



DERMACARE

AESTHETIC & LASER INSTITUTE

Pricelist May 2009

Derma Care Medi-Spa was established in 1994 and it has always been our goal to bring the latest innovations and best technology and treatments in the cosmetic world to our clients.

All our internationally qualified therapists and aesthetic medical team are trained to recognize the needs of our clients. We focus our treatments on comprehensive multifaceted options that ensure enhanced body and facial youthfulness for both men and women.

Derma Care is known for a relaxed atmosphere, luxury and comfortable surroundings where you can relax mind, body and soul.

Welcome and thank you for your support.

Elmarie Marais



Elmarie Marais
Owner



Liesl du Plessis
Manager



Dr. Burnadette de Beer
M.B.Ch.B



Dr. Cecilia Castles
M.B.Ch.B

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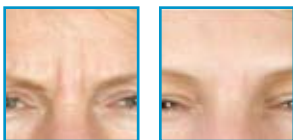


FACIAL REJUVENATION

BOTOX®

BOTOX® is becoming an increasingly popular, non-surgical treatment for cosmetic enhancement. It is particularly effective in reducing frown lines, horizontal forehead lines and wrinkles extending laterally from the per orbital area.

BOTOX® is injected into strategic muscles to cause focal muscle relaxation, which in turn lessens lines and wrinkles. Results may vary. You can receive injections with BOTOX® up to every 4 – 6 months to help you maintain the results. Injections are administered by our doctors.



Frown	R1 500
Forehead	R1 200
Eyes	R1 200
Nose Wrinkles	R385
Lip Fold	R440
Lower Lip	R275
Mouth Corner Lifts	R700
Neck Vertical	R1 320
Eyebrow Lifts	R800

SOFT TISSUE FILLER INJECTIONS

Restylane / Juvederm

This injection enhances your lips and gives natural volume and/or smoothes wrinkles around the mouth and frown area. Immediate results can be seen. This is a safe and reliable products used.

Lasts 6-9 months.



Frown	R800
Forehead	R900
Eyes	R850
Upper Lip	R900
Lower Lip	R900
Mouth Corner Lifts.....	R1800
Lip Enhancement	R900 - R3000
Horizontal Chin Lines.....	R850

CHEMICAL PEELS

Chemical peel uses a chemical solution to improve and smooth the texture of the facial skin by removing its damaged outer layers. It is helpful for those individuals with facial blemishes, wrinkles and uneven skin pigmentation.

GLYCOPEEL (Superficial Peel)

This mild lunch-time peel leaves your skin exfoliated, stimulated, revitalised, and improves pigmentation.

NCTF treatment (under eye's or cheeks or chin).....	R270
Full Face NCTF Treatment	R750
5 Treatment Package	R3750
Combination of Glycopeel and Microdermabrasion	R580
ADVANCED NCTF (135)	R300
ADVANCED NCTF (135HA)	R540
Anti-ageing mesotherapy treatment of wrinkles and redensification of mature skin.	

NEOSTRATA PEEL (Superficial Peel to Deeper Peel)

Revives the radiance of the skin, refines texture, smoothes and reduces fine lines and wrinkles, improves the elasticity of dehydrated skin, treats pigmentation effectively and evens skin tone.

Cost of TreatmentR400



Pre and post treatment home preparation and after care products are compulsory.

Recommended treatment course of 4-6 treatments.

TCA 20% PEEL (Medium to Deeper Peel)

Cost.....R1 400

(Preparation and after care products are compulsory)



Chemical Peels performed by our resident doctor.

PEPITA MICRODERMABRATION

A jet of micro crystals is propelled across the skin's surface which removes dead skin cells and scarred tissue. Effective in the treatment of fine wrinkles, acne scarring, hyper pigmentation, sun damaged skin, hands and stretch marks etc.

PEPITA Facial (75 min).....R285

A Nimue Deep Cleanse facial with 5 minute microdermabrasion treatment. This excellent treatment will leave your skin soft and extremely smooth as all old dead skin cells are removed and active ingredients penetrate the dermis optimally. You will be amazed!

PEPITA Treatment (5min).....R175

Cost per minute FOR OTHER AREAS.....R40

NIMUE ADVANCED FACIAL TREATMENTS

NIMUE CHEMIBRASIONR850

A slow peeling treatment mask – contains Retinol, Mandelic and Sylicylic Acid. A softer pH of 4 allows a comfortable and gradual release of active ingredients leaving the skin refined and radiant with a firm appearance. Highly effective for hyperpigmented and photo damaged skin.

MICRONEEDLING AND TDS – NIMUER600

The skin renewal microneedling roller with fine needles produces microscopic channels for the deep penetration of the transdermal solutions (TDS) and also stimulates the production of new collagen. Other than injectable collagen the results are long lasting and natural. Restoration of skin plumpness, mild acne scarring, sun damage and uneven texture. Treatment done by advanced Nimue therapist.

NIMUE ADVANCED REJUVENATED TREATMENT 7.5% TCAR370

BIO ACTIVE in combination with 7.5% TCA is applied for deeper exfoliation resulting in a smoother texture and lighting of pigmentation. *Recommendation: two weekly courses of 6-12.*

NIMUE ADVANCED REJUVENATED TREATMENT 35% GLYCOLIC PEEL R310

Superficial peel. Usually invisible exfoliation of Stratum Corneum cells, depending on duration of the peel the skin is left feeling hydrated. *Recommendation: two weekly courses of 6-12.*

NIMUE FACIAL TREATMENTS

NIMUE ALPHA LIPOIC MAINTANCE TREATMENTR340

This super antioxidant treatment helps improve skin elasticity, tone and texture. *Recommendation: in course of 6 treatments at weekly to 10 day intervals.*

NIMUE REJUVENATED TREATMENTR310

BIO ACTIVE COMPLEX is applied for a radiant, smoother texture and lightning of pigmentation. *Recommendation: two weekly courses of 6-12 treatments.*

NIMUE SPECIALISED TREATMENT & MASSAGER250

Pampering treatment customised to the client's specific needs on a monthly basis.

NIMUE DEEP CLEANSE TREATMENTR220

This deep cleanse treatment provides instant results with a power cleanse, steam, extractions, high-frequency and mask, SPF 20.

NIMUE YOUTH TREATMENTR210

Cleanse, tone, exfoliate, EXTRACTIONS, high-frequency, mask, SPF 20.

NIMUE MEN'S OR BACK TREATMENTR210

Cleanse, tone, exfoliate, EXTRACTIONS, high-frequency, mask, SPF 20.

NIMUE EYE TREATMENTR135

Advanced COLLAGEN EYE FILM, ideal to treat wrinkles, puffiness and dark circles around the eyes.

OPTIONAL COLLAGEN FACE FILMSR160

OPTIONAL ALGINATING MASKR80

ANTI-AGEING TREATMENTS

NEW! ADVANCED Age Defying "Facelift"

Combination of Galvanic Spa & Pureological Mask

(60min)R350

Achieve a youthful complexion without invasive techniques.

Instantly brightens, re-hydrates, firms and tones the skin. Visible reduction of fine lines and wrinkles. *Pure Collagen Age Defying*

packages available on request

NIMUE LUNCHTIME FIRING AND HYDRATING TREATMENT

R300

Firming anti-ageing treatment for all environmental damaged skin classifications. SKIN REFIRMER is applied to give immediate tightening effect. *Recommendation: every 4-6 weeks treatments.*

GALVANIC SPA SPECIALISED FACIAL

(30min) R170

A galvanic current promotes the absorption of active substances deep into the skin. Amazing immediate anti-aging effect. Diminish deep and small facial lines with improved appearance of the skin.

Galvanic Spa III treatment available for home care. Ask your therapist.



SCLEROTHERAPY VEIN TREATMENT



Sclerotherapy is a medical procedure used to treat varicose veins and “spider veins”. Sclerotherapy involves an injection of a solution

(generally sodium chloride) directly into the varicose vein causing it to collapse. The solution irritates the lining of the vessel, causing it to swell and stick together, and then the blood forms a clot. Over time, the vessel turns into scar tissue that fades from view. The Introduction of sclerosing agents are mild enough to be used in small veins and have made sclerotherapy predictable and relatively painless.

VEIN TREATMENT IPL OR Nd YAG LASER



The intense energy of the laser penetrates and coagulates the blood in the vein and destroys it. Effective on facial and leg veins.

- Facial VeinsR385 – R1 650+
- Leg Veins R550 – R2 200+

The cost of vein treatments depends on the size of the area to be treated and will be determined during consultation.

IPL LASER TREATMENTS – PALOMAR STARLUX INTENSE PULSED LIGHT

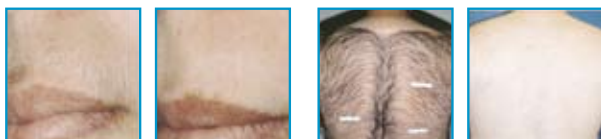
The powerful Starlux system has 5 different treatment heads that offer excellent results in permanent hair removal, skin rejuvenation, pigmented lesions, sunspots, freckles, scars as well as vein removal on face and legs and skin tightening.

PERMANENT HAIR REMOVAL

FOR WOMEN

Bikini Line (around 3cm).....	R500 – R800
Full Bikini	R1 000– R1 210
Full Leg	R2 200
Half Leg	R1 300
Full Arm	R1 200
Half Arm	R800
Under Arm	R500
Tummy	R400
Lip	R310
Cheeks	R400
Jaw Line.....	R600

10% off on 2 or more areas treated.



FOR MEN

Half Back	R1 210
Full Back	R2 200
Beard	R1 500
Chest	R1 400
Tummy	R1 200
Chest and Tummy	R2 200
Back of Neck	R500
Shoulders.....	R500

Hair has three phases of growth. During every treatment the hair in the active growth phase will be eliminated. Requires 6 - 12 treatments done monthly.

PHOTO SKIN REJUVENATION, PIGMENTED LESIONS



Dramatic results in the treatment of pigmentation, wrinkles, age spots, for an even skin tone and improved elasticity.

Full Face and Neck	R1 300
Neck	R650
Cheeks and Nose.....	R450
Jaw Line.....	R450
Forehead	R500
Nose	R300
Hands	R550
Full Arms	R2 000
Half Arms	R1 200

10% off on 2 or more areas treated.

FRACTIONAL SKIN TIGHTENING – INFRA RED DEEP SKIN HEATING



The Lux IR infrared: Through deep heating of the skin, collagen in the skin is remodelled – tightening the skin on any part of the body with long term results.

Face and Neck	R2 000
Face	R1 100
Neck	R1 100
Tummy	R2 500+
Upper Arms	R1 500+

REMOVAL OF UNWANTED SKIN LESIONS

Unattractive skin lesions like moles, uneven skin pigmentation, warts etc. can spoil your appearance or cause discomfort. These lesions can easily be removed non-surgically and with little discomfort. Talk to our doctor about the possibilities.

Painless procedure – Freezing of lesions.

GENERAL CONSULTATION WITH DOCTOR	R200
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STRETCH MARK TREATMENT



Stretch marks are caused by skin stretching during rapid growth in puberty and pregnancy. About 80% of all pregnant women experience

stretch marks. This over stretching results in skin ruptures that finally transform into scars. New stretch marks appear as reddish to purple irregular lines and gradually fade to a white or silverish color, and they are permanent. Glucocorticoid hormones are responsible for stretch marks, they prevent the transformation of fibroblasts into collagen and elastin fibers. So far the cure for stretch marks has been “very difficult”, and improvement with creams or laser is very limited. Dermaroller’s Microneedling stimulates cell regeneration and proliferation of fibroblasts dramatically. On average an improvement of 70% can be expected. There is more evidence that Collagen-Induction-Therapy is the best choice to improve skin. Unlike any ablative method there is no risk of pigment loss, especially on darker skin. The treatment is simple. After application of a numbing cream on the affected skin, the pain free procedure lasts about 30 minutes. There is no post-treatment pain and ZERO down time.

Medical Treatment R750

Homecare kit: Derma Roller

2 Boxes of Serums (8 Ampule) R2600

NIMUE INTENSIVE BODY TREATMENTS

All treatments excluding massage (1 Hour)..... R330

All treatments including massage (1 1/2 Hour) R385

NIMUE REJUVENATION TREATMENT – This heavenly body treatment is designed to invigorate your body and delight the senses. The active ingredients in the body intensive mask – KIGELIA AFRICANA, will pamper your skin intensively, leaving it velvety soft after just one treatment.

NIMUE EXFOLIATION TREATMENT – An intensive full body exfoliation, the blue body peel, containing GLYCOLIC ACID, will accelerate the natural process of shedding dead skin cells.

NIMUE REPAIR TREATMENT – This body treatment has an anti-stress and draining effect which is a great reliever of sunburn. Intensive repair gel has anti-inflammatory and lymphatic drainage properties, which help to ease pain and muscle tension, as well as stimulate blood circulation.

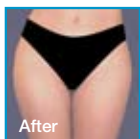
NIMUE DETOXIFYING TREATMENT WITH BODY

CONTOURING GEL – Activate the body’s fat-burning process with detoxifying benefits.



BODY SCULPTING TREATMENTS

ULTRASHAPE - Ultrasound Fat Removal and Body Contouring



Non surgical removal of unwanted fat deposits with ultra-sound waves. UltraShape is the latest solution to fat removal. It is a safe, affordable,

pain free alternative to liposuction.

1st Treatment – R5.50 per impulse

2nd Treatment – R4.40 per impulse

3rd Treatment – R3.30 per impulse

Average of 600 - 900 impulses per treatment.

LIPO SLIM MEDICAL WEIGHT-LOSS PROGRAM

Lose 2-3kg per week with the help of this scientific program. Includes supplements and injections. An individualized diet and personal attention promises great results. Encourages the adoption of a healthy life style. Excellent results are achieved when this program is combined with ULTRASHAPE, Silhouette and Proellixe treatments.

3 Week ProgramR710

6 Week Program.....R1 210

Clients who struggle to lose weight can consult our Doctors to identify any abnormalities.

Consultation FeeR200

MESOTHERAPY

Mesotherapy is the practice of using microinjections of medication and/or vitamins into the middle layer of skin for the treatment of spot weight reduction and body sculpting. The benefits of Mesotherapy includes: Improved blood flow to the area and dissolving of excess fat deposits.



Body	R650 per ampule
Double Chin	R450 per treatment
Fat Pad Under Eyes.....	R450 per treatment
Fat Dissolving Injections - 1 treatment.....	R650+
Fat Dissolving Injections - 3 treatments.	R1950+

SILHOUETTE Cellulite Treatment

(Similar to Endermology)

Lose centimetres and cellulite effectively with Silhouette treatments. By means of motorised roller and powerful suction motion, blood flow and lymph drainage are improved dramatically. The stimulation of fibroblasts will cause the elastin and collagen in the skin to increase, leaving it smooth and firm. Photos and measuring are included.

Single Treatment (35min)	R200
Full Course of 14 Treatments	R2 600

PROELLIXE Vibration Therapy

10 Minutes Vibration Therapy = 1 Hour in the Gym!

This machine vibrates at different frequencies sending impulses and vibrations through the body, contracting muscles and stimulating blood and lymph circulation. This anti-aging treatment speeds up cell metabolism and is effective in muscle toning, remodelling of the body, cellulite treatment, weight loss, enhancing skin and tissue elasticity, relaxing of muscles, and improved bone density (osteoporosis) etc

20 x 10min Sessions	R840
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MASSAGE THERAPY & REFLEXOLOGY

MEDIUM TO DEEP MASSAGE

Back + Neck and Scalp Massage (45min)	R200
Full Body (60min)	R300
Full Body including Scalp Massage.....	R350

HOT STONE THERAPY MASSAGE

Back + Neck and Scalp Massage (45min)	R250
Full Body (60min)	R380

(aroma oil blends are used)

INDIAN HEAD MASSAGE

Scalp and Shoulder Massage	R200
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REFLEXOLOGY TREATMENTS

R200
A science based on the principle that there are reflex points in the feet which relate to organs in the body. If any organ becomes diseased, the corresponding reflex point in the feet will be congested. By proper stimulation of the feet, congestion is relieved, improving relaxation, blood supply and a sense of wellbeing.

LYMPH DRAINAGE TREATMENT (90 min session)

R350



MANICURE & PEDICURE

HANDS

Manicure (45min)	R145
Specialised Manicure with Paraffin Wax (60min)	R170
Paraffin Wax Moisturising Treatment (20min)	R65

FEET

Pedicure (60min)	R176
Specialised Pedicure with Paraffin Wax (75min)	R236
Paraffin Wax Moisturising Treatment (20min)	R66
Pedicure with Colour/Clear Gel Overlay	R260

MANICURE & PEDICURE COMBINATION TREATMENT

Normal (90min)	R275
Specialised (120min).....	R330

Paraffin wax treatment – Hands and feet are covered with enriching creams and then dipped in paraffin wax. Experience deep moisturising of the skin, softening of the cuticles and a satin feel to your hands and feet.

WAXING

FEMALE WAXING

Full Leg (including Bikini Line)	R160
$\frac{3}{4}$ Leg Wax	R120
$\frac{1}{2}$ Leg Wax	R95
Bikini Wax	R70
Brazilian Wax	R95
Full Bikini Wax	R120

Underarm Wax	R60
Lip or Eyebrow Wax	R45
Full Arm Wax	R75
Chin Wax	R55
Face Wax	R100

WAXING MALE

½ Leg Wax	R145
¾ Leg Wax	R180
Arm Wax	R105
Chest or Back Wax	R155
Full Leg Wax	R190 – R230

EYES

Eyelash Tint	R45
Eyebrow & Eyelash Tint	R70
Eyebrow Shape	R40
Eyebrow Shape and Tint	R55
Eyelash Tint & Eyebrow Shape	R85
Eyelash & Eyebrow Tint and Eyebrow Shape.....	R110

PERMANENT MAKE-UP

ARTIFICIAL NAILS

BIO SCULPTURE

Toe Overlay.....	R150
Soak Off	R60
Repair.....	R35
Nail Art	R20-R50
French Paint	R80
Colour Paint	R50

SELFTAN APPLICATION/TAN CAN

Per Session	R220
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Koebana Airbrush Tan-Tanning lotion is evenly applied with a spray gun.

MAKE-UP

Make-up for Occasion (60min).....	R200
Bridal – 2 Sessions	R300

PACKAGES

BRIDAL PACKAGEPOR

A special bridal package can be compiled to satisfy your personal needs. Remember treatments like slimming, body wraps, tan can, etc. We will help you to look absolutely fabulous for the best day of your life!

Treatments on request

2x Make-up sessions

Refreshments will be served

(Additional cost will be charged if make-up is done at a venue other than the clinic).

MATRIC FAREWELL PACKAGES AVAILABLE..... POR

SPA PACKAGES: 3-6HOURS.....POR

Variety available – contact us for more detailed information.

Personalise your own package.

THERAPISTS

All therapists are internationally qualified

GIFT VOUCHERS – GREAT GIFTS

POLICIES

Appointments cancelled 24 hours in advance will not be charged for. Please arrive 5 minutes prior to your appointment – this will ensure that you enjoy the benefit of your full treatment time.



OTHER MEDICAL TREATMENTS

ANTI AGEING MEDICINE

Anti-Aging Medicine is a new medical modality which is based on the very early detection, prevention and reversal of age related disease. There is no biological reason why humans have to age. Our hormones do not decline because we age but we age because our hormones decline. The maximum life spans of humans will consistently increase and may even double within a generation.

Anti-ageing medicine offers:

- 1) An improved health span and not just a longer life span.
- 2) It looks at internal causes for treating/preventing external symptoms.
- 3) Is truly preventative medicine, by changing the process of aging itself.
- 4) Prevents many of the physical and mental losses and helps maintain the highest physical and mental function possible.
- 5) The primary goal of anti-aging medicine is improved health and well being. The only way to slow or reverse aging is to slow, prevent or reverse the diseases of aging by following anti-aging protocols and using relevant nutraceuticals.

1. **STEMENHANCE** - stimulates the natural release of stem cells by the bone marrow. Helping the body to heal itself.
2. **GLYCOBALANCE** - glyconutrients are needed for optimum cell function and communication. Glycobalance - the sugars that heal for optimum cell health.

For more information consult our resident doctor.

