

# EF MEDISPA

EST. 2007 - CELEBRATING +16 YEARS  
+ 250,000 TREATMENTS PERFORMED



**EF MEDISPA Kensington**  
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[efmedispa.com](http://efmedispa.com)

**Book a consultation**  
**020 7361 1000**

At **EF MEDISPA** we have created a culture and ethos of *client-centred quality, results and innovation*. We're with you every step of the way, from your initial consultation through treatment and aftercare.

We provide the best surgical and non-surgical cosmetic treatments in the UK, delivered by our skin experts, medical team and surgeons who are all trained and qualified to the highest standards.

## YOUR CONSULTATION

A treatment plan tailored to your needs

To ensure we cater to your individual needs and concerns, all our treatments commence with a private consultation led by one of our highly experienced Treatment Coordinators.

During this consultation, we aim to:

- Discuss your individual concerns and ambitions
- Share treatment options that will address your concerns
- Advise you on expected results from treatment

Design a treatment programme for your individual needs.

Some of the brands we work with:



**Medik8**

**mesoestetic®**

**iS CLINICAL®**

**DERMAQUEST**

**OMNI**

**ALPHASCIENCE**

[efmedispa.com](http://efmedispa.com)

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# FACE TREATMENTS

## CUSTOMISED FACIALS AND PEELS

**Dermaclear Extraction Facial**, for acneic, oily combination and congested skin. Undermine acne-causing bacteria, effectively treat blackheads and promote clearer, more even-textured skin with this deep cleansing facial. *From £125\**

**Essential Balance Facial**, appropriate for all skin types, restore your skin's valour by repairing compromised barriers and reinforcing your natural vitality. *From £125\**

**Peptide Vitality**, utilise this facial to relax the appearance of fine lines and wrinkles, rough textured skin and age concerns, while plumping and firming skin for a youthful boost. *From £125\**

**SkinBrite Facial**, for clients with hyperpigmentation, uneven skin tone and dull lifeless skin. Tighten, tone and treat your skin to the exceptional benefits of peptides, BV-OSC, vitamin A and a wealth of natural brightening ingredients, all chosen to energise. *From £125\**

**Fire & Ice Facial**, pure pharmaceutical-grade resurfacing treatment for fine lines, skin renewal, and problematic skin, known for its level of intensity, combining a high 18% unbuffered glycolic acid, Retinol (Vitamin A) & Niacinamide (Vitamin B3), and a potent Rejuvenating Mask. This facial is pregnancy and breastfeeding safe. *From £165. Combine with Hydrafacial from £325\**

**OMNI Sensation Facial**, non-invasive treatment that delivers a powerful CO2 flow at a very low temperature with a very high pressure, combined with a concentration of atomized active ingredients, producing an instant tightening, and lifting effect on the skin. Ideal for an immediate lifting effect, superficial wrinkles and deep skinfolds reduction, stimulation of collagen and elastin, dermis regeneration and skin texture improvements. *From £275\**

**Book a course of treatments and save up to 25%.**

\*Prices shown are starting prices. Final prices are **bespoke** and will be discussed with your treatment coordinator during your initial consultation.



**T-Shape Face**, non-invasive procedure that targets saggy skin and loose facial definition. It incorporates vacuum treatment technology with variable pulse modes, and works by lifting and compressing the skin, stimulating the circulation and lymphatic drainage. This Treatment is highly effective in reducing and tightening the jowl area and where the lower part of the face requires sculpting. **From £275\***

**LED Luminous Light**, cutting-edge light treatment that is exceptionally effective in the repair, replenishment and reviving of problematic, damaged or ageing skin. A rainbow of light frequencies is combined to result in a quick and immediately visible result for your skin, normally taking 30 minutes and leaving you with a glowing and healthy complexion.

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**Hydrafacial**, suitable for all skin types, it's the ultimate skin detoxifying and deep cleansing experience which uses Hydrodermabrasion technology and follows a six-step treatment process – Detox, Cleanse and Exfoliation, Brightening, Extraction, Hydration and Rejuvenation. Multiple layers of the skin are hydrated with antioxidants and peptides to counteract damage from free radicals.

**Platinum from £245\***

**Resurfacers and peels**, tailored to every skin type, these treatments can tackle a wide variety of concerns, from rosacea, fine lines, acne, uneven skin tone and dryness. It's a non-invasive alternative to get a plumper, tighter and more youthful appearance by removing the outer layer of your skin.

**From £180\***

**Radiofrequency**, a non-invasive face and body tightening treatment harnessing the power of ultrasound and radiofrequency technology to deliver heat to the deeper layers of the skin and improve its firmness.

**From £300\***

*Book a course of treatments  
and save up to 25%.*



# FACE AND BODY MICRONEEDLING TREATMENTS FOR ACNE SCARRING, OPEN PORES, SKIN LAXITY, DARK CIRCLES AND STRETCH MARKS

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**Mesotherapy Face and Body**, mesotherapy is a technique that uses injections of vitamins, enzymes, hormones, and plant extracts to rejuvenate, hydrate and tighten skin, as well as to remove excess fat. *From £275\**

**Dermapen**, an advanced microneedling treatment to trigger new collagen production to restore skin damage. It is usually combined with hyaluronic acid or a special growth factor serum to enhance the results of the treatment. *From £450\**

**Carboxytherapy**, injections of carbon dioxide to target localised stubborn fat. The CO2 injections will increase the amount of oxygen in the treated area, enhancing the dissolution of fat cells whilst triggering the production of new collagen. Also used to treat hair, stretch marks, cellulite, and dark circles. *From £175\**

**AQ Growth Factors Dermastamp**, it's the topical delivery system of growth factors to the skin using the AQ DermaStamp- a tool that introduces vertical microscopic channels into the skin by using micro-fine needles that enhances the penetration of therapeutic active ingredients into the skin. Used to treat face and hair. *From £325\**

**Microfirm - Fractional Radiofrequency System**, radiofrequency skin tightening and rejuvenation, using exclusive 3DEEP Skin Science and specialist handpieces to target specific areas of concern. Tackle stretch marks, skin laxity, fine lines, wrinkles and overall skin tone and texture. *From £1000\**

\*Prices shown are starting prices. Final prices are **bespoke** and will be discussed with your treatment coordinator during your initial consultation.



# ADVANCED FACE & BODY TREATMENTS FOR PIGMENTATION, FACE REJUVENATION, CONTOURING AND COLLAGEN STIMULATION.

**Microfirm - Fractional Radiofrequency System**, an advanced skin tightening and firming treatment combining micro-needling with radiofrequency energy to address typical trouble areas such as drooping jowls, prominent facial pores, age spots and acne scarring. *From £1000\**

**Depigmentation Peels**, is the medical depigmenting method that efficiently and progressively eliminates spots by acting on the accumulation of pigment in the skin and on the root of the problem, providing a comprehensive and long-lasting outcome. *From £1450\**

**Pearl Fractional Laser (Pixel Laser)**, precise points of light to remove damaged cells from small areas of skin. It stimulates new cell growth and helps to eradicate fine lines, wrinkles, acne and scarring, leaving the skin youthful and glowing. Available at our Chelsea clinic only. *From £600\**

**Intense Pulsed Light (IPL)**, an effective treatment for Rosacea and other skin irregularities like veins and fine lines. It utilises Intense Pulsed Light technology to regenerate collagen and even skin tone and discolouration. *From £250\**

**NeoGen EVO – Nitrogen Plasma Technology**, Non-invasive treatment ideal for the whole body that uses medical grade nitrogen gas converted into nitrogen plasma (thermal plasma) to stimulate the production of new collagen. Tackle saggy skin, pigmentation, wrinkles, acne scars, stretch marks, enlarged pores, active acne, all at once. *From £2000\**

**Genesis Laser - Quick Lift**, non-invasive and comfortable procedure that uses a laser to gently heat the skin to make it smooth and reduce the look of fine lines, dark spots, and wrinkles. Typically, its primary use is to fade scarring, redness, and broken blood vessels, and improve the look of rosacea. *From £450\**

*Book a course of treatments and save up to 25%.*



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# ANTI-WRINKLE INJECTIONS

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**Botox**, one of the most famous anti-wrinkle injectables which works to soften the tell-tale signs of ageing. *From £250\**

**Dermal Fillers**, an injectable treatment to restore lost volume, improving skin elasticity and smoothing out niggling lines and imperfections. *From £420\**

**Lip Fillers**, dermal fillers on the lips that help to enhance their volume & redefine their shape. *From £420\**

**Skin Boosters**, help hydrate and remodel the skin using high concentrations of Hyaluronic Acid (HA). This effectively stimulates the production of collagen and elastin which helps improve the skin's tissue quality. This treatment can be used on face, neck, décolleté and body and only takes 30 minutes to perform. Our most popular boosters are **Profilo** and **Croma** (a polynucleotide based gel). *From £450\**

**Gummy Smile**, quick and minimally invasive treatment, lasting around 30 minutes. Botox will be carefully injected into both sides of the mouth in the creases that join up to the nose to weaken the muscles and reduce the elevation of the upper lip when smiling. There is no downtime to this procedure. *Price discussed at the consultation.*

**Jowls Reduction**, this non-surgical treatment is an effective alternative to tighten and rejuvenate the skin, giving the appearance of a defined jawline or a lifted neck. *Price discussed at the consultation.*

**Face Design**, instant face lift using the power of Hyaluronic Acid to rejuvenate the skin and reduce sagginess, wrinkles and other signs of ageing. *From £2500\**

**Botox Hyperhidrosis**, 30 minute procedure that can help to significantly reduce sweating for up to 9 months. *£700.*

**Nose reshaping**, these fillers can help enhance the shape of your nose without the need for surgical intervention. *From £420\**

**Chin fillers**, dermal Fillers that can help enhance the shape of your chin and improve your side profile. *From £420\**



# ADVANCED TREATMENTS FOR FAT REDUCTION, CELLULITE, AND BODY CONTOURING

**Cellufix by T- Shape 2**, it's the next generation non-invasive complete body sculpting and face firming treatment. Effectively combining radiofrequency, laser, and vacuum technology - you can achieve excellent results in just a few sessions. *From £300\**

**Lipotripsy**, Radial Wave Therapy to enhance blood circulation, reduce cellulite, tighten and tone the skin. *From £263\**

**Radiofrequency & Ultrasound**, a non-invasive cellulite treatment harnessing the power of ultrasound and radiofrequency energy to reduce the orange peel skin and contour the body. *From £250\**

**Vibrosculpt by Endospheres**, effective cellulite treatment for men and women. This treatment tackles various types and stages of cellulite by combining both micro-vibration and micro-compression technology. It can also enhance the body's function of the lymphatic system, helping to naturally detoxify the body. *From £250\**

*Book a course of treatments  
and save up to 25%.*

## EMSCULPT NEO

As one of the first clinics in London to make use of this technology, our EMSculpt NEO machine allows us to operate steps ahead of the rest. EF MEDISPA utilises the most advanced, brand new EMSculpt NEO machines in order to give you a trim, toned appearance. This procedure will boost your metabolism, reduce fat cells, is completely non-invasive, and has zero recovery time. *From £550 for x1 session when bought as part of a course.*

Target arms, stomach, buttocks and thighs.

2 in 1 application – The use of the only patented radiofrequency, highintensity magnetic fields combined in a single applicator.

Approximately 25% muscle increase.

Up to 30% fat reduction.

Prices shown are starting prices.  
Final prices are **bespoke** and will be discussed with your treatment coordinator during your initial consultation.





## HAIR RESTORATION

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**AQ Hair Complex**, a combination of microneedling and a non-greasy growth factors serum, this treatment nourishes the scalp to reduce hair loss, stimulates the hair follicles and encourages a normal hair growth cycle, resulting in thicker and fuller-looking hair. *From £1500 x5 sessions\**

**Carboxytherapy**, performed at our Kensington clinic. CO2 is injected into the scalp in small quantities to improve oxygenation of the hair follicle and surrounding blood flow. This results in new cell growth and improved circulation, stimulating the hair follicle and making hair grow.

*Book a course of treatments  
and save up to 25%.*

**Hydracial**, hydradermabrasion scalp treatment that deals with low scalp hydration, clogged follicles, dead skin congestion, and poor circulation. The Keravive Peptide Complex Solution is formulated with biometric growth factors and skin proteins which help deliver hydration and nourishment to the scalp. *From £550\**

**Mesotherapy**, a microneedling treatment in which a bespoke combination of powerful vitamins, minerals, and hyaluronic acid are injected into the lower layers of your skin. *From £275\**

*\*Prices shown are starting prices.  
Final prices are **bespoke** and will be discussed with your treatment coordinator during your initial consultation.*

## LASER HAIR REMOVAL

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**Get soft, satin skin more quickly and comfortably than ever before.**

Highly successful and pain-free laser hair removal with the Soprano Platinum laser, on any part of the body and safe for all skin types.

The treatment uses a diode laser combined with in-motion technology and a cooling system that targets different levels within the skin all at once, making it safe, gentle and highly effective.

*Prices start from £70\**





## INTIMATE REJUVENATION

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*Book a course of treatments  
and save up to 25%.*

**Femitight & Lift**, performed by an experienced Gynaecologist, this treatment uses a non-invasive laser and it's the perfect non-surgical solution for a wide range of feminine health concerns such as stress urinary incontinence, vaginal dryness, and vaginal tightening. Treatment lasts 30 minutes, and you can be back at work immediately.

Available at our Kensington clinic only. **From £1250\***

**ME Line Intimate Peel**, depigmentation peel for the intimate area. There is no downtime. We typically recommend a course of 6 treatments for best results.

**From £850\***

**Mesofiller Sensitive**, dermal implant gel based on hyaluronic acid concentration for the filling and hydration of the female intimate area in the treatment of vaginal atrophy and sexual dysfunction.

**From £700\***

## WELLBEING

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**Hypnotherapy**, therapy to access the deeper layers of the mind by bringing its conscious and unconscious side together in harmony to resolve different concerns like anxiety, weight loss, sleep issues, phobias and changing of habits, among others.

Available at our St John's Wood clinic. **From £175\***

**Colonics**, holistic approach to cleanse the colon from any accumulated toxins and other residues, and improve your general wellbeing, from fatigue to acne, regular headaches and constipation.

Available at our St John's Wood clinic. **From £135\***

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# DERMATOLOGY & SURGICAL FAT REDUCTION

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**Lipoma Removal**, once assessed, your Lipoma can be removed through Surgical Removal or Liposuction. Both treatments use local anaesthetic and require no downtime post-treatment. *From £300\**

**Wart Removal**, we can remove your wart or verruca with no downtime using cryotherapy freezing or perform a minor excision surgery. *From £350\**

**Skin Tag Removal**, our dermatologist will advise you to either freeze using Cryotherapy - making the tag drop off- or a fast yet effective excision removal. *From £300\**

**Mole Removal**, once examined which type of mole you have, we can use a range of painless treatments such as shaving and flushing or creating an excision to remove the mole. *From £300\**

**Keloid Scar Treatment**, commonly found on chest, head, neck, earlobes. Our specially trained dermatologists inject corticosteroid. Procedure takes 15-30 minutes with no downtime. *From £250\**

**Cyst Removal**, our skilled dermatologists will use a local anaesthetic to numb the area before making a tiny cut and cutting out the cyst; this can leave minimal scarring, which diminishes over time. *From £300\**

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**Vaser Liposuction**, a walk-in/walk-out procedure that doesn't require general anaesthetic or lengthy downtime. Vaser Lipo uses a gentle ultrasound probe to emulsify and remove large or small stubborn areas of fat while precisely sculpting your body.

**Vaser 4D**, a technique that is able to take Vaser Hi Def's results further by following the natural 4D movement of the muscle.

**Vaser Hi Def**, a highly specialised procedure for defined body contouring. With this procedure we can outline your muscles by removing excess fat and shape a six pack.

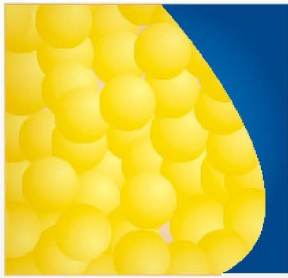


# CLATUU ALPHA- FAT FREEZING

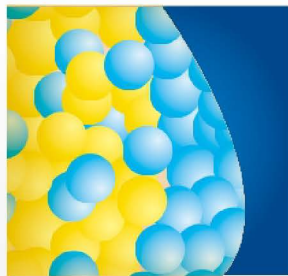
*BODY SHAPING WITHOUT LIMITS.*

Designed with **360° Surround Cooling Technology**, the multiple cooling cups fit all curves to deliver absolute, non-invasive body contouring your way.  
**Starting from £650\***

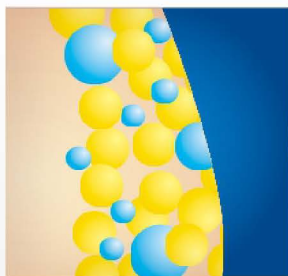
Zero Downtime.  
Lunchtime procedure.  
No needles, no injections.



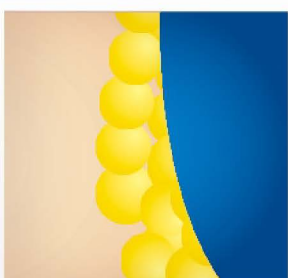
The CLATUU Alpha suctions your skin and subcutaneous layers.



Cooling energy then freezes fat deposits to induce apoptosis.



Crystallized fat cells die off through the body's natural metabolism.



Remaining fat in the target area becomes leaner and less dense.



# ULTRAFORMER III

## THE NEW YOU

+ Face Lifting

+ Skin tightening

+ Face & Body contouring

Faster and precise shot application

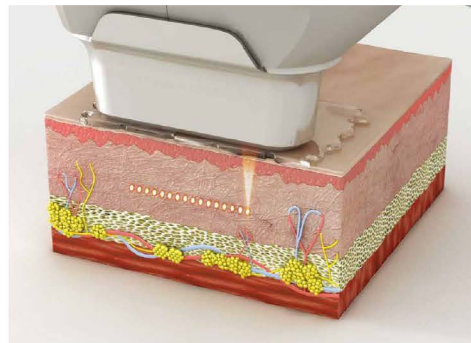
No downtime

Non-Invasive procedure

Powered by advanced HIFU technology, it triggers collagen regeneration, ensuring a long-term tightening effect in the weeks following your treatment.

**From £1000\***

The ultrasound energy equipped multi-depth cartridges of the ULTRAFORMER III only target specific layers of skin without damaging nearby tissue.



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