

HERTFORDSHIRE MEDICAL & AESTHETICS

TREATMENT MENU

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WHEATHAMPSTEAD
ST ALBANS
HERTFORDSHIRE
AL4 8NY



07488359930
Whatsapp Only



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Book Instantly: [HertfordshireAesthetics.com](https://www.HertfordshireAesthetics.com)

TERMS OF BOOKING

We do not take manual appointments over social media or over whatsapp etc. All appointments are bookable instantly online and a booking fee of £30 is payable to secure your appointment. All booking fees (previously known as a deposit) are NON REFUNDABLE regardless of the situation once booked. They are transferable but this must be done 48 hours BEFORE your appt.

With a 48hrs notice or more you can transfer your deposit to another time/day online through your original booking email by pressing the reschedule link. Again, you must do this with 48-hours notice. Failure to do this will mean the reschedule link won't be accessible, your booking fee is retained and you must rebook using the online system, paying a new booking fee. If you pay for a course and don't use this within 6 months the medication will go out of date and you will not be able to complete your course and the monies paid will be retained. If you cancel your course at any point you will not receive a refund. We offer a discount because we buy it in bulk when you purchase, it's here waiting for you. Medication cannot be returned or used by someone else it must be disposed of, the same way any prescription medication cannot be returned weeks later, used by other people nor does it have an indefinite shelf life.

late cancellations after 48hrs notice will be subject to your booking fee being retained and you must rebook using the online system, paying a new booking fee. This includes, but is not exclusive to, illness, last minute childcare issues, traffic that is going to make you late meaning your appointment will be cancelled or car malfunctions.

If you 'no show' you will be blocked from booking with us again unless your original appointment is paid to cover our lost time and costs. If you do not book within the time frame for your Botox Top Up (21 days MAX) you will forfeit your top up to prevent toxin resistance. We recommend always having a top up within 10-14 days for the best longest lasting results unless you want a really subtle result.

STRICTLY NO UNDER 18s WILL BE ALLOWED INTO THE CLINIC THIS IS NOT NEGOTIABLE IF YOU ARRIVE WITH A CHILD YOU WILL BE ASKED TO REBOOK AND WILL LOOSE YOUR ORIGINAL BOOKING FEE. THIS IS FOR THE PROTECTION OF YOUR CHILD IT IS NOT SAFE AND IS NOT THE JOB OF ANY HERTFORDSHIRE AESTHETICS EMPLOYEE TO LOOK AFTER YOUR CHILD. Please take this time for you and enjoy the break this is in place for your childs safety

If you are more than 5 MINS LATE YOUR TREATMENT WILL NOT GO AHEAD. I will not rush anyones appointment it is not medically safe to do so, likewise I will not make other clients wait unnecessarily. Please plan your journey and leave plenty of time. Please be aware your appointment time that is listed on your booking form/the website is not the time it will take to do your appointment. Please allow up to 30 to 45 minutes for your appointment, consultation, sitting and I numbing which will be done in the wait room if needed and any questions you may have.

SEVERE WEATHER / TRANSPORT STRIKES. if we experience extreme weather classed as: Snow, heat of 38 Degrees or more, very extreme wind or floods where the local warning is to not travel or local travel strikes then you may rearrange your appointment. We work to a fully packed timetable so it is best to have a look at our availability online and let us know what works for you and we will move you to there. as we seldom can add extra appointments so it will be on a first come first served basis. If you are over your reccomend time it will be relaxed within reason but we do request that you endeavour to attend within 5 working days

Thank you for agreeing to these when booking and your understanding that these must be enforced.

BOTOX EVENT: YOUR TOP UP IS BOOK BY YOU BY SELECTING THE TOP UP OPTION ON THE BOOKING PAGE. IT WILL COST £30.00 AND YOU CAN CHOOSE THE DATE AND TIME SUITABLE TO YOU FOR THIS. THIS IS AN ADJUSTMENT OF HOW WE HAVE DONE THIS IN PREVIOUS YEARS.

NO OTHER OFFERS INC. COME BACK BABE AND THE BEST FRIEND OFFER OR OTHERS CAN BE USED. LAYBUY WILL INCUR A £10.00 fee.

Pediatric treatments are carried out entirely at the childs parent or guardians risk. Only very few treatments can be carried out on children with different age requirements for each thing. The person bringing the child must have parental responsibility and will be required to fill out a form and stay with the child whilst the procedure is carried out. We will do our best to numb and calm your child but you must be willing to keep them still for the 30 seconds it will take to complete the treatment. We welcome dual adult help with younger children however the person with parental responsibility must still come into the room. for example, if mum and granny come and granny doesn't have parental responsibility then mum must be in the room if granny wishes to hold the child during treatment. We welcome ipads, food, drinks and small toys as distractions and comforters too. For skin imperfection removal we will not treat anyone under 5. For ear wax removal we will not treat anyone under 8. For the Hayfever injection we will not treat anyone under 10. Ear Piercings is 8 Body Piercings is 13. Blood Draws are age 5 and B12 Injection is age 13. Anyone under the age of 18 is a child. We will not play any part in the restraint of your child.

For child protection reasons there may be two practitioners in the room whilst the treatment is carried out. We will not treat the genitals or any area usually covered by underwear of any minor.

If you fail to make your child secure enough for the treatment the fee will still be due. If someone with parental responsibility does not attend with the child the fee will still be due. Our normal cancellation and rearranging conditions still apply to appointments for minors.

ABOUT HERTFORDSHIRE AESTHETICS



Hello! Thank you for considering us for your aesthetic and private medical treatments. Emilie (pictured) Is our Director and Injector and Terri-Marie Is our Clinic Coordinator. Together with Victoria, our financial accounts manager and Daisy on Social Media we are 'Hertfordshire Aesthetics' an all female, hugely knowledgeable and friendly team.

We have been established since 2018, originally renting rooms across Hertfordshire to building our purpose built clinic in Wheathampstead Village in St Albans where we are now based. We have grown as a team over those years and aim to continue! We are constantly learning and completing refresher courses and whilst there is no standards body for aesthetics in the UK (yet!!) Emilie is part of the Aesthetic Medical Society and she completes CPD (continual professional development) with them multiple times a year so that her techniques are the very best recommended and of the highest standard.

Emilie is also a recommended and sponsored injector for REVOLAX the world renowned filler brand which is a highly prestigious and sort after honor with such a well known brand within the field of Aesthetics.

Emilies aim for Hertfordshire Aesthetics is to always be the best we can be in all areas. Emilie adores her job and believes in each treatment we offer and wants to always keep our services affordable and accessible to families just like ours with a mixture of medical and aesthetic offerings. Between our team we have seven children and four husbands and our caring, friendly, family ethos is at the core of our company.

CONSULTATIONS

Consultation Fee

£50.00

Consultations are carried out before all treatments as standard inclusive of price so, If you know what you would like you can go ahead and book that in and complete your consultation and treatment on the same day. However if you would like to come to meet us, get a feel for how we work and discuss options we are happy to complete an extensive, half an hour consultation on facetime or face to face. We charge for consultations as above and we will invite you to book your chosen treatment online following your consultation should you so wish. The consultation fee is separate from any future treatment fee.



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BOTOX

Botox is a toxin called Botulinum Toxin A. It is a neurotoxic protein that temporarily stops the signal between the brain and the muscle causing a short term pause in movement or spasm depending on how or why you are using Toxin. The purpose of Toxin can be medical, aesthetic or, both. Toxin stops dynamic movements/lines. These are lines or movements that are made when you are talking, carrying out day to day activities and using expression (this is the opposite to static lines that are there when you are at rest, solving these is likely to need filler) Toxin is a prescription liquid that is non reversible but does completely wear off if not repeated. It is very safe if carried out by a qualified practitioner.

As a small example people may use Toxin to aesthetically rid the '11s' lines between the brows to make them appear less 'scowled' however they may use toxin in exactly the same area to medically alleviate a headache caused by an overactive frown.

	<u>WOMEN</u>	<u>MEN</u>
3 Areas	£170.00	£225.00
2 Areas	£145.00	£200.00
1 Area	£95.00	£125.00
Extra Area	+£50.00	+£60.00

ONE AREA

The frown, crows feet, lip flip, brow lift or bunny lines, under eye wrinkle improvement or Jelly Roll, Downward smile (DAO) Gummy Smile, Smokers/ Pouting Lines, Nasal Tip Lift, Nostril Flaring and Pebbled Chin. Please note you cannot treat the forehead on its own.

TWO AREAS

usually applies to frown and forehead or two of the 'one area' options above

THREE AREAS

Three areas usually applies to the frown forehead and crows feet or three of the one area options above

EXTRA AREAS

Extra areas are £50./£60 per another area from the One Area list making it 4,5 or more areas. e.g if you wanted 3 areas of botox around your frown, forehead and crows feet and then a lip enhancement too. Please note the forehead cannot be treated on its own it must be treated with the frown.

IF AN AREA YOU WANT IS NOT LISTED ON THIS PAGE OR THR FOLLOWING PAGE PLEASE GET IN TOUCH FOR PRICING INFORMATION

TOP UPS

Toxin lasts around 12 weeks if you opt for a top up as well and have the full dosage. Not having a top up, even if you think you're frozen initially, would be considered Baby Botox or Sprinkles and this will be a softer look and will often last around 8 weeks. If you want a top up you must book and pay for this within 3 weeks of your original appointment otherwise you will not be eligible. This will be strictly enforced to prevent Toxin resistance. PLEASE NOTE a top up within 10-14 days of original appointment will give you the best results.

Top Up	£30.00	£50.00
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PLEASE CONTINUE TO NEXT PAGE FOR MORE BOTOX



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BOTOX

WOMEN **MEN**

Teeth Grinding/ Facial Slimming £195.00 £300.00
Injections in the back of the jaw to relax the muscle stopping huge tension for sufferers. A dentist may advise this alongside retainer wearing but you can also have this done without seeing a dentist. A top up is required after 4 weeks.

Acne (full face or full back) £300.00 £350.00
This is also known as Micro-Tox and is botox placed into the skin rather than the muscle., relaxing the sebaceous glands as these secrete oils (sebum) to keep the skin moist. When the glands get clogged due to being over active, it can lead to pimples. Top up is not required.

Botox Face Lift – Lower Face £350.00
Botox placed into the skin via micro needling and then injected into the muscles that are needed to tighten the skin causing an appearance of lifting around the mid and lower face. The areas we may inject are the jaw, neck, crows feet, nose, eyes, mouth and chin. No top up is required. This will tighten and soften, it will not freeze.

Botox Face Lift – Full Face £450.00
otox placed into the skin via micro needling and then injected into the muscles that are needed to tighten the skin causing an appearance of lifting accross the full face. The areas we may inject are the frown, forehead, jaw, neck, crows feet, nose, eyes, mouth and chin. No top up is required. This will tighten and soften, it will not freeze.

Snoring Relief / Tip Lift £95.00 £125.00
Botox in the nasal muscles for those people whose nose tip collapses down whilst talking or sleeping lifting the lip of the nose for aesthetic purposes but can also help to alleviate snoring too!

Hyperhidrosis (Sweating) 1 Area £270.00 £350.00
A greater volume of toxin is gently injected into the affected area (usually the underarm or hands but can be elsewhere). The toxin will block the chemical that activates the sweat glands, enabling you to stay drier. No top up required. The armpits must be shaved for this treatment.

Neck/Shoulder Slimming/Tension Relief £175.00 £295.00
Patients that have easily identifiable trigger points, permanently contracted muscles, or headaches that are associated with muscle spasms. Botox is injected into a muscle, it blocks the signals sent from the brain which tell the muscle to contract. The body believes that there is no pain being experienced. Botox can help to keep the muscle relaxed for anywhere from three to six months, after which it is hoped that the muscle will be able to contract normally without pain or spasms. No top up required.

Neck and Jowls Tightening/Smoothing £175.00
Relaxation of the platysmal bands in the neck stopping the 'stringy neck' appearance

Migraine Relief £350.00 £400.00
Botox is injected disrupting the pain signals and stopping these signals from reaching the pain and activating pain and migraine networks in the brain. It is injected in the forehead, temples, shoulders and jaw. It was discovered that women who were having regular anti-wrinkle treatments were getting less headaches and more research was done to alleviate headaches. No top up required



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BOTOX EVENTS

2024

We are in our 5th year of hosting our Botox party/events and we are excited to announce our 2024 dates:

Thursday 1st February 2024

Wednesday 1st May 2024

Monday 9th September 2024

Monday 25th November 2024

HOW DOES IT WORK?

We offer you three areas (frown, forehead and crows feet) for £130.00 on a set day as listed above. You will book this online paying a £30.00 booking fee and then £100 is due on the day.

You then go online and book your own top up. This must be completed within 10-21 days of the original date at a day and time to suit you and this will cost you £30.00. we recommend you doing this as soon as possible so you don't miss out on an appointment!

THIS IS A £40 SAVING ON OUR REGULAR PRICES!

WHATS THE CATCH?

There isn't one. We order the toxin from our pharmacy and because we order so much for this specific day the pharmacy give us a bulk order discount. We then pass this straight over to you. You get the same toxin, the same amount and it's carried out by Emilie in our private clinic. You can OF COURSE choose to have botox at any time however it will be at our standard prices.

Terms and Conditions

All booking fees are no refundable. They are only transferable to another party or a full price treatment with at least 48 hours notice. No offers including the returning customer discount and the Best Friend offer are valid and Laybuy can be used but will incur a £10.00 fee. Your top up MUST be completed between 10-21 days after the initial appointment otherwise you will forfeit your top up.



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PRIVATE BOTOX PARTIES

Botox parties can be booked by our current clients on a mutually convenient time at a venue of your choice or our clinic. Venues that are not our clinic will need at least 7 days notice for insurance purposes and all top ups must be completed in clinic (Wheathampstead Village in St Albans)

To book you in we will need your venue address and then we will arrange a link for you and your friends to book through. There is no other arrangements other than sending them this link. ALL bookings must be made through the link and not through the host so that we can arrange for medication to be administered correctly. Toxin is a prescription medicine so this is very important.

Each person, including the host/arranger will get 3 areas for £130.00. Each person must click the link, follow the booking page and pay a £30 booking fee that is non refundable. The balance of £100 will be due on the day. Other treatments can be added on too, please just ask.

Top ups, if wanted, are £30.00 and it is up to the individual to book themselves in for this at our clinic in Wheathampstead, St Albans, AL4 8NY

A private party must have a minimum spend of £500 on the day not inc the deposit already paid, for us to travel to you. (This is usually 5 people having 3 areas of Botox) If you don't meet this number/spend or if someone cancels meaning you won't meet the spend we can still continue with the party but you will need to come into clinic.

These are great for friends that all have Botox and want to make a night of it without travelling to us and for a bridal party 6 weeks before the big day etc. You can even make your private events a regular event if you know you and your friends have your tox done every 12 weeks and we are happy to book these in advance. We are also happy to provide the service in salons who don't offer aesthetics but would like to host an evening of!



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FILLER

Filler is a substance called Hyaluronic Acid (HA). This is a naturally occurring substance that is already found in our skin. It helps keep skin plump and hydrated. HA fillers are typically soft and gel-like. The results are temporary, lasting 6 to 12 months sometimes longer before the body gradually and naturally absorbs the particles. Most HA fillers are infused with lidocaine, an anesthetic, to help minimise discomfort. The use of filler can be medical, aesthetic or, both. Filler plumps fine lines, restores lost volume or builds structures up where there is a medical need. E.g deep acne scars or cleft lips etc. Filler helps to reduce static lines, these are the lines that are on your face when you are at rest looking in the mirror. Filler is administered with numbing in cream (topical) form as standard. If you're very nervous injectable numbing can be used at cost. Needle and Cannula techniques are used depending on what the individual needs.

Filler is not a prescription item however filler can be completely reversed if there is a medical need or if you don't like it's effects. The reversible substance is a prescription substance so it is very important that you attend a clinic with a prescriber, should any complications arise. Filler is relatively safe if carried out by a qualified practitioner. You will not need a top up appointment unless you want to enhance the area further. All of your aftercare is included in the prices laid out below.

THE FILLER PRICES BELOW CAN BE USED ON ANY PLACE OF THE FACE OR ANY LINES WITH THE EXCEPTION OF THE NOSE AND TEAR TROUGH (UNDER EYES) WHICH ARE PRICED SEPARATELY BELOW . WE DO NOT CHARGE DIFFERENT PRICES FOR LIP TECHNIQUES (e.g RUSSIAN or NATURAL) NOR DO WE CHARGE EXTRA FOR CANNULA OR NEEDLE APPLICATION.

0.5ml £130.00

1ml £150.00

2ml £250.00

+ Per Extra 1ml + £100.00

The first 1ml is £150.00 the following 1mls after this are priced at £100.00 per 1ml

Ultimate Lip Enhancement £250.00

1ml Lip Filler as well as a botox lip enhancement to make the upper lip really 'pop' really good for those that love the enhanced lips or those with a very thin top lip.

Nose - Non Surgical Rhinoplasty £175.00

To straighten even the most curved and wonky noses. An amazing alternative to surgery lasting months includes the whole nose including the dorsal hump and tip too. You can opt to have just the tip or just the dorsal hump if too if you have a specific look in mind.

Nose - ENHANCED Non Surgical Rhinoplasty £225.00

As above but with Botox also added into the tip to stop the tip of the nose moving/drooping

Tear Trough Filler £225.00

To fill the hollowing under the eyes. This will simply 'pop out' the under eye giving a fresher brighter look.

Tear Trough Filler ENHANCED £275.00

To fill the hollowing under the eyes. This will simply 'pop out' the under eye giving a fresher brighter look with the added treatment of botox directly under the eye to help smooth out the wrinkles there too.



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FILLER

GUIDELINES

Jaw (Top Up)	2ml +
Jaw Enhanced ('snatched')	4ml +
Nose to Mouth Lines (Nasolabial Folds)	1-2ml
Downward Smilie (Marrionette Lines)	1-2ml
Cheeks (Natural)	1ml
Cheeks Enhanced Contor	2ml +
Natural Lip / Russian Lip Enhancement	1ml
Lip Top Up	0.5-1ml
Jowels	1-3ml
Chin	1-3ml
Mandibal Crease	1ml
Philtrum Building	1ml
Smokers Lines	1ml
Other Fine Lines	1ml
Other Facial Reconstruction Inc Ear Lobes	1ml +



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ENHANCED NUMBING

If you are very nervous about having a treatment you are able to have enhanced numbing to make it easier for you. You can go to the chemist and buy Emla Cream costing around £5 this will have a 2% level of numbing. This should be applied to the area 20-30mins before your appointment.

You can also purchase much stronger numbing cream from Hertfordshire Aesthetics with a 24% level of numbing. You can pick this up or you can have it posted but people allow for postage times before your appointment. This should be applied 15 minutes before your appointment.

Furthermore you can also have numbing injections - like you would have at the dentist - to numb the area. This will be carried out in clinic but must be booked in advanced to allow for the time it takes to work.

Please note: you will receive numbing in clinic if needed this is simply an extra for nervous clients. Treatments such as Botox normally don't need numbing and if you would like it please book/purchase the below. Please remember that over use of numbing could enhance your likeliness of bruising

5ml of 24% Topical Numbing Cream (posted)	£15.00
5ml of 24% Topical Numbing Cream (purchased in clinic/pick up)	£7.50
Injectable Lidocaine (add on in clinic)	£10.00

FILLER REMOVAL

(Dissolving)

Dissolving 1Area	£150.00
Dissolving 2+ Areas	£200.00
Dissolving and Refill	£275.00

In the case of vascular compression or occlusion this will be free of charge and we are willing to help practitioners who cannot treat these or prescribe for treatment as well as clients who find themselves having been treated by a beautician or other who cannot prescribe. However in the case of migration or wanting to 'start again' there will be a charge.



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TEETH WHITENING

1 Person £150.00

2 People £275.00

The 60 minute teeth whitening session is our most popular treatment. This is recommended for anyone looking for a dramatic change in the colour of their teeth.

Using a combination of Hydrogen Peroxide based gel & an LED light, each session is customized for each client, depending on their teeth's sensitivity level pre-whitening and the results their looking to achieve.

The appointment takes just over an hour and you can expect their teeth to go 4-12 shades lighter! Please note that no set of teeth are the same. Every single person has their own natural stop point and will obtain their results based off of this. It is realistic for most people to expect to visit for a Maintenance session once every 6-12 months depending on lifestyle.

You can repeat the session after 2 weeks for an even brighter smile. Please remember for very stained teeth and heavy stain intake a few consecutive sessions may be required before you switch to a maintenance phase of once every 6-12 months.



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SKIN BOOSTERS

We stock a number of skin boosters including Infini, Jalupro, Sunekos, Regenovue, Lumi Eyes and more and we will discuss what's best for you during the consultation process.

What are Skin Boosters?

Injectable skin boosters improve the hydration and density of the skin, diminish fine lines and give your complexion a youthful glow. The ingredients allow for cell regenerating to repair damaged and aging skin. The liquid, containing Hyaluronic Acid, Amino Acids and free radicals is injected directly into the epidermis and gradually recovers and revitalizes your skin. Skin boosters are administered via a mesotherapy technique.

Mesotherapy is a non-invasive non-surgical technique that uses multiple micro-injections of pharmaceutical preparations, plant extracts, vitamins, and other bio-revitalisation ingredients into the Skin. Mesotherapy can instantly improve dull, tired looking skin and superficial wrinkles but can also help to improve sluggish circulation, aiding the body to flush out toxins. This treatment can also be used to address hyperpigmentation, treat acne and create a 'brighter-from-within' skin glow. The most popular area is the face but you can inject the neck, chest, cleavage, hands and stomach. There is a very specific skin booster for under the eyes too!

What is the procedure?

A liquid containing hyaluronic acid and mixture of amino acids that feed the skin is injected by a health professional under the surface of the skin. The injections are normally administered in three sessions, two to three weeks apart. A booster treatment is recommended after three to six months to maintain the effect.

Who are they most suitable for?

Unlike a dermal filler, these treatments are not designed to create volume or change the shape of your face - the effect is more subtle and is suitable for all. Injectable skin boosters are equally popular among those wanting to look radiant on a special day as they are for people seeking younger looking skin. This is the same for under the eye - if you want a little help there but don't want or need to plump out your under eye then a skin booster is the way forward.

Benefits of skin boosting with Mesotherapy:

- Small barely visible needles.
- Anti-aging.
- Anti-wrinkle.
- Replenishing skin balance.
- Reducing the signs of acne or scarring such as chicken pox scars.
- Whitening dark circles (for under eyes)
- Skin restructuring
- Enhancing elasticity
- Area Rejuvenation

To gain the maximum effects you should have 3 sessions 3 weeks apart with a 1 session booster every 3-6 months. This is a great stand alone treatment or alongside facial, proffilo and other skin routines.

- After 3-5 days of treatment application, skin will feel soft and revitalized.
- After 2-4 weeks of treatment application, skin elasticity will improve and fine wrinkles lifted .
- After 4-6 weeks of treatment application, skin volume is enhanced along with lifting effects.

UNDER EYE BOOSTERS

An under eye booster, such as Lumi Eyes or other PDRN products are an innovative biorevitalisant, developed specifically for cosmetic procedures in the area around the eyes. It has a low molecular weight meaning it won't plump or 'puff out' your under eyes. It will form a barrier between the dark circulatory system and the very thin skin causing a whitening and skin rejuvenation effect. The liquid will continue to work on the restoration of damaged skin, forming a healthy skin barrier, where moisture is stored in the dermis layers helping the regeneration of cells and tissues of the dermis, giving the eyes an anti-aging, brighter & rejuvenated appearance with the improvement of skin elasticity. Again 3 sessions 3 weeks apart are recommended and a 1 session top up as and when is needed. Many do opt for one initial session and then simply "see how they go"



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FACE & BODY BOOSTERS

Skin boosters injected via multiple micro needle injections in a Mesotherapy technique. The most popular area is the face but you can inject the neck, chest, cleavage, hands and stomach. For best results we recommend having 2-3 sessions: 1 session every 3 weeks with a 1 session booster as and when needed every 3-12 months. This is recommended and not mandatory. If you feel you don't need all these sessions, have youth on your side or already have a good skin care routine or simply just want to 'try' then please book accordingly. We stock multiple boosters and will discuss the best one for you on the day. If you book a session it is possible to change the booster used at each session depending on how your skin is reacting.

£150.00

Skin Booster Session Per Area

3x Skin Booster Sessions or more will be given a 10% Discount on the total price when paid as a course all together

One area is classed as one of the following:

- Face (mid and lower face)
- Neck
- Chest
- Cleavage
- Hands
- Stomach.

UNDER EYE BOOSTERS (LUMI EYES)

Under Eye Booster Per Session £150.00

Under Eye Booster Per Session With Botox £200.00

For a stronger tightening

3x Under Eye Booster sessions or more will be given a 10% Discount on the total price when paid as a course all together



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PROFHILO

WHAT IS PROFHILO?

Profhilo uses an incredibly pure form of synthetic hyaluronic acid which is injected strategically into the upper layers of the skin with a very small needle. Unlike hyaluronic acid used in filler treatments, this hyaluronic acid is very runny (think honey-like) which effortlessly disperses into the skin. It is often called the five point face lift due to the 5 injection points on either side of the face.

IS IT SAFE?

I often get asked this when I say 'acid' - hyaluronic acid (HA) is in our skin already - it's what makes us look young. From the age of 25 we begin to lose this at quite a quick rate. So products with HA are used to replace the youthfulness to our skin. HA is likely to be in many of your facial creams - injecting it just means you are working from inside! Also, because we already have it within us, although a synthetic version, you're unlikely to get a bad reaction so the product, generally speaking, is very safe! To date, over a five million Profhilo treatments have been administered all over the world and nobody has had a documented serious reaction to the treatment.

HOW DOES PROFHILO WORK?

Profhilo is produced in a special way which means not only does it hydrate and act like scaffolding within the skin, it also triggers a response in the tissue which smooths, tightens and gives your skin an inner glow. Literally.

Profhilo is working on the skin quality rather than the muscle movement which cause wrinkles (Botox treats this) or for the loss of volume in the fat pads and filling specific lines (fillers treat these concerns).

WHAT IS THE TREATMENT PLAN?

The results aren't immediate as profhilo is a 2-part treatment; each session is 30 days apart from one another. In those 30 days after each session, your skin works hard, producing new, bouncy collagen and elastin to give your skin a firmer, smoother, plumper complexion. Full results are seen only after the second session as your skin produces more and more collagen and elastin, however, changes are often noticed after the first session. You would then have repeat treatments (just 1) every 6-12 months.

WILL I LOOK AWFUL AFTER?

There is no downtime; immediately after the procedure, you can see small bumps, much like an insect bite or bee sting, at the site of the injection. These are very easy to cover & within an hour it's very likely that only you will feel the bumps (bit like that feeling of a spot that only you can see!) these 'internal' bumps can take up to 24 hours to settle. Obviously, as you are having a needle injected there is a risk of bruising.

IS IT JUST FOR THE FACE?

Absolutely not! You can use it to smooth the hands, neck, chest as well as the face!

One Session

£225.00

Recommended as a top up for someone that's previously had Profhilo

Two Sessions

£375.00

To treat two areas in one go such as Face, Neck, Chest, Hands, Stomach or a first session of one area and the repeat session 4 weeks apart saving you £50.00



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SLIMMING INJECTIONS

Wegovy and Ozempic are brand names of the medication, Semaglutide. These medications are also dubbed 'The Liquid Gastric Band' it is an NHS APPROVED one self administered micro-injection a week. It slows down gastric emptying, so you are fuller for longer. It reduces the hunger signals sent from your stomach to your brain so that your body is genuinely not as hungry. You will look at food and not be able to fit as much in, even if you're really good at eating whatever is put in front of you.

It helps regulate your insulin levels so your body produces just the right amount to break down carbs & sugars effectively without causing a sugar crash, therefore getting rid of those cravings for bad sugary foods/drinks. You will not feel "buzzy or high"

As a bonus, if you have been told you are at risk of developing diabetes or in the pre-diabetes stage, this can reduce your risk and prevent diabetes from developing further. It does this by reducing the blood's HbA1c, a key factor in the development of Type II diabetes.

This injection suppresses your appetite and is safe to use and is approved for use on the NHS for obesity! However, the funding is limited to those who are at immediate risk of mortality due to their weight or those that are due to commence weight loss surgery therefore, we see private paying clients for the injection making it widely available to everyone that wants to loose weight for permanent lifestyle or even just a extra weight drop for an event like a wedding.

WHATS INCLUDED?

- Full face-to-face consultation (or FaceTime for far away clients)
- Check ups as and when you would like one
- Telephone Support throughout
- EVERYTHING you need to get started
- Prescription Anti sickness if needed
- Whatsapp support when you need it

WHAT WILL I LOOSE?

you can expect to loose upto 10-20% of you body weight within the first two months. Results vary person to person. It is important to know that as with everything eventually your body will become accustomed to the medication and the weight loss may slow down at some point and some months may be better than others. This could happen after 6 months or 2 years there is no telling until you try and commit to the journey. It's an amazing medical advance but as with everything, it will take time.

HOW DO I START?

You will have your initial consultation and be given a supply of four weeks worth of semaglutide in syringes that are labelled. The dosages will be discussed during consultation but normally increase each week so it's important that you take them in order. Within 12-72 hours of your first injection you should then be noticing you're simply not hungry / can't finish meals and you may experience side effects too. These are listed below. Each month we will review your dosage sometimes in clinic and sometimes remotely *depending on how you are we will issue medication inline with this but it is very important you maintain contact with us and that you take it upon yourself to let us know how you are including your weight and any side effects. Once you have reached your weight loss goal you can simply stop the injection and your hunger may return but your stomach would have decreased in size so your need for small portions should continue. For the reason of learning new habits we do say that you should financial and mentally commit to 3 months so that if you want to stop you've formed a new habit of eating less. Saying this, it is ok to take this medication long term.

Initial 4 Week Supply £275.00

Every Subsequent Supply*

4 Week Supply: £250.00

6 Weeks Supply: £350.00

8 Weeks Supply: £475.00

WHAT ARE THE SIDE EFFECTS?

Initially you can feel tired and sick and some people may get loose stools whilst others may experience constipation but these side effects, if you get them, subside after a while. As sickness is the most common side effect we do issue anti-sickness if needed and this is included in the price.



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FAT DISSOLVING

Fat dissolving treatments target stubborn pockets of fat. Excess fat in stubborn areas can really effect people as they "hang around" despite exercise and a good diet. If you have a pocket of fat or an area that "just wont budge" yet liposuction is too extreme, invasive or expensive then Fat Dissolving Injections can help! When you've put a lot of effort into losing fat, we know it can be disheartening to have stubborn pockets of fat remain.

Fat Dissolving Injections are a specially-formulated compound solution that is injected into the problem area. The liquid works by attaching onto fatty deposits, breaking them down over time. The fat is then naturally dissolved and flushed out by the body in your urine. Fat Dissolving Injections can be used to treat almost all small deposits of fat, but the most popular treatment areas include the chin and jaw area, Jowls, thighs, arms, and stomach, especially the c-section scar 'shelf'

It is so important that this is considered for stubborn pockets of fat that you cannot get rid of and not as a weight loss measure.

To make the procedure as comfortable as possible It is mixed with lidocaine (a liquid numbing agent) and the area to be injected will also be pre numbed with topical lidocaine (a cream numbing agent)

Things to consider before booking this treatment: You should not expose any treated area to extreme temperature this includes direct sunlight and use of a sauna. You are highly likely to be swollen for at least 5 days following the procedure and you might see bruising and feel lumps under the skin for 2-4 weeks. You must not partake in physical exercise for 5 days, cosmetics should not be applied to any area treated for at least 12 hours. You may feel sensations of itching/burning, pressure/aches, minor pain and mild swelling.

The treatment takes from 15-30mins and stings mildly. Results can be seen in 2 weeks. Some people only need one session but It is a good idea to plan for 3 sessions, every 2 weeks so that you get the most out of your treatment.

Small Areas: Chin/ Jaw / Lower Face. Above C-Section Scar, Knees, Ankles, Elbows

Medium Areas: Bra Fat, Inner or Outer Thigh, Upper Arms, Chin Jaw Lower Face Combo, Ankle and Knee Comb, Love Handles

Large Areas: Inner and Outer Thigh Combo, Full Stomach

IF YOUR AREA ISN'T LISTED PLEASE DO MESSAGE US TO FIND OUT THE PRICE

We offer Lemon Bottle Fat Dissolving and Aqualyx Fat Dissolving and we can advise which one to go for at your appointment.

Small area	£100.00
Medium Area	£175.00
Large Area	£225.00

Multiple areas in one go = 10% off

Course of three or more sessions paid up front = 10% off



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VITAMIN INJECTIONS

Vitamins are one of the safest, non-invasive ways to enhance your well being. The correct vitamin levels can increase your metabolism, help your body metabolize fats, proteins, and carbohydrates, provide an energy boost, support your hair and nails, help your mood and support your immune system. While most people associate vitamins with supplement pills, they also come in the form of injections. So what's the difference? Here are some basic distinctions between the two.

Vitamin Jabs allow your body to use 100% of the nutrients since they are administered directly into your bloodstream. Vitamins taken orally must be digested before benefiting your body, but a significant portion of the pill's nutrients is lost during the digestive process. This means you might have to take much more than the recommended daily intake to see results.

Vitamin pills are sometimes generally less expensive than injections. However, because you are absorbing 100% of the nutrients available with injections, you're getting exactly what you pay for. Vitamin pills are usually manufactured with "fillers" that have no benefit, but you're still paying for them. If you have a Vitamin jab once a month it is £1 per day! If you have all 4 main vitamins once a month (b12, Vitamin C, Vitamin D and Biotin) it costs £100 and that is: £3.23 per day. Less than a coffee a day or a Mcdonalds breakfast!

Also, to see the benefits of vitamin pills, you must remember to take them on a daily basis. But many people easily forget to take pills, especially on a long-term basis. Vitamin injections, on the other hand, are not administered as frequently—which means less chance of forgetting and thus losing out on the benefits.

For people with illnesses that affect the digestive system, such as celiac disease, or for people who choose to follow vegan or vegetarian diets vitamin pills are even less effective, so, without knowing it, injections might be the only supplementation option available.

VITAMIN C

ONE: £50.00

COURSE OF FOUR: £175.00

Recommended once a month

Vitamin C Injections can enhance physical well being and prevent the onset of illness. This is because vitamin C is a natural antioxidant that improves the condition of the skin and protects the body against the effects of harmful agents. These exist both internally and externally and can negatively affect metabolic processes, leading to tiredness and fatigue. Vitamin C is vital for healthy skin, blood vessels, bones, and cartilage. It also promotes and aids in healing. Not getting enough Vitamin C can leave you feeling sluggish, run-down, prone to frequent bouts of illness, and looking tired.

GLUTATHIONE

ONE: £30.00

COURSE OF FOUR: £100.00

1 injection every 2 weeks then 1 injection every month moving forward

Glutathione helps reduce inflammation of your cells and is chemically proven to increase oxygen within cells helping us with energy. It is one of the newer injectables but by no means is a new drug. This has been used to help slow down the ageing process by helping pain in muscles and joints, boosting the immune system, detoxing the liver, improve mental focus and clarity, reduce stress, improve sleep. Everyone 35-40+ should invest in these and those of any age that exercise regularly and athletes too, to help with recovery



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VITAMIN INJECTIONS

VITAMIN B12

ONE: £30.00

COURSE OF FOUR: £100.00

1 injection every week for four weeks then 1 injection every 4-8 weeks

Most of our B12 comes from meat in our diet. Those who are unable to absorb an adequate amount of B12 due to dietary restrictions or health problems may need to get a natural supplement through a B12 jab. B12 Prevents Fatigue as it is vital in the production of red blood cells that carry oxygen and nutrients around the body. It Gives You an Energy Boost as B12 assists in the process of converting food into glucose, which the body requires for energy production and Improves Brain Power as it plays a role in supporting mental and cognitive performance. B12 Lowers the Risk of Heart Disease and Memory Loss and can help you lose weight as B12 boosts the metabolism so increasing levels of this vitamin can be an invaluable support if you're trying to lose weight through diet. Its energy-giving benefits will also aid your efforts! Anxiety? Lack of sleep? B12 can help fight mood swings, loss of focus and depression in a number of ways. One way it does this is by synthesising melatonin, dopamine and serotonin, the chemical messengers that influence your moods. As well as regulating your mood, melatonin also controls your sleeping patterns and if you're suffering from a B12 deficiency, a common side effect is being unable to sleep and then feeling tired throughout the day.

VITAMIN D

ONE: £50.00

COURSE OF FOUR: £175.00

Recommended once a month

Vitamin D is a fat-soluble vitamin, responsible for the intestinal absorption of calcium and phosphate. Vitamin D is needed to keep bones, teeth, and muscles healthy and our moods higher. Vitamin D deficiency is particularly common in people in the UK and Western Europe where there is not enough sunshine throughout the year. Vitamin D helps to fight illness and therefore aid an all over wellness but one of the main benefits of Vitamin D is that it can really aid the fight against depression or feeling low.

FEMIRON (IRON)

ONE: £50.00

COURSE OF FOUR: £175.00

Recommended once a week for four weeks then 1 injection every 4-8 weeks

Iron is a mineral that the body needs to produce red blood cells. When the body does not get enough iron, it cannot produce the number of normal red blood cells needed to keep you in good health. This condition is called iron deficiency (iron shortage) or iron deficiency anemia.

Lack of iron may lead to unusual tiredness, shortness of breath, a decrease in physical performance, and learning problems in children and adults, and may increase your chance of getting an infection.

Iron injections come as a solution (liquid) to inject into the buttock muscle or intravenously (into a vein) They're a good choice if oral iron supplements aren't right for you.

BIOTIN

ONE: £30.00

COURSE OF FOUR: £100.00

Recommended once a week for four weeks then 1 injection every 4-8 weeks

Biotin strengthens keratin, the protein that makes up our hair, skin and nails. We need it not just for new hair growth, but also to keep our existing hair thick and shiny. Biotin also increases the elasticity of our hair, which minimises breakage and split ends. When injected, Biotin helps to gradually replace dry, damaged hair with healthy, happy hair.



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ALLERGIES & HAYFEVER

Severe hayfever and allergies symptoms can ruin peoples' quality of life and have a detrimental effect on ability to work and function optimally.

For Hayfever - Certain parts of the UK are particularly affected by pollens and allergens likely to give severe symptoms, with the most likely culprits being a mixture of flower and tree pollen such as silver birch and rapeseed. Other allergies that might come on, say if you're visiting a family member but you know you are allergic to the cat they have, can also be treated with this.

If you have severe symptoms that fail to respond to other treatments, such as oral antihistamine medications, topical eye drops and so on, it is possible to have a hayfever injection (after medical analysis) privately at our clinic

The overwhelming feedback from patients in terms of response, control of symptoms and improvement in quality of life is very positive.

It is given in the top of the buttock and starts working almost immediately and typically 'kicks in' anywhere from one to 72 hours after administration.

This medication administered when allergy / hayfever symptoms first appear or are due can give symptom remission that lasts for the duration of the entire pollen or allergen time (usually three months).

The dose required to control severe symptoms is partly related to body weight, and heavier clients will require a larger dose to ease their symptoms.

We have found that the therapeutic dose for most effective relief is 40mg initially. You can repeat the injection if you find the symptoms come back quickly but it is normally unlikely. The is around a 9% rate of people needing a double dosage.

The full range of treatment options available for hayfever / allergies will be discussed by a medically trained practitioner and together we will decide whether the potential benefits of the treatment for severe hayfever outweigh any risks.

Every year our clinics see a cohort of 'desperate' people who have tried the oral and topical medications without much symptomatic improvement - including those who work outdoors, those who have severe allergic reactions to pollen, business people whose summers and meetings are ruined by severe symptoms, drivers who feel unsafe to be on the road or people who have gained an allergy to a much beloved pet!!

No intervention is currently available to severe hayfever sufferers on the NHS in the UK, the funding was cut, so this offers greater convenience, symptom relief and patient satisfaction. We have hundreds of messages from grateful patients who feel that they have regained their quality of life.

WHAT DOSAGE DO I NEED?

Hayfever injections must only be given to people weighing 45kg or more. They cost £75 per 40mg dose, including a medical consultation. The general dosage advice is that anyone 45kg - 75kg should have a single dosage and anyone over this should have a double. However If you are between 60-75kg an 80mg dose may be best if your symptoms are very bad or you're male (due to Mens faster metabolisms)

Any person may opt to have a 'top up' if you feel it is needed within 4 weeks of your initial dosage costing £50.00 however, it is HIGHLY RECOMMENDED you have the dosage recommended for your weight so that you are treated effectively. You will be given a steroid warning card that you must carry on you for a short time afterward. Most people get at least 3 months from the jab however some people find the jab sees them through a whole year.

If you are on any medications please do bring a list so that these can be checked for any interactions.

Single Dosage		£75.00
Double Dosage		£125.00
Top Up Dosage	Within 4 weeks of original injection	£50.00



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EAR WAX REMOVAL

by microsuction or irrigation/syringing

What is microsuction earwax removal?

Microsuction earwax removal uses a vacuum to gently remove any excess wax from your ears. It's one of the most effective services for cleaning your ears

How is ear syringing or Irrigation different?

Ear syringing is a technique of removing earwax that involves pushing water through the ear canal to flush out the wax. Although it can be successful, it can have side effects and possible complications, especially if done incorrectly, causing ear infections or impacted earwax and is not recommended by NHS anymore. However we do recognise that many people do prefer this method therefore, at your own risk, we do offer it.

What shall I expect at an ear wax removal appointment?

Rest assured we will use the safest method of wax removal to help you.

1. Your wax removal appointment will take 30 mins.
2. After asking a few questions to get a better understanding of the health of your ears, we will examine your ear canals and ear drums by using an otoscope (magnifier with a light)
3. We'll then talk you through the procedure and show you the equipment that will be used and explain how it works. You'll need to sign a consent form before we remove any wax from your ears.
4. Once you are happy to go ahead, our clinician will use a magnifier and suction tube to gently remove any wax that's in your ear.
5. After our clinician has performed the procedure, they will then check the health of your ears and sit you up slowly.

Can I go back to work straight away?

Anything to do with your ears can cause slight dizziness or temporary balance issues if you often experience motion sickness or already have poor balance it may be advisable to have someone drive you to and from the clinic. We advise taking the rest of the day easy and depending on your job role taking the day off at your personal discretion.

How often should I remove earwax?

There isn't a set recommended frequency for earwax removal, as it depends on each individual case. Some people don't require earwax removal very often, whereas others produce vast amounts of earwax at a faster rate.

Do you treat children?

We treat children over the age of 8. Someone with parental responsibility must be in the room at all times and we will also have two clinicians in the room at all times too. It is your responsibility to brace your child and if your child isn't cooperative you will still need to pay for the appointment. We welcome distraction techniques such as ipads but for obvious reasons they may not be able to hear the ipad during the treatment. comforters are also welcome. We will not brace your child at all. We advise keeping children off school for the rest of the day as sometimes procedures on the ears can cause temporary issues with balance.

Ear Microsuctioning (Both Ears)	£75.00
Ear Syringing/Irrigation (Both Ears)	£75.00
Pediatric Microsuctioning (Both Ears)	£75.00



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SKIN IMPERFECTION REMOVAL

Clear your Skin of Blemishes

We are able to tackle a wide array of lesions and blemishes such as:

Unwanted moles and birth marks
Verrucas, warts and skin tags
Reducing the appearance of pigmentation
Diminishing and lightening sun spots

HOW DOES IT WORK?

We apply a fine jet of intense cold nitrous oxide to damage the tissue of the targeted blemish. The cold destroys the tissue of the mole itself, which will usually crust over and darken for a couple of weeks as new, healthy skin forms underneath. The crusts will drop off, leaving you with pink, healthy skin where the mole used to be.

DOES IT HURT?

Our clients tell us they are aware of the cold as nitrous oxide contacts the skin, but that any pain or discomfort is minimal or non-existent. The treatment lasts all of 10-30 seconds often by the time your brain has registered what's happening it's over.

WHAT IS THE PROCESS?

This depends on the length and location of the freeze. A blister will typically develop on the treated area during the first 24 hours after treatment, lasting from 2 to 5 days. A scab usually forms, depending on how deep the treatment needed to go, which will fall off over time to reveal healthy skin. In general, healing takes 2 to 6 weeks in all and very few people (1 in 100) need retreatment.

WILL THERE STILL BE A MARK LEFT?

Of all the methods of removing skin lesions, this method leaves the least damage to the connective tissue. If a larger lesion has been removed there might be a faint mark, but it will be far less noticeable than the blemish itself. We will assess your skin and discuss your goals and manage your expectations during your consultation.

PRICES

Adult removal of imperfection	£100.00
Adult repeat treatment of imperfection	£75.00
Pediatric treatment of imperfection	£95.00

Please see terms and conditions on page 2 around ages and terms for children



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BEST FRIEND OFFER

Attend with a loved one and have your treatments together and get £20.00 off when spending £200.00 or more or £10.00 off if you spend £55.00 - £199.00. This is not available with any other offer and is not available for a spend under £55.00 per person. This cannot be used with any other offer or finance option.

FINANCE

We do offer laybuy and clearpay as a payment method in clinic for the balance of your treatment. Please do this responsibly. You should pay a £30 deposit to book your appointment in and the credit will be completed on the day. This is normally 4-6 payments over 4-6 weeks. On the day you will be asked to pay before your treatment to check you are eligible before going ahead. If you are not and have no other means of paying your deposit will be retained. You cannot use laybuy OR clearpay with any vouchers, voucher codes or offers (such as the Botox events) and there is a £10 admin fee for laybuy and clearpay.

PAYMENT

Payments can be made by debit, credit card including Amex, Apple and Android Pay. We do not accept PayPal. You can also pay cash or bank transfer. To set us up as a payee our details are: Hertfordshire Aesthetics account no: 02052115 Sort Code: 04-00-04 please put your name as a reference.

PREPARING FOR YOUR APPOINTMENT

1. Don't drink coffee, alcohol, Red Bull or any other heart/blood pressure raising stimulant 24 hours before your appointment.
2. Don't take any painkillers or blood thinning medication before your appointment to help with the pain it actually increases your blood flow and does the opposite of helping. If you have to take blood thinners please do not inject for 12 hours prior to the appointment or for two hours post treatment.
3. Purchase Arnica tablets and take them 3-7+ days before and after your appointment religiously. You want to get 30c arnica, not 6c.
4. Don't wear make up to your appointment. Having this rubbed off wont help your skin.
5. Come with removable layers and be as cool as possible, cold even, as cold skin means less surface blood flow which means less chance of bruising.
6. IF YOU ARE PRONE TO COLDSORES and you are treating a prone area: please make sure you have gained a prescription through your GP or a private prescription from us (at a cost of £60.00) for acivior tablets and that you have taken these as directed everyday for 10-14 day prior to treatment and that you have enough to take for 7-10 days post treatment to give you the best chance at not getting a cold sore.



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