

# Portsdown Health & Beauty Clinic and Aesthetics

(Est. Since 1991)

27 London Road, Widley,  
Waterlooville, Hampshire. PO7 5AS  
Telephone: (023) 9238 8342

GUINOT  
INSTITUT • PARIS



## Opening Hours

Monday	6.30 pm – 9.30 pm
Tuesday	10.00 am – 8.00 pm
Wednesday	10.00 am – 6.00 pm
Thursday	10.00 am – 8.00 pm
Friday	10.00 am – 6.00 pm
Saturday	9.00 am – 4.00 pm

www.portsdownclinic.co.uk

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### FACIALS

**JAN MARINI GLYCOLIC SKIN PEELS** - this award winning treatment from California greatly improves the appearance of sun damaged skin, skin discolouration, wrinkles, rosacea, acne and acne scarring.

Per treatment 40 minutes ..... £65  
Course 6 treatments recommended ..... £325  
(A Jan Marini Glycolic product must be used 2 weeks prior to first treatment)

**CACI** - non surgical face lift this patented original treatment is a relaxing treatment using a caci microcurrent to lift and firm the contours of the face, soften fine lines and smooth the skin.

Per treatment 50 minutes ..... £45  
Course 12 treatments recommended ..... £450

**CACI JOWL LIFT** - works to lift the jowl area best results are seen after a course of Caci full face treatments.

30 minutes ..... £30  
Course of 6 ..... £150

**SUPER CACI** - an intensive treatment combining the caci face lift and caci jowl lift. Best results are seen after a caci course.

1 hour ..... £55

**PURE LIFT** - pure radio frequency plus caci the ultimate cosmetic facial. Improves skin elasticity and firms facial muscles.

1½ Hour per treatment ..... £90  
Course of 6 ..... £450

**THE ESSENTIAL ROSE FACIAL** - A luxurious deeply relaxing treatment using Aromatherapy Associates organic rose products this facial includes stress relieving upper back, scalp and arm massage as well as the face.

1¼ hours ..... £60

### GUINOT FACIAL TREATMENTS

#### GUINOT AROMATIC FACIAL

A customised holistic facial to enhance your skin with the beautifying and therapeutic energy of essential oils and plant extracts.

1 hour ..... £50

#### GUINOT AGE SUMMUM

An anti-aging pro collagen treatment to regenerate, diminish fine lines. Even skin tone.

1 hour ..... £65

#### GUINOT LIFT SUMMUM

An exclusive skin care method that provides global firming action and immediate improvement in signs of ageing of:

- Face
- Neck
- Decollete

50 minutes ..... £65

#### GUINOT EYE LIFT

Targets the delicate eye area improving puffiness dark circles and wrinkles

40 minutes ..... £50

### GUINOT HYDRADERM CELLULAR ENERGY

Exclusive GUINOT treatments spectacular results in restoring beautiful and youthful skin.

- Dynamic Ionisation
- Oxygenation by Thermal Effect
- Relaxing Massage and Serum

#### Hydradermie Youth

For all skin types with a monthly treatment your skin is clearer smoother and younger looking.

1 hour ..... £65

#### HYDRADERMIE CELLULARIE AGE LOGIC

The delux anti aging treatment for 40+ this facial works in three parts incorporating anti aging serum gels for face eyes and neck it regenerates smooths and tones giving a youthful radiance.

1½ hours ..... £80

**HYDRADERMIE AGELOGIC ULTIMATE** Combination of the Hydradermie AgeLogic and the Hydradermie Lift deeply regenerating and giving the facial muscles a workout restoring volume lift and tone.

1¾ hours ..... £90

**HYDRADERMIE LIFT** to rejuvenate the features by stimulating the facial muscles to give new tone and lift the features leaving your skin smoother and firmer. Choose from the following treatments or speak to a therapist for advice on the correct one for you.

#### HYDRADERMIE LIFT EXPRESS

30 minutes ..... £55  
Course of 3 for 3 weeks ..... £145

**HYDRADERMIE LIFT** this includes stimulating lift, collagen massage & firming mask.

1 hour ..... £65  
Course of 3 for 3 weeks ..... £185

#### PURE RADIO FREQUENCY SKIN TIGHTENING AND REJUVENATION

This treatment uses radio frequency to heat the skin tissues increasing the skins elastin to firm and tighten. Followed by a relaxing cooling hyaluronic mask to intensify the treatment and leave your skin looking and feeling younger.

1 hour ..... £80  
Course of 6 treatments one a week ..... £400

### TANNING

**St TROPEZ CREAM** instantly you will develop a natural tan. Ideal as a regular treatment or for a special occasion.

Full body & Face - 1 hour ..... £40

#### St TROPEZ or URBAN AIR SPRAY TAN

Full body & Face - 30 minutes ..... £30

### BODY CONTOURING TREATMENTS

Please book a free consultation and our trained therapist will give you a figure diagnosis and suggest the best treatment plan for you.

**PURE TONE RF with ECM** - Clinically proven Comfortable fat reduction and skin tightening.

Firms the skin by targeting collagen and reduces fatty deposits by heating and destroying the fat cells. ECM lifts and firms.

1 hour ..... £80 per session  
Course of 6 Sessions ..... £400

**CACI ECM** - electro cellulite massager firms and tightens loose skin on thighs, buttocks and stomach.

50 minutes ..... £50  
Course of 6 ..... £250

**GUINOT AROMATIC CONTOUR** - smoothes body contours.

1 hour ..... £65  
Course of 3 ..... £185

#### GUINOT TECHNI SLIM FIRM BODY WRAP

1 hour ..... £66  
Course of 8 ..... £365

**WEIGHT LOSS MANAGEMENT** - The Cambridge weight plan is a flexible range of weight management programmes (Amanda will give you one to one support on a regular basis).

### BEAUTY TREATMENTS

Eyelash Tinting ..... £12  
Eyebrow Tint ..... £9  
Eyelash & Eyebrow Tint ..... £20  
i Appeal Lifts Lashes, opens eyes lasts 2 months ..... £45  
With Tint ..... £50  
\*patch test required tint & perm 48hrs

### LASH SEMI PERMANENT EXTENSIONS

These dramatically enhance the appearance of the eyes. Longer thicker lashes that look and feel like your own. Ideal for everyday or special occasions and holidays.

Lasts up to 8 weeks top up needed every 2 weeks to maintain.  
Full Set ..... £50 incl removal  
Top up ..... £20

#### LASH EXPRESS

Lasts up to 2 weeks great for parties ..... £30 incl removal

### NAIL EXTENSIONS

#### LOVE by CJP ACRYLIC

Natural / French / Ombre ..... £35  
Glitter / Design Work ..... from £40  
Infills (Ave. 3 weeks) ..... £25  
Removal before a new set ..... £7  
Soak off and tidy ..... £13  
Repairs per nail ..... £4  
Toe Nail replacement per nail ..... £10

• Cancellations require 24 hours notice or 50% of treatment cost is payable.

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## BEAUTY TREATMENTS CONTINUED

**NAILTIQUES DELUXE MANICURE** - A pampering treatment with thermal mitts and nail proteins to promote strong healthy nails.

Per treatment 1 hour .....	£22
With polish .....	£25
French manicure extra .....	£8

**NAILTIQUES PEDICURE** - One hour of pure luxury for tired feet. Promotes healthy nails and removes hard skin, conditioning the feet. Including thermal booties and polish.

1 hour 15 minutes .....	£30
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**ORLY GEL FX NAILS** - Beautiful glossy strong gel nail colour that is cured under LED light so dries immediately lasts up to 2 weeks.

Gel FX with manicure .....	£35
Gel FX with file .....	£25
Gel FX Pedicure .....	£40

Removal £10 removal free with Nailtiques Manicure or Pedicure

Callus Peel removal of hard skin - 30 minutes .....	£25
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Nail Dipping - non toxic, odour free, vitamin enriched, long lasting powder coat of colour on the nails (lasts 3 to 4 weeks) .....

£40
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With Pedicure - 1 hour 15 mins .....	£45
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## HAIR REMOVAL

**Cosmedico 'Laser' Ipl with RF** Clinically proven safe permanent hair removal from face and body . Treats all hair colours except white hair. Leaves your skin soft and smooth. Fully trained laser specialists.

Prices below are a guide only because everyone has an individual hair growth , your personal price for 'Laser' / IPL with RF will be confirmed at your personal consultation.

Personal consultation and patch test 30 minutes .....	£35
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(refundable on a treatment course )

Lip .....	£50 per session
Course of 6 treatments .....	£250

Chin .....	£55 per session
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Course of 6 .....	£275
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Sides of face .....	£90 per session
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Course 6 .....	£450
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Neck per session from .....	£60
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Bikini from .....	£80 per session
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Underarms .....	£85 per session
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Course 6 .....	£425
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Legs inc feet and toes from .....	£180 per session
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Arms from .....	£110 per session
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Gentlemen Chest from .....	£145 per session
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Gentlemen Back from .....	£145 per session
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£15
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Course of 6 .....	£75
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**WAXING** - using warm wax for minimal skin irritation.

1/2 leg lower .....	£15
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1/2 leg upper .....	£18
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Full leg .....	£22
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Full leg and bikini line .....	£25
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Bikini line .....	£10
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Brazilian Bikini Line .....	£20
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Hollywood Bikini Line .....	£25
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Under arm .....	£10
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Upper lip .....	£8
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Chin .....	£8
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Eyebrows .....	£10
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Upper lip and chin .....	£15
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Forearms .....	£15
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Eyebrows lip and chin .....	£20
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Gentlemans back wax .....	£25
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**THREADING** - Ancient method from far and middle east precise and long lasting.

Eyebrows, lip, chin, face from .....	£15
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**REFLEXOLOGY** - this uses the feet to treat the entire body.

Every part of the body has corresponding reflexes on the feet. Imbalances in the body can be detected in these areas and eventually eradicated by massage. 1 hour .....

£35
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**INDIAN HEAD MASSAGE** - a traditional technique of treating the upper back, face and neck to relieve tension.

Ideal for headaches, stress and tension. 30 minutes .....	£30
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**HOPI EAR CANDLES** - a treatment developed by the Hopi indians.

Beeswax ear candles are gently placed in your ears and lit to form a vacuum. This can alleviate allergies sinus conditions, tinnitus & balance problems and remove impurities.

45 minutes .....	£35
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Course of 3 .....	£90
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**DETOX AROMATHERAPY WRAP** - Let yourself drift away while cocooned in a comforting detox wrap and treated to a pressure point facial and scalp massage and reflexology. This therapy reduces appearance of cellulite and relieves fluid retention.

1½ hours .....	£50
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**ACUPUNCTURE** -

Foa a wide variety of ailments and conditions including hormonal and fertility, anxiety, headaches, muscle and arthritis pain 40 minutes .....

£40
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Course of six treatments .....	£200
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## SPA PACKAGE TREATMENTS

**THE LUXURY SPA TREATMENT** - 4½ hours

A totally pampering relaxing experience combining a Guinot Hydradermie facial, a body Guinot Aromatic Softening massage plus a Nailtiques manicure and pedicure.

.....	£150
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**RELAXING SPA TREATMENT** - 2hr 45mins

Guinot Aromatic facial, reflexology, aroma back, neck, and shoulders massage .....

£98
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## SPECIALIST TREATMENTS

**AESTHETIC SKIN TREATMENTS**

'Laser' IPL with Radio Frequency Cosmetic skin Treatments

**SKIN REJUVENATION** - reduces lines and wrinkles with collagen and elastin cell regeneration.

Full face and neck treatment with hyaluronic mask.

1 hour .....	£90 per session
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6 treatment plan .....	£450
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**ACNE TREATMENT** - reduce acne and repair skin tissue and scarring.

.....	£80 per session
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6 treatments .....	£400
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£400
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**FACIAL VEINS AND ROSACEA** - Reduce and eliminate broken capillaries and rosacea from the face and décolleté whilst improving skin condition.

.....	£70 per session
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**PIGMENTATION TREATMENTS** - Remove unsightly pigmentation (sun spots)

Backs of hands .....	£50 per session
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Face .....	£50 per session
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**DIATHERMY CAUTERY**

Broken Veins (face) Skin Tags, Milia (white spots) .....

£50 per session
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Pigmentation .....	£80 per session
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**SEMI-PERMANENT MAK-UP (micro-pigmentation)** Natural and safe organic pigments are placed in the surface layer of skin giving natural looking eyebrows, eyeliner and lip liner. Ideal for Alopecia, hairloss due to medical treatment, patchy overplucked eyebrows or anyone who wants perfect make-up that lasts for years.

Eyebrow full creation .....	£345
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Eyebrow enhancement .....	£275
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Eyeliner .....	£275
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Lip liner .....	£325
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Colour boost (the original shape must be visible - existing clients
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within 12 months) .....	£150
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Lip liner and blush .....	£450
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