



The Amber Clinic

Treatment Menu 2020

Nutrition and Diet

Sumeya qualified from London Metropolitan University with a First Class Honours Degree in Human Nutrition & Dietetics. She has practiced as a Dietitian since 2008 across London NHS hospitals & Private medical settings for 8 years. In this time she worked first as a general medicine dietitian that included diabetes, cancer, HIV, coronary heart disease, care of the elderly, enteral feeding, mental health, oral nutrition support, gastroenterology, obesity and malnutrition. Some of the hospital and clinics she has worked for include Hillingdon Hospital, Kings College Hospital, Tolworth Hospital, Watford General Hospital, St Mary Hospital & St Bart's Hospital. She later moved on to community dietetics and specialised in neuro- rehabilitation to include stroke, Parkinson's, motor neurone disease, PEG feeding, care homes, MUST Screening teaching to care home staff, GP clinics, hospital catering reviews and food in schools.

After having 3 children she started her own Nutrition and fitness coaching business called Vitality Dietitian in 2013. She also owns a successful Aesthetic and Beauty Clinic since 2003 called The Amber Clinic.

Her enthusiasm for Health and Wellbeing comes from a young age, which led her to pursue this career path. Her medical knowledge combined with fitness & beauty experience sets her apart from the rest.

Her philosophy on Health and Wellbeing is from a natural and holistic perspective. Advice is based on sound clinical reasoning that will deliver results. The following is a brief indication of what she now specialises in:



Weight Management



Bone Health



Gut Health



Older People Health



Heart Health



Polycystic Ovary Syndrome



Irritable Bowel Syndrome



Type 2 Diabetes



High Cholesterol



High Blood Pressure



Women's Health



Skin Health



If you would like to have an empathic and friendly Dietitian to help you achieve your nutrition goals then give Sumeya a call on 07984780372. Sumeya Provides 1:1 consultation from her clinic in Leicester or via an online face-to-face call for a range of medical conditions mentioned above.

Why choose a Dietitian?

A Dietitian has been trained to help a patient or client alter their nutrition based on their medical condition and individual needs. A Dietitian will help you make long term healthy eating and lifestyle choices. They are trained to interpret scientific knowledge on nutrition to improve health and treat diseases or conditions by educating, giving practical and bespoke advice to clients, patients, carers and colleagues.

Nutrition Services

Discovery Call	15mins Free
Face to Face/ online/ phone Initial Consultation	60mins £65
Face to Face/ online/ phone Follow Up	30mins £35
Group Talks	POA
Co Operate Sessions	POA
Article Write Up	POA
Wellbeing Presentation	POA

12 Week Vitality Dietitian weight Loss Programme £250

This package includes the following:

- Initial 1 hour consultation
- 3 x follow up sessions
- Nutrition and evaluation report includes body composition
- Lifestyle & Exercise Plan
- 3 months on-going support access to Vitality Dietitian
- 20% off the maintenance program

**12 Weeks Maintenance Program****£150**

This package includes the following:

4 x follow up sessions

Nutrition and evaluation report includes body composition

Advancing lifestyle and Exercise Plan

3 months on-going support access to Vitality Dietitian

25% off any further Nutrition services over 12 months

Cook & Eat Session in your home**£75**

This session is for anyone who would like to go back to the basics and learn about healthy meal preparation on a 1:1 basis. You may have a new diagnosis or an on-going health concern that you would like to improve and manage through good food cooking choices then this will be a great eye opener and myth buster.

Supermarket Tour 60mins**£65**

If you would like to get an idea of the right choices to make when shopping whether its for a specific health condition or you want to learn to read food labels then I can help you.

Family Wellbeing**POA**

Please note Sumeya Jakhura is a UK Registered Dietitian practicing from the United Kingdom. Any information on any media platform whether it is on The Amber Clinic or Vitality Dietitian sites is not meant for anyone's personal advice.



Hair Removal

For best results hair should be at least 1 cm long. Gently exfoliate waxed area weekly, to discourage in-growing hairs. It is best not to swim after waxing & avoid hot showers/ sauna/ sun bed/ steam room before & up to 24 hrs after waxing

WAXING

Half Leg (30 mins)	£10
Full leg (40 mins)	£15
Full leg & Bikini Line (50 mins)	£20
Bikini Line (10 mins)	£7
Extended Bikini Line (15 mins)	£10
Brazilian (20 mins)	£13
Hollywood (30 mins)	£15
Bottom (15 mins)	£7
Under arms (20 mins)	£5
Half arms (20 mins)	£7
Full arms (30 mins)	£15
Eye brow shape (20 mins)	£6
Eye brow tidy	£5
Nose	£2
Lip wax (15 mins)	£3
Full face & brow tidy (30 mins)	£16
Breast area (15 mins)	£7
Stomach area (30 mins)	£7
Back wax (30 mins)	£10
Full front (30 mins)	£10
Full Legs, full arms, under arms & bikini line	£35
Full Legs, full arms, under arms & Hollywood	£40

For best results hair should be at least 1 cm long. Gently exfoliate waxed area weekly, to discourage in-growing hairs. It is best not to swim after waxing & avoid hot showers/ sauna/ sun bed/ steam room before & up to 24 hrs after waxing

THREADING

Eye brow shape (15-20 mins)	£6
Eye brow tidy	£5
Upper lip	£3
Lip & Brow tidy	£7
Chin	£3
Forehead	£5
Neck	£5
Cheeks	£5
Full face & brow tidy (30 mins)	£16
Chin & neck	£7

BLEACHING

Patch test available if new to treatment



Full face	£10
Full back	£15

Other- please specify on call

ADVANCED LASER HAIR REMOVAL

We have the option of two machines:

- 1) Ellipse Candela lasers- Intense Pulsed Light Machine. A machine that has clinical backing and used by NHS for permanent hair reduction and skin rejuvenation procedures.
- 2) Trilogyce offers an ice tipped cooling tip for virtually pain free hair removal using proven benefits of triple wave length technology (i.e. Alexa, diode and YAG) achieving maximum results and desired penetration and absorption levels when compared to a single wavelength.

Both procedures are safe, non-invasive and quick. Skin rejuvenation treatments are available too.

NB: Individual variation to price due to number of shots used and time taken.

PRICES (PER SESSION FROM)

Full Face	£55-65
Upper Lip	£15-20
Chin & Jaw line	£40
Side Burns	£30
Neck	£30
Between Brows	£15
Underarms	£35
Bikini Line	£40
Bikini +	£50-75
Full legs (not bottom)	£120-175
1/2 Legs up	£80-95
1/2 Legs lower	£65-85
Full Arms	£99
Back	£80-120
Full Front	£80-120
Stomach	£55
Nipple/Chest	£35
Hand Fingers or Bridge of feet	£25
Big Toes	£10
Hands & Fingers & Toes	£40
*Patch Test Required 48 hours prior to treatment	£20

ELECTROLYSIS

Permanent method of hair removal. Using Sterex blend digital machine.

10 mins	£10
15 mins	£15
20 mins	£20
30 mins	£25
45 mins	£30
60 mins	£35



FACIALS

NIMUE SKIN TREATMENTS

Nimue Skin Technology is a premium leading derma-cosmeceutical brand which was designed primarily for pre and post-operative care for medical patients, as well as for use by advanced professional skin therapists to deliver advanced rejuvenation to the skin.

The brand is known and loved for its use of cutting edge technology and hi-tec fusion of complex acids, naturally-derived antioxidants, phytochemicals and peptides. It is focused on four primary results: rejuvenation, restoration, anti-oxidation and sun protection for optimal skin health.

Nimue Skin Technology uses unique, targeted, sophisticated delivery systems to deliver the optimum ingredients to the intended cells within the skin without the need for machinery and ensures safer more controlled delivery.

Results from first use is what Nimue clients can expect from the brand, the phased approach ensures that each skin condition receives maximum penetration with minimal irritation. This is a prescription only brand and best results come from combined use of professional treatments and home care products.

NIMUE YOUTH DEEP CLEANSE

Nimue Youth Deep Cleanse (45 mins) £35

This Nimue skin treatment is effective especially for young skin, primarily focused on extractions of blackheads. Indicated for maintenance between peels for problematic, acne prone skin conditions

NIMUE MAINTENANCE

Nimue Maintenance (50 mins) £40

A bespoke results orientated relaxing treatment customised to your specific skin's requirements, with all essentials including cleanse, exfoliate, extract, serum, mask and a massage. Its for new users or as maintenance between courses of peels.

NIMUE REJUVENATING BIO ACTIVE COMPLEX

Nimue Rejuvenating-bio active complex (60 mins) £50

Nimue's core active rejuvenation treatment, utilising a blend of potent but gentle acids to deliver powerful results in the skin. The skin has improved clarity & collagen synthesis. Get an Instant Nimue glow that will have people talking about your skin. Course of 6-12 recommended to cumulatively give reduced pore size, refined texture, increased elasticity, radiance & vitality.

DIAMOND MICRODERMABRASION

Using both clear crystals & organic grains, giving a gentle but effective exfoliation. Removes dull unwanted cells leaving the skin revitalised, brighter & younger in appearance. Suitable for all areas. It can treat:

*aging skin *acne Scarring *acne/Blemishing *fine lines/ wrinkles, *altered
Pigmentation *Stretch Marks can be targeted (require multiple treatments).

Course of 6 £175

Microdermabrasion add on to other treatments (10-20MINS) £15

Diamond Microdermabrasion Facial £40



A complete facial where the exfoliation aspect is using a blue diamond crystal machine. Leaves your skin smooth, brighter and rejuvenated. Great before any occasion.

DIAMOND MICRODERMABRASION OXYGEN THERAPY

The next innovation for younger skin. A revolutionary skin treatment that uses the power of oxygen infused liquid minerals & blended with a choice of phytobotanicals to polish the skin, minimise pores, even out skin tone & reduces fine lines & wrinkles.

Course of 6 £175

Oxygen Therapy as add on to other treatments (10-20MINS) £10

Oxygen Therapy (40 mins) £40

DIAMOND MICRODERMABRASION AND OXYGEN THERAPY COMBINED

Excellent for Special Occasions & Brides!!!

Course of 6 £250

Diamond Microdermabrasion and Oxygen Therapy Combined (60 mins) £55

SCHRAMMEK GREEN PEELING REGENERATE

Price includes two facials (1st facial 1 hr and 2nd 30mins- 5 days apart) & 3 home care products that are mandatory to the treatment.

A new skin in just 5 days. This natural medically developed 'Herbal Deep Peel' will rejuvenate & regenerate to treat with outstanding success the following:

- Acne/ impure skin
- Refine scars (from acne, accidents, burns)
- Refine enlarged pores
- Sun damaged skin
- Skin discolouration: certain hyper pigmentation
- Keloid scarring
- Fine lines & Wrinkles (loss of elasticity)
- Stretch marks & Revitalises the skin

The treatment can effectively remove the upper layers of the skin, and can be performed anywhere on the body. Results depend on the individual- a course of treatments may be necessary depending on individual skin condition.

Minimum course of 2 treatments once a month recommended

Classic Herbal Green Peeling: Correct, Regenerate and Rejuvenate £250

SCHRAMMEK GREEN PEELING VITALISE

Delivers surge of visible energy instantly. Intense activation of skin's blood circulation & metabolism for natural skin improvement. Results in better complexion, diminished skin problems including age impurities, scars and hyper pigmentation.

Minimum course of 4 treatments + aftercare ampoules every two weeks recommended

Energy herbal green peeling: Correct vitalise and regenerate (60 mins) £85

SCHRAMMEK GREEN PEELING PREVENT



Gentle method to refresh the skin and its ability to absorb active ingredients for effective hydration. Prevents premature aging, evens out pigmentation & revitalises the cells giving radiant complexion & refreshed skin for that special occasion.

Minimum course of 6 treatments + aftercare ampoules once a week recommended

Fresh Up Herbal Green Peeling: Prevent & Refresh (45 mins) £75

SCHRAMMEK HYPER PIGMENTATION

Mela Wave Gentle method for clearer skin complexion. Includes hand and arm massage. Or Mela white: Intensive method to specifically targets tough pigmented areas. Includes 15mins intensive de-pigmenting massage technique. Choice depends on type of pigmentation- discuss with therapist. Both treatments even skin pigment & improves skin complexion. Homecare Mela White serum & cream will inhibit melanin (pigment in skin) production. Course of six sessions & 2 products: £500

Mela Wave (45 mins) £65

Mela White (60 mins) £75

DERMALOGICA FACIALS

When Dermalogica meets skin, skin health is redefined. With our professional help not only will your skin feel healthy, rejuvenated and happy but you will leave our skin bar with a truly enhanced comprehension of your skin's requirements.

DERMALOGICA MAINTENANCE FACIAL (45mins) £35

This is a perfect introductory or maintenance facial for those with a busy schedule. It is bespoke to your needs and can help with acne, sensitivity, uneven complexion, dehydration and dull and tired skin.

DERMALOGICA FACE MAPPING SKIN ANALYSIS

We take the guess work out of your skin regime by taking a closer look at your skin. The face is analysed in 14 sections to diagnose concerns in each, prescribe simple home care and give treatment strategies for a positive impact on your skin.

Dermalogica Face Mapping Skin Analysis (10 mins) £FREE

DERMALOGICA SKIN BAR

Here you can understand your skin with face mapping and then get hands on experience on how to use the recommended products

Dermalogica Skin Bar (10 mins) £FREE

DERMALOGICA MICRO ZONE TREATMENT

Short of time? Still want a professional fix? Micro zone treatment is a targeted solution for an immediate skin concern like a bothersome breakout, dull and tired eyes, blackhead relief or lacklustre skin

Micro Zone Treatment (20 mins) £25

DERMALOGICA PRESCRIPTIVE TREATMENT

Dermalogica Prescriptive Treatment (60 mins) £45

DERMALOGICA BIO RESURFACE PEEL

Customised intense resurfacing treatment for ultra smooth skin. It is specifically designed for advanced skin care users who require that treatment boost. It targets several skin concerns from premature aging, pigmentation, dehydration, congestion to scarring.



Bio Resurface Peel (50-75mins)

£70

VITAGE FACIAL

Advance antioxidant Skincare. The Treatment harnesses vitamin, peptide & botanical ingredients to firm, brighten and balance the skin. Using acupuncture massage we deliver results driven experience. (60 mins)

£45

MEDIK8 FACIALS- SEE AESTHETIC PROCEDURES

LED PHOTOTHERAPY FACIAL

LED PHOTOTHERAPY uses a combination of visible (Red & Blue) and invisible light (Infra Red) producing soft cold light at specific wavelengths (Red 635nm, Blue 415nm, Infrared 835nm) which have specific beneficial properties on the cells and hence the skin. Independent research by NASA space programme has shown that LED light therapy promotes wound healing and human tissue growth. Depending on the wavelength selected LED Therapy has numerous benefits:

- Increased skin radiance
- Stimulates cell activity & renewal
- Reduces inflammation in skin such as acne
- May reduce sebum by normalising the skin and thereby helping control acne breakouts
- Improves skin elasticity
- More consistent skin complexion and colour
- Increase moisture retention
- Increases circulation (due to increase formation of new capillaries)
- Promotes collagen production for plumper more youthful skin
- Increase lymphatic system drainage which detoxifies the skin tissue for healthy skin

Results visible from the first session although, more obvious after four sessions. A course of 10-12 treatments is recommended.

LED PHOTOTHERAPY FACIAL (60MINS)

£45

LED PHOTOTHERAPY ADD ON TO OTHER TREATMENTS (10-20MINS)

£10

ELECTROMAGNETIC STIMULATION (EMS) FACIAL

EMS stimulates all the facial muscles by gently and effectively exercising to firm, tone and lift and strengthen your face to youthful levels. Three options:

1. EMS Face lift and rejuvenate: increases muscle volume and plumps skin. Promotes collagen levels to diminish lines and target double chin.
2. EMS Circulate: promotes lymphatic circulation, better blood flow, to give more radiant and brighter skin, reduces puffiness, fine lines and muscle sagging
3. EMS Stress buster: relaxes facial muscles, relieves stress, improves blood and lymph flow and detox

ELECTROMAGNETIC STIMULATION (EMS) FACIAL (60MINS)

£45

EMS ADD ON TO OTHER TREATMENTS (10-20MINS)

£10

CACI FACE SCULPTING- SEE AESTHETIC PROCEDURES

MILLION DOLLAR FACIALS- SEE AESTHETIC PROCEDURES

3D HYDRO2 FACIALS- SEE AESTHETIC PROCEDURES



BODY TREATMENTS

SWEDISH MASSAGE (Deep tissue massage)

AROMATHERAPY (Relaxing massage with the use of essential oils blended in your presence)

REFLEXOLOGY (Special foot massage to aid ailments such as constipation, insomnia, enhances relaxation & much more)

INDIAN HEAD MASSAGE (Excellent treatment for headaches, & stress relieve)

HOT STONE THERAPY (Uses hot/cold therapeutic stone during massage, for greater penetration & relaxation)

AURICULAR THERAPY (treats balance and inner ear problems, build up of wax, ringing in the ears, tinnitus, hearing difficulties and sinus problems as well as colds, flu, sore throats, stress, headaches and migraines)

PREGNANCY MASSAGE (Massage for mums to be and new mums, leaves you and your 'bump' feeling revived and fabulous- from 14 weeks of pregnancy i.e. second trimester)

BODY EXFOLIATION Removes dead skin cells & toxins through the skin

Book a Course of 5 massages & get 6th free! Valid 8 months

MASSAGE

Swedish Massage - 30 mins / 45 mins / 60 mins	£30 / 35 / 40
Aromatherapy - 30 mins / 45 mins / 60 mins	£30 / 35 / 40
Reflexology - 30 mins / 45 mins / 60 mins	£30 / 35 / 40
Indian Head Massage - 30 mins / 45 mins / 60 mins	£30/ 35 / 40
Hot Stone Therapy - 60 mins	£45

Book a Course of 5 massages & get 6th free!

PREGNANCY MASSAGE

Pregnancy Massage (60mins)	£45
Book a course of 2 pre and 1 post natal massage (3 x 60mins)	£120

BODY EXFOLIATION

Removes dead skin cells & toxins through the skin

Back exfoliation (20 mins)	£20
Full body includes body brushing (30 mins)	£35
Body Exfoliation & Massage (80 mins)	£50
Deluxe Back-Facial - includes Massage (60 mins)	£50

INFRA RED HEAT LAMP

- Pre-heating treatment to increase circulation & promote relaxation
- Localised treatment for relief of pain and tension and promote healing
- To relief pain in joints

5 mins alone	£5
5-10 mins with another treatment	£5



HAIRDRESSING

CUT AND STYLE

Fringe	£5
Dry Cut	£15
Wash and cut	£20-25
Wash, cut and dry	£30-35
Straighten with GHD straighteners	£10
Girls under 12 dry cut	£10
Straight Wet Trim	£15

COLOUR TONE SHINE

Full head Colour	£35-40
Full head Colour: Root tinting	£25
Highlights/ lowlights- woven full head	£50-60
Highlights/ lowlights- woven 1/2 head	£35-45
Highlights/ lowlights- parting	£25-35
Toner/ refreshing/ shine	£15
Cap hi/lo	£30
Conditioning/ Gloss treatment (Includes mask/ gloss, wash and rough dry)	£15
Colour & Go Service (Root Salon colour no wash)	£20
Own colour, application, wash & rough dry	£15
Colour Correction	£POA
Premium Hair Colours such as Wella Illumina etc. Have a small additional fee. POA	£5-15

If your last colour was over 6 months ago we will need to carry out a skin allergy test prior to your next colour service. Prices do not include a professional blow dry. An additional £10-20 may be added for gloss between highlights or for long or thick hair. Consult salon technician for details. Prices verified on consultation- Prices in hairdressing are a guide because each client has different requirements, lengths and texture of hair and therefore prices here are a guide from (so prices given are a starting from range- and will be confirmed upon consultation).

KERASTRAIGHT ULTIMATE SERVICE

Texture: Kerastraight Short/ Medium (Shoulder length)/ Long Hair	£150/ 200/ 250
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KERASTRAIGHT INTENSE BOOST SERVICE

Kerastraight Intense Boost Service	£50
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HAIR STEAM TREATMENT

Includes wash, condition, scalp massage and steam and rough dry	£35
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NIOXIN

Nioxin is a 3 Part System for effective treatment of thinning hair, fine hair and dandruff. It promotes scalp health and help thicken hair density.

Nioxin Microscope Consultation	FREE with any Purchase
Nioxin Scalp Dermabrasion	£35
Nioxin Colour Protect	£10 added to any Colour service

NIOXIN My LUXY LISSBIOTHERAPY

Coming Soon



CUPPING THERAPY

DRY CUPPING

Dry cupping with Massage (45mins)

£35

WET CUPPING

Wet Cupping

Coming Soon!



ADVANCED AESTHETIC PROCEDURES

MILLION DOLLAR FACE & BODY

Million Dollar Facial £125

This 10 step facial includes Double cleanse, analysis, tone, Balm, Dermaplane, Serum infusion, Micro needling, Lymphatic drainage massage, Million Dollar Mask and SPF.

Benefits: Brighter even textured skin and complexion, up to 80% enhanced absorption of treatment products. It is suitable for all skin types, enhances lymphatic drainage to eliminate toxins and e.g. reduce puffiness around the eyes, reduces fine lines and wrinkles, increases collagen production, hydration levels improved, better make up application, firmer texture, thickens the epidermis to reduce appearance of broken capillaries, helps clients using botox regularly to eliminate toxins in the area of fillers/ botox, reduces scarring from acne, surgery or thermal burns & reduces pigmentation.

Million Dollar Body £90-125

Million Dollar Scalp Hair £80

Mini Million Dollar Facial £60

Million Dollar Microneedling £75

Mini Million Dollar Dermaplane £40

Million Dollar SuperFacials £50

Million Dollar Miracle Mask £75

DERMAPLANING

An exfoliation treatment that removes 3-4 weeks' worth of dead skin cells from the top layer of the skin. We remove the fine vellus hair using a sterile blade. The Hair does not grow back thicker as we do not change the structure of the hair and we do not work on terminal hair. This leaves you with softer, smoother texture and complexion, enhanced make up application, removes vellus hair, improves your product penetration by up to 80% vs 8-10%.

Mini Prescriptive Dermaplaning (45mins) £50

Using choice of products that suit your skin. We Cleanse, tone, exfoliate, extract, dermaplane, mask, serum & hydrate.

The Delux Prescriptive Dermaplane (60 mins) £65

This is luxury dermaplaning treatment including Cleanse, tone, Hydro2 Dermabrasion (exfoliation with water and vacuum), extractions, dermaplaning, mask and LED Light therapy. You will see a revived glow to your skin!

LASER SKIN REJUVENATION

Prices on assessment- please ask therapist. Specific treatments for acne, pigmentation and general rejuvenation prescribed and quoted upon consultation.

Prices start from as little as £25.

ADVANCED ELECTROLYSIS TREATMENT

(Guide prices: from)



Warts/ cysts/ Milia removal (15 mins)	£15-40
Spider naevi & blood spot treatments (15 - 20 mins)	£15/30-40
Skin Tags (20 - 25 mins)	£30-40
Red/ thread vein treatment (20 - 25 mins)	£30-40
Dermatosis Papulosa Nigra (20 - 25 mins)	£30-40

Note: May need doctor's letter to confirm skin disorder and/or blemishes

3D AESTHETICS

3D HydrO2 Facial

3D LIPO RADIOFREQUENCY SKIN TIGHTENING FOR FACE

3D Radiofrecqncy Skin Tightening Single Face session	£45
3D Radiofrequency Skin Tightening for Face course of 6 sessions	£225

3D ULTIMATE PRO MEDICAL GRADE

3D-Lipo is an effective body sculpting treatment for many areas of the body, including:

- Abdomen ('love handles')
- Arms
- Thighs
- Buttocks
- Inner knees
- Face Skin tightening
- Double chin/ chin freeze

3d lipo body

- Fat reduction (cavitation), skin tightening (radio frequency), cellulite (Dermology and skin rolling), fat metabolism & lymphatic drainage (shockwave)

3D LIPO CRYOLIPOLYSIS FAT FREEZING

3D Lipo Cryolipolysis Fat Freeze: Single area/ Double area	£150/250
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3D LIPO BODY CAVITATION

3D Lipo Body Single Session (one area e.g. stomach or thighs) (75mins)	£125
3D Lipo Body Course of 4 sessions on single area	£450
3D Lipo Body Course of 8 sessions: can be a combination of 2-3 areas	£750 + 1 Free

3D LIPO RADIOFREQUENCY SKIN TIGHTENING FOR FACE

3D Lipo Radiofrecqncy Skin Tightening Single Face session	£55
3D Lipo Radiofrequency Skin Tightening for Face course of 8 sessions	£385

3D LIPO CHIN AND NECK TIGHTENING

The 3D Lipo brand has now extended to include this piece of equipment. It simply does just that freezes the fat away. It entails one of fat freeze session followed by 6 radio frequency sessions to tighten and even the skin around the neck.

3D Lipo Chin & Neck Tightening (targeting double chin)	£250
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CACI FACE AND BODY SCULPTING

The CACI Quantum is the award winning, world renown, celebrity face and body lifting machine that is backed with more than 20 years of research. It is the most advanced face and body treatment system available and features specific programmes for slimming, contouring, cellulite, lymphatic drainage, face lifting, wrinkles, acne and scar tissue. Using specific facial techniques in conjunction with a combination of slimming and toning applications, the CACI Quantum works to restore and redefine facial muscles, reducing lines and wrinkles while simultaneously tightening body muscles.

- Slimming & toning
- Toning without the slimming
- Breast enhancement
- Tightens & contours buttocks
- Tones & contours stomach
- Reduces cellulite
- Lymphatic drainage (to help with a variety of problems especially sluggish circulation)

Excellent for post natal tummy tuck, stretch marks and scar tissue. Successfully treated with combination therapy (speak to your therapist for more information)

So whatever is your treatment area of concern, this machine has a solution.

CACI FACE

For the face it silently works to tone 32 facial muscles. It restores muscle tone & elasticity, reduces lines & wrinkles. Results visible from first treatment but a course of 10-12 treatments (2 per week) is recommended followed by monthly top ups. It's like taking your face to the gym!!! Face and body can be done at the same time. Great for saggy eye lids, crows feet, laughter lines, turkey neck & double chin correction.

Caci Non-Surgical Face Lift (60 mins)	£45
Super Caci Non-Surgical Face Lift (90 mins)	£65
Caci Non-Surgical Eye Lift (30 mins)	£25
Caci Non-Surgical Jowel Lift (30 mins)	£25

CACI HYDRATONE FACIAL

Hydratone includes, cleanse, exfoliate, lymph drainage massage with active micro current rollers (on a unique, cool electrically conductive gel mask that has been infused with powerful hydrating properties) and moisturise. This works best when combined with the traditional CACI non surgical lifting technique as in our super CACI Non-Surgical Face Lift. Gives a remarkably soft, radiant & more youthful appearance.

Caci Hydratone Facial (25 mins)	£20
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CACI FACIAL COURSE

Buy a course of 5 treatments and get 6th Free. A course of 10-12 treatments is recommended (twice/thrice a week). Followed by monthly maintenance

CACI BODY SLIMMING AND TONING

- Slimming treatment gives an inch-loss effect on the body. It is ideal for someone wanting to lose weight and works very well in conjunction with diet and regular exercise.
- Toning Treatment is recommended for someone who does not need to lose any more weight but would like to be more toned.



- Can be done on full body target specific areas like legs & buttocks, stomach, bra over hang, bingo arms or the bust.
- CACI's unique roller bars achieve excellent results on problem areas such as the abdomen and bust, particularly difficult to tone after childbirth and surgery.
- A twenty minute slimtone padding session on the stomach for example is equivalent to 360 perfect sits ups!

Treatment options discussed on consultation. Course of 10 £315 (2-3 x per week)

Slimming and toning (45 mins) £35

CACI BODY CONTOURING TREATMENT

Can be used on the stomach, bust and buttocks to help strengthen and lift muscles therefore having a tightening and firming effect. See the effect from your first session!

Course of 10 £315 (twice/ thrice a week)

Contouring treatment (45 mins) £45

CACI BODY CELLULITE TREATMENT

Targets cellulite, fluid retention and stubborn fatty areas such as thigh and buttocks helping to improve skin texture and firmness.

Course of 10 £315 (twice/ thrice a week)

Cellulite treatment (Padding up) (45mins) £35

CACI BODY ELECTRO CELLULITE MASSAGER

This powerfully tackles cellulite, fluid retention and stubborn fatty areas such as the thighs and buttocks. It achieves rapid inch reduction as it contours and firms underlying muscle and detoxifies surrounding lymph. Visible results before your holiday!

Course of 10 £315 (twice/ thrice a week)

Electrocellulite massager (30-45 mins) £35

CACI BODY LYMPHATIC DRAINAGE FULL BODY

Specifically designed to stimulate lymphatic flow speeding up the removal of toxins from the body. Helps kick start weight loss, treats cellulite, fluid retention and sluggish circulation as in acne.

Course of 5 £150 (once a week only)

Lymphatic Damage full body (45 mins) £35

CACI BODY LYMPHATIC DRAINAGE FACE AND NECK

Great for puffiness around the eyes and laughter lines or to drain the sinus

Course of 5 £99 (once a week only)

Lymphatic Damage face and neck (45 mins) £25

CACI BODY AGEING HANDS

Hands often give away your age. We use our hands for everything and yet we forget to pamper them. Rejuvenate the back of your hands, great results if combined with a manicure.

Course of 10 £90 (twice a week)

Ageing Hands (15 mins) £10



MEDIK8 MEDI-SPA FACIALS AND PEELS

Medik8 is an award winning Global skincare brand formulated by a team of biochemists and pharmacologists in London, UK. The Medik8 Team has a combined experience of over forty years. Medik8 was launched in 2009. It believes in specially formulated products in small batches by hand to ensure freshness and potency of actives. It offers solutions for skin-ageing, acne, redness, pigmentation and dryness. It is globally recommended by Doctors, Dermatologists, Nurses and Skin Therapists.

Please note: Medik8 facials do require priming products and aftercare too. This can be discussed on initial consultation which needs to be 1-2 weeks prior to your treatment of choice. A deposit of £15 will need to be made at consultation and we will provide a Vitamin A and C to prime your skin. The after-care pack (can be used for more than one session) costs £50-£75 as required- to be discussed.

MEDIK8 SUPERFACIAL

This facial uses carefully blended enzyme papain to exfoliate any skin types including hypersensitive skins. It is a natural alternative to the chemical peels and can be done as lunchtime treat. There is virtually no or minimal downtime. Plan 2-4 weeks before any big event. Benefits: stimulates collagen, cell renewal, improved skin tone & texture, elasticity, dryness, reduces pores, pigmentation & fine line appearance. It also deep cleanses pores to prevent whiteheads and blackheads.

Medik8 Superfacial (50mins) £55

MEDIK8 BETA PEEL

Beta Peel is a superficial chemical peel especially designed for acneic skin. It rapidly brings acne under control and greatly reduces further outbreaks. It targets blocked pores, comedones and inflammation. It delivers a high dose of salicylic acid and azelaic acid into the pores and follicles directly, keeping pores clear of debris and therefore fewer pore blockages and breakouts on your skin. A course of treatments is normally recommended.

Medik8 Beta Peel (45mins) £65

MEDIK8 LIGHT PEEL

Is a mild revitalising peel for acneic and lightly wrinkled skin. It effectively reduces excess sebum, signs of ageing and light scarring. Betahydroxy acid salicylic acid helps exfoliate and unclog pores and resurface skin for an instant renewed complexion. Sun damage can be visible improved such as pigmentation and age spots using lactic acid. Mandelic acid targets the fine lines and wrinkles.

Medik8 Light Peel (45mins) £65

MEDIK8 WHITE PEEL

White peel is a chemical peel is specially designed to treat sun damaged skin and all types of hyperpigmentation. The best way to achieve brighter, even skin tone, free of dark spots and hyperpigmentation, is to eliminate the skin cells rich in melanin and prevent darkening of the new skin cells. This peel penetrates the skin's pigment cells to gently reduce appearance of unwanted discoloration for a more even skin tone.

Medik8 White Peel (45mins) £65

MEDIK8 EYE PEEL

Eye peel is specially designed to gently target the under eye area, crow's feet & upper eye lid's regeneration and cell turnover. This is an antiaging eye peel. The eye area tends to show the first signs



of ageing i.e. reduced tone, plumpness, dehydration & fine lines, as early as in your mid-twenties. It has gentle alpha hydroxyl acids to avoid irritation and inflammation whilst hydrating to alleviate excess dryness & peeling.

Medik8 Eye Peel (30mins) £50

BIODROGA MD™ ACID AHA PEELS

Any Alpha Hydroxy Peel (AHA) mentioned below (45 mins) £55

- AHA acid 20%
- AHA acid 30%
- AHA acid 40%
- AHA acid 50%
- Sensitive PH 3,0 Lactic acid
- Anti-age pH 3,0 Glycolic 30% + retinol
- Impure Skin 2,0 salicylic acid 2% + glycolic 5% + lactic acid 10%
- Pigment Spots pH 3,0 glycolic acid 10% + Nutgrass

All peels give visible improvement after the very first treatment, skin structure, pores refined, complexion evens out, scars and fine lines appear diminished. Recommended a course of 6 sessions every 7-10 days. Can be combined with micro needling. No down time, can continue daily routine. Possible redness or irritation reduces shortly after the treatment.

REJUVAPEN MICRONEEDLING

Micro needling or skin needling is a minimally invasive non-ablative skin rejuvenation treatment. It involves the production of numerous controlled microscopic needle incisions in the papillary and reticular dermis to create a controlled injury response within tissue through a physical and mechanical mechanism. The tiny pin prick wounds help generate collagen and elastin at a cellular level, enhance penetrations of topical formulations, increasing the bioavailability of actives and enabling the absorption of large molecules.

Traditional ablative treatments like CO2 laser, medical dermabrasion and deep chemical peels cause a 2nd degree burn in the dermis by removing the epidermis and hence have added risks i.e. prolonged widespread inflammation, increased downtime and healing period, acute UV sensitivity, potential hypo or hyperpigmentation and permanent scarring.

This is why now we chose a more modern technique such as micro needling or skin needling which is non-ablative and yet as effective as traditional ablative treatments at inducing new collagen synthesis without the need to remove the epidermis.

Advantages of micro needling over traditional methods:

- Post treatment inflammation subsides within a few days
- Accelerated healing period
- Downtime: 48 hrs
- No or minimal UV sensitisation
- Very low risks or side effects
- Less pain
- Suitable for all skin types
- Cost effective as lower in price and fewer treatments required
- Can be used on all body parts: under eye and peri-oral area, neck, décolletage, hands & others



- No risk of permanent skin discoloration

Micro needling Pen Indications for treatment:

Ageing skin

- To firm and tighten flaccid skin
- To improve overall skin quality and texture by thickening the epidermis
- Smoothens lines, wrinkles and folds
- Improves appearance of enlarged pores

Scars

- Decrease appearance of atrophic & hypertrophic scars
- Improve scars from acne, lacerations, chicken pox, burn, accident or injury
- Helps relax old scars
- Diminish appearance of old surgical scars

Pigmentation

- To lighten pigmentation scars and stabilise general tone and pigmentation of skin

Stretch marks

- Improves appearance of stretch marks by effectively thickening the skin to lift and tighten hence improving its texture & tone of the skin. Great especially when combined with other therapies from treatment menu

Cellulite

- Appearance of cellulite is reduced especially when combined with other treatments from the treatment menu

Hair restoration

Skin tightening after weight loss

Mild Rosacea (vascular form only)

Typical course: 3 sessions at 6 weeks interval

Micro needling Duration average: 60-90mins (e.g. full face) £150

Micro needling Duration: 45mins (e.g. only cheeks) £99

Other body parts £POA

NIMUE MICRONEEDLING

A specialized rejuvenation treatment performed with microneedle roller to stimulate collagen induction and serves as a trans dermal delivery of active ingredients within Nimue's Transdermal solutions (TDS). Nimue TDS solutions are preservative free 100% pure active components with ingredients such as ascorbic acid for rejuvenation of photo damaged skin, DMAE, Alpha lipoic acid and silicum for firming of sun damaged and ageing skin. TDS solutions available for sensitive, problematic, environmentally damaged and pigmented skin.

Nimue Micro needling (60-90mins) single area e.g. face-face & neck £75-£99

NIMUE REJUVENATION BOOSTER



Personalised, tailored skin treatment to target your specific conditions using the clinically tested transdermal solutions alongside the active rejuvenation peel. This treatment delivers more intense results in a quicker time. Recommended use of the Pre & Post Skin strengthening serum to intensify healing and repair barrier function for healthy skin with this treatment.

Recommended in a course of 6 or 12 treatments

Nimue Rejuvenation Booster (60mins) £65

NIMUE 35% GLYCOLIC PEEL

Deep controlled exfoliation of the skin to clarify the texture and deliver superior results. This treatment can only be prescribed by your skin therapist for your particular skin condition.

Recommended as a combined course with active rejuvenation treatments

Nimue 35% Glycolic Peel (60 mins) £65

NIMUE BIO LACTO PEEL

Brightening complex of acids designed to target ageing and hyperpigmentation. This treatment has the added benefit of dual exfoliation action through the use of a potent enzymatic exfoliant as well as the peel. Contains powerful anti-oxidant properties against free radical environmental ageing.

Recommended as a course of 6 or 12 treatments

Nimue Bio Lacto Peel (75mins) £65

NIMUE PENTA SALAIC PEEL

Complex of acids designed in a water based peel to target the causes of problematic skin conditions. It has a slow release cumulative effect, so as not to overstimulate the skin and has calming, anti-inflammatory effect on this type of skin condition.

Recommended as a course of 6 or 12 treatments

Nimue Penta Salaic Peel (75mins) £65



HANDS & FEET

MANICURES & PEDICURES (Luxurious & celebrity acclaimed OPI products used)

Re-Varnish - hands or feet (15mins)	£ 7
French Polish - Extra to any service (15mins)	£ 2

NAILS HANDS

Complete Manicure - Basic + massage + polish (45 mins)	£20
Deluxe Manicure - Paraffin wax- for rehydrating & conditioning (60mins)	£25

NAILS FEET

Complete Pedicure - Basic + massage + polish (60mins)	£25
Deluxe Pedicure - Paraffin wax- for rehydrating & conditioning (75mins)	£30
Callus Removal - (30mins)	£10



EYES AND EARS

All Tinting procedures require a patch test before approval.

HD BROWS

HD Brows	£25 (45mins)
HD Brow follow up (within 4 weeks)	£20

EAR PIERCING

Includes sterilised earrings

Child: 4 months+ post all immunisations

One side	£7
Both sides	£12

TINTING

Patch test required

Lash & brow tinting	£13
Eyebrow Tinting	£6
Eye Lash Tinting	£8

NOUVEAU LVL LASH LIFT

LVL Lash Lift & TINT	£35
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LVL stands for Length, Volume and Lift. It's a relaxing 45minute treatment that will change your own lashes to longer fuller looking lashes without the need for lash extensions. There is no damage to your own lashes as the latest innovative technology is used to gently straighten and lift your own lashes and create a wide- awake lash lift. You can enjoy your new lashes for up to six weeks, making it a low maintenance treatment. The results speak for themselves.

NOUVEAU LASH EXTENTIONS

This is an ultimate treatment to transform you lashes in a flash. It is perfect for the ladies always on the go. These lash extensions are renowned for their comfort and durability.

Express individual Lashes £30

The treatment takes approximately 30-45mins depending on chosen effect. The lashes are individually applied, ensuring a full and even look for longer, thicker and more luscious lashes. They last up to two weeks.

Professional lash removal £10

If more than 50% of your lashes need replacing you will be charged for a removal and full set of lashes

Classic Extensions- Bespoke 80mins £45

My classic look is a mix between volume and Hybrid Lashes. You will get Volume and thickness but not a strip looking effect. Glamorous & natural. I do not offer Russian Lashes.

Infills (2-3 weeks) £25



Cluster Lashes	£15-25
Strip Lashes	£10
Lower lashes	£10

*Subject to availability of appointment. Rearranging removal appointment will nullify this offer and will require payment.

NIMUE EYE TREATMENT

Designed specifically for the delicate eye area. An eye serum, collagen enriched eye film & mask provide intense hydration & more youthful appearance.

Nimue Eye Treatment (30 mins)	£25
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DERMALOGICA EYE TREATMENT

Dermalogica microzone eye treatment for targeted eye treatment

Dermalogica Eye Treatment (30 mins)	£25
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CACI NON SURGICAL EYE LIFT

Excellent treatment to treat dark circles, puffy eyes, saggy lids and crows feet. This treatment is tailored using a combination of therapies to deliver the results you want.

Caci Non-Surgical Eye Lift (40 mins)	£35
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SCHRAMMEK COOL EYES

Cools tired eyes, prevents & treats fine lines & wrinkles

Dr Schrammek cool eyes (25 mins)	£20
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SCHRAMMEK EYE LIFT

To prevent and treat dark circles, lines and wrinkles.

Dr Schrammek Eye Lift (30 mins)	£25
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Pamper Packages

POA

GIFT VOUCHERS

Treat a friend to a new experience with our gift cards. We promise a great treat.



PRIVACY POLICY

“The Amber Clinic” processing of your personal data is governed by the Data Protection Act 1998.

If you have any questions regarding our privacy statement, please contact:

Sumeya Jakhura
The Amber Clinic
103 Leicester Road

Oadby

Leicester

LE2 4AB

Email: info@theamberclinic.com

Tel: 07984 780 372

The main points of “The Amber Clinic’s” privacy policy are:

- “The Amber Clinic” does not collect any personal information about users, unless information is intentionally and specifically supplied to “The Amber Clinic” by users.
- “The Amber Clinic” is committed to ensuring the confidentiality of your personal and organisational information.
- “The Amber Clinic” will not sell or pass on your information to any other organisation outside “The Amber Clinic”
- We guarantee the full confidentiality of any information supplied to “The Amber Clinic”.

How do we collect information?

When you contact “The Amber Clinic” regarding our services, send or receive information and make purchases, you provide us with personal information.

What information do we collect?

Financial Information

In order to process financial transactions, we may ask you for your bank or credit card details. All online transactions are encrypted using SSL (Secure Socket Layer). We do not store credit card details nor do we share customer details with any third parties.

Personal Information

When you provide “The Amber Clinic” with any personal information (for example: your name and address), we are legally obliged by the Data Protection Act 1998 to ensure that we only use this information for the purpose for which it is requested. Under no circumstances will “be my planet” distribute this information without your prior consent.

Non-personal Information

Data such as IP addresses (the location of computers on the internet through your ISP), pages accessed and files downloaded are collected by “The Amber Clinic”. Information of this nature is anonymised and no attempts are made to link this information with personal data held on record. This information is collected to help “The Amber Clinic” determine how our users are visiting and navigating our web pages. This information is used to help monitor and improve our service to you.

**Where will the information be held?**

Personal information submitted to “The Amber Clinic” will be held by “The Amber Clinic” on a secure database. “The Amber Clinic” will not share this information with any organisation outside “The Amber Clinic” unless you have given prior consent to do so.

What are my rights of access to this information?

You may at any time ask us for a copy of the personal information we hold about you, or request that certain information is corrected or deleted.

Notification of change of privacy policy

“The Amber Clinic” reserves the right to amend this privacy statement. You are advised to visit www.theamberclinic.com/privacy-policy periodically in order to keep up to date with changes in our privacy policy. You may also request a copy of this privacy statement in electronic or hard copy / Large print.

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TREATMENTS

All treatment times include consultation time. We only take cash. Bank transfers available only with prior arrangement. We require a minimum of 24-hour notice to cancel any appointments made otherwise full treatment fees will be incurred. Offers cannot be issued in conjunction with each other. The Amber Clinic is a subdivision of Sumeya Jakhura Ltd. The Amber Clinic reserves the right to refuse or cancel treatment bookings. All treatments are subject to availability. The therapist may stop treatment if he/she feels that the client's behaviour is unsuitable. The therapist may refuse or stop treatments in progress if of the opinion that the treatment is detrimental to the health of the client or would make the therapist feel uncomfortable in any way. Please note that most treatments are strictly for women, some treatments are available for men when accompanied by a woman. Note: We can offer treatments to most people however we have a narrow entrance and a step, which could be a problem for some people. The Amber Clinic reserves the right to change price/ discount/ loyalty schemes without any notice. Whilst the therapist will ensure professional practice in consulting & providing relevant information about a treatment, the client takes full responsibility for continuing with the treatment and ensuring all advised aftercare is followed appropriately. Identity verification may be necessary to obtain discounts.

MOBILE TREATMENTS

Occasionally when mobile treatments are offered there is a standard charge of £5 within 5 miles radius. Beyond that is 40p per mile extra. Maximum Travel is 10miles.

NUTRITION

Please note Sumeya Jakhura is a UK Registered Dietitian practicing from the United Kingdom.

AESTHETIC BODY SCLPTING NOTE TO CONSUMER

Sumeya Jakhura is the owner of The Amber Clinic and is a Beauty Therapist that offers body sculpting treatments since 2002. Sumeya Jakhura is also a Registered Dietitian (Practicing in the UK) and Personal Trainer practicing since 2008 and 2017 respectively.

This disclaimer allows for Sumeya Jakhura to establish there is conflict of interest between her being a Beauty Therapist and a Dietitian.

As a Registered Dietitian Sumeya Jakhura DOES NOT RECOMMEND THE NEED TO HAVE and AESTHETIC BODY SLIMMING OR SCULPTING TREATMENTS. Her primary opinion and recommendation to all clients interested in any form of body sculpting or shaping treatment is to follow a healthy eating and exercise plan. **Healthy eating, exercise and lifestyle changes can alone improve any client's overall health, body image, shape and other health parameters.**

In deciding to choose any body slimming or toning treatment from a beauty therapy/ aesthetic point of view then Sumeya Jakhura requests that you always consider lifestyle changes first and asks you to read,



consider and sign a disclaimer to release Sumeya Jakhura from the Liability as a Health Professional to have fully informed you of the correct choice i.e. lifestyle changes first to include nutrition, diet and exercise prior to body sculpting or slimming treatments. A Healthy Lifestyle should always be maintained (before, during and after any body sculpting procedure) and no machine or treatment can be used as an alternative to healthy eating, aerobic or cardiovascular exercise.

Having informed you of the above we respect your custom and understand you have a right to have all the information to make an informed choice.

Sumeya Jakhura recommends that for a long lasting result for body shaping healthy eating and exercise is the best form of treatment. This is a clinically proven method to benefit your health and wellbeing.

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 - loss of business;
 - loss of profits or contracts;
 - loss of anticipated savings;
 - loss of data;
 - loss of goodwill;
 - wasted management or office time; and

for any other loss or damage of any kind, however arising and whether caused by tort (including negligence), breach of contract or otherwise, even if foreseeable, provided that this condition shall not prevent claims for loss of or damage to your tangible property or any other claims for direct financial loss that are not excluded by any of the categories set out above.

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