

Treatment fact sheet



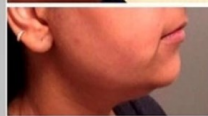
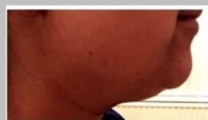
Non-surgical face lifting and reshaping

FACE LIFT



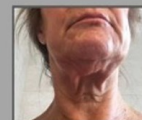
ADVANCED NON-SURGICAL COSMETIC TREATMENTS 

CHIN RESHAPE

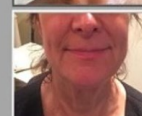


ADVANCED NON-SURGICAL COSMETIC TREATMENTS 

REFINE your neck



BEFORE



AFTER ONLY 6 TREATMENTS

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 combine different treatments and products as appropriate for you but typically; no surgery, fillers or injectable is needed.

21 technology rejuvenates your look while you relax. After your treatment, guided by your 21 Clinic therapist, benefits are often visible immediately.

Unlike surgery, there is no risk of any secondary problems or any irreversible error. You do not have to suffer from weeks of recovery or have to hide away.

21 Clinic technology offers an alternative that you can be proud to explain to friends and colleagues. You are rejuvenated naturally. Your look is younger, healthier and fitter and, of course, you remain recognisable.

PROBLEM

The face and neck start to show serious signs of ageing not only because your collagen and elastin depletes. Sagging skin, lines, wrinkles develop because the face is never exercised except by the expressions we make.

Frowns and grimaces lay down our deepest lines and then gravity makes our neck and jowls sag. Our mouths turn down and faces can look sad when at rest.

There are no gym's or fitness trainers who can teach you how to exercise your facial muscles efficiently but without exercise excess fat and slack muscle create jowls and double chins and the face and neck sags.

SOLUTION

To lift sagging skin, cheeks and jowls back where they belong and to make your body to produce more of its own collagen and elastin you need very specific exercises. You need 21 Clinic's advanced electronic muscle stimulation technology.

21 computers instruct your muscles into effortless but precise, perfect exercise. For example to lift sagging skin you need to restore muscle strength. The stronger a muscle the shorter its resting length will be and so the surrounding tissue lifts back into place. Your muscles are also exercised to accelerate the metabolism of fat to restore a younger and slimmer look.

21 Advanced e-fitness technology can be combined with other 21 technology to refine lines and smooth wrinkled skin without any need for injections or any painful and typically irreversible surgical procedure

21 computers are not magic—they are the result over 30 years expert experience inventing non-surgical solutions to cosmetic problems and the benefit of advanced technology.

You can see examples of the effect of our treatments on the next page.

.Example Case histories...

TO HEAR AND SEE MORE RESULTS GO TO [GALLERY](#)

TO DISCUSS TREATMENTS [CONTACT US](#) NOW AND BOOK YOUR NO OBLIGATION FREE INITIAL CONSULTATION.



Expectation: This is a client who wanted to reduce fat to reveal her chin.
Principle treatment: 21 Advanced Cryolipolysis.
Supporting treatment: 21 Clinic bespoke skin care preparations used during treatment.
Result: Face and neck slimmer and firmer.
Number of treatments: 5 appointments over 6 weeks.



Expectation: The objective for this treatment was to reduce the deep fold and lines around her cheeks and mouth
Principle treatment: 21 Advanced Skin Cell Regeneration.
Supporting treatments: 21 Clinic bespoke skin care preparations used during treatment and at home.
Result: Visibly slimmer, lifted and firm and wrinkles improved.
Number of treatments: 3 appointments.



Expectation: The objective for this client was to remove double chin and recover her jaw line.
Principle treatment: 21 Advanced Cryo
Supporting treatments: 21 Advanced e-fitness. 21 Clinic bespoke skin care preparations were applied during treatment and at home.
Result: Evident improvement to the neck and chin.
Number of treatments: 11 appointments over 6 weeks.



Expectation: The objective for this client rejuvenate her neck.
Principle treatment: 21 Advanced Skin Cell Regeneration.
Supporting treatments: 21 Advanced Cryolipolysis, Advanced e-fitness and 21 Clinic bespoke skin care preparations were used during treatment and subsequently at home.
Result: Neck significantly smoothed, firmed and lifted.
Number of treatments: 12 appointments.

Important note: No surgical procedure, injections, implants or fillers were used to achieve the examples shown on this page. Results will vary according to each clients physiology, response to treatment, lifestyle and dietary habits. Photographs are not professional - taken by the therapist and not retouched.



Experts in non-surgical cosmetic treatments

More information...

RESULTS

- 21 treatments prove their potential for you. Typically, they provide immediate visible and measurable benefits after 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 compared to any surgical procedure. Typically a treatment is a similar cost to any ordinary physiotherapy session.

TIME

- Each treatment will typically be 30 –45 minutes and a full treatment programme will require a number of regular treatments.

CLOTHING

- No special clothing is required. You will not need to shower after 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 improve your diet and lifestyle and achieving and maintaining your results.



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, the 21 treatments available 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 with a range of unique exercises. These can simulate running or even stimulate perfect resistance exercises delivered precisely to those muscles where they are most needed. 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.

•**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 skins 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 visible 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 neo natal 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 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 nutrition that is 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.