



Also available...

- Facials
- **Body Therapies**
- Massage
- **Skin Care**
- Waxing
- **Spray Tan**
- Pedicure
- **Manicure**
- Micro-dermabrasion

Call today on **0207 633 0441** or **0207 921 9343**
for more information on the above treatments

dermalogica[®]



Pre-Treatment Advice

Do not expose skin to UV (sun exposure or the use of tanning beds) or self tan for at least 4 weeks before and/or between IPL treatments.

Do not depilate with waxing, plucking or threading (shaving or depilatory creams are acceptable) before and/or between IPL treatments.

Do not use bleaching creams or perfumed products (e.g. aromatherapy oils) for 24 - 48 hrs before treatment sessions.

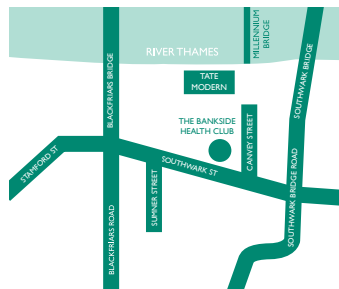
Avoid swimming in strong chlorinated water immediately before an IPL treatment session.

Avoid exfoliating, microdermabrasion or peels for 1 week before treatment sessions.

Avoid wearing tight clothing when attending for treatment sessions.

Keep the area clean and dry.

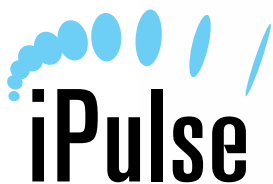
Hydrate the body by drinking plenty of water.



BEAUTY
AT THE BANKSIDE HEALTH CLUB

Inside the Bankside Health Club, Blue Fin Building
110 Southwark Street, London

www.thebanksidehealthclub.co.uk



IPL Hair removal.

Safe, effective and painless permanent Hair Reduction using the latest in IPL Technology!

CALL US
to book your **FREE**
patch test
& consultation.



BEAUTY
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Contact us on
0207 633 0441 or **0207 921 9343**
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What is iPulse™ hair removal?

iPulse™ is a new type of hair removal technology which utilises light to disable the cells within the hair follicle and stop the hairs from growing back. This unique way of removing unwanted hair is quick, easy and affordable.

Never wax or shave again!

The iPulse™ method is fast growing in popularity across the world and could mean the end of painful methods like waxing, electrolysis and lasers. Results are so long-lasting that one short course of treatments and maintenance sessions once or twice a year will ensure you never have to wax or shave again.

How does iPulse™ technology work?

iPulse™ emits a beam of intense pulsed light (IPL) onto the skin. This light is absorbed by the melanin in the hair and turns into heat energy. The follicle is heated to a temperature which alters the cells' structure and stops hair regeneration.

Is iPulse™ completely safe?

iPulse™ technology has been awarded the internationally recognised standard of American FDA clearance, which is only granted to treatments that are clinically proven to be safe and effective.

This revolutionary method of hair removal is non-invasive and removes unwanted hair safely and easily while protecting the surrounding skin. This technology has been clinically proven to effectively treat virtually all hair and skin types.

How does it feel... will it be painful?

A slight warm tingling sensation best describes the feeling experienced during an iPulse™ treatment. This is minimised by a special cooling gel applied just before the treatment starts.

iPulse™ is infinitely more comfortable and quicker than old-fashioned methods of hair removal like waxing, laser and electrolysis.

Each iPulse™ device works by emitting a strong, bright light onto the skin. To protect your eyes both you and your practitioner need to wear anti-glare eyeshields during the treatment.

After the treatment some people experience a slight reddening (erythema) and warming of the skin, especially on more sensitive parts of the body. A soothing gel such as aloe vera, witch hazel or tea tree oil can be applied to calm the skin and help any redness subside naturally and quickly.

The iPulse™ hair removal treatment leaves skin looking and feeling smooth, silky and hair free.



What areas can be treated with iPulse™?

Unwanted hair can easily be removed from all parts of the body; including legs, chin, upper lip, bikini line, back and underarms. Indeed the only areas that cannot be treated are over tattoos or immediately around the eyes.

To make sure there is no adverse reaction a quick patch test is carried out prior to treatment during your initial iPulse™ consultation.

Does it matter what hair or skin type I am?

Some less advanced IPLs can only be used on a limited amount of skin types but iPulse™ has been clinically proven to be safe and effective on almost all skin and hair types.

Dark hair on light skin is the easiest to treat because the colour difference enables light to be easily absorbed by the melanin in the hair. iPulse™ allows the practitioner to adjust the settings to the perfect level to suit any type of skin and hair combination. Only white or grey hairs do not respond to any IPL or laser treatment.

Whatever your skin or hair colour iPulse™ is the most gentle and effective technology available.

How long does an iPulse™ session take?

You will be amazed at how quickly and completely iPulse™ works.

Here are some typical treatment times:

Upper lip } 15 - 20 minutes per treatment
Underarm }

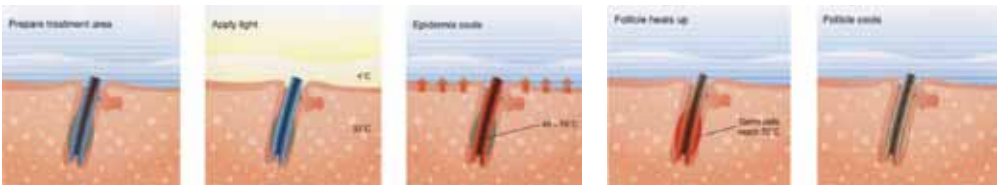
Bikini line } 30 - 45 minutes per treatment
Lower leg }

How many treatments will I need?

Typically a total of six to eight individual treatments are required, usually carried out at four to six weekly intervals. This will result

in long-term removal of the hair. Maintenance treatment sessions are usually required once or twice a year depending on the body area.

How iPulse™ effectively removes hair



- 1 Trim the hair and apply the cooling gel
- 2 A pulse of light is administered on the surface of the skin
- 3 The skin stays cool but the follicle and hair start to heat up
- 4 The hair and follicle heats up, effectively killing the germ cells
- 5 The treatment is over and your dead hairs will fall out in about 1-2 weeks

Before



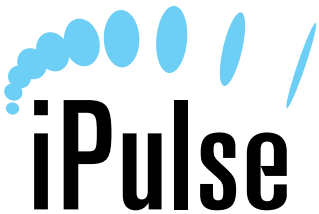
After

21 days after 1st treatment



After

45 days after 2nd treatment



IPL The revolution of Hair Removal

Prices

(*all prices are from)

Per Treatment

Course of 6 treatments

	Per Treatment	Course of 6 treatments
Consultation/patch test	FREE	-
Lip	£55	£275
Chin	£55	£275
Cheeks	£75	£375
Underarms	£90	£450
Bikini line standard	£95	£475
Bikini extensive	£135	£675
G-string	£165	£825
Half legs	£190	£950
Full legs	£245	£1225
Half arms	£110	£550
Full arms	£170	£850
Abdomen	£90	£450
Hands / Feet	£45	£225
Half back	£110	£550
Full back	£195	£975
Chest	£155	£775

N.B The above prices are based on standard treatment areas. Therefore prices may vary. Other areas are individually priced upon consultation.