



Where Medicine Meets Beauty



# Welcome

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The driving ethos of our clinic is to provide a professional service by the most qualified and experienced practitioners.

Our team of Aesthetic Nurses, Aesthetic Practitioners and Aestheticians offer a portfolio of bespoke treatments. Our aim is to work in partnership with our clients developing a personalised treatment plan tailored to suit your individual needs. We pride ourselves in offering evidence based results driven treatments and technologies.

Your well-being and happiness are at the core of Fresh inc. medispa values and we will work together to help you reach your health and beauty goals.

**Let Fresh inc. medispa help you look and feel your best.**

# Fresh Face

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## Face Mapping FREE

This is recommended for all clients interested in Fresh Face and Fresh Skin treatments.

Face mapping is a detailed analysis of your skin involving texture, tone, volume and laxity; assessing your anatomy along with lifestyle, diet and home skin care. This allows us to develop a comprehensive plan that brings benefits to your skin both in the short and long term. This consultation helps you to have a better understanding of the problem and make informed decisions regarding how you wish to proceed.

*Appointment time: 30 minutes*

## Anti Wrinkle Injections

1 AREA FROM £125  
2 AREAS FROM £175  
3 AREAS FROM £225  
LIP FLIP FROM £80  
NEFERTITI NECK LIFT FROM £225  
UNDER ARM TOXIN FROM £300 - £350

Toxin Anti-Wrinkle treatment is a safe and simple injectable treatment allowing us to hit the pause button on the visible signs of ageing.

A protein extracted from the bacterium Botulinum Toxin Type A (commonly known as 'Botox') helps to relax muscles that make our skin wrinkle. When the muscles are relaxed, the treated areas look smoother and fresher.

We use Anti Wrinkle injections in the following areas:

- Frown Lines
- Forehead Lines
- Crows Feet
- Eyebrow Shape
- Bunny Lines
- Vertical Lip Lines
- Gummy Smile
- Smile Lift
- Chin
- Jowl Lift
- Jaw Slimming

*Appointment time: 30 minutes*

## Dermal Filler

FROM £150 FOR 0.5ML, £230 FOR 1ML  
CHEEK VOLUMISATION - £320 FOR 1ML  
TEAR TROUGH - £320 FOR 1ML  
JAWLINE - £320 FOR 1ML

Used to bring about a more youthful appearance by restoring volume or fullness to the face and lips. Our injectable dermal filler consists of hyaluronic acid, a substance which exists naturally in the skin. The dermal filler has the ability to naturally sculpt and shape facial features. The results of this treatment are instant and generally last for 6 -12 months.

Dermal filler is used for:

- Nasolabial (nose to mouth)
- Marionette (corners of mouth)
- Bespoke Lip Enhancement
- Vertical Lip Lines
- Skin depressions/certain acne marks and scars
- Chin Crease

Appointment Time: 60 minutes

## Advanced Dermal Filler

- Cheek Volumisation/Mid face volume
- Tear Troughs
- Jawline

## Hyaluronic Acid Skin Remodelling Injections

FROM £300

Prophilo is a new hyaluronic acid skin remodelling treatment that will give you visible results after 2 visits. It stimulates the production of collagen and elastin due to the slow release of hyaluronic acid. It is this stimulation that results in significant improvement of tissue quality thus creating a lifted, smoother appearance.

## Skin Health Hydration Injections FROM £260

These injections are an excellent treatment that hydrate the skin from within to improve the overall condition and appearance. It mimics the natural hydration of youthful skin resulting in beautiful plump skin with a healthy glow. They are designed to balance the nutritional and hydrating benefits to the skin and are used on the face, décolletage and back of hands. Skin Boosters by Restylane, Volite by Juvaderm.

## Chin Fat Removal

FROM £250 PER TREATMENT

The fat cells are destroyed by Cryolipolysis (process of freezing fat cells). It enables a visible contouring of the chin and jowl area.

The full visible results occur 2-4 months after the treatment. This is usually used in conjunction with skin tightening to enhance the contouring result.

*Appointment time: 40 minutes*

## Fresh Lash Enhancement

£195/3 MONTHS

Eyelash enhancement can help you achieve a more youthful and healthy look. This is a prescription only medication that encourages eyelash growth. You will have longer thicker lashes in as little as 6-8 weeks; however, a minimum of 12 weeks of treatment is recommended.

£65 for 1 month's supply / 3-month supply recommended.





# Fresh Skin

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To maintain healthy looking skin, here at Fresh inc. medspa, we believe in 3 key fundamental elements which are REPAIR, PROTECT, PREVENT. Comprehensive treatment plans are built around these 3 principles.

## Dermaplan Express £30

Dermaplaning is essentially an exfoliation of the skin. It is performed using a one use, sterile scalpel type tool. This is a safe and effective way to resurface and slough away dead surface skin cells. It also helps to remove vellus hair. Overall, it will remove 2-3 week's worth of dead skin cells from the surface of the skin whilst boosting the skin's own natural cell turnover.

*Appointment time: 30 minutes*

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## Dermaplaning & LED Phototherapy £60

Our phototherapy treatment involves the use of LED lights on your skin. These lights emit energy which can accelerate skin cell repair and encourage collagen production.

Dermaplaning is carried out before the light therapy.

*Appointment time: 60 minutes*

## ZO Dermaplaning Peel £60

This is a mixture of 30% lactic acid, citric acid and glycolic acid. Dermaplaning is carried out before the application of the peel in order to prepare the skin for ingredients in the peel to work dramatically. This will maximise the resurfacing of the skin as well as stimulating the skin's own natural cell turnover in order to improve skin tone and texture.

*Appointment time: 60 minutes*

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## Medical Microneedling £105

This is a derma roller procedure that uses small needles to prick the skin. The purpose of the treatment is to generate new collagen and skin tissue for smoother, firmer and more toned skin. Microneedling is mostly used on the face and may help to treat various scars, wrinkles and large pores. This is not suitable for vascular skin types.

*Appointment time: 60 minutes*

## Microneedling & Topical Skin Boosters £155

Microneedling is a derma roller procedure that uses small needles to prick the skin. The purpose of the treatment is to generate new collagen and skin tissue for smoother, firmer more toned skin. The topical skin booster performs as a potent topical hyaluronic acid, which nourishes and revitalises the skin, adding instant radiance with its meticulously selected cocktail of amino acids, antioxidants, vitamins and minerals. Not suitable for vascular skin types.

*Appointment time: 60 minutes*

## Colour Correction Photo Therapy FROM £120

Utilises Intense Pulse Light (IPL) and radiofrequency energies. It targets broken capillaries and pigmentation areas on the face. This not only helps you to achieve a more flawless complexion, it also boosts collagen synthesis and helps to shrink pores.

*Appointment time: 50 minutes*

## Skin Tightening FROM £120

Combines safe and effective levels of infrared light using bipolar and tripolar radiofrequency energies. This treatment remodels the dermal layer of the skin by stimulating new collagen growth, resulting in firmer, tighter more lifted skin - great in areas such as jowls/sagging chin.

Courses of 4-8 are recommended at 2-4 weeks apart.

Maintenance is every 4-8 weeks.

*Appointment time: 40 minutes*

## Sublative Skin Resurfacing

£525 FOR COURSE

Using the latest fractionated bipolar radiofrequency treatment (sublative TM). It is used to treat textural irregularities, wrinkles, acne scarring and sunspots. The energies penetrate deep to stimulate the fibroblasts (cells that produce collagen). This stimulation causes fibroblasts to work efficiently to produce both collagen and elastin fibres resulting in better quality skin on the surface. The results are tighter resurfaced skin. It is also an effective treatment method for stretch marks. This is CE approved for stretch marks and acne scars.

Course of 3 visits, 4 to 6 weeks apart.

*Appointment time: 60 minutes*

## Sublative Rejuven-eyes

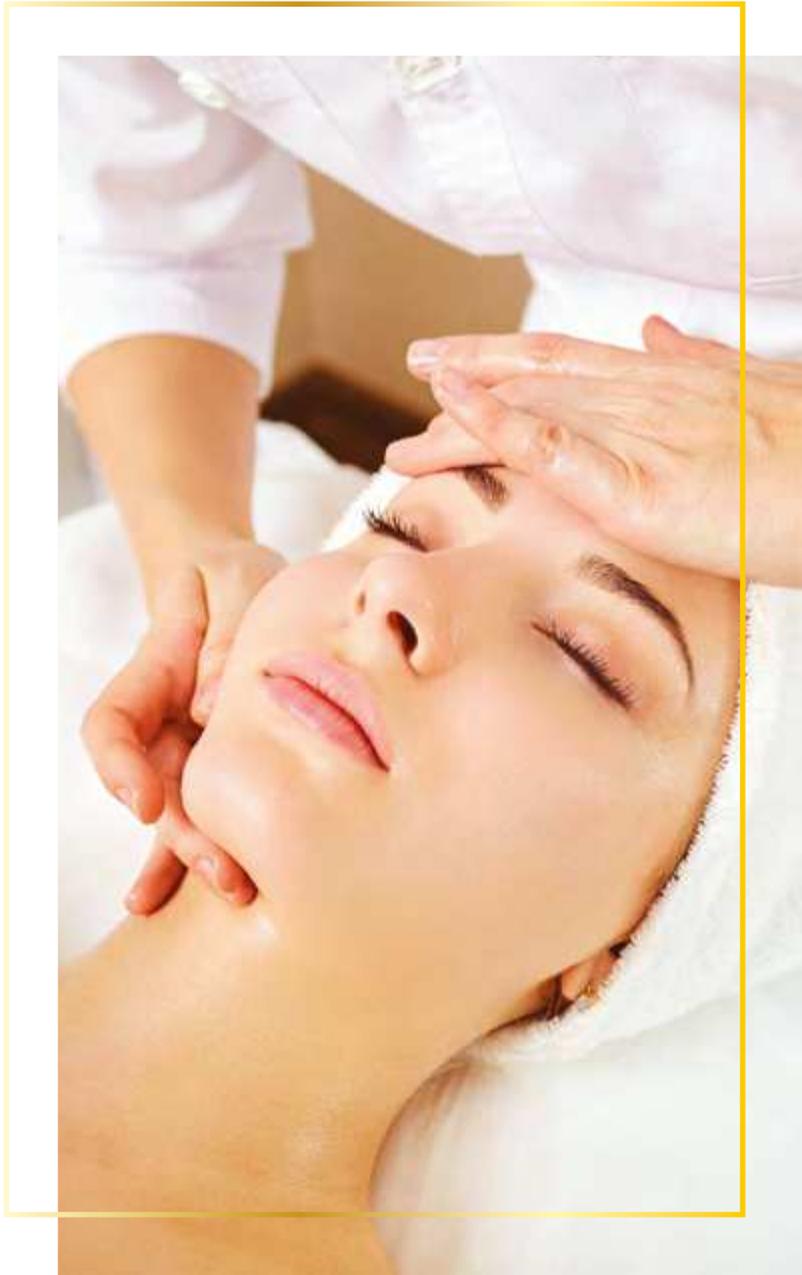
£410 FOR COURSE

Eyes are one of the biggest tell-tale signs of ageing but not anymore! This treatment helps replace depleted collagen and works on wrinkles and lax skin offering fine line and wrinkle reduction, a more uniform, smooth skin surface and a tighter, lifted brow.

Course of 3 treatments, 4 to 6 weeks apart.

*Appointment time: 60 minutes*





## MEDI-FACIALS, SKIN PEELS AND FACIALS

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### iS Clinical Fire & Ice Medical Facial FROM £80

Pioneered in Beverly Hills and coveted by A-listers globally, this intensive treatment is clinically formulated with the purest pharmaceutical grade ingredients designed to resurface the skin rapidly and safely, reduce fine lines, address problematic skin and encourage cellular renewal.

- Zero downtime
- Anti - acneic
- Anti ageing

The "Fire" portion of the treatment is an intensive clinically formulated Resurfacing Masque. The warmth that comes with this part of the facial is pleasant and tingly and lasts for two to three minutes.

The "Ice" portion is a rejuvenating, cool, soothing and intensively hydrating masque. This cools the initial peel to leave the skin invigorated and glowing and is applied for about 5 minutes.

After a final cleanse, a moisturising serum and a strong sunscreen are applied to the face.

*Appointment time: 45 minutes*

### iS Clinical Fire & Ice Fusion Treatment £95

Rejuvenate and revitalise your skin with a game changing zero downtime fusion facial experience. A combination of our clients' favourite medical facials - Fire & Ice facial merged with a microdermabrasion.

A deeper more intense exfoliation to the skin, allowing 'iS clinical's medical grade products to penetrate further into the dermis. This will reduce fine-lines, address problematic skin and encourage cellular renewal.

*Appointment time: 50 minutes*

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### iS Champagne Medi-Facial £60

This treatment features a warming honey and enzyme balm to cleanse and soften the skin. A luxurious foaming activity is used incorporating bio active ingredients to resurface and deeply cleanse with the use of a copper firming mist and a combination of pharma grade complexes. This reveals brighter, re-energised and tighter skin. Overall gently resurfacing, rejuvenating and hydrating the skin to optimise skin condition.

This facial is ideal for those with uneven complexion, problematic skin, sensitive skin, dull skin and rosacea prone skin.

*Appointment time: 40 minutes*

## Signature Facial £75

We are excited to bring to you our signature medi-facial developed in Fresh inc. medispa by our own team of medical aestheticians which optimises skin health with glowing results.

We have created a medical facial like no other, not only will you experience total relaxation and zen, in our bid to alleviate day to day cultural stresses, but imagine this combined with a personalised 9 step program to maximise skin health giving that youthful glow for which we all yearn.

Our medical aestheticians will prescribe a bespoke programme of potent cosmeceutical, hyaluronic acid infusions, and state of the art anti-ageing technology, seamlessly merged together, to deliver the most effective anti-ageing results.

*Appointment time: 50 minutes*

## ZO Ossential Stimulator Peel FROM £85

Gentle on the skin but strong enough to ensure a visible difference, the ZO Ossential Stimulator Peel is the ultimate skin boosting treatment suitable for all skin types. The peel is also known as the Red Carpet or Lunchtime Peel as it leaves clients with instantly healthier, clearer looking skin and yet has no associated downtime such as peeling or flaking. This treatment is ideal for those who wish to soften and rejuvenate sun damaged skin, soften fine lines and wrinkles, stimulate collagen production, improve the appearance of age spots and hyperpigmentation and increase skin tolerance. This is also combined with a Microdermabrasion or LED therapy.

*Appointment time: 40 minutes*

## Obagi Blue Peel Radiance

FROM £80

The Obagi Radiance Peel is a salicylic acid based peel, which works to decongest, brighten and smooth the skins texture. By targeting spots at the very source, as well as providing surface exfoliation, this peel is able to target your deeply clogged pores and reduce any post-inflammatory spots that have been left by breakouts, so it's a great treatment if you suffer from acne-prone skin. Also ideal for those with surface sun-damage, the salicylic acid within this peel will help you shed sun spots and areas of pigmentation to reveal a brighter, newly refreshed complexion.

*Appointment time: 40 minutes*

## Microdermabrasion & Vitamin C Peel FROM £75

Microdermabrasion removes dead skin cells and stimulates skin cell turnover leaving skin smooth and revitalised. The vitamin C peel is then layered onto the skin. This is non-irritating, packed with antioxidants and leaves the skin smooth, glowing and radiant. This double action skin rejuvenated treatment reduces large pores, fine lines, wrinkles and mild pigmentation.

*Appointment time: 40 minutes*

## Microdermabrasion, Vitamin C Peel & LED Light Therapy FROM £95

LED phototherapy element enhances the results at a cellular level.

*Appointment time: 50 minutes*

## LED Light Therapy FROM £40

Our phototherapy treatments involves the use of LED lights on your skin; these lights emit energy which can accelerate skin cell repair and encourage collagen production. Light therapies can be used as stand-alone treatments although they are commonly combined with another therapy. Treatments for all skin conditions including anti-ageing, acne prone skin, calming used to minimise redness and brightening helping to reduce pigmentation.

*Appointment time: 30 minutes*

## Obagi Nu-Derm System

FROM £275

The Obagi Nu-Derm System penetrates the skin surface to transform the skin's appearance and help correct the damage within, revealing healthy, younger-looking skin. Nu-Derm is ideal if you have age spots, rough skin, erythema (redness), or hyper-pigmentation. This is a prescription treatment and a full consultation with our Nurse Independent Prescriber will be carried out to assess if you are a suitable candidate for the 'at home' Nu-derm system.

*Appointment time: 30 minutes*

## Murad Method Facials

Murad Method Facials are a new and entirely personalised concept in high performance professional skincare. Developed with Dr. Murad's philosophy, that no two skins are the same, unlike traditional facials which are developed to address a single skin concern and follow a specific protocol. Murad Method facials are designed to make skin as healthy as it can be.

1. **Skin health assessment is completed.**
2. **Cleansing and further analysis to determine the best active ingredients and techniques to use.**
3. **Treatment phase including touch points massage techniques to help relieve stress for ultimate relaxation and mindfulness.**

MURAD METHOD FACIAL - £75

*Appointment time: 60 minutes*

# Fresh Body

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Fresh Body Treatments offer a portfolio of treatments to reverse and delay the visible signs of ageing. Rejuvenating treatments do not stop at the face – with our array of rejuvenating body treatments you can have the body of your dreams.

## Stretch Mark Treatment

FROM £525 FOR COURSE

Stretch Mark treatment sublimative bipolar fractionated radiofrequency. This technology has a CE mark of approval for this treatment. It is generally carried out in courses of 3 visits, 4-6 weeks apart.

*Appointment time: 60 minutes*

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## Hyperhidrosis

FROM £300

Hyperhidrosis is excess sweating of the underarm and can be a problem which is often embarrassing. Botulinum Toxin treatment works by temporarily blocking the nerve connected to the sweat glands.

*Appointment time: 30 minutes*

## Cryolipolysis

£250 PER AREA

Cryolipolysis is a localised fat freezing treatment which when applied to the desired area actually freezes and kills the fat cells. This is excellent for people who have pockets of fat or have a stubborn area that is resistant to diet and exercise. It can be used on most areas of the body and 20-40% of the fat cells will be destroyed. The full result will be visible 2-4 months after the initial treatment. (Discounts apply on multiple areas).

*Appointment time: 70 minutes*

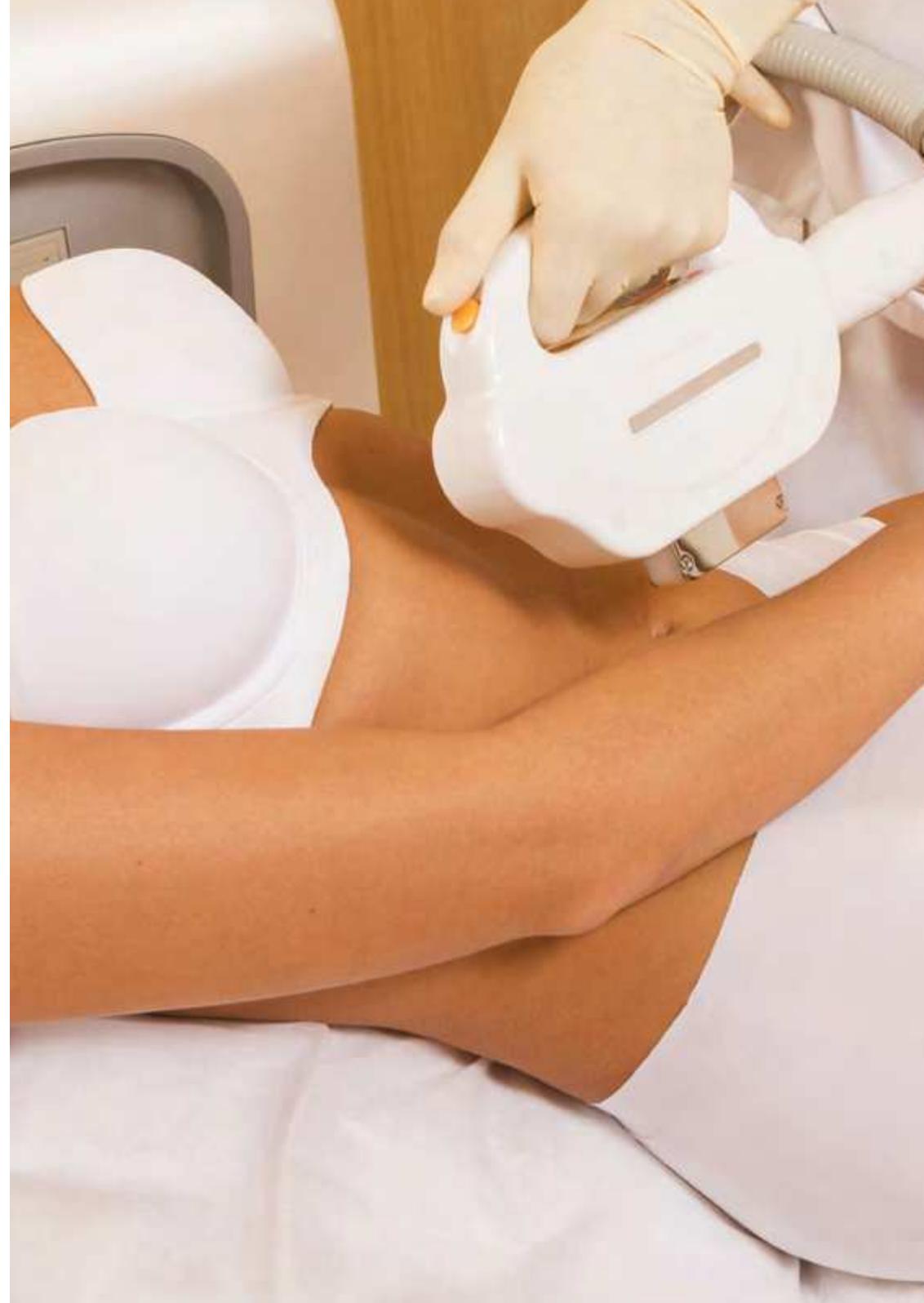
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## 3D Cavitation

£100 PER TREATMENT

3D Cavitation is for fat removal and body contouring. It can be used on most areas of the body and is particularly beneficial for people with larger areas of fat. This treatment has immediate results and is completed in courses of 8 treatments.

*Appointment time: 60 minutes*



## Body Skin Tightening

£100 PER TREATMENT

Body Skin Tightening is an excellent treatment for the body, neck and décolletage. A very common effect of weight loss and/or ageing skin is loss of elasticity and collagen in the skin making it look saggy, dull and old. Our 3D body tightening treatment is a very comfortable relaxing treatment using radio frequency energies to stimulate collagen and elastin production, resulting in tighter, toned and more radiant skin. This can be done as a stand-alone treatment or combined with fat reducing treatments.

*Appointment time: 50 minutes*

## Cellulite

£90 PER TREATMENT

Cellulite is caused by fat cells pushing against your skin. Through a combination of vacuums and skin rollers, the 3D dermology treatment eradicates these fat cells, and they subsequently leave the body via your lymphatic system. This drastically reduces the visibility of cellulite. This is a completely non-invasive treatment suitable for most adults.

*Appointment time: 50 minutes*

Here at the clinic we offer a range of anti-ageing medical grade skin care products. Offering a comprehensive range of cosmeceutical skin health products by ZO, iS Clinical and ESPA. These are available for retail purchase from the medispa reception.

In order to secure your appointment, we require a booking fee of £25.00. Consultation fee is £25.00. This is deducted from your first treatment. Please give us 48 hours' notice to change appointments.

## Laser Hair Removal

Medical grade diode laser is a highly efficient method of permanent hair reduction. The laser targets the pigment in the hair shaft destroying the hair follicle. The Motif™ applicator offers safe and effective hair removal treatments on the widest variety of skin and hair types.

Single Sessions:

BRAZILIAN FROM £100  
HOLLYWOOD FROM £110  
BIKINI LINE FROM £60  
UNDERARMS FROM £70  
LEGS FROM £300  
LEGS - LOWER FROM £175  
LEGS - UPPER FROM £200  
FULL FACE FROM £145  
CHIN FROM £50  
UPPER LIP FROM £50  
SIDEburns FROM £50  
SIDE OF FACE FROM £80  
NECK FROM £95  
SHOULDERS FROM £120  
BACK - FULL FROM £245  
BACK - HALF FROM £150  
ARMS FROM £120  
CHEST FROM £160

This treatment is completed in courses of 6-8 appointments.

The intervals between appointments depend on the area being treated and the rate of hair growth which can vary according to the individual.

*Appointment time varies depending on area.*

# Fresh Inc Medispa St Andrews

Welcome to Fresh inc. medispa's luxurious sister location within Kinnettles Hotel, St Andrews. Our boutique medispa offers 5 star medical aesthetic treatments and technologies that offer the very best in anti-ageing and are clinically proven to give results. Together with our body treatments this will create an experience of exclusivity, tranquility and ultimate relaxation. We will provide the highest level of service and ensure your experience is professional and unforgettable.

Our new and modern medispa is in the heart of St Andrews and offers escapism, the highest level of service and tailored relaxation with result driven skin health treatments to meet your every need in our quest to looking and feeling your very best.

Our comprehensive treatment list offers anything from a hot stone massage to our non-surgical injectables such as dermal fillers and anti-wrinkle treatments in a luxurious medispa environment.

We house a multidisciplinary team of Aestheticians, Aesthetic Nurses and Practitioners who will ensure your treatments are professional and unforgettable, whatever your senses desire. We offer customised spa treatments to detoxify, relax and revitalise, along with rejuvenating skin health treatments.

You may choose to relax in our jacuzzi, sauna or steam room whilst enjoying a Rasul Mud bath experience. Or choose one of the many ESPA treatments on offer. Whatever you decide, rest assured you will not be disappointed.

We offer a comprehensive range of cosmeceutical skin health products by ZO, iS Clinical and ESPA for retail purchase from the Spa reception.

**Let Fresh inc. medispa help you look and feel your best.**

**Contact Fresh inc. medispa, St Andrews on Tel: 01334 303314.**



# Fresh Body

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We offer a wide 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.

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## ESPA Inner Calm Aromatherapy Massage

£95

A deeply relaxing and balancing aromatherapy massage using a blend of individually chosen oils following a sensory test and consultation to specify your desired needs. Covering all concerns with our many oils: The Detoxifier, De-stresser, Muscle Relaxer, Jet-Lag Eliminator, Immune Booster, Energiser.

*Appointment time: 75 minutes*

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## ESPA Exfoliating Body Treatment

£80 – 50 MINUTES  
£35 – 25 MINUTES ADD ON

An exceptional skin softening treatment combining Spearmint and Aloe Vera followed by a nourishing application of ESPA Optimal Body Tri-serum. This treatment is great for balancing the mind and deeply invigorating for the body.

## ESPA Iconic Back, Face & Scalp 90 MINUTES £115

This luxurious combination begins with an exfoliation and soothing back massage to ease away stress and tension, followed by a luxury facial together with a therapeutic scalp massage. The use of hot stones brings total balance to the body, which aids the natural healing process.

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## ESPA Hot Stone Massage

£85 – 60 MINUTES  
£110 – 80 MINUTES

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 any aches and pains, helping to make your body feel rejuvenated.

This includes: hot stone aromatherapy massage to back, legs, arms, abdomen, neck/shoulder massage.

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## ESPA Swedish massage

£75 – 50 MINUTES  
£95 – 75 MINUTES

Choose between light, medium or deep pressure for this traditional full body massage. Using different techniques, personalised for each client's concerns, this is an ideal introduction to massage which leaves the body de-stressed and revived.

## Golfers' Deep muscle massage

£85 – 55 MINUTES  
£105 – 75 MINUTES

Restore comfort and movement with our tension relieving massage. Combining stretches and expert massage techniques you will emerge re-energised and destressed.

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## Pre and Post Natal Massage £95

A deeply nourishing body massage designed to target areas of stress that often present in pregnancy. This treatment helps deep relaxation whilst relieving muscular aches.

*Appointment time: 75 minutes*

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## Boutique Thermal Heat Experience in the heart of St. Andrews

A unique, self-led journey of relaxation, the thermal experience draws upon the rejuvenating powers of different heat experiences to leave you feeling refreshed and revitalised.

## Sauna

Unwind and de-stress in our dry heat sauna, this will release toxins from the body and instantly open pores to cleanse the skin. The high heat will serve to loosen your muscles, which will in turn ease any muscle soreness and in some cases even joint pain.

## Aromatherapy Steam room

Kickback and relax. Combining the effects of warm steam and aromatic essential oils which will decongest, clear the mind and purify the body.

## Jacuzzi Pool

Experience multiple jets working on different muscle groups to pummel away any stress and fatigue from the body... Bliss!

USE OF THE THERMAL FACILITIES £20

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## The Spa Rasul Experience

Mud rasul therapy is perhaps one of the most popular and unique spa treatments for couples, friends and family.

A complete relaxation of Ancient Middle Eastern origin, the Rasul bath allows the bather to apply natural mineral mud product to the face and body. The warmth of the steam opens the pores and allows the enriched products to enter the body, where it stimulates the blood flow, helps revive the tissue and stimulates the lymphatic system. After approximately 20 minutes the treatment is brought to an end with a warm shower to gently wash away the remaining product.

For complete relaxation and maximum benefit, complete your Rasul experience with a full body massage.

COST – £69 PER COUPLE.  
(This experience is self applied and is not carried out by a therapist)



**Fresh inc. medispa**

The Old School House 2 Errol Road Invergowrie DD2 5AD

Tel: 01382 562996 Email: [info@freshincmedispa.co.uk](mailto:info@freshincmedispa.co.uk)

[www.freshincmedispa.co.uk](http://www.freshincmedispa.co.uk)