

MANOR | HEALTH

AESTHETICS • LASER • WEIGHT LOSS

Maria opened Manor Health in June 2012 as a weight loss and skin clinic. She is passionate about her business and aims to deliver the best treatments and results for her clients. To ensure these aims are met, Maria has invested heavily in the latest technology and will only offer treatments that she knows will produce the best results and value for money.

GOLD STANDARD

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

Helping clients lose weight for the long term, and improve confidence and self esteem, is one of the most rewarding parts of the business. Overseeing the incredible transformation of a client, from the moment they come to Manor Health feeling insecure

and miserable about their weight, to them walking out happy and full of confidence is complete job satisfaction. Some of our very first clients continue to maintain their goal weight five years later, and we couldn't be more proud!

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

CONTENTS

WEIGHT LOSS & BODY 4

ANTI-WRINKLE INJECTIONS & DERMAL FILLERS 6

PDO THREADS..... 8

TESTIMONIALS..... 9

ANTI-AGEING TREATMENTS..... 10

ANTI-AGEING LASER TREATMENTS..... 12

SKIN CONDITIONS..... 14

SKIN COMPLAINTS..... 16

LASER HAIR REMOVAL 17



WEIGHT LOSS & BODY

ULTRASOUND FAT REDUCTION & WEIGHT MANAGEMENT

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

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

CELLULITE REDUCTION (RADIO FREQUENCY & VACUUM)

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

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

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

BODY BALLANCER®

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

	TIME	TREATMENT	COURSE OF 6
Lymphedema	50 mins	£45	£225
Cellulite Reduction	50 mins	£45	£225
Sports Recovery	50 mins	£45	£225
Pre & Post Flight	50 mins	£45	£225
Post Lipo	25 mins	£35	£175
Relax & Unwind 25	25 mins	£35	£175
Relax & Unwind 50	50 mins	£45	£225



ANTI-WRINKLE INJECTIONS & DERMAL FILLERS

ANTI-WRINKLE INJECTIONS

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

	TREATMENT	MONTHLY DIRECT DEBIT
1 Area	£150	£37.50
2 Areas	£190	£47.50
3 Areas	£230	£50.00
Max	£280	£65.00

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

ADVANCED TECHNIQUES

Bunny Line Relaxation • Nefertiti muscle relaxation • Masseter Muscle

	TREATMENT
Bunny Lines	£150
Nefertiti Lift (neck tightening)	£300
Masseter Muscle (slim jawline)	£200



DERMAL FILLERS

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

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

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

PROFHILO® is an EXCLUSIVE skin re-modelling treatment that will give you visible results in just two visits. This revolutionary NEW treatment takes just 10 minutes, with 5 injection points into your area of concern. It stimulates 4 different types of collagen and elastin due to the slow release of hyaluronic acid, and it is this stimulation that results in significant improvement of tissue quality.

	1 ML	2 ML
Cheek Augmentation	£230	£430
Tear Trough (cannula)	£400	£3
Nose Augmentation	£230	
Upper Lip Lines (cannula)	£250	£
Lips Natural 0.5 ml	£175	£430
Full 1 ml 1 ml (8-12 Months)	£230	
Premium 1 ml (12-18 Months)	£280	
Dental Infusion (pain free)	FOC	FOC
Marionette Lines (droopy mouth corners)	£230	£430
Nasolabial Folds (smile lines)	£230	£430
Chin Augmentation	£230	
Jawline (cannula; define and lift)		£450
Liquid Face Lift (cannula)	£1500	
PROFHILO® (includes 2 treatments)	£500	

PDO THREADS

PDO THREADS

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

	TREATMENT
Full Face	£995
Full Face & Neck	£1250
Lower Face	£750
Neck	£490
Cheek Lift	£490
Upper Lip	£295
Tear Trough	£295
Eyes/Laughter Lines	£295
Brow Lift	£295



TESTIMONIALS

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

FB Review



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

FB Review

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

FB Review

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

FB Review



ANTI-AGEING TREATMENTS

RADIO FREQUENCY SKIN TIGHTENING (FACE AND BODY)

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

	TREATMENT	COURSE OF 6
Full Face	£79	£425
Face & Neck	£89	£480
Face, Neck & Décolleté	£99	£535
Arms	£89	£480
Stomach	£89	£480

SKIN PEELS (IMAGE SKINCARE)

Many skin problems are associated with an excessive build-up of dead skin cells, which make the skin thick and dull, usually clogging the pores. Skin peels can offer a revolutionary way to effectively treat ageing skin, acne, reduce sun damage and hyper pigmentation. This procedure can also help the skin to appear smoother, healthier, plumper and tighter.

Signature

Ideal for skin concerns such as rosacea, dull, dehydrated, pregnant, and sensitive, this peel is a blend of vitamin C, polypeptides, chamomile and green tea. It exfoliates off dead skin cells and delivers highly potent vitamin C and soothing agents into the skin to leave in nourished, calm and healthy.

	TREATMENT	COURSE OF 6
Signature Face Lift	£75	£405

Lightening

Ideal for skin concerns such as rosacea, dull, dehydrated, pregnant, and sensitive, this peel is a blend of the AHA exfoliator lactic acid, pigment suppressors including Kojic acid and bearberry, as well as polypeptides, vitamin C and chamomile.

	TREATMENT	COURSE OF 6
Lightening Lift	£85	£460
Aftercare	£30	

Wrinkle

Ideal for skin concerns such as ageing, wrinkled, scarred, smoker's skin and rough complexions, this peel blend consists of a powerful AHA glycolic acid, potent retinol to boost the speed of cell turnover, bearberry, polypeptides and chamomile.

	TREATMENT	COURSE OF 6
Wrinkle Lift	£85	£460
Aftercare	£30	

Acne

Ideal for skin concerns such as oily, acne and congested, this peel blend of AHA and BHA exfoliators to diminish dead skin cells, polypeptides, vitamin C and green tea.

	TREATMENT	COURSE OF 6
Acne Lift	£85	£460
Aftercare	£30	

ANTI-AGEING LASER TREATMENTS

FRACTIONAL LASER SKIN RESURFACING

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

	TREATMENT	COURSE OF 3
Lower Face	£225	£600
Full Face	£295	£795
Full Face & Neck	£395	£1065
Neck	£200	£540
Nose/Open Pores	£100	£270
Décolleté	£225	£600
Eye Area	£100	£270
Upper Cheeks	£150	£405

IPL SKIN REJUVENATION

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

	TREATMENT	COURSE OF 3
Half Face	£125	£335
Full Face	£150	£400
Full Face & Neck	£200	£540
Full Face, Neck & Décolleté	£250	£675
Neck	£125	£335
Décolleté	£125	£335
Hands	£100	£270

LASER SKIN TIGHTENING FACE & NECK

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

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

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

SKINTECH3

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

The 3 treatments included are

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

Award winning technology delivering exceptional results.

Save £124 on Skintech3

	COURSE OF 3
Three Full Face Treatments: Fractional Laser, IPL Skin Rejuvenation, Radio Frequency Skin Tightening (One Per Month)	£400

SKIN CONDITIONS

THREAD VEINS, ROSACEA, PIGMENTATION & LEG VESSELS

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

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

	TREATMENT	COURSE OF 3
Single Lesion	£75	£200
Cheeks or Nose	£90	£210
Cheeks & Nose	£100	£270
Half Face or Neck	£125	£335
Full Face	£150	£400
Full Face & Neck	£200	£540
Full Face, Neck & Décolleté	£250	£675
Décolleté	£125	£330
Hands	£100	£270
Leg Vessels	£120	£325



ACNE TREATMENT (IPL)

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

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

STRETCH MARKS, SCARS, & LOOSE SKIN

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

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

SKIN COMPLAINTS

SKIN TAGS & MILIA (CRYOTHERAPY)

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

	TREATMENT	ADDITIONAL
Milia	£50	£25
Skin Tag	£50	£25

FUNGAL NAIL, WARTS & VERRUCA TREATMENT (LASER)

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

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



LASER HAIR REMOVAL

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

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

TIER 1	TREATMENT	COURSE OF 8	DIRECT DEBIT
Centre Brow	£80	£320	£40 a month
Ear Lobes			
Nose			

TIER 2	TREATMENT	COURSE OF 8	DIRECT DEBIT
Upper Lip	£90	£360	£45 a month
Fingers			
Nipples			
Navel Line			
Toes			
Chin			
Cheek Bones			
Hands			

OFFER! - 50% OFF
TREATMENT PRICE WHEN PURCHASING
A COURSE OF 8

LASER HAIR REMOVAL

TIER 3	TREATMENT	COURSE OF 8	DIRECT DEBIT
Underarm	£130	£520	£65 a month
Jawline			
Peri-Anal			
Side Burns			
Feet & Toes			
Upper Lip & Chin			
Jawline & Chin			
Shoulder Blades			
Bikini (standard)			
Neck			
Hands & Fingers			
Half Face			

TIER 4	TREATMENT	COURSE OF 8	DIRECT DEBIT
Jawline & Neck	£150	£600	£75 a month
Half Face & Lower Chin			
Lower Arm			
Upper Arm			
Bikini (Brazilian)			
Abdomen			
Shoulders			
Half Face & Front of Neck			
Full Face			
Beard (m)			
Chest			
Buttocks			
Lower Back			
St Bikini and Underarms			

TIER 5	TREATMENT	COURSE OF 8	DIRECT DEBIT
Full Face & Neck	£180	£720	£90 a month
Front of Thighs			
Full Arms			
Lower Legs			
Upper back			
Brazilian & Peri Anal			

TIER 6	TREATMENT	COURSE OF 8	DIRECT DEBIT
Shoulders & Upper Arms	£210	£840	£105 a month
Upper Leg			
Bikini Full & Underarms			

TIER 7	TREATMENT	COURSE OF 8	DIRECT DEBIT
Full Leg	£220	£880	£110 a month
Chest & Abdomen			
Full Back (inc shoulders but not arms)			

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

MANOR | HEALTH

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