



HURLINGHAM
CLINIC - SPA

Welcome to the new Spa at the Hurlingham Clinic. We are proud to introduce a successful American concept to the UK — a medical day spa inside a world class aesthetic surgery centre.

Our approach is holistic because we see health and beauty as one and the same thing.

The Spa offers you everything from the world's most advanced and most effective beauty treatments to nurse or physician-administered procedures, advice from specialists and lifestyle counselling —with consultant aesthetic surgeons under the same roof.

In short we offer you all you need to feel good about yourself.

For the new Spa we have sought out the most effective product ranges in the world. These allow us to offer treatments which are uniquely personalised, medically advanced and the best quality you can buy.

ANNE SEMONIN PERSONALISED TREATMENTS

Legendary beauty expert Anne Sémonin created these wonderfully relaxing and soothing treatments in Paris. Your consultant therapist mixes preparations to suit your individual skin needs – choosing from a wide range of pure, natural plant and mineral-based oils and serums. She then uses a combination of unique massage strokes and your personalised oil to rebalance and revitalise your skin.

AROMATHERAPY ASSOCIATES

Aromatherapy Associates have put nearly thirty years' experience into producing the finest quality essential oils. In the skilled hands of the Spa's therapists, the healing powers of these oils are released, relaxing, de-stressing, reviving and rescuing. Aromatic effects leave the mind calmed while the pure natural ingredients enhance your skin's condition.

DOCTOR'S DERMATOLOGIC FORMULA (DDF)

DDF is an American range of clinically-tested and effective skin care products. Formulated by a dermatologist, a nutrition/herbology expert and biochemists, they offer the most comprehensive preventative and restorative skin care solutions available without a prescription.

Uniquely formulated to help skin cells regenerate naturally, DDF products blend proven dermatologic ingredients with marine, herbal and botanical bio-actives. DDF goes beyond moisturising and toning to cleanse, protect and treat your skin. Whatever your skin condition DDF will leave your skin healthier and younger looking.

TALIKA EYE CARE

Since 1948, Talika products have been improving eyelash and eyebrow growth, reducing wrinkles, circles and under-eye puffiness. Made entirely from natural non-irritating ingredients, they achieve truly amazing results.

EXCLUSIVE INTERNATIONAL BRANDS

FACE	6 Skin Consultations	8 DDF Facials	10 Combined Facial	10 Eye Grooming
	6 Anne Sémonin	9 DDF Skin Peels	Therapy	10 Milia extraction
	7 Eyes – Talika Eye Care	9 Microdermabrasion	10 Bio-Ultimate Facial	
BODY	11 Anne Sémonin	12 Reflexology	14 Foot Treatments	15 Pre & Post Pregnancy
	11 DDF / Self-Tanning	12 Massage	14 Manicure / Pedicure	
	12 Endermologie®	13 Aroma Massages	14 Chiropody	
SPECIFICS	16 Permanent Make Up			
	16 Camouflage Make Up			
	16 Broken Veins			
HAIR REMOVAL	17 Laser / IPL			
	17 Waxing			
PACKAGES	18 Mother-To-Be	18 Bride-To-Be	19 Gift Vouchers	
	18 Destress & Relax	18 Total Transformation		
	18 Holiday Preparation	19 Spa Escape Days		
MEN	20 Facials	21 Massage	22 Hair Removal	22 Eye Grooming
	20 Microdermabrasion	21 Manicure & Pedicure	Laser / IPL	22 Permanent Make Up
	21 Back Treatment	21 Chiropody	22 Waxing	
PRE / POST SURGERY	23 Prescription Facials	24 Aromatherapy Treatments		
	23 Endermologie®	24 Surgical Procedures		
CLINICAL SERVICES	25 Botox	26 Injectable Fillers	26 Moles / Cysts / Scars	26 Dermatology
	25 Isolagen	26 Longlasting Implants	26 Life Consultations	
	25 Skin Peels	26 Skin Consultation	26 Nutrition	

6

SKIN ANALYSIS CONSULTATIONS

The Spa's therapists are enthusiastic professionals with years of experience in some of the world's finest clinics. Our expertise allows us to treat you as an unique individual and to offer you an entirely personalised service.

We take time to review with you everything that has an effect on your skin including your age, general health, any medications, lifestyle, recent changes, diet, allergies and so on. We also carry out a detailed examination of your face, and hands and, if necessary, your body to assess your skin type, your current skin tone – whether healthy, dehydrated, sun-damaged and so on – and whether there are any areas needing special treatment such as thread veins. Using our findings we then create a programme dedicated to your specific needs.

75 minutes. £50.00

(redeemable against treatments and products)

For further advice on skin conditions our dermatologist and nutritionist are available for consultation.

ANNE SEMONIN CUSTOMISED FACIALS

TONING, FIRMING AND HYDRATING FACE AND NECK TREATMENT

This customised treatment will improve your skin tone. Specifically chosen rehydrating products will leave your face and neck feeling firmer, younger, more vibrant.

75 minutes. £75

ANTI-AGEING TREATMENT

An ideal treatment for improving the appearance of the eye, face, neck and breast area by reducing fine lines and increasing elasticity. The unique Anne Sémonin massage stimulates lymphatic drainage to enhance skin tone and circulation and improves absorption of the highly concentrated products used.

75 minutes. £90

FACE

PURIFYING TREATMENT

Excellent for oily congested skin, this highly effective treatment includes extractions and will leave your skin feeling clear and refreshed while rebalancing sebum production.

75 minutes. £70

THE EXCLUSIVE ANNE SEMONIN FACIAL TREATMENT

Enjoy two blissful hours dedicated to your total well-being — this supreme skin care treatment has to be experienced to be believed. Following a skin assessment we apply self-heating volcanic algae along your spine to stimulate the nerve endings. A specific Anne Sémonin facial then revitalises your skin, and we complete the treatment with a foot pressure point massage.

120 minutes. £115

TALIKA EYE RITUAL

Unique to the Spa at the Hurlingham Clinic, this exceptional eye treatment reduces eye puffiness and dark circles, and smoothes lines helping eyes to look younger. The treatment is backed up by superb recommended homecare products that maintain revitalised eyes, promote eyelash growth and lustre, and reduce dark circles. This treatment includes a Talika Eye Therapy Mask with skin nutrient and emollient nourishing oils for use at home.

60 minutes. £65

FACE

8 DOCTOR'S DERMATOLOGIC FORMULA (DDF)

DELUXE CLARIFYING & REJUVENATING FACIAL

Steam therapy first opens pores to allow cleansers to penetrate. Then an enzyme peel exfoliates and decongests the skin, improving texture. A relaxing facial massage and customised mask complete this treatment for truly clear, glowing skin.

75 minutes. £65

Course of six. £348

VITAMIN C ENVIRONMENTAL PROTECTIVE TREATMENT

A preventative and restorative anti-ageing treatment. Using DDF's revolutionary transepidermal Vitamin C full-face mask, this treatment is one of the most direct ways to deliver anti-oxidants directly to the skin. These neutralise free radical damage for a younger, more hydrated skin.

75 minutes. £65

Course of six. £348

SENSITIVE SKIN FACIAL

Some skin types are extra sensitive and easily irritated. This facial uses DDF products specially selected to soothe and nourish sensitive skin. Redness and irritation is reduced leaving an overall hydrated glow.

60 minutes. £65

Course of six. £348

INTENSIVE LIGHTENING TREATMENT

Hyperpigmentation (areas of darker skin) is one of the most difficult cosmetic problems. This treatment, using specially formulated DDF products along with a personally prescribed home care routine, will minimise hyperpigmentation and other signs of sun damage.

60 minutes. £60

Course of six. £300

FACE

SKIN PEELS

DDF peels reduce fine lines and wrinkles, close open pores, and help minimise hyperpigmentation, scarring and sun damage. These light peels enable you to continue your daily activities after each treatment – whatever your lifestyle. A course of six is recommended for maximum effect.

A consultation is required before the initial treatment since different strengths and types of DDF peel suit different needs.

ARGININE for sensitive skin smoothes fine lines and regenerates mature and sun damaged areas.

LACTIC ACID revives devitalized, dehydrated, and hyper-pigmented skins.

SALICYLIC ACID cleanses and freshens oily, blemished skin.

GLYCOLIC ACID is perfect for more mature skin types and when there has been sun damage.

45 minutes. £35

Course of six. £200

MICRODERMABRASION

Particle skin resurfacing is a sophisticated yet simple procedure that exfoliates the outer damaged layer of skin on the face and body, including the hands. This reveals the younger, firmer and more radiant skin beneath. While one treatment is beneficial for restoring balance and improving texture in any skin, it is also commonly used as a course in the treatment of fine lines, sun damage, acne scarring, blackheads, superficial age spots, stretchmarks and scar tissue. Microdermabrasion can be used as a treatment on its own or with other specialised treatments. Your consultant will advise you.

45 minutes. £50

Course of six. £250

FACE

10 COMBINED FACIAL THERAPY WITH PHOTO-REJUVENATION

A specially chosen skin peel is followed by Intense Pulsed Light (IPL) to stimulate the collagen and elastin that lies in the deep layers of the skin. This reduces fine lines and can help skin with sun damage, hyperpigmentation or age spots to regain a healthy younger, more radiant texture. For longer term benefits and truly visible results from this therapy a course of treatments is recommended.

A consultation is always required before the initial treatment.

90 minutes. £200

Four treatments. £600

Six treatments. £950

BIO-ULTIMATE NON-SURGICAL FACELIFT

This particularly intensive facial treatment takes the non-surgical facelift to a new level. Safe, effective and non-invasive, the treatment uses micro-current therapy to warm and stimulate your facial muscles. Fine lines are reduced and the whole face and neck area is lifted, toned and regenerated.

60 minutes. £60

Course of 6. £300

Course of 12. £600

EYE GROOMING

Eyebrow Shape / Wax **£10**

Eyebrow Tint **£10**

Eyelash Tint **£15**

Eyebrow & Eyelash Tint **£20**

A patch test is required before tints.

MILIA EXTRACTION

Our skilled therapists can remove the tiny 'milk spots' that are often found around the eye and cheek area.

15 minutes. £30

FACE

BODY TREATMENTS

DETOXIFYING BODY WRAP (ANNE SEMONIN)

Chill out by warming up with this perfect one hour antidote to stressful city life. We cover you from neck to ankles in a special warm mud pack full of trace elements to detoxify and improve skin texture; apply the body wrap; then massage away tensions in your feet and neck muscles. You shower then enjoy a 20 minute all-over application of sumptuous rehydrating Anne Sémonin essential oils.

75 minutes. £65

SEAWEED FIRING BODY WRAP (ANNE SEMONIN)

Excellent for the relief of heavy legs, puffiness and swelling, this treatment rejuvenates the skin using a special wrap that is rich in seaweed, algae and essential oils.

An expert comforting massage completes the experience.

75 minutes. £70

JET LAG TREATMENT (ANNE SEMONIN)

Unwind completely as we relax your entire nervous system by applying a self-heating algal mud pack along the whole length of your spine. This warmth, combined with a relaxing pressure point massage of scalp and feet, relieves fatigue and stress and leaves you feeling healthy and whole again.

40 minutes. £45

EXFOLIATING BODY SCRUB (DDF)

We apply special salts combined with selected essential oils to remove dead skin cells and improve circulation. After a shower you enjoy a hydrating massage with additional essential oils that leaves your skin silky smooth.

40 minutes. £35

DEEP PORE CLEANSING BACK TREATMENT (DDF)

This treatment addresses a hard-to-reach problem area. It cleanses and purifies the skin of your back leaving it revived, clear and healthy-looking using extractions, massage, and a mask matched to your skin type.

60 minutes. £55

SUNLESS SELF-TANNING

A full body and face exfoliation is followed by the application of DDF Self Tanning lotion. Based on walnut extract to give your skin a hint of healthy tan with no damage, this lotion was designed by dermatologists and is fragrance and dye free. We include a full retail size DDF Self Tanning product for you to take home for your personal use.

70 minutes. £70

12 ENDERMOLOGIE®

Cellulite can be improved and the most dramatically effective method is Endermologie®. Safe and non-invasive, it is the only treatment approved by the US Food & Drug Administration (FDA). The state-of-the-art equipment uses rolling and suction. This stimulates the body's own processes which visibly reduce the 'orange peel' effect and help give you back a younger firmer body. A course of treatment is highly recommended for optimum results.

45 minutes. £60

Course of 14. £720

ENDERMOLOGIE® PREMIER PACKAGE

This popular and effective package combines a course of 14 Endermologie® treatments with a special anti-cellulite dietary programme. The programme aims to detoxify, balance hormones and reduce body fat. We include three consultations with our professional nutritionist, a two month supply of nutritional supplements, and a selection of superb body formulations to improve skin texture.

£980

REFLEXOLOGY

Body functions can be brought into harmony through the massage of specific areas of the feet. Reflexology improves the circulatory and lymphatic systems which stimulate healing, help relieve pain and promote a deep sense of relaxation.

60 minutes. £65

BACK, SHOULDER & SCALP MASSAGE

A calming, stress-relieving, unwinding massage of the muscles where you feel tension most, followed by a soothing, effective scalp massage.

30 minutes. £30

BODY

AROMATHERAPY ASSOCIATES

AROMATHERAPY MASSAGE

Body, mind and spirit all benefit from aromatherapy. Lie back and surrender to scents and sensations and our pure 100% natural essential oils will work their magic.

RELAX – enjoy the calming effects of vetivert and camomile as they slow your body down and relax you.

DESTRESS – soothing and calming lavender, rosemary and ginger ease your muscles and clear your mind.

REVIVE – eliminate and feel more alive with this stimulating blend of grapefruit, rosemary and juniper berry.

RESCUE – when life's emergencies drag you down, here's the treatment that will pick you up.

75 minutes each. £65

AROMATHERAPY BODY BOOSTER TREATMENTS

For centuries essential oils have been used in health and beauty rituals. Treat your body to one of the following aromatherapy boosters.

ROSE RENEW BODY BOOSTER

A mitt scrub to exfoliate, creams and oils to condition.

REVIVE DETOX BODY BOOSTER

Anti-cellulite treatment to reduce fluid retention and toxins.

DESTRESS MUSCLE RELEASE

Loosens tired, tense muscles and eases joint discomfort

60 minutes each. £70 each

14 **DELUXE HAND TREATMENT & MANICURE (DDF)**
Incorporating an anti-ageing glycolic peel, this treatment helps to slough off dead skin cells. Your therapist will then ease away your tensions with a massage that uses creams and oils to strengthen cuticles and nails. To maintain the effect of this treatment, we highly recommend the unique DDF Therapeutic Mitts for personal use.
60 minutes. £45

HURLINGHAM CLINIC & SPA LUXURY MANICURE
This relaxing full manicure will help you achieve healthy, beautiful nails and cuticles. We include thermal mitt massage in this personalised treatment.
60 minutes. £33

MAINTENANCE MANICURE
For maintenance between full manicures we tidy your nails and cuticles and apply a polish in the shade of your choice.
30 minutes. £20

FRENCH MANICURE
The finished effect looks healthy and natural, with the white free edge of your nails looking whiter.
45 minutes. £30

HURLINGHAM CLINIC & SPA PEDICURE.
This wonderfully enjoyable warm foot spa uses plant extracts to help reduce hard skin. Nails and cuticles are softened and tidied before a relaxing therapeutic foot and leg massage completes the treatment.
50 minutes. £38

DELUXE FOOT TREATMENT & PEDICURE (DDF)
Ideal for treating hard skin and calloused areas. An anti-ageing glycolic treatment helps remove dead skin cells and improve skin tone. This is followed by a specific pressure point massage with special oils and creams that refresh and revitalise your feet. Hard skin is reduced and nails are immaculately groomed. For further home care we recommend DDF unique Therapeutic Gel Socks.
75 minutes. £50

CHIROPODY & FOOT CARE
A highly experienced surgical chiropodist is available for all foot health concerns.
From £50

BODY

PRE & POST PREGNANCY

These specially designed and approved treatments will help ease the physical and mental stresses of pregnancy.

MOTHER-TO-BE BODY BOOSTER

Nourish and pamper your body during pregnancy. Lying on our special massage bed for optimum comfort, your body is first exfoliated. Rich nourishing creams and oils, specifically formulated for pregnancy, are then massaged in to help reduce stretch marks and fluid retention. Finally we ease away tensions with a scalp massage as your body is gently enveloped in a heated aromatherapy wrap.

60 minutes. £65

NEW MOTHER BODY BOOSTER

After giving birth you deserve as much care and cossetting as your baby — so experience this effective treatment that will help restore body shape. We use specially chosen essential oils to help firm and restore your skin including healing blends to minimise stretch marks. A gentle scalp massage is then used to relax you and promote healthy hair growth.

60 minutes. £65

DELUXE MOTHER-TO-BE PACKAGE

For extra pampering during pregnancy, we have put together a package that makes a most welcome gift. We have included: an Anne Sémonin 30 minute facial customised to suit your skin; a special Mother-To-Be Body Booster; and a wonderfully soothing Hurlingham Clinic & Spa Pedicure

3 hours. £125

BODY

16 PERMANENT COSMETIC MAKE UP

This medically proven technique involves microinsertions of pigment into the skin to enhance eyebrows, lash lines and lips. Excellent for people with busy lifestyles or cosmetic allergies. Pigments are also available for scar camouflage, vitiligo, stretchmarks and areola restoration.

A consultation and patch test are required 48 hours prior to treatment.

£30 (redeemable against treatment)

Eyeliner

lower or upper lashes **£250**

both **£380**

Eyebrows **£300**

Lipliner **£450**

Scar Camouflage Prices after consultation
& other specific
procedures

CAMOUFLAGE MAKE UP

Specially formulated products can be used to cover scars, bruises, birthmarks, hyperpigmentation, and the deep veins usually found on the legs. Waterproof and long-lasting, they require a special application technique using exact tones. Our trained consultants give individual advice during a one hour camouflage lesson.

60 minutes. £55

REMOVAL OF BROKEN CAPILLARIES & THREAD VEINS

This is a quick, non-invasive and painless method using the latest generation YAG laser with high energy light for effective results.

A consultation and patch test are required 48 hours prior to treatment.

£30 (redeemable against treatment)

From £75 (price after consultation)

HAIR REMOVAL

We offer two systems of hair removal, chosen to complement each other for the maximum effect on different hair and skin types. Your consultation will include advice on the most suitable treatment.

YAG LASER HAIR REMOVAL SYSTEM

Using the most sophisticated, non-invasive method for the effective, rapid and prolonged removal of facial and body hair, this system is precise, safe, and suitable for most skin types. A course of treatment is recommended for maximum effect.

A consultation and patch test are required 48 hours prior to treatment.

£30 (redeemable against treatment)

From £75 (price after consultation)

INTENSE PULSED LIGHT (IPL)

HAIR REMOVAL SYSTEM

Suitable for hair removal from larger areas such as backs and whole legs, this photoepilation system is also extremely safe and effective. It delivers light and heat to different skin depths and targets the melanin in individual hairs.

A consultation and patch test are required 48 hours prior to treatment.

£30 (redeemable against treatment)

From £45 (price after consultation)

WAXING

Our quality wax contains essential oils to help reduce any post-treatment skin redness. The hair removal effects of waxing last from 4 to 6 weeks.

Full Leg	£35 (including bikini line)
Half Leg	£18
Bikini	£10
Back	£25
Chest	£25
Arm	£22
Forearm	£16
Under Arm	£10
Lip & Chin	£14
Lip or Chin	£8

HAIR REMOVAL

SPECIAL PACKAGES

DELUXE MOTHER-TO-BE PACKAGE

For extra pampering during pregnancy, we have put together a package that makes a most welcome gift. We have included: a relaxing Anne Sémonin 30 minute facial customised to suit your skin; a special Mother-To-Be Body Booster; and a wonderfully soothing Hurlingham Clinic & Spa Pedicure.

3 hours. £125

DESTRESS & RELAX

Lie back and enjoy. This is total all over relaxation. For your face an aromatherapy Essential Rose Facial; for your body an Aromatherapy Relax Body Massage; and for your feet some blissful Reflexology (see page 12).

3 hours. £150

HOLIDAY PREPARATION

To help you look great and make the most of your holiday we have combined an Anne Sémonin Hydrating Facial (page 6) and a Sunless Self Tanning Treatment (page 11) to protect your skin against sun. To complete your holiday preparation enjoy an Eye Lash Tint and a blissfully relaxing Hurlingham Clinic & Spa Pedicure (page 14).

4 hours. £175

BRIDE-TO-BE

For this special day in your life, one of our beauty consultants will devise an effective package for you to match your particular needs and enhance your appearance from top to toe.

Price after consultation

TOTAL TRANSFORMATION

Transform your natural appearance within 48 hours! The treatments you choose will be agreed during your consultation. Suggestions could include an Anne Sémonin Exclusive Facial Treatment and an Anne Sémonin Seaweed Firming Body Wrap followed by a DDF Deluxe Manicure (see pages 7, 11 and 14). Finally you could choose an injectable to smooth lines or plump lips or define your eyebrow shape or eye liner with micropigmentation (pages 26 and 16).

The facial must be taken before injectables or any permanent cosmetic procedure if on the same day. A prior consultation and patch test may be required depending on treatments chosen.

From £450

SPA ESCAPE DAYS

You will be surprised what a difference just one day of total pampering can make to your body, mind and spirit. The Spa is superbly equipped; the atmosphere is relaxing; the range of treatments is unrivalled; and our friendly beauty therapists will do everything they can to make the experience one you will want to repeat. We recommend arriving at 9.30 am for refreshments and a short introduction to the Spa.

Your day includes an informal healthy lunch.

ESSENTIAL PAMPER DAY

- Talika Eye Ritual
- DDF Facial of your choice
- Aromatherapy Associates Body Booster
- Hurlingham Clinic & Spa Manicure *or* Pedicure
- Light Lunch

Package Price £200

PREMIER LUXURY DAY

- Anne Sémonin Exclusive Facial
- Eyebrow Shape
- Deluxe Hand Treatment & Manicure (DFF)
- Deluxe Foot Treatment & Pedicure (DFF)
- Anne Sémonin Seaweed & Firming Body Wrap
- Light Lunch

Package Price £250

GIFT VOUCHERS

A gift voucher for a day is the perfect solution for a special occasion or a corporate reward.

Essential Pamper Day Voucher £200

Premier Luxury Day Voucher £250

PACKAGES

MEN'S TREATMENTS

MEN'S BARBER SHOP FACIAL

A refreshing and rebalancing facial for skin types prone to blemishes. This treatment starts with a back and shoulder massage. Then comes a deep cleansing followed by a specialised pressure point massage. Revitalising serums and gels soothe the skin and a hand and arm massage complete the treatment.

60 minutes. £55

VITAMIN C ENVIRONMENTAL PROTECTIVE TREATMENT

A preventative and restorative anti-ageing treatment. Using DDF's revolutionary transepidermal Vitamin C full-face mask, this treatment is one of the most direct ways to deliver potent anti-oxidants. These neutralise free radical damage for a younger, more hydrated skin.

75 minutes. £65

Course of six. £348

SENSITIVE SKIN FACIAL

Some skin is extra sensitive and easily irritated. This DDF facial uses products specially selected to soothe and nourish sensitive skin. Redness and irritation are reduced leaving an overall hydrated glow.

60 minutes. £65

Course of six. £348

MICRODERMABRASION

Particle skin resurfacing is a sophisticated yet simple procedure that exfoliates the outer damaged layer of skin on the face and body including the hands. This reveals the younger, firmer and more radiant skin beneath. While one treatment is beneficial for restoring balance and improving texture in any skin, it is also commonly used as a course in the treatment of fine wrinkles, sun damage, acne scarring, blackheads, superficial age spots and scar tissue.

Microdermabrasion can be used as a treatment on its own or with other specialised treatments. Your consultant will advise you.

45 minutes. £50

Course of six. £250

DEEP PORE CLEANSING BACK TREATMENT (DDF)

This treatment addresses a hard-to-reach problem area. It cleanses and purifies the skin of your back leaving it revived, clear and healthy-looking using extraction, massage, and a mask matched to your skin type.
60 minutes. £55

BACK, SHOULDER & SCALP MASSAGE

A calming, stress-relieving, unwinding massage of the muscles where you feel tension most, followed by a soothing, effective scalp massage.
30 minutes. £30

HURLINGHAM CLINIC & SPA MANICURE

This relaxing full manicure will help you achieve healthy, attractive nails and cuticles. We include thermal mitt massage in this personalised treatment.
60 minutes. £33

HURLINGHAM CLINIC & SPA PEDICURE

This wonderfully enjoyable warm foot spa uses plant extracts to help reduce hard skin. Nails and cuticles are softened and tidied before a relaxing therapeutic foot and leg massage.
60 minutes. £38

CHIROPODY & FOOT CARE

A highly experienced surgical chiroprapist is available for all foot health concerns.
From £50

MEN

22 YAG LASER HAIR REMOVAL SYSTEM

Using the most sophisticated, non-invasive method for the effective, rapid and prolonged removal of facial and body hair, this system is precise, safe, and suitable for most skin types. A course of treatment is recommended for maximum effect.

A consultation and patch test are required 48 hours prior to treatment.

£30 (redeemable against treatment)

From £100 (price after consultation)

INTENSE PULSED LIGHT (IPL) HAIR REMOVAL SYSTEM

Suitable for hair removal from larger areas such as backs and whole legs, this photoepilation system is also extremely safe and effective. It delivers light and heat to different skin depths and targets the melanin in individual hairs.

A consultation and patch test are required 48 hours prior to treatment.

£30 (redeemable against treatment)

From £75 (price after consultation)

WAXING

Our quality wax contains essential oils to help reduce any post-treatment skin redness. The hair removal effects of waxing last from 4 to 6 weeks.

Back **From £25**

Chest **From £22**

EYE GROOMING

Eyebrow Shape/Wax **£10**

Eyebrow Tint **£10**

Eyelash Tint **£15**

Eyebrow & Eyelash Tint **£20**

A patch test is required before tints.

PERMANENT COSMETIC MAKE UP

This medically proven technique involves microinsertions of pigment into the skin to enhance eyebrows, lash lines and lips. Excellent for people with busy lifestyles or cosmetic allergies. Pigments are also available for scar camouflage and vitiligo.

A consultation and patch test is essential 48 hours prior to treatment.

£30 (redeemable against treatment)

Eyeliner

lower or upper lashes **£250**

both **£380**

Eyebrows **£300**

Lipliner **£450**

Scar Camouflage & other specific procedures **Prices after consultation**

MEN

SPECIAL PRE / POST SURGERY TREATMENTS

In consultation with our surgeons these treatments have been specially created to speed healing, optimise results and promote well-being both before and after surgical procedures. A trained therapist will advise you on a programme to suit your specific needs.

PRESCRIPTION FACIALS (pre-operative)

These courses of 4 or 6 facial treatments – one per week – are created to suit individual needs. They use specially selected DDF products to gently resurface your skin and give a more refined appearance.

The treatments will: stimulate cell renewal; accelerate healing; nourish and revitalise the skin; stimulate sluggish lymph drainage; and improve circulation.

A recommended home care routine will also be prescribed to improve your results and shorten your recovery time.

60 minutes

Course of 4 treatments. £220

Course of 6 treatments. £300

ENDERMOLOGIE® FACE TREATMENTS

A course of 12 facial drainage treatments by a specially trained consultant using this wonderful technique will stimulate the lymphatic system to work extremely efficiently while improving circulation and toning the skin. 6 treatments recommended pre surgery and 6 post surgery.

Course of 12 treatments. £300

ENDERMOLOGIE® BODY TREATMENTS (post liposuction)

Our advanced equipment provides a particularly sensitive programme for liposuction patients. Specially trained staff use this to alleviate any discomfort and reduce temporary swelling. The treatment gently stimulates the lymphatic system to drain away fluid and speed your recovery.

A course of 2/3 treatments per week is recommended.

From £380

PRE / POST SURGERY

24

AROMATHERAPY RENEW FACE TREATMENT

Using organically grown damask rose preparations, this procedure stimulates lymphatic drainage, helps reduce any swelling, drains excess fluid and hydrates the skin leaving it soft and healthy-looking. We finish by giving you a relaxing and comforting foot massage.

45 minutes. £50

Course of four. £170

Course of six. £348

(including homecare products)

AROMATHERAPY RENEW BUST TREATMENT

This specially designed relaxing drainage massage uses soothing and healing rose preparations to help alleviate any swelling or discomfort. Soothing and comforting, the procedure includes an application of Intensive Skin Tissue Oil to help prevent any scarring and concludes with a relaxing scalp massage.

45 minutes. £50

Course of four. £170

Course of six. £348

(including homecare products)

AROMATHERAPY RENEW BODY TREATMENT

A relaxing and effective massage to help reduce sensitivity and swelling. Specially designed for you, the massage will concentrate on specific areas and finish with a wonderful destressing scalp or foot massage.

45 minutes. £50

Course of four. £170

Course of six. £348

(including homecare products)

SURGICAL PROCEDURES

If you are considering cosmetic surgery you need to be as well-informed as possible, to understand both the positive and negative possibilities, and to get to know and trust your surgeon. The Hurlingham Clinic and Spa's Consultant Plastic Surgeons are exceptionally well qualified and offer you full one hour consultations and one year's personal after care. Their experience and expertise allow us to offer the most advanced treatments for face, body and breast enhancement.

Details of all cosmetic surgery procedures are available both from the Clinic and from our comprehensive web site: www.hurlinghamclinic.com

PRE / POST SURGERY

BOTOX

In proper hands Botox injections are a safe and effective way to erase frown lines, smile lines and forehead wrinkles without surgery scars or recovery time. Botox is Food & Drug Administration (FDA) approved for the treatment of wrinkles and has been used medically in tiny safe doses for 20 years. The result is a younger, more relaxed and natural appearance.

£250 – £300 (depending on area treated)

ISOLAGEN FACIAL REJUVENATION

In partnership with Isolagen laboratories, the Hurlingham Clinic is proud to be one of the first to offer this state-of-the-art technique for facial rejuvenation. A tiny piece of your skin is sent to a special laboratory where collagen producing cells called fibroblasts are extracted. Technicians allow these cells to replicate in their millions so that, in a simple procedure, they can be re-injected into your skin. Here they grow new collagen for the foundation layer below the epidermis. The technique can reduce lines, wrinkles, scars, acne and so on *for years*. Tested for 5 years in the USA, the method is both safe and effective. Your cells can also be stored cryogenically *without ageing* so, in the future, your own younger cells can be used to help give you back a younger appearance.

£2500

COMPOSITUM COLD LINKED GEL PEELS

This new skin treatment option sits between the lighter cosmetic peels and the deeper clinical ones. There is a choice of four, allowing your nurse to select the ideal treatment for your skin's specific needs — different peels address individual concerns. Depending on the precise peel you choose, your fresher, clearer complexion will appear in five to ten days.

60 minutes. From £300

OBAGI SKIN HEALTH PROGRAMME

Your skin has many layers which regenerate from within. The Obagi Skin Health Programme works on improving both the outer visible layer and the deeper dermal layers where cell regeneration occurs. This deep-down approach to skin care has 4 stages: Prepare, Correct, Stimulate and Protect. Our clinical nurse will recommend a personalised course for your Skin Health Programme.

From £300

OBAGI BLUE PEEL

This peel is the most effective skin treatment available outside the operating theatre. Administered by a physician in the Spa at the Hurlingham Clinic it can achieve dramatic results. Blue Peels improve the appearance of acne scars, wrinkles, uneven pigmentation and sun damage and leave your skin healthy and smooth.

60 minutes. £750 (including post peel products)

INJECTABLE FILLERS

If you desire a more youthful appearance, we can fill in deep facial lines or add fullness to lips by using either collagen or hyaluronidase injections. Both are very safe when administered by properly trained medical staff. Importantly these treatments will last for months but they are not permanent.

£300

Injectable filler treatments are always carried out by our qualified nurse.

LONG LASTING INJECTABLE IMPLANTS

Some of the best of the new generation of implants are now available for facial soft tissue correction including deep folds, wrinkles, lip augmentation and shaping facial contours. The results are immediate and long-lasting.

From £750

SKIN ASSESSMENT & CONSULTATION

A professional consultation is included in the cost of both injectables and peels. If, after your consultation, you decide not to go ahead, there is a fee for the consultation only.

£30

MOLES, CYSTS & SCAR REVISION

Our staff surgeons are available by appointment for the evaluation and treatment of all types of skin lesion.

Price after consultation

HEALTH & WELL-BEING**LIFE PLANNING & STRESS CONSULTATIONS**

Practical health adviser and stress consultant Liz Tucker will help you to become more contented in mind and body, and to discover a lifestyle you are happy to maintain. Liz can help you overcome the debilitating effects of fatigue and stress which is the first and most universal reminder that our body is not in good health.

First consultation 120 minutes. £300

Further consultations 60 minutes. £150

NUTRITION

A Hurlingham Clinic & Spa nutritionist is available for one-on-one consultations and group sessions. We recommend easy and enjoyable nutritional solutions for weight, energy, skin health, hormonal, fertility, digestive, food intolerance and allergy problems.

Initial consultation. £140

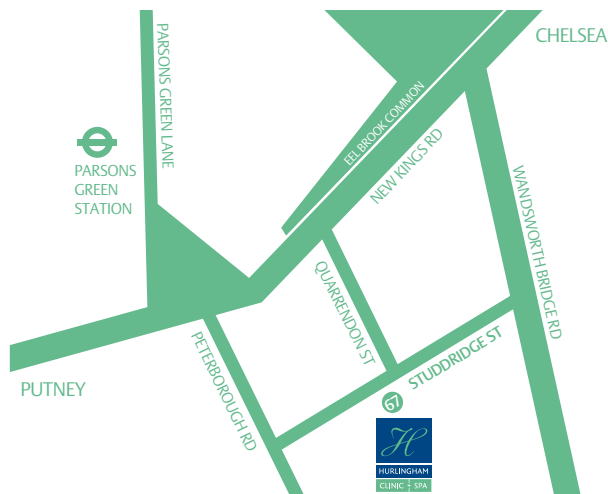
Follow ups from £125

DERMATOLOGY

Our fully qualified dermatologist is available to diagnose and advise on all kinds of skin conditions, assess skin health and recommend treatments.

Initial consultation. £180

CLINICAL SERVICES



www.hurlinghamclinic.com

Please visit our website for full details of the services offered by The Hurlingham Clinic & Spa.

THE HURLINGHAM CLINIC & SPA

67 Studdridge Street
London SW6 3TD

APPOINTMENTS

020 7348 6380

FACSIMILE

020 7348 6388

E-MAIL

info@hurlinghamclinic.com

OPENING HOURS

Mon / Tue	9.30 – 6.30
Wed / Thu / Fri	9.30 – 8.00
Sat	9.30 – 5.30

PARKING

8 hours Pay & Display

BUSES

14, 22, 74

TUBE

Parsons Green, District Line

PLEASE NOTE

CANCELLATION

We ask 24 hours notice to cancel any appointment or the full charge will be made.

LATENESS

We regret that it may be necessary to treat appointments as cancelled if clients arrive more than 15 minutes late.

BOOKING

A Credit Card confirmation may be required at time of booking.

APPOINTMENT DURATION TIMES

These include consultation time if required.

CONSULTATIONS / TESTS

For certain treatments and procedures a prior consultation and / or a patch test is essential.

PRICES

All include VAT and are correct at the time of going to press.

