

BONAR HOUSE

clinic



WELCOME

Whether you are one of our many regular clients or are thinking of coming to Bonar House Clinic for the first time, I hope you enjoy browsing through our latest brochure. As always, our aim is to offer you a range of truly beneficial treatments in a tranquil and friendly environment. A complimentary appointment can always be made for you to discuss any of the treatments in more detail. In addition, I would be interested in hearing from you if we don't provide a treatment you require. You can have every confidence in the range of treatments we offer and

the products used as they are all tried and tested with proven results. You're always in safe hands, as our Therapists and Medical Practitioners are all fully qualified and receive regular ongoing training. So take your time, browse our brochure and I hope to see you at Bonar House Clinic...

...**Janine**

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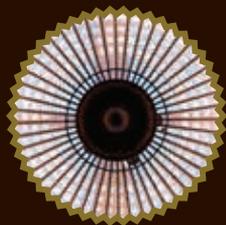
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Gift Vouchers

Gift Vouchers are always available and are valid for 12 months.





FOR THE FA- CE

FACIALS

Whether you are looking to have a facial for relaxation, to treat a particular skin condition or to redefine your facial contours we have a number of options to serve each purpose. If you are unsure which facial suits your individual needs please ask for a complimentary consultation with one of our therapists.

For Cleansing

Cleansing Facial

Leave your skin with a healthy, radiant glow. Using Laboratoire Dr Renaud products you'll enjoy a deep cleanse, tone and exfoliation, followed by a gentle massage and mask chosen to suit your particular skin type.

1 hour £34

Deep Cleansing Steam Facial

Remove blockages associated with oily and congested skin with all the procedures of our cleansing facial but with the addition of a facial steam and extraction.

1 hour 15 minutes £38

Mama Mio Gorgeous Glow Facial

Is offered within the Maternity Spa Treatments on Page 27.

SKEYNDOR

Skeyndor stand out from other leading skincare ranges as they are truly a scientific brand. Their products stem from years of research and development focusing on putting the most effective, safe and scientifically advanced products into the skin using market-leading technology.

For Re-Balancing

Sensitive Skin Facial

Reduce and calm redness and irritation by promoting recovery of the skin, making it stronger and more resistant to external aggravation. Men suffering from post-shave irritation may find this particularly suitable.

1 hour £45

Clear Balance Facial

Treat blocked pores and acne with this facial designed to clear blackheads and re-balance the skin whilst also helping to prevent scarring. This purifying facial will soothe and calm the skin without leaving it greasy or shiny.

45 minutes £36

For Hydrating

Power Hyaluronic Facial

Moisturise and hydrate your skin. Using varying molecular weights of Hyaluronic Acid to capture and retain moisture, this facial is designed to restore the optimum levels of hydration both in the deepest layers of the epidermis and on the surface of the skin. Your skin will be left feeling radiant with improved elasticity.

1 hour £50

1 hour £55
(using No Needle Mesotherapy)

Men's Hydrating & Revitalising Facials

Hydrate or revitalise your skin, with one of Skeyndor's facials, designed specifically for men.

The hydrating facial focuses on skin's lacking moisture, or damaged by excessive climate conditions, whilst the revitalising facial energises tired and stressed skin.

1 hour £55

For Refining

Power Retinol Facial

Perfect blemishes and tackle the first signs of ageing with this new generation Retinol facial. The treatment uses concentrated levels of pure Retinol and antioxidants to repair skin concerns such as fine lines, acne scarring & pigmentation.

45 minutes £42

Course of 3
(payable in advance) £115

Derma Peel Pro

Improve and revitalise the appearance of your skin with these medium strength peeling facials. Diamond micro-particles, glycolic acid, enzyme solution and biomimetic peptides work in synergy to accelerate the renewal of the outer layer of the skin, targeting your specific concern. Choose between the Timeless Peel, which targets fine lines and wrinkles, or the Brightening Peel, which helps to even out pigmentation.

Timeless Peel
60 minutes £55

Brightening Peel
60 minutes £55

For Revitalising

Vitamin C Facial

Boost collagen and inhibit the over production of melanin, which can cause sun spots, with this facial using pure Vitamin C; leaving the skin looking more hydrated and with greater luminosity. This treatment is the perfect year round 'pick me up' and a must for preparing and repairing the skin before and after holidays in warmer climates.

1 hour £45

Power Oxygen

Detoxify and revitalise skin that is suffering the effects of environmental pollution. Poorly oxygenated skin can appear dull, dehydrated, inflamed and congested. Power Oxygen helps to eliminate toxins and boost the level of oxygen in your skin resulting in a brighter, healthier appearance. Particularly suitable for people working in the City or in areas of high environmental pollution.

1 hour £60

For Anti-Ageing

The results of our anti-ageing treatments can be enhanced with the use of no needle mesotherapy – a non-invasive method using mild electrical currents to push active anti-ageing products deeper into the skin than is possible with hands-on treatments.

Eternal Youth Facial

Look more youthful and recover volume lost with age. Using ingredients incorporating stem cells found in rare Swiss apples, this treatment nourishes and improves the speed at which your epidermal cells are regenerated to produce a long-lasting rejuvenating effect.

1 hour 15 minutes	£65
1 hour 15 minutes	£70

(using no needle mesotherapy)

Corrective Facial

Reduce wrinkles, relax facial expression lines and restore the skin's firm, youthful appearance. A real and effective alternative to surgical treatments with an intense smoothing effect.

1 hour 15 minutes	£68
1 hour 15 minutes	£73

(using no needle mesotherapy)

Mesofill

Soften fine lines and wrinkles with this facial specifically designed to nourish and plump the skin. By boosting the levels of hyaluronic acid in the lower layers of the skin the complexion is left hydrated and toned with an instant lift.

1 hour £58

Course of 3
(payable in advance) £155

Global Lift

Improve the appearance of sagging skin and jowls and redefine the cheeks with this revolutionary anti-ageing facial which uses an award-winning peptide to reverse cellular ageing. An ideal facial for those wishing to restore youthful facial contours.

1 hour £70
(using no needle mesotherapy)

Course of 3
(payable in advance) £190

GREEN PEEL

Green Peel is a herbal peeling treatment designed to help achieve a clean, even skin as well as addressing age-related concerns. The basis is a mixture of eight selected herbs containing enzymes, minerals and vitamins which are massaged into the skin at various pressures and for varying lengths of time, depending on the level of peel desired.

Whether you simply want to refresh your skin or if you are looking to address more serious problems such as pigmentation or acne scarring, there will be a level of Green Peel suitable for you.

Green Peel Fresh Up (Level 1)

Revitalise tired skin and leave your skin glowing with a new freshness with no downtime and little to no peeling effect.

60 minutes £70

Recommended course: £350

1 treatment a week for 6 weeks

Green Peel Energy (Level 2)

Energise your skin with this light peeling treatment which can be used to reduce age-related skin concerns as well as impurities. Light peeling may be experienced up to 2-3 days after treatment.

60 minutes £100

(including homecare kit)

Recommended course: £320

4 treatments with a gap of 2 weeks between each treatment. (includes 2 homecare kits)

Green Peel Energy Q-10 (Level 3)

Significantly improve the skins appearance or tackle skin concerns such as acne scarring and signs of ageing with this effective peeling treatment. Mild to moderate peeling may be experienced up to 3-5 days after treatment.

60 minutes £130

(including homecare products worth £72)

Recommended course: £300

3 treatments with a gap of 2 weeks between each treatment. (includes 2 homecare kits & 1 Optimum Protection cream SPF 20)

Green Peel Classic (Level 4)

Accelerate skin renewal with this intensive peeling treatment which can be used to address severe skin concerns. Moderate to strong peeling may be experienced for 2-5 days after treatment and during this time the skin must be treated with specific Dr. Schrammek skin care products. After five days your therapist performs an After-Care Facial which nourishes the now particularly receptive skin with valuable ingredients.

60 minutes £275
(including homecare products worth £133)

Recommended course: £400
2 treatments with a gap of 4 weeks between each treatment. (includes 1 set of full size homecare products).

Green Peel Mela White

Tackle pigmentation with this resurfacing treatment. Light peeling may be experienced 2-3 days after treatment and a course of 4-6 treatments are recommended, with each treatment two weeks apart.

Course of 4 £395

Individual treatments after course if needed:
With full size homecare products £140
Without homecare products £85

CACI

CACI is renowned within the industry for being one of the best non-surgical facelift treatments available on the market and has held this position for decades. CACI treatment systems deliver visible and corrective results without the need for surgery or invasive procedures.

It is generally recommended that all clients new to CACI start with an intensive ten treatment course to re-educate the muscles in the face and restore the natural facial tone. Once this has been achieved one session every four weeks is recommended to maintain the results.

CACI Classic

Lift and tone the facial muscles and neck area with CACI's signature non-surgical facial toning. Microcurrent impulses are used to re-educate your muscles, whilst improving skin elasticity and reducing the appearance of fine lines and wrinkles.

Offered with the choice of a Jowl Lift or ETR
(Enhanced Tissue Repair)

60 minutes £35
Course of 10 £315

CACI Add-on

Upgrade your CACI Classic with a 15-minute add-on dedicated to targeting your specific area of concern – choose from Jowl Lift, Eye Lift, Lip Plump or Enhanced Tissue Repair.

Extra 15 minutes £9

CACI Jowl Lift

Target muscle laxity around the jawline with this 30-minute area specific treatment.

30 minutes £22.00
Course of 10 £198.00

The CACI Ultimate Rejuvenation Facial

Tone your muscles and rejuvenate your skin simultaneously with this all-in-one advanced facial which addresses the most common anti-ageing concerns.

Your therapist will incorporate microcurrent muscle lifting and toning, a peeling treatment to gently resurface and deep cleanse the skin, LED light therapy and electrical stimulation to immediately plump fine lines and wrinkles. The perfect all-round anti-ageing facial.

90 minutes £65.00

CACI Microdermabrasion / Ultrasonic Peeling

Rejuvenate your skin with either CACI Microdermabrasion or Ultrasonic Peeling. The skin is deeply cleansed and exfoliated using the chosen system combined with LED light therapy for tissue repair and healing. The controlled removal of skin cells reveals more youthful looking skin and has a remarkable softening action on surface lines and wrinkles. The treatment finishes with the CACI Hydro Mask to soothe and calm the skin.

45 minutes £38.00

CACI Active Acne Treatment

Soothe and calm inflamed and angry skin using this treatment suitable for active acne where exfoliation is not advised. The treatment uses blue and red light therapy (renowned for their anti-bacterial and anti-inflammatory healing properties) combined with the Hydro Mask to reduce redness and irritation.

30 minutes £25.00

EYES

Eyes are one of our most important features and as such we always want them to look their best. Whether you want to reduce the appearance of puffiness or dark circles, or enhance the look of your eyes and lashes you will find something in this section for you.

SKEYNDOR

Hyaluronic Eye & Eyelash Treatment

Smooth out contour wrinkles and diminish bags and dark circles with this soothing treatment designed to smooth fine lines, raise drooping eyelids and reduce under eye sagging.

45 minutes £40

Course of 3
(payable in advance) £105

CACI

CACI Eye Lift

Lift and firm the muscles around the eyes and improve the appearance of 'hooded eyes'. This area specific treatment also helps to reduce fine lines.

30 minutes £22.00
Course of 10 £198.00

CACI Eye Revive

Soothe tired and puffy eyes, combat dark circles and reduce fine lines and wrinkles with the CACI Eye Revive which combines CACI lifting with microcurrent eye rollers infused with CACI Eye Revive serum. A nourishing Hydro Eye Mask is also used to detoxify and soothe leaving the eye area looking and feeling revitalised.

45 minutes £40

Tints

Eyebrow £7.50
Eyelash £14
Lash and Brow £16.50

Tidy

Eyebrow (waxing – 15 mins) £8.50
Eyebrow (threading – 15 mins) £8.50
Eyebrow reshape (threading – 30 mins) £15

Perm

Eyelash £32
Eyelash – perm and tint £35

Extensions

Party Cluster lashes
Full set £25
Outer corner flick £15

Individual semi-permanent synthetic lashes

New set £75
Infills (30 minutes) £20
Infills (45 minutes) £28
Infills (60 minutes) £35

HAIR REMOVAL - FOR THE FACE

We are able to offer a number of options for the removal of hair, ranging from waxing to laser. Should you need advice on which option is best for you please ask for a complimentary consultation.

Waxing

Upper lip	£7.50
Upper lip and chin	£9
Eyebrow	£8.50

Threading

Eyebrow Tidy (15 mins)	£8.50
Eyebrow (30 mins)	£15
Upper lip	£8
Side of face	£15
Forehead	£8
Chin	£8
All of the above	£30

Electrolysis

A permanent method of hair removal using a sterile and disposable needle.

0-10 minutes	£10
11-25 minutes	£20

Laser Hair Removal

A long-term solution, clinically proven with an extremely high success rate. See full details on page 29.

Patch test and consultation	£20
Individual treatments priced accordingly	from £30

Courses available at reduced rate.

MAKE-UP

Enhance your natural beauty and look amazing for that special occasion.

At Bonar House Clinic we are experienced in helping you achieve the look you want.

During a detailed consultation we will discuss the colour theme of your event and advise you on make-up colours and tones to suit your requirements. Skin care advice is also available should this be required. We recommend a trial application to ensure you are pleased with the finished look. This is best done in daylight hours.

To avoid disappointment we recommend these appointments are booked well in advance.

Pre-event

Consultation and trial make-up

1 hour £40

Event

Make-up at Bonar House Clinic £40

Make-Up at Home / Venue

Price on consultation

Make-Up Lesson

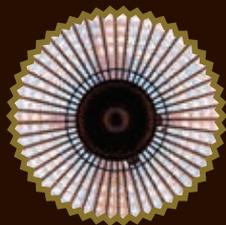
Whether you are new to make-up and require advice on products and applications – or you simply fancy a new look – make-up lessons are available.

1 hour 15 minutes

£42.50

Permanent Make-Up...

... Is offered within our Advanced Cosmetic Procedures range on pages 30-32.



FOR THE BO- DY

FOR THE BODY

The treatments in this section range from massage for relaxation to laser and body shaping to improve the appearance of the body. You may wish to look within the 'For the Whole You' section for more holistic treatments, or in the 'Advanced Procedures' section for medical aesthetic treatments.

SKEYNDOR

Combat the persistent and common problems of cellulite and/or fluid retention with these advanced body care treatments from Skeyndor. To achieve long-term results, we would recommend booking a free consultation with one of our therapists who will be happy to assess your main concern and advise on your best treatment plan.

Body Sculpt – Lighter Legs

A unique treatment that provides inch loss and improves thread veins on the leg area via vascular constriction technology, utilising state of the art disposable bandages soaked in waters from Arctic Glaciers and Thermal Salts from the French Pyrenees. Treatment includes a massage of legs, thighs and tummy that is firming and stimulates the Lymphatic system, draining down water retention with Bamboo Massage and fat dispersing ingredients.

60 minutes

£60

Course of 3

£165

Body Sculpt – Destock

The ultimate anti-cellulite treatment using Mesotherapy to remove fat from the system and slowing down further storage of cellulite causing fat cells. This treatment works on the thighs, buttocks and stomach using Raspberry Ketones and Green Coffee to aid slimming whilst new technology heats the skin during the treatment to tighten the skin as cellulite is being removed.

60 minutes	£60
Course of 3	£165

CACI

CACI Bust Treatment

Lift, tone and strengthen muscles around the bust area with the CACI bust treatment giving an enhanced, firmer and fuller appearance.

30 minutes	£22.00
Course of 10	£198.00

CACI Electro Cellulite Massager

Improve the appearance of cellulite with the Electro Cellulite Massager which gives instant lifting and contouring on the buttocks and toning of the thighs. This treatment stimulates circulation and lymphatic drainage, which will help to flush toxins away.

A course of Electro Cellulite Massager will give a smoother and tighter appearance. Great as a pre-holiday body blitz.

30 minutes	£25.00
Course of 10	£225.00

FAKE BAKE

Sunless Tanning

Achieve a golden tan without the dangers associated with sun exposure. This professional treatment begins with an all over body exfoliation, followed by moisturising of dry areas. The tanning lotion is then applied to produce a non-streaky golden tan.

1 hour	£35
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HAIR REMOVAL - FOR THE BODY

We are able to offer a number of options for the removal of hair, ranging from waxing to laser. Should you need advice on which option is best for you please ask for a complimentary consultation.

Laser Hair Removal

A long-term solution, clinically proven with an extremely high success rate. See full details on page 29.

Patch test and consultation	£20
Individual treatments priced accordingly	from £50

Courses available at reduced rate.

Electrolysis

A permanent method of removing unwanted hair. A disposable sterile needle is used with every treatment. Consultation required prior to commencement of treatment.

0-10 minutes	£10
11 – 25 minutes	£20

Waxing

Half Leg	£16
Three Quarter Leg	£21
Full Leg (including regular bikini)	£26
Regular Bikini Line	£9
Extended Bikini Line	£12
Brazilian Bikini Line	£19
Hollywood Bikini Line	£22
Underarm	£8
Forearm	£14
Mens chest	from £15
Back (small area)	from £15
Full back (inc shoulders)	from £25
Use of Hot Wax	Additional £4
Use of Lycon Wax	Additional £8

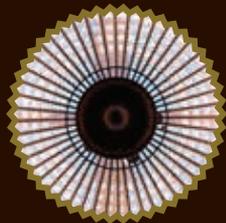
Regular Bikini Line – A tidy up to remove any hair that would appear above and outside of the standard bikini

Extended Bikini Line – An extended bikini wax takes the sides of the bikini line in deeper than a regular bikini wax leaving a neater, more defined area

Brazilian Bikini Line – A Brazilian wax takes away all the hair off the bikini line leaving a small strip on the front only. Hair is removed from the front all the way round to the bottom area.

Hollywood Bikini Line – The Hollywood wax removes all hair from the front, round to the bottom – complete hair removal.





FOR THE HANDS & FEET

PAMPERING FOR THE HANDS & FEET

Improve the condition and appearance of your hands and feet with one of our therapeutic and relaxing treatments.

Hands

File & Polish	30 minutes	£14
File & Cuticle Tidy	30 minutes	£14
Express Manicure File, Cuticle Tidy & Polish	45 minutes	£21
Manicure File, Cuticle Tidy, Massage & Polish	60 minutes	£23.50

Feet

Callus Foot Peel	30 minutes	£25
File & Polish	30 minutes	£14
File & Cuticle Tidy	30 minutes	£14
Express Pedicure File, Cuticle Tidy & Polish	45 minutes	£23
Pedicure File, Scrub, Cuticle Tidy, Massage & Polish	60 minutes	£25.50

Paraffin Wax Treatment

Upgrade your nail treatment to include a deeply moisturising paraffin wax application. Ideal for dry skins and helpful for arthritic and rheumatic conditions.

15 minutes £7

Shellac Polish

Shellac combines the ease of polish with the permanence of gels. Once applied, Shellac looks exactly like nail polish as opposed to the thick finish of conventional gels. The end result is completely finished nails which boast a mirror-like shine and resist dullness and chipping for two weeks.

File and polish

30 minutes £20

Express Manicure

45 minutes £25

Manicure and polish

60 minutes £30

Pedicure and polish

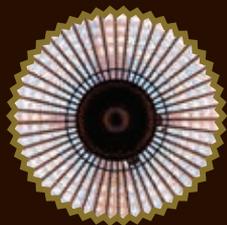
60 minutes £33

Soak off prior to Manicure/Pedicure

Hands 15 minutes £6

Feet 15 minutes £7





FOR THE WH- OLE YOU

MIND, BODY & SOUL

At Bonar House Clinic we embrace the holistic approach to physical, mental and spiritual well-being.

We are therefore pleased to offer you our holistic range of treatments using precious gifts provided by Mother Nature and the Earth itself. The techniques used are based on wisdom and methods handed down throughout the centuries from across the globe.

In the true sense of the word 'holistic', we aim to make these treatments a complete and memorable experience for you and hope you thoroughly enjoy any one of the choices listed.

Massage

Feel relaxed and ease muscle tension with one of our popular Swedish massage treatments. Long gliding strokes, kneading of individual muscles, deep circulatory movements, hacking and vibrations are the five movements used in this form of classic western massage.

Neck and Back Massage

25 minutes	£20
40 minutes	£27

Full Body Massage

55 minutes	£35
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Aromatherapy Massage

Trigger your own natural healing process with the use of essential oils combined with a relaxing Swedish massage.

The oils will be chosen following a consultation to ensure the holistic approach will benefit your individual needs.

Neck and Back Massage

25 minutes	£23
40 minutes	£30

Full Body Massage

55 minutes	£37
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Thai Massage

For people to maintain good health it is believed that energy must flow freely within the body and, when blocked, 'dis-ease' and illness follow.

Help release any natural blockages with this rhythmic technique that incorporates gentle twisting and stretching movements taken from an ancient system of healing incorporating the wonderful aromas of essential oils.

The total experience incorporates a ritual foot soak to help clear negative energy and a welcoming herbal tea, along with a full body exfoliation using an Indian butter peel containing avocado oil, Indian saffron and sesame to prepare the skin.

2 hours	£75
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Lava Shell Massage

Release muscle tension and soreness from problem areas with this deeply relaxing treatment using the heat of tropical lava shells.

Lava Shell Massage is a revolutionary eco-friendly technique of heated massage that allows your therapist to expertly reach the deepest of aches and pains. Each of the lava shell treatments can be tailored to suit your individual needs, leaving you feeling revitalised and stress-free.

40 minutes	£32
55 minutes	£42
1 hour 25 minutes	£55

Reflexology

This holistic treatment is extremely relaxing and is used to rebalance the whole body by treating the feet. Each part of the foot is said to mirror the anatomy of the body and stimulation of specific pressure points can trigger the body's natural healing processes. This treatment is effective for relieving a wide range of problems including tension, headaches, insomnia, eczema, digestive and hormonal problems. It also helps to contend with busy lifestyles and varying emotions.

Consultation and first treatment

1 hour 15 minutes £40

Further treatments

55 minutes £35

Indian Head Massage

Relieve muscle tension, headaches, sinus problems and eyestrain and also improve concentration with this deeply soothing treatment. Massage of the scalp, face, neck and shoulders will help to rebalance the natural energy flow, relaxing both the mind and body, while also creating an all round feeling of well-being.

45 minutes £28

Hopi Ear Candle

Help relieve many ailments associated with the ear including excess ear wax, tinnitus and headaches using ear candles impregnated with essential oils.

Pressure is relieved within the ear, forehead and sinuses and the natural cleansing process is boosted by the stimulation of the lymph glands.

This is a deeply relaxing treatment and need not be reserved just to relieve ailments. Enjoy it for enjoyments sake.

Initial treatment and consultation

1 hour £35

Follow up treatments

45 minutes £30

SPA EXPERIENCES

Fragrant oils, aromatic herbs and spices are key elements of the holistic healing philosophy and can be used to great effect.

Each of the Spa Experience treatments begin with gentle movements to loosen any tension in the back, a ritual foot soak to help clear negative energy and a full body exfoliation.

Simply choose which 'Experience' suits you best.

Detox Experience

Remove impurities and ease water retention using a Green Tea and Vitamin C wrap around the thighs, stomach and bottom.

While the wrap takes effect, enjoy the exotic aromas of avocado oil, bamboo, lotus flower and water lily extracts as this luxurious cream is used to massage the hands and arms.

Once your wrap is removed the thighs and stomach are also massaged to complete this deeply cleansing experience.

1 hour 15 minutes

£60

Revitalise Experience

Strengthen the capillaries and stimulate the circulation with a wrap using extracts from arctic plants applied to the leg.

While the wrap takes effect, enjoy the exotic aromas of avocado oil, bamboo, lotus flower and water lily extracts as this luxurious cream is used to massage the hands and arms.

Once your wrap is removed the experience is completed with a Thai massage to the legs.

1 hour 15 minutes

£60

Ultimate Geothermal Experience

Re-mineralise and tone the skin or add luminosity to your skin with either an iron rich Haematite or energy enriched Sapphire body wrap.

To prepare the skin, salts from thermal springs rich in minerals exfoliate your whole body prior to your wrap.

You will then have a choice between a mini facial or a scalp massage while the wrap takes effect.

Finally, balance your aura and aid relaxation with a full body massage using crystal therapy.

2 hours

£80



BODY POLISHES

Body Polish

Achieve silky smooth skin. The body is exfoliated with Mama Mio O-mega body buff containing sweet almond oil, aloe vera, camomile & Vitamin E. This treatment increases cell regeneration and improves strength and elasticity, perfect as a pre-holiday treat.

1 hour

£34

Deep Cleansing Back Treatment

Deep cleanse, detoxify & smooth the skin with this relaxing “facial for the back”. After a welcoming back massage and exfoliation a calming mask is applied. The lower legs and feet receive a deeply relaxing massage whilst the mask takes effect.

45 minutes

£35

60 minutes (with extraction)

£40

MATERNITY SPA TREATMENTS

There is no other time in a woman's life when she more deserves to be luxuriously pampered than when she is pregnant.

The Mama Mio range of maternity treatments are specifically designed to relax, soothe and alleviate some of the common discomforts associated with pregnancy in a safe and effective way.

Please note we require you to obtain consent from your Doctor or Midwife prior to any of the massage treatments listed. These are not suitable for mums-to-be in the first 12 weeks of pregnancy.

Gorgeous Glow Facial

Give your skin a smooth, deeply hydrated glow with this soothing facial that is ideal for hormonal skin. Using a brightening serum and an Oxygenating Moisture Mask it helps to hydrate, clarify and even out skin-tone so that you look and feel gorgeous.

55 minutes £35

Pregnancy Massage

A completely relaxing full body massage using safe but effective pre-natal techniques to relax those specific lower back muscles that are carrying that beautiful bump.

55 minutes £43

Lucky Legs Lighten Up

A mineral-rich foot soak, exfoliation and massage for lower legs and feet to help with poor circulation, water retention and the tiring effects of carrying an extra load. While you sit back and relax, we massage your hands and cuticles too. They don't call it a maternity marathon for nothing.

25 minutes £23

With file and polish

55 minutes £35

Gorgeous Glow Top to Toe

Enjoy a complete top to toe spa experience with the new Gorgeous Glow pregnancy facial – deep cleansing, exfoliating and rebalancing combined with mind-melting massage. The wonderful Oxygenating Mask clarifies and helps with pigmentation whilst your hard-working legs and feet are treated to a circulation boosting, cooling mineral wrap to ease circulation and reduce puffiness. Sit back, relax and get ready to look and feel gorgeous.

90 minutes £63

With file and polish

2 hours £75

SPA PACKAGES

Treat yourself or someone special to some relaxation time with one of our spa packages. We are happy to be flexible and tailor them to individual needs, so please feel free to ask a member of staff if you would like to personalise your package

Ultimate Pamper Day

Manicure / Pedicure / Full Body Exfoliation / Full Body Lava Shell Massage / Luxury Facial

5 hours £158

Pamper Day

Manicure / Pedicure / Neck & Back Massage / Facial

3 hours 30 minutes £95

Beach Body Beautiful

Manicure / Pedicure / Eyelash Tint / Eyebrow Shape / Full Body Exfoliation

3 hours 45 minutes £98

Bride to be Pamper Day

Full Body Exfoliation / Manicure / Pedicure Facial / Eyebrow Reshape / Eyelash Tint

4 hours 30 minutes £128

A lunch/afternoon tea menu is available on request with all of our spa packages for a small supplement.

Please note: We will require a 25% deposit for all spa packages upon booking.

Regrettably we will not be able to refund deposits unless a minimum of 24 hours notice of cancellation is given.

LASER HAIR REMOVAL

Laser Hair Removal

At Bonar House Clinic we specialise in laser hair removal. We have been performing laser hair removal for over seventeen years and use a Cynosure Alexandrite Laser and a Lumenis Diode Laser, renowned within the market for being two of the most-effective systems for hair removal.

Laser hair removal is a thoroughly tested, clinically proven long-term solution. At Bonar House Clinic we have built an excellent reputation within the laser hair removal industry not only for our high success rate, but also for our caring and sympathetic approach when dealing with men and women who have found unwanted hair an embarrassing and sometimes depressing problem.

If you are interested in laser hair removal but would like some more information on what the treatment entails and whether you would be suitable we are more than happy to carry out a free consultation in order to discuss the treatment further.

If you do decide to go ahead with treatment a patch test would be required at least 24 hours prior to your first session – this can be completed at the same time as your consultation or separately.

Laser hair removal is not suitable if you are pregnant, have used fake tan products within the previous two weeks or have had recent sun / sunbed exposure.

Treatment Area	Single Treatment
Consultation	Free of Charge
Patch Test	£20
Upper Lip	From £30
Chin	From £30
Face – Small Area	From £50
Bikini	From £65
Underarms	From £50
Half Leg	From £110
Full Leg	From £200

PERMANENT MAKE-UP

Enhance your looks and free yourself from the chore of daily make-up application by defining your eyes, brows and lips with permanent make-up.

We have three permanent make-up artists – Wendy Budge , Kelly Wood & Diahann Berridge. The treatment involves carefully applying natural hypo-allergenic pigment in the dermal layer of the skin where it can remain for up to five years. The most up-to-date high-tech sterile equipment is used with the disposable needles, individual to each client, being thrown away after each treatment.

Each of the permanent make-up artists would be happy to meet with you for a free of charge consultation, in which they can show you a portfolio of their previous work and discuss the techniques and colours available to enhance your individual look.



Wendy Budge

Having qualified with industry leader Nouveau Contour in 2008, Wendy has built an excellent reputation. Her professionalism and passion for permanent make-up are evident in both her client care and exceptional standard of work.

Treatment*	Full price	Top-up within 12 months	Top-up 12-18 months	Top-up over 18 months
Eyebrows	£390	£140	£205	£270
Lip Line	£370	£140	£205	£270
Lip Blush	£410	£160	£235	£310
Eye Line (top)	£305	£130	£190	£260
Eyelash Enhancement (top only)	£260	£120	£175	£230
Eyelash Enhancement (bottom)	£260	£120	£175	£230
Eyelash Enhancement (top & bottom)	£355	£140	£205	£270
Eye Line (top) & Enhancement (bottom)	£405	£160	£235	£310

Kelly Wood

Kelly qualified with Nouveau Contour in March 2016 and has been a natural from the beginning. With her precision and attention to detail, Kelly has already built an impressive portfolio of work.

Treatment*	Full price	Top-up 1 year	Top-up 2 years +
Eyebrows	£350	£130	£240
Lip Line and Blush	£350	£130	£240
Lip Line & Extended Blush	£375	£130	£275
Eye Line (top)	£270	£100	£200
Eyelash Enhancement (Top only)	£230	£90	£180
Eyelash Enhancement (Bottom only)	£230	£90	£180
Eyelash Enhancement (Top & Bottom)	£330	£110	£240
Eyeline Top and Eyelash Enhancement Bottom	£375	£130	£275

*If last treatment 3 years or longer and faded – full price.

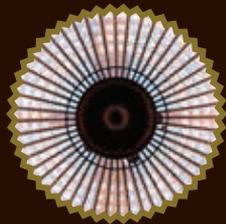
Full prices are inclusive of two treatments only. Top-up prices one appointment only. Deposit required on booking. Patch test must be carried out before first appointment.

Diahann Berridge

Diahann is one of the country's leading permanent make-up specialists. After learning the technique of applying permanent make-up in Paris in early 1989, she became a trainer, teaching other beauty therapists to carry out the fine skills necessary. Diahann visits our clinic every month.

Treatment	Price	Top-up within a year	Top-up after a year
Eyebrows	£440		£310
Lip Line	£450		£315
Lip Full Blush plus line (2 procedures)	£640		
If 3rd is required	£205	£155 for all top-ups within a year	
Eye Line (top only)	£345		
Eye Line (bottom only)	£320		£240
Eye Line (top & bottom)	£475		£330
Eyelash Enhancement (top only)	£320		£240
Eyelash Enhancement (top & bottom)	£440		£310
Beauty Spot (one treatment only)	£150		

Diahann also offers permanent make-up treatment for the nipple and treatment for camouflage. Please enquire for further details. If last treatment 3 years or longer and faded – full price. Full prices are inclusive of two treatments only. Top-up prices one appointment only. Deposit required on booking. Patch test must be carried out before first appointment. No credit card payment.



ADVA- NCED PROCE- DURES

LOOK & FEEL BETTER

Whatever your reasons for wanting to improve or enhance your appearance, we are pleased to continue to offer a selection of advanced procedures to help you look good and feel better about yourself.

At Bonar House Clinic we have been very selective in only introducing treatments we know will achieve real results.

To help decide which treatment is more appropriate for you, a private consultation can be booked with either Dr Patel MBACM, Dr Mary Brien BDS or one of our specialists.

Botulinum

Reduce the tendency of lines around the eyes, known as crow's feet, and the horizontal and vertical lines that appear on the forehead as a result of over activity of the facial muscles, with botox treatment.

The process involves a few very tiny injections that reduce the activity of the muscles that cause the lines to form. Results can last for up to 3 or 4 months but treatments are best when the procedure is repeated regularly to maintain and develop the effect.

This procedure is carried out by Dr Jayesh Patel and Dr M Brien.

Crow's feet both sides	from £190
Forehead horizontal frown lines	from £190
Forehead vertical lines	from £190

Special combination price

Two areas	from £290
Three areas	from £380

Hyaluronic Fillers

Smooth out unwanted lip lines, frown lines and the creases running from the nose to corners of the mouth, or enhance the lips and cheeks. Dr Patel and Dr Brien use a range of hyaluronic injectable dermal fillers that can be used to great effect. Dr Patel or Dr Brien will advise you on the product most suitable to treat your particular concern.

Prices from £250

Underarm Sweating

If you have a problem with excessive underarm sweating, are sensitive to antiperspirants or find they don't give you sufficient protection, then treatment using Botulinum injections is a highly effective remedy.

The effect from this treatment is proven and results usually last for a period of three to four months or longer.

Both Dr Brien and Dr Patel MBACM carry out this treatment.

Individual treatment from £400

Mole, Wart and Skin Tag Removal

Remove moles, warts and skin tags from the face and body with a fast, simple method known as electrosurgery or cautery.

Before the procedure commences the area to be treated is anaesthetised and the skin tag or lesion is removed with a scalpel.

A minute current is then passed into the skin to instantly stop any bleeding, sealing the tissue, protecting it from infection and eliminating the need for suturing.

In approximately 5-7 days the resulting scab falls off leaving a slightly pink area that gradually reverts to a light skin colour, becoming hardly visible.

Dr Patel carries out this treatment.

Skin Tags (discount for multiple)	£40 each
Skin Lesion by Cautery	
Body	£200
Face	£300
Warts / Verruca by Cautery	£150 each
By laser	£200 each

Nutritional Advice and Intolerance Testing

Emma has worked at Bonar House Clinic since 2009 and in that time has become a fully qualified Nutritionist. Emma is able to offer advice on dietary and lifestyle changes in order to address your particular concern, whether it be weight loss, achieving a healthy lifestyle or symptoms you are experiencing that may be diet related.

Analysis

During your Analysis appointment Emma will carry out a comprehensive health & lifestyle consultation. Prior to your appointment Emma will ask you to complete a food diary and a medical health form. Following your Analysis appointment, you can expect to receive a personalised food plan along with any relevant supplement recommendations.

If during your Analysis you decide to undergo Intolerance Testing this can be carried out during your Analysis appointment. Your results will be available within 2 weeks.

60 Minutes	£70
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Follow-Up

Follow up sessions may not always be needed but we would recommend at least one session approximately 6 weeks after your initial Analysis. If you have found the food plan from your Analysis to be successful Emma will spend the time working with you to develop a more long term plan to carry on the success you have already found. If you feel you have not had full success from the initial meal plan then Emma will work with you to adjust your personalised plan.

45 minutes	£45
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Intolerance Testing

Over 45% of the population react adversely to foods that they eat. Using the Lorisian Food Intolerance Test, a small finger prick of blood is collected in the clinic by Emma and analysed in a laboratory for food-specific IgG antibodies. There are 4 testing options available with reactions to 50, 75, 100 or 150 different food ingredients tested. Following your appointment results will be available within 2 weeks.

If booking Intolerance Testing on its own without the need for a full analysis, then a 15-minute appointment will be required.

15 minutes (plus cost of Intolerance Test)	£15
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Lorisian 75	£200
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Lorisian 100	£250
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Lorisian 150	£300
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Teeth Whitening

Brighten your smile with Opalescence tooth whitening gel. This gel is formulated as a gentle but effective tooth whitening product that is placed in your own custom made dental mould for a period of 8-12 nights or longer depending on your specific needs.

The process requires two visits; the first involves taking a mould of your teeth and the second involves provision of the gel and instruction on its use.

This procedure is carried out by Dentist of 20 years Dr. Mary Brien.

8 nights	£350
12 nights	£450
Top-up gel (recommended every 18-24 months)	£35

Dermal Roller and Dermal Pen

Treat cellulite, hair loss, stretch marks, acne and atrophic scars or tighten your skin in general with a course of dermal roller or dermal pen treatments. The dermal roller is most suitable for larger areas such as the whole face or body whilst the dermal pen is specifically designed to treat smaller areas like the upper lip, the eye area and individual scars.

After a topical anaesthetic cream has been applied either a roller with the highest quality needles or the dermal pen is passed across the skin creating very minute holes. This leads to a healing response, in which there is an increased formation of collagen and elastin and an improved blood circulation, with resulting smoothing of the skin. In addition the micro channels created provide a pathway for products designed to be used with this treatment to penetrate more easily improving their ability to treat specific conditions. One of our specialist trained therapists will be able to advise you on the number of treatments you are likely to need but this is usually between 2 to 5 depending on the condition being treated.

Individual treatment – Dermal Pen	£75
Course of 3 – Dermal Pen	£200
Individual treatment – Dermal Roller	£150
Course of 3 – Dermal Roller	£400

Thread Veins and Spider Naevi

Remove thread veins and spider naevi with either elite laser or electrolysis treatment.

Which method we use depends on the condition being treated and will be discussed with you at your initial consultation.

A patch test is required for either of these treatments.

Electrolysis (including patch test)	from £40
Laser patch test	£20
Laser treatment	from £50

Sclerotherapy

Remove fine thread veins to improve the appearance of the legs using injections.

Sclerotherapy injections is a procedure in which a solution is injected into the problem thread vein with a very fine needle. The irritation caused to the lining of the vein by the product injected makes it sticky. The subsequent compression dressing ensures that the vein seals shut and one can expect 60-70% improvement in the appearance of the vein after one treatment.

The treatment takes about 15-20 minutes and one to three treatments may be required to obtain maximum benefit. There is usually bruising four to six weeks after treatment.

Dr Patel carries out this treatment.

Individual treatment	£250
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We're open:

Monday to Thursday	9am to 9pm
Friday	9am to 6pm
Saturday	9am to 5pm
Sundays & Bank Holidays	Closed

Making Appointments:

A patch test may be required in advance for certain treatments and it is important that you tell us at the time of booking (or by private consultation in advance) if you're:

- Pregnant
- Receiving any form of medical treatment
- Taking any medication

Some treatments have contraindications and may not be suitable for you.

Cancellations:

To avoid a cancellation charge, please give us at least 24 hours' notice if you're unable to keep your appointment.

Payment Terms:

We accept cash, cheques, debit and credit card*.

When booking a course of treatment, a partial payment in advance may be required.

All prices quoted in this brochure are subject to change.

*Treatments undertaken by Dr Brien and Diahann Berridge are required in cash or cheques made payable directly to them.

If you would like to contact Bonar House Clinic about an appointment, a consultation or to purchase gift vouchers, please either call, email or visit our website

BONAR HOUSE

clinic

Bonar House Clinic, 5 Church Road, Hadleigh, Essex SS7 2DQ

Tel: 01702 558574 | www.bonarhouseclinic.co.uk | email: reception@bonarhouseclinic.co.uk



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