Full terms and conditions for The Wellness Clinic, including our booking process and cancellation policy, are available at harrods.com/thewellnessclinic, or can be requested in-store.
Harrods has brought together a carefully selected panel of specialists to meet your every need, whether aesthetic, remedial or wellbeing-related. From vitamin drips and mindfulness sessions to whole-body cryotherapy, everything you need is under one roof, so you can experience a truly seamless approach to wellness.
AESTHETIC SERVICES

Experience a wide range of doctor-led treatments that aim to enhance and rejuvenate the face. Personalised consultations and bespoke treatment paths are designed for subtle and natural results, helping you to enjoy a more youthful appearance.

Facial aesthetic consultation with 3D imaging and personalised treatment plan £195 | 45 mins

Wrinkle smoothers from £250
An injectable treatment to help reduce the appearance of facial lines.

Dermal fillers from £695
A naturally occurring hyaluronic-acid gel is injected into the face to help smooth wrinkles and folds. It is also used to help plump out scars and dents in the face, and to assist in defining and enhancing lips, reshaping the nose or defining and sculpting facial contours.

AESTHETIC SERVICES FROM DR MARWA ALI

Dr Marwa Ali specialises in aesthetic rejuvenation for the face and body using pioneering techniques to help deliver the desired result. Her signature approach to rejuvenation is through the use of bespoke ‘tweakments’ to achieve a youthful, natural appearance.

Facial consultation with 3D imaging and personalised treatment plan £195 | 30 mins

BOTOX® INJECTIONS

Botox® is an FDA-approved brand of botulinum toxin that is injected to relax the facial muscles as an anti-wrinkle treatment. It can also be used to treat crow’s feet, gummy smile, bunny lines, chin dimpling and jaw and neck bands, and in brow and nose lifts.

Face from £250
Jaw slimming / teeth grinding from £550
Migraines from £550
Hyperhydrosis from £750
Dermal fillers from £695

Dermal fillers are used to add volume to facial features or replace volume that has been lost with age. They can also be used for profile balancing, contouring and reshaping features to help balance the facial proportions. Areas that can be treated include lips, chin, cheeks, jaw, tear trough, temple, forehead, brow and nose.

PRICES SUBJECT TO CHANGE
DR MARWA ALI AESTHETIC SERVICES (CONTINUED)

Skin-booster injectables from £695
A cocktail of hyaluronic-acid filler and skin-boosting vitamins to improve the levels of hydration and elasticity in the skin.

Eye-brightening treatment from £2,000
A combination of dermal fillers, Botox and high-intensity focused ultrasound (HIFU) to replace volume loss, lift, tighten and rejuvenate the skin.

M neck lift from £2,500
A combination of HiFU, Botox and collagen-stimulating injectables to tighten, lift and rejuvenate the neck.

M-lift thread lift from £3,000 for 10 threads
Silhouette Soft Threads provide an instant lifting and tightening effect for the facial contours. The threads improve the quality of the skin texture by increasing the production of collagen. Areas that can be treated include the jaw, jowls and smile lines. Results are immediately visible and the skin quality continues to improve over the following 18 months. The procedure is performed under local anaesthetic to aid comfort.

PRP (medical vampire facial) from £600
Platelet-rich plasma (PRP) involves taking blood from the patient, which is then spun at high speed in a centrifuge to separate the plasma from the rest of the blood. The plasma contains powerful nutrients, growth factors and stem cells, which are essential for cellular regeneration. The plasma is then injected into the superficial layer of the skin in combination with micro-needling to boost collagen production.

PRP hair-loss treatment from £600
PRP is injected into the scalp to help prevent hair loss while supporting healthy and strong hair growth.

Body-sculpting injectables from £2,500
Sculptra is a non-surgical treatment that is designed to create lift and volume while stimulating the body’s ability to produce its own collagen. Most commonly used for the buttock area for a non-surgical butt-lift, the series of micro-injections just below the skin’s surface enhances the shape of the buttocks by increasing volume, boosting collagen and improving the overall texture of the skin.

Other areas of treatment include neck, décolletage, knees, arms and thighs.

Gala Glow Facials™ from £2,000 | 45 mins
Dr Marwa’s signature facial treatment uses HIFU with a boost of medical-grade vitamin C to offer both immediate and long-term skin benefits. Skin appears refreshed, clear and radiant straight after treatment and results continue to be seen for up to six months after treatment.

NEW YORK DERMATOLOGY GROUP (NYDG)
DR COSTAS PAPAGEORGIOU MD FACS

Under the medical direction of Dr Papageorgiou, the New York Dermatology Group offers signature rejuvenating treatments. NYDG’s approach is to customise treatment plans, implementing 3D imaging and cutting-edge technologies to achieve the most natural results possible.

NYDG FACIAL AESTHETICS

Facial-aesthetic consultation with 3D imaging and £225 | 60 mins

NYDG Instant Lift from £2,400 | 60 mins
This facial remodelling procedure works to restore facial symmetry and youthful contours by combining hyaluronic-acid gel fillers and wrinkle-smoothing injections in a single session. Like a subtle mini lift, the Instant Lift has an immediate and natural-looking outcome with minimal recovery time, while 3D imaging is used to assess the facial contours and customise the procedure to the individual needs of each patient.

Volumising agents (hyaluronic-acid gel fillers) from £800 | 45 mins
Facial fillers are used to maintain volume in the face, and thus help to restore or prolong a youthful appearance. By functioning as ‘collagen replacement’ or ‘soft-tissue enhancement’ and targeting the sites where natural fat pads are depleted, facial-filler injections take only minutes to perform and the aesthetic results are immediate. Dr Papageorgiou applies minimally invasive techniques and uses the latest generation of FDA-approved fillers that have enhanced safety and improved longevity.

Wrinkle smoothers from £500 | 45 mins
Botulinum toxin is an FDA-approved treatment for fine lines and wrinkles, and is extremely effective at easing the over-contracted muscles that cause the surface of the skin to look tired or stressed. The treatment works by strategically balancing overactive muscles so that facial wrinkles and lines become less noticeable. As a result, patients can achieve an eyelid lift, a smoother forehead or smoothing of horizontal neck lines. Results are visible within four to 10 days and can last for four to six months.

Profhilo Hydralift from £800 | 45 mins
Experience a new method of facial remodelling via a superficial intradermal injection of a complex of high- and low-molecular-weight hyaluronic acid. Two sessions can counteract the reduction of hyaluronic acid in the skin, restoring hydration, elasticity and skin tone. Notable for its ability to flow uniformly through entire anatomical areas after injection, Profhilo can improve elasticity in challenging areas such as the neck and inner arms, where conventional fillers are not effective.
NYDG FACIAL AESTHETICS (CONTINUED)

E-lift (eyelid and eyebrow rejuvenation) £1,000 | 45 mins
By replenishing volume loss in the most expressive part of the face, this 3D reconstruction (augmenting blepharoplasty) works to reverse age-related changes and deflation in the eyelid and eyebrow area through a staged approach devised by Dr Papageorgiou. The E-lift can function as a mini lift for sagging eyelids, and help to improve eyebrow deflation, reduce under-eye circles and reverse a fatigued appearance in a completely natural-looking way.

Nose reshaping £1,000 | 45 mins
Hyaluronic-acid gel fillers offer a valid alternative to surgical rhinoplasty in some cases. Reshaping the nasal bridge or recontouring the tip projection can be achieved in 15 minutes, bypassing the recovery time that accompanies a surgical approach. This technique, although not a substitute for surgical rhinoplasty, can be a safe and immediately transformative option for patients who desire a nonsurgical refinement of their nose, or patients who have suffered trauma or complications following a surgical procedure.

Jaw slimming from £800 | 45 mins
Masseter hypertrophy is a clinical phenomenon characterised by a soft swelling near the angle of the jawbone that changes the shape of the lower face. Botulinum toxin injections can create an aesthetically slimmer, smoother jawline, and a more ‘heart-shaped’ face. The toxin selectively remodels the masseter over time, leading to an overall reduction in the size and projection of the jaw. Patients typically notice reshaping of the jawline at six weeks.

Biological skin therapies (Arthrex ACP) from £1,200 | 90 mins
This bespoke programme of skin revitalisation employs a powerful cocktail of proteins (growth factors) that stimulate cell regeneration using a patient’s own cell biology. The procedure uses NYDG state-of-the-art ACP/Arthrex system, which yields a concentration of growth factors.

Ultherapy face: ultrasound wave lift £5,000 | 90 mins
Ultherapy neck: ultrasound wave lift £3,800 | 75 mins
Ultherapy is a nonsurgical treatment of the face, neck and décolletage that uses powerful ultrasound waves to stimulate a gradual remodelling and lifting effect. Ultrasound energy targets the deeper structural layers of the skin, which are usually tangled during cosmetic surgery, without disrupting the surface of the skin. By stimulating the body’s natural renewal pathways and collagen production, the regenerative effect of the treatment should manifest over several months, working to achieve a natural-looking result. The treatment can be ideal for patients who are not surgical candidates and desire discreet ways to enhance their looks. Treatments are customised to suit each patient.

NYDG Hybrid Energy Lift from £6,000 | 120 mins
Devised by Dr Papageorgiou, NYDG’s signature method of facial rejuvenation employs the regenerative and lifting effects of multi-layered energy waves (ultrasound, infrared, light and laser) in a single session, targeting all layers of the face, from the superficial epidermis to the deeper muscular layers. Thanks to the stimulation of metabolically active cells and collagen production, the regenerative effect of the Hybrid will manifest itself over several weeks or months. Results are expected to last for up to two years.

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NYDG FACIAL AESTHETICS (CONTINUED)

Laser chin sculpting – Sculpture from £900 | 60 mins
This FDA-approved fat-remodelling procedure uses light-based technology to help disrupt and eliminate unwanted fat pockets under the chin in as little as 25 minutes. Dead fat cells are naturally metabolised over time, which should result in a slimmer and more defined appearance of the jawline and neck. Results are seen as quickly as six weeks after the procedure, with final results typically achieved at 12 weeks. Laser-assisted lipolysis can replace surgical liposuction, which can be ideal for patients who desire refinement of the chin and neck area without the downtime of a surgical intervention. Individual treatment protocols apply and outcomes are assessed with 3D-imaging technology.

Silhouette Soft Thread lift from £4,000 | 60 mins
Silhouette Soft Threads are a new generation of facial threads used for noninvasive facial reshaping. The treatment involves the use of biocompatible and fully absorbable threads, and can be a valid alternative for patients with mild degrees of laxity of the lower face. The main attractions of the technique are the lack of invasiveness, short recovery time and ability to address areas of the face that are usually tackled with a surgical procedure. Outcomes are expected to last up to 18 months.

Male facial aesthetics from £2,000 | 60 mins
Male faces have unique anatomical characteristics that require sophisticated approaches to achieve a natural look. Dr Papageorgiou offers the latest minimally invasive procedures and rejuvenating treatments, customised to the needs of male faces. By implementing a wide platform of anti-ageing agents and technologies, subtle enhancements are sufficient to correct weak or unbalanced features, and enhance masculine contours using a staged and discreet approach.

Bro-tox (male wrinkle smoothing) from £500 | 30 mins
Bro-tox is a specialised technique for relaxing fine lines and wrinkles in men’s faces while retaining some ruggedness and animation. Bro-tox is generally quick and easy; it is often referred to as a ‘lunchtime procedure’, meaning that it can be scheduled during a lunch break or a free afternoon as it requires no downtime afterwards. Results are expected to last up to six months.

NYDG Tie Tuck jawline enhancement from £4,500 | 120 mins
NYDG’s Tie Tuck combines the latest innovations in noninvasive cosmetic dermatology to help redefine the male jawline and reduce the appearance of laxity in the lower face, chin and neck area. The Tie Tuck combines: 1) ultrasound waves, a nonsurgical ultrasound treatment that lifts, tones and tightens loose skin in the deep muscles of the neck and lower face; 2) radio frequency waves that aim to lift and tone sagging facial and neck skin; 3) Sculpsure, a noninvasive procedure for reducing fat below and around the chin, the submental area and the neck for a more chiselled jawline; and 4) hyaluronic gel structuring, a technique that works to add volume and definition to the jawline and chin with an immediate effect. Upon completion of the two-hour treatment, and for a period of three to six months, men can experience a more defined jawline with visible reduction of the fatty deposits under the neck, tightening of the neck, and reduction of cheek jowls.

NYDG SIGNATURE FACIALS

NYDG Triad Facial
Triad face and neck/décolletage £800 | 60 mins
£1,500 | 90 mins
NYDG’s signature Triad Facial works to deliver the cosmetic boost of a facial with longer-term dermatological benefits. Skin texture and tone are visibly improved, collagen production is boosted and, when undertaken regularly, the Triad Facial can help to reverse the damage inflicted on the face from acne, rosacea, UV radiation and ageing.

NYDG Rosacea Medical Facial £1,000 | 60 mins
The Rosacea Medical Facial is a bespoke treatment scientifically formulated for hypersensitive and rosacea-prone skin. Incorporating advanced light and laser therapies, Colbert MD cosmeceuticals and a medical prescription regime, the treatment helps to strengthen the skin, and reduce inflammation and rosacea breakouts, as well as desensitize the skin to the triggers of rosacea. The treatment course improves the texture and tone of the complexion; protects and supports blood capillaries; and helps to prevent rosacea from progressing to more advanced stages. This intensive facial treatment simultaneously prevents and corrects the signs of ageing by helping to combat free-radical damage and encouraging skin renewal. This custom-created facial is suitable for all skin types and colours, and works effectively for both men and women.

Gentle Wave Facial £100 | 30 mins
Using LED light-based therapy, this facial helps to treat surface lines and wrinkles without visibly disturbing the surface of the skin. In the same way that plants use chlorophyll to convert sunlight into plant tissue, waves in the red-infrared spectrum can trigger a natural biostimulatory effect on the face. Regular use is one of the least invasive ways to reverse the signs of ageing, as the waves can help to repair the protective barrier on the skin’s surface, improve hydration levels, combat oxidative stress and UV damage, and stimulate skin renewal for an improved texture. The full course of Gentle Wave treatment typically involves 12 soothing sessions, spaced at regular intervals a week or two apart.

Medical-grade micro-needling therapy £500 | 60 mins
Collagen induction therapy is a minimally invasive skin-rejuvenation procedure that involves the use of an automated device to create a controlled channel through which cells are triggered to produce new collagen and elastin. Through the resulting production of new collagen, there should be an improvement in skin texture and firmness, as well as a reduction in scars, pore size and stretch marks. The procedure has minimal downtime, and can be further personalised by combining trans-epidermal delivery of powerful antioxidants, peptides and nutrient serums. Some redness may occur immediately after treatment, which usually subsides by the next day.
NYDG SIGNATURE FACIALS (CONTINUED)

Titan infrared light face and neck rejuvenation from £950 | 60 mins
Titan is a next-generation infrared light that remodels loose skin on the face, neck and body areas. The advanced Titan technology uses light energy to heat the dermis well below the surface, helping to stimulate the production of collagen, initiate the skin’s own process of repair, and enhance tone and elasticity. Serial treatments spaced four weeks apart can result in visibly tighter, and more toned and resilient skin.

Exilis Elite HydraTite Rejuvenation
Course of four sessions
Face and neck from £3,200 | 90 mins
Face, neck and décolletage from £4,000 | 150 mins
Eyelids from £1,400 | 30 mins
Exilis Elite employs an innovative combination of ultrasound and radio frequency to address skin laxity as well as help reshape excessive fat deposits in the submental area. Over a course of four treatments, spaced two weeks apart, the radio-frequency energy works to remodel the dermal layer of the skin by helping to stimulate new collagen growth. This can help to lift and tighten excess skin, making it ideal for redefining the facial contours and jawline. Maintenance sessions every six months are recommended to optimise and maintain results.

Laser toning £500 | 45 mins
This painless laser-induced rejuvenation process uses rays of powerful light energy to target the deeper layers of the skin without harming the overlying epidermis. Clinical studies have shown that this regeneration phase works to energise the cells, stimulate collagen production, and help reverse damage inflicted on the face by ultraviolet radiation and ageing. The 1064nm laser waves not only reach the deeper layers of the skin, but also are less absorbed by melanin, making the treatment a safe option for darker skin or for tanned patients. An induction phase of three sessions is recommended to maximise results.

HydraGlow facial £200 | 60 mins
Enjoy an instantly refreshing and revitalising boost thanks to hydrafacial, a noninvasive skin-resurfacing technology that helps to promote healthy-looking skin. The treatment involves several stages, during which layers of exfoliating agents, hyaluronic acid, vitamins and antioxidants are infused into the skin, aiming to extract dead cells, then cleanse, nourish and hydrate the face. The treatment specifically targets dehydration, open pores, acne and oily congestion.

Oxygen infusion facial £200 | 60 mins
During this hydrating treatment, high-pressure hyperbaric oxygen is used to deliver lightweight hyaluronic acid and a powerful cocktail of vitamins, botanical peptides and antioxidants. The lightweight version of hyaluronic acid maximises dispersion of the infused nutrients, helping to reduce fine lines and wrinkles, and improve texture and overall radiance.

Hydra Genesis facial £550 | 60 mins
This medical facial works to revitalise the skin with a combination of exfoliating agents, microdermabrasion and an infusion of hyaluronic acid, vitamins and antioxidants.
NYDG SIGNATURE FACIALS (CONTINUED)

Oxygenesis Facial
This signature facial uses a combination of hyperbaric oxygen with hyaluronic acid infusion to deeply hydrate the skin. It also uses laser genesis to stimulate the production of collagen within the dermis to address skin tone and texture.

NYDG The Runway Facial
Conceived by Dr David Colbert as the ultimate skin preparation for his A-list clients, The Runway Facial works to provide radiant camera-ready skin with zero downtime. Combining advanced medical skincare technology (laser genesis, infrared waves, light waves and photobionic waves) with the cosmetic boost of a facial, the treatment aims to deliver immediate lifting, hydrating and skin-brightening effects. This is not a conventional facial, but a sophisticated skin rejuvenating medical programme aimed at revitalising the entire face. All stages of skin remodelling are combined with Colbert MD skincare products.

Submental-fat injectable lipolysis (double-chin therapy)
Deoxycholic acid, a naturally sourced emulsifier, works to break down the membranes of fat cells in the chin area. This can induce fat-cell reabsorption, and also stimulate the production of collagen, resulting in firmer skin. The final result can be a gradual remodelling of the chin and neck areas over a course of two to three sessions. This treatment can be used in combination with Cryolipolysis Mini Coolsculpt and Sculpture.

Limelight Illumino Rejuvenation

Face, neck and décolletage

Limelight Illumino Rejuvenation

Face, neck and décolletage

Hands

Intensity Pulsed Light therapy is designed to combat damage inflicted from ultraviolet radiation and ageing. This treatment is ideal for any part of the face, neck or décolletage that suffers from skin redness, vascular imperfections, brown spots or sun damage. The procedure uses state-of-the-art technology that is customisable for each patient and offers the advantage of improving skin tone and surface imperfections by stimulating fibroblasts to produce new collagen fibres. Over several treatments, this new collagen helps to soften the appearance of wrinkles, pores and textural irregularities.

NYDG BODY REMODELLING

Laser Fat Sculpting

Laser Fat Sculpting is the latest technology for fat-remodelling procedures. It employs light-based technology to help disrupt and eliminate unwanted fat pockets in the abdomen, waistline, thighs, flanks and inner arms within 25 minutes and with no downtime. Results can be seen in as little as six weeks; final results are typically achieved at 12 weeks. Two to three sessions are usually required to achieve the desired outcome. With each session, up to 24 per cent of targeted body fat is removed through a comfortable experience that doesn’t involve freezing or suction, or result in discomfort during or after treatment. Results may vary depending on age, gender, lifestyle and the metabolic rate of each patient. Individual treatment protocols apply and outcomes are assessed with 3D-imaging technology.

Cryolipolysis (Coolsculpt fat remodelling)

This technique involves controlled cooling of unwanted fat cells in all areas of the body. Each treatment cycle (35 minutes) will help to reduce subcutaneous fat in the target area by up to 25 per cent. For this reason, it is considered a lunchtime treatment, as it allows patients to go back to work or carry on with their normal daily activities. As each treatment plan is bespoke, a consultation is carried out using 3D imaging to assess the body contours from different angles in order to focus on specific areas. Patients usually require a course of two sessions, spaced three months apart. Individual results may vary.

Exilis Elite HydraTite Rejuvenation (course of four sessions per area)

Exilis Elite employs an innovative combination of ultrasound and radio frequency to address skin laxity as well as reshape subtle fat deposits in the abdomen, flanks, thighs and inner arms. Over a course of four treatments, spaced two weeks apart, the radio-frequency energy can help remodel the dermal layer of the skin by stimulating new collagen growth, thereby helping to lift and tighten excess skin. In addition, the device can be set to target stubborn fat deposits and cellulite, allowing the body’s defences to break down and eliminate the fat layers. Virtually any area of the body can be treated, thanks to the precisely engineered applicator. The Exilis Elite treatment is a fast, safe and effective procedure for all skin types, and offers noticeable results with minimal downtime.

Titan infrared-light body rejuvenation

Titan is a next-generation infrared light that remodels loose skin on the face, neck and body. Advanced Titan technology uses light energy to heat the dermis well below the surface, helping to stimulate the production of collagen, initiate the skin’s own process of repair, and enhance tone and elasticity. Serial treatments spaced four weeks apart can result in visibly tighter, more toned and resilient skin.
MEDICAL BEAUTY FOCUSING ON SKIN HEALTH – DR RABIA MALIK

Specialising in noninvasive, nonsurgical treatments, Dr Malik provides a personal solution tailor-made to the individual’s needs. She is dedicated to providing treatments that work, with minimum downtime and maximum results.

Skin Plan – initial consultation and express medifacial £295 | 60 mins
Dr Rabia Malik’s bespoke skin plans are a worthwhile investment for anyone who is unsure on what products are best for their skin. The appointment incorporates a 30-minute consultation to aid in creating a treatment plan, followed by a 30-minute express medifacial to brighten the skin.

After the initial consultation, you will receive a personalised skin plan that will contain the information you need to make the best choices for skin health, including recommendations for products, treatments and supplements. Dr Malik is able to recommend more than 20 cosmeceutical skincare ranges in an independent capacity.

Skin Refining Facial – incorporating superficial skin peel from £295 | 45 mins
Dr Malik’s peels are tailor-made for each client in order to achieve the best results. The treatment will encourage healthy exfoliation and remodelling, and promote even skin tone, colour and texture, resulting in a healthy glow.

Mesofacial – Harrods exclusive from £295 | 30 mins
This exclusive treatment combines medical-grade dermaroller/micro-needling to stimulate the skin’s own collagen production, which aids in addressing laxity, fine lines, wrinkles and acne scarring. This is followed with application of skin-rejuvenation topicals.

Meso-peel* from £500 | 75 mins
Dr Malik’s signature Meso-peel combines medical-grade dermaroller/micro-needling with a customised peel. This treatment offers skin rejuvenation with little downtime. It can be repeated every three or four months to address dullness, skin laxity and hyperpigmentation.

*Please note that Meso-peel involves the use of larger needles and will require the application of topical anaesthetic.

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EMSCULPT® BODY SCULPTING

EMSCULPT® is a revolutionary treatment designed to strengthen your core, sculpt your abs, shape your bottom and permanently eliminate fat. Unlike other noninvasive body-shaping therapies that merely address fat reduction, EMSCULPT® increases muscle volume and permanently eliminates fat from the treated area, resulting in a sculpted and lifted appearance. The treatment is suitable for both men and women.

EMSCULPT® for abdomen £850 | 30 mins
Four sessions £3,000

EMSCULPT® for buttocks £950 | 30 mins
Four sessions £3,400

EMSCULPT® for arms £750 | 30 mins
4 sessions £2,400

EMSCULPT® for legs £750 | 30 mins
Four sessions £2,400

EMSCULPT® combined £6,000
Four sessions of combined abdomen and buttock treatments

A minimum of four sessions is recommended to achieve optimum results, with the added benefit of no rest time required post-treatment.

THE Elixir CLINIC

Discover The Elixir Clinic’s treatments such as IV Nutrient Therapy and Intramuscular Vitamin Therapy, designed to rejuvenate and promote long-term wellbeing. The Elixir Clinic’s bespoke VitaDrip® infusions are a unique blend of vitamins, minerals and amino acids, aimed at hydrating, detoxing, enhancing energy levels, strengthening the immune system and promoting anti-ageing.

The Recharger VitaDrip® £350 | 45 mins
Anti-Ageing VitaDrip® £350 | 45 mins
Antioxidant VitaDrip® £280 | 45 mins
Curcumin VitaDrip® £250 | 45 mins
Diet & Detox VitaDrip® £280 | 45 mins
Fitness VitaDrip® £220 | 45 mins
Hair Growth VitaDrip® £280 | 45 mins
Harrods VIP Exclusive VitaDrip® £700 | 45 mins
Immunity VitaDrip® £240 | 45 mins
Frequent Flyer VitaDrip® £200 | 45 mins
Libido Enhancer VitaDrip® £200 | 45 mins
Liver Cleanse VitaDrip® £200 | 45 mins
Maintenance VitaDrip® £250 | 45 mins
Mood Enhancer VitaDrip® £300 | 45 mins
Motherhood VitaDrip® £300 | 45 mins
Recovery Support VitaDrip® £240 | 45 mins
VIP Elixir Vitadrip® £407 | 45 mins

DIAGNOSTIC AND SCREENING

Mineral tissue and heavy metal analysis £250 | 45 mins
A non-invasive analysis to detect mineral deficiencies, heavy metal intoxication and trace elements within the body; results provided in real time.

General doctor consultation £150 | 30 mins
Mineral tissue and heavy metal analysis, as listed above, followed by a general consultation.

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THE ELIXIR CLINIC (CONTINUED)

**OXYGEN BAR**  Add on only with VitaDrip £50
The perfect rejuvenating treatment to combine with a VitaDrip, the oxygen-mask experience lasts 10–20 minutes, depending on your preference, and there are various aromas to choose from.

An increased level of oxygen in the body helps reduce stress, headaches or migraines; it’s also ideal for relieving congestion. Other benefits include a sense of relaxation or feeling refreshed.

**THE ELIXIR CLINIC WELLNESS PROGRAMMES**

The Elixir Clinic offers wellness programmes aimed at achieving results through bespoke, natural and effective treatments. The programmes are designed to assist with chronic fatigue, detoxification, anti-ageing, gut health, weight management, poor hair health and more. Prices on request.

*The Elixir Clinic wellness programmes are designed to support health and do not treat or cure any diseases.

- **The Elixir Detox**  From 16 sessions x 60mins (8–9 weeks)
  Enhance your quality of life with a detailed detoxification wellness profile, designed to remove toxins, trace elements and heavy metals from the body, while improving gut and skin health.

- **Anti-ageing profile**  From 12 sessions x 60mins (6–7 weeks)
  A natural treatment programme designed to support a healthy lifestyle while slowing down the ageing process. The key focuses are detox, immunity, hydration, anti-ageing and rejuvenation. The profile consists of diagnostics, screening, intravenous therapy and anti-ageing therapy treatments.

- **Hair follicle support therapy**  From 12 sessions x 60mins (12 weeks)
  The first step is identifying the cause of hair loss, thinning hair or brittle nails. This programme will help improve hair health by targeting gut health, nutrition and overall wellbeing.

- **Weight management**  From 12 sessions x 60mins (4–6 weeks)
  A comprehensive guide for those struggling to lose weight. This programme requires a lifestyle change both mentally and physically. It focuses on key factors including nutrition, physical activity and supplements to support wellness and weight goals.

- **Fatigue support**  From 12 sessions x 60mins (6–7 weeks)
  Chronic fatigue can affect physical and mental health. Achieve a well-balanced life with this wellness profile.

- **Gut healing**  From 12 sessions x 60mins (6–7 weeks)
  Poor gut health leads to common issues such as irritable bowel, maldigestion, gastric conditions, poor skin health, mood swings and more. This bespoke programme identifies the key issues affecting gut health and tailors solutions.

- **Athletic development**  From 12 sessions x 60mins (6–7 weeks)
  A wellness profile designed for athletes or fitness enthusiasts to enhance athletic performance and muscle endurance; boost metabolism that aids fat burn; and assist with recovery while improving overall wellbeing.

- **Postoperative support**  From 12 sessions x 60mins (6–7 weeks)
  Recovery and healing is essential after any minor or major surgery. This profile will help speed up the process while strengthening the immune system and replenishing the nutrients the body requires.

- **Libido enhancement**  8 sessions x 60mins (8–9 weeks)
  Poor lifestyle habits can affect libido levels in men and women. This wellness profile will improve general wellbeing, in addition to mood, libido levels, sexual health and fertility.

- **Mindfulness**  From 12 sessions x 60mins (6 weeks)
  Mental health is as important as physical wellbeing. This programme will help with mindfulness, stress management, life coaching and dealing with anxiety, in order to avoid symptoms such as fatigue, poor sleeping patterns and a weak immune system.

- **Cognitive function**  From 10 sessions x 60mins (10 weeks)
  Attention, memory and enhancing cognitive functions are the key focus of this profile. In addition, detoxification of the body will help to improve general wellbeing.

- **Allergy relief**  From 12 sessions x 60mins (6–7 weeks)
  Recurring allergies and sensitivities can be unbearable. Recover from symptoms with natural and effective treatments that will improve your quality of life.

**PRICES SUBJECT TO CHANGE**

T: +44 (0)20 7225 5678 • THEWELLNESSCLINIC@HARRODS.COM
INTRAVENOUS LASER THERAPY

IV laser therapy involves a low-level infrared laser light being directly applied to the bloodstream to create deeper tissue penetration. The Elixir Clinic offers red, blue and yellow infrared lasers, each with its own benefits, prescribed by our registered practitioners based on your needs.

IV laser therapy is recommended as a combined treatment with a VitaDrip® to allow for absorption of the nutrients being delivered to the bloodstream.

IV Laser (red or blue infrared laser) £250 | 45 mins
Combined with VitaDrip® £150 | 45 mins
Oxygen Bar with VitaDrip® £50

INTRAMUSCULAR (IM) VITAMIN THERAPY

Intramuscular (IM) vitamin therapy is the administration of injections directly into the muscle to deliver essential nutrients to the body for 100 per cent absorption. Our injections – also referred to as vitamin booster shots – offer wellbeing benefits that may assist with detoxification, boosting energy levels, stimulating hair growth and strengthening the immune system.

Our intramuscular injections are used for supplementation purposes and do not treat or cure any medical conditions or diseases.

B12 booster IM £50 | 15 mins
Hair, Nail and Skin IM £50 | 15 mins
Mood Boost IM £50 | 15 mins
Antioxidant IM £80 | 15 mins
Fat Burner IM £80 | 15 mins
The Recharger IM £60 | 15 mins
Immune Charger IM £100 | 15 mins
Superboost IM £80 | 15 mins
Vitamin D IM £100 | 15 mins

JOHN TSAGARIS

Internationally renowned practitioner of Traditional Chinese Medicine (TCM) and qualified human bioscientist John Tsagaris is acclaimed for his innovative, unique and age-defying skincare products and cosmetic acupuncture. He has created a range of treatments exclusively for Harrods.

HARRODS VIP HEALTH TCM ACUPUNCTURE WITH BODYWORK

Introduction to TCM £350 | 60 mins
Initial session with John Tsagaris £800
Course of four sessions £1,050
Course of six sessions £1,750

A course of treatment is recommended for optimum results.

BEAUTY ACUPUNCTURE

John Tsagaris has created a bespoke treatment using cupping, dermarollers and electrical-current vibration alongside acupuncture to promote facial elasticity, firmness and skin rejuvenation. The results are enhanced by the use of LED light and the application of products from Skin Point Eight, Tsagaris’ luxury skincare line.

VIP beauty acupuncture £950
Introduction to beauty acupuncture £450
Single session £450
Course of four sessions £1,350
Course of six sessions £2,250
THE LOUISE PARKER METHOD

Louise Parker’s registered dieticians and personal trainers offer expert nutritional advice and fitness coaching to clients worldwide. Every programme is tailored and combines impressive results with lasting habit change. Programmes are available for a wide range of goals, including weight loss, fitness improvement, digestive health, fertility enhancement and post-natal care.

THE TRANSFORM PROGRAMME

The signature Transform programme helps clients to lose weight and reduce body fat in just six weeks, while simultaneously creating habits that last. Based on the four pillars of the award-winning Louise Parker Method, the programme is adjusted at weekly dietician consultations to suit any lifestyle and goal.

Consultations with a dietician

Enjoy weekly coaching from our expert dieticians to help you lose weight and reduce body fat. Support can be extended beyond the initial six or 12 weeks to help you reach your goal and maintain your results.

Initial consultation £295 | 60 mins
Follow-up session £195 | 30 mins
6 weeks £2,400
12 weeks £3,600
Annual Transform 360 £11,000
MINDFULNESS
Mindfulness meditation with Terrence the Teacher

Initial/Single session £300 | 75 mins
Follow-up sessions £250 | 60 mins
Package programmer £750
(Includes initial session plus two follow-ups)

Group meditation £70 per person | 40 mins
Join Terrence the Teacher for group mindfulness and meditation sessions.
Enjoy 40 minutes of relaxing, calming and peaceful mindfulness time.
Minimum four people per class; maximum 10 people per class.

CLINICAL HYPNOTHERAPY AND/OR NLP (NEURO-LINGUISTIC PROGRAMMING)

Initial/single session £300 | 75 minutes
Follow-up sessions £250 | 60 mins
Package programme £750
(Includes initial session plus two follow-ups)

MARGARET DABBS LONDON
A leader in medical pedicures, Margaret Dabbs London takes its medical expertise to the beauty arena worldwide, providing an unrivalled experience for effective and long-lasting anti-ageing treatments for the feet.

FOOT CLINIC TREATMENTS

Margaret Dabbs London Medical Pedicure £130 | 45 mins
The Medical Pedicure by Margaret Dabbs London – the authority on feet and a pioneer of the medical pedicure – is a thorough overhaul of the feet by a qualified podiatrist. The 45-minute treatment, popular with both men and women, will leave you feeling like you are walking on air, with feet that look and feel brand new.

Margaret Dabbs London Ultimate Luxury Foot Therapy £175 | 70 mins
This luxury expert pedicure provides the same core treatment as the Margaret Dabbs London Medical Pedicure but uses the full product range, finishing with exfoliation and foot bath, and also includes a luxury foot and lower-leg massage with oxygen therapy – perfect to help relieve stress and rejuvenate the body.

Diabetic medical pedicure £165 | 60 mins
Biomechanical assessment £130 | 45 mins
A full foot and leg assessment, carried out by a podiatrist using the latest evidence-based 3D scanning technology, highlights pressure points and arch height. This assessment covers muscles and joints, and tests range of movement and motion. This process precedes the production of custom-made orthotics to aid gait-related problems.

Prescription orthotics £400 (per pair)
Following a biomechanical assessment, you may be prescribed custom-made orthotics by your podiatrist to support the feet and aid gait-related problems in the back, hips, knees and ankles.

Laser consultation – principle podiatrist £65 | 30 mins
Margaret Dabbs London Laser Nail Fungal Treatment Eradicate nail fungus with the Margaret Dabbs London Laser Nail Fungal Treatment, using an exclusively designed laser to treat the affected area.

Medical pedicure with fungal studies £175 | 60 mins
Fungal studies/pathology £45*
*Add-on treatment only; combine with laser consultation, medical pedicure or Ultimate Luxury Foot Therapy.

Foot manipulation & mobilisation £60 | 20 mins
Lower-level laser therapy £80 | 30 mins
One area
Two areas £125 | 45 mins
Medical nail reconstruction £50 (per nail) | 20 mins

PRICES SUBJECT TO CHANGE
T: +44 (0)20 7225 5678 • THEWELLNESSCLINIC@HARRODS.COM
MARGARET DABBS LONDON (CONTINUED)

Laser Rejuvenation For The Hands
This treatment has been developed to visibly minimise the outward signs of skin ageing of the hands. It is recommended for anyone who is concerned with loss of skin volume and elasticity, uneven skin tone and thinning of the skin of the hands.

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<thead>
<tr>
<th>Treatment</th>
<th>Price</th>
<th>Duration</th>
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</thead>
<tbody>
<tr>
<td>Patch test</td>
<td>£50</td>
<td>30 mins</td>
</tr>
<tr>
<td>Single session</td>
<td>£150</td>
<td>50 mins</td>
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<tr>
<td>Six sessions</td>
<td>£750 (8125 per session)</td>
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IICRYO
A full-body cryotherapy method, IICryo distributes freezing air evenly over the body to help decrease inflammation and improve circulation.

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Price</th>
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<tbody>
<tr>
<td>Cryo introduction (three sessions for new customers only)</td>
<td>£200</td>
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<tr>
<td>Single session</td>
<td>£95</td>
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<tr>
<td>Two people sharing (single session)</td>
<td>£150</td>
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<tr>
<td>Five sessions</td>
<td>£375</td>
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<tr>
<td>IO sessions</td>
<td>£650</td>
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<tr>
<td>20 sessions</td>
<td>£1,000</td>
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Signature cryotherapy rejuvenation face treatment
A supremely opulent and targeted treatment for a complexion that needs reviving, this treatment uses a combination of the latest innovative skincare by IISkin with state-of-the-art cryotherapy. The controlled system of -30°C cooled air and pure CO₂ helps to enhance oxygen levels, aid the improvement of microcirculation and provide optimal conditions for collagen and elastin stimulation.

<table>
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<tbody>
<tr>
<td>Single session</td>
<td>£250</td>
<td>60 mins</td>
</tr>
<tr>
<td>Course of six sessions</td>
<td>£1,200</td>
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<tr>
<td>Course of IO sessions</td>
<td>£1,750</td>
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INTEGRATED SPECIALIST IN OSTEOPATHY AND PHYSIOTHERAPY

As an integrated health-care specialist, Fernando Bidino endorses a philosophy in maintaining proper joint alignment and posture as prevention for many health-care-related injuries. Fernando develops personalised treatment plans to help to improve posture and body alignment.

Initial session £190 | 60 mins
Follow-up sessions £100 | 30 mins