

# EF MEDISPA

INTELLIGENT SKIN CARE



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**EFMEDISPA.COM**

**Book a consultation**  
020 7361 1000

# YOUR CONSULTATION

A treatment plan tailored to you

To make sure we address your individual needs and concerns, all of our treatments begin with a private consultation with one of our highly experienced Treatment Coordinators to:

- Discuss your individual concerns and ambitions
- Share treatment options that will address your concerns
  - Advise you on expected results from treatment
- Design a treatment programme for your individual budget



"During the consultation we listen to understand our clients' concerns and goals helping us to tailor a personalised treatment plan."

Z. Sheard, Treatment Coordinator at EF MEDISPA

AS SEEN IN:

Daily Mail

The Telegraph

COUNTRY & TOWN  
HOUSE

Women's Health

COSMOPOLITAN

BOOK A COMPLIMENTARY CONSULTATION TODAY

020 7361 1000

# CUSTOMISED FACIALS & PEELS

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We offer an extensive range of bespoke facials and peels targeting a huge variety of skin concerns such as:

- Acne and acne scarring
- Rosacea
- Wrinkles
- Dull skin
- Pigmentation

Our team of highly trained therapists will analyse your skin and devise a bespoke treatment plan, personalised to your individual needs.

Combining the best skincare products with breakthrough techniques, our bespoke facials will rejuvenate, nourish and balance your skin for a healthier, radiant complexion.



## SKIN FIRMING AND REJUVENATION

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**Jet Peel Facial**, using pressurised streams of air to penetrate the deep layers of your skin. Ideal for signs of ageing, acne, loose skin.

**LED Luminous Lift**, a relaxing light treatment to repair, replenish and rejuvenate your skin.

**Quick Lift**, sometimes coined the "Lunchtime Facelift", a unique combination of laser and light technology to instantly reduce signs of ageing in less than an hour.

**IPL Skin Rejuvenation**, light pulses to regenerate collagen, firm, even out your skin tone and fade pigmentation.

**Radiofrequency**, a non-invasive face and body tightening treatment harnessing the power of ultrasound and radiofrequency technology to deliver heat to the deeper layers of the skin and improve its firmness.

**Pixel Laser**, precise points of light to remove damaged cells from small areas of skin. It stimulates new cell growth and helps to eradicate fine lines, wrinkles, acne and scarring, leaving the skin youthful and glowing.

**Fraxel Laser**, a fractional ablative laser treatment for skin resurfacing, face and body scarring, stretch marks, enlarged pores, rough skin texture, hyperpigmentation, fine lines and wrinkles.

**Microfirm**, an advanced skin tightening and firming treatment combining micro-needling with radiofrequency energy to address typical trouble areas such as drooping jowls, prominent facial pores, age spots and acne scarring.

*"After a few weeks of 30 minutes skin firming sessions, 2-4 times per week my skin looked more alive and radiant than it had in years."*

S. Thomas - LED Luminous Lift

# DERMAL FILLERS

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**Botox**, one of the most famous anti-wrinkle injectables which works to soften the tell-tale signs of ageing.

**Dermal Fillers**, an injectable treatment to restore lost volume, improving skin elasticity and smoothing out niggling lines and imperfections.

**Anti Wrinkle**, smooth out common signs of ageing such as laughter lines, frown lines & crow's feet. This can also prevent future ageing. Results are noticeable within 10 days and can last several months after treatment.

**Jowls Reduction**, for those considering a neck lift or want to tackle a sagging jowl without intrusive surgery. This non-surgical treatment is an effective alternative to tighten and rejuvenate the skin, giving the appearance of a defined jawline.

**Gummy Smile**, our gummy smile treatment is quick and minimally invasive, lasting around 30 minutes. There is no downtime to this procedure, meaning that you can continue with your normal daily activities straight after treatment.

**Lip Fillers**, dermal fillers on the lips that help to enhance their volume & redefine their shape.

**Nose Reshaping**, nose reshaping fillers can help to enhance the shape of your nose without the need for a nose job.

**Face Design**, Instant face lift using the power of Hyaluronic Acid to rejuvenate the skin and reduce sagging, wrinkles and other signs of ageing.

**Chin Fillers**, Dermal Fillers on the chin that can help to enhance the shape of your chin and improve your side profile.



# ANTI-WRINKLE INJECTIONS

**Volite HA Boots**, one of the most effective treatments that can help to achieve a radiant, plumper and younger-looking appearance with long-lasting results. This injection of Juvederm Volite are applied many times all over the face to help improve elasticity, hydration and smoothness of skin.

**Profhilo**, ground breaking anti-ageing treatment which helps hydrate and remodel the skin using high concentrations of Hyaluronic Acid (HA). This effectively stimulates the product of collagen and elastic which helps improve the skin's tissue quality. This treatment can be used on face, neck, décolletage and body and only takes 30 minutes to perform.

**Carboxy Therapy**, for those suffering from dark circles under the eyes, you know how hard this area of the face is to treat or conceal. This treatment is minimally invasive and involves a small amount of Carbon Dioxide under the eyes.



*"After having fillers, people were asking if I'd been on holiday as I looked much more refreshed and rejuvenated."*

**- K. Parking - Dermal Fillers**



# ACNE - ACNE SCARRING - ROSACEA - PIGMENTATION

At EF MEDISPA we offer an extensive range of facials and peels to deal with acne, scarring and rosacea. Some of our most advanced treatments to tackle these skin concerns:

**Acnelan**, an intensive treatment for acne-prone skin. This acne peel is a new, clinical treatment and home care programme that calms and clears acne-prone and seborrheic skin.

**Pixel Laser**, a fractional ablative laser treatment for skin resurfacing, face and body scarring and hyperpigmentation.

**IPL Skin Rejuvenation**, an effective treatment for Rosacea and other skin irregularities. It utilises Intense Pulsed Light technology to regenerate collagen and even skin tone and discolouration.

**LED Luminous Lift**, an exclusive 30 minute facelift using light technology to repair, replenish and rejuvenate your skin, including clearing acne and acne scars.

"Since having treatments at EF MEDISPA the acne and scarring is gone and my skin looks and feels amazing!"

- M. Hassan - Acne Treatment



# SKIN FIRMING AND REJUVENATION



**Carboxy Therapy**, CO2 injections to the stretch marks or scars to trigger a flow of oxygen to the area encouraging the skin tissue to heal itself.

**Fraxel Laser**, a laser resurfacing treatment to target stretch marks and scars treating the outer skin whilst triggering new collagen production.

**Microfirm**, combines the power of micro-needling technology with radiofrequency energy to treat stretchmarks.

**Dermapen**, an advanced microneedling treatment triggering new collagen production to restore skin damage. It is usually combined with hyaluronic acid or a special growth factor serum to enhance the results of the treatment.

## HAIR RESTORATION

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**Dermastamp with Advanced Hair Complex** - At our advanced hair clinics, each Derma hair complex treatment is tailored to your hair type and goals. Using AQ Derma Hair Complex+ the natural cutting edge solution, this is ideal to tackle hair loss and restore the scalp to a healthy condition.

**Mesotherapy**, a bespoke blend of vitamin injections customised to your needs which can treat a variety of problems including hair loss.

## HAIR REMOVAL

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**Permanent Laser Hair Reduction**, highly successful and pain-free laser hair removal with the Soprano laser, on any part of the body and for most skin types. The treatment uses a diode laser combined with inmotion technology and a cooling system that makes it safe, gentle and highly effective.

*"I have had my upper lip done with the Soprano Laser at EF MEDISPA, after a full course of literally pain-free treatments I couldn't be happier with my results. I can't wait to start with my legs now."*

- M. Long – Laser Hair Removal



# TREATMENTS FOR CELLULITE

We offer a variety of cutting-edge, bespoke cellulite treatment packages tailored to your needs, type of cellulite and lifestyle for optimum results.

**CelluFix by T-Shape 2**, is the next generation non-invasive complete body sculpting and face firming treatment. Effectively combining radiofrequency, laser, and vacuum technology - you can achieve excellent results in just a few sessions.

**Lipotripsy**, Radial Wave Therapy to enhance blood circulation, reduce cellulite, tighten and tone the skin.

**Radiofrequency**, a non-invasive cellulite treatment harnessing the power of ultrasound and radiofrequency energy to reduce the orange peel skin and contour the body.

**Mesotherapy**, uses micro-injections of a bespoke blend of cellulite-busting solutions to help enhance your lymphatic system, reducing the appearance of cellulite and toning your body.

**“The EF MEDISPA team were brilliant, they devised a package of treatments that actually tackled my cellulite and now I have smooth cellulite free thighs!”**

**N. Wright -  
Cellulite Reduction**

**Electro Lymphatic Therapy**, utilises a technological device to improve lymphatic drainage and enhance the elimination of toxins that result in cellulite.

**Microfirm**, cutting edge microneedling with radiofrequency which is an effective solution to common skin concerns often associated with ageing skin. From sagging and fine lines from maturing skin to enlarged pores, cellulite, stretchmarks and other common skin concerns.

**VibroSculpt by Endospheres**, effective cellulite treatment for men and women. This treatment tackles various types and stages of cellulite.





## NON-SURGICAL FAT REDUCTION

**Radiofrequency**, a non-invasive fat reduction treatment harnessing the power of ultrasound and radiofrequency to improve your silhouette whilst toning your skin.

**Carboxy Therapy**, injections of carbon dioxide to target localised stubborn fat. The CO2 injections will increase the amount of oxygen in the treated area, enhancing the dissolution of fat cells whilst triggering the production of new collagen.

**Mesotherapy**, uses micro-injections of a bespoke blend of cellulite-busting solutions to help enhance your lymphatic system, reduce stubborn fat and tone your body.

**CelluFix by T-Shape 2**, is the next generation non-invasive complete body sculpting and face firming treatment. Effectively combining radiofrequency, laser, and vacuum technology - you can achieve excellent results in just a few sessions.



# EMSCULPT NEO

Achieve a flawless physique you can fearlessly flaunt, with the help of EMSculpt NEO.

It's time to experience a fat reducing, muscle tightening procedure like no other. EF MEDISPA utilises the most advanced, brand new EMSculpt NEO machines in order to give you a trim, toned appearance. As one of the first clinics in London to make use of this technology, our EMSculpt NEO machine allows us to operate steps ahead of the rest, giving you the appearance, you have always dreamed of. Receiving EMSculpt from our advanced, FDA approved EMSculpt NEO machine includes:

30-minute treatment FEEM+

Approximately 25% muscle increase

Up to 30% fat reduction

2 in 1 application – The use of the only patented radiofrequency, high-intensity magnetic fields combined in a single applicator (RF & HIFEEM+)

## ABDOMEN

- Remove fat while tightening the muscles of your abdomen.
- Sculpt your physique to the way you know it should look.
- For those experiencing "mummy tummy", you can say goodbye to the body you once knew and enjoy the sculpted body of your dreams.

## BUTTOCKS

- Reducing the excess fat that builds up on your buttocks and hips as you age.
- Remove unwanted fat in a non-invasive way, sculpting a more defined body shape and allowing you to find clothes that fit well easily.
- Feel confident about your physique, turning back time and increasing your confidence.

**NEO can also target your legs and arms\***



# ADVANCED FAT FREEZING

Enjoy a sleek silhouette with our advanced fat freezing treatment for the whole body

Our advanced fat freezing treatment uses a suction cup to target the desired area of stubborn fat, such as the hips or below the buttocks.

This suction cup will generate a stable yet powerful cooling energy between +5 C and -5 C, specifically targeting the fat cells beneath the skin's surface. When the temperature of the fat cells is brought down, they begin to crystallise and die off and become naturally metabolised

from the body. This will start the apoptosis process, otherwise known as the natural death of fat cells.

Not only does the Clatuu fat freezing remove unwanted fat cells, but the remaining fat cells in the target area will become much leaner and dense, giving you a slimmer, toned appearance.



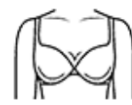
**Double Chin**



**Axilla**



**Double Chin**



**Bra Line**



**Abdomen**



**Flanks**



**Love Handles**



**Below Buttocks**



**Outer Thighs**



**Inner Thighs**



# SURGICAL FAT REDUCTION

At EF MEDISPA we have a dedicated medical team of specially trained surgeons, and skilled nurses who can provide expert aftercare. Prior to your surgical fat reduction procedure you will have a private consultation with your EF MEDISPA doctor.

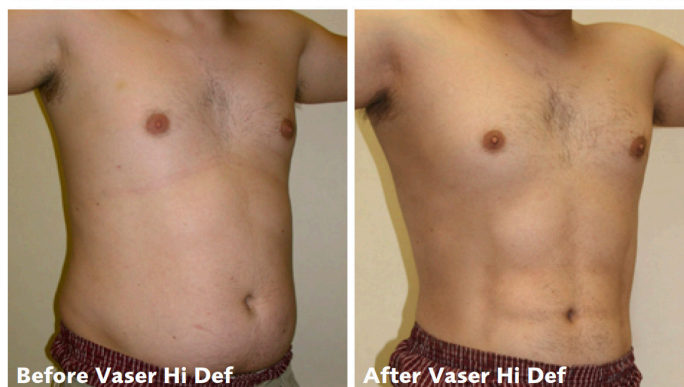
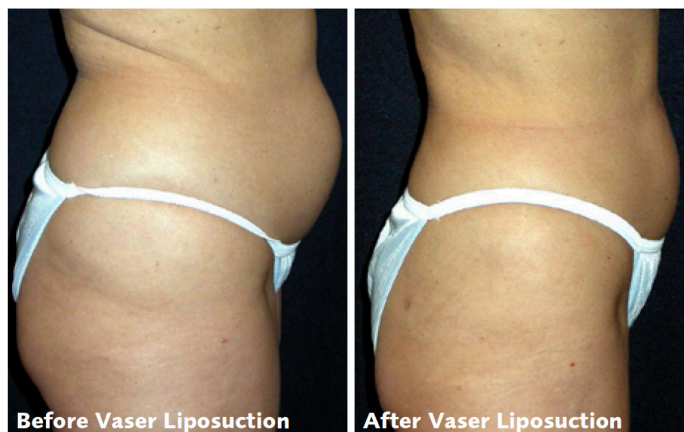
**Vaser Liposuction**, a walk-in walk-out procedure that doesn't require general anaesthetic or lengthy downtime. Vaser Lipo uses a gentle ultrasound probe to emulsify and remove large or small stubborn areas of fat while precisely sculpting your body.

**Vaser Hi Def**, a highly specialised procedure for defined body contouring. With this procedure we are able to outline your muscles by removing excess fat and shape a six pack.

**Vaser 4D**, a technique that is able to take Vaser Hi Def's results further by following the natural 4D movement of the muscle.

**“The results of my Vaser Lipo treatment were fantastic and two years on I am still delighted. I would highly recommend this procedure.”**

- R. Fieldgrass - on Vaser Lipo



# DERMATOLOGY

Offering you bespoke dermatology treatments to help treat different skin conditions.

With over a decade of experience developing innovative techniques and investing in the latest technology, you can stay rest assured that our Dermatologists at EF MEDISPA can improve various types of skin conditions.

**Lipoma Removal**, once examined by us, we can give you an accurate method to remove your Lipoma. This can be done through Surgical Removal or Liposuction. Both treatments use local anaesthetic and require no downtime post-treatment.

**Mole Removal**, once examined which type of mole you have, we can use a range of painless treatments such as shaving and flushing the mole or creating an excision to remove the mole.

**Wart Removal**, we can remove your wart or verruca with no downtime using cryotherapy freezing or perform a minor excision surgery to remove the wart.

**Keloid Scar Treatment**, commonly found on chest, head, neck, earlobes. Our specially trained dermatologists corticosteroid injections take 15-30 minutes with no downtime.

**Skin Tag Removal**, once examined, our dermatologist will advise you to either freeze using Cryotherapy - making the tag drop off or a fast yet effective excision removal.

**Cyst Removal**, our skilled dermatologists will use a local anaesthetic to numb the area before making a tiny cut and cutting out the cyst; this can leave minimal scarring, which diminishes over time.



## INTIMATE REJUVENATION

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Using cutting edge technology to address a variety of intimate female concerns.

As we age, many women notice changes in their vaginal anatomy; this could result from childbirth, hormonal or menopause. At EF MEDISPA, we listen to your concerns carefully and offer you a bespoke package for the best results.

**FemiLift**, performed by an experienced Gynaecologist, this treatment uses a non-invasive laser for vaginal tightening. Treatments last 30 minutes, and you can be back at work immediately.

**Intimate Peel**, once examined by a treatment coordinator, you will be offered a bespoke plan for our advanced skin brightening peel for your intimate area; there is no downtime. We typically recommend a course of 4 treatments for best results.

**FemiTight and Smooth**, this non-invasive treatment helps with labia reduction and tightening using the newest laser technology. Our qualified female nurse will spend 30-40 minutes on this treatment, and you can be back at work immediately.

Talk to our friendly Treatment Coordinators today and book yourself in for a private, discreet, no-obligation consultation to help with your concerns straight away.



# PRICE LIST

All prices are bespoke and tailored to your needs; this should be discussed with your treatment coordinator during your initial consultation. Starting price from:

## FACE

Bespoke Facial	£125	IPL Face	£250
Botox 1 areas	£250	Jet Facial	£257
Botox 2 areas	£350	LED	£150
Botox 3 areas	£425	Mesotherapy Face	£275
Carboxy Therapy	£175	Mesotherapy Face and neck	£300
Chemical peel	£180	Microfirm Face	£1,000
Dermamelan Peel	£1,550	Pixel Face	£600
Dermapen Face	£450	Profilo x1 syringe	£450
Dermastamp Face	£325	Quicklift	£335
Filler x1 ML	£350	RF Face	£350
Fraxel Face	£600	Ultraformer Face	£1,000

## BODY

AWT	£263	Mesotherapy cellulite	£250
Dermastamp Body	£325	Neo Emsculpt	£950
Dermapen Body	£450	Pressotherapy	£175
Fraxel Body	£600	Pixel Body	£600
Femilift	£1,500	RF Body	£300
Fat Freezing	£650	T - shape	£300
Intimate Peel	£284	Ultraformer Body	£1,000
IPL Body	£250	Ultrasound Body	£300
Microfirm Body	£1,000	Vibrosculpt Body	£250
Mesotherapy Hair	£250		

## HAIR REMOVAL

### FACE:

Chin	£90	Body Lower	£994
Full face female	£210	Chest / stomach male	£340
Full face male	£310	Half arm	£180
Neck	£154	Half leg	£310
Upper Lip	£75	Hollywood	£230
Upper Lip and chin	£160	Full arm	£310
		Full leg	£540
		Lower back	£226
		Nipple	£75

### BODY:

Bikini	£154
Brazillian	£210
Back male	£450

## PRICE LIST: DERMATOLOGY

Complex cases will be charged depending on the size of the area. Consultation fee with Specialist Dermatologist (£50) can be deducted from price of treatment.

Mole, Cyst, Lipoma Removal	Small	Medium	Large	Complex
	Less than 0.3cm	0.3cm to 1cm	1cm to 3cm	3cm+
Body	£300	£550	£700	Book a consultation with our doctor
Face	£450	£650	£800	Book a consultation with our doctor
Additional Area	10% discount	10% discount	10% discount	10% discount

## WART, SKIN TAG, CHERRY ANGIOMA REMOVAL

Wart, Skin Tag, Cherry Angioma Removal	Up to 3 freezing or Cautery	Surgical Excision Medium	Surgical Excision Complex	Complex
		Less than 1cm	1cm to 3cm	3cm+
Body	£300	£300	£500	£1000-£2000
Face	£350	£400	£600	£1200-£3000
Genital	£450	£450	£650	£1200-£3000
Additional area	10% discount	10% discount	10% discount	10% discount



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BOOK A COMPLIMENTARY  
CONSULTATION NOW

DERMAL FILLERS

10 YEARS OF INNOVATION  
10 YEARS OF DEDICATION  
10 YEARS OF SUCCESS



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