

Portsdown Health & Beauty Clinic and Aesthetics



(Est. Since 1991)

27 London Road, Widley,
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Telephone: (023) 9238 8342



Opening Hours

Monday	6.30 pm - 9.30 pm
Tuesday	10.00 am - 8.00 pm
Wednesday	10.00 am - 6.00 pm
Thursday	10.00 am - 8.00 pm
Friday	10.00 am - 6.00 pm
Saturday	9.00 am - 4.00 pm

www.portsdownclinic.co.uk



CACI SYNERGY TREATMENTS

CACI Signature Non-Surgical Facial Toning

Microcurrent and SPED light therapy lift and tone the muscles improving skin elasticity and lines. Firms your face and neck and gives your skin a more youthful appearance and glow.

60 minutes.....£68

An Initial course of 12 treatments one a week is recommended for the ultimate firming result.

Course of 12.....£660 (save £132)

Add On Jowl Lift.....£10 | Lip Plump.....£10 |
Hydratone Mask.....£15

CACI SYNERGY Advanced Non -Surgical Facial Toning

Combines CACI's Signature Non -Surgical Facial Toning with advanced skin exfoliation techniques to revitalise your skin for a brighter smoother complexion. A combination of advanced technologies are used to plump lines and wrinkles, instantly lift and tone your face and firm your neck.

90 minutes.....£85

CACI Synergy Purifying

Problematic Skin is improved using a combination of Red and Blue LED light therapy with deep cleansing and skin exfoliation techniques to brighten and even your skin tone.

45 minutes.....£65

CACI Eye Revive

Enhances eyes lifts and firms muscles improves 'hooded eye lids' This treatment uses serum filled microcurrent rollers together with an Eye Revive Mask to reduce puffiness and dark circles and soften the appearance of wrinkles and fine lines around your eyes .

45 minutes.....£55

This treatment can also Add On to Caci Signature Facial £20

CACI Electro Cellulite Massage

Gives an Instant Lift Shape and Tone to Your Buttock and Thigh Area. This Treatment improves the appearance of Cellulite and breaks down fatty deposits. It stimulates circulation and lymphatic drainage giving a smoother tighter dimple free appearance. This treatment is ideal for a pre -holiday body blitz.

50 minutes.....£55 course of 6.....£ 275

GUINOT FACIAL TREATMENTS

Guinot Age Summum

Anti -Aging Pro Collagen treatment facial with relaxing massage. Regenerates your skin diminishes fine lines and evens skin tone.

60 minutes.....£70

Guinot Lift Summum

An exclusive massage based skin care treatment that provides global skin firming action and immediate improvement in signs of aging to Face Neck and Décolleté.

60 minutes.....£70

GUINOT HYDRADERM CELLULAR ENERGY TREATMENTS

The following Facial Treatments Uses the Guinot HCE machine providing **Dynamic ionisation. Oxygenation with Thermal Effect and relaxing massage and serum.**

Hydradermie Youth

This facial is for all skin types deep cleansing regenerating giving a youthful complexion.

60 minutes.....£70

Hydradermie Cellulaire Age Logic

40 + anti-aging treatment facial incorporating anti-aging treatment serums for Face Neck and Eyes . Regenerates ,softens fine lines smooths and tones giving a youthful radiance.

90 minutes.....£85

Hydradermie Age Logic Ultimate

A Combination of Hydradermie Age Logic and Hydradermie Lift deeply regenerating and stimulating the facial muscles. Restores volume lift and tone.

90 minutes.....£95

Hydradermie Lift

This treatment Stimulates the facial muscles. Incorporates a collagen massage and firming mask.

60 minutes.....£70

A course of 6 treatments.....£350

Hydradermie Lift Express

This Express treatment stimulates the facial muscles

30 minutes.....£60

A course of 6 treatments is recommended one a week.....£275

Eye Lift Treatment

A contouring treatment targeting the delicate eye area . It helps to eliminates wrinkles puffiness and dark circles. Three step treatment Eye Massage -Eye muscle Stimulation - Eye Mask

40 minutes.....£63 course of 3.....£175

GUINOT BODY TREATMENTS

Guinot Mirific Massage Relax

This treatment melts away muscular and nervous tension. The mirific oil has 4 precious oils with anti- ageing and nourishing properties. Passion Flower evening primrose argan and camelia.

60 minutes.....£60



AESTHETIC SKIN TREATMENTS

Radio Frequency Skin Treatment

Radio Frequency is used to heat the skin tissues increasing collagen and elastin production which firms and tightens the skin. A Hylauronic mask is then applied to intensify the treatment relax and cool.

60 minutes.....£80

Course of 6 treatments.....one a week.....£400

Radio Frequency and CACI Signature Treatment

the Ultimate cosmetic skin treatment improving skin elasticity and firming the facial muscles.

90 minutes.....one a week.....£100

A course of 6 Treatments is recommended.....£500

Jan Marini Glycolic Skin Peel

This is an Award =Winning skin management treatment from California Improving ...

Sun-damaged pigmented skin
Fine Lines and Wrinkles
Rosacea
Acne scarring and Acne

Jan Marini skin management products should be used two weeks prior to your first treatment to prepare your skin.

45 minutes.....£65

Course of six treatments one a week.....£325

Dermaroller Skin Needling

Genuine Dermalroller is a titanium roller device that is rolled over the skin to create thousands of tiny contact points. It is a micro-needling treatment that causes the body to create wound healing this then creates collagen and elastin. This leads to a rejuvenated

Smoother and younger looking skin.

Sun damaged Skin
Dull Skin
Pigmentation
Wrinkles

Scarring and Stretch marks

60 – 90 minutes.....£130

Course of 3 treatments £350

Cosmedico Intense Pulsed Light

Skin Rejuvenation

IPL (intense pulsed light) and radio frequency stimulate the skin on the Face and Neck to produce Collagen and Elastin. This regenerating treatment reduces lines and wrinkles. A Hylauronic mask is then applied to hydrate the skin.

60 minutes.....£80

Acne Treatment
IPL reduces the Acne repairs the skin tissue and Scarring
Per session.....£60
Facial Veins and Rosacea.
Ipl reduces small facial veins and rosacea improving the condition of the skin
Per session.....£60
Pigmentation
IPL treatment reduces pigmentation on the face and hands
Per Session.....£60
Diathermy Cautery
Broken Veins Skin Tags and Milia (white spots) can be effectively removed with Diathermy
Per session.....£55

COSMETIC MEDICAL AESTHETICS

Clinics are run on a regular basics by a Qualified Doctor

Injectable Fillers. Juvederm expertly enhanced your features filling wrinkles and under eye areas. Lip lines and fullness.

Dermal Line Filler 1 ml	£250.
Tear troughs (under eye) 1ml	£300
Lip Filler 1 ml.	£250

Prophilo injections

A revolutionary “beneath the skin” Hylauronic acid moisturising treatment. The Prophilo Gel is injected in several areas of your skin to stimulate and improve firmness and moisturisation. The effect develops subtly over several weeks

Recommended 2 Treatments 4 Weeks apart

2mls Prophilo £300 per Session

Boccature - Winkle reducing Injections (Botox)

Smooths and removes lines and Wrinkles

Between your eyebrows
Forehead Lines
Eye lines

Up to 3 areas.....£225

Excessive Underarm Perspiration (hyperhidrosis).....£350

Cryotherapy

Skin Tags Warts and Pigmentation (raised brown pigmentation) are removed with Nitrogen Freezing.

Per Session.....£75

Beauty Treatments
Henna Brows. Tinted Threaded and waxed.
45 minutes.....£30
Eyebrow Tint and Wax
£20
Eyelash Tinting
£15
Eyebrow Tinting
£11
Eyelash and Eyebrow Tint
£23
Lash Perm and tint (lifts eye lashes)
£50

A patch test is required 48 hours prior to your first perming and tinting treatment at this clinic.

Classic Semi Permanent Lash Extensions

These dramatically enhance the appearance of the eyes. Longer thicker lashes that look and feel like your own. Ideal for every day or special occasions and holidays.

Patch test required 48 hours prior to application

Lasts up to 8 weeks top up required every 2 weeks to maintain.
£55

Includes removal. Top Up lashes £10 per week.

Express Lashes. Ideal for parties lasts up to 2 weeks.
£35 includes removal

Luxury Manicure A Pampering Treatment with thermal mitts and nail protein to promote strong healthy nails

60 minutes.....£25
With polish.....£27

Luxury Pedicure Luxury for your feet. Promotes healthy nails removes hard skin and conditions the feet Includes Thermal Booties and Polish

75 minutes.....£35

ONLY GEL FX NAILS - Beautiful glossy strong gel nail colour this is cured under LED light so dries immediately lasts up to 2 weeks.

Gel FX with Manicure.....£35

Gel FX with file.....£25

Gel FX Pedicure.....£40

Removal £10 removal free with Nailtiques Manicure or Pedicure

Callus Peel removal of hard skin - 30 minutes.....£25

non toxic, odor free, vitamin enriched, long lasting powder coat of colour on the nails (lasts 3 to 4 weeks).....£40

With Pedicure - 1 hours 15 minutes.....£45

TANNING

St Tropez Creme Tan treatment for face and body. You will have a body exfoliation and moisturiser applied followed by the creme tan which will naturally develop into a beautiful tan.

60 minutes.....£45

HAIR REMOVAL

Cosmedico ‘Laser’ Ipl with RF Clinically proven safe permanent hair removal from face and body. Treats all hair colours except white hair.

Leaves your skin soft and smooth. Fully trained laser specialists. Prices below are a guide only because everyone has an individual hair growth, your personal price for ‘Laser’ / IPL with RF will be confirmed at your personal consultation.

Personal consultation and patch test 30 minutes.....£35
(refundable on a treatment course)

Lip £50 per session

Course of 6 treatment.....£250

Chin £55 per session

Course of 6.....£275

Sides of face £90 per session

Course 6.....£450

Neck per session from £60

Bikini from £85 per session

Underarms £80 per session

Course 6.....£425

Legs inc feet and toes from £180 per session

Arms from £110 per session

Gentlemen Chest from £145 per session

Gentlemen Back from £145 per session

WAXING

1/2 Leg Lower.....£17

1/2 Leg Upper.....£20

Full leg.....£25

Full leg and bikini line.....£30

Bikini Line.....£11

Brazillian bikini line.....£30

Holly wood Bikini line.....£35

Under arm.....£11

Upper Lip.....£9

Chin.....£9

Lip and Chin.....£17

Forearms.....£17

Eyebrows.....£17

Eyebrows lip and chin.....£23

Gentleman’s Back Wax.....£27

Threading From.....£15

SPA TREATMENTS FOR MIND BODY AND SOUL

Aromatherapy Massage - This involves the application of essential oils extracted from plants to helpbalance the mind and body, extremely relaxing.

Full Body massage 55 minutes. £49

Back Neck and Shoulders. £37

Deep Tissue Massage - A firm relaxing massage for tight tense muscles

Back Neck Shoulders. £35

Back Neck Shoulders and Scalp. £40

Full Body. £50

Hot Stone Massage - A traditional Aurveydic treatment for the ultimate in de stressing and relaxation. Your body is massaged with warm hasalt pebbles and beautiful essential oils easing away the stress and tension in your muscles and mind.

Full Body 1 hour 30 mins £60

Back Neck Shoulders £45

Reflexology - This uses the feet to treat the entire body. Every part of the body has corresponding reflexes on the feet. Imbalances in the body can be detected in these areas and eventually eradicated by massage.

1 hour.....£40

Indian Head Massage - A traditional technique of treating the upper back, face and neck to relieve tension. Ideal for headaches, stress and tension.

30 minutes.....£35

Detox Aromatherapy Wrap - Let yourself drift away while co-cooned in a comforting detox wrap and treated to a pressure point facial and scalp massage and reflexology. This therapy reduces appearance of cellulite and relieves fluid retention.

1 1/2 hours.....£60

THE RELAXING PAMPER SPA TREATMENT

This is a lovely treat for yourself or a gift for someone. Relax and enjoy a Radiance Facial- Aroma back neck shoulder massage – File and Polish hands and Feet or Reflexology.

2 hours 30 minutes.....£115

MICRO PIGMENTATION AND MICRO BLADING

Permanent Eyebrows Eyeliner and Lip Liner that look natural and are achieved by placing safe pigments into the surface layer of the skin. The treatment is suitable for Hair Loss caused by Alopecia or over plucked or patchy eyebrows. Suitable for anyone that requires perfect make up that will last for years.

A Pigment Patch Test is required 48 hours before your first treatment.

Eyebrows. – Hairstrokes Ombre or combination £350

Eyeliner- top and underneath £250

Eyeliner -single £200

Lip- Liner / Blush £350