

Botox & Fillers

It's never too soon to pay the right attention to your skin. There is a whole new generation of non-surgical procedures that allow you to take your skin away from its early retirement with no down time and highly affordable costs.

Injectables

Botulinum Toxin, a potent purified protein, when used in small dilutions in a controlled fashion by a skilled physician with extensive experience relaxes frown lines between the brow, on the forehead and the wrinkles around the eyes. At Skin Renewal we now offer two types of internationally recognized and FDA approved Botulinum toxins.

Botox by Allergan.

From R65 per unit

Dysport By Ipsen Beaufort.

From R60 per unit

Botulinum Toxin for excessive underarm/palms or soles of feet perspiration. Effect lasts from 6 months.

From R4 500 per area

Botulinum Toxin for Bruxism, Teeth Clenching, TMJ pain and Migraine.

From R4 500

Botulinum Toxin for facial shaping reduces a square jawline in a female for an aesthetically pleasing shape.

From R3 600

Dermal Fillers such as Restylane, Surgiderm and Juvederm are injectable substances containing hyaluronic acid which are designed to improve wrinkles and augment lips. For volume loss dermal fillers injected around the eye, chin and cheek and along the jawline, can restore volume loss, folds and sagging.

From R2 900

Optional extra/Add-on

Pix'L+ (add on for Fillers) Skin Renewal now offers this 'Magic needle', an innovative cannula which is used for volumising the face without bruising and with minimal swelling.

From R250 add-on to Filler treatment

The Liquid Face lift – a non surgical alternative to a face lift, involves the use of strategically placed Botox and dermal fillers around the face to address concerns such as wrinkles, volume loss, folds and sagging.

From R5 600

Dermaroller Skin Needling treats fine lines, wrinkles, pores, surgical and acne scarring and loose skin on the body by rolling the skin with a Dermaroller - an affordable alternative to Fraxel laser treatments .

From R1 500 per treatment

Signature Rejuvenation

The majority of us will always be interested in shortcuts to a youthful appearance but not everybody is willing to consider the surgical options. Skin Renewal has revolutionary new non surgical treatments that can deliver dramatic results in a short space of time. These preventative non invasive treatments stop the ageing process before it starts. If you feel that your skin requires more intensive treatments please schedule an appointment with the aesthetic doctor to determine which medical aesthetic treatment should be prescribed.

3D Skin Rejuvenation™ - Skin Renewal's signature laser treatment is one of the most effective non ablative skin rejuvenation solutions available. It addresses sun spots, redness, spider veins, wrinkles, shallow and sagging skin with **no downtime at all**. 3D Skin Rejuvenation™ includes three clinical applications viz. Titan, Limelight and Laser Genesis to give amazing results.

From R3 300 per treatment

Pearl Fusion (as seen on 'the Doctors') is a once off alternative to 5 Fraxel treatments and improves deeper wrinkles, pigmentation and acne scarring. Pearl fusion includes a Pearl laser combined with a Pearl fractional laser treatment to the affected area. Five to seven days of downtime can be expected.

From R6 500 per treatment

Mesoglow Anti Ageing Facial - our Signature facial is a pampering five in one treatment. It combines Microdermabrasion with a cocktail of growth factors, peptides, vitamins and hyaluronic acid to stimulate collagen, rehydrate and revitalize dull and lifeless skin.

From R850 - 60 mins

Carboxy Mesoglow Facial is an anti ageing hydrating Facial which includes the face, neck and décolleté and combines an Alpha Hydroxy Acid peel, Carboxytherapy and 5mls of HA & SRS serum with growth Factors and peptides.

From R2 570 - 90 mins

Carboxy Laser Facial is an innovative laser facial which improves fine lines, wrinkles and crepey skin especially on neck and around the eyes and combines an Alpha Hydroxy Acid peel and Carboxytherapy to the face, neck and décolleté and Laser Genesis. Dramatic skin rejuvenation, an open brow expression, a sleeker jawline and a rejuvenated décolleté are all now possible.

From R2 750 - 90 mins

Carboxy Acne Facial combines a salicylic acid peel, Carboxytherapy to the acne affected areas, followed by Laser Genesis to improve acne and acne scarring.

From R1 750 - 60 mins

Hands, Feet & Neglected areas

Spoil yourself with a treatment that will revitalize your environmentally stressed hands & feet. Our basic nail service is anything but basic – and a decided departure from the mundane ‘dish soap’ Mani or Pedi. Our nail stations are on the cutting edge of hygiene, with doubly sterilized tools.

Hand treatments

Standard Mani.

From R 165 - 50mins

Deluxe Manicure. A full house treatment incorporating detail to the cuticles, full exfoliating hand scrub and nourishing hand and forearm massage.

From R 220 - 75mins

File & revarnish hands.

From R 60 - 20mins

Glycopeel Hands.

From R 350 - 30mins

French Polish.

R30 extra

Foot treatments

Standard Pedicure.

From R 220 - 60mins

Deluxe Pedicure includes nourishing foot massage.

From R 250 - 75mins

Glycopeel feet.

From R 350 - 30mins

Foot massage.

From R 160 - 30mins

File & re varnish feet.

From R 60 - 20mins

French polish feet.

R 30 extra

Combination manicure & pedicure.

From R 350 - 100 mins

File & re varnish hands and feet.

From R 120 - 30mins

Tinting & Grooming

Eyelash Tint or Eyebrow Tint.

From R 60

Brow shape.

From R 55

Lash & brow tint & shape.

From R 110

Permanent Make Up.

From R 850

Lasting Lashes Eyelash Extensions

FULL SET.

From R 700 - 120 Mins

FILL 2 WEEKS.

From R 350 - 60 Mins

FILL 3 WEEKS.

From R 450 - 60 Mins

Neglected areas

The hands, neck & décolleté are usually ignored in the average woman's skin care regimen, giving our age away before our faces do. New generation rejuvenation treatments done in a series of 3 to 6 treatments can improve sunspots and texture. Fillers such as Restylane Vital plump up the skin. Chemical peels and IPL treatments can improve sun spots and texture.

Hands, Feet & Neglected areas

Hand or Neck or Décolleté

Acutip / LimeLight IPL laser for sun spots.

**From R 150 per shot
or from R1 075 per area
From R4 000 per area
From R 650 per area
From R1 200
From R 450 per area
From R 675**

Restylane Vital 2mls.

Carboxytherapy Hand Rejuvenation.

Yellow Peel for neck or décolleté.

20% Glycolic peel or Glycopeel.

Injection Mesotherapy with 5mls Growth factors.

Eye Rejuvenation Treatments

Carboxytherapy Eye Rejuvenation esp dark circles.

From R 850 per treatment

Restylane for under eye circles.

From R2 900 per treatment

Pearl Fusion Overlay of Eyes including top lid, bottom lid and crows feet.

From R6 500

Arm Rejuvenation treatments

IPL / LimeLight arms incl hands.

20 % Glycolic Peel or Beta Peel full arms incl hands.

70 % Glycolic peel arms with occlusion.

Mela M done by doctors (2 to 4 treatments needed).

Back rejuvenating Treatments

Glycopeel.

From R 550- 30 mins

Back Deep cleanse.

From R 650-60 mins

Extraction Peel Back.

From R850-60 mins

70 % Glycolic peel with occlusion.

From R1 200- 60 mins

Elbows or Heels or Knees

Yellow Peel.

From R650-30 mins

Legs for disseminated sun spots

Only done by doctors (2 to 4 treatments)

Mela M upper legs front side only.

From R2 700-60 mins

Mela M lower legs front side only.

From R2 500-60 mins

Legs for generalized rejuvenation

(4 to 6 treatments)

Full leg 20 % Glycolic.

From R2 000-30 mins

70% Glycolic peel – no occlusion.

From R2 400-30 mins

Body sculpting & cellulite reduction treatments

Cellulite and resistant fat have different forms and grades and success needs a combination of treatments. At Body Renewal we want our patients to have great results and have thus combined internationally accepted body treatments at a much reduced price in a single treatment session. The full effect of each combined weekly treatment is accumulative & takes approximately 6 to 12 weekly treatments for results to be seen.

Signature Body shaping treatments

3D Body Renewal, our signature body shaping treatment is one of the most effective body shaping solutions available and involves combining 5 clinical applications: Ultrashape, Radiofrequency, Carboxytherapy, Manual massage and Body renewal Lite, a body sculpting eating programme to reduce exercise resistant fat and dangerous intra abdominal fat. If the programme is strictly adhered to, a weight loss of 10kgs and a 10cm circumferential reduction in one month is possible. **From R3 750**

3D Cellulite Solution, our signature cellulite treatment combines the following cutting edge non-invasive cellulite technologies at an affordable price: Carboxytherapy, Radiofrequency, mesotherapy and Manual massage. from 6 to 12 treatments needed. **From R1 100**

3D Skin Tightening, is an effective way to tighten lax abdominal or body skin and combines four skin tightening applications viz Titan, Laser Genesis, Carboxytherapy and Radiofrequency to offer a non surgical, no downtime alternative treatment to tighten loose skin anywhere on the body. **From R3 500**

3D Stretch Mark is the ultimate stretch mark package which combines Carboxytherapy, Laser Genesis, Transdermal mesotherapy and Radiofrequency. **From R1 000**

3 D Mommy Renewal improves resistant fat, stretch marks and cellulite from pregnancy. If the programme is strictly adhered to, 10 to 12 kgs of acquired, resistant fat can be safely lost in 4 to 6 weeks - resulting in a shapely, sexy new you! **From R1 500**

i-lipo Ultra incorporates vacuum massage and infra-red skin tightening lasers to enhance lymphatic drainage, improve blood circulation, and promote skin cell renewal, all while improving the appearance of cellulite. Price varies depending on the duration of treatment. **From R100 – R500**

Body sculpting & cellulite reduction treatments

Body Shaping devices

Ultrashape® is clinically proven to reduce fat thickness and body circumference by using non invasive high frequency ultrasound. A walk in, walk out procedure with no downtime. **From R3 200**

Carboxytherapy is a safe, minimally invasive procedure which involves injecting tiny amounts of CO₂ beneath the skin to improve cellulite. It can improve stretch marks and tighten lax skin due to ageing or post pregnancy. **From R 800**

Lipodissolve/ Injection Lipolysis - also known as Mesotherapy is used to reduce unwanted fat deposits by injecting a natural substance called lecithin to dissolve fat cells. **From R 500 per vial**

Tripollar™ or Accent effectively treat cellulite and resistant fat by using radiofrequency to improve lymphatic circulation and stimulate dermal collagen. **From R 550**

Velashape™ a 4 in 1 treatment, is an FDA approved medical device for the body reshaping, circumferential reduction and cellulite reductions. **From R 900**

Transdermal Mesotherapy with active ingredients for cellulite and body contouring uses no needle mesotherapy to improve lymphatic circulation and improve the appearance of cellulite. **From R 150**

TMT anti-cellulite from Mesoestetic uses transdermal active ingredients to treat problems of diffuse cellulite. 8 to 10 treatments needed. **From R 850 per treatment**

Manual massage uses knuckling and kneading lymph draining to improve the appearance of cellulite. **From R 250 30mins**

Patricia Clarke wrap is a full body wrap using neoprene bandages to effectively reduce fluid retention, facilitate circumferential loss and improve cellulite. **From R 600**

Titan® Skin Tightening (as recommended by Dr Rey from Doctor 90210) uses infra red light to shrink and tighten skin on any area of the body including the abdomen. **From R2 200**

Slender Wonder uses hCG, a prescription medication, to safely reduce dangerous intra-abdominal and exercise resistant fat whilst sparing muscle mass. If the programme is strictly adhered to, a weight loss of 10kgs in one month is possible. **From R1 500**

iLipo is FDA approved and was recently awarded the "Best Slimming treatment" at "Les Victoires de la beauté" in Paris. iLipo is the leading brand for non-invasive targeted fat reduction and body contouring. For best results 8 biweekly sessions are recommended. **From R500**

Laser & Light Treatments

3D Skin Rejuvenation™ Skin Renewal's signature laser treatment, is one of the most effective non ablative skin rejuvenation solutions available to address sun spots, redness, wrinkles, sallowness and sagging skin with no downtime at all and combines viz. Titan, Lime-Light and Laser Genesis to give superior results in 6 to 8 treatments. **From R3 400 per treatment**

AcuTip 500™ is a new light technology that replaces liquid nitrogen to treat individual sun spots on the face, chest, hands and legs. **From R1 000 per 15 min or R 75 per shot**

LimeLight or IPL is a light based procedure which addresses surface problems such as redness, mottled complexions, freckles and age spots in 4 to 6 treatments. **From R775**

The award winning **Nd: YAG CoolGlide** treats both tiny superficial facial veins and deeper blue leg veins on men and women of all skin tones effectively without the use of painful injections. **From R1 000 per treatment**

Long pulsed Nd:YAG offers a revolutionary treatment which can effectively treat **toe fungus, warts, plantar warts, DPN (Morgan Freeman spots), cherry red spots & skin tags** in 1 to 2 treatments. **From R1 000**

The Pearl laser (as seen in the book Complexion Perfection) is a minimally invasive FDA approved technology that renews the skin's surface by treating fine lines, texture, age spots and sun damage in only one or two treatments resulting in brighter, more youthful, plumper skin with a creamier complexion. **From R5 000**

Pearl Fusion (as seen on the Doctors) is a once off alternative to 5 Fraxel treatments and improves deeper wrinkles, pigmentation and acne scarring. Pearl fusion includes the Pearl laser combined with a Pearl fractional laser treatment to the affected area. 5 to 7 days of downtime can be expected. **From R6 500 per treatment**

The Prowave, the most significant innovation in light-based hair removal in 5 years, was nominated by Aesthetic Trends and Technologies for the best IPL technology for hair removal. **POA**

PDT/ LED Rejuvenation uses different wavelengths and sequences of light to stimulate skin cells to improve uneven skin tone and stimulate collagen. Acne especially moderate to severe acne can be effectively treated. **From R 250**

Laser & Light Treatments

Laser Genesis has been clinically proven to treat fine lines and wrinkles, shrink pores, improve texture, brighten complexion and decrease redness in 6 to 8 treatments.

From R 375

Titan® as recommended by Dr Rey of 90210 can tighten skin on your face, arms, abdomen and legs without surgery, recovery time or injections and stimulates new collagen growth deep beneath your skin's surface.

Priced per area

Other Skin Renewal Devices

Accent™ and **TriPollar** use radiofrequency to tighten and rejuvenate skin especially on the jowl and neck area.

From R 550

Carboxytherapy involves injecting tiny amounts of CO₂ beneath the skin to stimulate collagen production and improve facial sagging and dark eye circles. With Carboxytherapy, an open brow expression, a sleeker jawline and neck and a rejuvenated décolleté are all possible.

From R 850

Dermaroller™ / Skin Needling treats acne scarring, fine lines, wrinkles, pores and sagging by rolling the skin with a medical Dermaroller to stimulate the production of natural collagen.

From R1 500

i-lipo Laser lipolysis uses low level of visible red laser light to stimulate the body's natural processes that empty the stores fat contents inside fat cells. I-lipo was recently awarded 'Best Slimming Treatment' at 'Les Victoires de la beauté' in Paris and is FDA approved.

From R500 per area

Mesotherapy involves delivering active ingredients into the middle layer of the skin by using micro injections to revitalise & rejuvenate dull lifeless skin.

From R 650

Sclerotherapy uses a hypertonic solution to compress and improve difficult to treat varicose, feeder veins and cluster veins.

From R1 750

Transdermal Mesotherapy is an innovative technology to administer a mesotherapy solution into the dermis without the use of needles.

From R 250

UltraShape® is clinically proven to reduce fat thickness and body circumference by using non invasive high frequency ultrasound. A walk in, walk out procedure with no downtime.

From R3 200

VelaShape™- available only at selected branches is FDA approved for cellulite and circumferential reduction. 6-12 treatments needed.

From R 900 per treatment - 30 mins

Hair Removal & Grooming for Men

Laser hair removal is the most effective treatment available and is medically proven to give you permanent hair reduction after 8 to 10 treatments. Common areas for hair removal in men include the chest, back, shoulders, neck, abdomen and buttocks. Ingrown hairs respond well to 2 or 3 laser hair removal treatments.

Pricing of our 4th generation IPL Prowave is available on request.

Nd: Yag hair removal

Face

Ears or Nose	From R 150 each
Chin, Forehead, Unibrow or Sideburns	From R 250 each
Moustache or Cheeks	From R 450 each
Beard only	From R 650
Neck Front or Back	From R 625 each
Neck Front & Back combined	From R1 025
Full Male beard including neck front and back	From R1 500

Body

Umbilicus, Nipple, Hands, Feet	From R 280 each
Chest or Tummy	From R1 200 each
Arms Top Half or Bottom half	From R 800 each
Full arms or Shoulders only	From R1 200 each
Upper Back or Lower back	From R1 400 each
Full Back	From R2 500
Buttocks	From R2 000
Chest & Shoulders	From R2 200
Upper Back & Shoulders	From R2 200

Legs

Upper half or lower half incl knee	From R2 000
Full legs	From R3 400

Waxing

Chest or Full arm or shoulders or tummy	From R 170
Back & Neck	From R 200 each
Half leg	From R 180
Full leg	From R 250

Male Grooming

Male Manicure Express 45 minutes	From R 165
Male Pedicure Express 45 minutes	From R 200
Grooming: Eyebrow & Nostril & Ear Wax combo	From R 95
Botulinum Toxin for Hyperhidrosis	From R4 500

Anti Ageing Facial Treatments for Men

A man's skin is about 20% thicker than a woman's, so you are less vulnerable to the sun but you're still prone to dehydrated skin, especially if you shave daily. The anti-ageing facials rejuvenate, rehydrate and stimulate old skin cells to revert to their youthful renewal pattern, significantly improving skin quality.

Each anti ageing facial includes the following:

Exfoliating enzyme or Microdermabrasion or Peel
Anti ageing option (Laser genesis, RF, PDT)
Problem specific mask together with 10 minute neck massage
Facial Massage of 10 minutes & Moisturise/SPF

Microdermabrasion Facial - Incorporates exfoliating enzyme and gentle polishing (6 mins). 8 sessions are recommended at 2 week intervals.

From R 450 - 30 mins. Course of 6 facials R2 400

PDT Anti Ageing Facial - A friendly, non invasive anti ageing treatment that uses light sequences for skin rejuvenation and acne. Includes microdermabrasion alternating with glycolic peel and a PDT /LED. 6 sessions are recommended at 2 week intervals.

From R 700 - 60 mins. Course of 6 facials R3 800

Extraction Peel Facial - A combination of a salicylic acid peel with gentle steaming and extractions to improve congested skin. Essential for treating pores.

From R 750 - 60 mins. Course of 4 peels R2 700

Pore refining anti ageing facial using laser improves pores, fine lines & wrinkles and includes a microdermabrasion and 4000 laser genesis or 400 WR E max pulses. 4 to 6 facials are recommended at 3 week intervals.

From R1 050 - 60 mins. Course of 6 facials R5 700

Redness calming Facial - This facial includes an exfoliating enzyme and an IPL procedure to the face to reduce the background redness associated with rosacea and sun damage.

From R1 250 - 60 mins

Skin Tightening Anti Ageing Facial - with Radiofrequency to improve the neck and sagging jowls and includes a glycolic peel and a 20 minute radiofrequency procedure of the jowls and neck. 6 treatments are recommended at 2 week intervals.

From R1 000 - 60 mins. Course of 6 facials R5 400

Jowl slimming Facial - One of our doctors injects a small amount of lecithin into the double chin area. This is followed by a radiofrequency skin tightening procedure. 6 treatments are recommended at 4 week intervals.

From R1 100 - 45 mins. Course of 6 facials R6 000

Medical Peels & Exfoliation Treatments

As one ages the epidermal cell turnover slows down and one's skin becomes dull. The thickened top layer can challenge the skin causing blackheads, rough texture and pigmentation. Potential benefits of exfoliation and peels include fresher, brighter looking skin and better penetration of active ingredients of skin care products.

Microdermabrasion gently polishes the skin and helps improve uneven skin tone. **From R 450 - 30 mins. Course of 6 treatments R2 400**

Extraction Peel is a combination of a salicylic acid peel with gentle steaming and extractions to improve congested skin. Essential for treating pores. **From R 750 - 60 mins. Course of 4 peels R2 700**

Alpha Hydroxy Acid Peels - AHA with a series of AHA peels one can quickly achieve a brighter complexion. **From R 450 - 45 mins. Course of 6 peels R2 400**

Beta Hydroxy Acid Peel - BHA with a series of BHA peels one can renew the skin and improve blackheads, acne and pigmentation.
Beta Lite. **From R 450 - 45 mins**
Beta Peel 2 layers. **From R 550 - 45 mins. Course of 6 peels R2 900**

Deeper chemical peels - To be prescribed by doctors only. Combination progressive peels for pigmentation & sun damage that is resistant to treatment with a normal superficial peel series. **Downtime of 5 to 7 days can be expected.**

Yellow Peel is great for pigmentation and redness on neck. **From R1 000 - 45 mins**

Mela T: a combination peel for Skin Type 1 - 5. **From R1 500 - 45 mins**

Mela M: a combination peel for Skin Type 1 - 4. **From R2 400 - 45 mins**

TCA 10% and 15% Peels. **From R1 200 - 45 mins**

TCA 35 % spot peel: suitable for age spots. **From R 750 - 15 mins**

Nimue Chemibrasion **From R1 200 - 45 mins. Course of 3 peels R3 200**

Cosmelan, Mesopeels & TMT®

To improve facial pigmentation and sun related damage, the Mesopeels and Mask peel approach by Mesoesthetics deliver visible skin results with an improvement of acne, age-spots, skin luminosity and texture.

For all Skin Types.

Mandelic Peel - Treats acne, and hyperpigmentation in dry & sensitive skin.
From R 750 - 45 mins

Mesopeels - To be prescribed by doctors only. Combination peels for pigmentation and acne that are resistant to treatment with a normal superficial peel series. For all Skin Types.

Azelan Peel - Treats acne and oily skin and the dark spots of acne.

From R 950 - 45 mins

Melanostop Peel - Treats hormonal pigmentation and sun damage.

From R 950 - 45 mins

Modified Jessners - Treats blemishes, acne and moderate anti-ageing.

From R 950 - 45 mins

Piruvex Peel - Treats deep wrinkles, hyperpigmentation, acne & sallowness.

From R 950 - 45 mins

Mask Peels by Mesoesthetics

Cosmelan Mask Peel - For resistant pigmentation on all skin types

1 mask Peel.

From R4 000 - 30 mins

2 mask Peels.

From R6 000 - 30 mins

Dermamelan Mask Peel for severe pigmentation for all skin types.

1 mask Peel.

From R5 700 - 30 mins

2 mask Peels.

From R8 500 - 30 mins

TMT® Programmes by Mesoesthetics treat all skin types with the use of transdermal electroporation to effectively deliver active ingredients

into the dermis to improve pigmentation or redness/couperosis

1 transdermal session.

From R1 000

Melanogel complex for resistant dermal pigmentation includes microdermabrasion.

Course of 8 treatments.

From R7 200

Couperosis complex for sensitive skin with facial redness and spider veins.

Course of 8 treatments.

From R7 200

Product House Facials

At Skin Renewal we offer pampering facials from popular product houses which help remove the build up of excessive dead skin cells and improve skin conditions such as hyperpigmentation, blemishes, fine lines, breakouts, pores, blackheads rosacea, sun damage and premature ageing. We also have a range of medical anti-ageing facials and peels which can help improve your skin condition while still offering a pampering experience.

See Anti Ageing Facials and medical peels.

Skin Medica Facials

TNS Hydrating Facial Treatment (Age Defying Treatment). This signature facial is designed to address all the needs of sun-damaged, dehydrated and mature skin. Results are immediate, leaving the skin looking healthy and radiant.

From R 590

Purifying Facial Treatment (Complexion RX). This detoxifying facial is ideal for oily and acneprone skin. It includes gentle exfoliation with the steam to melt away impurities, followed by a special massage to balance excess sebum production and application of customized mask to purify and soothes inflamed skin.

From R 590

Calming/Post-Procedure Treatment (Healing touch). This treatment focuses on the sensitive, irritated or post-procedure skin and enhances recovery.

From R 590

Optional extras/ add on (15mins extra).

From R250 per treatment

Uplifting Eye Serum – Smooths, hydrates, and lifts the sensitive skin around the eyes.

TNS Illuminating Eye Cream - Improves and enhances skin texture and helps to reduce the appearance of dark circles and puffiness.

Vitamin C + E Complex to promote cell renewal and improve skin tone and texture.

From R120 per treatment

Nimue Facials

Nimue Rejuvenation Treatment. A standard active skin rejuvenation treatment ideal for environmentally damaged, hyperpigmented, problematic skin.

From R 425 - 60 mins. Course of 6 facials R2 300

Nimue Deep Cleanse Treatment incorporates cleansing, exfoliation, gentle steam, extraction and a mask to deliver excellent results.

From R 475 - 60 mins. Course of 6 facials R2 600

Product House Facials

Nimue advanced Rejuvenation Treatment is an intensive treatment for environmentally damaged, hyperpigmented, problematic skin. A high HA in combination with 7.5 % TCA for deeper exfoliation and enhanced results.

From R 520 - 60 mins

Nimue Chemibrasion™ Treatment - An innovative treatment that delivers a safe exfoliation treatment mask for all skin types without any aggressive and negative side effects.

From R 1 200 - 45 mins

Optional extras / add on (15mins extra)

Nimue TDS Ascorbic acid (Vitamin C) Iontophoresis.

From R 250

Nimue TDS DMAE Si and ALA Iontophoresis.

From R 250

Alginate mask add on.

From R 60

Dermalogica Facials - only at selected branches Consultation, face mapping and skin treatment specifically designed for your skins particular needs.

Environmental Facial

From R 450 - 60 mins. Course of 6 facials R2 500

Multivitamin Facial

From R 450 - 60 mins. Course of 6 facials R2 500

Chromawhite Facial

From R 520 - 60 mins. Course of 6 facials R2 800

Age Smart Anti Ageing Facial

From R 550 - 60 mins. Course of 6 facials R2 900

Medicated clearing Facial

From R 450 - 60 mins. Course of 6 facials R2 500

Student Facial

From R 225 - 30 mins. (Please present student card)

Environ Facials (Only at selected branches)

Environ Deep cleanse

From R 325 - 45 mins

Vitamin Facial includes mask

From R 375 - 60 mins

Ultimate Vitamin Therapy

From R 430 - 60 mins

Includes transdermal/ Iontophoresis for intense penetration of active ingredients for visible results.

Precision Vitamin therapy 3 to 4 areas

From R260-45 mins

Full face and neck

From R340-60 mins

Hair Removal Ladies

CoolGlide Nd: Yag uses a long pulsed Nd: YAG laser technology for safe and effective hair removal in all skin types including tanned skin. This is a fully developed medical class laser procedure that can yield long-term permanent hair reduction on any part of the body. This laser has won numerous awards in the USA for the best hair removal laser for all skin types. At least **8 to 10** treatment cycles are needed for permanent hair reduction. Facial hair which has a hormonal component may need additional treatments.

The ProWave (only at selected branches) is FDA approved & uses the latest light technology for permanent hair reduction and can treat a wide range of skin types safely, quickly and effectively. In 2007, in the USA, the Aesthetic Trends and Technologies Choice Awards™, nominated the Cutera ProWave for the best IPL technology for hair removal. This medical class system delivers a specially tailored light source for permanent hair reduction in as little as 6 treatments for some areas. The Prowave can rapidly treat large areas safely and effectively due to its large spot size & rapid firing rate. A full leg hair removal can be treated in 40 mins. Price of Prowave hair removal is available on request. The prices below are per session.

Nd: YAG Hair Removal Prices

Upper Lip, Sideburns.	From R 350
Chin, Forehead.	From R 300
Ears, Nose.	From R 200
Face (Full face) from R 875	
Cheeks.	From R 550
Underarm.	From R 500

Bikini

Standard (sides only).	From R 500
G-string.	From R 750
Brazilian	From R 950
Extensive / Full Hollywood. (All off!).	From R1 200
Buttocks.	From R 750

Body

Chest, Tummy.	From R 320 each
Umbilicus, Nipple, Hands, Feet.	From R 250 each

Legs

Upper half.	From R1 350
Lower half incl knee.	From R1 400
Upper leg & standard bikini.	From R1 700
Full Pair.	From R2 500

Hair Removal Ladies

Arms

Top half or bottom half	From R 695
Full.	From R 1250

Combinations

Underarm & Bikini.	From R 850
Underarm, Bikini & Half Leg.	From R 2250

Waxing Ladies

Brows, Lip, Chin, Nose.	From R 60 each
Cheeks.	From R 70
Face Full face.	From R 150
Underarm.	From R 70

Bikini

Standard.	From R 95
G-string.	From R 110
Brazilian.	From R 175
Extensive / Full Hollywood. (All off!).	From R 220

Legs

Half.	From R 160
3/4.	From R 190
Full.	From R 220
Upper leg.	From R 175
Half u/16.	From R 110

Arms

Half.	From R 100
Full.	From R 145
Chest / Back / Abdomen- half.	From R 150
Chest / Back / Abdomen- full.	From R 225

Combinations

Full leg, under arm, Standard Bikini.	From R 335
Half leg and Standard Bikini.	From R 230

Massage Therapies

The spiritual perfection of centuries old knowledge combined with modern know-how techniques impart an enhanced feeling of well being on both mind & skin. Set your spirit free!

Back, Neck & Shoulder

From R 250 - 30 mins

Foot Massage

From R 200 - 30 mins

Foot Massage during laser / therapy treatments

From R 150 - 30 mins

Indian Head Massage

From R 200 - 30 mins

Aromatherapy / Stress Relief Full Body Massage - Aromatherapy massages assimilating the best of Swedish massage with natural plant essences that address your skin's individual needs and respectively energize, calm, or de-stress you.

From R 450 - 60 mins

Manual massage uses knuckling and kneading lymph draining massage to improve the appearance of cellulite.

From R 250 - 30 mins

Swedish Massage - A massage that manipulates the body using alternating long and short strokes, increasing circulation as it relieves tension.

From R 300 - 30 mins

From R 400 - 60 mins

From R 460 - 90 mins

Reflexology - The ancient Chinese technique that uses pressure-point massage (usually on the feet, hands and ears) to restore the flow of energy throughout the body. By using pressure on these points the therapist can help eliminate toxins, relax the entire body, and stimulate the healthy functioning of internal organs.

From R 250 - 30 mins

Signature 3D Treatments

3D Skin Rejuvenation™ Skin Renewal's signature laser treatment is one of the most effective non ablative skin rejuvenation solutions available. It addresses sun spots, redness, spider veins, wrinkles, shallow and sagging skin with no downtime at all. 3D Skin Rejuvenation™ includes three clinical applications viz. Titan, Limelight and Laser Genesis to give amazing results.

From R3 300 per treatment

3D Body Renewal, our signature body shaping treatment is one of the most effective body shaping solutions available and involves combining five clinical applications: Ultrashape, Radiofrequency, Carboxytherapy, Manual Lymph drainage and Body Renewal Lite, a body sculpting eating programme to reduce exercise resistant fat and dangerous intra abdominal fat. If the programme is strictly adhered to, a weight loss of 10 kgs and a 10 cm circumferential reduction in one month is possible.

From R3 750

3D Cellulite Solution, our signature cellulite treatment combines the following cutting edge non-invasive cellulite technologies at an affordable price: Carboxytherapy, Radiofrequency, mesotherapy and Manual Lymph drainage. 6 to 12 treatments needed

From R1 100

3D Skin Tightening is an effective way to tighten lax abdominal or body skin and combines four skin tightening applications viz Titan, Laser Genesis, Carboxytherapy and Radiofrequency to offer a non surgical, no downtime alternative treatment to tighten loose skin anywhere on the body.

From R3 500

3D Stretch Mark is the ultimate stretch mark package which combines Carboxytherapy, Laser Genesis, Transdermal mesotherapy and Radiofrequency.

From R1 000

3D Mommy Renewal improves resistant fat, stretch marks, hormonal pigmentation and cellulite of pregnancy. If the programme is strictly adhered to, 10 to 12 kgs of acquired, resistant fat can be safely lost in 4 to 6 weeks - resulting in a shapely, sexy new you!

From R1 500

Anti-Ageing Facials

Get your glow back with our results-driven anti-ageing facials which rejuvenate and stimulate old skin cells to revert to their youthful renewal pattern, significantly improving skin quality and glow! If you feel that your skin requires more intensive treatments please schedule an appointment with the aesthetic doctor to determine which medical aesthetic treatment should be prescribed.

Each anti ageing facial includes the following:

- Cleanse
- Exfoliating enzyme or Microdermabrasion or Peel
- Anti ageing option (Titan, Refirme, Laser genesis, IPL, RF, PDT,
- Transdermal mesotherapy or Carboxy)
- Problem specific mask: Super Hydrating/Rejuvenating/Purifying mask
- 10 minute hand or foot or neck massage for duration of the mask
- Facial Massage of 10 minutes
- Moisturise/SPF

Mesoglow Anti Ageing Facial - Skin Renewal's signature facial includes microdermabrasion and transdermal mesotherapy with hyaluronic acid and growth factors 3mls to rehydrate and provide an instant glow to the skin. 4 to 6 Mesoglow Facials are recommended at 2 week intervals.

From R 850 - 60 mins. Course of 6 facials R4 600

Skin Tightening Anti Ageing Facial - with Titan.

(Recommended by Dr Rey 'Doctor 90210') to improve a sagging jawl or neck and includes a glycolic peel and 100 Titan V infra red pulses.

4 sessions are recommended at 4 week intervals.

From R2 650 - 60 mins. Course of 4 facials R9 600

Skin Tightening Anti Ageing Facial - with Refirme. Only available at Rivonia Village. (Recommended by Dr Rey 'Doctor 90210') to improve a sagging jawl or neck and includes Microdermabrasion and 1200 Refirme infra red pulses. 4 sessions are recommended at 4 week intervals.

From R2 400 - 60 mins. Course of 4 facials R8 600

Skin Tightening Anti Ageing Facial - with Radiofrequency to improve the neck and sagging jawls and includes a glycolic peel and a 20 minute radiofrequency procedure of the jawls and neck. 8 sessions are recommended at 2 week intervals.

From R 1000 - 60 mins. Course of 8 facials R7 200

Anti-Ageing Facials

Pore refining anti ageing facial - using laser improves pores, fine lines & wrinkles and includes an extraction peel and 4000 laser genesis shots. 4 to 6 Facials every 3 weeks are recommended.

From R1 250 - 60 mins. Course of 6 facials R6 750

Pigmentation Anti Ageing Facial using IPL - This brightening facial includes an exfoliating enzyme and an IPL procedure on the face or neck or décolleté to improve freckles, sun spots, rosacea, redness and sun damage.

From R1 250 - 60 mins. Course of 6 facials R6 750

Brightening Anti Ageing Facial - using transdermal TA:NF. This brightening facial includes microdermabrasion and transdermal skin lighteners to the face to improve hormonal pigmentation and uneven skin tone. 6 sessions are recommended at 2 week intervals.

From R 750 - 60mins. Course of 6 facials R4 000

Revitalising Carboxy Anti Ageing Facial - This is an innovative revitalising full face facial combines an Alpha Hydroxy Acid peel / Carboxytherapy 4 areas and Laser Genesis 4000 pulses or Mesotherapy for an instant glow.

From R2 025 - 60 mins. Course of 6 facials R11 000

PDT Anti Ageing Facial - A friendly, non invasive anti ageing treatment that uses light sequences for skin rejuvenation and acne. Includes Microdermabrasion alternating with glycolic peel and a PDT /LED. 6 sessions are recommended at 2 week intervals.

From R 700 - 60 mins. Course of 6 facials R3 800

Hydrating Anti Ageing Facial - A hydrating anti ageing treatment that uses transdermal hyaluronic acid - HAFi to rehydrate the skin and stimulate collagen. Includes Microdermabrasion. 6 sessions recommended.

From R 650 - 60 mins. Course of 6 facials R3 500

Nu-life Faradic Anti Ageing Facial (only available at Rivonia Village)
This muscle stimulation facial includes cleansing, exfoliation enzyme & faradic muscle stimulation (30 mins) twice a week.

Course of 10 facials R3 400

Microdermabrasion Facial incorporates exfoliating enzyme and gentle polishing (6 minutes). 8 sessions are recommended at 2 week intervals.

From R 450 - 30 mins. Course of 6 facials R2 400

3 D Female rejuvenation

Female sexual dysfunction affects 30 to 50% of women and can be attributed to various sexual disorders such as low sexual desire, finding it difficult to become aroused and have an orgasm, experiencing pain during intercourse, as well as various medications, chronic diseases and ageing. Menopause produces fewer sexual hormones which results in the atrophy or degradation of the tissues around the perineum, as well as a loss of function, tissue turgor, sensation and the response to stimulus. At Skin Renewal, we use microinjections of Carbon Dioxide gas, known as Carboxytherapy, to stimulate tissues, increase circulation and stimulate the production of new capillaries. This replenishes the blood supply and thereby restores the function of the tissues

Carboxytherapy for 3 D Female Rejuvenation: from R750 per treatment

The following signs and symptoms of female sexual dysfunction, urinary incontinence, menopause and PMS have been reported after Carboxytherapy treatments:

Improved cosmetic appearance as tissue regains plumpness.
Improved vaginal tone and Improved functionality of the area.
Improved urinary symptoms viz: stress incontinence, urgency, effective voiding.
Increased lubrication with less daily dryness and irritation due to improved circulation.
Treated patients become less prone to thrush due to pH acidification.
Improved sensation to the area with possible heightened orgasm and libido.
Improved PMS symptoms with less hot flashes due to increased localised oestrogen.

Owing to the sensitive nature of this programme, the treatments are performed by a trained medical doctor. Details are kept private and confidential. The treatment schedule involves an initial consult where your doctor, after taking a thorough history, may request certain blood tests to be done. If you are a suitable candidate you can begin the 3D Female Rejuvenation programme which includes 6-8 weekly treatments, lasting around 15 minutes per treatment, and a maintenance plan of 1-2 treatments per month thereafter. The results of each treatment is accumulative.

Carboxytherapy for Fibromyalgia:

From R750 per treatment

If you are a suitable candidate, the Carboxytherapy for fibromyalgia programme includes 6-8 weekly treatments, lasting around 15minutes per treatment, and a maintenance plan of 1-2 treatments per month thereafter.

Labial Rejuvenation/ Labioplasty:

From R2900 per syringe

During the menopause, fewer sexual hormones are produced resulting in the atrophy or degradation of the tissues around the perineum especially the labia. Dermal fillers such as Restylane, Juvederm and Surgiderm can be used to plump up the vulval area, restoring a youthful look and feel.

3 D Male rejuvenation

At Skin and Body Renewal we appreciate that the stresses of life can take their toll on sexual performance - an element that greatly affects your sense of overall wellbeing. With increased demand for help in this area, we have introduced the 3D Male Rejuvenation programme. Impaired blood supply usually due various medications, chronic diseases and ageing is the culprit in roughly 50 percent of the cases of erectile dysfunction. The core treatment of this programme uses Carboxytherapy to improve circulation and blood supply to the penis by stimulating the production of new capillaries.

Carboxytherapy for 3 D Male Rejuvenation: From R750 per treatment

The following benefits have been reported after Carboxytherapy treatments for male sexual dysfunction:

- improved cosmetic appearance as tissues regain plumpness
- improved strength and size due to improved circulation
- improved functionality i.e. tissue turgor due to improved circulation
- improved sensation of the area.

Owing to the sensitive nature of this programme, the treatments are performed by a trained medical doctor. Details are kept private and confidential. Partners are encouraged to come along for support if desired.

The treatment schedule involves an initial consult where your doctor, after taking a thorough history, may request certain blood tests to be done. If you are a suitable candidate you can begin the 3D Male Rejuvenation programme which includes 6-10 weekly treatments, lasting around 15 minutes per treatment, and a maintenance plan of 1-2 treatments per month thereafter.

3D Body Renewal: From R3750 per treatment

Obesity can eventually lead to non insulin dependent diabetes, hypertension and high cholesterol levels which all contribute to male sexual dysfunction. Our signature body shaping treatment, 3 D Body Renewal, is one of the most effective body shaping solutions available and reduces dangerous intra abdominal and exercise resistant fat. It involves combining five clinical applications: Ultrashape, Radiofrequency, Carboxytherapy, Manual Lymph drainage and Body Renewal Lite, a body sculpting eating programme. If the programme is strictly adhered to, a weight loss of 10 kgs and a 12 cm circumferential reduction in 4 weeks is possible.

Slender Wonder Medical Weight Loss Programme: From R1500

Obesity affects insulin sensitivity and can eventually lead to Non Insulin dependent diabetes. Raised sugar levels together with hypertension and high cholesterol levels contribute to erectile dysfunction. For this reason the Slender Wonder programme may be suggested by your doctor as a medical weight loss solution to assist with the 3D Male Rejuvenation programme. If the weight loss programme is strictly adhered to, 10 to 12 kgs of resistant fat can be safely lost in 4 to 6 weeks.