

JENNIFER GRACE HEALTH, BEAUTY AND AESTHETICS AT GRACE MEDI-SPA

(established 40 years)

Juliette Armand
THE PERSONAL PROFESSIONAL SKINCARE

CACI
NON SURGICAL SOLUTIONS

GUINOT
INSTITUT • PARIS



StereoX

Dermapen 4

CryoPen

BAS
BRITISH ASSOCIATION
OF SCLEROTHERAPISTS

Approved
provider
clinic for
Spire
Portsmouth Hospital



Clanfield Farmhouse, 14 South Lane, Clanfield, Hampshire, PO8 0RA
email@gracehealthandbeauty.co.uk
www.gracehealthandbeauty.co.uk
07909 220585



Facials

CACI NON-SURGICAL SOLUTIONS



CACI's signature non-surgical facial toning is an advanced non-invasive facial, with many years of medical research behind it. Gentle microcurrent impulses will help to lift and tone the muscles of the face and neck to bring about a more youthful and sculpted appearance.

CACI Face and neck toning - 1 hour	£65	Course of 12 given 2-3 times per week	£650 (save £130)
CACI Ultimate facial - 2 hours	£95		

Incorporating a full CACI face and neck toning this facial also incorporates orbital dermabrasion, the 'wrinkle comb' with LED light technology and the hydratone mask infused with intense moisturising and plumping ingredients.

CACI Jowl Lift - 45 minutes	£50	Course of 12 given 2-3 times per week	£500 (save £100)
-----------------------------	-----	---------------------------------------	------------------

helps to improve the appearance of sagging jowls by using specially designed Quad Probes to tone and firm along the jawline.

CACI Eye Revive - 45 minutes	£55	Course of 12 given 2-3 times per week	£550 (save £110)
------------------------------	-----	---------------------------------------	------------------

helps to lift and tone around the delicate eye area. Aids in reducing puffiness, dark circles and to improve the appearance of fine lining. With serums and eye mask.

MICRODERMABRASION

Crystal-free orbital dermabrasion using LED phototherapy. The dead outer layers of the skin are gently sloughed away reducing signs of ageing, sun damage and post acne scarring. A lymphatic massage with the hydro mask clears toxins and the skin immediately appears fresher, more even toned and radiant.

Face and neck	1 hour	£65
Face, neck and décolleté	1 hour 15 minutes	£70
Back conditioning	1 hour 15 minutes	£70

RADIO FREQUENCY

A real 'red carpet' treatment! Instantly lifts and plumps the skin. For best results a course of 6 or 12 treatments given twice weekly.

Face and neck - 45 minutes	£60	Course of 6	£300 (save £60)	Course of 12	£540 (save £180)
----------------------------	-----	-------------	-----------------	--------------	------------------

JULIETTE ARMAND

THE PERSONAL PROFESSIONAL SKINCARE

Specialised facial treatment protocols using the finest of cosmeceuticals. A variety of different protocols treat all skin types and issues including ageing, pigmentation, sun damage, dehydration, sensitivity, oily and blemished and anti-pollution.

Face and neck	£65	Face, neck and décolleté	£75
---------------	-----	--------------------------	-----

Our Partners at Grace Medi Spa also offer a further range of health, beauty, facial, nail, lash & brow services.

Please do contact us for more information



FACIALS – Introduce your skin to the benefits of professional skincare from The Guinot Institute Paris. With its pharmaceutical heritage Guinot is continually adapting and developing their products and treatments to ensure outstanding results.

MACHINE-BASED TREATMENTS

Hydradermie Youth

Guinot's signature facial treatment. Exclusive patented treatment method using dynamic ionization technology combined with active ingredients to treat all skin types with exceptional results. 1 hour 15 minutes £75

Hydradermie Lift

The Instant Lifting Treatment
This facial stimulates the muscles and lifts the facial features 1 hour £65
For best results 2 per week for a course of 6 £325

Eye Logic

This targets signs of ageing and tiredness around the eyes with gentle eye muscle stimulation and active products. Indicated for puffiness, sagging eyelids, dark circles and fine lining. 45 minutes £60

MANUAL TREATMENTS

Détoxygène

A relaxing facial that reoxygenates the skin and aids in removing toxins and pollution. 1 hour £70

Hydra Peeling

Skin renewal treatment
A cosmetic peeling treatment suited to all skin types, even the most sensitive. Restores a more even toned radiant complexion. 1 hour £70

Hydra Summum

Using high concentrations of Hyaluronic Acid to help to hydrate and to plump out lines and wrinkles 1 hour £70

Hydradermie Age Logic

Targets signs of ageing with focus on eye contour, neck and décolleté. Using anti-ageing serums and products for effective results. 90 minutes £85

Hydradermie Lift Deluxe

The Ultimate lifting and anti-ageing treatment
A combination of the Hydradermie Age Logic and the Hydradermie Lift. 2 hours £100

Lift Summum

A firming, plumping and smoothing facial that helps to reduce signs of fatigue and ageing in the face, neck and décolleté. 1 hour £70

Age Summum

Ultimate anti-ageing manual treatment for face and hands
Using pure vitamin C, hyaluronic acid and pro-collagen this targets the signs of ageing to restore youthful radiance. 1 hour £70

AESTHETIC

IPL TREATMENTS - A free consultation and patchtest is required prior to all IPL treatments.

IPL- PAIN FREE HAIR REMOVAL

A gentle, non-invasive solution to treating unwanted hair. This system treats all hair colours except white. IPL normally leads to significant hair reduction within 6 sessions, normally given monthly. All courses of 6 include 1 free treatment.

Upper lip or chin	£45	Half leg lower	£120
Course of 6	£225	(includes feet/toes)	
Jawline and neck	£60	Course of 6	£600
Course of 6	£300	Thighs	£130
Bikini - Hollywood	£60 - £80	Course of 6	£650
Course of 6	£300 - £400	Full leg	£175
Underarm	£60	(includes feet/toes)	
Course of 6	£300	Course of 6	£875
Lower or full arms	£80 - £95	Male beard	£95
(includes hands/fingers)		Course of 6	£475
Course of 6	£400 - £475	Male back and shoulders	£120
		Course of 6	£600
		Male chest	£95
		Course of 6	£475

IPL - PHOTOVASCULAR TREATMENT

Reduces red veins and rosacea from the face and décolleté.

Per session £55 - £75

IPL - PIGMENTATION TREATMENT

Reduces and can remove unsightly sun damage.

Face, neck and décolleté per session £55 - £75
Back of hands per session £50

IPL - ACNE TREATMENT

Reduces blemishes and accompanying redness.
Aids in healing and can minimise scarring.

Per session £40
Course of 6 given twice weekly £200

IPL - SKIN REJUVENATION TREATMENT

A gentle resurfacing of the skin that effectively targets signs of ageing, especially photoageing. Reduces sun induced pigmentation, red veins and uneven skin texture. Helps to firm the skin and can boost collagen production, making the skin appear more youthful. Treatment includes hyaluronic acid mask and light therapy.

Face and neck per session £120 Face, neck and décolleté per session £140

IPL - CARBON FACIAL

A carbon paste is applied to the skin which is absorbed by the outer dead skin cells. It is then removed (vaporised) using IPL. A brighter, fresher and more youthful complexion is revealed. Also indicated for reducing pore size, in some acne conditions and acne scarring. Treatment includes hyaluronic acid mask and light therapy.

Face and neck per session £130 Face, neck and décolleté per session £150
1 hour 30 minutes 1 hour 45 minutes

AESTHETIC

DERMAPEN™

An automated microneedling device with patented technologies ensuring the highest standards of safety and treatment effectiveness. Dermapen™ has a disposable tip cartridge with a cluster of medical grade microneedles. The speed and depth of penetration can be adjusted to suit all areas. The device glides relatively painlessly over the skin causing multiple invisible microchannels to stimulate the skin's natural ability to heal and regenerate. This is a gold standard in terms of stimulating collagen production and delivers real results for fine lines, loss of skin tone, sun damage, pigmentation, open pores, acne scars, rosacea and hair regeneration.

Face, neck, décolleté and back of hands £165
(with hyaluronic acid mask, light therapy and aftercare product)

MESOTHERAPY

Tiny superficial injections are applied to the face (neck and décolleté can also be treated) using a bespoke cocktail of cosmeceutical ingredients. Specific problem areas can be targeted such as lining, pigmentation and acne scarring. By delivering hydrating infusions an overall plumping and radiant glow can be achieved transforming dull, sluggish and tired looking skin.

Face per session	£100	Face and neck per session	£120
		Face, neck and décolleté per session	£140

AMESON MESOPEELING



A professional chemical peeling system based on organic acids. A range of AHA's, BHA's and AZA's peels can meet the needs of every client and skin type, even the most sensitive. Everyone can benefit from one of the more gentle peels to promote general radiance and better skin function. Many specific skin issues can be addressed such as pigmentation, sundamage, rosacea, oily and blemished, dry and dehydrated, dull and lack lustre.

Face per session - 30 minutes	£50	Face course of 6	£250 (save £50)
Face and neck per session - 35 minutes	£55	Face and neck course of 6	£275 (save £55)
Face, neck and décolleté per session - 40 minutes	£65	Face, neck and décolleté course of 6	£325 (save £65)

MICRO SCLEROTHERAPY - LEG THREAD VEIN REMOVAL

Unightly thread veins are injected with a sclerosing solution. Compression stockings are applied. Vessels fade away over several weeks

Consultation followed by endorsement of medical notes by Mr. Simon Payne or his Nurse	£40 - £75
1st treatment including compression stockings	£175
Further sessions	£150

CRYOPEN

An advanced cryotherapy pen delivering an ultra-cold jet of high pressure N₂O directly onto skin lesions with pinpoint accuracy. Offers extremely quick, effective and safe treatment of skin tags, warts, sun/age spots, solar keratosis etc. Certain blemishes may require GP clearance.

From	£55
------	-----

RED VEIN /SKIN TAG / MILIA AND BLEMISH REMOVAL

Using diathermy cautery unsightly red veins, blood spots and spider naevi can be quickly and easily removed from the face as well as other areas. Skin tags and milia can also be treated. Subject to GP clearance other blemishes may also be able to be treated

Consultation and patch test (includes dls aftercare product)	£40	1/4 hour session	£55
		1/2 hour session	£75

HOLISTIC THERAPIES

SWEDISH MASSAGE

A firm and purposeful treatment designed to eliminate stress, tension and discomfort in the soft tissues.

Full body 1 hour	£55
Back, neck and shoulders 30 minutes	£40

AROMATHERAPY

A prescriptive blend of pure essential oils with a harmonising and relaxing massage to best deliver their healing energies.

Full body 1 hour	£60
Back, neck and shoulders 30 minutes	£45
Full body, face and scalp 1 hour 30 minutes	£85

MANUAL LYMPHATIC DRAINAGE

A highly specialised massage pioneered by Dr. Vodder. A gentle and flowing treatment designed to stimulate the lymphatic system and improve swelling and congestion. Boosts immunity, soothes painful conditions and inflammation. Beauty benefits include anti-ageing and reducing eye puffiness and cellulite.

Full body, face and scalp, 2 hours	£110	Specific sites 1 hour	£65
Specific sites half hour	£45	Face and neck 40 minutes	£55

THAI FOOT MASSAGE

A stimulating foot massage using pressure point massage with a traditional wooden stick.

1 hour	£55
--------	-----

HOT STONE MASSAGE

Warm basalt stones provide a deeply relaxing, nurturing and comforting treatment.

Full body, 1 hour	£60
Back 30 minutes	£45

REFLEXOLOGY

Based on the belief system that every part of the body has its corresponding reflex point on the feet. Pressure is applied to detect and clear any imbalances in the energy flow. Better health and functioning is restored.

Per session, 50 minutes	£50	Course of 6	£250
-------------------------	-----	-------------	------

INDIAN HEAD MASSAGE

An invigorating treatment for the upper back, neck, scalp and face. Can be performed over clothing or oils can be used to condition the hair and scalp.

30 minutes	£40
------------	-----

HOPI EAR CANDLES

Hollow bees wax candles are placed in the ear. They burn down producing a massaging suction effect deep within the ear cavity. Benefits include helping to ease ear congestion, sinus and allergy issues.

Per session, 40 minutes	£50
Combined with MLD massage to face and neck, 1 hour	£65

BEAUTY TREATMENTS

WAXING

Half leg (lower)	£20	Eyebrows (tidy/reshape)	£10 - £15
Half leg (upper)	£20	Nostrils	£15
Full leg	£30		
Full leg and bikini	£40		
Bikini	£20		
Underarm	£12		
Upper lip and chin	£10		
Upper lip and chin	£15		
Forearms	£20		

ADVANCED WAXING

Brazilian (2/3 finger width)	£30
Playboy (1 finger width)	£35
Hollywood (all hair removed)	£40

EYE TREATMENTS

A patch test is required 24 hours prior to tinting or lift treatments.

Lash tint	£20	Brow tidy/reshape	£15 - £20
Brow tint	£15	Lash lift	
Lash & brow tint	£25	(includes tint)	£50

EAR PIERCING

Using a totally hygienic disposable cassette system. Includes choice of 9ct gold or titanium studs and aftercare solution. Babies and young children not treated. Under 16's require parental written consent and attendance.

Both ears	£45
-----------	-----

ELECTROLYSIS

Permanent removal of superfluous hair using diathermy or the blend. Sterile needles used. Suited to small sites only

Consultation with patch test	£30	Course of 6 (15 minutes) save £25	£125
and aftercare product		Up to 30 minutes	£40
Up to 15 minutes	£25	Course of 6 (30 minutes) save £40	£200

SEMI PERMANENT MAKE UP

This is a cosmetic tattoo. Pigments are gently inserted into the skin to provide natural enhancement. The effects gradually fade over several years. The price includes two visits;

Consultation and patch test	Free	Lip liner	£300
Eyeliner	£350	Lip blush	£300
Eyelash enhancement	£250	Lip liner and blush	£450
Colour boost after initial course	£160	Lip contour	£400
for existing clients			

THE BLEMISH CLINIC

We are pleased to provide this much needed service for the removal of benign skin blemishes.

Please be aware that we may ask you to obtain approval from your GP or Dermatologist for certain blemishes to be removed, such as moles.

Following a detailed consultation the following blemishes can be treated using either diathermy cautery (heat) or the Cryopen (freezing) and sometimes a mixture of both. Depending on the type of blemish and amount of blemishes an exact cost can be given at the Consultation. As a guide prices for cautery start at £55 for up to 15 minutes. Prices for the Cryopen also start at £55.

Facial Telangiectasia (red veins) (broken capillaries)

Spider Naevus

Cherry Angioma

Campbell de Morgan

Skin Tags

Seborrheic Keratosis

Milia

Solar Lentigo (Sunspot)

Poikiloderma of Civatte

Sebaceous Hyperplasia

Syringoma

Xanthelasma Palpebrarum

Dermatosis Papulosa Nigra (DPN)

Some Warts

Some Verruca

Some Mole reduction / removal

Other blemishes not suitable for removal at the Medi-Spa such as lipomas, certain moles, sebaceous cysts etc can be referred to Mr Simon Payne MD FRCS consultant Vascular and General Surgeon at the local Horndean Surgery. Mr Payne also offers varicose vein treatments.

CANCELLATIONS

If you find it necessary to cancel your appointment, we would be grateful if you could give a minimum of 48 hours notice. We will endeavour to offer the appointment to another client, but if this is not possible we may have to apply a cancellation fee. Thank you

GIFT VOUCHERS... The perfect gift!

Available for all services offered at Grace Medi-Spa

Prices with effect from 1-08-2025