

BALANCE

WELLNESS MEDISPA

www.balancewellness.co.uk



Your Skin, Our Space

At Balance we create an environment where people come to escape and enjoy a holistic skincare approach that promises results and promotes relaxation.

We believe in embracing natural beauty, empowering others through our balance of knowledge and nurture and offering a safe and supportive space designed to make others feel good.

It is our vision to create a world where everyone feels good in their skin, celebrating themselves and instilling confidence through skincare.

We believe that beauty is for everyone.



Located in beautiful Rock, our interiors are inspired by the Cornish coast. Expect natural textures and warming tones, a calm environment where everything has been considered.

Designed to soothe the senses and calm the mind, our interiors are all about softness and embracing the wellness experience.

Softness and stillness are the order of the day, slowing your mind and encouraging you to switch off and carve some space for self-care.

We would love to welcome you.





Our 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.

A woman is lying on a massage table, receiving a facial treatment from a therapist. The therapist's hands are gently touching the woman's face. The woman has her eyes closed and a relaxed expression. The setting is a spa room with a white wall, a round mirror, a white armchair, and a small table with a vase of flowers and a candle.

SPA & WELLNESS

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.

Consultation & Skin Health Assessment 60 minutes – *£60

**Redeemable against course payments within 30 days of consultation.*

Our thorough consultations include an exclusive skin assessment, to reveal the most suitable treatments and at home skincare for you. Each assessment is carried out by Founder and Registered Nurse Hollie. During your consultation, your skin will be analysed with our medical grade skin analysis device, your concerns and medical history will be discussed, allowing Hollie to create a detailed treatment plan tailored specifically to you and your needs.

Balance Bespoke Signature Facial Treatment

90 minutes – £125
Inclusive of consultation and recommended for first time clients.

75 minutes – £110
Recommended for returning facial clients.

The Balance Bespoke Signature Facial is the ultimate restorative facial entirely tailored to your unique skin concerns. A fully customised skin experience for those who are yet to discover their skin health journey.

This offering begins with an in-depth consultation, allowing one of our highly experienced specialists to assess your skin and advise you on the best treatment for your skin type, concerns, and goals. Following this, a bespoke medical grade facial is performed to balance, stimulate, and deeply nourish the skin. Our signature facial, décolletage, and scalp massage is incorporated within this deeply relaxing treatment, providing a true wellness experience.

A supreme beauty ritual for unparalleled results.

Balance Enlighten Facial 60 minutes – £100

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.

Soothe & Nurture Facial 60 minutes – £90

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.

Suitable for Mums to be.

Body Treatments

Balance Bespoke Massage Therapy

90 minutes – £110

60 minutes – £90

Back, Neck and Shoulders

45 minutes – £65

This full body bespoke treatment uses specially selected massage techniques to remove stress 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, improve circulation, detoxify, and promote pure relaxation and wellness.

Sports & Deep Tissue Massage

90 minutes – £120

75 minutes – £110

45 minutes – £75

This bespoke treatment focuses on treating your muscles at a deeper level, releasing acute muscular tension within the whole body.

Our Sports Massage Therapist, will tailor this treatment to your needs and concerns, creating a treatment specifically for you.



Detoxifying & Drainage Therapy

90 minutes – £120

Upgrade to 120 minutes to include our Caci Bum Lift to achieve a lifting and toning effect to the thigh and bum area – Add on £45

This toning and contouring massage soothes the skin and eliminates toxins. Beginning the treatment with a dry body brush experience to increase circulation and exfoliate the skin. Your wellness therapist will then incorporate manual lymphatic drainage with contouring and firming massage techniques. Using a complex of stimulating ingredients our products provide a true sensation of lightness and energy to the body.

Cornish Coast Body and Facial Experience

90 minutes – £140

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 Cornwall, this treatment provides nourishment for your body both inside and out, aiming to deeply nourish and harmonise your mind, body and soul.

Starting the treatment with a back, neck and shoulder massage using slow and rhythmic massage techniques to soothe the body and calm the mind. Your wellness therapist will then move onto your facial, specially selecting 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, allowing your body to fall into a deep state of relaxation.



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.

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.

Hand on Heart

90 minutes – £110

A mindful, gentle, and nurturing ritual for the head, face, neck 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.

Suitable for cancer patients.

Sole Sensation

30 minutes – £60

Refresh tired, aching lower legs and feet with a rosebud foot cleanse and exfoliation, followed by a soothing leg and foot massage with cooling peppermint and healing rosemary, incorporating reflexology pressure points. Perfect for those living with lymphedema and varicose veins.



MEDICAL



Skin Health Facials

Consultation & Skin Health Assessment

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**Redeemable against course payments within 30 days of consultation.*

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A supreme beauty ritual for unparalleled results.

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.

All advanced skin treatments will be carried out or over seen by Founder of Balance and Registered Nurse Hollie.

Skin assessment and consultation with Registered Nurse Hollie — £60 (price is redeemable against products and treatments purchased 30 days after consultation.)

Hydrafacial

Clinically proven treatment for improving the appearance and health of the skin.

Hydrafacial is an advanced medical-grade non-invasive and painless skin treatment that is effective for improving the general appearance and radiance of the skin, including treating fine lines, sun damage, uneven skin tone, rough skin texture, inflammation, and acne. It is a multi-step system that incorporates patented Vortex-Fusion technology to deliver the benefits of hydra-dermabrasion, gentle chemical peel, painless extractions and a special delivery of nourishing botanical ingredients, increasing hydration deep within the skin.

This treatment is suitable for all skin types and can be personalised to treat your specific concerns. Additional booster steps can be incorporated for best results as well as combining the PERK system to rejuvenate the eye and lip areas effectively.

Hydrafacial Treatments

Balance Platinum Hydrafacial

£170

The ultimate Hydrafacial experience beginning with detoxification with lymphatic drainage, followed by a deep cleanse, extraction, peel, and hydration. We can address specific skin concerns through the use of a skin booster as well as ending the treatment with LED light therapy to further reduce the signs of ageing. A wonderful all round skin health treatment.

Balance Deluxe Hydrafacial

£150

This invigorating treatment includes a deep cleanse, extraction, peel and deep hydration. Followed by our skin boosters, targeting specific skin concerns.

Additional Hydrafacial Treatments

Scalp, Neck and Shoulder Massage

20 minutes – £40

Dermalux/Deese Pro LED Light Therapy

30 minutes – £50

Lip Perk/Eye Perk

£40

Treating specific areas of the face with specialized Roller-Flex technology to gently exfoliate and brighten these delicate areas. A great enhancement to any Hydrafacial treatment.

Hydrafacial packages – please contact Balance directly for more information.

iS Clinical Fire and Ice Resurfacing Treatment

30 minutes – £90

60 minutes – £130

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.



EMFACE

Less wrinkles, more lift.

EMFACE is our newest FDA approved, CE-cleared medical device. EMFACE is a non-invasive facial treatment that improves the appearance of the skin as well as strengthening and toning facial muscles creating a lifting and tightening effect without the use of needles or surgery.

Balance is the only clinic within the Southwest to offer this breakthrough treatment. Utilising both Synchronized Radiofrequency and HIFES™ technologies simultaneously, EMFACE can treat the main areas of facial ageing- facial skin, muscles and connective tissue, offering incredible results with no downtime, no needles, no toxin and no surgery.

This is the perfect treatment for anyone who is wanting a natural, lifted and youthful appearance without the use of Botox and Fillers.

EMFACE Pricelist

An initial consultation is required prior to the EMFACE treatment.

A course of 4 treatments is required for best results, treatments will be carried out once a week over a period of 1 month.

Introductory price

Course of 4 treatments, inclusive of consultation and all follow up consultations. £600/ £2400





Corrective Peels

Prices can range from £150 depending on the type of peel most suitable for your skins needs.

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.



Dermaplaning

45 minutes – £75

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. An application of a customised mask is applied for a boost of hydration and nourishment.

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.

This treatment is a very effective treatment for clients suffering with Bells Palsy.

Caci Signature Non-Surgical Facial Toning

60 minutes – £90

75 minutes inclusive of wrinkle reduction treatment – £110

Caci Jowl Lift

30 minutes – £60

Caci Bum Lift

30 minutes – £65

Caci Eye Rejuvenation

30 minutes – £70

After one treatment of CACI you can expect a lift for up to 4 days, for best results we recommend a course of 10-15 treatments.

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

30 minutes – £50

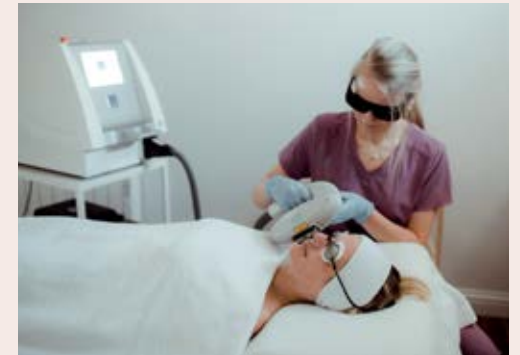
Add on – £30

Our Dermalux Flex MD and Déesse ProTM LED is a medically OE 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.

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



SkinPen Microneedling

Full Face – £200

Neck and Decolletage – £180

Full Face and Neck – £260

Add on Areas

Hands, Small Scars, Neck and Decolletage – £50

SkinPen Precision is a leading skin remodelling device that creates temporary small microscopic channels in the skin. This simple procedure activates your body's natural skin-healing power to increase collagen and elastin (the essential protein fibres in the skin that give it support and elasticity) so your skin returns to a healthier looking and more youthful appearance.

This treatment is used to treat many skin concerns including; fine lines, wrinkles, acne scarring, stretch marks, ageing of the skin, pigmentation and vitiligo. At Balance we use the most advanced and only FDA approved medical skin needling device in the world, this treatment provides the safest treatment whilst offering the best results.

A consultation with Skin Specialist Nurse Hollie is required prior to any microneedling treatment to assess your skin and suitability.

Extractions

Stand Alone Extraction Treatment

30 minutes – £60

Milia and Black Head Extraction can be added onto any treatment — £20

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.

illumiFacial®

60 minutes – £199

This facial is our Photofacial treatment, incorporating an enzymatic peel together with powerful, medical-grade IPL technology, this treatment can treat several concerns within a single treatment.

A course of treatments is recommended for best results.

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



IPL Treatments

Initial consultation and patch test with Registered Nurse Hollie — £60 (redeemable against course payments if purchased 30 days post 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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Veins or Pigment removal

Cheeks	£100
Cheeks and Nose	£140
Chest Only	£180
Hands	£100
Neck	£120
Half Face	£165
Full Face	£180
Single Lesion	£75

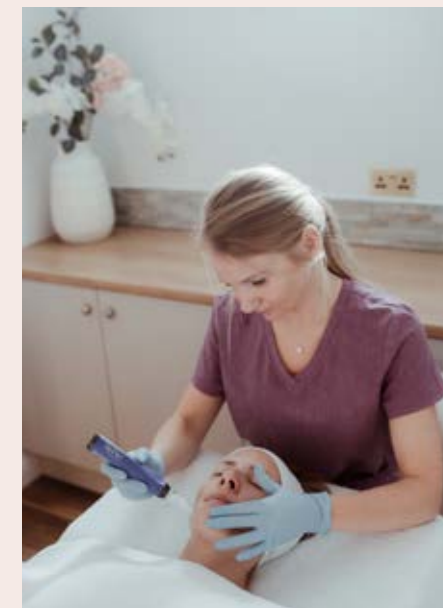
IPL Acne Treatment

Half Face	£90
Full Face	£130
Chest	£170
Full Back	£280
Shoulders	£150

IPL Hair Removal

Upper Lip	£60
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	£80
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

For all IPL treatments, if a course of 3 is purchased we offer 10% off and for a course of 6 we offer 20% off. Any future maintenance treatments will receive 10% off original price.





Exilis Ultra 360

Skin tightening and fat reduction treatment from head to toe.

BTL Exilis Ultra 360 is an award-winning, FDA-approved medical treatment for the full face and body. This device can treat from head to toe, including the full face, the delicate eye area (where most devices are unable to treat) and most areas on the body.

The Exilis Ultra 360 uses monopolar-radiofrequency. It is one of the only devices to use radiofrequency and ultrasound simultaneously, offering incredible results for skin tightening, the improvement of fine lines and wrinkles and increasing the production of collagen and elastin fibres.

With this device we are also able to treat most areas on the body, including but not limited to the abdomen, love handles, inner and outer thighs, arms, and buttock. The device improves the shape of your body and the look of cellulite and laxity via tightening of the skin and targeting stubborn fat deposits.

Exilis Ultra 360 Pricelist

An initial consultation is required prior to any Exilis Ultra 360 treatment. A course of 4 treatments is recommended for best results, over a course of one month. £60 consultation fee is redeemable against course payments if purchased 30 days post consultation.

** Treatment is suitable for both male and female and requires no downtime.*

Treatment for the Face

Course of 4 treatments

Full Face and Neck – £500 / £1750
 Upper Face (Including Eye Area) – £350 / £1225
 Lower Face (Including Neck) – £350 / £1225
 Eyes – £175 / £610
 Lips – £150 / £525
 Decolletage – £180 / £630
 Hands – £175 / £610
 Double Chin Fat Removal, Including Neck – £280 / £980

Skin Tightening and Fat Reduction Body Treatment

We can treat a range of areas including, abdomen, love handles, banana rolls, inner and outer thigh, bra area, arms, breast and buttock.

A full skin and body assessment will be required prior to any body treatment to develop a tailored treatment plan. A course of 4 treatments is recommended for best results, over a course of one month.

**Treatment is suitable for both male and female and requires no downtime.*

Skin Tightening and Fat Reduction Body Treatment.

Course of 4 Treatments
 1 Area – £350 – £1225
 2 Areas – £650 – £2275
 3 Areas – £900 – £3150

For more information about this treatment please contact us directly.



Intimate and Womens Health

Emsella

A breakthrough treatment for incontinence and confidence.

The Emsella chair, also known as BTL EMSELLA, is a non-invasive treatment for anyone who is looking for a solution for urinary incontinence, for both male and female. Studies have shown that the Emsella Chair improves quality of life by 95% and a reduction in pad usage by 75%. It is also particularly useful for women who wish to tighten their pelvic floor and improve vaginal tone.

What is the Emsella Chair?

BTL EMSELLA is a non-invasive and comfortable physiotherapy treatment. It uses High Intensity Focused ElectroMagnetic Energy (HIFEM) to stimulate and strengthen the pelvic floor muscles, boosting tone and improving symptoms of stress incontinence.

The stimulation restores control over the muscles on your pelvic floor, resulting in improved bladder control. The technology mimics the action potential of nerves that cause muscle contractions, in a way that would not be physically possible through simply doing Kegel exercises.

As its name suggests, you simply sit down, fully clothed for 28 minutes – the Emsella Chair will train your muscles without any effort.

The Emsella chair can benefit:

- Anyone who is suffering from urinary incontinence
- Those who developed stress incontinence following childbirth
- Women going through the perimenopause
- Women who have been through the menopause
- Women with decreased sexual satisfaction

What can the Emsella Chair treat?

- Stress Incontinence
- Urge Incontinence
- Mixed Incontinence
- Overactive Bladder
- Vaginal Laxity
- Orgasmic Dysfunction
- Erectile Dysfunction

A consultation is required with our medical practitioner prior to any Emsella treatment. A course of 6 treatments is recommended for best results over a 3-week period.

Price for a course of 6 Emsella treatments, £1250, inclusive of consultation and all follow up consultations.

For more information on this treatment please contact us directly.



Ultra Femme 360

A course of 3 treatments – £2000

A whole new approach to women's intimate health.

An FDA approved vaginal treatment for women suffering from stress incontinence, vaginal tightness, and vaginal dryness.

This revolutionary vaginal tightening treatment can provide complete vaginal rejuvenation both internally and externally, including labial remodelling and vaginal tightening, using a single FDA approved medical device. This treatment is a safe, non-surgical procedure with no downtime. Treating a range of women's intimate health concerns including stress incontinence, vaginal dryness, vaginal tightness and loss of sensitivity during intercourse.

Registered Nurse and Founder of Balance is proud to offer this treatment with it being the only BTL non- surgical vaginal treatment within Cornwall and the Southwest. A consultation with Nurse Hollie is required prior to any treatment to assess suitability.

This treatment is suitable for women of all ages and through all stages of life.

A course of 3-4 treatments is recommend for best results over a one month period. For more information about this treatment please contact us directly.



Alumier[®]



MADE FOR LIFE
by Spiczia Organics



IS CLINICAL[®]

