

# Treatment fact sheet



## Bespoke skin care

### REVITALISE & rejuvenate your skin



ADVANCED NON-SURGICAL COSMETIC TREATMENTS



### PROTECT & improve Natural nutrition for your hair, skin, teeth, bones and nails.



ADVANCED NON-SURGICAL COSMETIC TREATMENTS



## What to expect...

### CONSULTATION

The first step is a free initial consultation to understand exactly what you want to achieve.

Our therapist's objective will be to hear what problems concern you and plan which treatments will solve them for you.

### TREATMENT PROGRAMME

Your therapist will need you to complete a strictly confidential client questionnaire. A copy can be sent to you in advance by email or it can be completed when you arrive for your first initial consultation.

Treatments are safe, painless and conducted in a private treatment area. We may suggest different treatments and products as appropriate for you but no surgery, fillers or injectable is needed.

21 skin care and all technology rejuvenates your look while you relax. After any treatment guided by your therapist, benefits are often visible immediately.

Unlike ordinary skin care products are formulated for you, and should any treatment be necessary, they are effortless and no recovery time is required.

21 Clinic technology offers natural, safe alternatives to any ordinary solution for cosmetic problems. Results that you can be proud to explain to friends, family and colleagues.

### PROBLEMS

Dry wrinkled skin and oily skin or more serious issues from acne to rosacea and alopecia are very concerning to all those suffering from them.

### SOLUTION

21 Clinic are able to treat most non-infectious and non clinical skin conditions.

During your first, initial consultation your therapist will advise if it is considered that there is a problem that requires you to visit your Doctor or a skin specialist for an expert opinion.

Most cosmetic problems can be easily resolved with either 21 Skin Care products alone or in combination with nutrition products, Phase 2 vitamin supplements and the appropriate 21 Clinic advanced treatments.

Imbalances that present as either dry or oily skin usually only require 21 Skin care. Appropriate herbs and creams are blended for you by your 21 Clinic therapist to match your individual skin type.

These bespoke blends are for use at home and are always incorporated with 21 treatments for optimum benefits.

Your therapist will explain these lotions and their benefits during your first consultation.

More serious issues from acne to rosacea, eczema and alopecia typically require a number of 21 treatments in conjunction with the skincare products prescribed for you.

Details of the range of 21 Clinic's advanced treatments are described on the next page and will be explained fully during your first free consultation.

# More information...

## RESULTS

- 21 treatments prove their potential for you. Often providing immediate visible benefits after your very first treatment.

## COST

- The total cost of your treatment programme will depend upon the nature and extent of your problem and your budget.

The cost varies according to each treatment session and the time per session but is a very small cost when compared to any surgical procedure. Typically a treatment is a similar cost to any ordinary physiotherapy session.

## TIME

- Each treatment will typically be around 30 - 45 minutes. Many treatment programmes will require a number of regular treatments. After treatment there is typically no reason that you cannot return to work or any other activity.

## CLOTHING

- No special clothing is required. You will not need to shower or change after any treatment, they are relaxing and effortless

## APPOINTMENT BOOKING AND CANCELLATIONS

- For booking treatments call or text 07707 860883, should you have to cancel any appointment please give 48 hours notice. If you do not, we reserve the right to charge you for a missed appointment.

## ADVICE AND EVERYDAY SUPPORT

- Your 21 Clinic therapist will keep in contact and will continue to provide advice to help you to maintain an improved diet and healthy lifestyle to maintain all of the benefits of your treatment.



## 21 CLINIC ADVANCED TREATMENT PROGRAMMES

We have the following advanced 21 treatment technology. Those selected for your treatment will be the most appropriate programmes to resolve your individual problems, 21 treatment may include:

- **21 ADVANCED CRYOLIPOLYSIS** – targeted fat reduction and tissue firming with a relaxing cold Cryo massage - advanced technology to deplete fat cells treat cellulite, firm, lift and so much more.

**21 ADVANCED e-FITNESS** - advanced computer software provides a range of unique, perfect exercise programmes. These can simulate running or stimulate perfect resistance exercises delivered precisely and directly to those muscles that require it. This software also enables new exercises that only a computer can instruct. For example; a unique transverse muscle contraction to accelerate the speed your body burns calories, slimming and keeping weight under control and perfectly controlled, fully automated lymphatic drainage.

- **21 ADVANCED SKIN CELL REGENERATION** – a remarkable innovation, perfected for 21 Clinics. An invention that creates new skin cells in the treatment area by accelerating the skin's natural repair mechanism of shedding superficial skin cells as they rise to the skin's surface.

New, young cells are rich in collagen and elastin and create firmer new skin. This also tightens and lifts slack skin smoothing away wrinkles. Removal of superficial skin cells also makes it possible to remove many types of skin blemishes quickly, painlessly and without any risk.

- **21 ADVANCED LED - MICRO THERAPY** - blends advanced micro current waves with near intravenous LED light therapy.

Micro-current is a tiny galvanic electrical current, so small you cannot feel it. The principle benefit is that it improves communication between cells which slow with age, most important for your looks and your health. It can also relax the tension in muscle that holds wrinkles and lines in place.

LED Light therapy delivers specific frequencies of light to repair damaged cells and remove toxins throughout the body. The benefit of light therapy is best illustrated by the use of blue light cradles in every maternity ward to treat babies with neonatal jaundice.

Being in combination with micro-current, the valuable nutrients in 21 Skin care products penetrate the skin rather than them being left and wasted on the surface. This is far more effective than old-fashioned "needling" procedures.

- **21 BESPOKE SKIN CARE** - natural creams rich in essential nutrients blended by your 21 Clinic therapist to optimise them for your skin type. These are used to enhance treatment benefits and can also be prepared for you to take home to use between and after treatments to improve and maintain optimum results.

- **21 NUTRITIONAL FOOD SUPPLEMENTS** - will be suggested if needed to restore the D and B Vitamins essential to your looks and your well-being. Food supplements that balance and improve hormone levels naturally may also be prescribed where appropriate as part of your treatment programme.