



AWARD WINNING

# EVOLVE

ADVANCED MEDICAL • SKIN & LASER • FACIAL AESTHETICS • COLONIC  
HERITAGE HOUSE PRIVATE CLINIC

ESTABLISHED 1991





EVOLVE

ADVANCED SKIN | LASER | MEDICALS

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# Welcome to Evolve...

Home of Advanced Paramedical Skin Revision.

Rebuilding Skin, Rebuilding Lives

Evolve Advanced Skin | Laser | Aesthetics | Colonic | Spa | Beauty

Vicky Kennedy is the principal Director of two very successful clinics and has been for more than 30 years. A Harley Street trained Paramedical Skin Practitioner, highly qualified, and experienced aesthetician in all aspects of skin revision, laser techniques and advanced in ACP (advanced cosmetic procedures for the removal of body blemishes). Awarded with the accolade of Best Practitioner in 2010 by DMK-UK and awarded to be an Ambassador for Alumier MD in 2018. We have a driven passion to solve your skin concerns and conditions. Our team has been carefully selected and trained to excel in their chosen vocation within the world of Beauty and Aesthetic arena, but more importantly within Evolve. The Evolve team keep up with the latest training in the fast moving world of beauty and aesthetics. Each individual is passionate about the treatments they specialise in, with ongoing support and encouragement from Vicky. Team Evolve will ensure that you are provided with knowledgeable and informative treatments, applied to the highest of standards in beautiful surroundings.

We have seen many unprecedented changes in our years of experience, therefore have extensive knowledge in our profession. We are driven by the results we know we can achieve with integrity for YOU. Ground breaking research, technology and product developments have meant an overwhelming level of choice for both clinic and client. Each brand claiming that their product is best, each offering their claims backed by research. Whilst there is no doubt that recent developments have improved the way health and beauty practitioners ply their profession, there is still a lot of misleading information.

There are many salons/clinics and stores all over the world who advertise and sell health and beauty. There are as many health and beauty products also ranging the industry. They bring different promises, guarantees and offers. But before purchasing or visiting a clinic, you need to know details of their products and therapies. You need to feel confident that your clinic can offer you the treatment and products that you will positively benefit from.

Health and Beauty products can improve lives and the way in which we live them. They have come a long way over the years.

Join us in our passion for beauty

ESTABLISHED. 1991



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THE CLINIC  
THE STANDARDS  
THE EXPERTISE  
THE ANSWERS  
THE RESULTS



*Evolve the skin you are in*





# What happens to your **SKIN** as you get older?

Time waits for no woman and whatever age you are, now is the time to wage war on those lines and wrinkles

## **SKIN IN YOUR 20's**

Your 20s is a time to establish a strong skin care regime, focusing on a few core products. Now is the time to develop the habit of morning and night skin care routines.

### WHATS HAPPENING?

- Hereditary and minor environmental factors start to become visible in the skin.
- Fine lines may form in the outer corners of the eyes and lips.
- Collagen and elastin production starts to slowly decline in our 20's.

### EVOLVES TIPS & RECOMMENDED TREATMENTS

Always wear a decent SPF on your face. Alumier MD has a variety of daily SPF's to suit every skin type. Make sure you exfoliate your skin every week, this will maintain cell renewal and help your skin to function properly and age better. Evolve recommends home exfoliation products, DMK home Enzyme (Exoderma & foamy lift), DMK micro peel, Alumier MD lotus scrub & enzymatic peel. Ask one of our staff to help you pick the right products for your skin. If age prevention is your concern, in-clinic treatments would also be necessary.

## **SKIN IN YOUR 30's**

As life becomes busier in your 30's the skin becomes more affected by stress. Fine lines also begin to show. Cell turnover slows down, and dead cells fill the outer layer, which is worsened by life factors. Muscles start to relax and lose their tone.

### WHATS HAPPENING?

- Laxity looseness under the chin, small wrinkles and fine lines around the eyes and mouth will start to appear. This is due to slowing down of fibroblast activity, which is responsible for the production of collagen and elastin.
- Hormonal pigmentation may develop during pregnancies.

### EVOLVE'S TIPS & RECOMMENDED TREATMENTS

As life becomes busier, your skin can really suffer. DMK Betagen crème is a secret weapon to help your skin cope. We also have a handful of Alumier specialty serums with powerful peptides, vitamins, antioxidants and retinols designed to improve the visible signs of aging. Start to show your eye area extra attention, with eye crèmes by our award winning Alumier which attends to dark circles, fine lines and wrinkles. Evolve recommends clinical treatments - regular DMK Enzyme treatments to revise overall functioning of the skin and tone up muscles. Alumier MD signature Glow Peel treatment to minimise fine lines, wrinkles and hyperpigmentation issues.



## SKIN IN YOUR 40's

The rate of skin cell replacement has reduced therefore producing thinner, more fragile skin. Sebum production is greatly reduced, and dead skin cells hang around longer, causing the skin to look grey, dull and patchy.

### WHATS HAPPENING?

- Loosening of the skin - due to slowed fibroblast activity, loss of subcutaneous fat – forehead generally shows moderate wrinkles, mouth creases are more evident, and the neck starts to show more sagging.
- As you near 45, the chin starts to sag, lower lids get baggier and 'crow's feet' deepen.
- Damaged protein also accumulates in the skin which can be the result in scars, sun damage and cross linking of skin proteins by sugars.

### EVOLVE'S TIPS & RECOMMENDED TREATMENTS

Now is the time to pull out the big guns, in order to keep skin cells performing optimally. A treatment programme might be recommended in order to get the best results, accompanied by the right age management homecare routine - Our Venus and HIFU LAB machine's work on tightening and firming the skin, they stimulate your fibroblast cells to produce new collagen and elastin.

## SKIN IN YOUR 50's+

Fine lines may have been joined by deeper wrinkles and sun damage is more evident. But by choosing ingredients that calm, soothe and hydrate, you can take years off your skin.

### WHATS HAPPENING?

- Less oestrogen means sebum production slows down and skin becomes very dry.
- Age spots, Spider veins and skin tags may start to appear.
- The loss of muscle and fats under the skin, along with changes in collagen and elastin.
- In your 60's+ you may develop dilated superficial blood vessels, but don't worry we can help with that.

### EVOLVE'S TIPS & RECOMMENDED TREATMENTS

Make sure you use SPF every day on your skin, rain or shine. -Vitamin A/Retinol is key in your skin routine, this will help diminish fine lines and wrinkles, and turn over dead skin cells. Keep your skin hydrated. If your wanting a little more help, we do have our specialised Aesthetic team here at Heritage House, specialising in Botox, Fillers, Venus Freeze, HIFU, PRP (vampire Facial) and PlexR (soft surgery treatment). Regular skin treatments here at Evolve can make you look good and feel content in your own skin.





Table of Treatments for your concerns

Treatments	DMK	Alumier	Dermapen	PRP	Botox	Fillers	Venus	HIFU	Plex R	Laser	Vein Away	ACP	Alkaline Wash	Permanent Makeup	ESPA	Colonic
Acne	•	•	•						•			•	•			•
Congestion	•	•	•										•			•
Age management	•	•	•	•	•	•	•	•	•	•			•			•
Loose Tone	•		•				•	•	•	•						
Pigmentation	•	•	•							•			•			
Rosacea	•	•								•			•			•
Scarring	•	•	•			•			•	•	•	•	•			
Eye Area	•	•	•	•	•		•	•	•				•			
Skin Disorders (skin tags, age spots, warts ect)			•							•	•	•	•			
Psoriasis	•												•			•
Dry Skin	•	•	•													•
Eczema	•						•			•						•
Broken Capillaries	•		•						•	•	•	•				
Enlarged Pores	•	•	•							•			•			
Milia	•	•	•								•	•	•			•
Neck treatments	•	•	•	•	•		•	•	•	•						
Skin Damage	•	•	•							•	•	•	•			
Crepey skin	•	•	•	•	•	•	•	•	•	•			•			
Eyebrows														•		
Hair Removal									•	•		•	•			
Stretch marks	•		•	•												
Relaxation / Lifting	•	•					•								•	•
Active Body Results	•		•				•	•			•		•			•



— AWARD WINNING —

# EVOLVE

—

DMK  
ALUMIER MD  
DERMAPEN



# Enzyme Therapy



## DMK Signature Treatment

By combining state-of-the-art science with innovative technology, DMK has created one of the most advanced skin revision systems available. DMK's skin care systems include a range of exclusive Enzyme Therapy treatments designed to work in synergy with the skin's natural process. Enzyme Therapy is unique to DMK, and focuses on what the skin naturally responds to. From ageing and acne, through to pigmentation and scarring DMK's Enzyme Therapy repeatedly achieves long-term professional skin resolutions. But how do they actually work? We lift the lid on how this innovative treatment term professional skin resolutions.

### WHAT IS AN ENZYME?

Enzymes are nature's biological catalysts and it was commonly believed by skin therapists and even physicians for many years that enzymes were not suitable for real skin therapy because they were huge, protein molecules too big to penetrate the skin. The fact is enzymes are not proteins any more than a light bulb is electricity. Skin therapy enzymes USE proteins formed in plant cells to act as organic catalysts in initiating specific chemical reactions.

### HOW DOES AN ENZYME WORK?

The DMK concept is built upon the philosophy of Remove, Rebuild, Protect and Maintain. Enzyme Therapy is our leading treatment to kick-start the Remove and Rebuild phases.

## DMK - Advanced paramedical skin revision treatments

Consultation & prescription - 1 Hour	£50.00
First Danne Treatment — 2 ½ hours (inclusive of homecare lesson)	£100.00
Danne course — 1 hour 45 mins (1-3 weeks apart)	£100.00
Danne Maintenance- 2 hour (4-8 weeks apart)	£110.00
Danne Contraderm Treatment	£100.00
Danne special occasion -2 hour — Instant lift	£135.00

### Danne Additional Treatments

Melanotech	£6.00
Pro alpha 1-3 layer occlusion — per layer	£6.00
Prozyme occlusion	£6.00
Quick peel	£6.00
Desquamate Enzyme	£8.00
Extraction - 15 mins	£8.00
Extraction - 30 mins	£16.00
Extraction - 45 mins	£24.00
Extraction - 1hr	£32.00
Fibromax C	£20.00
Enzyme 2	£8-15.00
Muscle Banding	£15.00
Cyst treatment	£3/£6/£9
Alkaline wash	POA
(assessed on size of area to be treated )	

### Outstanding treatment results for :-

- ACNE GRADE 1-4
- CONGESTION
- BLEMISHES
- CREPEY SKIN
- SCARRING
- PSORIASIS
- MILIA
- SKIN AGE MANAGEMENT (LINES & WRINKLES)
- SKIN LIFTING & TIGHTENING
- NECK TREATMENTS
- SPECIALIST IN BLACK SKIN
- ECZEMA
- PIGMENTATION
- LOOSE SKIN
- ROSACEA
- FOLLICULITIS
- ENLARGED PORES
- STRETCHMARKS
- SUN DAMAGE
- INGROWN HAIRS
- MEDIPEDI
- ADULT AND TEENAGE ACNE



Building confidence from the outside in...

# Changing Skin Changing Lives

We all have it in us to have skin that is functioning well and looking healthy, but sometimes factors such as environmental elements, ageing, or hormonal fluctuations can compromise the skin's immunity, slowing circulation and lymphatic systems, causing it to weaken, age prematurely, or become inflamed.

## ENZYME FORMULAS

The DMK system has three enzyme formulas for the face and a separate formula for the body. DMK enzyme formulas are designed to revise the skin and encourage optimal skin function. To determine the appropriate combination of treatments and products, ask your DMK Professional Skin Revision Therapist for a complete skin analysis.

## WHAT IS A PLASMATIC EFFECT?

DMK Enzyme Therapy uniquely addresses these concerns through utilising messenger enzymes to mimic the body's own chemistry, hydrolyse dead cell material from the skin and remove impurities through a 'reverse osmosis' process – a 'back flushing' of the skin that increases circulation; bringing oxygenated blood and nutrients to the skin, whilst improving lymphatic drainage and enhanced collagen production. Leaving you with enviable fresh, healthy, oxygenated skin that is functioning optimally and literally glowing from the inside out!



## ENZYMES WORK TO:

- Hydrolyse dead skin cells – leaving your skin feeling supple and smooth.
- Increase circulation, oxygenation and cellular activity creating an enviable glow that your friends and family will notice.
- Support lymphatic drainage – restore skin appearance with improved internal function.
- Encourage new collagen and elastin formation – alleviate fine lines and wrinkles.
- Revise skin inflammation – calmer skin that is healthier.

**DMK Enzyme Therapy are not your typical topical style facial. They are for people who want complete skin revision. Whether your skin is showing the signs of age or you suffer from a specific skin condition, DMK understands that healthy skin is beautiful skin and who doesn't want that?**



Before



After 1 Enzyme Therapy Treatment



## Tech Talk with Danné Montague-King

Research shows that enzymes combine temporarily with the reacting molecule. Mutual contact of surrounding molecules is then no longer a matter of chance but a matter of certainty. Hence a faster reaction. As an example, when the body breaks down a carbohydrate, the energy used to hold the carbohydrate is released and immediately used or stored in the body. This is called "metabolism" and it is divided into two functions:

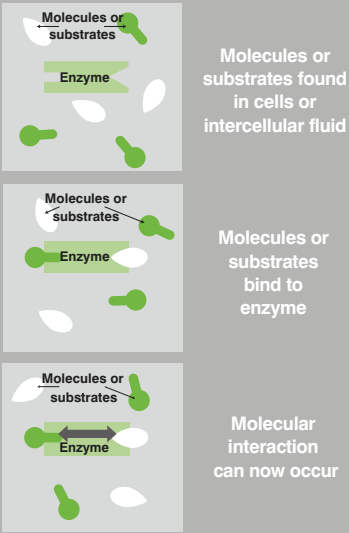
**1. anabolism**  
(for synthesis of cell material), and

**2. catabolism**  
(for the decomposition of cell material).

These reactions would be very slow unless assisted by proteins orchestrated by enzymes, without of which the entire concept of metabolic function would be lost. Enzymes actually work by joining to the substrate (reactant) to form an enzyme-substrate complex and then produce the products of the reaction. The enzyme itself never changes and is not used up in this reaction but is released for repeated use.

Think of an enzyme as a space station in outer space. Around this station could be many different types of spaceships flying at random, not interacting with each other at all, thus accomplishing no missions. Each space station has a docking port for a SPECIFIC style of spaceship. If the ship docks in its own port and another ship lands in its correct place on the space station--they held in "stasis" and can interact with each other and then things happen. This is how an enzyme works.

**Enzymes are nature's biological catalyst.**





## Documentary Dying for clear skin

### Acne Treatment

Acne is a chronic inflammatory disorder of the sebaceous glands characterised by blackheads, whiteheads, macules, papules, pustules and cysts and often leads to scarring. The first chain of events that usually lead to acne, especially acne in the face, are in puberty when the body starts to produce testosterone, which then stimulates the sebaceous glands to produce excess sebum that is then trapped in the hair follicle. Dead cells are attached to this sticky substance and bacteria then forms, therefore the cells cannot exfoliate and a hard mass is then produced within the skin.

Acne is usually genetic and peak acne years are in females 14-17, and in males 16-19. Over 40% of females will have acne during some part of their life and over 35% of males will be affected also. Today's lifestyle, stress levels and increased intake of medication is causing ADULT acne to certainly be on the rise.

Each client will have an individual treatment programme worked out by their practitioner for their particular skin acne concerns. Each treatment prescribed will change from session to session as the skin is changing. All treatments will include a home prescription, which must be strictly adhered to obtain the best results possible. Once the acne is inactive, we can then devise a treatment schedule to improve any scarring left.

#### Treatment Example:

Diagnosis – Acne containing inflammation, papules, pustules, blackheads, nodules, cysts and whiteheads. Modalities used will consist of acids, alkaline, phenols and enzymes. Your treatment will be tailor made for you. Treatments can range from a course of 6 upwards, depending on the severity of the condition. From past experience, we can certainly say that we expect at least a 80-90% improvement. Case studies can be shown during your consultation, testimonials provided. We have clients willing to speak to you about their results & experience.

Alkaline Wash combined with Enzyme therapy (Suitable for Inflamed cystic acne)

DANNÉ alkaline wash swells, softens and dissolves to remove excess cell build-up, releases the inflammation and impaction and kills the P Acne bacteria. Alkaline wash is also very effective in cleaning out impacted hair shafts and dissolving the hair at the same time. Alkaline wash plus enzyme masque #1 will dislodge the underling manifestation and rebuild the structure and function of the skin simultaneously.

#### William Rickard - BBC Case Study, Dying for clear skin.

These results were achieved without the use of the problematic drug Roaccutane and its harmful side effects

Our Director Vicky Kennedy was the only other Danne Advanced Practitioner in the UK to carry out treatments on Will Rickard to achieve the acne results that were shown on BBC television...



**WILLS ON TV!!! — with William Rickard.**





## DMK Acne Results by Vicky Kennedy

Before



After



Before



After



Before



After



Before



After



Before



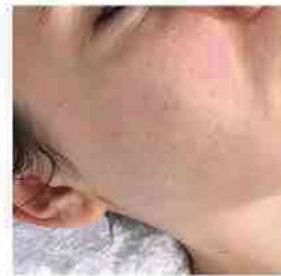
After



Before



After



Before



After



Before



After



Before



After



Before



After



On consultation you may see more case studies by Vicky and her team



# Pro Alpha Six-Layer Peel

**DMK**  
**Danné Montague-King®**

## What is a Pro Alpha Six-Layer Peel?

The Pro Alpha Six-Layer Peel is an effective resurfacing procedure for those wanting dramatic results. This professionally-applied treatment removes dead skin cells and instigates collagen development. Medically speaking, the treatment is considered to have an effect similar to laser treatments or medical peels WITHOUT the risk of trauma, LONG CONVALESCENCE or POSSIBLE CONTRADICTIONS.

The Pro Alpha Six-Layer Peel is an exclusive blend of natural plant and fruit sugar acids, applied systematically in layers. The number of layers required is adjusted for your specific needs and desired results. The strength of the formulation is tailored by your therapist to suit your skin, colour, texture, sensitivity and condition. The procedure takes 14 days.

## Who can have Pro Alpha Six-Layer Peel?

A Pro-Alpha Six-Layer Peel is safe for most skin types and races. Excellent results can be achieved on thick skin, uneven textured skin, wrinkles, fine lines, pigmentation, sun damage and scarring. It is not recommended for people with very fragile skin, excessively oily skin, certain forms of acne or those of Indian extraction.

For optimum results, some people may need more than one Six-Layer Peel.



## Are there any contra-indications?

People who are prone to cold sores around the mouth or face may still have this procedure, but must be aware it may trigger an outbreak. They may need a prescription from a Doctor prior to having the *six-layer peel* treatment.

Some medications contain blood thinning properties. Make sure you specify any medications that you are currently taking to your therapist as this may affect the treatment.

In-depth consultation is required.....POA

“Great Skin is  
just a peel away..”





# Evolve Skin Clinic



Before Pigmentation Treatment

After Pigmentation Treatment

Before Pigmentation Treatment

After Pigmentation Treatment

Before Pigmentation Treatment

After Pigmentation Treatment

## Pigmentation

### DANNÉ Melanotech System for Pigmentation

A successful skin revision treatment program for pigmentation must utilise inhibitors with an effective delivery system containing anti-inflammatory ingredients, antioxidants, amino acids, proteins, Vitamin C, Vitamin A and retinoids. The DANNÉ melanotech formulation utilises several natural, yet potent inhibitors that inhibit melanin production while removing dark spots, pigmentation, freckles, sun damage. Melanoplex restores pigmented skin to a more healthy light fresh complexion. DANNÉ uses specialised programs for Asian, Indian and darker skin tones.

## Pro Alpha Six Layer Peel

A superior resurfacing procedure, designed for those who want a dramatic result in a short period of time. This professionally applied formulation removes dead skin cells, redundant cuticle build up along with pigmentation and instigates collagen development. Treatments are medically considered to have an effect similar to laser or a medical peel without the risk of trauma, long convalescence or possible contra-indications.

The procedure takes fourteen days, using an exclusive blend of natural plant & fruit sugar acids, applied systematically in layers. The number of layers is adjusted for your specific desired result and needs. The strength of the formulation is adjusted and tailored to your skin colour, texture sensitivity and specific condition.



Before Rosacea Treatment



After Rosacea Treatment



Before Rosacea Treatment



After Rosacea Treatment

## Rosacea

Late stages of Rosacea - pimples and bumps:

Alkaline is a resurfacing tool, more importantly for Rosacea treatment, it is antibacterial, anti-inflammatory and has the ability to penetrate deep down into the tissue. It swells, softens and dissolves to remove excess cell build up, clearing the hair shaft and any impaction that resides there. Enzyme therapy improves the skins functioning by hydrolysing away dead cells and impurities trapped in the skin. Enzyme therapy is essential for stimulating the vascular and lymphatic system, restoring vital cellular nutrition and oxygenation required for the proliferation of healthy new skin cells. A combination of acids, alkaline and enzymes produce the best result for the treatment of Rosacea. All treatments will be preceded by patch tests.

## DANNÉ Red Vein Treatment

Red vein crème is a combination of plant-based, active ingredients working in synergy to visibly reduce permanent and intermittent redness. This also flushes the capillaries and strengthens the capillary walls. Niacin contains nicotinic acid, which is a part of the B group of vitamins. This aids tissue oxygenation through increased blood flow. This is how the strengthening and regenerating of the weakened capillary walls (involuntary muscle) is carried out.

### Benefits include:

- Visible reduction of redness
- Resistance of spider vein formation
- Reduction of spider & thread veins
- Increases the skin's resistance to reddening & flushing

### COMBINED THERAPY

**Ellipse**

**DMK**  
Danné Montague-King®

Laser Skin Rejuvenation has outstanding results for these skin conditions, your practitioner will advise the best treatment path for you.



# Scarring Treatments

Before



After



Before



During



After



## DMK Scarring & Stretch Mark Treatment

Stretch marks are caused when the skin is stretched, overstressed, due to rapid growth or increased oestrogen levels. To reduce stretch marks the scar tissue must be revised and the skin repaired with the appropriate products and treatments.

The DANNÉ treatment dissolves and softens the area to stimulate the re-knitting mechanisms of the tissue. The skin is then rebuilt and repaired with enzyme therapy, leaving it smoother and firmer. Treatments are performed monthly. A 30 to 50 % improvement can be expected depending on the number of treatments.

POA

## Alkaline and Enzyme therapy

Scarring in the beginning is red in appearance. With time, healing occurs and scar tissue forms, which is white in appearance. Treatments work best on Caucasian skin as they do not hyper pigment as easily or as often. To revise scar tissue effectively we must remove and rebuild at the same time. This is having a restorative effect. We use the alkaline solution which swells, softens and dissolves the area just enough to stimulate the re-knitting mechanisms of the tissue. Scarring is treated monthly.

POA

Enzyme therapy utilises a specific blend of transfer messenger enzymes that increase the circulatory & lymphatic system. It stimulates cellular enzyme functioning, assisting growth, metabolism, cellular reproduction, assists our natural processes to enable the natural regeneration of the body to take place. Externally, Enzyme therapy breaks down cell build up, smoothes and refines skin, naturally hydrolysing and turning dead protein into a weak acid & flushing it from the skin.



# AlumierMD 'Brighter ideas in skin science'

**AlumierMD** was born out of an understanding that everyone wants clear and beautiful skin. They assembled a team of top scientists and physicians to bring you the most effective formulations using optimal medical-grade ingredients. With over 100 years of combined skin care experience, their experts understand the physiology behind different skin types and conditions to help our clients achieve a youthful clear glow and solve your skin concerns.

Focusing on the science behind great skin, the results driven professional treatments and at home luxury medical grade products draw on clinically proven, high performance ingredients and the most advanced delivery systems. The products and professional treatments address multiple skin concerns and perform progressively over time. With a dedication to clean science, active molecules are included in a concentration to deliver optimal results.

There isn't one perfect formula or magic ingredient for younger, smoother and brighter looking skin, because there are multiple skin profiles. That's why AlumierMD experts have designed a multi-faceted regime that targets the underlying physiology of each skin type, condition and individual.

AlumierMD have a range of professional epidermal rejuvenation and radiance treatments. Our peels come in light and medium depths that can be repeated for progressive and gradual results with minimal down time. As the most beneficial ingredients for the skin tend to degrade or denature when placed in the low pH of chemical peel formulas, AlumierMD peels use only the pure acids. Anti-oxidants, anti-ageing and brightening booster ingredients are applied post peel in the Brightening Accelerator so all components remain optimally effective. AlumierMD home care features the highest quality of ingredients. There is no 'angel-dusting' in the products, the bioavailability of every molecule has been optimised and delivers a therapeutic purpose.



AlumierMD comes from the word 'illuminate'

Illuminate /v/ - (1) to make clear or bright;  
(2) to enlighten or share knowledge

## The difference between High street products and luxury medical

### HIGH STREET

Treat the surface of the skin

Large molecules

Small percentage of ingredients

'Angel dusting'

Parabens, chemical UV filters and fragrance

Inactive skin care

Limited, short term results by treating the symptoms

### LUXURY MEDICAL

Uses delivery systems to reach lower layers

Micronized molecules and nanotechnologies

Small percentage of ingredients

Therapeutic doses

Clean science

Active skin care

Long terms results by getting to the route of the problem





## Ageing and Skin Health

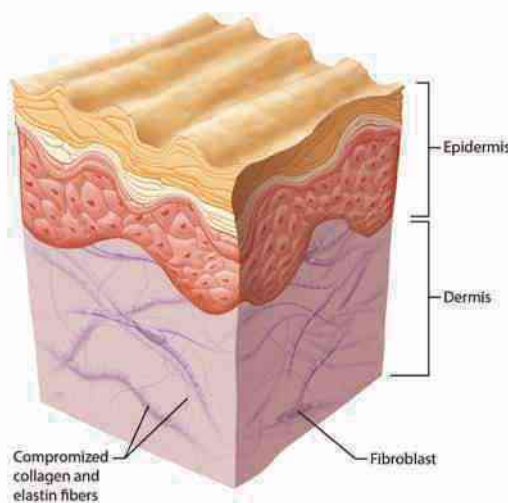
### Lines/Wrinkles/Lack of Tone

Fibroblast cells reside in the dermis, the lower layers of our skin, and produce collagen and elastin. The production of collagen decreases with age. Cell turnover slows in ageing skin from 28 days to up to 60 days.

#### Dermatology Tip

Retinol and Peptides are important ingredients that stimulate our fibroblast cells.

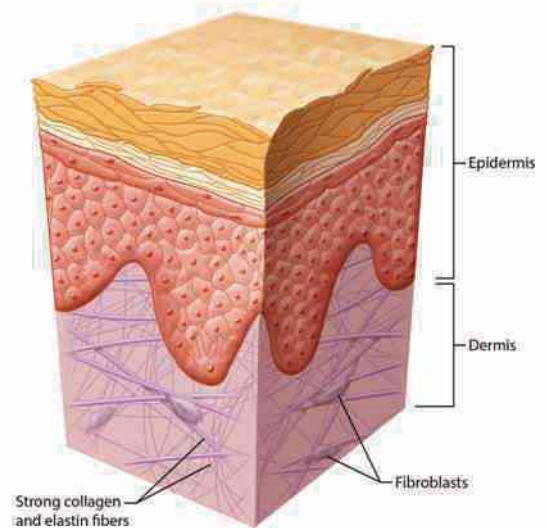
Ageing skin



#### Key Ingredients for Treatment

- Peptides - Proteins that stimulate collagen production
- Vitamin C - Master anti-oxidant for the protection against free radicals
- Retinol - Improved cell turnover
- Zinc Oxide - Physical UVA/UVB protection.

Youthful skin



#### Targeting every aspect of ageing

##### Collagen Depletion

Thinning of the dermis leads to lines and wrinkles.



##### Free Radical Damage

Pollutants and ultraviolet radiation produce free radicals which cause our skin to weaken and become dull.



##### Photo Damage Hyperpigmentation

Linked to DNA damage to our melanocyte cells and causes mottled skin tone.



## Melasma/Photo Damage/Post Inflammatory Hyperpigmentation

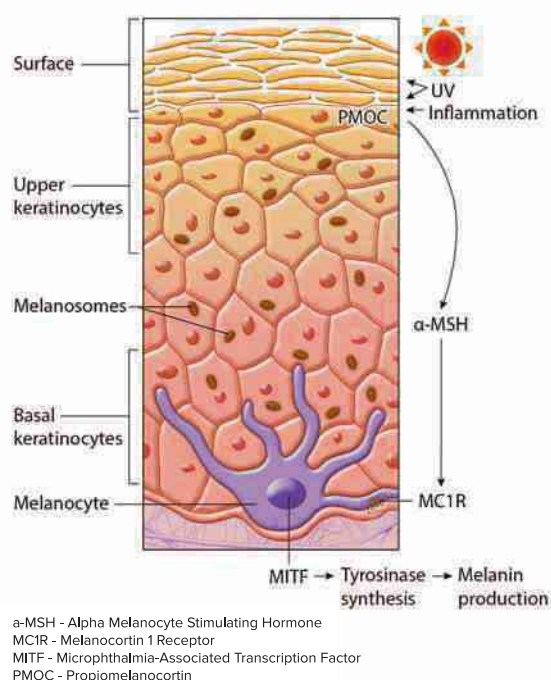
### Melanocytes

Pigment is our biological sun protection and is made by melanocytes that reside in the basal layer of the skin. If our melanocytes are damaged by UV radiation, stressed due to hormone fluctuations or activated by trauma, they can produce more pigment than required.

#### Dermatology Tip

Never tackle the treatment of hyperpigmentation without the use of a daily physical sunscreen.

### Overview of pigmentation of the skin



#### Melasma

Linked to endocrine system (hormones)



#### Post Inflammatory

Linked to trauma / burns / acne / poorly performed treatments



#### Age Spots

Linked to UVA exposure, pollution and DNA damage



### Key Ingredients for Treatment

- 🟡 B-White™ - Inhibits tyrosinase via MITF inhibition
- 🟡 Kojic Acid - Inhibits tyrosinase helping to reduce pigmentation
- 🟡 Retinol - Improves cellular turnover
- 🟡 Zinc Oxide - Physical UVA/UVB protection

B-White™ is used under license from Lucas Meyer Cosmetics Canada Inc.



## Sensitive Skin and Rosacea

### Redness/Dilated Blood Vessels/Reactive Skin

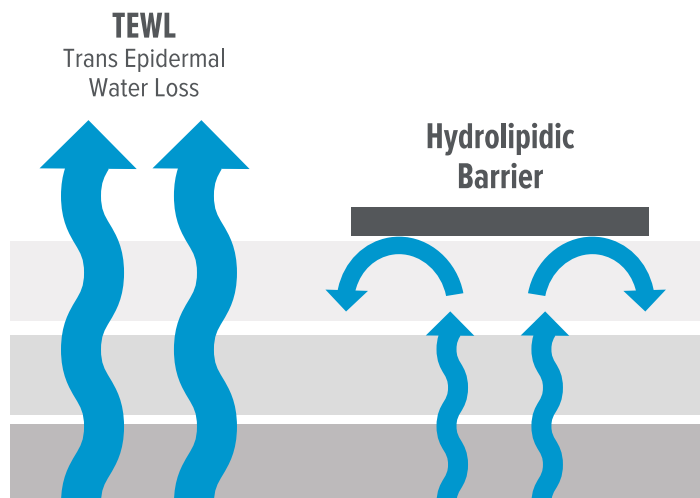
#### Glycosaminoglycans

Known as GAGs, glycosaminoglycans are responsible for maintaining hydration and contributing to the hydrolipidic barrier. This barrier stops good components from leaving the skin and prevents invasion of foreign bodies.

When this barrier becomes compromised because of extreme conditions or poor product use, skin can become sensitive leading to redness and visible vessels (telangiectasias).

#### Dermatology Tip

Hinokitiol treats the entire bacteria cell causing osmotic lysis, an explosion so the bacteria cannot evolve and develop a resistance to it.



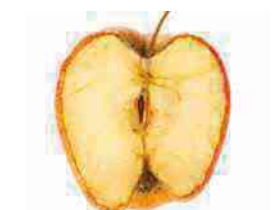
#### Key Ingredients for Treatment

- 🔸 Hinokitiol - Anti-bacterial (anti-microbial) that targets the entire cell
- 🔸 Vitamin C - Master anti-oxidant for protection against free radicals and strengthen capillary walls
- 🔸 Zinc Oxide - Physical UVA/UVB protection
- 🔸 Sea Whip - Anti-inflammatory, calming

**TEWL**  
Trans Epidermal Water Loss leads to sensitive skin and dehydration.



**Free Radical Damage**  
Pollutants and ultraviolet radiation produce free radicals which cause our skin to weaken and become dull.



**Bacteria Management**  
Demodex Mites and bacteria can aggravate Rosacea and Sensitive Skin



## Acne

### Congestion/Open Pores/Ingrown Hairs

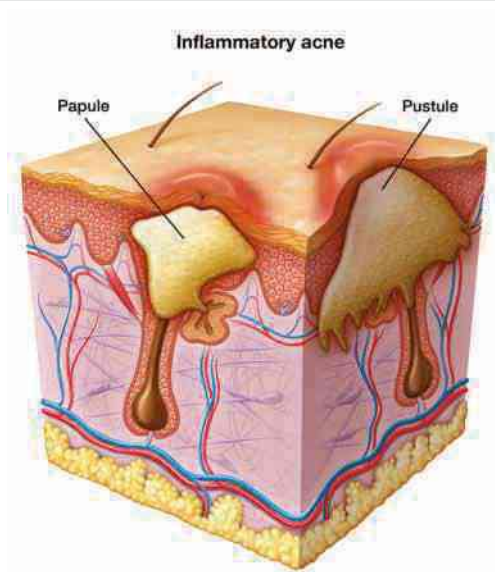
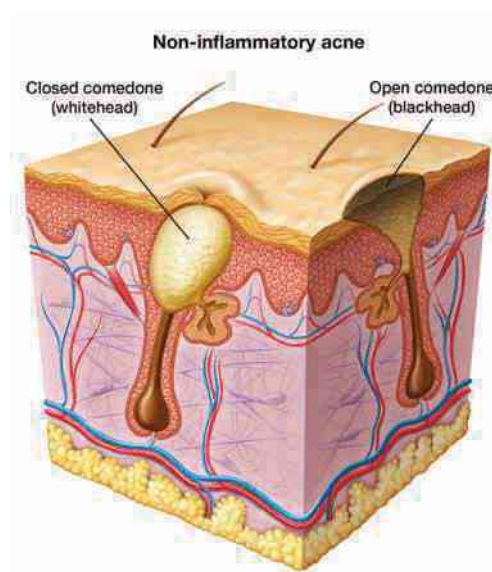
#### Sebaceous Gland

The oil (sebum) in our skin is made by sebaceous glands that reside in our hair follicles (pores). When cellular debris blocks pores, the sebum becomes trapped. Bacteria multiply, which feed on sebum, which then multiply further.

The result is a comedone. The enzyme 5-alpha reductase plays a vital role in the production of sebum and is directly affected by hormones.

#### Dermatology Tip

BHA is unique in that it is able to exfoliate inside the hair follicle because it is lipophilic.



#### Bacteria Management

To increase recovery rate and improve wound healing.



#### Acne Scarring

Linked to collagen depletion in the area of the acne lesion.



#### Key Ingredients for Treatment

- 🟡 Salicylic Acid - Exfoliate inside the pore
- 🟡 Hinokitiol - Controls P. acne bacteria
- 🟡 Retinol - Improved cell turnover
- 🟡 Zinc Oxide - Physical UVA/UVB protection

#### Post Inflammatory Hyperpigmentation

Linked to trauma of the acne lesion as melanocytes become activated in the immune process.





# ALUMIER MD PROFESSIONAL TREATMENTS

Your highly trained AlumierMD skin care professional will individually analyse your skin and choose the correct skin treatment for your concern.



AlumierMD comes from the word 'illuminate'

Illuminate /v/ - (1) to make clear or bright;  
(2) to enlighten or share knowledge

## ALUMIER ACTIVE FACIALS

### AlumierMD DEEP MOISTURISING TREATMENT

Intensely hydrating and nourishing option that infuses antioxidants and moisture binding ingredients resulting in plump, soft skin and a dewy complexion.

Face and neck	£55
Face, neck and décolleté	£70

### AlumierMD ENZYME TREATMENT

Highly effective fruit enzyme resurfacing treatment. The unique blend of fruit enzymes exfoliates dead skin cells and promotes skin renewal. This unique experience also includes brightening enhancers, followed by targeted treatment serums to address skin concerns.

Face and neck	£55
Face, neck and décolleté	£70

### AlumierMD REFINING CLAY TREATMENT

Highly effective treatment to refine and purify the skin. A unique blend of clay and exfoliating ingredients removes dead skin cells and promotes skin renewal while clearing trapped oil.

Face and neck	£55
Face, neck and décolleté	£70

### AlumierMD LUXURY FACIAL

This unique experience combines relaxation with high performing ingredients to address your skins concerns. Treatment includes facial, massage, lymphatic drainage and pressure point massage to release toxins in the skin and soothe pain while relaxing the body and mind.

90 mins	£85
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## UPGRADES FOR AlumierMD ACTIVE TREATMENTS

Eye rescue pads	£15
Vitamin A	£15 per area
Detox clear	£15 per area
Extraction	15 mins £10
	30 mins £18
	45 mins £25



EPIDERMAL REJUVENATION TREATMENTS

EVOLVES SIGNATURE GLOW PEEL

Glow peel combines lactic acid, salicylic acid and resorcinol, creating multipurpose resurfacing solution effective in minimizing the appearance of fine lines, wrinkles and hyperpigmentation issues like age spots, discolouration and uneven skin tone. To suit individual needs glow peel can be customized by strength and layers.

Glow peel light face	from £150 - £195
Glow peel face	from £190 - £250
Glow peel hands	£75
Glow peel light neck and décolleté	£180
Glow peel neck and décolleté	£235
Glow peel upper back	£250 includes Detox Clear
Glow peel full back	£295 includes Detox Clear
Glow peel course of 3	from £405 - £675
Glow peel course of 6	from £769.50 - £1,282.50



RADIANT 20/10

With lactic acid and salicylic acid radiant 20/10 resurfacing peel contains a powerful combination of them both which improves skin tone and texture by exfoliating skin cells and speeding cell turnover. This epidermal rejuvenation treatment reduces acne pimples, large pores, fine lines, wrinkles sun damage and pigmentation. Radiant 20/10 also includes Detox clear applications.

Radiant 20/10 face	£125
Radiant 20/10 upper back	£125
Radiant 20/10 full back	£250
Radiant 20/10 course of 3	£337.50
Radiant 20/10 Course of 6	£637.50



RADIANT 30

Radiant 30 is an alpha hydroxyl acid resurfacing peel containing lactic acid to exfoliate dead skin cells, boost cell turnover and stimulate collagen, improving skin texture and tone. Radiant 30 draws water back into the skin to hydrate and reduce the appearance of fine lines and wrinkles. This treatment can also be used in combination with Glow Peel in advanced programmes.

Radiant 30 face	£125
Radiant 30 neck and décolleté	£110
Advanced Radiant 30 in combination with Glow Peel	from £225-£325



EPIDERMAL REJUVENATION UPGRADES

VITAMIN A BOOST

Vitamin A boost is a potent and pure retinol and lactic acid resurfacing treatment. Reduces the appearance of fine lines, wrinkles and hyperpigmentation by boosting collagen production and speeding cell turn over, creating a more radiant even toned complexion. Ideal for mature or sun damaged skin.

£15 per area

DETOX CLEAR

Detox clear contains salicylic acid and lactic acid for excellent penetration and exfoliation. Salicylic acid penetrates into the pores and exfoliates dead skin cells and excess sebum. Lactic acid exfoliates dead skin cells and hydrates. Detox Clear works to minimise pore size experience, reduce acne and prevent new pimples from forming.

£15 per area

EXTRACTION

15 MINS £10	30 MINS £18	45 MINS £25
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## THE ORIGINAL AWARD WINNING SKIN NEEDLING DEVICE

Introducing the revolutionary micro-needling treatment Dermapen

### What Is the Dermapen™ Micro-Needling Pen?

The Dermapen™ is a revolutionary micro-needling device which aims to tighten, lift and rejuvenate skin.

The Dermapen can visibly improve the appearance of:

- fine lines
- wrinkles
- collagen induction
- pore size
- surgical, acne and trauma scars
- stretch marks
- pigmentation
- ...and much more!

### How Does Micro-needling Work?

The Dermapen 3™ offers unparalleled collagen induction by harnessing the body's innate ability to re-grow and repair the skin as a response to micro-damage. This small, hand-held device delivers up to 1,300 micro punctures per second into the skin, thus stimulating the production of collagen and elastin and normalizing various skin functions.

Because the process activated via micro-needling essentially generates new healthy skin cells to replace aged or damaged ones, applications for the Dermapen™ are very diverse. The device has been used to treat visible signs of aging, such as skin atrophy and wrinkles, as well as various types of scarring, stretch marks, several types of pigmentation disorders, sun damaged skin, hair loss, and much, much more. The process never involves heat or thermal energy, does not use harsh chemicals or cause unnecessary trauma, the skin heals quickly, requiring virtually no downtime.



DERMAPEN is often used as a combined therapy with many other skin procedures by the Evolve expert team. Your aesthetician will guide you through your skin journey with us.



FAQ's

**Q:** How many treatments are recommended for rejuvenation, acne scarring and stretch marks? (General guide)

**A:** Rejuvenation: 4-6 treatments  
Acne scarring: 6 treatments  
Stretch marks: 4-8 treatments

**Q:** Is the treatment painful?

**A:** For minimum needle depths Dermapen<sup>™</sup> Treatments are painless. Treatments over 0.5mm deep may require a topical Aesthetic cream to be applied for 15-40 minutes before the procedure. This will render the treatments virtually pain free.

**Q:** How long should it take before I see results?

**A:** Typically, you will see results after the first treatment. Lasting and more significant results will occur after 4 to 6 treatments. Your skin will continue to improve over the next 6-12 months after a course of treatments and when combined with the recommended post treatment care.

**Q:** Is there any downtime after treatments?

**A:** Generally no, but you may experience facial redness for 12-48 hours after the treatment. Most people are able to return to normal daily activities immediately after the treatment. Application of a breathable camouflage will seal the skin and cover any redness for an immediate return to work.

**Q:** How soon after filler injections can I have a Dermapen<sup>™</sup> Treatment?

**A:** It is recommended to wait at least 7 days after filler injections, so that any post treatment bruising from the fillers can settle. It is also possible to have your Dermapen<sup>™</sup> Treatment several days before having fillers injected. Consult with your practitioner prior to determine exactly how long to wait is best in each particular case.

PRICES

Full face	£160	Partial body	POA
Full face and neck	£180	Stretch Marks	POA
Full face, neck and décolleté with hands	£230	Upper back	£180 - £230
Neck only	£80	Full back	£340 - £390
Partial face for scarring	£80		

Courses of treatment are 10 percent discounted with two treatments paid for on visit one.

Multiple areas are 15 percent discounted with two treatments paid for on first visit





AWARD WINNING

# EVOLVE

VENUS FREEZE

HIFU-LAB

BTL UNISON

# **VENUS FREEZE**



## **What is Venus Freeze?**

Venus freeze is a device used to treat wrinkles, rhytides, tighten skin, reduce cellulite and circumferential fat. Using (MP)<sup>2</sup> technology, this device delivers multi-polar radiofrequency and Pulsed Magnetic Fields to the skin to produce a dense and uniform heat matrix. This causes collagen synthesis and contraction, fibroblast proliferation, neo-vascularity and lipolysis.

- |   |                       |
|---|-----------------------|
| ☞ SKIN TIGHTENING FOR FACE, NECK & BODY | ☞ BODY SMOOTHING      |
| ☞ FACE SHAPING                          | ☞ AGE MANAGEMENT      |
| ☞ NON-SURGICAL FACE CONTOURING          | ☞ WRINKLE REDUCTION   |
| ☞ NON-SURGICAL BODY CONTOURING          | ☞ STIMULATES COLLAGEN |
| ☞ CELLULITE REDUCTION                   |                       |

Minimum treatments required

Face: 6 Body: 8

Maximum treatments

Face: 12 Body: 14

Treatments can only be applied once a week, preferably without a break. You will start to see great results between 3-4 treatments. Once you have had your weekly course of 6-14 appointments, you then take a break of 2 months while the application of Venus freeze carries on working. You will then commence with a maintenance treatment every month or another course if you desire



## **Your Venus Freeze Experience**

No downtime, no pain and no discomfort

### **Experience Painless Treatments**

Why sacrifice comfort for results when you don't have to. Venus Freeze delivers a painless treatment with clearly visible results.

### **Experience Safety**

Your Venus Freeze treatment is risk-free and good for all skin types and colors.

### **Experience Convenience**

With no downtime, your Venus Freeze treatment allows you to resume daily activities immediately after treatment.

### **Experience Clearly Visible Results**

With our patented (MP)<sup>2</sup> technology, you often can see results after the first treatment. Long term results can be achieved in as few as 6-8 treatments.

### **Experience Venus Freeze**

The only technology that increases collagen synthesis via 2 separate mechanisms, resulting in a dramatic improvement in the skin condition.

# **DELIVERING THE PROMISE**



## FACE:

Face	£80
Face and neck	£95
Neck	£50
Neck and jowl	£70
Décolleté	£80
Neck & décolleté	£95
Face, neck & décolleté	£120
Eye area	£60
Venus signature treatment	£130



## VENUS FREEZE

## BODY:

Hands	£30
Half Upper Arm	£60
Full Upper Arm	£90
Buttocks	£95
Abdomen	£90
Abdomen Plus	£140
Inner thigh	£90
Outer thigh	£90
Full thigh	£140
Back	£95
More than Knees	£80
Back Plus	£140



Before



After 6 treatments



Before



After 6 treatments

## Course Reductions

6 or 8 Treatments	5% Discount
10 Treatments	10% Discount
12 Treatments+	15% Discount

Book a course of more than 1 area and receive a further 10% off  
Book multiple areas POA

## Face & Neck



Before



After 10 treatments

## Face & Neck



Before



After 10 treatments

## Abdomen



Before



After 10 treatments

## Arms



Before



After 4 treatments

### Wake up your natural beauty

This non-invasive and non surgical treatment is amazing for face rejuvenation and body contouring. High intensity focused ultrasound creates a lifting effect for immediate and long lasting results, with absolutely no surgery, laser or injections.

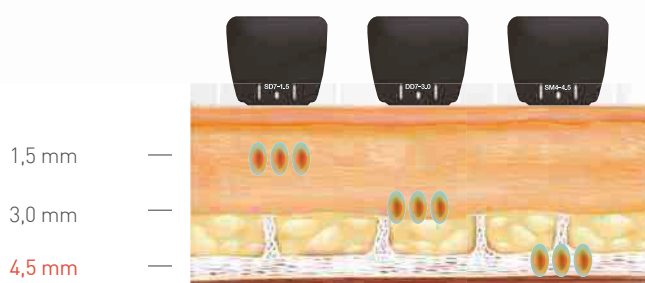
### How does HIFU LAB work?

HIFU Lab is a focused ultrasound system that produces a lifting effect by delivering focused heat (TCP's thermal coagulation points) to SMAS (Superficial Muscular Aponeurotic System) and deep dermis. HIFU LAB is a non invasive, non surgical ultrasound system that produces a lifting effect with no damage to the surface of the skin. The energy of the ultrasound is focused in different points of the skin. After verifying the degree of the skin flaw being treated, your operator selects the most suitable programme to obtain the best possible aesthetic result.

### Immediate and long lasting results

#### Face

- Firmed and rejuvenated skin
- Non-invasive lifting effect for face and neck
- Refining face contour
- Lifting effect on the eyebrows and jawline, and fewer wrinkles around the eyes
- Lifting of sagging cheeks
- Increase of cheek bone area volume
- Reduction of double chins
- Lifting of the eyebrow arch with a rejuvenating effect



#### Cartridge for facial treatment

##### 1.5 mm

Hifu Lab has a clear toning effect by delivering a renewed production of superficial collagen, stimulated by TCPs hitting the collagen-rich dermis layer of 1.5 mm depth. This induces an improvement in lines and wrinkles.

##### 3.0 mm

Deep dermis at 3.0 mm depth from skin surface is connected to SMAS layers by fibrous septa. Hifu Lab is able to promote facial lifting and collagen regeneration by producing TCPs in deep dermis, and elastin in the lower dermis.

##### 4.5 mm

The SMAS layer is an area of muscles of the face that exists in 4.5 mm depth from the skin surface. The SMAS layer is composed of collagen and elastic fibers and plays the role of delivering muscle contraction to the skin surface. Hifu Lab is able to promote facial lifting by producing TCPs in the SMAS layers. Lifting facial expression muscles that lose tone over time.



## Thermal Effect Targeted At Sculpting The Body

### Body

- Reshapes the abdomen, hips, inner and outer thighs, buttocks and inner arms.
- Acting on the localised adipose layer and imperfections caused by cellulite
- Tightening and toning the tissues

**HIFU TECHNOLOGY LAB** is a unique technology also for body contouring. The feature that makes it unique is the ability to use a significant power intensity, in a short time. **FILLUP TECHNOLOGY** uses high intensity focused ultrasound to create a powerful thermal effect capable of reducing, in a targeted way, the fat stored on the abdomen and flanks area.

Acting at the depth of 13 mm acts on adipose tissue without damaging the surrounding tissues or non-affected areas. Based on the blemish, you can customize the treatments, allowing, in this way, to treat particularly difficult localized areas, such as inner arms and inner thighs.

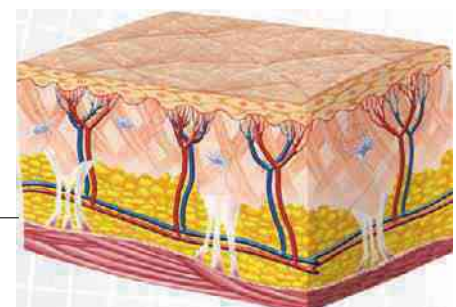
### Cartridge for body treatment

#### 13mm

The temperature that accumulates in the layers of fat generates a decrease in adipocytes. With Hifu tech the fat layers are effectively reduced thanks to the 13 mm cartridge that penetrates up to 13 mm into the superficial skin layer. Excellent for body contouring.



Epidermis  
Dermis  
Subcutaneous  
Tissue  
**SMAS**  
Muscle



### Prices

#### HIFU LAB Face

Application for the facial area is once every 3 months for 3 treatments only. Before a further course can be applied there must be a minimum of 6 months. You need to be between the age of 35 and 65

Partial face	£150
Face	£350
Course of 3 face	£900
Face and Neck	£450
Course of 3 face and neck	£1200
Face Neck and décolleté	£550
Course of 3 face neck and décolleté	£1500

#### HIFU LAB Body

For small areas of the body application is once monthly for 4 treatments. There needs to be two inches of adipose tissue in the area to be treated. A two month break is necessary before a second course can commence.

Small areas	£300	course of 4	£1080
Medium areas	£340	course of 4	£1260
Large areas	£380	course of 4	£1440

HERITAGE HOUSE

EV

E V O L V E

AESTHETICS

PRIVATE CLINIC





# Welcome to EV Aesthetics Facial Clinic

EV facial aesthetics is part of the evolve clinic brand, housed in the stunning and discreet Heritage House location.

All aesthetic treatments are undertaken by Mr Lee Whittle BDS and Mrs Sandra Whittle BDS, who are both dental surgeons based in Manchester with nearly forty years combined clinical practice experience. Lee has a long-standing relationship with Evolve and has been part of the team for the last fourteen years. Sandy has joined us more recently in 2016.

They both love the science and art of aesthetics and are passionate about best practice. Although both have a great depth of experience, they are committed to enhancing and consistently improving their skills. Attending various conferences and training seminars throughout the year, ensures that we provide the most up to date techniques and best practice for our patients.

Put simply, the EV aesthetics team are caring professionals, who have a reputation for putting patients interest first and creating excellent results. EV patients quickly become regular clients who we would like to regard as friends, supporting and helping them towards achieving their aesthetic goals.

Using award winning products at EV Clinic you will be guided through your journey with:

- A free initial consultation
- A range of products and treatment portfolio
- Tailor made treatments
- you are individual so your treatment plan should also be individual

So come and join us in our mission to make you feel like a fresher version of you.

Vicky Kennedy has worked along side Lee Whittle for many years and more recently Sandra Whittle. I couldn't be more confident about the procedures carried out within EV AESTHETICS as I know my dear clients are in expert hands. Here at Evolve we approach the less is more rule and I love that Lee and Sandra have all the time, knowledge and experience that my clientele require. We work passionately together and support you.

With these treatments at our disposal, we believe there is a treatment or combination of treatments that can give you back that fresher more confident person. From simple muscle relaxant or lip augmentation, through to more involved combination treatments, there is a treatment waiting just for you.

Best wishes,

The EV Aesthetics team

## Consultation

The consultation is possibly one of the most significant parts of your journey with us. Taking this first step can be difficult so we offer a warm and welcoming environment to discuss your cosmetic concerns. We take the time to get to know you, guiding you towards the most appropriate treatment options. Although some of the procedures we offer are widely available and straightforward to perform, they require a thorough understanding of facial anatomy and experience to deal with potential complications, this is what sets us apart from other beauty clinics and practitioners. This is provided as a free of charge service for any new consultation

## Dermal Fillers: Juvederm / Restylane

Typically for nose to mouth lines, marionette lines and lip enhancements.

As we grow older, our skin naturally loses fat, collagen, elastin and hyaluronic acid, which provide facial volume and support. Our facial structure and muscles also loose volume. Dermal fillers are materials that are designed to be placed under the skin to improve appearance either by support or augmentation. Aesthetic practitioners use fillers to restore volume of the skin in the upper half of the face to give a more youthful shape. They also diminish the appearance of nose to mouth lines, lip augmentation, correct tear troughs, define borders and correct scarring, wrinkles and other depressions in the skin.

The procedure can be quick to complete sometimes requiring topical and/or local anaesthetic.

Again, we will always review initial treatments which allows us to ensure all has gone as expected and to make any adjustments if needed. This appointment is offered as part of your initial treatment and again is free of charge.

We also place great importance to the brand of filler used, using products such as Juvederm, Restylane, and Belotero which all have excellent safety records and are at the time of writing the only FDA approved products on the market.



### Restylane:

Price (based on one full syringe)

Juvederm 2 Restylane Touch	£200
Juvederm 3,4 Restylane	£250
Juvederm Voluma, Restylane Perlane	£300
Lip design 0.55ml	£190
Lip design 1.1ml	£260
Belotero range	£250
Juvederm vycross range	£350
Redensity 2 (tear trough)	£350

## Muscle Relaxant: Botox™ / Vistabel / Dysport

Typically for frown lines, forehead and crows feet.

### Muscle Relaxants (wrinkles and lines)

Facial lines are caused by the repeated use of facial muscles. Over time the skin becomes creased in the areas of greatest use. This, combined with the ageing process, causes the slowing down of the production of collagen and elastin in the skin, meaning that as we get older over-use of the muscles and subsequent damage to the skin causes some lines to become more permanent. By reducing the movement of these muscles, using Botulinum Toxin (also known by the brand names of Botox, Vistabel or Azzalure), the skin will stop being continually creased and this allows the lines to soften and even fade away. In time it is thought that the subconscious habit of over using these muscles can be broken. These injections only cause temporary relaxing of the muscle, leaving natural expression but over time the muscle will gradually regain its movement.

Results vary from person to person but generally the effects start around days two to five with maximum effect at around two weeks. The results begin to wear off after 3 months and can then be repeated. Your treatment will need to continue in this way for a couple of years, after which it is generally thought that treatment times may become less frequent.

A review appointment is always offered and advised 2 weeks after your first treatment, this allows us to ensure the treatment has gone as expected and to make any adjustments, if needed. This appointment is offered as part of your initial treatment and is free of charge. All Botulinum Toxin injections are Prescription Only Medicines. All new patients must be fully assessed and if treatment is deemed appropriate a subsequent appointment will be made to administer your treatment.



One Area:	£170
Two areas:	£240
Three areas:	£280
Hyperhydrosis (excess armpit sweating)	£400

Supplemental charge may apply for additional areas, this would be discussed at a consultation appointment.



# PLEXR Soft Surgery Treatment

Plexr treatment is a real gamechanger. Prior to this technology being available, surgery was the only option for procedures such as blepharoplasties (removal of excess skin around the eye).

The device uses plasma technology, which on contact with the skin stimulates instant contraction and tightening of skin fibres with the aim of reducing skin laxity or excess skin. Due to this innovative device, it is now possible to obtain similar results to that of traditional surgery, using only topical anaesthesia, without a scalpel, without scarring and without unnecessary risks. The procedure is best performed on small localised areas of the face or body, such as the eyelids, around the mouth (smokers lines) and the neck. Plexr is also used increasingly for the treatment of other conditions such as the removal of benign skin growths and lesion. The great advantage of this treatment is that the results are permanent

If you suffer from loose skin in your upper/lower eyelids that gives you that tired look and are seeking a non-surgical approach, then plexr could be your answer.



## How does PLEXR® work?

When activated, the instrument ionises the gas particles in the air between its tip and your skin. This creates an electrical arc which touches the very surface of the skin, causing the target tissue to 'sublimate' (go directly from solid to gas state), thereby preventing unwanted spread of heat downwards or across the skin. Tissue retraction is also a key benefit which explains its use in scar management and even non-surgical face/neck/body lifts.

## Is PLEXR® safe?

In a word, YES. Due to the revolutionary way in which PLEXR® works, it is an extremely safe device in the hands of a trained doctor. Your beautician will discuss potential side effects with you during your consultation and you will be given plenty of time to pose any questions you may have.

Upper Eye blephoraplasty	£399
Upper & Lower Eye Lift	£550
Peri Oral (mouth)	£350
Upper Lip	£500
Neck (4 sessions needed)	£200
Additional Areas (e.g. Crows Feet)	£150



## PRP with Micro needling

Platelet Rich plasma (Dracula therapy) also known as vampire facelift is a procedure primarily used in our clinic for facial rejuvenation. PRP first came into social consciousness for many people when Kim Kardashian posted pictures of herself reporting to of had the treatment performed. It's also used by many celebrities and models as a natural means of facial rejuvenation.

Further to this, PRP has a wide scope of applications, often used in conjunction with hair restoration, skin graft healing, dental implants, sports and regenerative medicine such as in orthopaedics.

Firstly, it must be recognised that PRP is not surgery or a facelift procedure, it will not lift or stretch the skin. The procedure works by utilising the amazing healing and reparative properties of the patient's own blood to promote and accelerate the repair mechanism of the targeted area.

In relation to facial rejuvenation PRP has been shown to provide fantastic improvements in skin tone, texture, contour, fine lines, crepey skin, acne scars as well as improving dark circles under the eye, resulting in an overall fresher, healthier glow to the complexion of the skin.

## Why with micro needling?

Micro needling is a treatment that has been used for many years, . The procedure involves the use of tiny needles that are either rolled over the skin or used with a pen device, resulting in controlled skin injury without damaging the epidermis. These micro injuries lead to superficial inflammation of the skin, promoting a healing cascade and the production of collagen. Clinical split face studies (one side with prp alone and one with both micro needling and prp) have shown that this method in combination with PRP has been shown to act synergistically not just increasing collagen production but the rate and quality of production, providing greater results than by using either procedure alone. This combination has proved extremely successful, especially in relation to acne scarring.

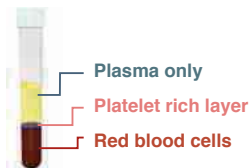
## Price

PRP With Dermaroller

£450

◆ A small amount of blood is drawn from the patient into a sterile tube in the exact same manner as a standard blood sample. The tube containing a patient's blood is placed into a centrifuge and spun to separate the plasma and platelets from the other blood components.

◆ After a few minutes, the plasma and concentrated platelets are removed from the same tube and re-introduced into the patient at the site of the injury, scars, skin, obvious lines or wrinkles. Using a small sterile needle, your physician will inject the PRP in and around the desire site.



This is an all accomplished 100 % natural procedure, without using animal products derivative or any other foreign material. Research and clinical data show PRP obtained from the patient's own blood is safe, with very minimal risk of adverse reactions or complications.

Because the platelets are produced from your own blood, there is no risk of rejection or disease transmission.







## EV EVOLVE AESTHETICS

### Teeth Whitening (by qualified dentists)

Without doubt one of the more common cosmetic questions people have is how to whiten teeth. With so much information in the general and social media on how to whiten and brighten your teeth be it mobile lasers or the use of charcoal or baking soda tooth-pastes, it can be confusing as to what may be the best option. Most of these methods either won't work or worse still will damage your teeth and gums and result in pain.

However, this doesn't have to be the case, Tooth whitening doesn't have to be painful or expensive. Undertaken by Lee Whittle whose background is as a dental surgeon, we promise to bring you a whitening system that could increase the whiteness of you teeth up to ten shades!

We've partnered with the renowned teeth whitening dentist Dr Wyman Chan of London and brought his system to the heart of Bolton. Dr Chan is known for working with Cheryl Cole, the Saturdays, Olly murs, Caroline flack, rebel Wilson and jessie j to name a few. Our system that is easy to perform, highly effective and has minimal risk to tooth and gum health. Let us help you to a brighter smile in a safe and professional manner.

#### Whitening packages

Silver	£190
Gold	£230
Platinum	£270

**PHILIPS**

**ZOOM!**





SALLY KNOWLES

HERITAGE HOUSE

EV  
E V O L V E  
COLONIC  
HYDROTHERAPY

PRIVATE CLINIC



SALLY KNOWLES - EVOLVE CLINIC MANAGER

15 YEARS ARCH REGISTERED

PRIVATE CLINIC WITH EN-SUITE



# Colon Hydrotherapy

A clean, strong and well functioning colon is essential to maintaining optimal health...

While a unclean, weak and poorly functioning colon, is a breeding ground for disease, sickness and death. Serious health problems can arise if the colon is not properly cared for, and based on statistics, colon healthcare in the UK has been woefully neglected.

In the UK alone, many millions of pounds is spent annually on laxatives. This year an estimated 20,000 new cases of colon and rectal cancer will be diagnosed. Colon cancer is believed to be the second leading cancer killer in the UK, second only to lung cancer in men and breast cancer in women.

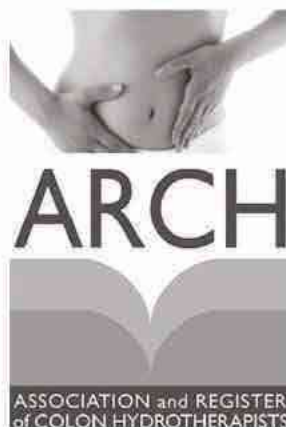
Good colon health is as much a function of the quality of food we eat, as it is our elimination status. The typical British diet comprises of refined, processed foods... high in saturated fats, sugar, flour, preservatives and low in fibre, inevitably causes problems for the colon. Over time, the colon will lose the ability to process vital nutrients, absorb water and to eliminate faecal matter from the body... a condition commonly known as constipation.

Constipation is commonly identified as a condition where the faecal matter is so tightly packed together, that bowel movements are infrequent, with difficulty and much straining. But many people are constipated without even recognizing the condition! Old hardened faeces stick to the walls of the colon. The passage through which the faeces are forced to travel is much reduced, so that stools are narrow in diameter. In our society, bowel movements of the chronically constipated... may be looked upon as being 'normal' stools!

Most people have no idea how much old hardened, faecal matter is lodged within their colons. Many experts believe that the average person has 5 to 20 pounds of accumulated waste matter in their colon. While not a weight loss procedure... it is interesting to note that many people who complete a series of colon hydrotherapy sessions, often report significant weight losses.

Colon toxicity can be the underlying cause of many of these commonly reported health problems and may indicate the need for colon hydrotherapy...

Constipation Abdominal gas  
Insomnia Backaches  
Headaches Diarrhoea Depression  
Food cravings Skin problems Irritability Allergies  
Distended Abdomen Prostate trouble  
Haemorrhoids Bad breath/Halitosis  
Psoriasis & Rosacea Acne & Eczema  
Hypertension Difficult weight loss  
Arthritis Chronic Fatigue Frequent colds  
Foul body odour Menstrual problems Asthma Hypoglycaemia



Sally Knowles qualified as a therapist 29 years ago and as a colonic hydrotherapist in 2003. After suffering for many years with IBS, she finally found a solution with colonic hydrotherapy to reduce the pain from bloating cramping and constipation. Although no claims can be made that colonic will cure any disorders, many people find that cleansing the colon can provide relief from the symptoms of a wide range of digestive disorders, including IBS. Colon hydrotherapy is not just for digestive problems, it can also work to keep your bowels healthy, in the same way that visiting the gym can help keep you fit.

First Treatment with consultation	£65.00
Maintenance	£55.00
Course of 3	£150.00
<i>Evolve Holistics</i>	
Reiki	£40
Hopi Ear Candles	£30

COLONIC ADDITIONS

Infusions may be added to the water during a colonic treatment to relax, stimulate the release of waste or relax spasms.

Wild Yam- acts as a smooth muscle relaxant and its content of saponins helps to lower surfacee tension, thereby could help in avoiding gas.

German chamomile- has calmative, antispasmodic, anti fungal and antiseptic properties.

Enema herbs- stimulate the release of waste where constipation is present.

COFFEE ENEMA

A coffee enema is the insertion of organic ground coffee into the colon after a colonic hydrotherapy treatment, helping to cleanse the liver of toxins. It is then left to absorb for about 15 minutes. Toxins occur from the normal metabolisms of food as well as food and water pollutants such as pesticides, preservatives, hormones, excreted prescription drugs and fluoride.

£10 in addition

PROBIOTIC IMPLANT

A probiotic implant floods the gut with billions of live probiotic bacteria containing beneficial bacteria. It is used after or during a course of antibiotics which often in their quest to kill the bacteria causing the illness, destroys the guts' beneficial bacteria at the same time, leaving the client vulnerable to other ailments such as Candida Albicans. The implant is inserted by way of a small catheter and left to absorb for about 15 mins.

£10 in addition

ABDOMINAL MASSAGE (30 Mins)

£30



AWARD WINNING

# EVOLVE

ADVANCED COSMETIC PROCEDURES

VEIN AWAY

LASER TECHNIQUES

ADVANCED HAIR REMOVAL

# Advanced Cosmetic Procedures

Before



After



Before



After



Before



After



Before



After



Before



After



Before



After



## Vein Away Results

Before



After



Before



After



Before



After



Before



After





# Advanced Cosmetic Procedure Clinic (ACP)

## Advanced Cosmetic Procedures for Skin Imperfections

### Treatment for:

Skin Tags, Red Veins, Spider Naevus, Plane Warts, Common Warts, Seborrhoeic Warts, Milia Removal, Campbell de Morgan, Verrucas, Blood spots, Telangiectasia, Hairs from Moles, Moles, Sebaceous Cysts, Xanthelasma, Planter Warts, Age Spots & Dermatoses Papulosa Nigra.

### Facial Thread Veins

These are not broken capillaries but rather permanently dilated capillaries. They have very thin wall which constantly dilate and constrict. As we age, these vessels lose their elasticity and can become permanently dilated.

### Blood Spots

These are bright red vascular blemishes which lie just under the surface of the skin. They are dome shaped or slightly raised and are frequently found on the midriff, back or front. Most people aged over 30 have at least one and they are even more common in men than women.

### Spider Naevus

A spider naevus is a central dilated blood vessel, with small capillaries radiating from it like the legs of a spider. They can be found in isolation or gathered together in clumps in areas such as cheeks.

### Dermatoses Papulosa Nigra

This is a common disorder which develops in adolescence on black skin and is identified by smooth, dome shaped, brown to black papules seen mainly on the cheeks, neck and upper chest.

### Warts

There are various types of warts, including plane, common, seborrhoeic and verrucas. All can be easily and successfully treated. Warts can develop individually or in clusters. Seborrhoeic warts become more common with increasing age and can grow up to two inches across.

### Skin Tags

These are very common and most frequently found on the neck and face. They often appear with a neck like a mushroom and vary in size from a tiny speck, to the size of a pea or larger. They are usually found in areas of friction such as the underarm, fold of the skin, under the breast or around the neck where necklaces may irritate.

### Milia

These are tiny hard white lumps containing keratin which lie superficially under the surface of the skin and can be easily treated with electrolysis. Their exact cause is unknown although they are often associated with dry dehydrated skin.

### Treatments

Consultation	£25
Minimum Treatment Charge	£40
per 15 mins	£65
per 30 mins	£105
per 45 mins	£140
per 1 hr	£170

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ELECTROLYSIS INTERNATIONAL LIMITED



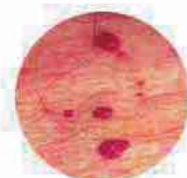
Thread Veins



Milia



Skin Tags



Blood Spots



Age Spots



Warts



Verrucas



Seborrhoeic Warts



## Platinum standard treatment for Thread and Spider Veins

Vicky Kennedy has applied expert removal techniques in advanced cosmetic procedures for more than 20 years. For the removal of red veins and body blemishes, skin tags, warts, age spots and much more.

We have decided to add the amazing VEIN AWAY to our portfolio of advanced treatments. This treatment will target removal of all the above with less energy achieving more client comfort. The veins that sometimes can be long term resistant to laser techniques will be history after vein away application.

The growth of this clinic has been substantial since the NHS reduced funding for cosmetic procedures to be removed at your local GP surgery. The Evolve team are highly trained by Vein Away in all procedures to the safest and more importantly strict hygiene standards within our beautiful clinic.

Vein Away is the platinum standard for red vein removal. The device has been developed with help from leading vascular surgeon and thread vein specialist, Dr Brian Newman, who has been a world leader in the field for over 35 years.

Vein away is applicable on all parts of the body including sensitive areas such as ankles, knees, face, and is the perfect treatment for removing those unwanted red veins on the leg area.



### IDEAL FOR

- Thread Veins
- Blood vessels
- Spider veins
- Cherry Angiomas
  - Skin Tags
  - Millia
  - Warts







## Vein Away provides a **comfortable** treatment with immediate results.

The treatment utilises the principle of thermoesclerosis, an ultra fast radiofrequency, which sends a pulse from the tip of a filament for precision and accuracy.

This technology removes superficial skin imperfections, such as telangiectasia, to minimise their appearance or eliminate them entirely. The Vein Away coagulates spider veins in a very targeted and concentrated way. The machine uses less energy and the frequency used is controlled in short cycles to avoid irritation and damage of the skin. Vein Away is already widely acclaimed in South America and Spain and other European countries.

With its patented methods ThermoPlex™ and ThermoFlash™ it can safely and effectively treat all minor damages from blood vessels, including Telangiectasias, spider veins, Cherry Angiomas, Campbell Morgan, Milia, Soft Fibroma also known as Molluscum Pendulum, and Skin Tags and Rosacea.

Before



After



These results are immediate after 1 Vein Away treatment on the leg area

“ I developed the techniques now used worldwide for the treatment of thread and spider veins. Initially my work began with a machine that became known as Veinwave, the international gold standard for vein treatment and later I developed Thermavein.

More recently I began looking at the technology for the Aesthetic market offered by Vein Away, a much lower frequency that was giving better results than established technology which has been available for 15 years. My 35 years clinical experience has enabled me to teach worldwide and with Naturastudios I am launching the world's first training academy for thread/spider veins to help raise awareness of the correct understanding and management of veins for aestheticians and medical professionals ”

## Treatments

Minimum treatment charge	£45
Per 15 mins	£90
Per 30 Mins	£150
Per 1 Hr	£280

“The Vein Away treatment adds a new perspective in virtually painless minimally invasive therapy for small blood vessels and skin blemishes.”

A high-quality, close-up photograph of a woman's legs. She is sitting, with her right leg extended forward and her left leg bent, resting her right hand on her left knee. Her fingernails are painted a dark, glossy black. The skin is fair and smooth. The background is a plain, light color.

## ADVANCED HAIR REMOVAL

LASER - ELECTROLYSIS - ALKALINE WASH



# Alkaline Wash

## Alkaline Wash

**HAIR REMOVAL** – For fine downy hair. A skin test and consultation is required along with homecare for a course of treatment.

The Darné Alkaline Wash system is a remarkable treatment designed to reduce fine, downy hair. This type of hair is very difficult to remove as the hair growth is usually dense and would take a long time to treat with electrolysis and is also not suitable to be treated with IPL or Laser. The advantage of Alkaline Wash is that you can remove large areas of hair in one treatment with no discomfort as with other hair-removal systems. It also works well when combined with electrolysis and laser, which are suitable for the stronger hairs. After the first few treatments, the hair will grow back at its normal rate, but as treatments progress the regrowth rate will become slower, usually resulting in a permanent reduction and growth rate over a period of time.

The treatment takes approximately half an hour and a patch test is carried out on the area to be treated, which ensures that your skin is suitable for the Alkaline Wash treatment. The treatment is completely pain free however in some cases the area can appear red and warm which is normal and will subside in a short period of time.

All areas of the face and body may be treated as long as the hair is fine and downy. The treatments will be approximately 2 weeks apart to start with and then go onto a month apart and then longer periods of time as the hair starts to reduce in growth.

A full consultation and patch test will be carried out at least 24 hours before treatment. You must inform your therapist if you become pregnant or if you take any medication or vitamins in between treatments.

## A guide to treatment areas

A treatment course is 3 treatments over 6 weeks.  
Maximum monthly visits thereafter.

Upper lip	£30.00
Upper lip and chin	£39.50
Chin	£30.00
Neck and jaw line	£45.00
Cheeks	£45.00
Facial area inclusive	£65.00



## SPECIALIST TREATMENTS USING ALKALINE WASH

An in-depth consultation and skin test is required

PCA

Post operative scars / Scar reduction / Stretch marks / Seboremic Keratosis Pilaris (commonly known as spots on the back of upper arms) / Acne scarring / Folliculitis / Psoriasis / Keloid scars / Rosacea / Glycosylation



## Electrolysis Clinic

Do you have unwanted hair? For a permanent solution ask your therapist about **Electrolysis - It Works!**

Unwanted hair is a common problem affecting most women to varying degrees throughout their lives and prompting the use of various temporary methods of hair reduction or hair management systems.

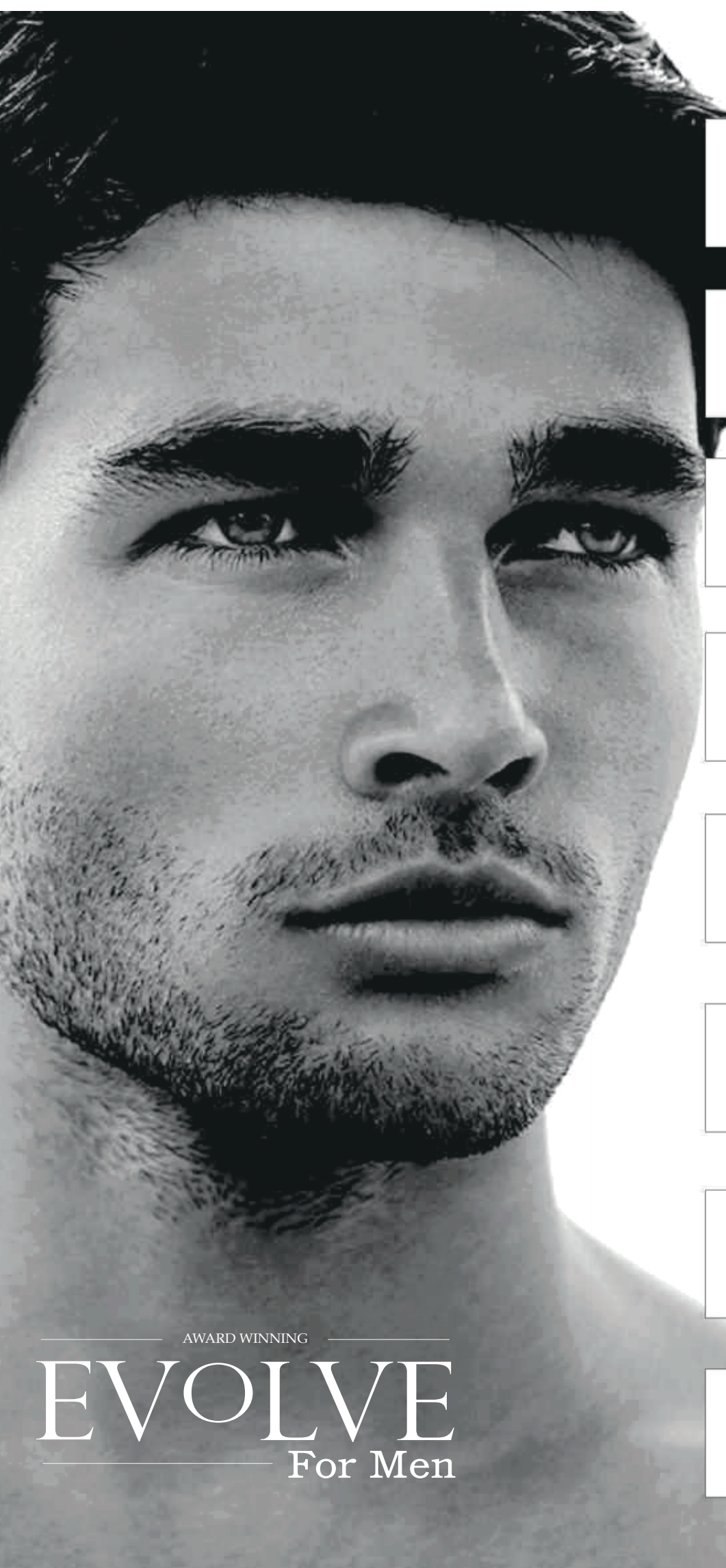
Electrolysis is a safe, effective, progressive and permanent method of removing unwanted hair.

Hair removal – consultation necessary (free)

		with Vicky
10 min	£10	£15
25 mins	£20	£25
40 mins	£30	£35
60 mins	£35	£42
Permanent Eyebrow Shaping (10Min)	£16	£18
Permanent Eyebrow Shaping (25Min)	£24	£29

**STEREX**  
ELECTROLYSIS INTERNATIONAL LIMITED





**DMK**

Danné Montague-King®

ADVANCED PARAMEDICAL  
SKIN CLINIC

FACIAL  
INJECTABLE  
AESTHETICS

**LASER**  
HAIR REMOVAL

**LASER**  
SKIN REJUVENATION

ADVANCED  
COSMETIC  
PROCEDURES

**COLONIC**  
HYDROTHERAPY

**ESPA**  
SPA, FACE & BODY

PERFECT  
GIFTS



AWARD WINNING  
**EVOLVE**  
For Men



# Mens Treatments

Here at Evolve all treatments are suited for both men and women, however we have hand picked our male favourites. Laser hair removal, laser skin rejuvenation, colonic hydrotherapy, ESPA for men and our famous DMK Manzyme therapy. For more advanced treatments please see our brochure.

## DMK Manzyme Therapy

A treatment that utilises messenger enzymes to mimic the body's own chemistry, hydrolise dead cell material from the skin and removes impurities through a reverse osmosis process, a back flushing of the skin that increases circulation. Men generally have a thicker corneum than women, more copious sebaceous flow and a higher plasmatic reaction than females, that is way the Manzyme Therapy treatment protocols are a little more progressive when applied.  
Manzyme Therapy is like a work out to get men skin fit.



From £98

## ESPA Mens Hero Treatment

Renowned as our 'Hero' treatment and loved by all, this ESPA experience delivers triple results by targeting three key areas. The back, face and scalp, making it the ideal treatment for anyone. Includes: Back exfoliation, back massage (hot stones), facial & scalp massage.

With hot stones

(85 mins) £75  
(120 mins) £90

## Mens Eye Treatments

Eyelash Tint	£16
Eyebrow Tint	£9
Eyebrow shape	£9
Trio Eyes	£32
LVL Lash Lift treatment with tint	£46

## Mens waxing Treatments

Full Leg	£30	Half Leg	£16.50
Toes	£3	Underarm	£14.50
Upper Back	£16	Eyebrows	£9
Forearm	£12	Full Arm	£20
Chest	£16	Full back	£20
Abdomen	£4	Nape of Neck	£8
Ears	£5	Bottom Cheek	£12

## Mens Hands & Feet

Hand File and polish	£14.50
Hand and nail treatment	£16.50
Manicure Deluxe	£39
Toe File and buff	£16.50
Toe file Deluxe	£18.50
Pedicure	£32.50

# ESPA FOR MEN

Our ESPA face and body treatments for men are specifically tailored to your skin type, each one designed specifically to ensure you experience the best physical and therapeutic benefits depending on your needs.



## MENS SKIN SOLUTION

£52

Whether your skin needs a deep cleanse, a healthy glow, soothing or hydrating, we encourage our male guests to experience this personalised treatment that combines a relaxing shoulder, neck, face and scalp massage with a tailored solution to your skin's needs.

Includes: Double cleanse – exfoliation – steam and extraction face massage – mask – scalp massage

## HERO TREATMENT

### BACK, FACE & SCALP TREATMENT

with hot stones(100 Mins)

£85

without hot stones(85 Mins)

£75

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back exfoliation – back massage (120 mins with hot stones) – facial – scalp massage

## AROMATHERAPY MASSAGE (55 Mins)

£49

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils.

A personal consultation will ensure that you receive a unique treatment to suit your specific needs. Choose from the following:

Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner

Includes: Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage

## HOT STONE MASSAGE (55 Mins)

£52

A therapeutic full body massage using aromatherapy oils and warm volcanic stones

to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated. Includes: Hot Stone Aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage

## DEEP MUSCLE MASSAGE (55 Mins)

£49

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders. Includes: Specialised massage to specific areas of concern

## SWEDISH MASSAGE (55 Mins)

£49

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension

This treatment is ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived. Includes: Swedish massage to back, legs, arms, abdomen, neck/shoulder massage

## MUSCLE REVIVER (40 Mins)

£38

A condensed massage for those who suffer with tension related headaches and neck strain.

If you have little time to spare, this deeply soothing back, face and stress releasing scalp massage is an ideal way to melt away tension and relieve tight muscles. You'll feel revived and invigorated for the day ahead or relaxed and calm for a peaceful night's sleep.

Includes: Back massage – facial massage – scalp massage







# ESPA

DISCOVER  
THE WORLD  
OF ESPA

# ESPA Facials

Our facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation, steam and extraction where necessary, and a treatment specific massage, mask and intensive serum.

Finally, skincare products are chosen for your individual needs to achieve the best possible results. To maintain the ultimate in healthy radiant skin we recommend a facial once a month.

## INTENSIVE & AGE DEFYING

### LIFT & FIRM FACIAL(85 Mins)

£95

An advanced facial using Super Active™ products to improve skin tonicity and firmness and enhance cellular regeneration. This facial uses Tri-ActiveR ingredients combined with specialised facial massage lifting techniques to help combat the signs of ageing, stimulate collagen production and deliver intensive results; the benefits of which can be seen immediately.

### LIFESTAGE FACIAL(55 Mins)

£55

A targeted and rejuvenating facial for maturing skin to address the most visible signs of ageing, specifically focusing on eyes, neck, lips and jaw line. Incorporating special age-defying massage techniques and the technologically advanced LIFESTAGE product range, this luxurious facial will minimise wrinkles, immediately improve hydration levels whilst helping to reduce the appearance of pigmentation, large pores and redness. A mask will also be applied to firm and stimulate elasticity leaving the skin revitalised and radiant.

### AGE-DEFYER FACIAL (55 Mins)

£55

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing. This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

### ESPA INTENSIVE FACIAL (60 Mins)

£52

#### SKIN RADIANCE FACIAL

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance.

#### RE-HYDRATOR FACIAL

An intensive and regenerating facial for dehydrated skin leaving it supple and nourished.

#### DE-SENSITISER FACIAL

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished.

#### SKIN PURIFYING FACIAL

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance.





### ESPA DETOX WRAP (55 Mins)

£65

A body wrap specifically designed to comfortably raise the temperature and induce perspiration to help speed up the elimination of toxins and improve circulation.

Following skin brushing and exfoliation, a complete body wrap of Marine Algae combine with Detoxifying Body Oil is blended and applied to help purify the body and hydrate the skin. The treatment ends with a mind calming scalp massage for ultimate relaxation.

Includes: Skin brush – body exfoliation – Detox Algae wrap – scalp massage

### ESPA BODY WRAP (55 Mins)

£65

This personalised body wrap is a tailor-made experience designed to comfortably raise the temperature, nourish the skin and increase the effects and absorption of the wrap.

Following skin brushing and exfoliation a complete body wrap of Algae or Marine Mud combined with essential oils is blended and applied to meet your specific needs. Skin feels nourished and hydrated and the mind left totally relaxed after a soothing scalp massage. Choose from the following:

De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser or Body Toner

Includes: Skin brush – body exfoliation – wrap – scalp massage

# ES



## ESPA BODY TREATMENTS

We offer a huge range of solution led ESPA body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

## MESSAGE TREATMENTS

### HERO TREATMENT

#### BACK, FACE & SCALP TREATMENT (85 Mins)

£75

with hot stones

£85

Renowned as our 'Hero' treatment and loved by all; this ESPA experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

Includes: Back exfoliation and hot stone back massage – personalised facial – scalp massage

### AROMATHERAPY MASSAGE (55 Mins)

£49

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A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived.

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### DEEP MUSCLE MASSAGE (55 Mins)

£49

A powerful massage designed to alleviate deep-seated tension and muscular stress.

Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

Includes: Specialised massage to specific areas of concern

### LIFT & FIRM HIP & THIGH TREATMENT (55 Mins)

£52

A highly effective, stimulating treatment to target cellulite, fluid retention and uneven skin texture.

Using potent marine extracts, iced mitts, a deep detoxifying massage and specialised stomach massage techniques to help cleanse and purify the colon, giving excellent results.

Ideal for people concerned by the appearance of cellulite. A course of 6 treatments is recommended.

Includes: Skin brush – detoxifying Salt and Oil Scrub – detoxifying massage to specific area – specialised colonic massage techniques

# ESPA



# ESPA MATERNITY

## PRE & POST NATAL TREATMENT

(25 Mins)

£35

(55 Mins)

£52.50

A deeply nourishing body massage designed to target areas prone to stress and tension during or after pregnancy.

Gentle back exfoliation, if required, is followed by a soothing body massage specifically designed to suit your individual concerns, focusing on the areas needed to alleviate muscular aches, whilst helping to relax, restore and revitalise.

A course of 6 treatments is recommended following the first trimester of pregnancy.

Includes: Back exfoliation (if required) – body/scalp massage – this treatment is tailored to your specific needs.

## NEW ESPA BODY TREATMENT FOR BOTH MEN AND WOMEN

Need a Boost?

## ESPA INTRODUCES THE NEW STRENGTH & RESILIENCE MASSAGE £60

ESPA, the chosen brand of the world's leading spas & skincare experts launches its new Strength & Resilience Massage.

Somewhere between the gold of Morocco and the green of England, a painted Lady Butterfly emerges from her cocoon and stretches into her new wings ready to continue her long and arduous journey home.

Our new signature treatment takes inspiration from the resilience needed for this age old voyage, helping to revive tired muscles, and bring a renewed sense of wellbeing and clarity to mind and body.

Pure aroma therapeutic formulas of Eucalyptus and Tea Tree within ESPA's new Muscle Rescue Balm are used to soothe muscular aches and pains while the body is 'cocooned' in warm towels to aid relaxation. Advanced techniques such as Yogic stretches are performed to awaken the body, while a reflex zone foot massage stimulates major organs such as the lungs, colon, diaphragm and sinuses which have a direct link to the body's resilience. The treatment journey transforms from gentle strokes to swift movements to signify the butterfly taking flight, as rapid pressure is used during a deeply invigorating back massage. Sinus release and scalp massage complete the journey helping to support the immune system, boost energy levels and bring a sense of balance so you can emerge ready to face life's unexpected journeys.



## ESPA EXPRESS £32.50

### PERSONALISED EXPRESS FACIAL (25 Mins)

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, SkinVision™ analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

### LIFT & FIRM EYE TREATMENT (25 Mins)

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

### SHOULDER, NECK AND SCALP MASSAGE (25 Mins)

This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs. Where needed, Hot Stones are also used to penetrate warmth and help ease aches and pains.

### BACK, NECK AND SHOULDER MASSAGE (25 Mins)

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs. Where needed, Hot Stones are also used to penetrate warmth and help ease aches and pains.

### SALT & OIL SCRUB (25 Mins)

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. Perfect as a stand-alone treatment, or in preparation for an ESPA Massage. For a lighter application Exfoliating Body Polish is applied instead of Salt & Oil Scrub.

### INVIGORATING FOOT TREATMENT (25 Mins)

This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.



AWARD WINNING

# EVOLVE

PERMANENT COSMETICS

DELILAH

BEAUTY ESSENTIALS



## THE EVOLUTION OF EYEBROWS

Dating all the way back to the Ancient Egyptians, we have been enhancing, drawing and plucking our eyebrows to perfection for years. But how they have changed over time.

## TO DATE THE 2000'S

After the tweezing marathon of the 90's, the millennium saw brows being lightened and a little thicker. Everyone was probably waiting for the hairs to grow back – if they were lucky!

Alongside clothes, music and many other staple attributes which can help define past decades, makeup, especially eyebrows, are obviously placed near the top of the list. From the dramatic fine lines of Clara Bow and Anna May Wong in the 1920's to the neatly arched brows from the likes of Marilyn Monroe in the 1950's and natural groomed brows of Audrey Hepburn and Twiggy in the 60's, it's clear eyebrows are a staple feature of the face. We now find ourselves in the era of both the 'natural sleek brow' of Kate Middleton and the 'Power Brow' donned by the likes of Cara Delavigne, and we couldn't be more pleased. Beautiful natural shaped brows designed to perfectly compliment your features are definitely the way to go - we certainly think. No need to panic if you have sparse, thin or over plucked brows. A permanent makeup treatment could be the perfect solution. Lucy Shaw our Elite Permanent Makeup Artists is highly skilled and experienced in performing eyebrow treatments to give you beautifully tailored, highly defined, natural looking eyebrows to perfectly suit your face.

## WHY KAREN BETTS TRAINING

Lucy trained at Karen Betts K.B Pro in London. The most exemplary in the permanent cosmetics arena. Creator of HD brows. The UK's most esteemed permanent makeup artist and one of the earliest pioneers. Karen is one of the very few recognised by the society of permanent cosmetic professionals in the USA. Karen Betts has won many awards within the profession.



K • B  
P R O

Permanent cosmetics is a highly skilled craft. It 'should' take a lot of training, skill and practice in order for an artist to produce the best results. Evolve assures you that you are in good hands. Vicky, the owner of Evolve, would not have compromised and let Lucy train anywhere else. It's the best decision for us and our clients.

If you are not already a client here, you will soon discover the clinical standards we work to, no short cuts or cost cutting but extensive treatment knowledge.



**A brow treatment is a three–part process usually completed within two appointments. The price you are quoted will include all three stages.**

THE CONSULTATION

The first part of the process is a consultation. This is normally done as part of your initial treatment, but can be done separately if you prefer. I will talk with you in great detail about the look you are trying to achieve and what we might recommend to you including any corrective work from previous treatments BY ANOTHER ARTIST . This is very much a two-way conversation. We listen, we respond, we advise. Once we have an idea of the look you are aiming for, we draw the brows on with a makeup pencil using our specific design mapping and balancing ruler . These can be drawn on and adjusted 50 times if necessary! We will never begin the tattoo process until you are completely happy with what they are going to look like and the colour . We will also show you before and after RESULTS of our own case studies .

PERMANENT MAKEUP TREATMENT

Using a specialist facial tattooing machine, which works at a much lower frequency than a standard tattoo machine, we gently apply pigment to the skin using very fine needles. The sensation is that of an electric toothbrush being held against your skin – you feel the vibrations but you should not feel any discomfort. The process normally takes about one - TWO hours but it varies from person to person depending on your individual requirements. Immediately after a brow treatment you should expect the area to look 40-50% darker than the colour you have chosen in consultation. This will start to fade after 3-4 days. The true colour achieved will show after 2-4 weeks . We will assess this also on your review and follow up treatments.

THE RETOUCH

A second appointment is needed 4-8 weeks after your first treatment. This is usually a 30-60 minute appointment to add more pigment to the brow area and add any needed shape . This is because as the area is healing, some parts may not 'hold' as well as others and you may have a few patches that need more colour. This is completely normal and everyone heals differently. Whatever the case, we advise you always to come back to clinic for your retouch.

PRICES	
Complete Brow Design including:	
Consultation	
Full first treatment	
Corrective work from previous artist	
4-8 week retouch	£375
Colour Boost	
6-9 months	£175
9-18 months	£225





# delilah

"delilah was born out of friendship, a passion for cosmetics, and the desire to help women of all ages to look and feel beautiful."



A beautiful British collection of cosmetics  
 paraben free  
 responsibly sourced  
 not tested on animals  
 effortless  
 uncomplicated  
 naturally beautiful



MAKEOVER	£40	BRIDAL MAKE-UP	£85
WITH LASHES	£45	BRIDAL TRIAL (per hour)	£45
		CALL OUT	P.O.A
MAKE-UP LESSON	£65	MOTHER OF THE BRIDE	£50
		MOTHER OF THE GROOM	£50
EYES ONLY	£20	MAID OF HONOUR	£60
WITH LASHES	£25	BRIDESMAIDS	£60
		LASH APPLICATION OPTIONAL	
PROM MAKEUP	£40		
WITH LASHES	£45		



Only available at Evolve  
Skin | Spa | Beauty  
based in Westhoughton

# Beauty Essentials

## Evolve Hand Treatments

File, Buff & Treatment Application	£10
File & Polish	£16
Luxury File & Polish (inc. cuticles)	£18.50
Manicure with Polish	£24.50
Luxury Manicure	£32.50
Manicure with Shellac	£34.50
Please ask for information about our ageing hands advanced treatments. Laser and Alumier Glow Peel.	



## Evolve Foot Treatments

Trim, File & Polish	£18.50
Luxury File & Polish (incl cuticles)	£18.50
Pedicure with Colour	£32.50
Luxury Pedicure with booties	£38
Pedicure with Shellac	£44
Toe wax	£3

## CND Shellac pro (to go)



Award -Winning CND shellac guarantees brilliant results 14 + Day wear , mirror shine, Zero Dry time.	
Toes or Nails	Colour £27.50
	French £30
Sparkles, glitter, gems	£30
Crystal Application	£38



## Waxing

Upper lip	£6.50
Upper lip and lower lip	£7.50
Chin	£7.50
Under neck and chin	£13
Cheeks	£14
Full face	£20
Underarm	£14.50
Bikini	£17
Extended Bikini	£18.50
Inner thigh	£12
Abdomen	£12
Navel line	£8
Brazilian	£27
Playboy	£32
Hollywood	£36.50
Half leg	£16.50
¾ leg	£24.50
Full leg	£30
Full arm	£20
Forearm	£12
Toe Wax	£3

## Evolve Eyes

Skin tests are required 24-48 hrs prior to treatment.

Permanent brow shape with electrolysis (20 min)	£16
Eyelash tint	£16
Eye brow tint	£9
Eye brow shape	£9
Trio Eyes	£32
LVL Lash Lift Treatment with Tint	£46



## HD Brows

Eyebrows are as individual as fingerprints, and our tailored procedure transforms even the most unruly, sparse or over-plucked brows into perfect arches to suit the wearers face. Taking between 30-45 minutes, the HD Brows experience features tinting, waxing and threading, with stylists using a specially designed formula to give you perfectly defined brows.

£32

## 3D Lash Extension

One lash built onto one lash, for beautiful results

1 ½ hours	£55
1 hour	£34
45 minutes	£28
30 minutes	£22



## Ear piercing

£22

## Tanning

Skin test is required 24-48 hours prior to treatment

ST TROPEZ MOUSSE APPLICATION

Full body light or Dark	£24.50
Partial body light or dark	£20
Pre Body Exfoliation	£8



## Body Physique

• Essential slimming and body toning for all areas	
• Physique First Session	£30
• Physique Half Hour	£25.50
• Physique course of 10	£225



# Client Information

## CLIENT INFORMATION

To discuss your beauty plans book in for a complimentary, no obligation consultation stating your main interest and please arrive ten minutes early so you feel relaxed. Put some time aside for yourself, whether it is for total relaxation, beauty problems or those uplifting cosmetic treatments. Let us help rejuvenate your body and relax your mind in the perfect environment. My friendly staff are here for YOU.

## DEPOSITS

For bookings lasting for one hour or more a deposit of 50% may be asked for at the time of booking. This can also be paid for over the phone. Deposits are totally refunded with 24 hours notice cancellation. Deposits can also be moved to your amended appointment times and dates.

## CANCELLATIONS

Please give more than 24 hours notice if cancellations occur. Less than 24 hrs will incur a charge of 50% of your total treatment cost and will be added to your next appointment. No shows will be charged in full. This notice will allow us to accommodate clients on the waiting list. If you do not cancel one of your course treatments in advance the same cancellation system applies.

## LATE FOR APPOINTMENT

If YOU are unavoidably late for your appointment we will work as a team to make sure that all your needs are still taken care of but please understand sometimes this may not be possible. If WE are unavoidably late for your appointment, we apologise as sometimes this is out of our control. We will make this up to you if this should ever cause you a problem & inconvenience.

## MEDICAL CONDITIONS

If you have any known medical condition or allergy that may affect your treatment within the salon please inform us prior to arranging your consultation, and indeed if you have any health changes or medications that could alter your treatment response post consultation.

## HELP US

If you are ever dissatisfied with your experience, let us know so we can learn from your experience and perfect it for the next time.

## TREATMENT PRICES

All the treatments include VAT at the rate 20%. All prices are correct at the time of going to print. We reserve the right to change prices without prior notice.

## PAYMENT

All major credit and debit cards are accepted. Not American Express

## GIFT VOUCHERS

Vouchers can be arranged and paid for and posted to you or the client. Vouchers are valid for 6 months only. When booking please state the voucher number, this will secure your booking. The same cancellation charges apply to voucher holders. A no show will prevent the voucher from being used again.

AWARD WINNING

# EVOLVE

ADVANCED SKIN | LASER | AESTHETICS | SPA | BEAUTY  
HERITAGE HOUSE PRIVATE CLINIC

Heritage House,  
50 Chorley New Road,  
Heaton  
Bolton  
BL1 4AP  
01204 528 884

[info@evolveskinclinic.com](mailto:info@evolveskinclinic.com)

Danne Product Orderline: Please Text 07410 551 801



@EvolveSkinClinic



@evolve\_skinclinic

# EVOLVE

SKIN | LASER | SPA | BEAUTY | AESTHETICS

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BL5 3AL  
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