. An in-depth consultation allows for the opportunity to determine which of the above concerns needs to be treated and if one would be a suitable candidate for various treatment options. The consultation is also meant to be informative. Understanding the technology, various treatment options, treatment protocols (what to expect before, during and after treatment) and the various maintenance programmes will make it easier to make a well-informed decision prior to commencing treatment. Before and After photos are optional, yet advised.

### BODY FX – FAT REDUCTION

This is a bipolar RF powered device with a vacuum assisting handpiece to assist with the breaking down of fat cells and tightening of the skin. The RF handpiece creates a vacuum suction of the skin, targeting deeper subcutaneous tissue. By maintaining a temperature of over 40 °C in those deeper layers, the outer membranes of the fat cells become porous, making it easy for the pulsing, ultra-rapid, high voltage energy to penetrate and obliterate the fat cells. This treatment targets and permanently destroy/kill excess fat cells, still leaving the skin with an adequate amount for healthy bodily functions. Treatment can be done anywhere on the body where “debulking” of excess fat is required. An in-depth consultation is done prior to treatment to identify targeted treatment zones and to formulate a personalised treatment plan. A course of treatments would be required for optimal results and should be performed once weekly.

Per Zone R 500.00

### SYNERGIE™ ENDERMOLOGY CELLULITE TREATMENTS

The Synergie™ cellulite reduction system uses revolutionary, vacuum massage technology proven to smooth and tighten the skin, while improving circulatory functions. \* The non-surgical treatment has been approved by the FDA to reduce cellulite on the buttocks, thighs, legs and hips.

Body Suit R 380.00

Single Treatment R 450.00

#### Five Week Treatment Plan

Course of ten treatments (minimum of two sessions per week) R 4050.00

#### Maintenance Course

Course of eight Synergie™ treatments (weekly treatments) R 3240.00

#### Five Week Combination Treatment Plan

Course of five Synergie™ treatments + five EMS treatments combined with Infra-red Diathermy Light treatments. (One Synergie™ and one EMS + Diathermy treatment per week) R 4740.00

### ELECTRONIC MUSCLE STIMULATION

Electronic Muscle Stimulation, also known as EMS, is a type of electronic muscle stimulator that evokes muscle to flex using electronic impulses. The benefit from those contractions is where it becomes an effective body contouring and weight-loss tool.

#### Five Week Treatment Plan

Course of ten EMS treatments (minimum two sessions per week) R 3500.00

Course of ten EMS treatments + Infra-Red Diathermy Light (minimum two sessions per week) R 4990.00

<b>Maintenance Course</b>	
Course of eight EMS treatments (weekly treatments)	R 2520.00
Course of eight EMS treatments + Infra-Red Diathermy Light (weekly treatments)	R 3600.00

<b>Single Treatment</b>	
Single EMS treatment	R 350.00
Single EMS treatment + Infra-Red Diathermy Light	R 500.00

### INFRA-RED DIATHERMY LIGHT TREATMENT

Infra-Red Heat emits energy in the infra-red spectrum to provide topical heating to increase local circulation, where applied. Through increased local circulation the process of fatty cell breakdown will be achieved. It also aids in stimulating lymph drainage, relief of joint and muscle pain and relaxation of muscle.

Infra-Red Diathermy Light Treatment (20 min)	R 200.00
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### RADIOFREQUENCY SKIN TIGHTENING

Forma is a skin and remodelling technology equipped with a subdermal heating applicator. Radiofrequency travels via electrodes to deliver a non-invasive and pain free treatment, and its controls allow the device to reach optimal temperatures. Forma effectively treats skin in areas around the elbows, knees, upper arms, underarms, neck and back areas. A course of treatments would be required for optimal results and should be performed once weekly.

Per Zone	R 550.00
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### MEDICAL SLIMMING, WEIGHT LOSS AND CELLULITE

For more information on medical slimming, weight-loss and cellulite procedures, contact the clinic directly

### LIPOLYTIC INJECTIONS

This is a medical aesthetic procedure that is performed by a qualified medical practitioner. Injection lipolysis chemically reduces the number of fat cells around the injected site. The chemical, called deoxycholic acid, results in fat cell disruption and death. The number of vials used is determined by the area/s to be treated. Treatments are performed at six-week intervals.

#### Desobody

DESOBODY - is a product used for injection lipolysis. Lipolysis literally means fat-dissolving and that is what the injection of Desobody into targeted areas will do over a course of treatments. This is a treatment for stubborn, localised pockets of fat and body sculpting.

#### Desoface

DESOFACE - is a product used for injection lipolysis. Desoface is designed for the facial area to help restructure and shape the face, helping you look younger and feel more confident.

### PEPTIDE THERAPY

What are peptides? Peptides are the building blocks of proteins and are composed of amino acids that work to regulate a variety of biological functions and processes. These naturally occurring peptides act as signaling molecules within the body and instruct other cells and molecules on what functions to perform.

Some common functions of peptides include:

- Providing Pain Relief
- Decrease Joint and Muscle Pain
- Aiding in Soft Tissue Repair
- Accelerate Healing Processes
- Promoting Weight Loss

- Build Muscle Mass
- Increase levels of Energy, Stamina and Strength
- Reversing Symptoms of Sexual Dysfunction
- Improving Hormone Production
- Lower Blood Pressure
- Promote Healthy Immune Functions
- Reduce Signs of Aging
- Stimulate Hair Growth
- Improve Sleep Quality
- Enhance Cognitive Function and Memory

Peptides are typically administered through subcutaneous injections, but may also be applied as topical creams, nasal spray or oral forms. Peptides can aid in treating these conditions by mimicking your body's own peptides.

Since peptides are naturally found throughout the body, it is no surprise that when disordered, they can create a ripple-effect across multiple systems that may affect other bodily functions such as; your digestion, metabolism, neuropathy, and several age-related conditions.

#### CJC-1295/IPAMORELIN

The effects of CJC-1295 have been researched thoroughly. It is beneficial in building muscle, losing body fat and boosting energy levels. It does all of the above by facilitating the production of more growth hormone for your body.

#### PT-141/BREMELANOTIDE

This innovated peptide hormone treatment work for both men and women to improve sexual dysfunction. PT-141 is an effective and efficient treatment for both erectile dysfunction and increased libido in men and improves female sexual arousal disorder in women. Other benefits include, feeling good, younger and more energetic.

### HAIR REMOVAL

#### Hair Removal Consultation

R 350.00

This in-depth consultation is essential to determine whether **Laser Hair Removal** or **Electrolysis** would be the most suitable treatment option for hair removal. Understanding both the technology and difference between the two hair removal techniques along with some basic information, regarding the anatomy, structure and growth cycle of a hair follicle will make it easier to understand how the follicles are being destroyed, why a course of treatments is required, and how often treatment should be done.

#### LASER HAIR REMOVAL

The DiolazeXL has built-in safeguards to ensure that all sessions are comfortable and relatively pain-free. Our nm (nanometre) wavelength depth can target anagen hairs accurately which provides fast and effective results, by killing/destroying the follicle on impact. The DiolazeXL makes use of Triton Duo Multi-Wavelength Technology, which allows for the treatment of deep and superficial hairs at the same time. So, fewer treatments are required. Treated areas should be shaved, preferably one day prior to treatment.

FACE	FEMALE	MALE
Upper Lip	R 300.00	R 350.00
Lower Lip	R 250.00	R 300.00
Chin	R 350.00	R 400.00
Cheeks	R 400.00	R 480.00
Sideburns	R 300.00	R 350.00
Full Beard (incl. neck)	R 750.00	R 900.00
Beard (excl. neck)	R 500.00	R 750.00
Neck (front)	R 400.00	R 480.00
Neck (back)	R 450.00	R 520.00

Hairline	R 380.00	R 450.00
Middle Brow	R 180.00	R 230.00
Full Head	R 1,050.00	R 1,300.00

MIDDLE BODY	FEMALE	MALE
Shoulders	R 690.00	R 800.00
Lower Arm (incl. hands / fingers)	R 1200.00	R 1450.00
Upper Arm	R 800.00	R 1,000.00
Full Arm (incl. hands / fingers)	R 2200.00	R 2450.00
Underarm	R 550.00	R 700.00
Half Back	R 1,300.00	R 1,650.00
Lower Back	R 500.00	R 900.00
Full Back	R 1,900.00	R 2,500.00
Areola	R 350.00	R 400.00
Cleavage	R 420.00	R 480.00
Chest	R 1,100.00	R 1,500.00
Stomach	R 700.00	R 1,200.00
Tummy Line	R 350.00	R 480.00
Buttocks	R 850.00	R 1050.00

BIKINI	FEMALE	MALE
Bikini Sides	R 550.00	R 750.00
Bikini Sides Ext.	R 700.00	R 950.00
Brazilian	R 850.00	*
Brazilian Ext.	R 950.00	*
Hollywood	R 1,050.00	*
Hollywood Ext.	R 1,200.00	*

LEGS	FEMALE	MALE
Lower Legs	R1,500.00	R 1,800.00
Upper Legs	R 1,700.00	R 1,900.00
Full Leg	R 2,500.00	R 2,900.00
Feet	R 350.00	R 420.00
Toes	R 320.00	R 400.00

Even though we at Basic Touch makes use of a gold standard DiolazeXL laser which offers an efficient, virtually pain-free treatment, suitable for all skin types and ideal for covering larger areas. It remains a fact that blonde and grey hair **cannot** be successfully treated by laser due to the lack of pigment / melanin in the hair follicle. For that reason, we at Basic Touch would recommend a **combination** of both **Laser and Electrolysis** applications to ensure a **100% Permanent Hair Removal** result.

## ELECTROLYSIS

Since 1875, electrolysis has been and remains the only 100% permanent hair removal method recognized by government regulatory agencies. Indeed, electrolysis permanently destroys germ cells responsible for hair growth by way of insertion of a fine probe in the hair follicle and the application of a current adjusted to each hair type and treatment area.

How does it work?

Each follicle is being treated using flash thermolysis, (ultra-rapid 27012 MHz frequency) which can be felt through a short, sharp sensation. Some areas will be more sensitive than others. The treatment of each follicle is much faster with thermolysis than with galvanic electrolysis. The whole follicle/structure coagulates onto the hair and then get removed.

30 Minute Sessions	R 500.00
45 Minute Session	R 800.00
60 Minute Sessions	R 1000.00
90 Minute Sessions	R 1500.00
120 Minute Sessions	R 2000.00

## WAXING

Brow Wax (add on ONLY)	R 95.00
Middle Brow Wax (add on ONLY)	R 50.00
Lip OR Chin Wax (add on ONLY)	R 95.00
Ear OR Nose Wax (add on ONLY)	R 75.00
Full Face Wax (excl. Eyebrows)	R 300.00
Underarm Wax	R 150.00
Arm Wax	R 215.00
Fingers OR Toes (add on ONLY)	R 75.00
Chest Wax	R 220.00
Stomach Wax	R 220.00
Tummy Line	R 150.00
Back Wax	R 300.00
Bikini Wax	R 195.00
Brazilian Wax	R 250.00
Full Bikini Wax	R 325.00
Buttocks (Cheeks)	R 195.00
Half Leg Wax	R 235.00
Full Leg Wax	R 360.00

## HAIR LOSS

### Hair / Scalp Micro-Needling

Micro-Needling on the scalp with a medical BIOTIN hair loss ampule, to stimulate new hair growth and improve the health of existing hair. This treatment is recommended to be done every two weeks until desired results are achieved.

Micro-Needling Scalp Treatment	R 1200.00
Course of six treatments	R 6000.00

### Vampire Hair Restoration

Vampire Hair Restoration, also known as Platelet-Rich-Plasma (PRP) therapy, can treat androgenic alopecia, the most common type of hair loss - also known as male-pattern and female-pattern baldness. Treatment is more likely to be effective if you start treatment in the early stages of hair loss. While results from PRP treatment are not permanent, they can last up to eighteen months, with two years being the longest reported effect. Additionally, patients may need a follow-up appointment once a year. For more information on medical hair restoration procedures, contact the clinic directly.

Scalp Treatment

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## COSMETIC INJECTABLES - PERFORMED BY A MEDICAL PROFESSIONAL

The two main type of injectable substances used are **botulinum toxin type A** (which relaxes the facial muscles that cause the lines) and **dermal fillers** (which plump out the wrinkles). The wrinkle COSMETIC-smoothing effect of most cosmetic injectables are temporary and regular treatments are needed to maintain effect. There are many reasons why botox and dermal fillers have been chosen by millions of women, men and their doctors worldwide. **Price determined during consultation.**

## Medical Aesthetic Consultation

R 600

Charged only when no treatments are performed during consultation. For more information contact the clinic directly on 083 794 1845.

## BOTOX® - Botulinum toxin type A

Lasts 4 months – 6 months

### **Frown Lines and Crow's Feet**

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Usually 25 – 40 unit required

- Topical numbing cream applied beforehand – Procedure time: 15min

Lasts 5 months – 8 months

### **Hyperhidrosis** – treatment for excessive sweating – underarms

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- Topical numbing cream applied beforehand – Procedure time: 45min

## DERMAL FILLERS (Hyaluronic Acid)

Lasts 12 months – 18 months

### **Lip Rejuvenation** “Smile Make Over”

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- Topical numbing cream applied beforehand – Procedure time: 30min

### **Nasolabial Folds / Cheeks / Sagging** “Sagging Face”

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- Topical numbing cream applied beforehand – Procedure time: 30min

### **Fine Lines around the Mouth / Lip Rejuvenation**

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- Topical numbing cream applied beforehand – Procedure time: 30min

### **“Jowls” / Sagging and Uneven Jaw Line**

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- Topical numbing cream applied beforehand – Procedure time: 30min

## BODY FILLERS

- Butt Augmentation
- Calves
- Labia Enlargement
- Penile Enlargement
- Penile Filler

## O-SHOT®

The O-Shot® is a nonsurgical procedure that uses a woman's own Platelet Rich Plasma (PRP) from a simple blood draw, to rejuvenate vaginal tissues and enhance sexual pleasure.

## P-SHOT®

The P-Shot® is a nonsurgical procedure that uses a man's own Platelet Rich Plasma (PRP) from a simple blood draw. Unlike many fast-acting, temporary treatments for male enhancement, the P-Shot® is a treatment that provides noticeable results within one to six weeks with results that can last for up to two years.

## PRP for JOINTS/MSK

- PRP (platelet rich plasma) is a portion of the blood that runs through your entire body. It is the platelets that are first attracted to and responsible for the first part of wound healing, whenever there is any form of injury.

## PERMANENT MAKEUP / MICROBLADING / SHADING / HYBRID

Shading uses pin-like dots of pigmentation to achieve a powdered eyebrow look. Microblading uses a bladed needle to apply pigmentation underneath the skin. The technician fills the brows by making hair-like strokes that look like natural eyebrow hair. Hybrid brows is a combination of both microblading and shading. Permanent makeup, also known as “cosmetic tattooing” is used to create the perfect, smudge free eyeliner, lipliner, full lip colour and brows. All the above mentioned is based on a two-step procedure. First procedure includes the actual design and implantation of micro-pigment under the skin. Your **second procedure** (touch-up), is performed **6-8 weeks** post procedure that allows for the final perfection of the shape, colour and will initiate longevity of 2-4 years.

PERMANENT MAKEUP CONSULTATION FREE

### BROWS

- 1<sup>st</sup> procedure R 1800.00
- 2<sup>nd</sup> procedure R 1500.00

### FULL LIP COLOUR

- 1<sup>st</sup> procedure R 1800.00
- 2<sup>nd</sup> procedure R 1600.00

### LIP LINER

- 1<sup>st</sup> procedure R 1000.00
- 2<sup>nd</sup> procedure R 800.00

### PLAIN TOP EYELINER

- 1<sup>st</sup> procedure R 1000.00
- 2<sup>nd</sup> procedure R 800.00

### WINGED EYELINER

- 1<sup>st</sup> procedure R 1500.00
- 2<sup>nd</sup> procedure R 1100.00

### BOTTOM EYELINER

- 1<sup>st</sup> procedure R 800.00
- 2<sup>nd</sup> procedure R 600.00

## PARAMEDICAL TATTOOING

### Areola Restoration

Areola micro pigmentation is a medical tattoo in which pigment (colour) is implanted into the skin to correct or re-create the colour and shape of the nipple. Scars can also be minimised and less obvious once the natural flesh colour is added back into the skin.

Cost to be determined during consultation

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### Scalp Micropigmentation (SMP)

Scalp micropigmentation is a highly specialised process of tattooing the scalp with thousands of tiny micro-dots in order to give the resemblance of stubble, focussing on areas of thinning hair, creating a seamless even flow throughout. The same process might be used to camouflage a variety of head scars.

Cost to be determined during consultation

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## EYELASH EXTENSIONS

Eyelash extensions are semi-permanent lashes that are hand-glued on top of your own natural lashes. The application of these eyelash extensions enhances the length, thickness and fullness of your own natural eyelashes.

### HYBRID LASHES

New Set of Hybrid Lashes	R 575.00
1 Week Fill	R 220.00
2 Week Fill	R 275.00
3 Week Fill	R 375.00

### VOLUME LASHES

New Set of Volume Lashes	R 650.00
1 Week Fill	R 250.00
2 Week Fill	R 300.00
3 Week Fill	R 385.00

### LASH LIFT AND TINTING

The Lash Lift procedure has revolutionised old, inadequate perming techniques. Using silicone pads, which are much gentler on the eyes, instead of perm rods. This new technique can lift, straighten or curl, and lengthen your own natural top eyelashes to create a brighter, fuller, wide-eyed look.

Lash Lift	R 550.00
Eyelash Tinting [add on ONLY]	R 100.00
Eyebrow Tinting [add on ONLY]	R 85.00

### NAILS

New Set with Tips	R 380.00
Fill	R 320.00
Tip Replacement	R 10.00 p/n
Power Polish Application	R 300.00
Power Polish Removal and Application	R 350.00
Nail Art	R 30 – R50 p/n *

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Prices are subject to change without prior notice, Ts & Cs apply.