

Introducing Cryo 21

Harness the power of cold

Cryo 21 uses the well-known benefits of cold therapy to reduce fat cells as well as healing and renewing skin.

Cryo 21 lipolysis is designed to enable the fats to be attacked in a programmed and selected way. Its a precise determine temperature used through a flat metallic plate fitted to a handle.

Adipose tissue or fat is a term for loose connective tissue composed of adipocytes. Its role is to store energy in the form of fat and also cushions and insulates. This treatment will help to achieve tone and definition. It works by creating a thermal shock to permanently remove the fat cells via a process called apoptosis.

The tissue is massaged as the temperature of the tissue is reduced this acceleration of the bodies natural process digests the redundant cells by revitalising the lymphatic system and improves the vascular system.

From the first application, results are visible, measurable and long-lasting. This means it has commenced and stimulated the natural process and will continue days after the actual treatment.

The number of sessions will be dependent on the extent of the beauty problems.

We can treat almost any part of the body or face by passing a cold probe manually over the area. Fat cells are more sensitive to cold than surrounding area. When freezing the area it goes under a process called Apoptosis (cell death).

Cryo is FDA and CE approved, offering a safe and harmless non-invasive treatment.

Fat freezing can only be every 2 weeks

Courses and costs are arranged by you clinician

Treatment areas

Body Treatments:

The abdomen for fat, cellulite and firming.

The buttocks for fat firming rejuvenation.

Thighs for fat cellulite, firming, soothing circulation and rejuvenation compacting reducing.

The calves for fat cellulite firming.

Ankles, fat and circulation. The back fat and firming.

Total body, lymphatic drainage and venous drainage.

Stretchmarks, contraction de-contracting legs anti-fatigue.

Pain relief sports, injuries.

Pre and post-surgery.

Venous and lymphatic treatment and Oedema reabsorption after trauma or surgery.

Facial treatments: Soothing, firming, anti-aging, balance skin spots, acne, sensitive areas (including eczema & psoriasis), lifting, eye bags and shadows. Treatment for alopecia and hair loss.

Treatment before, and after athletic workout to improve performance and endurance during intense activity.

1. Acute, Achilles tendinitis and nodules.
2. Chronic Achilles tendinitis
3. Acute and chronic epicondylitis
4. Muscle strain
5. Shoulder tendinitis
6. Neck, pain, and headache or neuralgia
7. Hip, tendinitis
8. Pain in base of foot Planter Fasciitis
9. Pre and Post surgery
10. Ankle and knee sprain & oedema and hematoma
- 11: Venous and lymphatic treatment, oedema, reabsorption after trauma or surgery
12. Before, and after athlete workout to improve performance and endurance during intense activity.

Prices for individual treatments

Lymphatic drainage and venous drainage this really boosts the system. **£100**

Fat, freezing dispersion.

Permanent removal of fat cells.

Abdomen, back, buttocks, hips, thighs. **£180**

Firming (toning), cellulite, stretchmarks leg anti-fatigue, compact reduction. **£80**

Arms(wings) (F.F) Calf (F.F.ankles(F.F.) circulation, broken capillaries around the ankles. **£80**

Facials: Double chin reduction, (F.F) soothing, firming, lifting Sebum balance skin spots, normal acne, sensitive areas. eye bags and shadows, lip moisturising hydrating. **£80**

Alopecia and hair enhancement-illness-age, related loss, etc. **£30**

Décolletage (upper part of ladies torso) This helps rejuvenation, smoothing pigmentation and collagen diffusion. **£80**

F.F =Fat Freeze treatments

Treating the Whole Body from Head to Toe



NO SUCTION, NO PAIN, NO SKIN DAMAGE
NO NEED FOR SURGICAL PROCEDURE OR ANY INCISIONS
NO NEED FOR ANAESTHESIA
NO NEED FOR MEDICATION
NO NEED FOR HOSPITAL TREATMENT
NON-INVASIVE TECHNIQUE
The results are visible and measureable from the first application.

HOW DOES CRYO 21 FAT FREEZING WORK?
Cryo 21 equipment is a system of cryotherapy working at temperatures between 10C and -10C with a temperature reached at hypodermic level approximately of 5C.

Evie Clark
HAIR DESIGN & BEAUTY SPA

Thalgo

Thalgo Charter Paraben, Mineral Oil and Propylene Glycol Free. No GMO (Genetically modified organisms) No animal by products (except bees wax)

Peeling Marine A peel that is both effective and kind to the skin. Skin renewing treatment with acids from fermented micronized marine algae gives a instant new skin effect in 30min: smoothing, radiance, plumpness.	30min	£50.00
Hyalu- Procollagen Facial Bursting with Hyaluronic acid! Anti wrinkle treatment. Instantly plums up skin, visibly smooths wrinkles, gradually fills in even set-in wrinkles within.	1 hour 15 min	£85.00
Silicium Super-Lift Facial This lifting facial inspired by Face Fitness, fills in wrinkles, firms and refreshes the skin An expert anti-ageing massage lifts the features before a super-lifting mask is applied to fill deeper lines and lift and contour the face and neck. Your complexion will glow, lines will be less noticeable and your skin will be firmer.	1 hour 15 min	£95.00
Exceptional Facial This unique marine “manual facelift” treatment targets and tightens individual facial muscles and visibly lifts the entire face and restores the skin’s density. This fabulous facial combines a unique blend of natural cellulose masks and massage technique to treat moisture deficiency and tackle signs of ageing.	1 hour 30 min	£110.00
Heart of the Ocean Facial Concentrates the vital force and benefits of the oceans to help restore perfect skin quality, delivering intense and lasting hydration. A serum packed with active marine ingredients is applied with Thalgo’s Heart of the Ocean massage. This treatment is specifically designed for your personal needs. Suitable for all skin types.	1 hour (Including specialised mask) <u>30min Express</u>	£85.00 £40.00
Luminere Radiance Facial This treatment brightens, treats and prevents the appearance of pigmentation marks and dark spots for a fresh and glowing complexion.	1 hour	£90.00

Spirulina Facial Detoxifying treatment to refresh the features, recover a fresh complexion and smooth the skin. Great for a dull skin that needs brightening also targets first signs of aging.	1 hour	£90.00
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Electronic Massage Eye Mask. Relieves muscular tension, relaxes fine lines, reduces puffiness and dark circles. Can be combined with other treatments. Instant radiance after 1 treatment.	30 min	£45.00
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Dietary Supplements

Working closely with the nutritional experts and university professors, the THALGO Laboratory has created THALGO LA SANTE MARINE- a range of innovative Nutricosmetics, rich in high-performance marine extracts and active ingredients. This range is designed to address basic and nutritional needs, while respecting the body's natural balance, for enhanced results.

Protection and Enhancement of Skin

Collagen 10 000- Wrinkle Correction

This concentrate features an exclusive formula that contains 500 mg of highly assimilable hydrolysed Marine Collagen, with clinically proven wrinkle reducing effectiveness. Combining Vitamin C with Selenium to aid in the protection of cells from oxidative stress.

To be taken 1 per day in the morning before breakfast with a glass of water.

Ocea Sun nCapsules- Sun protection and enhancement.

Provides the skin cells with the nutrients they need during sun exposure. The powerful complex of anti-oxidants- vitamin E, zinc and selenium create natural reserves of anti-oxidant nutrients that preserve the skin from the sun radiation. The combination of various natural carotenoid pigments, derived from algae and plants, helps give the skin a natural, intense and lasting tan.
Take 1 capsule a day for at least 3 weeks before sun exposure, during exposure and for one month after.

Body Treatments

Body Sculpting Treatment (Fantastic Results) This high-performance innovative treatment tackles cellulite and stubborn unwanted curves for amazing results! The treatment can be personalised according to body type. Results after 3 sessions. Think shapely buttocks, smooth, toned skin and a sculpted silhouette!	45 Mins	£65.00
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Hot Stones Relaxing Treatment Using volcanic stones, this unique technique treatment relaxes the body and mind. We can treat the face and the body also includes massage techniques.	1hr 15min	£90.00
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Thalgo Micronized Marine Algae Wrap A wonderful natural treatment, rich in minerals, vitamins and trace elements. Helps relieve muscular fatigue, sluggish circulation increasing metabolism detoxification. Overall silhouette refining and de-toxifying.	1hr 30min	£85.00
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Pacifique Body Ritual Let your body unwind! A full body exfoliation followed by a professional massage using techniques from the Polynesian Islands and warm tuiponos, finishing with a Shimmering Sacred Oil. An intensely relaxing treatment.	1 hr 30 min	£125.00
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Mer Des Indes Ritual A true Indian sensory experience, this harmonising protocol invites body and mind to switch off and let go and rebalance their energy. Warm oil, together with gentle, enveloping massage movements combine with invigorating manoeuvres and stretches to restore total harmony of body and mind.	1 hr 30min	£130.00
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French Riviera A relaxing , luxurious spa ritual. Personalised spa ritual that can include invigorating body scrub, detoxifying and remineralising wrap, spa massage and Thalgo’s Exclusive Self Heating pebble. All depends on your needs.	From 1h30 min - 2h	From £120-£180
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Dietary Supplements

Weight loss and physique

L’oceane

Overexertion, lack of vitality and loss of energy during a diet can all be the result of a body imbalance. L’oceane 100% natural marine plasma, provides the body with all the vital energy of the sea.
1-2 vials per day

Activ Detox

Formulated with natural derived active ingredients to restore well-being and lightness. Fennel and artichoke extracts to promote detoxification of the body as well as brown alga to promote weight loss.
Take 1 vial a day.

Activ Draining

Combining three plant extracts plant extracts known to promote drainage and eliminate- thus helping to refine the figure.
Take one or two caps daily.

Active Refining Burner

Proven effectiveness after 30 days on different factors related to slimming: weight and waist, hip and thigh measurements. Targeted provision of nutrients: caffeine , iodine, zinc and Vitamin B6.
Take 1 capsule midday and evening.

Activ Refining Blocker

Aimed at anyone who desired extra help to lose weight and manage it. It is a nutricosmetic with immediate action, combining NeOpuntia- a clinically tested active ingredient that absorbs dietary fats and sugars so they aren’t absorbed or stored by the body.
Take three tablets a day.

Coach Anti-Orange Peel Effect

High performance solution to improve the appearance of cellulite, to leave skin feeling smooth. Targeted provision of nutrients Vitamin A and Zinc.
Take 1 single dose a day.