

Treatments & Pricelist

BALANCE

Treatments

Our treatments are designed to relax and rejuvenate, offering an immersive wellness experience. Combining luxurious surroundings, advanced products and state of the art technology, our sanctuary by the sea provides a wellbeing retreat with therapeutic rituals to calm and revive, restoring balance and regaining your glow.

Our holistic approach is about creating harmony between your mind, body and skin, redefining the modern spa experience and bridging the gap between the soulful and the medical – relaxation that gets results.

It all begins with Balance.

Skin Health Facials

At Balance we are passionate about helping our clients love their skin. We use a combination of advanced, prescriptive grade skincare ranges and 100% organic products, focusing on botanical ingredients and results driven formulations.

We ensure that each treatment is entirely personalised to your skin.

Balance Remedy Facial

60 minutes

An advanced facial ritual for unparalleled results. Our signature facial has been designed for resurfacing and renewal, restoring balance and bringing youth and vitality back into your skin.

Your wellness therapist will specially select pharmaceutical grade products to treat and repair deficiencies that affect the appearance of your skin whilst incorporating therapeutic rituals to calm and revive the skin, mind and body.

Starting the treatment with a double cleanse and preparing the skin for the application of our specially blended products and signature facial massage.

Your wellness therapist will perform a relaxing and rejuvenating face, neck and décolletage massage, incorporating massage techniques which lift, firm and detoxify.

A superficial enzyme peel is then applied followed by a hydrating mask to restore a clear and even complexion.

Finally, your specially selected serums and creams will then be applied, bringing you hydration and glow.

Balance Ritual Facial

90 minutes

A unique mind-body and facial experience.

This treatment has been designed for those needing 90 minutes of pure calm and relaxation.

Using 100% organic products made in our very own Cornwall, this treatment provides nourishment for your body both inside and out, aiming to deeply nourish and harmonise your mind, body and soul.

Your wellness therapist will specially select balms specifically for your skin type, bringing radiance and natural luminosity. This facial will include a rejuvenating and relaxing face, neck, décolletage and scalp massage as well as a foot massage incorporating reflexology pressure points.

Balance Enlighten Facial

60 minutes

A healing and rejuvenating light therapy facial.

Perfect for those with compromised skin or for those wanting to feel uplifted.

Starting the treatment with a double cleanse and exfoliation. A mask specifically chosen for your skin type will be applied to your skin, followed by the application of one of our LED light therapy devices. During the LED light therapy, you can choose to have a foot massage, or hand and arm massage enabling you to fall into a deep state of relaxation and comfort.

The treatment will end with the application of your specially selected serums.

Body Treatments

Body Couture Treatment

90 minutes

This custom treatment for the whole body combining the care of a personalised massage with targeted massage movements for tension release, detoxification, and stress relief. This massage journey will close with a head and scalp massage to create a truly indulgent body experience.

Tension Release

60 minutes

This full body treatment uses massage techniques to remove and release tension. Your wellness therapist will tailor the treatment to your desires, using specially selected oils and balms to ease tired and aching muscles.

Slimming and Drainage

60 minutes

This toning and contouring massage soothes the skin and eliminates toxins to reduce the appearance of cellulite. Combining manual lymphatic drainage with contouring and firming massage techniques. Using a complex of caffeine and wild ginger our concentrated body milk provides a true sensation of lightness and energy to the body.

Wellness Treatments

Our Touch Therapy wellness rituals have been designed to soothe the senses and calm the mind. These rituals use slow, soothing, and rhythmic massage techniques providing complete tranquillity and relaxation.

Using 100% organic products made in Cornwall. Made for Life Organics combine dermatological science with the strength and purity of botanicals, providing nourishment for your body both inside and out.

*Our Touch Therapy Rituals are adaptable and completely safe for anybody, including those living with cancer or who have a compromised immune system. A doctor's letter is not required for these treatments, please contact Balance and speak to our Registered Nurse if you are going through any medical treatments.

For mums to be, please contact Balance for more information regarding our pregnancy safe treatments.

Soothe and Nurture Facial

60 minutes

A beautiful way to restore natural luminosity to the skin, leaving you looking and feeling radiant. 100% organic Made for Life Organics botanical balms and oils nourish, cleanse, and return natural balance to the skin. This deeply relaxing face and scalp massage calms the mind, replenishes the skin, and soothes the soul.

Hand on Heart

90 minutes

A mindful, gentle, and nurturing ritual for the head, face, back and shoulders – created to allow you to drift away into a meditative state of relaxation. A combination of deep breathing exercises and slow Tui Na Chinese massage techniques rebalance and calm the upper body. A facial pressure points massage eases tension and a slow and gentle head massage clears the mind.

Catch the Breath

60 minutes

This nurturing gentle treatment for the head, back and shoulders was created to allow you to drift away into a meditative state of relaxation. Slow, rhythmic movements provide a true sense of well-being and reconnect the mind and body.

This treatment can be extended to 90 minutes to include our sole sensation treatment.

Sole Sensation

45 minutes

Refresh tired, aching feet (and soles) with a rosebud foot cleanse and exfoliation, followed by a soothing leg and foot massage with cooling peppermint, healing rosemary and Made for Life 100% organic oils.

Perfect for those living with lymphedema.

Advanced Skin Treatments

At Balance our advanced skin treatments are focused on results and safety. We are able to treat a range of different skin concerns, using the most advanced technologies and state of the art devices within the aesthetics industry, increasing confidence and offering a safe and supportive space for our clients.

Prior to any medical or advanced skin treatment a consultation is required. All advanced skin treatments will be carried out by Registered Nurse Hollie.

iS Clinical Foaming Enzyme Optimising Facial

30 minutes or 60 minutes including LED therapy

Designed to revive tired and congested skin, this results driven treatment features a powerful Foaming Enzyme Masque system with a clinical level grade of glycolic acid. This professional treatment produces a luxurious foaming activity while the bio-active ingredients exfoliate and deep cleanse the pores to reveal a polished, natural, radiant complexion. An LED light experience is used during the 60-minute treatment for maximum results.

iS Clinical Fire and Ice Resurfacing Treatment

30 minutes or 60 Minutes including LED

This is an intensive, clinically formulated treatment that bridges the gap between a mild facial and an invasive peel, with no downtime. This rejuvenating, results driven treatment is designed to resurface the skin, treat problematic skin, reduce fine lines, and encourage cellular renewal rapidly and safely.

This treatment is perfect if you are wanting fast results with no down time.

Corrective Peels

At Balance we offer a wide range of the latest generation advanced corrective peels. They are formulated with an exclusive blend of clinical-grade acids and a maximised peel concentration for optimum skin rejuvenation. Beneficial for people with sun-damaged skin, acne, blemishes, ageing skin, uneven skin tone, abnormal pigmentation, and superficial scars. Results are instantly visible but most effective after a series of treatments and continue to show over a prolonged period.

During your consultation a treatment plan will be made, selecting the most suitable pharmaceutical grade products for your skin type and concern. Products include Alumier MD and iS Clinical.

Customised Dermaplaning

45 minutes

Dermaplaning immediately rejuvenates the skin by removing the outermost layer of dead skin and fine vellus hair (peach fuzz). This treatment helps to minimise the appearance of fine lines, congestion and blackheads while leaving the skin smooth, supple, and vibrant with no downtime post treatment.

This treatment includes a double cleanse and a customised mask, finished with the application of your specially selected serums and creams.

Caci Synergy, Micro Current Technology

CACI is often referred to as 'the non surgical face lift'.

At Balance we offer the most advanced micro current technology, known as the 'Caci synergy'.

Our Caci treatment is used to achieve a tightening and lifting effect on the facial muscles. Our system emits tiny, painless, electrical impulses at ultra-low frequencies, working in harmony with the body's own bio-electrical field, stimulating tissue regeneration and collagen production.

The electrical impulses are combined with muscle re-education techniques and LED light therapy to trigger a stretch reflex response in the muscles. This enables the muscles to relax if they are over tense or firm if muscle tone has been lost.

At Balance we use this technology to treat both the face and body.

This treatment is a very effective treatment for clients suffering with Bells Palsy due to its lifting, tightening and muscle re-education technology, our Registered Nurse will be able to discuss treatment options for you during your initial consultation.

Caci Signature Non-Surgical Facial Toning

60 minutes

Caci Gentleman's Facial

45 minutes

Caci Jowl Lift

30 minutes

Caci Hydratone

30 minutes

Caci Bum Lift

30 minutes

For best results we recommend a course of 10-15 treatments.

Dermalux MD LED

30 minutes for facial treatment,
20 minutes for body.

Our Dermalux Flex MD is a medically CE certified LED device that delivers clinically proven therapeutic light energy into the layers of the skin for rejuvenating and corrective benefits. At Balance we can treat a wide range of skin and body concerns with this non-invasive treatment. Conditions include; Acne, psoriasis, wound healing, musculoskeletal pain, skin rejuvenation, redness and sensitive skin.

Following a single session of the Flex MD, you will notice an improvement in skin hydration, tone and luminosity. We do, however, recommend a course of treatments to ensure maximum results. During your consultation a treatment plan will be created for you and your recommended course of treatments will be discussed.

Déesse Pro™ LED

30 minutes for facial treatment

The Déesse Pro™ LED technology provides you with the original, best in class LED phototherapy mask, which is highly effective in treating multiple skin conditions, including acne, ageing, inflammation, and pigmentation – as well as helping to achieve improved skin tone and complexion.

LED light therapy can be a stand-alone treatment or an add on to any of our treatments.

Extractions

Stand alone Extraction Treatment
30 minutes

Milia and black head extraction can be added onto any treatment.

Excelight Intense Pulsed Light (IPL)

At Balance we offer skin rejuvenating and permanent hair removal treatments with our Excelight IPL medical grade device.

Regarded by many Dermatologists as the most clinically effective IPL in the marketplace and used widely within the NHS, we can confidently treat a broad range of clinical indications, ensuring all-around satisfaction, safety, and outstanding clinical results.

We offer treatments for:

- Permanent Hair Removal
- Skin Rejuvenation
- Rosacea
- Broken capillaries on the face
- Pigmentation and sun damaged skin
- Acne
- Port wine stains.

Please see price list at the bottom of our Treatment Menu.

illumiFacial®

This facial is our Photofacial treatment, using specialist skincare together with powerful, medical-grade IPL technology.

The illumiFacial® is the perfect treatment for:

- Skin rejuvenation
- Dull and tired skin
- Uneven skin tone
- Congestion
- Improving skin texture
- Age spots
- Pigmentation
- General redness
- Vascular lesions

Pricelist

Skin Health Facials

Balance Remedy Facial
60 minutes £95

Balance Ritual Facial
90 minutes £110

Balance Enlighten Facial
60 minutes £90

Body Treatments

Body Couture Treatment
90 minutes – Full Body £110

Tension Release
60 minutes – Full Body £85
30 minutes – Back, Neck and Shoulders £55

Slimming and Drainage
60 minutes £90

Wellness Treatments

Hand on Heart
90 minutes £95

Catch the breath
30 minutes £50
90 minutes including Sole Sensation £95

Sole Sensation
30 minutes £50

Soothe and Nurture Facial
60 minutes £80

Advanced Skin Treatments

Initial consultation with Registered Nurse, Hollie £60 – price is redeemable on products and treatments within 30 days of consultation.

iS Clinical Foaming Enzyme Optimising Facial
30 minutes £75
45 minutes including LED therapy £85

iS Clinical Fire and Ice Treatment
30 minutes £90
60 minutes including LED therapy £120

Corrective Peels
Alumier MD Radiant 30 £100
Alumier MD Radiant 10/20 £100
Alumier MD Glow Peel £120
Hypercustomised Peel £125

Customised Dermaplaning
45 minutes £75

Caci Synergy, Microcurrent Technology

Caci Signature Non Surgical Facial Toning
60 minutes £85

Caci Ultimate Lifting, including Jowl Lift
60 minutes £95

Caci Jowl Lift
25 minutes £50

Caci Bum Lift
30 minutes £60

Caci Ultimate Bum Lift
45 minutes, including detox and lymphatic massage £75

Caci Hydratone
25 minutes £50

We recommend a course of 10–15 treatments for best results, if you book a course of 10 you will receive 10% off your purchase, this equals to one free treatment, if you book a course of 15 you will receive 15% off your purchase.

Dermalux MD LED

Facial Treatment
30 Minutes £40

Body Treatment
20 Minutes £30
Add on to any treatment £25

Course of 6 Facial Treatments
£216

Course of 6 Body Treatments
£162

Déesse Pro LED Face Mask
30 minute stand alone £30
Add on to any treatment £20
Course of 6 treatments £162

Extraction
Stand alone treatment £30
Add on to any treatment £15

Excelight IPL

Prior to any IPL treatment a patch test and consultation is required, please refrain from using any Retinol or active products, inclusive of acids, for at least 7 days prior to the consultation. Use of Retinol or acid-based products will result in a failure to perform the patch test.

Consultation and patch test, £55, price is redeemable on treatments if purchased within 30 days of consultation.

Skin Rejuvenation

Full Face	£145
Half Face	£100
Neck Only	£100
Hands	£100
Chest only	£135

illumiFacial®

Full Face	£199
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We offer 20% off all courses of 6 sessions

Veins or Pigment removal

Cheeks	£95
Cheeks and Nose	£140
Chest Only	£180
Hands	£100
Neck	£120
Half Face	£165
Full Face	£180
Single Lesion	£65

We offer 20% off all courses of 3 sessions

IPL Acne Treatment

Half Face	£85
Full Face	£130
Chest	£170
Full Back	£280
Shoulders	£150

We offer 20% off all courses of 6 sessions

IPL Hair Removal

Upper Lip	£55
Chin or Sides of Face	£70
Lip and Chin or Jawline and Chin	£85
Lip, Chin and Jawline	£100
Full Face	£140
Fingers, Toes, Nipples or Navel Line	£65
Underarms	£75
Bikini (Standard)	£85
Bikini (Brazilian)	£120
Bikini (Hollywood)	£155
Lower Leg or Full Arm	£160
Upper Leg	£175
Upper Leg, including Bikini	£205
Full Leg	£260
Buttocks	£110

We offer 20% off all courses of 6 sessions

After a course of 6 treatments, we recommend maintenance treatments, any maintenance treatments will receive 10% off original price.

Alumier®


MADE FOR LIFE
by Spirecia Organics

CODAGE
PARIS


iS CLINICAL®





BALANCE

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