



Sirisha's

Health and Beauty

A medi-spa situated in the heart of St. Margarets which aims at ultimate skin and body care. Being a well-established 5 treatment room skincare centre Sirisha's Health and Beauty is renowned for its efficiency and excellent client care. The expert staff provide an array of treatments to achieve the targeted results from top to toe. Spacious treatment rooms with highly qualified therapists make the whole experience a luxurious pleasure.

Opening Times

Mon, Tues - 10 am to 6 pm
Wed, Thurs and Fri - 10 am to 7 pm
Sat - 9 am to 6 pm

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www.sirishashealthandbeauty.co.uk

THREADING

A traditional way of shaping the eyebrow with a cotton thread which is long lasting and defined. It enhances and highlights the shape.

Eyebrow	£ 11-00
Eyebrow and forehead	£ 13-00
Eyebrow and top lip	£ 16-00
Top lip or chin	£ 6-00
Top lip and chin	£ 10-00
Eyebrow, top lip and chin	£ 20-00
Sides of the face	£ 16-00
Full face and neck (Including eyebrow)	£ 26-00
Add on face pressure point massage	£ 15-00



WAXING

Cooling, antibacterial and anti-inflammatory Australian Tea Tree wax gives a long lasting and smooth finish on the skin.

Eyebrow	£ 11-00
Eyebrow and forehead	£ 13-00
Top lip or chin	£ 6-00
Sides of the face	£ 15-00
Full face and neck	£ 20-00
Full arms	£ 25-00
Three quarter arms	£ 20-00
Half arms	£ 16-00
Under Arms	£ 9-00
Full legs (including basic bikini line)	£ 32-00
Full legs (including extended bikini)	£ 42-00
Full legs and Brazilian bikini	£ 60-00
Full legs and Hollywood bikini	£ 67-00
Three-quarter legs	£ 24-00
Three-quarter legs and bikini line	£ 29-00
Half legs (bottom)	£ 17-00
Half legs (bottom) and bikini line	£ 26-00
Half legs (top)	£ 20-00
Half legs (top) and bikini line	£ 27-00
Bikini line	from £ 13-00
Brazilian bikini	£ 31-00
Hollywood bikini	£ 41-00
Chest/ Back	from £ 28-00
Extra patches are chargeable at £5 each.	



Waxing tips and aftercare

Avoid the following for 24 - 48 hours after waxing : sunbathing or sunbeds, friction from tight clothing, swimming, hot baths or showers, highly perfumed products and activities causing excessive perspiration. Do not cut or shave hair for at least 4 weeks before waxing.

TINTING

Tinting eyebrows or eyelashes makes them look darker and more defined. A patch test must be done 24 hours prior to the treatment.

Eyebrow Tint	£ 10-00
Eyelash Tint	£ 16-00
(add £ 3-00 for eye make up removal)	



APILUS ELECTROLYSIS

Our advanced and new state-of-the-art computerized Apilus machine offers painless and permanent hair removal. It needs a series of treatments which differ for every individual (prior consultation is necessary).

5 minutes (minimum)	£15-00
10 minutes	£25-00
15 minutes	£30-00
30 minutes	£50-00

CLIENT AFTERCARE FOR ELECTROLYSIS HAIR REMOVAL

- ✦ Use of make-up should be avoided for sufficient period of time for healing to take place.
- ✦ Avoid sun exposure for at least 24 hrs.
- ✦ Avoid bleaching, swimming and heat treatments for at least 48 hrs.
- ✦ Hair should not be plucked or removed with wax or cream remover between treatments instead, they can be cut if needed.
- ✦ A rich night cream or moisturiser should not be applied for 48 hrs.
- ✦ If a rash or minor infection appears at any time on the treated area, an antiseptic cream can be used.
- ✦ Cortisones and steroid creams should not be used on the treated area.
- ✦ It's important not to pick the scabs as sometimes they appear after the treatment.

ADVANCED COSMETIC PROCEDURES

A permanent removal of skin tags, warts, milia, liver spots, thread veins, spider naevi, blood spots without any scarring and bleeding.

5 minutes (minimum)

£ 25-00

10 minutes

£ 40-00

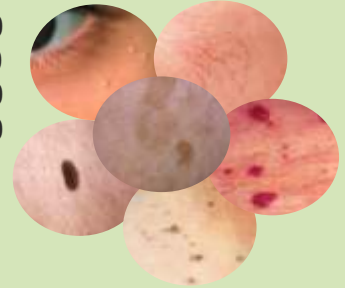
15 minutes

£ 55-00

30 minutes

£ 90-00

(See Page no. 19 for aftercare advice)



BLEACHING

Temporarily changing the colour of hair so that it camouflages into the skin's complexion, lasting 4-5 weeks. We use a different range of herbal combinations, which are extremely gentle on the skin.

Top lip or chin

£ 10-00

Sides of the face

£ 15-00

Full arms

£ 25-00

Full face and neck

£ 20-00

HANDS & FEET

Manicure

£ 26-00

A basic hand and nail care with cuticles soaked, pushed back and tidied followed by a hand massage and finished with a colour of your choice.

French Manicure

£ 30-00

As above with French varnish as a finishing colour.

Multivitamin manicure

£ 42-00

Manicure with added Dermalogica multivitamin power exfoliant to remove deep seated and damaged skin cells to promote skin renewal and to help with age spots and pigmentation. A high strength multivitamins and power packed peptide masque is then applied and finished with multivitamin hand and nail cream with or without sun protection.

Silk wrap manicure

£42-00

Includes removal of cuticles along with paraffin wax wrap which helps to increase circulation, desquamation of dead cells and softens the dry skin.



Pedicure

£ 36-00

A full fledged and intense deep cleaning treatment which begins with examining the feet and health of the nails. Feet are soaked in warm bath, cuticles pushed back, nails cleaned, hard and dead skin removed on the soles, feet massaged and then finished off with nail colour of your choice.

French Pedicure

£ 40-00

As above with French varnish as finishing colour.

Silk wrap pedicure

£ 46-00

Exactly like silk wrap manicure but for feet.

This treatment is ideal for hard and dry skin on the soles to repair them.

File and varnish

£13-00

File and French varnish

£17-00

Manicure and Pedicure

£58-00

SHELLAC/OPI NAILS

Shellac/OPI gel polishes are new revolutionary hybrid nail colours (half gel and half polish) created to give flexibility and durability to the natural nail. The minimum drying time and longer lasting polish makes it an ideal choice.

Shellac/OPI file and varnish

£ 25-00

(Includes a dry cuticle tidy-up)

Shellac/OPI French varnish

£ 30-00

Shellac/OPI full manicure

£ 40-00

Shellac/OPI full pedicure

£ 50-00

Re-Shellac/OPI

£ 35-00

Shellac/OPI removal

£ 10-00



EAR PIERCING

Piercing (including studs and aftercare solution)

£ 35-00

INDIAN HEAD MASSAGE

A traditional Indian massage which involves scalp, upper back and facial pressure points to promote hair growth, control dandruff, arrest hair fall, treat dry hair, relieve sinuses, migraine pains and headaches. It also relaxes muscular tensions on the neck and shoulders.

30 minutes

£ 35-00

45 minutes

£ 49-00

BODY MASSAGE

Relaxing or stimulating massage moves and relieves lymphatic fluid accumulation, aids detoxification, treats muscular knots, aches and pains and makes the body feel energetic.

30 mins - Back, neck and shoulders

£ 35-00

45 mins - Customized

£ 45-00

60 mins - Full body or Customized

£ 60-00

90 mins - Full body or Customized

£ 90-00



PREGNANCY MASSAGE

Advanced massage therapy is greatly helpful in reducing the stress which is directly influencing the perinatal foetal distress, low birth weight, infant irritability etc. which is well documented. Pregnancy massage helps in developing a spiritual bond between baby and the mother. It also helps in increasing the circulation whereby the capillaries are repeatedly emptied and refilled producing a sustained increase in the rate of lymph formation and removal. A full consultation is needed to customize the treatment programme and the permission from the doctor and midwife is necessary.

1 hour 30 minutes session
(Includes 15mins consultation)

£ 90-00

DERMLOGICA FULL BODY EXFOLIATION

Mineral salt scrub therapy (30 mins)

£ 45-00

Body foliation therapy (30 mins)

£ 45-00

MICRODERMABRASION (Rotating Diamond Head/Crystals)

Microdermabrasion is the perfect salon treatment as it delivers instant, visible results. It treats a vast array of skin concerns like ageing skin, lines and wrinkles, open pores, sun damage, blackheads, pigmentation, blemish scars, acne scars, stretch marks etc. on both face and body using a safe and controlled skin resurfacing.



Flash exfoliation for face or décolleté or hands	£ 60-00
Course of 6 sessions (6 x £50)	£ 300-00
Flash exfoliation and mini mask lift	£ 75-00
Course of 6 sessions (6 x £65)	£ 350-00
Hand/Foot microdermabrasion	£ 30-00

MICRO-NEEDLING/DERMA ROLLING

Also called Collagen Induction Therapy (CIT), this is a very popular treatment to stimulate ones own collagen and elastin protein fibres production, in the dermal layers. We use Pure Rollers, an ultra-fine titanium needle roller, to give a controlled injury without causing damage to the skin. A course of 4 to 6 sessions is highly recommended to achieve the best results. A combination of chemical peels and Pure Rolling can give long lasting resilience, firmness and smoothening of fine lines and wrinkles.

Face and Neck

Single session	£ 200-00
Course of four sessions	£ 750-00



ADD-ON TREATMENTS

On-site back massage (15 mins)	£ 13-00
Pressure point face massage (15 mins)	£ 15-00
Add-on Arm/Foot massage (15 mins)	£ 13-00
Hand/Foot exfoliation	£ 5-00
Hand/Foot exfoliation and masque	£ 10-00

DERMALOGICA FACIALS AND SKIN CARE TREATMENTS

Made with pure bio botanical herbal and smoothening of fine extracts and aroma essential oils, these are the most requested American professional skin care products in the world which are non-comedogenic, non-acneogenic, with no mineral oil, artificial colours, fragrances, irritating lanolin or S.D. alcohols.

Teen's facial

£ 30-00

Half an hour skin care treatment designed for young skins which deep cleanses, exfoliates and gives radiance to the skin.

Regular face treatment

£ 45-00

Designed to be most economical for the client without compromising the skin results and relaxation. Ideal as a 30 to 45 minutes quick fix which gets you in, gets skin repaired and gets you out of the door in a snap!

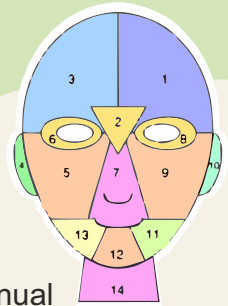
Prescriptive face treatment

£ 60-00

A complete customized and constructed facial programme to treat individual skin problems including deep cleansing, manual exfoliation, extractions, relaxing face, neck, decollete and shoulder massage, masque, moisturising and toning. It also repairs, rejuvenates and regenerates cell renewal. (Most often, an add-on treatment is recommended with this facial at extra cost).

SIRISHA'S signature facial (90mins) £ 100-00

An ultimate face treatment which begins with skin scan and face mapping analysis, a very scientific approach to target the underlying causes for skin conditions followed with thorough consultation and treatment plan. Either it is with advanced electrical gadgets like micro current, non surgical face lifting, micro dermabrasion etc., or purely manual application of Dermalogica products with massage techniques, this treatment is guaranteed to leave you not just with gorgeous skin but in an intense relaxing state.



Non Surgical Bio energy face lift

£ 75-00

Medically proven treatment that lifts and tones the facial muscles. It includes deep cleansing, professional exfoliation, extractions, ultratone face bio-stimulation, and a facial massage with a masque or micro-current/ultrasound application for problematic areas (1hr 15mins).

Mini facelift

£ 70-00

This deep moisturising and deep exfoliating facial includes contour face masque which mini lifts dry, matured and sluggish skin or thermo herbal masque for oily and congested skin which gives a matte texture.

LIRA WITH PLANT STEM CELLS / DERMAQUEST / DERMALOGICA CHEMICAL PEELS

With state-of-the-art plant stem cell technology or pure fruit acids, these chemical peels are designed to rejuvenate your skin and make it look bright and healthy. With prior consultation by your therapist, the skin is prepped 1-2 weeks before the treatment, for resurfacing or rebuilding the new layers. However, for brightening, no skin prepping is needed. A series of treatments are advised for long-lasting results (can be added as a part of other facial treatments). The face and décolleté are included in all the peels.



Pumpkin Plus (Brightening for all skin conditions)	£ 80-00
Lactic Clear Definer (Rehydrating and brightening for pigmented, sun-damaged or dehydrated skin)	£ 80-00
Hydroxy 30 Rebuilder (For ageing or sensitized skins)	£100-00
Sal Pulp Definer (For oily and acne skins)	£ 80-00
Mineral Retinol Peel (For age-defying skins)	£ 80-00
TCA Peel (For rebuilding new skin)	£100-00
Advanced Peels (Any of the above peels combined together or with microdermabrasion)	£120-00
Dermologica Bio Resurface Peel	£ 90-00
Active Resurface Treatment	£ 60-00

DERMALOGICA BODY WRAPS

A treatment inspired by 14th century Thai therapy that has been modernized to treat today's skin and body needs. This includes body mapping, exfoliation, thermal touch techniques, Thermal stamps filled with skin benefiting ingredients. The deep manipulations helps the body relieve aching muscle tissue and work to rebalance the body.

Full body wrap £ 70-00

ULTRATONE FUTURAPRO FACE AND BODY SCULPTURING AND SHAPING WITH BIO STIMULATION.

WHAT IS BIO STIMULATION?

Bio stimulation means using the Trophic code, the signalling system of a living organism, which communicates directly with the cells thus transforming the body shape, activity and response of human tissue. The electrical interaction can be sequenced to form Bio electric language to accelerate and concentrate a healthy response from the body. These electrical impulses mimic the neurological signals that are transmitted to specific organs.

This treatment is verified and concluded by the Total Wellness Institute to lose fat, reduce inches and tone up muscles. **PROFESSOR GERTA VRBOVA, A LEADING NEUROSCIENTIST, UNIVERSITY COLLEGE LONDON**, believes there is one true way of quickly enhancing muscle shape and strength, the Biostimulation. "The fact that with Biostimulation there is no stress or fatigue is an enormous plus", she explains. "Nevertheless physical activity is needed to improve the performance of the cardiovascular system and also flexibility. The electrical stimulation allows one to perform physical activities more efficiently and therefore aid the improvement of all activity related functions, building an increase in stamina and a heightened resistance to fatigue.

Biostimulation also assists in medical, therapeutic and non invasive cosmetic enhancement treatments. "In a medical context, Biostimulation can be used for a host of purposes and in orthopaedic treatments across the whole body as well as in post cardiac and post stroke rehabilitation".

Ultratone face and body sculpturing and shaping

The physio sequential and biostimulating body treatments using ultrawave signals treats major body conditions and promotes anticellulite, weight loss, toning, detox, post natal slimming etc.

Single session (Non surgical face lift or Body shaping) **£ 51-00**

Course of 4 sessions **£170-00**

(only available as a maintenance plan after finishing 20 sessions, the course must be used within 5 weeks of purchase after which it expires)

Course of 10 sessions (10 x £ 45) **£ 450-00**

(course must be used within 6 months of purchase after which it expires. For further details see 'course policy' on the back page).



Slimming and Shaping 30 mins

Choose from 5 Slimming Programs

- ✦ Ultrafast Inchloss
- ✦ Slimming Weight Loss
- ✦ Anti Cellulite
- ✦ Fat to Muscle
- ✦ Postnatal Slimming



Toning Selection 30 mins

Choose from 6 Toning Programs

- ✦ Workout
- ✦ Deep Muscle Tone
- ✦ Skin Lift and Tone
- ✦ Bust Lift / Pectoral Tone
- ✦ Post Natal Toning
- ✦ Pelvic Floor Toning



Detox and Repair 30 mins

- ✦ Choose from 5 Detox Programs
- ✦ Lymphatic Drainage
- ✦ Detox and Circulation
- ✦ Dermal Revive
- ✦ Massage
- ✦ Anti Stress

Sport Training 30 mins

- ✦ Choose from 8 Sport Programs
- ✦ Speed
- ✦ Strength
- ✦ Endurance
- ✦ Stretching
- ✦ Power
- ✦ Stamina
- ✦ Body Building
- ✦ Recovery



Face

- ✦ Non surgical facelift
- ✦ Deep muscle tone
- ✦ Skin tone
- ✦ Lymphatic drainage
- ✦ Wrinkle reduction
- ✦ Circulation
- ✦ Hydrating massage
- ✦ Maintenance



Multibody 30 mins

Up to 6 body areas can be treated individually or simultaneously. Each area selected will offer a choice of different Programs.

- ✦ Stomach and Waist
- ✦ Thighs
- ✦ Buttocks and Hips
- ✦ Back
- ✦ Calves
- ✦ Bust and Arms



Therapeutic 30 mins

Choose from 8 Therapeutic programs

- ✦ Hi TENS
- ✦ Lo TENS
- ✦ Mixed TENS
- ✦ Rehabilitation
- ✦ Capillarisation
- ✦ Acupressure
- ✦ Reflexology
- ✦ Anti Spasm



3D-LIPO

3D-lipo is probably one of the most advanced treatments of its type in the fight against targeted fat reduction, cellulite and skin tightening. It utilizes the latest generation technology called ultrasound cavitation and cryolipolysis (fat freezing) which are widely recognised as one of the most effective cellulite reduction and localised fat loss techniques available. Furthermore there is no need to exercise post-treatment in order to obtain results.

A Powerful Three Dimensional Alternative to Liposuction

Designed to target
fat removal, cellulite and skin tightening

Without the need to exercise!



	Single	Course of 6
Ultrasound Cavitation	£150-00	£800-00
Radio Frequency Skin Tightening	£150-00	£800-00
Cryolipolysis		
Upper or Lower Abdomen	£250-00	
Upper and Lower Abdomen	£450-00	
Love handles	£450-00	
Abdomen and love handles	£600-00	
Thighs - outer sides	£450-00	
Thighs - inner sides	£450-00	
Thighs - inner and outer sides	£800-00	
Upper arms	£450-00	
Upper chest - sides (under arms)	£450-00	
Lower & Upper Abdomen and love handles	£800-00	



**PLEASE VISIT OUR WEBSITE
FOR DETAILED INFORMATION**

3D-SKINTECH

3D-skintech is a revolution in the non-surgical aesthetic skincare. Its 3-Dimensional approach to skincare targets different skin concerns for optimum results. Our trained aesthetician will be able to prescribe an exact facial to suit individual needs. The technology itself has attracted the attention of the media, following the success of the award-winning 3D-LIPO.

Mesotherapy

Mesotherapy is the next generation of Derma rollers. Mesotherapy breaks down the cell wall using electrophoresis to enable the ingredients to be effectively delivered into the cell where they most needed.

Mesotherapy facial (single)
course of 6 sessions

£ 100-00
£ 520-00

3D Rotational Diamond Microdermabrasion (single)
course of 6 sessions

£ 60-00
£ 300-00

Radiofrequency

Radiofrequency uses the latest tripolar technology to gently heat beneath the skin breaking down old collagen creating a tightening of the skin and reducing the appearance of wrinkles. You can see visible results even from the first treatment.

RF facial (single)
course of 6

£ 150-00
£ 800-00

LED

LED offers 4 varying colours to deliver different frequencies. The energy with LED promotes cellular metabolism which accelerates the repair and replenishment of the damaged skin cells and stimulates synthesis of collagen.

LED photo therapy
(single)
course of 6

£ 40-00
£ 220-00

3D complete facial
(single)
course of 6

£ 200-00
£ 1100-00



NIR SKIN TIGHTENING



Experience the power of Soprano Near-Infrared (NIR) Skin Tightening

NIR is a revolutionary new light based solution to eliminate the effects that time can have on your skins appearance, tone and laxity.

Before Treatment (collagen bundles)

During Pulsed Light Treatment

After Treatment

The diagram illustrates the skin's response to NIR treatment. It shows three stages: 1. 'Before Treatment (collagen bundles)' where collagen fibers are loose and disorganized. 2. 'During Pulsed Light Treatment' where the light energy causes the collagen fibers to contract and become more organized. 3. 'After Treatment' where the collagen fibers are fully contracted and have stimulated the formation of new collagen, resulting in tighter skin.

Experience the power of Soprano XL Near-Infrared (NIR) Skin Tightening – a revolutionary new light based solution to eliminate some of the effects that time can have on your skins appearance, tone and laxity. Near Infrared technology is a safe infrared light that heats the tissue under the skin's surface, tightening skin laxity and improving skin architecture. The infrared technology heats the tissue deep below the skins surface causing collagen fibres to contract and tighten and stimulates the formation of new collagen, further enhancing the tightening effect and helping to bolster the skin against future ageing. The presence of healthy collagen in the dermis helps maintain the skin's youthful resilience and texture. Virtually pain-free :patients report that it feels similar to a “hot stone massage”.

NIR successfully treats a wide range of areas, including:

- ✦ Skin tightening of the face, neck and body
- ✦ Laxity of post-pregnancy abdominal skin
- ✦ Laxity of the buttocks and knees
- ✦ Improving skin quality of the décolleté/chest

Face and décolleté
Half Arms / Half Legs / Stomach / Buttocks

£ 150-00
£ 150-00

- ⊗ Virtually painless laser hair removal
- ⊗ Designed for optimal safety
- ⊗ All skin types, even tanned skin

Be Smooth as ICE

A COMPLETE PAINLESS SOLUTION FOR LASER HAIR REMOVAL

By incorporating multiple laser wavelengths and technologies, Soprano ICE allows practitioners to treat the widest range of patients and hair types all year round, administer treatments quickly and comfortably and achieve the best possible clinical results.

By combining the benefits of the Alexandrite wavelength with the advantages of a diode laser, Soprano ICE offers the cutting-edge in hair removal technology and treatment methods.

Soprano ICE works by using pulses of infrared diode laser energy to gradually heat the hair follicles in the subdermal layer of skin until they can no longer produce new hair. Using unique, IN-Motion™ technology and a patented DualChill™ treatment tip, the surface of any skin stays cool and comfortable. The sweeping motion also eliminates any skipped or missed spots common other types of laser hair removal.

Is it safe?

Hair removal is one of the aesthetic medical industry's most well-known and researched uses of lasers. Soprano® XL family of lasers has provided permanent hair reduction for thousands of patients worldwide, safely and successfully since it was cleared by the FDA in 2005.

A full consultation and a patch test of 24 hrs is needed prior to the treatment. Our qualified therapists discuss through the details of the treatments at the consultation time.

TREATMENT AREA

Single Area

Course of 6
(10% of discount
is given on courses)

FACE AREAS

Upper Lip or Chin	£ 60-00	£ 324-00
Upper Lip and Chin	£ 100-00	£ 540-00
Forehead	£ 60-00	£ 324-00
Glabella (Between eyebrows)	£ 40-00	£ 216-00
Ears or Nostrils	£ 40-00	£ 216-00
Lower Face/Beard	£ 150-00	£ 810-00
Sideburns	£ 70-00	£ 378-00
Cheeks	£ 60-00	£ 324-00
Front or Back Neck	£ 90-00	£ 486-00
Front and Back Neck	£ 120-00	£ 648-00
Lower Face and Neck	£ 200-00	£ 1080-00
Full Face	£ 200-00	£ 1080-00
Full Face and Neck	£ 250-00	£ 1350-00

BODY AREAS

Chest	£ 140-00	£ 756-00
Nipples or Chest crease	£ 60-00	£ 324-00
Nipples and Chest crease	£ 100-00	£ 540-00
Abdomen	£ 150-00	£ 810-00
Abdomen and Navel (Lines)	£ 175-00	£ 945-00
Belly button	£ 60-00	£ 324-00
Chest and Abdomen	£ 225-00	£ 1215-00
Chest, Abdomen and Navel (Lines)	£ 250-00	£ 1350-00
Upper Back	£ 140-00	£ 756-00
Lower Back	£ 150-00	£ 810-00
Full Back	£ 240-00	£ 1296-00
Full Back and Shoulders	£ 300-00	£ 1620-00
Upper Back and Shoulders	£ 215-00	£ 1161-00
Under Arms	£ 85-00	£ 459-00
Full Arms including Under Arms	£ 230-00	£ 1242-00
Three Quarter Arms	£ 140-00	£ 756-00
Hands	£ 75-00	£ 405-00
Hands and Fingers	£ 90-00	£ 486-00
Fingers	£ 60-00	£ 324-00
Basic Bikini	£ 90-00	£ 486-00
Extended Bikini	from £ 110-00	from £ 594-00
Brazilian	£ 140-00	£ 756-00
Brazilian and Perianal	£ 160-00	£ 864-00
Hollywood including Perianal	£ 180-00	£ 972-00
Buttocks	£ 120-00	£ 648-00
Upper Legs/Thighs	£ 230-00	£ 1242-00

Upper Legs including Bikini Line	£ 250-00	£ 1350-00
Lower Legs including Knees	£ 175-00	£ 945-00
Lower Legs including Feet and Toes	£ 200-00	£ 1080-00
Back Thighs or Inner Thighs	£ 90-00	£ 486-00
Full Legs	£ 350-00	£ 1890-00
Toes	£ 50-00	£ 270-00
Feet and Toes	£ 90-00	£ 486-00



VIRTUALLY PAINLESS

SHR™ is the only clinically proven method of laser hair removal that is virtually painless. The unique heating and energy delivery method effectively damages the hair follicle and prevents re-growth, while preventing injury to the surrounding tissue. At the same time, ICE™ tech cools the skin surface, preventing superficial burns and the sensation of pain.



PROVEN SAFETY RECORD

SHR™ has been proven in multiple clinical studies as the safest method of laser hair removal for all skin types, including dark skin whereby melanin is exponentially more sensitive to the heat used in laser treatment.

Hair follicles are damaged not by a single pulse of high energy, but by repetitive short energy pulses. These pulses minimize the risk of burning to the skin, as it is the heat build-up which raises the temperature of the dermis to the level needed for preventing hair growth.



ALL SKIN TYPES

Rather than exposing the hair follicle to a single high energy pulse which can cause trauma to skin with a high melanin count, SHR™ gradually heats the skin until the required heat energy is delivered to the hair follicle. This makes SHR™ the safest laser hair removal option, including for dark skinned patients.



TANNED SKIN

SHR™ affects the melanin of the skin using a unique method, allowing the procedure to be performed anytime of the year as well as on tanned skin. Furthermore, sun exposure is less traumatic to the skin following SHR treatment.



FULL COVERAGE RATE

During SHR™ treatment, energy is applied over a large grid – not just the region of the hair follicle. In-motion™ technique collectively heats up and damages the hair follicles within the grid, ensuring full coverage and dramatically improving treatment results.

CLIENT AFTERCARE FOR ADVANCED COSMETIC PROCEDURES

- ✦ The client must not touch the treated area and must not, under any circumstances, remove any scab that may appear. The area should be treated as a bump.
- ✦ The client should apply the after care lotion regularly, with clean freshly washed hands or fresh cotton wool, a minimum of once following treatment that day and the next morning.
- ✦ The treatment area can, if absolutely necessary, be washed or cleansed but soap should be avoided. A very gentle cleanser should be used and the area should be dried with paper tissues, not towels.
- ✦ Do nothing to cause sweating or dilation of the capillaries like exercise, hot foods, alcohol, etc.
- ✦ Avoid the possible causes of thread veins like tight fitting glasses, squeezing spots, blowing nose hard, etc.
- ✦ Do not fly in the following week after the treatment.
- ✦ No sunbathing, swimming, sunbeds, saunas, facial steaming, facial scrubs – complete sunblock must be worn for at least 48 hours after treatment and preferably for longer. The area of treatment and any area showing a predisposition to telangiectasia, should be protected by a sun screen at all times, particularly in the summer months.
- ✦ Normally after 48 hours pin dot scabs may appear thereby sealing the skin and preventing infection. These must not be picked off. The skin should be kept dry and clean until these fall off in their own time. Picking the scabs will result in unwanted scarring. These may or may not become apparent but they may be felt rather than seen.
- ✦ The client should avoid using any possible skin sensitizers or irritants such as perfumes, fake tan products, perfumed body lotions etc.
- ✦ Please be aware that bad after-care will not only negate the treatment but may compound the original problem. The therapist or the salon does not hold any responsibility for any scarring as a result of bad after-care.

Company's 'course policy'

All the courses must be utilised in their valid time and the course money cannot be refunded. However, under circumstances involving medical conditions, course money can be utilised for different treatments after the deductions at regular prices. This provision should be used within one year of purchase of the course and cannot be refunded. Course money cannot be utilised for buying the products or treatment packages and deals.

Sirisha Vasamsetti – Our Head Aesthetician



Sirisha is the Head Aesthetician of the Sirisha's Health & Beauty, CIDESCO qualified with over 20 years of experience. Apart from focusing on comprehensive face and body care treatments, she additionally holds an International Diploma from International Dermal Institute, Los Angeles.

She also holds a prestigious Dermalogica skin expert status. She constantly attends advanced training and updates her knowledge in skin care techniques, thus enabling her therapists to be trained to the same level. Her expertise in advanced cosmetic procedures to remove fibrous and vascular skin blemishes such as red veins, blood spots, warts, milia and many other lumps and bumps has added extra reputation to the clinic.

Gift vouchers for Dermalogica products and all the treatments are available.

Cancellation (or) change of treatment times within 24 working hours will incur a charge of full treatment value. If you fail to show for the appointment, your treatment(s) will be charged at full cost. If part of a booking is cancelled after arrival, the full cost of the treatment(s) as booked will remain payable on departure. We request you do not leave messages on the answer machine for any cancellation.

