

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**

CONTENTS

For the Face

Facials	6-12
Eyes	13
Hair Removal	14
Make-Up	15

For the Body

Toning & Shaping	16-19
Hair Removal	19-20

For the Hands and Feet

Hands & Feet by OPI	22
Hands & Feet by Shellac	23

Gift Vouchers

Gift Vouchers are available to purchase in the salon, via phone or online and are valid for 12 months.

For the Whole You

Massage	24-25
Reflexology	25
Hopi Ear Candle	25
Spa Rituals By Voya	26-31
Voya Facial Ritual	26
Voya Massage Rituals	27
Voya Body Scrub Rituals	28
Voya Body Wrap Rituals	30
Voya Maternity Rituals	31
Spa Packages	32

Laser Hair Removal

33

Permanent Make-Up

34-36

Advanced Procedures

Hyaluronic Fillers	37
Botulinum & Fillers	38
Underarm Sweating	38
Thread Veins & Spider Naevi	38
Mole, Wart & Skin Tag Removal	39
Teeth Whitening	39
Dermal Pen	40
Radio Frequency Skin Tightening	40





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 £35

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 £40

Express Facials

Using advanced Skeyndor products, these 25 minute facials deliver a boost to your skin when you are short on time.

For Hydrating, Exfoliating or Soothing £26

For Brightening £28

For Anti-Ageing £30

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.

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 Hyaluronic Acid to capture and retain moisture. This facial is designed to restore optimum hydration levels 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. 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 overproduction 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 £47

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)

For our **Radio Frequency Skin Tightening Facial** please see page 40 in the Advanced Procedures section.

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 £190

(payable in advance)

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 skin's 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 £36
Course of 10 £324

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 £10

CACI Jowl Lift

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

30 minutes £22
Course of 10 £198

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 £67

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

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

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

Course of 10 £198

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 perm £32
Eyelash – perm and tint £35

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 reshape (30 mins)	£15
Upper lip	£8
Side of face	£15
Forehead	£8.50
Chin	£8.50
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 33.

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
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Event

Make-up at Bonar House Clinic	£40
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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
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Permanent Make-Up...

... Is offered within our Advanced Cosmetic Procedures range on pages 34-36.



FOR THE BO- DY

FOR THE BODY

The treatments in this section focus on improving the appearance of the body and how you feel about yourself.

You may wish to look in the 'For the Whole You' section for massage and more holistic treatments or in the 'Advanced Procedures' section for medical aesthetic treatments.

3D LIPO

Our award-winning 3D Lipo Machine uses tried and tested technologies to help with fat reduction and inch loss as well as smoothing and tightening loose skin.

Our approach at Bonar House Clinic is to assess each client individually and decide on the best technology or combination of technologies to address your particular concern.

The technologies available are:

Cavitation

Known as an "inch loss" treatment, Cavitation works to permanently destroy fat cells through the use of Ultrasound. The Ultrasonic waves penetrate down specifically to the layer of fat cells creating enough pressure to cause the destruction of the fat cells without damaging any other type of cell. The broken down fat cells are disposed of naturally through the body.

Radio Frequency Skin Tightening

Radio Frequency is commonly used in the Beauty industry for its proven results in skin tightening. The Radio Frequency causes heat to build in a targeted area which causes collagen fibres to contract and stimulates the production of new elastin and collagen. With the production of fresh collagen the skin is plumped out and becomes firmer and tighter.

Radio Frequency Fat Melting

Radio Frequency can be an excellent smoothing and contouring tool. By heating fat cells to 40 degrees temperature it means the contents of the fat cells liquidise and leak out from the cell – leaving a flat empty cell. The contents of the cell are naturally disposed of by the body.

Shockwave Therapy

Shockwave Therapy is the perfect addition to work alongside each of the above technologies. Using radial shockwaves to stimulate the breakdown of fat, increase lymphatic drainage and enhance collagen production, it is proven that results are improved when followed by Shockwave Therapy. The pricing of all of our body treatments include Shockwave Therapy so that we can deliver the best possible results.

Cavitation / Radio Frequency Skin Tightening / Radiofrequency Fat Melting

Your Therapist will assess your concern and choose which of the available technologies will be best for you and may use a combination of the technologies to get the best possible result.

Pricing is based on the number of "Focal Points" in the treatment area. Your Therapist will discuss this with you, but as a guide, one focal point is an area approximately the size of one hand.

Treatment (inc Shockwave) post course	Price	Course of 8	Individual price
2 Focal Points	£65	£455	£57
4 Focal Points	£80	£560	£70
6 Focal Points	£95	£665	£83
8 Focal Points	£110	£770	£96
12 Focal Points	£125	£875	£109
16 Focal Points	£150	£1,050	£131

Cryotherapy “Fat Freezing”

Cryotherapy is used to tackle pockets of fat and on average will destroy 20-40% of fat cells in the targeted area in one application. In treatment the targeted area is reduced to -5 degrees in order to freeze the fat cells to a temperature which means they can no longer survive. The frozen fat cells slowly dissolve and are disposed of by the body in the following months.

Per session (inc Shockwave)	Price
1 x Small Cup	£150
1 x Medium Cup	£200
1 x Large Cup	£250
Additional cup in same session (same cup size or smaller only)	£50



CACI

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
Course of 10	£225

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 33.

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
Men's 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	£22
Manicure File, Cuticle Tidy, Massage & Polish	60 minutes	£25

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	£24
Pedicure File, Scrub, Cuticle Tidy, Massage & Polish	60 minutes	£27

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

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	£22
40 minutes	£30

Full Body Massage

55 minutes	£38
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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	£25
40 minutes	£33

Full Body Massage

55 minutes	£40
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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	£38
55 minutes	£48
1 hour 25 minutes	£60

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.

40 minutes	£30
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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 and digestive & hormonal problems. It also helps to contend with busy lifestyles and varying emotions.

Consultation and first treatment

1 hour 15 minutes	£40
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Further treatments

55 minutes	£35
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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 enjoyment's sake.

Initial treatment and consultation

55 minutes	£35
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Follow up treatments

40 minutes	£30
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SPA RITUALS BY VOYA

We have partnered with VOYA, an award-winning, certified organic spa range. Designed to delight and purify your body, their products are created using seaweed, hand-harvested from the Irish Atlantic. Teeming with natural vitamins and minerals, your VOYA treatment will leave you feeling relaxed, detoxified and glowing with health and vitality.

We invite you to discover the power of nature in its purest form.

VOYA FACIAL RITUAL

Deluxe Facial

The ultimate VOYA facial experience, this treatment allows you to experience the best of what VOYA has to offer. The treatment starts with a relaxing back massage to induce relaxation and gently melt away muscular pain. This is followed by a results driven hydrating and purifying facial. This facial contains a massage to deeply hydrate the skin along with dual action facial mask, utilizing the exclusive re-mineralizing, Mermaid's Purse face mask and Laminaria seaweed leaves.

This facial leaves the skin rejuvenated and hydrated, the appearance of deep set wrinkles are reduced and the skin's texture is left hydrated and plumped.

85 minutes

£75



VOYA MASSAGE RITUALS

Voyager Massage Journey

A complete top-to-toe relaxation journey, incorporating scalp massage, face massage, stretches and body massage that echo the movements of the sea combining both gentle and stimulating movements. This is the ultimate luxury treatment to relieve aches and pains, tailored to individual needs.

85 minutes

£75

Mindful Dreams

A relaxation ritual that offers luxury and comfort in an incomparable sleep encouraging experience. Be ready to have all stresses and strains melt away in this ultimate sensory treat that will

help you achieve the perfect night's sleep. Incorporating products especially chosen for their soothing properties, alongside sleep inducing cultural massage and meditation techniques, this wellbeing-focused treatment induces instant tranquillity and fosters inner calmness and serenity.

70 minutes

£65

Organic Muslin Bag Massage

A real sensory treat, warm-steamed bags of orange, clove, ginger and Fucus Serratus seaweed are gently massaged into the body releasing the precious seaweed oils. We use a combination of the finest organic ingredients & seaweed to massage your body, to gently exfoliate and nourish your skin.

85 minutes

£85

VOYA BODY SCRUB RITUALS

Organic Hydrating Body Polish

Our dual action lathering body buff exfoliates with finely ground walnut shells and nourishes your skin with a blend of almond oil, seaweed and ginger extracts. Our gentle yet effective formula removes rough and lifeless looking skin cells, to reveal much more refined softer, silky smooth skin.

55 minutes

£42

Organic Stimulating Seaweed Body Buff

The ultimate head-to-toe treat for tired and dull skin. The anti-oxidants from mineral-rich bladderwrack seaweed combine with VOYA's signature seaweed massage oils to offer a powerful organic way to better skin.

55 minutes

£50

Organic Lavender & Seaweed Sugar Glow

A wonderful fragrant mix of lavender oil, seaweed and sugar, this treatment has a double action: gently removing dead skin cells with sugar and healing with the seaweed extracts and lavender essential oil.

55 minutes

£55

Organic Peppermint & Seaweed Sugar Glow

This refreshing and all-over exfoliation treatment awakens the skin and body. It features a beautiful mix of organic peppermint leaf, seaweed and sugar, all of which perform the double action of gently removing dead skin cells while introducing you to the uplifting effects of our peppermint essential oil.

55 minutes

£55





VOYA BODY WRAP RITUALS

Organic Seaweed Leaf Wrap

Unlike any other seaweed treatment, this truly amazing detoxifying therapy uses organic seaweed leaves to scrub and wrap your body, and is excellent in conjunction with a weight loss programme. Beginning with a bladderwrack body buff, this treatment detoxifies firms and softens the skin. The whole body is then covered in Laminaria Seaweed leaves for instant results. Completed with an application massage of 'Softly Does It' to nourish and soften.

75 minutes £90

Organic Ocean Essence Total Body Wrap

Combining the detoxifying power of Fucus Serratus and cellulite-reducing abilities of this treatment stimulates the blood and lymph flow, detoxifies and hydrates the skin and encourages the renewal of skin cells. It is an excellent skin rejuvenator.

55 minutes £65

Organic Warm Spiced Mud Wrap

Seaweed is taken fresh from the ocean and its purifying elements are encapsulated in this wrap. The extract is rich in potent anti-oxidants and minerals. This wrap has immediate and noticeable effects on the skin including firming and toning. The treatment is also a serious detoxifier, metabolism stimulator and a natural anti-ageing boost. Infused with aromatic spices of ginger and orange to revive the senses.

75 minutes £70

VOYA MATERNITY RITUALS

Organic Pregnancy Massage

Pregnancy-safe massage using organic VOYA Mama Oil.

Neck & back (25 minutes) £28

Full Body massage (55 minutes) £50

Organic Precious Moments

A treatment tailored specially to Mum and her growing bump.

The growing bump is enveloped in a specialised mask helping to support connective tissue and prevent stretch marks. The feet are then wrapped in Laminaria Digitara Seaweed leaves to help boost circulation, improve lymphatic drainage and reduce fluid retention. The hydrating organic masks work their magic while Mum enjoys a beautifully relaxing face, hand and arm massage.

The perfect rejuvenating treatment to support the wonderful journey to motherhood.

55 minutes £55

Organic Prenatal Voyager

Melt away the aches and pains associated with pregnancy and feel comfortably cocooned, supported and restored.

This organic wellbeing ritual promotes relaxation and a sense of tranquillity while deeply hydrating

and nourishing your skin. A full body exfoliation gently buffs the skin, leaving you feeling radiant and renewed. Nourishing Mama Oil is then used to ease stress and tension with a top to toe body, face and scalp massage.

85 minutes £75

Organic Ultra Calming Facial

This organic facial is deeply detoxifying, thoroughly revitalizing and helps to smooth skin tone and increase clarity. Incorporating a relaxing facial massage using seaweed products to release any build-up of toxins and toxic micro particles, to repair and nourish. You will be left with a revived glowing complexion that is perfectly balanced, enriched and strengthened.

55 minutes £50

Organic Foot Ritual

To re-charge circulation of the lower limbs and refine your skin you will first enjoy a Sea Salt Scrub exfoliation from the knees down. This is followed by a deeply relaxing massage of the lower legs after which your legs, are wrapped in warmed Atlantic seaweed leaves to increase circulation, reduce water retention and revive tired feet and legs. To complete this treatment, nourishing 'Softly Does It' is applied.

Perfect for those feeling the effects of carrying that extra load.

40 minutes £40



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 – Choose from the following facials:

Derma Peel Pro
Power Hyaluronic
Sensitive Skin
Vitamin C
VOYA Ultra Calming

5 hours £165

Pamper Day

Manicure / Pedicure / Neck & Back
Massage / Cleansing Facial

3 hours 30 minutes £100

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 eighteen 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	Price Per Treatment
Consultation	Free of Charge
Patch Test	£20
Upper Lip	From £24
Chin	From £25
Face – Small Area	From £54
Bikini	From £65
Underarms	From £65
Half Leg	From £138
Full Leg	From £234

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.

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.

At Bonar House Clinic we pride ourselves on working with Professional Permanent Make-Up Artists who have built their reputation by always offering the highest standard of client care before, during and after treatment. We are fortunate enough to host regular clinics for Diahann Berridge, Wendy Budge and Kelly Wood who are all trained by industry leaders Nouveau Contour.

We would be happy to arrange a free of charge consultation with Diahann, Wendy or Kelly should you wish to ask any questions or discuss the options available to you. Portfolios are also available for each Artist should you wish to view some of their previous work.



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.

Area*	New Treatment	Top-up within 12 months	Top-up within 1-2 years
Eyebrows	£390	£150	£280
Eyeliner top	£360	£140	£270
Eyeliner bottom	£280	£140	£250
Eyeliner top & bottom	£410	£170	£330
Lash Enhancement top	£255	£130	£240
Lash Enhancement bottom	£245	£130	£240
Lash Enhancement top & bottom	£355	£150	£280
Lip line	£380	£150	£280
Lip line (blended)	£420	£180	£280

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.

Area*	New Treatment – 6-12 months	Colour Boost – 12-18 months	Colour Boost
Eyebrows (hairstroke, powder mist or ombre)	£310	£130	£150
Eyeliner top	£250	£130	£150
Eyelash Enhancement (top)	£210	£100	£130
Eyelash Enhancement (bottom)	£180	£100	£130
Eyelash Enhancement (top & bottom)	£270	£130	£150
Eyeliner top. Enhancement bottom	£300	£130	£150
Lip Liner	£270	£130	£150

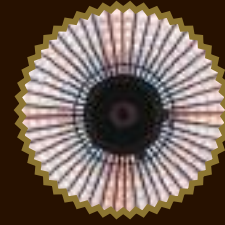
*If last treatment 3 years ago or longer and faded – full price.
Full prices are inclusive of two treatments only. Top-up prices one appointment only. Deposit required on booking.
Patch test must be carried out before first appointment.

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 other 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	£160 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 ago 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.

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

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

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

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

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 - Small	£40 each
Skin Tags - Large (discount for multiple)	£80 each
Skin Lesion by Cautery	
Body	£200
Face	£300
Warts / Verruca by Cautery	£150 each
By laser	£200 each

Teeth Whitening

Brighten your smile with tooth whitening gel. The 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 23 years Dr Mary Brien.

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

Dermal Pen

Treat cellulite, hair loss, stretch marks, acne and atrophic scars or tighten your skin in general with a course of microneedling treatments.

After a topical anaesthetic cream has been applied, 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 and 5 depending on the condition being treated.

Small area (1 needle)	£75
Large area (1 needle)	£100
Large area (2 needles)	£120

Radio Frequency Skin Tightening for the Face

Create a smoother, healthier and younger looking skin with this advanced facial using the proven technology of Radio Frequency. Used widely in the industry to lift and plump, this treatment causes heat to build in the targeted area which causes collagen fibres to contract and stimulates the production of new elastin and collagen.

Per session	Price	Course of 8	Individual price post-course
Full Face & Neck	£75	£525	£65
Lower Face & Neck (excluding lip lines)	£45	£315	£37.50
Eyes & Lips	£45	£315	£37.50



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.

Gift Vouchers cannot be used for payment for treatments carried out by external specialists (Dr Patel, Mary Brien, Diahann Berridge, Wendy Budge or Kelly Wood).

*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

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