

the  
**Secret**  
treatment rooms



Monday closed

Tuesday 9.30-7.00

Wednesday 9.30-6.00

Thursday 9.30-7.30

Friday 9.30-6.00

Saturday 9.00-5.00

Sunday closed

the  
**Secret**  
treatment rooms

— EST. 2002 —

NON SURGICAL SOLUTIONS

29 Cheltenham Crescent, Harrogate HG1 1DH

Tel. 01423 569006

[www.thesecrettreatmentrooms.co.uk](http://www.thesecrettreatmentrooms.co.uk)

# Advanced Skin Treatments

We offer the absolute latest in advanced corrective skin treatments, which treat all common facial and body skin problems including sensitive/hypersensitive skin, Acne Roseacea, Acne scarring, Hyperpigmentation, Melasma, oily and enlarged pores, sun damage, cellulite, stretch marks and premature ageing.

Our philosophy is to:

- Deliver advanced treatments that treat the root cause of all common skin conditions to provide long term solutions
- Research new developments in products and techniques to remain pioneers in the field of advanced treatments
- Deliver outstanding levels of service and care via our team of expert aestheticians through specialist education
- Be the high street choice for better skin.

## Changing your Skin from the Inside Out

### The importance of SKINutrition

**Why look ten years younger and not have the potential to live ten years longer?**

It is easy to underestimate the nutritious boost which you can offer your skin by following a balanced eating plan with supplements.

A wealth of evidence strongly suggests that the food which we eat is one of the most powerful rejuvenation tools available. SKINutrition is more effective than surgery and many other non-surgical treatments. Such procedures might well rejuvenate skin on the surface but they do not change the physiology of the skin cells so as to optimize cellular health. This is the unique difference of our medically evidenced approach.

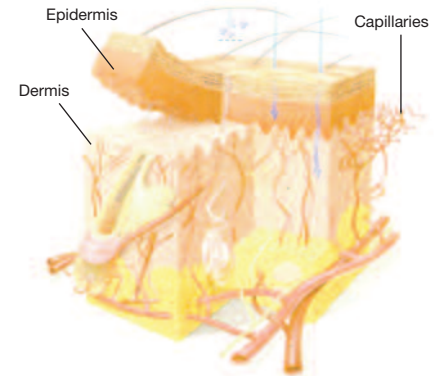
**If you feed your mind, body and soul, you will see positive changes to your skin.**

*two*

## What really changes the face of your skin?

The skin contains a complex network of blood vessels which carry nutrients to support all body systems, whether delivering protective antioxidants or removing damaging toxins.

The quality of your blood and blood flow determines the rate at which the skin recovers from injury. For example, you may notice that the skin on the body often takes longer to heal than on the face and this is due to constricted blood flow.



## What constricts blood flow?

Your blood health determines the rate at which your body will age. Poor blood health is detrimental but can be improved when the correct changes are applied.

To accelerate the rate at which you achieve better looking skin, you must first eliminate any inflammatory factors. If you do not take these important steps, you will experience a toxic overload resulting in premature ageing:

- Smoking
- Alcohol
- Caffeine
- Stress
- Underlying health problems such as heart disease, hypo thyroid and diabetes.

**Prevention is always better than the cure!**

**Advanced Skin Assessment with Med-Facial** £60.00

A professionally conducted service where our highly trained aestheticians identify the root cause of your skin concerns and create a bespoke dermal plan for you – to treat and visibly improve the appearance and condition of your skin through advanced corrective skin treatments.

Includes a customised Advanced Med-Facial, prescribed for your individual skin type, which uses active ingredients to revitalise and stimulate a healthy complexion, reversing the effects of common skin complaints, to leave your skin looking its radiant best.

We recommend all clients have an Advanced Skin Assessment prior to any skin treatment. Advanced Med-Facials are also available as an individual treatment, please ask for details.

**Super luxury super med treatment** £65.00

With the Luna foreo which deeply cleanses, exfoliates and drains with its sonic wave technology.

## Corrective Skin Peels

Corrective Skin Peels are non-traumatic, stimulating gentle, beneficial change deep in the skin to create a beautiful, renewed complexion, with minimum downtime.

For best results, peels are recommended as part of a bespoke dermal plan, combining corrective skin treatments, homecare and wellness solutions.

### Today Peels (prior preparation may be required)

All peels are done using our deep cleanse sonic wave Luna foreo.

**Blueberry Smoothie** £75.00

A delicious and refreshing scrub invigorates the skin using active blueberry extracts and gentle acid to restore a youthful glow without irritation. This light peel is also an exceptional Acne treatment.

**Benefit Peel** £75.00

Course of 10 £552.50

This peel transforms dull, lifeless skin into an instant, glowing complexion. A potent antioxidant, it contains a rich blend of nourishing, stimulating ingredients for the epidermis and dermis, ideal for sun damage on facial and non facial areas.

**Purity Peel** £75.00

This intense formulation is designed to penetrate excess oil which will correct skin conditions such as acne and enlarged pores, clearing the skin of blemishes, healing acne lesions, reducing inflammation and exfoliating the skin to reveal a glowing, dewy complexion.

**Pomegranate Peel** £75.00

This antioxidant peel evens out the top layers of the skin, stimulating collagen and preventing free radical damage to support the life span of healthy cells.

**Blueberry Jessners** £75.00

A very effective peel for thick, oily skin conditions and as a pre-treatment with selected peels, for maximum benefit.

**T zone Jesner Peel Layer** £45.00

### Tomorrow Peels (minimum 10 day Pre-Peel Programme required)

**Timeless Peel** £100.00

This is the gold standard in corrective skin treatments, treating and resolving the signs of premature ageing, uneven skin tone, lines and wrinkles and improving skin texture. It works to restore the growth of healthy, young skin cells and increases skin's moisture levels to give an age-defying, smooth complexion.

**Deep Sea Peel** £100.00

Using a blend of sea minerals, herbs and exfoliating beads, this unique non-acid peel generates collagen and stimulates deep change in the skin, with remodelling effects continuing to work days after the treatment.

**Caci Non-Surgical Face Lift** 1hr £57.50

For optimum results a course of 10 – **SAVING 15%** £460.00

Micro-current therapy delivers minute electrical waves to the skin's surface to regenerate muscle tone and encourage cell repair. Combats ageing, puffiness and dark shadows, tightens and tones muscles and enhances skin texture. Originally used in hospitals to help re-align the face muscles following strokes and bells palsy. Luna foreo: the sonic wave technology alternative to dermatology, deeply cleanses the skin, gently exfoliates dead cells and unblocks pores.

We also prep the skin with our deep cleanse sonic wave 'Luna-foreo'.

**Caci Ultra Face** 1hr15 £65.00

Course of 10 £552.50

Concentrating on jawline or weaker areas that need more attention.

## Caci & Cosmedix facial treatment combined

### Bespoke stimulating facial

90 mins. £89.00

This facial is excellent for clients who have a sallow complexion, lack of firmness, dry skin, uneven skin tone or who haven't had a facial for some time.

### Caci jawline treatment

#### Caci bespoke jawline facial

30 mins. £40.00

For optimum results  
a course of 10 £340.00

The Caci Jowl Lift facial has been developed to specifically target muscle laxity around the jawline. Improve the appearance of sagging jowls. Lift and firm facial contours.

### Caci eye treatment

£35.00

For optimum results  
a course of 10 £280.00



four

## Ellipse Ydum clinical fractional non-ablative laser treatments

	INDIVIDUAL TREATMENT	COURSE OF 4 (SAVING 20%)
Face, Neck, upper Eyelids & Lips	£400	£1280
Face & Neck	£300	£960
Neck	£180	£576
Face	£180	£576
Face, upper Eyelids & Lips	£330	£1056
Forehead	£125	£400
Frown line, middle of brow	£95	£304
Eye contour area including upper Eyelids	£165	£528
Upper Eyelids	£100	£320
Upper Lip	£95	£304
Chin	£100	£320
Nasal lines	£85	£272
Upper Lip, Nasal lines & Chin	£150	£480
Upper Lip & Nasal Lines	£125	£400
Décolletage	£300	£960
Cleavage	£110	£352
Re-defining Ydun Lip Treatment	£135	£432

*Bespoke body areas available, POA please speak to us.*

**Ellipse**  
LASER

**ydun**  
by Ellipse

# Ellipse Multiflex IPL and ND YAG Laser Treatments

## Cherry angioma (cherry spots)



Before and after 1 treatment with the PR 530 applicator

**Laser: £25**

## Solar lentigines (age spots)



Before and after 1 month after treatment

**IPL VL: £80 x1, £136 x2**

## Port wine stains



Before and after 6 treatments with the VL 555 applicator

**Laser: £150 x1, £382.50 x3**

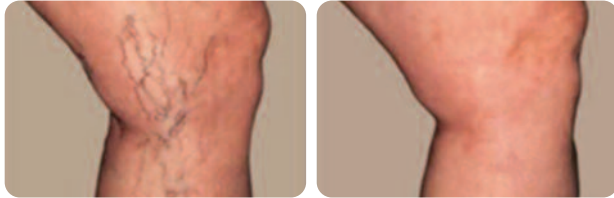
## Photorejuvenation on décolletage



Before and after 2 treatments

**IPL VL: £95 x1, £189 x2**

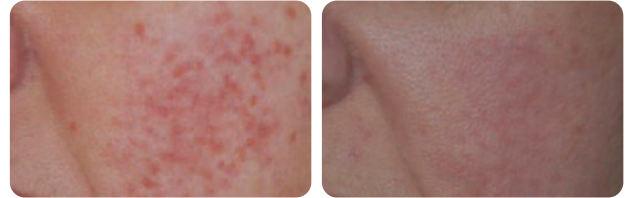
## Blue leg veins



Before and 10 weeks after 2 treatments

Laser: £150 x1, £225 x2

## Rosacea on facial areas



Before and after 1 PR 530 treatment (5 ms; 7 J/cm<sup>2</sup>)

IPL PR: £70 x1, £178.50 x3

## Areas of Facial telangiectasias



Before and 3 months after treatment

IPL: £75 x1, £191.25 x3

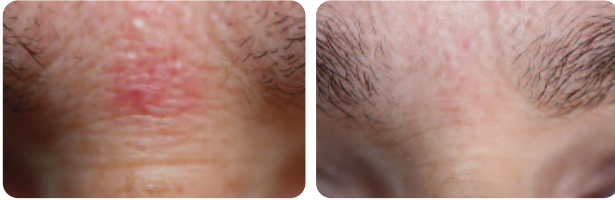
## Facial acne clearance with PDT solution



Before and 2 weeks after last of 3 treatments

£95 x1, £484.50 x6

## Spider nevus



Before and 4 weeks after 1 Nd: YAG treatment, 2.5mm spot size, 8 ms, 242 J/cm<sup>2</sup> (compression with Sapphire tip)

**Laser: £60 x1, £153 x3**

## Photorejuvenation on hands



Before and after 1 treatment

**IPL VL: £65 x1, £165.75 x3**

## Periocular vessel



Before and after 5 treatments

**Laser: £80 x1**

## Photorejuvenation on face & neck



Before and after 3 treatments with VL 555 and 1 with PR 530

**IPL VL: face & neck £95 x1, £242.25 x3**  
**IPL VL: face £80 x1, £204.00 x3**



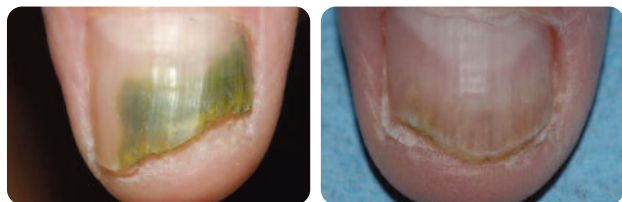
## Photorejuvenation for redness/ erythema on full face & neck



Before and after 3 treatments with PL 400

IPL PR: £80 x1, £204.50 x3

## Onychomycosis (nail fungal)



Before and 4 months after treatment

Laser: £100 x1, £255 x3

## Wart removal Laser: £75 x1

### Intense age defence photo dynamic treatment ( PDT )

Face:	£170 or £433.30 x3
Face & neck:	£272 or £693.60 x3
Neck:	£170 or £433.30 x3
Décolletage:	£225 or £573.75 x3
Cleavage:	£150 or £382.50 x3
Hands:	£130 or £331.50 x3
Upper lip:	£100 or £318.75 x3
Upper lip, nasal lines & chin:	£125 or £318.75 x3

POA for alternative areas, or 2-3 areas done in one treatment.  
For optimum results Packages available with Cosmedix peels  
prior to the treatment. Please ask for more details.

All treatments are carried out by fully qualified aestheticians with a minimum of 12 years' experience.

# Ellipse Intense Pulsed Light (IPL)

## Permanent Hair Reduction

An innovative treatment for men and women that removes unwanted hair from almost anywhere on the body. Incorporating the latest IPL (intense pulsed light) technology, a flashlamp is guided via a glass prism to the hair. The pigments in the hair (melanin) absorb the light, converting it to heat and destroying the hair follicle making it unable to produce more hair.

## Thread veins

You don't have to try to cover your thread veins anymore. Ellipse uses short, safe bursts of light emitted from a flash-lamp to quickly remove those thin veins (technically called telangiectasias) from your face or legs.

A thread vein is a small blood vessel near the surface of the skin. The Ellipse operator guides the visible light from the flash-lamp to the blood vessels needing treatment. The unique Ellipse system carefully filters this light in two ways to ensure that only light with the correct characteristics (wavelengths) is allowed to reach your skin.

Blood contains haemoglobin that absorbs the light and converts it into heat. This heat destroys the protein in the wall of the thread vein. As a result the veins will, gradually and safely, disappear after treatment.

To ensure optimum light transmission to the blood vessel, a thin layer of gel (similar to that used in ultrasound examinations) is applied to your skin before treatment.

## Which thread veins can be treated?

Thread veins on all parts of your body can be treated. The most common treatments are for superficial veins in the facial, chest or leg areas.

As the treatment relies on the absorption of light by the haemoglobin in the blood, the most effective results are seen with light skin. The lighter the skin, the more pronounced the contrast between the vessel and the skin, making treatment easier. However, Ellipse has pre-programmed settings for different skin colours that deliver the correct energy output for your complexion.

## How long does an Ellipse treatment take?

The glass prism within the Ellipse applicator that guides the light to the skin is 10mm by 48mm, so several vessels can be targeted in one flash of light. The treatment time depends on the area to be treated. A single session typically lasts 10-20 minutes.

## How many Ellipse treatments do I need?

The number of treatments depends on the body site and the severity of the thread vein or hair growth. Clinical studies have confirmed that six treatments are usually needed, and these are timed about one month apart.

## How can I be sure Ellipse is safe and effective?

Clinical trials documenting Ellipse's safety and effectiveness are carried out by leading doctors prior to the release of the product. The results of these tests are then published in respected, refereed medical journals. You are welcome to view these scientific papers on the Ellipse website at [www.ellipse.org](http://www.ellipse.org). The settings used for your treatment will be based on the settings recommended by the clinicians who carried out the clinical trials.



## Ellipse Intense Pulsed Light Treatments (IPL)

### Permanent Hair Reduction

	INDIVIDUAL TREATMENT	COURSE OF 6 (SAVING 20%)
Lip	£38.00	£182.40
Lip and Chin	£52.00	£249.60
Full Face (beard)	£65.00	£312.00
Neck	£52.00	£249.60
Half Arm	£70.00	£336.00
Full Arm	£110.00	£528.00
Small Abdomen	£52.00	£249.60
Small Back	£52.00	£249.60
Medium Back	£60.00	£288.00
Full Back	£90.00	£432.00
Small Chest	£52.00	£249.60
Medium Chest	£75.00	£360.00
Full Chest	£90.00	£432.00
Half Leg (lower)	£90.00	£432.00
3/4 Leg	£120.00	£576.00
Upper Leg	£120.00	£576.00
Backs of Thighs	£80.00	£384.00
Full Leg	£200.00	£960.00
Bikini Standard	£52.00	£249.60
Bikini Brazilian	£80.00	£384.00
Bikini Hollywood	£90.00	£432.00
Underarms	£52.00	£249.60

## Massage

**Bespoke Deep Tissue Massage** (30 min) £28.50  
 Focusing on the neck, back and shoulders, this mini-massage helps to relieve tension, stress and aching muscles.

**Deep Tissue Massage including Scalp** (1 hr) £49.50

## Nails

Enhancements creative nail design	£43.00
Re-balance creative nail design	£25.00
Jessica File & Polish	£15.50
Jessica Manicure	£22.50
Jessica Spa Manicure	£28.00
Jessica French Manicure	£28.00
Jessica Pedicure	£26.00
Jessica Spa Pedicure	£28.00

### Jessica Geleration

This high-shine treatment is chip resistant, dries instantly and lasts for between two and three weeks.

Geleration Manicure	£28.00
Geleration File & Polish	£20.00
Geleration Removal and mini manicure	£12.00
Gel renewal set and re-application	£5.50
Geleration Pedicure	£30.00
Geleration French manicure	£30.00

## Eyelashes and Eyebrows

<b>Eyebrow Shape</b>	£8.50
<b>Eyebrow Tint</b>	£8.00
<b>Eyebrow Tint &amp; Shape</b>	£13.50
<b>Eyelash Tint</b>	£16.50
<b>Eyelash Tint and Eyebrow Tint combined</b>	£20.00
<b>LVL Lash Enhancements including eyelash tint</b>	£55.00

Add length, volume and lift to your natural lashes – lasts 8 weeks

\*patch test required 48hrs before

Clients MUST have a skin sensitivity test 24 hours prior to eyebrow and/or eyelash tints. Please call the salon to arrange.

<b>Eyebrow design</b>	£35.00
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With henna tint and shape. Colour results last approximately 6-8 weeks



## Australian Body Care Waxing

The most hygienic system available, which uses disposable treatment heads to eliminate the risk of cross contamination associated with traditional waxing methods.

Full Leg including standard bikini	£28.50
Half Leg	£19.50
Underarm	£11.00
Bikini	
– Standard	£15.00
– Brazilian	£25.00
– Hollywood	£32.00
Lip or chin	£8.50
Lip plus chin	£12.00
Back	£21.50
Chest	£21.50
Half Arm Wax	£12.00
Full Arm Wax	£15.50

<b>Electrolysis</b> (price per 15 minutes)	£15.00
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## Tanning

<b>Vita Liberata</b>	£30.00
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Manual application includes full body exfoliation and application of a natural looking tan. Products also available for follow-up treatments at home.

<b>Vita Liberata</b>	£20.00
Application only.	
Half body application	£14.00