

BODYISM

— LONDON —

SKIN JE MATTERS

TREATMENTS MENU

Bodyism London Treatments

Bodyism creates a world of wellness which aims to transform and empower clients in every aspect of their life. Throughout our journey so far, we have been privileged enough to meet some of the finest wellness practitioners from all over the globe.

We have chosen Skin Matters, created by Joanne Evans to join the Bodyism London family and are very excited to be introducing her treatments and range of therapists to you. To create a clean, lean and beautiful body, you need to take a holistic approach and be kind to both your body and mind.

Skin Matters for Bodyism will enhance your wellness journey.

SKIN  MATTERS

Bodyism members receive 10% off all treatments.

A woman with long dark hair, wearing a white tank top and patterned leggings, is sitting in a meditative pose on a rocky outcrop. Her hands are pressed together in a prayer position (Anjali Mudra) in front of her chest. She has her eyes closed and a serene expression. The background features a calm body of water, rolling hills, and mountains under a soft, golden light, suggesting a sunrise or sunset. The overall mood is peaceful and contemplative.

“My philosophy is to treat each client individually. I have built a team of holistic experts and have sourced products which pioneer scientific research. At Skin Matters, we fuse holistic, scientific and medical research to create treatments which adhere to every client’s need.”

Joanne Evans founder of Skin Matters

FACIALS

Advanced Vitamin Facial

The facial begins with a three stage cleanse using nourishing creams, oils and an enzyme mask which is carefully customised to the client's needs. Using soundwaves, active vitamins penetrate 4000 times deeper into your skin cells than a typical facial. This facial will help repair dull, pigmented, dehydrated skin. A pressure point facial massage is applied to de-stress and rejuvenate the skin which is then complimented by a specialised mask which will cocoon the face and neck to seal in vitamins and to finish the hydrating process while cooling and soothing. While this mask works its magic, a deep neck, shoulder and scalp massage is carried out followed by a reflexology massage to ensure total relaxation.

Joanne	90 mins	£195
Skin expert	90 mins	£165

Skin-Matters created by Joanne Evans

This is not just a facial, this is a total skin health check. It encapsulates the beauty and relaxation of a facial and the science and technology of a dermatologist. This treatment is personalised for each client. This customised treatment can include extraction, de-puffing, plumping, brightening, acne and scar healing, blemish reduction, rosacea treatments, lifting, softening of lines and wrinkles, pigmentation and veins. With over 8 non-invasive cosmetic machines to choose from, be prepared to feel and see your skin transform. This 8-step treatment includes a three-stage cleanse, gentle peel and steam, a hydra-quenching derma jet, extractions, a vitamin infusion and a reflexology foot massage.

Joanne	90 - 120mins	£440
Skin expert	90 - 120mins	£380

Classic Facial

60 minutes

The classic treatment. Starts with 3 stage cleanse which includes cream, oil and enzyme clay mask with gentle steam infusion followed by extractions or a hydra jet depending on the skin. A pressure point face massage and shoulder massage finishes off the treatment whilst a mask is applied to soothe and hydrate the skin.

Designed for all skin types.

Joanne	£150
Skin Expert	£120

Hydra Facial

The hydra facial is designed to increase blood circulation and restore tone to the whole skin. This is a six part facial which includes a deep cleanse, exfoliation, a gentle peel, extraction, hydration and rejuvenation.

Joanne	£195
Skin expert	£165

Lifting Facial Massage

A healing and natural plumping facial massage. The skin is encouraged to regenerate with the use of facial cups to enhance the penetration of nutrients which will leave your skin glowing.

30 mins	£75
60 mins	£110



IPL AND LASER

These are stand alone treatments and can also be combined within facials

- Hair Removal
- Fraxel
- Pigmentation
- Nail fungus and Wart removal
- Rejuvenation
- Sun damage
- Vein removal face and body

Information and Prices given on request

Collagen Stimulation Therapy

This treatment aids in the reduction and radiation of scar tissue, sun-damage, uneven tone, fine lines and slackened skin. We use cutting edge treatment to harness the body's natural powers to heal and repair.

Full face	£300
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PEELS

All Peels include a 4 day homecare peel kit

We use designer peels that can be custom formulated for each client. We start with an organic aloe vera gel base, and add the elements your skin needs.

Acne Lift Peel	60 mins	£150
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Ideal for improving oily, congestion, acne prone, rough, blemished skin

Lightening Lift Peel	60 min	£150
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Ideal for improving pigmentation, photo damage, sun spots

Wrinkle Lift Peel	60 mins	£150
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Ideal for ageing, fine lines and wrinkles, rough skin

Signature Face lift Peel	60 mins	£150
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Ideal for rosacea, dry, dehydrated, sensitive skin

MASSAGE

Signature Massage

A healing bespoke massage that combines the very best of techniques such as: Trigger points, Reflexology, Acupressure and Hot stone. This unique treatment will encourage the body's natural ability to heal itself by stimulating the flow of blood and oxygen to the affected areas. This causes the muscles to relax and promotes healing. Energy healing and chakra balancing will help clear your mind and allow your daily stresses to simply melt away.

60 mins	£95
75 mins	£110
90 mins	£125

Aromatherapy Massage

Healing oils and balms are used in this massage which helps dissolve mental and physical tension. Essential oils derived from plants, herbs, flowers, and roots have incredible therapeutic qualities which will empower your mind, body and spirit and help relieve stress and anxiety.

60 mins	£110
90 mins	£145

Manual Lymphatic Drainage Massage

Manual Lymph Drainage is a very detailed, gentle, slow and rhythmic massage, during which the skin is stretched in a circular manner. A healthy lymphatic system is vital to your immunity making this massage ideal for detoxification as well as stress management.

75 mins	£110
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Remedial and Therapeutic Massage

This is ideal for pre or post training. Each massage is totally unique to the client. Using yogi stretching, deep tissue massage and lymphatic drainage to improve mobility, flexibility and tension.

60 mins	£120
75 mins	£135
90 mins	£155

Reflexology

Reflexology is the application of pressure to specific points and areas on the feet – these reflex points correspond to different body organs. Regardless of your health condition, the whole foot is treated with gentle to firm pressure to encourage your mind and body to totally rebalance.

60 mins	£95
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BODY WRAPS AND INFUSIONS

Body Wrap

A revolutionary new body contouring treatment effective at producing visible long lasting results from the first treatment. Unlike traditional body wraps this treatment has been proven to target cellulite, fat, burn calories and helps slim, firm and tone.

It has been scientifically formulated using a unique combination of active ingredients which include a multitude of plant extracts, high concentration of caffeine, essential oils, algae extract and thermo agents (both hot and cold) this allows the body wrap to produce incredible, long lasting results which are visible from the first treatment.

75 mins	£150
Course of 6	£865

Micronutrient Infusions and Gerovital

No matter how hard we try, in our modern, busy lives it's hard to maintain optimum health. Whether for a quick pick-me-up or a diagnostic programme, a combination of infusions can enhance your metabolism, immune system, mental and physical stresses and general overall wellbeing.

Course from	£150-£400
Individual	£60

“Beautiful is how you feel... so feel beautiful now. Life is too long to feel any other way.” - James & Christiane Duigan



SKIN **JE** MATTERS

BODYISM
— CLEAN^{and}LEAN —

BODYISM - NOTTING HILL:

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BOOK YOUR TREATMENT

bookings@bodyism.com

GET IN TOUCH:

*Bodyism is here to listen.
www.bodyism.com | www.skin-matters.co.uk*

Cancellation Policy

24hr cancellation is required less than this can result in a 50% fee.
Failure to cancel will result in paying for the full treatment fee.
Any changes are at the discretion of management.

