

MANOR | HEALTH

AESTHETICS • LASER • WEIGHT LOSS

Maria opened Manor Health in June 2012. She is passionate about her business and aims to deliver the best treatments and results for her clients. To ensure these aims are met, Maria has invested heavily in the latest technology and will only offer treatments that she knows will produce the best results and value for money. The team at Manor Health are focused on client satisfaction.

GOLD STANDARD

Manor Health offer the 'Gold Standard' in laser hair removal using the Duetto MT. The Fractional Laser Skin Resurfacing Treatment is award winning handheld technology, recognised at the 'My Face, My Body Awards' for the exceptional results it delivers on skin resurfacing, scar and stretch mark removal. These are just a few of the high quality treatments on offer at Manor Health.

Before your treatment and any financial commitment, we offer a consultation and patch test to ensure you receive the essential information required, and Manor Health determine the suitability of treatment. We want you to feel comfortable and confident throughout your visit, and deliver the best results possible for you.

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WEIGHT LOSS & BODY

AQUALYX - FAT DISSOLVING

Aqualyx injections, are an alternative and significantly less invasive treatment to traditional liposuction and is perfect for targeting specific fat stores. The Aqualyx treatment contains desoxycholan acid, a secondary bile acid. With the assistance of bacteria, our body is able to produce this acid itself in the liver in order to aid the digestion of fat. Professor Pasquale Motolese, the inventor of Aqualyx, developed a synthetically manufactured variant to mimic the fat-dissolving effect of this acid.

	PER AREA	COURSE OF 5
Chin / double chin	£300	£1200
Outer thighs / saddle bags	£300	£1200
Hips / love handles	£300	£1200
Knees	£300	£1200
Arms / bingo wings or bra overhang	£300	£1200
Stomach	£300	£1200
Chest / Gynecomastia	£300	£1200

CELLULITE REDUCTION (RADIO FREQUENCY & VACUUM)

Cellulite Radiofrequency Therapy effectively reduces the appearance of cellulite on the legs, buttocks, thighs, abdomen and those dreaded 'bingo wings'. Up to 70% reduction in cellulite can be achieved.

Radiofrequency energy and vacuum is applied to the skin. This gently heats the skin's surface, which will tighten any loose skin. The radiofrequency waves then travel down and provide deeper heating which increases blood circulation; the vacuum causes lymphatic drainage of the fatty deposits and cellulite.

	TIME	TREATMENT	COURSE OF 8	COURSE OF 12
Thighs	40 mins	£79	£550	£750
Buttocks	40 mins	£79	£550	£750
Abdomen	40 mins	£79	£550	£750
Arms	40 mins	£79	£550	£750

BODY BALLANCER®

The Body Ballancer® is a clinically proven medical treatment for **Lymphedema** and **Lipedema**. It also effectively **reduces water retention**, **cellulite**, **aids muscle recovery after exercise** or can simply be a **very relaxing massage**. The system performs a massage from the feet, up over the body, stimulating dermal and sub-dermal circulation. This encourages blood flow that increases nourishment to tissues and speeds the removal of excess lymph fluid, toxins and fatty acids.

	PER AREA	COURSE OF 6
Lymphedema,	£50	£250
Cellulite Reduction	£50	£250
Sports Recovery	£50	£250
Pre & Post Flight	£50	£250
Post Lipo	£50	£250
Relax & Unwind	£50	£250

ULTRASOUND FAT REDUCTION & WEIGHT MANAGEMENT

This clinic is for you if you are overweight, out of proportion or have stubborn areas of fat that you struggle to lose through diet and exercise. Pulsed acoustic ultrasound waves travel beneath the skin and target fat cells. Once a wave hits the fat cell it ruptures and emulsifies it. The fat moves out of the body through the lymphatic system and is then excreted. We also provide a bespoke weight management program to compliment the treatment. On average, our clients will lose two stone in 12 weeks.

	COURSE OF 6	COURSE OF 12	COURSE OF 18	MAINTENANCE
Stomach	£545	£890	£1260	£90
Legs	£595	£990	£1420	£100
Arms	£595	£990	£1420	£100
Love Handles	£595	£990	£1420	£100
Chest	£595	£990	£1420	£100

ANTI-WRINKLE TREATMENTS & DERMAL FILLERS

ANTI-WRINKLE TREATMENTS

Anti-Wrinkle injections cause the temporary relaxation of muscles. Aesthetic practitioners use them to decrease the appearance of facial lines and wrinkles. There are three main areas that may be treated: the area between the eyebrows (frown lines), the forehead (horizontal lines), and the area lateral to the eyes (crows feet). Advanced techniques also include: Hyperhydrosis (excessive sweating), Gummy Smile, Grinding Teeth, Dimpled Chin, Neck Lift & Bunny Lines.

We now offer direct debit options.

	TREATMENT	MONTHLY DIRECT DEBIT
1 Area	£170	£42.50
2 Areas	£210	£52.50
3 Areas	£250	£62.50
Max / Male	£280	£70.00
Bunny Lines or Dimpled Chin	£150	N/A
Nefertiti Lift (neck tightening)	£300	N/A
Masseter Muscle (slim jawline)	£200	N/A
Hyperhydrosis	£400	N/A

***for deeper line reduction an additional £50 after consultation may be required**



DERMAL FILLERS AND PROFHILO®

Dermal Fillers are designed to help smooth away wrinkles and lines by adding volume under the skin where it is needed most. Fillers can also be used to restore volume to sunken cheeks and thinning lips to give you that kissable smile you'll love.

We will carry out a full face assessment in your consultation and provide you with a bespoke treatment plan. We will also review your medical history and any medications you are taking.

We have a range of fillers available, all CE approved, including Juvederm, Teosyal, Restylane and Revolax. If a specific filler is requested we can order it in prior to treatment.

PROFHILO® is an EXCLUSIVE skin re-modelling treatment that will give you visible results in just two visits. This revolutionary NEW treatment takes just 10 minutes, with 10 injection points into your area of concern. It stimulates 4 different types of collagen and elastin due to the slow release of hyaluronic acid, and it is this stimulation that results in significant improvement of tissue quality.

	1 ML	2 ML
Cheek Augmentation	£260	£430
Tear Trough (cannula)	£425	
Nose Augmentation	£260	
Upper Lip Lines (cannula)	£250	
Lips Natural 0.5 ml Full 1 ml 1 ml (8-12 Months)	£190 £230	£430
Pre-Jowl Contouring	£260	
Marionette Lines (droopy mouth corners)	£260	£430
Nasolabial Folds (smile lines)	£260	£430
Chin Augmentation	£260	
Jawline (cannula; define and lift)		£550 for 3MLa
Liquid Face Lift (cannula)	£1500	
PROFHILO® (includes 2 treatments)	£500	
PROFHILO Maintenance (required every 6 months)	£250	
Hyaluronidase: (dissolver)	£150	

PDO THREADS

PDO THREADS 'NON SURGICAL' FACE LIFT

PDO Threads are a 'non surgical' face and neck lift treatment. This minimally invasive procedure uses dissolvable PDO (Polydioxanone) threads to lift and tighten the skin by stimulating new collagen production, reducing wrinkles, tightening pores and creating volume. There is minimal downtime and the threads will be fully absorbed within 6 months. Results will last an average of 12 to 24 months depending on the treatment.

	NO OF THREADS	TREATMENT
Full Face	70-90	£995
Full Face & Neck	80-110	£1250
Lower Face	50-70	£750
Neck	12-18	£490
Cheek Lift	12-16	£490
Upper Lip	6-8	£295
Jawline	12-18	£495
Eyes/Laughter Lines	12	£295



TESTIMONIALS

A big thank you to Maria and Katie.. who have both built my confidence in my weight loss journey.. not only do they provide good service but you also leave with a smile on your face. Not just raising your confidence but they also are behind you 100% and keep you going. Lovely caring staff.

FB Review



I have recently had laser hair removal at Manor Health. The treatment has been fantastic, the results have exceeded my expectations, and I would definitely recommend this clinic. Maria is professional, kind, and makes me feel comfortable.

FB Review



I have had my lips filled by Maria at Manor Health and I'm so pleased with them. I had very little pain as Maria did a brilliant job of numbing them. I have had lip fillers in the past, but would always go to Manor Health now. Thanks Maria, they are fabulous and would highly recommend.

FB Review

I have recently had my second lymphatic drainage treatment for general well being. The procedure itself was very pleasant and relaxing but the effect on my aching legs, especially my knees, was wonderful.

FB Review



ANTI-AGEING TREATMENTS

RADIO FREQUENCY SKIN TIGHTENING (FACE AND BODY)

The Lynton Promax offers an effective yet comfortable way to achieve facial skin tightening and wrinkle reduction. The specialised facial applicator uses bipolar radiofrequency with vacuum massage. This relaxing treatment promotes the formation of new collagen and elastin and tightens collagen fibers; producing smoother, tighter skin and reduces the appearance of fine lines and wrinkles. Not only is the radiofrequency great for eye and neck lifting, but the introduction of vacuum at this stage offers excellent results for puffy eyes, dark circles and general skin rejuvenation.

	TREATMENT	COURSE OF 6
Full Face	£85	£460
Face & Neck	£95	£510
Face, Neck & Décolleté	£120	£650
Arms	£95	£510
Stomach	£95	£510

VI PEEL ^{NEW}

New to Manor Health!! We are delighted to introduce the VI Peel. A VI Peel is a medium-depth chemical peel that penetrates your top layer of skin, called the epidermis, reaching into the dermis underneath. Like other chemical peels, a VI Peel works by exfoliating your skin and stimulating the production of new collagen. The procedure is commonly used to treat signs of ageing, improve skin texture, and correct pigmentary issues. The treatment is less invasive than traditional chemical peels yet just as effective.

VI Peels can also simultaneously treat multiple concerns, including fine lines, enlarged pores, dullness, discoloration, breakouts, and acne scars.

The VI Peel offers quick results and is an increasingly popular treatment in Harley Street Clinics due to the fantastic results and versatility of being so well tolerated by all skin types.


	TREATMENT
Introductory Price (includes aftercare kit)	£250

VITAMIN B12 BOOST INJECTIONS

Manor Health are pleased to introduce Vitamin B12 Injections to our comprehensive range of treatments to aid wellbeing and good health.

Vitamin B12 is a water-soluble vitamin that plays an important role in brain function, energy levels and red blood cell production. Deficiency is very common, especially amongst people who follow a vegetarian or vegan diet as B12 is only found naturally in animal foods. However, vegans and vegetarians are not the only ones who are deficient. Even some meat eaters don't absorb it very well in particular those who have undergone intestinal surgery, including weight loss surgery and those with diseases that affect the gut, such as Crohn's disease or celiac disease. Additional benefits to the treatment include improvement in physical wellbeing, avoid feeling exhausted or burn out, helps your body use fat and carbohydrates for energy and boost metabolism.

	TREATMENT
Introductory Price	£29

A woman with her eyes closed is receiving a facial treatment. Several tools are being used on her face: a brush with white cream on her cheek, a syringe near her chin, a roller on her cheek, and a hairdryer near her temple. She is wearing a white headband with a metal clip.

NEW
TREATMENTS
COMING
SOON

ANTI-AGEING LASER TREATMENTS

FRACTIONAL LASER SKIN RESURFACING

Fractional laser skin resurfacing provides total skin rejuvenation. It is recommended for individuals wanting a brighter, more even skin tone, smoother skin texture with improved skin elasticity, a reduction of wrinkles, reduced pore size and improvement to scars (including acne scars) and stretch marks. Improvement is evident after the first session, but for optimum results 3-5 treatment sessions are often advised. Treatment is carried out every 2-6 weeks, depending on the level of rejuvenation required.

	TREATMENT	COURSE OF 3
Lower Face	£250	£675
Full Face	£330	£890
Full Face & Neck	£395	£1065
Neck	£200	£540
Nose/Open Pores	£100	£270
Décolleté	£225	£600
Eye Area	£100	£270
Upper Cheeks	£150	£405
Full Cheeks	£175	£475
Cheeks and Temples	£195	£525

SKINTECH3

Skintech3 is the Ultimate Anti-Ageing Treatment. A course of three full face treatments (one per month) that significantly stimulate collagen, reduce fine lines, wrinkles and large/ open pores whilst resurfacing, toning and tightening the skin.

The 3 treatments included are

Fractional Laser, IPL Skin Rejuvenation and Radio Frequency Skin Tightening.

Award winning technology delivering exceptional results. **Save £124 on Skintech3**

	COURSE OF 3
Three Full Face Treatments: Fractional Laser, IPL Skin Rejuvenation, Radio Frequency Skin Tightening (One Per Month)	£450

LASER SKIN TIGHTENING FACE & NECK

Laser skin tightening effectively stimulates collagen, firms facial contours, and improves texture. This non-invasive treatment has no downtime, so can easily fit into a busy schedule.

If you are new to laser rejuvenation treatments then this is a perfect one to start on.

	TREATMENT	COURSE OF 6
Full Face	£99	£535
Full Face & Neck	£125	£675
Full Face, Neck & Décolleté	£150	£810
Neck	£80	£430
Décolleté	£100	£540
Hands	£80	£430

IPL SKIN REJUVENATION

Intense Pulsed Light will stimulate collagen, remove thread veins and pigmentation, giving the skin a more even tone and also improving skin texture. Intense Pulsed Light is readily absorbed by blood vessels and pigmentation heating them to a point where they are destroyed.

	TREATMENT	COURSE OF 3
Half Face	£130	£350
Full Face	£160	£430
Full Face & Neck	£200	£540
Full Face, Neck & Décolleté	£250	£675
Neck	£125	£335
Décolleté	£125	£335
Hands	£100	£270

SKIN CONDITIONS

THREAD VEINS, ROSACEA, PIGMENTATION & LEG VESSELS

Intense Pulsed Light and Laser can provide a long term solution to facial problems such as red flushing (Rosacea), thread veins, pigmentation & red spots (Cherry Angioma) as well as unsightly leg veins, with minimal downtime or risk in just a few quick and easy treatments.

Both Intense Pulsed Light and Laser systems emit light which is readily absorbed by blood vessels and pigmentation heating them to a point where they are destroyed. Following treatment, the vessels quickly clear as they are reabsorbed by the body, leaving little or no trace of the original lesion. Pigmentation will form a dark and slightly crusty appearance and gradually fade over 10 days following treatment.

	TREATMENT	COURSE OF 3
Single Lesion	£85	£230
Cheeks or Nose	£100	£270
Cheeks & Nose	£130	£350
Half Face or Neck	£150	£405
Full Face	£175	£470
Full Face & Neck	£220	£595
Full Face, Neck & Décolleté	£280	£755
Décolleté	£150	£405
Hands	£100	£270
Leg Vessels	£150	£405



ACNE TREATMENT (IPL)

Acne can be effectively treated with Intense Pulsed Light alone or in combination with other clinical treatments. The Intense Pulsed Light system directly targets overactive sebaceous glands, greatly reducing the total number and severity of active lesions, and lessening the inflammation and occurrence of break-outs. The light stimulates the production of new collagen to improve skin texture, and can also reduce the appearance of red or brown areas of skin that are often associated with acne breakouts.

	TREATMENT	COURSE OF 6
Half-Face	£95	£500
Full Face	£125	£675
Shoulders	£125	£675
Chest	£125	£675
Upper Back	£125	£675

STRETCH MARKS, SCARS, & LOOSE SKIN

A deep treatment using our award winning ResurFace Fractional Laser removes stretch marks, scars, and significantly improve sagging/loose skin that is often caused by pregnancy or weight loss. There is no downtime following treatment and 1-6 treatments are required, depending in severity.

	TREATMENT	COURSE OF 3+
Stretch Marks	from £150	-10%
Scars	from £100	-10%
Stomach	£225	-10%
Inner Thighs	£225	-10%
Upper Arms or Breasts	£200	-10%
Knees (behind both) or Hips	£195	-10%

Second area half price in same session

SKIN COMPLAINTS

SKIN TAGS & MILIA (CRYOTHERAPY)

Advanced Cryotherapy is a fast, effective, safe and new solution for removal of skin imperfections including milia and skin tags. Procedures typically last from 5 to 30 seconds after a full consultation has been carried out.

	TREATMENT	ADDITIONAL
Milia	£75	£25
Skin Tag	£75	£25

FUNGAL NAIL, WARTS & VERRUCA TREATMENT (LASER)

This new laser treatment is proven to eradicate fungal nail infection, warts and verrucas. Using the Duetto MT Laser, we can successfully treat these unsightly skin conditions.

	TREATMENT	ADDITIONAL LESION
Fungal Nail	Single Foot, per treatment	£75
	Both Feet, per treatment	£95
Warts	£75	£25
Verrucas	£75	£25



LASER HAIR REMOVAL

At Manor Health we use the Duetto MT from Lynton Lasers, the world's first 'mixed technology' hair removal laser transcending all conventional laser platforms by delivering two 'Gold Standard' wavelengths for hair removal treatments for all skin types, Alexandrite and Long Pulsed ND Yag. **We now offer direct debit options.**

- Suitable for all Skin Types
- Exceptional results for fine facial hairs on Fitzpatrick skin types 4/5
- Increased safety on tanned skins
- Improved results on light coloured hair such as blonde & red

TIER 1	DEPOSIT	DIRECT DEBIT	COURSE OF 8
Centre Brow	£80	£40 a month for 6 months	£320
Ear Lobes			
Nose			

TIER 2	DEPOSIT	DIRECT DEBIT	COURSE OF 8
Upper Lip	£100	£50 a month for 6 months	£400
Fingers			
Nipples			
Navel Line			
Toes			
Chin			
Cheek Bones			
Hands			

LASER HAIR REMOVAL

TIER 3	DEPOSIT	DIRECT DEBIT	COURSE OF 8
Underarm	£140	£70 a month for 6 months	£560
Jawline			
Peri-Anal			
Side Burns			
Feet & Toes			
Upper Lip & Chin			
Jawline & Chin			
Shoulder Blades			
Bikini (standard)			
Neck			
Hands & Fingers			
Half Face			
Knees			

TIER 4	DEPOSIT	DIRECT DEBIT	COURSE OF 8
Jawline & Neck	£160	£80 a month for 6 months	£640
Half Face & Lower Chin			
Lower Arm			
Upper Arm			
Bikini (Brazilian)			
Abdomen			
Shoulders			
Half Face & Front of Neck			
Full Face			
Beard (m)			
Chest			
Buttocks			
Lower Back			
St Bikini and Underarms			

TIER 5	DEPOSIT	DIRECT DEBIT	COURSE OF 8
Full Face & Neck	£200	£100 a month for 6 months	£800
Front of Thighs			
Full Arms			
Lower Legs			
Upper back			
Brazilian & Peri Anal			
Full Bikini			

TIER 6	DEPOSIT	DIRECT DEBIT	COURSE OF 8
Shoulders & Upper Arms	£220	£110 a month for 6 months	£880
Upper Leg			
Bikini Full & Underarms			

TIER 7	DEPOSIT	DIRECT DEBIT	COURSE OF 8
Full Leg	£250	£125 a month for 6 months	£1000
Chest & Abdomen			
Full Back (inc shoulders but not arms)			

TIER 8	DEPOSIT	DIRECT DEBIT	COURSE OF 8
Female Full Body (inclusive of Full Leg, Full Arms, Underarms, Full Bikini)	£760	£380 a month for 6 months	£3040

MANOR | HEALTH

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