AESTHETIC, WELLBEING
AND REMEDIAL TREATMENTS

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 to mindfulness sessions and a whole-body cryotherapy chamber, everything you need is under one roof, so you can experience a truly seamless approach to wellness.

**WELLBEING TREATMENTS**

Gen Identity
LPG Endermologie
The Louise Parker Method
Mindfulness

**AESTHETIC TREATMENTS**

New York Dermatology Group
Aesthetics & Rejuvenation
Resurfacing & Shaping

**REMEDIAL TREATMENTS**

The Elixir Clinic
Chiropractic, Physiotherapy & Osteopathy
Acupuncture
III Cryo

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**GEN IDENTITY**

Cutting-edge Prima Derm technology will allow our experts to develop a personalised skincare regime for you based on your DNA and lifestyle. Test results take four weeks to be processed and returned to us.

Consultation DNA test and personalised skincare regime  £1,500 *100 mins
*Initial consultation with DNA test  60 mins
*Post-test consultation with DNA test results and personalised skincare regime  40 mins
Follow-up consultation and replenishment from £650 30 mins

**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 £500
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 or dents in the face and to assist in defining and enhancing lips, reshaping the nose, or defining and sculpting facial contours.

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PRICES SUBJECT TO CHANGE
T: +44 (0)20 7225 5678 • THEWELLNESSCLINIC@HARRODS.COM
NEW YORK DERMATOLOGY GROUP (NYDG)

FACIAL AESTHETICS

Facial aesthetic consultation with 3D imaging and personalised treatment plan

<table>
<thead>
<tr>
<th>Service</th>
<th>Price</th>
<th>Duration</th>
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<tr>
<td>NYDG Instant Lift</td>
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<tr>
<td>NYDG Hybrid Energy Lift</td>
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<td>NYDG Ultherapy</td>
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<td>NYDG Wrinkle smoothers</td>
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<tr>
<td>NYDG Volumising agents</td>
<td>£800</td>
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</table>

Facial aesthetic consultation with 3D imaging and personalised treatment plan

- £295 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. 3D imaging technology 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

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 with enhanced safety and improved longevity.

Wrinkle smoothers from £500

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 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 noticed within four to 10 days and can last for four to six months.

Profhilo Hydralift from £800

Experience a new method of facial remodelling via superficial intradermal injection of a complex concentration of growth factors. Profhilo can improve elasticity in challenging areas like the neck and inner arms, where conventional fillers are not effective.

E-lift (eyelid and eyebrow rejuvenation) £1,000

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. 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.
NYDG FACIAL AESTHETIC SERVICES CONTINUED

Laser chin sculpting from £1,400 60 mins
This FDA-approved fat remodelling procedure uses light-based technology to help disrupt and eliminate unwanted fat pockets under the chin within 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 and 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 non-invasive 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.

NYDG SIGNATURE FACIALS

NYDG Triad Facial £800 60 mins
Triad face and neck/decolletage £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 The Runway Facial £2,000 120 mins
Conceived by Dr David Colbert as the ultimate skin preparation for his A-list clients, The Runway Facial works to provide camera-ready radiant 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, this treatment aims to deliver immediate lifting, hydration, and skin-brightening effects. The Runway is not a conventional facial, but a sophisticated skin rejuvenation medical programme aimed at revitalising the entire face. All stages of skin remodelling are combined with Colbert MD skincare products.

NYDG FACIALS CONTINUED

Limelight Illumino Rejuvenation – Face from £500 60 mins
Face, neck and decolletage from £700 90 mins
This light energy rejuvenation process (Intense 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 and decolletage with skin redness, vascular imperfections, brown spots and 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 Rosacea Medical Facial £1,000 60 mins
Rosacea Advanced Clinical 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 desensitise 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, gentle waves in the red-infrared spectrum can trigger a natural biostimulatory effect on the face. Regular use of gentle waves is one of the least invasive ways to reverse the signs of ageing, as they 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 about a week or two apart.

Medical Grade Microneedling 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 FACIALS CONTINUED

Titan: Infrared Light Face Rejuvenation from £700 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, toned and resilient skin.

Exilis Elite Rejuvenation
Face and neck (course of four sessions) from £2,800
Face, neck and decolletage (course of four sessions) from £3,500
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, which 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 from ultraviolet radiation and ageing. The 1064-nm laser waves not only reach the deeper layers of the skin, but 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 hydramabrasion, a non-invasive skin resurfacing technology that helps to promote healthy-looking skin. The treatment implements several stages during which layers of exfoliating agents, hyaluronic acid, vitamins and antioxidants are infused into the skin, aiming to extract dead cells, cleanse, nourish and hydrate the face. The treatment specifically targets skin dehydration, open pores, acne and oily congestion.

Oxygen Infusion Facial £150 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.

NYDG BODY REMODELLING

Collagen bed – Red Light Body Rejuvenation £200 45 mins
This entire-body phototherapy process works to enhance the performance of ageing cells. In the same way that plants use chlorophyll to convert sunlight into plant tissue, high-intensity light-emitting diodes (LEDs) in the collagen bed use specific wavelengths of light in the red-infrared spectrum to trigger a natural biostimulatory effect in the human body. Red light waves can help to increase nutrient flow to the skin, spur collagen growth, and expedite wound healing. The therapy helps to stimulate vital collagen and elastin production for plumper, firmer skin, which can improve texture and clarity. The treatment is a 30-minute procedure and is safe for all skin types.

Laser Fat Sculpting from £1,400 per area 60 mins
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 quickly as six weeks, with final results 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 metabolic rate of each patient. Individual treatment protocols apply and outcomes are assessed with 3D-imaging technology.

Exilis Elite (course of four sessions) from £2,400 60 mins
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 to remodel the dermal layer of the skin by stimulating new collagen growth, helping to life and tighten excess skin. In addition, the device can be set to target stubborn fat deposits and cellulite, allowing the body’s defences to work 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 from £800 60 mins
Titan is a next-generation infrared light that remodels loose skin on the abdomen, inner thighs, knees and upper-arm areas. The advanced Titan technology uses light energy to heat the dermis well below the surface, which helps to stimulate the production of collagen, thus initiating the skin’s own process of repair and work to enhance tone and elasticity. Serial treatments spaced four weeks apart should result in visibly tighter, toned and resilient skin.

Intimate Female Rejuvenation (course of three sessions) £3,500
Ultra Femme 360 is a safe and effective non-surgical treatment aiming to rejuvenate the intimate female areas, both internal and external. By employing radio-frequency waves, this revolutionary painless procedure improves women’s intimate wellbeing. Ultra Femme 360 stimulates collagen and elastin production, enhances sensitivity and reverses laxity with minimal discomfort and no downtime. The procedure meets strict safety standards and is a great option for women who desire non-surgical improvement of their intimate area’s health.
DR MARYAM ZAMANI

Plexr Upper and Lower Blepharoplasty £2,900 45 mins
This non-surgical treatment stimulates skin contraction for tighter skin over time.

Tri Brow Lift £1,700–£2,500 20–30 mins
This triple-action, non-invasive combination treatment addresses signs of ageing around the delicate eye area for a refreshed, rejuvenated and natural-looking lift.

Tri Eye Rejuvenation £1,700–£2,500 20–30 mins
Designed for clients aged between 30 and 50, this anti-ageing technique amalgamates injectables with Ultherapy – a combination of filler and ultrasound technology.

DR DAVID JACK

Egyptian Resurfacing Treatment £250 35 mins
One of Dr Jack’s signature treatments, this technique comprises three steps: a gentle facial peel, dermaplaning and a vitamin facial.

Needle Shaping – single session £450 30 mins
Course of four sessions £1,500
Shaping biostimulation uses acupuncture needles and a mild current to help lift and add volume to the targeted area.

The Perfect Peel £450 30 mins
This peel aims to give your complexion a more youthful and refined appearance using an antioxidant called glutathione.

The Perfect Peel – with pre-treatment using Obagi-C Rx £550

LPG ENDERMOLÆGIE – PREMIUM CELLU M6 ALLIANCE

This ground-breaking technique applies mechanical massage, using a proprietary rolling motion, to targeted areas of the face and body. This helps to stimulate circulation and lymphatic drainage, aid the removal of toxins and excess fluid from the tissue, and decrease water retention, while simultaneously encouraging the renewal of collagen production to help tighten and smooth loose skin.

For optimum results, a treatment course is recommended.

FACE
Signature treatment £120 30 mins
Course of 10 sessions £1,100
Express treatment £65 15 mins
Course of 10 sessions £600

This treatment works to boost skin renewal, with cell stimulation helping fibroblasts (rejuvenating cells) to boost their production of collagen for firmness, elastin for suppleness, and hyaluronic acid for volume and hydration.

BODY
Single session £140 30 mins
Course of 10 sessions £1,200
Stimulate circulation to address water retention and drain toxins, while also boosting fibroblasts (rejuvenating cells) and helping to diminish the appearance of cellulite.
THE ELIXIR CLINIC

Discover IV vitamin infusions and intramuscular injections that can help rejuvenate the body while promoting long-term wellbeing. VitaDrip infusions aim to boost energy and immunity levels, rejuvenate the skin, and support overall wellness. The Elixir Clinic offers an extensive selection of VitaDrip formulas.

Adrenal Fatigue VitaDrip  £350  45 mins
Anti-Ageing VitaDrip  £350  45 mins
Antioxidant VitaDrip  £280  45 mins
Detox VitaDrip  £280  45 mins
Fitness VitaDrip  £220  45 mins
Hair Growth VitaDrip  £280  45 mins
Immunity VitaDrip  £240  45 mins
Jet Lag VitaDrip  £200  45 mins
Maintenance VitaDrip  £250  45 mins
Mood Boost VitaDrip  £300  45 mins
Motherhood VitaDrip  £300  45 mins
Post Surgery VitaDrip  £240  45 mins
Harrods VIP Exclusive VitaDrip  £700  45 mins

DIAGNOSTIC THERAPY
Mineral Tissue & Heavy Metal Analysis  £250  45 mins

INTRANOVENOUS LASER THERAPY
A low-level infrared laser enables the application of red and blue laser light directly into the bloodstream, penetrating deeply to help stimulate blood and stem cell circulation for a multitude of wellness benefits. The recommended laser colour for each client is based on a consultation with the nurse and the client’s requirements.

IV Laser Therapy combined with a VitaDrip allows for faster absorption of the nutrients and optimal wellness results.

RED LASER LIGHT AIMS TO...
• Energise
• Strengthen the immune system
• Increase cell activity
• Regenerate damaged tissue structures
• Improve blood circulation

BLUE LASER LIGHT AIMS TO...
• Improve microcirculation
• Provide strong anti-inflammatory and antibacterial effects
• Accelerate healing of wounds
• Support pain relief
• Activate anti-ageing effects

IV Laser (red & blue infrared laser)  £250  45 mins
Combined with VitaDrip  £150  45 mins

THE LOUISE PARKER METHOD

Louise Parker 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, weekly dietitian consultations adjust the programme 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 six or 12 weeks to help you reach your goal and maintain your results.

6 weeks  £2,400
12 weeks  £3,600
Initial consultation  £295  60 mins
Follow up  £195  30 mins
Lifestyle assessment  £750  90 mins

Revive programme  £2,500
Two-week immersion in The Wellness Clinic, with integrated care from the clinic’s expert practitioners

Personal training
Six sessions, including two complimentary body-composition-tracking sessions with a dietician

Single session  £150  60 mins
6 sessions  £875 (£145.83 per session)
12 sessions  £1,700 (£141.66 per session)
18 sessions  £2,500 (£138.88 per session)
24 sessions  £3,300 (£137.50 per session)

PRICES SUBJECT TO CHANGE
T: +44 (0)20 7225 5678 • THEWELLNESSCLINIC@HARRODS.COM
## MINDFULNESS

Mindfulness meditation with Terrence the Teacher

<table>
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<th>Service</th>
<th>Price</th>
<th>Duration</th>
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<td>Initial/single session</td>
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<td>Follow-up sessions</td>
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<td>Package programme (includes initial session plus two follow-up sessions)</td>
<td>£750</td>
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Group meditation sessions £65 per person 40 mins

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

Clinical hypnotherapy and/or NLP (neuro-linguistic programming):

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<tr>
<td>Package programme (includes initial session plus two follow-up sessions)</td>
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## CHIROPRACTIC, PHYSIOTHERAPY AND OSTEOPATHY

FERNANDO BIDINO

A fully integrated specialist in osteopathy, physiotherapy and chiropractic care, Fernando Bidino is one of the very few specialists in London who is able to combine and deliver three main streams of complementary treatment in a single appointment, making his approach both unique and highly efficient.

<table>
<thead>
<tr>
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## ACUPUNCTURE

ROSS J BARR

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<tr>
<td>Signature Five Element Acupuncture</td>
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<tr>
<td>Signature Five Element Acupuncture &amp; Facial Rejuvenation Acupuncture</td>
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## IIICRYO

A full-body cryotherapy method, IIICryo distributes freezing air evenly over the body to help decrease inflammation and improve circulation.

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<tr>
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<td>20 sessions</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 111Skin and 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>
<thead>
<tr>
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<tr>
<td>Single session</td>
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