

DR. MARYAM ZAMANI

AESTHETICIAN: SKIN TREATMENTS

HYDRAFACIAL MD® From £250

Treats: lacklustre skin, enlarged pores,

acne, pigmentation

Results:

are seen within 1-2 days

Pain: none

Social downtime:

up to 24 hours (potential redness)

Recommended course:

2-4 treatments, 2 weeks apart

AQUAGOLD® FINE TOUCH HYDRAFACIAL MD® From £800

Treats: loss of radiance, uneven skin

texture, facial flushing / rosacea,

lacklustre skin

Results:

are seen within 1-2 weeks

Pain: mild

Social downtime:

up to 24 hours (potential redness)

Recommended course:

1-3 treatments, 1 month apart

CHEMICAL PEELS From £200

Treats: wrinkles, acne, acne scars,

hyperpigmentation, melasma,

age spots, sun damage

Results:

results are seen in 1-2 weeks

Pain: mild to moderate

Social downtime:

depends on the type of peel; from 0-7 days

Recommended course: customized to skin

concerns & downtime

MESOTHERAPY From £400

Treats:

wrinkles, skin laxity, skin crepiness,

acne scarring, hyperpigmentation and

sun damage

Results:

within 48-72 hours with continued effect

Pain:

mild (topical anesthetic can be applied)

Social downtime:

up to 24 hours (potential to bruise)

Recommended course:

3-5 treatments, 1 month apart

MICRONEEDLING from £400

Treats: acne scarring, fine lines & wrinkles,

skin texture, crepey skin, pigmentation

Results:

within 1 week with continued effect

Pain:

mild (topical anesthetic can be applied)

Social downtime:

up to 48 hours (potential to bruise)

Recommended course:

3-5 treatments, 1 month apart

PRP: PLATELET RICH PLASMA From £800

Treats: crepey décolletage,

aged eyes, wrinkles, deep set

tear troughs and for hand rejuvenation

Results:

are seen in 2 weeks

and continue for 3-6 months

Pain:

mild to moderate (topical numbing

cream is used before treatment)

Social downtime:

up to 24 hours (potential for bruising)

Recommended course:

three treatments, 1-3 months apart

DR. MARYAM ZAMANI

AESTHETICIAN: LASER TREATMENTS

BBL™ (BROADBAND LIGHT) From £600

Treats: rosacea, photodamage, age spots, broken veins & capillaries, sun damage, facial telangiectasia

Results:

are seen within 1 weeks with results lasting 12-24 months

Pain: mild- moderate (topical anesthetic may be applied)

Social downtime: up to 24 hours

Recommended course: 2-4 treatments, 4 weeks apart with top ups biannually

HALO™ LASER From £2000 (face)

Treats: wrinkles, sun damage, enlarged pores, uneven texture, skin laxity, pigmentation, acne scarring, hand rejuvenation, fine lines & wrinkles, melasma

Results:

2-5 days with results

lasting months to years.

Pain: mild to moderate (topical anesthetic is applied for 30 minutes prior to treatment)

Social downtime: none

Recommended course: 1- 3 treatments

IPL From £400 (face)

Treats: rosacea, photodamage, age spots, broken veins & capillaries, sun damage

Results:

are seen within 1 weeks with results lasting 12-24 months

Social downtime: up to 24 hours

Recommended course: 3-5 treatments, 4 weeks apart with top ups biannually

LASER GENESIS From £800

Treats:

rosacea, uneven texture, skin laxity, pigmentation and acne scarring

Results:

within 24 hours with results lasting 2 weeks

Pain:

none to mild

Social downtime: none

Recommended course:

3-5 treatments, 4 weeks apart

LED LIGHT THERAPY From £70

Treats:

acne, broken veins & capillaries, hyperpigmentation, rosacea,

age spots and sun damage

Results: within 24 hours with

continued improvement

Pain: none

Social downtime: none

Recommended course:

3-5 treatments, 1 weeks apart

MORPHEUS8 From £2000

Treats:

loose skin around the eyes, face, neck, décolletage and body as well as acne

scarring, festoons, uneven skin texture, and fine lines & wrinkles

Results: results are seen in 1-2 weeks with

continued improvement for 3-6 months

Pain: moderate (topical numbing cream is applied prior to treatment)

Social downtime:

3-7 days (local skin redness, swelling, pinpoint scabs can appear)

Recommended course:

1-3 treatments, 3-5 weeks apart

ND:YAG LASER From £500

Treats:

wrinkles, broken veins & capillaries, age spots, sun damage, cherry red

spots and capillary hemangiomas

Results: are seen in 24-48 hours

Pain: mild

Social downtime: none

Recommended course:

1-4 treatments, 4 weeks apart

ULTHERAPY From £800

Treats: wrinkling, loss of volume, skin

tightening, jowling, neck bands, crepey

décolletage, nose to mouth lines and heavy brows

Results: results peak at 3-6 months

Pain: moderate

Social downtime: none (potential for swelling)

Recommended course: every 1-2 years

DR. MARYAM ZAMANI

DOCTOR: INJECTABLES

BELKYRA™ From **£850** per vial
(2 – 3 vials per session)

Treats:

double chin (not suitable for very large double chins or a lot of sagging skin)

Results:

are generally 3 months after last injection

Pain: mild- moderate

Social downtime: 2-5 days (potential for bruising and swelling)

Recommended course: 2-6 treatments every 6-8 weeks

DERMAL FILLERS HA fillers:
From **£850** per syringe
Radiesse:
From **£950** per syringe

Treats:

wrinkles, volume loss, tear troughs, hands, ear lobes, jowling, lip enhancement, non surgical nose reshaping, chin augmentation, eyebrow lift

Results: are seen within 1-2 weeks with results lasting 6-18 months

Pain: mild- moderate

Social downtime: 24-72 hours

(potential for bruising)

**NEUROTOXIN /
BOTULINUM TOXIN** From **£350**

Treats:

dynamic facial lines, gummy smiles, rosacea, teeth grinding, headaches, masseter hypertrophy, neck bands, hyperhidrosis (excessive sweating in the armpits, hairline, hands, feet, groin) and menopausal sweats.

Results:

are seen within 2 weeks and last 3-6 months

Pain: mild

Social downtime: up to 24 hours

(potential for bruising)

SCULPTRA From **£850**

Treats:

volume loss in the face and buttocks; can also be used to improve texture above the knees and elbows, acne scarring

Results: are seen within 2-3 months with results lasting 18-24 months

Pain: mild- moderate

Social downtime: 24-72 hours

(potential for bruising)

SKIN BOOSTERS From **£500**

Treats:

fine lines & wrinkles, smokers lines, crepey skin, neck, chest, hands, crows feet, pigmentation

Results: are seen in 2-3 weeks

Pain: mild to moderate (topical numbing cream can be used before treatment)

Social downtime: 1 day

Recommended course: prophilio: 2 treatments, one month apart, volite: one treatment every 6 months, revive: 3 treatments, one month apart

DR. MARYAM ZAMANI

DOCTOR: SKIN TREATMENTS

AQUAGOLD® FINE TOUCH

HYDRAFACIAL MD®

From £800

Treats:

loss of radiance, uneven skin texture, facial flushing / rosacea,

lacklustre skin

Results: are seen within 1-2 weeks

Pain: mild

Social downtime:

up to 24 hours (potential redness)

Recommended course:

1-3 treatments, 1 month apart

CHEMICAL PEELS

From £200

Treats:

wrinkles, acne, acne scars,

hyperpigmentation, melasma,

age spots, sun damage

Results: results are seen in 1-2 weeks

Pain: mild to moderate

Social downtime:

depends on the type of peel; from 0-7 days

Recommended course: customized to skin

concerns & downtime

MESOTHERAPY

From £400

Treats:

wrinkles, skin laxity, skin crepiness, acne

scarring, hyperpigmentation

and sun damage

Results:

within 48-72 hours with continued effect

Pain:

mild (topical anesthetic can be applied)

Social downtime:

up to 24 hours (potential to bruise)

Recommended course:

3-5 treatments, 1 month apart

MICRONEEDLING

from £400

Treats:

acne scarring, fine lines & wrinkles, skin

texture, crepey skin, pigmentation

Results:

within 1 week with continued effect

Pain:

mild (topical anesthetic can be applied)

Social downtime:

up to 48 hours (potential to bruise)

Recommended course:

3-5 treatments, 1 month apart

PRP: PLATELET

RICH PLASMA

From £800

Treats:

crepey décolletage, aged eyes, wrinkles,

deep set tear troughs and for

hand rejuvenation

Results: are seen in 2 weeks

and continue for 3-6 months

Pain: mild to moderate (topical numbing

cream is used before treatment)

Social downtime:

up to 24 hours (potential for bruising)

Recommended course:

three treatments, 1-3 months apart

UVENCE

From £7500

Treats:

wrinkles, volume loss, tear trough, aged

eyes, lip treatment, skin tightening, turkey

neck, décolletage, hand rejuvenation and

chin

Results: results are seen in 2-3 weeks

Pain: mild to moderate (topical numbing

cream is used before treatment)

Social downtime: 24-72 hours (potential to

bruise)

DR. MARYAM ZAMANI

DOCTOR: LASER TREATMENTS

BBL™ (BROADBAND LIGHT) From £600

Treats:

rosacea, photodamage, age spots, broken veins & capillaries, sun damage, facial telangectasia

Results: are seen within 1 weeks with

results lasting 12-24 months

Pain: mild- moderate (topical anesethetic

may be applied)

Social downtime: up to 24 hours

Recommended course: 2-4 treatments,

4 weeks apart with top ups biannually

BLUE LIGHT THERAPY From £300

Treats:

active acnes, acne scarring, red macules and irregular pigmentation

Results:

are seen within 1 week with continued improvement

Pain: mild

Social downtime: up to 24 hours

Recommended course:

6 treatments, 1 week apart

CLEARLIFT From £450

Treats:

wrinkles, improves skin elasticity, hyperpigmentation, age spots, sunspots, melasma, crepey skin, jowling

Results: are seen within 1-2 weeks and lasts

6 weeks

Pain: none to mild

Social downtime: none

Recommended course: 6 treatments, 2

weeks apart

CO2 LASER Non-ablative from £3000

ablative from £3500

Treats:

moderate photoageing, hyperpigmentation, lines and wrinkles, stretch marks

Results: are seen within 1-2 weeks with

continued improvement over 3-6 months

Pain:

mild to moderate (numbing cream is applied prior to treatment)

Social downtime: 1-2 weeks

Recommended course: 1-3 treatments, 3-6

months apart

HALO™ LASER From £2000 (face)

Treats:

wrinkles, sun damage, enlarged pores, uneven texture, skin laxity, pigmentation, acne scarring, hand rejuvenation, fine lines & wrinkles, melasma

Results: 2-5 days with results lasting

months to years.

Pain: mild to moderate (topical anesthetic is applied for 30 minutes prior to treatment)

Social downtime: none

Recommended course: 1- 3 treatments

I-PIXEL LASER From £2000

Treats:

wrinkles, skin tightening, crepey decolletage, acne scarring, hyperpigmentation, stretch marks, acne scarring, sun spots, uneven skin texture

Results: are seen within 1-2 weeks with

results lasting 12-24 months

Pain: mild- moderate (topical anesethetic may be applied)

Social downtime: up to one week

Recommended course: 3-5 treatments,

4-6 weeks apart

DR. MARYAM ZAMANI

DOCTOR: LASER TREATMENTS cont.

IPL From £600

Treats:

rosacea, photodamage, age spots, broken

veins & capillaries, sun damage

Results: are seen within 1 weeks with

results lasting 12-24 months

Social downtime: up to 24 hours

Recommended course: 3-5 treatments, 4

weeks apart with top ups biannually

LASER GENESIS From £800

Treats:

rosacea, uneven texture, skin laxity,

pigmentation and acne scarring

Results:

within 24 hours with results lasting 2 weeks

Pain: none to mild

Social downtime: none

Recommended course:

3-5 treatments, 4 weeks apart

LED LIGHT THERAPY From £70

Treats:

acne, broken veins & capillaries,

hyperpigmentation, rosacea, age spots and

sun damage

Results: within 24 hours with

continued improvement

Pain: none

Social downtime: none

Recommended course:

3-5 treatments, 1 weeks apart

MORPHEUS8 From £2000

Treats:

loose skin around the eyes, face, neck,

decolletage and body as well as acne

scarring, festoons, uneven skin texture, and

fine lines & wrinkles

Results:

results are seen in 1-2 weeks with

continued improvement for 3-6 months

Pain: moderate (topical numbing cream is

applied prior to treatment)

Social downtime:

3-7 days (local skin redness, swelling,

pinpoint scabs can appear)

Recommended course:

1-3 treatments, 3-5 weeks apart

ND:YAG LASER From £500

Treats:

wrinkles, broken veins & capillaries, age

spots, sun damage, cherry red spots and

capillary hemangiomas

Results: are seen in 24-48 hours

Pain: mild

Social downtime: none

Recommended course:

1-4 treatments, 4 weeks apart

PLEXR From £1000

Treats:

ageing eyes, wrinkles, stretch marks, scars,

acne scarring and turkey neck

Results: are seen in 2-3 weeks

Pain: mild to moderate (topical numbing

cream is used before treatment)

Social downtime: 7-10 days

Recommended course: 1-2 treatments,

8 weeks apart

ULTHERAPY From £800

Treats:

wrinkling, loss of volume, skin tightening,

jowling, neck bands, crepey decolletage,

nose to mouth lines and heavy brows

Results:

results peak at 3-6 months

Pain: moderate

Social downtime: none (potential for

swelling)

Recommended course: every 1-2 years

DR. MARYAM ZAMANI

DOCTOR: THREAD LIFT & COMBINATION TREATMENTS

PDO THREADS

From £1500

Treats:

sagging skin, fine lines & wrinkles

Results: initial improvement seen within 2 weeks, results peak at 3-6 months

Pain: mild

Social downtime: up to one week (potential for swelling and bruising)

Recommended course: every 6-12 months

GLOW REHAB

From £2400

Treats:

fine lines, wrinkles, uneven skin tone, sagging, lacklustre skin

Results: are visible within 1 weeks with results lasting up to 6 months

Pain: mild- moderate

Social downtime: 24-72 hours (potential for bruising)

TRI-BROW LIFT

From £2500

Treats:

ageing eyes, hallow eyes, sagging eyes, tired-looking eyes and uneven skin around the eyes

Results:

are seen in 1-3 weeks and will continue to improve for 6 months

Pain: mild to moderate (topical numbing cream is used before treatment)

Social downtime:

24 hours (potential for bruising)

TRIPLE BOOST

EYE BRIGHT

From £2000

Treats:

sagging, uneven skin tone and crepey skin texture

Results: are seen in 1-3 weeks

Pain: mild to moderate (topical numbing cream is used before treatment)

Social downtime:

24-48 hours (potential for bruising)

DR. MARYAM ZAMANI

DERMATOLOGY/SURGICAL TREATMENTS

BLEPHAROPLASTY

Upper eyelid blepharoplasty from £9,700

Lower eyelid blepharoplasty from £9,700

Treats:

ageing eyes, hooded eyelids, under eye puffiness and excess skin

Results: are seen within 1 month with continued improvement over 3-6 months

Pain: mild

Social downtime: 1-2 weeks

CRYOTHERAPY

From £100

Results:

within 1-3 weeks

Pain: mild

Social downtime:

none but lesions become darker

MOLE MAPPING

From £400

PATCH TESTING

From £400

Results:

end of 1 week

Pain: none

Social downtime:

none, please note patches will be placed on back for 1 week

PHOTODYNAMIC THERAPY From £1400

Results:

within 1-4 weeks

Pain: mild

Social downtime: 3-5 days

SCLEROTHERAPY

From £600

Results:

results within 3-6 weeks

Pain: mild pain and burning sensation

Social downtime:

minimal, can return to normal activity post treatment. Mild bruising resolves within 1-2 weeks.

SKIN BIOPSY AND EXCISION

Skin biopsy

(per lesion) from £425 plus histology fee

Skin excision

(per lesion) from £700 plus histology fee

Shave excision

(per lesion) from £700 plus histology fee

Punch biopsy

(per lesion) £600 plus histology fee

Curettage and cautery

(per lesion) from £700 plus histology fee