

# Counselling

from £55

## Person-Centred Therapy

A chance for you to explore changes in your life in a safe supportive space with a qualified and insured professional

BACP member.

Sessions last 50 minutes.  
with Liz Grant Counselling

## Integrative Therapy

Using various strategies to help teens/young adults create changes they want, with an experienced professional therapist in a safe, confidential environment. BABCP, BACP insured - with Marie Rodger, Our Soul Centric

## Add Ons . . .

these treatments can be added on to other health and skin care bookings

### Paraffin Wax

Add on to hand or foot treatment manicure/pedicure/facial

#### Manicure

30 mins - £15

Basic - exfoliate, file, cuticles, 5 min massage  
30 mins - £35

Specialised - exfoliate, file, cuticles, massage,  
mask, paraffin wax (no varnish)  
60 mins - £40

#### Pedicure

Basic - exfoliate, file, cuticles, 5 min massage  
45 mins - £35

Specialised - Exfoliate, file, cuticles, massage,  
mask, paraffin wax (no varnish)  
75 mins - £50  
Soak and Trim 35 mins - £25

### Waxing

using Lycon hygienic roll on system/ hot wax for gentler removal of coarse hair

Upper lip / Chin 15 mins - £8 each    Brow 20 mins - £12

Under arm 15 mins - £15    Bikini tidy 15 mins - £16

Bikini - high/ extended tidy 30 mins - £25

Half leg 30 mins - £25    Full leg 35 mins - £28

### Packages

Full leg + bikini + under arm 60 mins - £48    Brow + lip + chin 25 mins - £22

### Tinting

Patch test required before treatment (signature required)

Lashes 30 mins - £21    Brow 20 mins - £12

Brow Tint & Shape 30 mins - £19    Lash & Brow Tint 30 mins - £23

Lash & Brow Tint & Shape 40 mins - £29

Jane Iredale Mineral Make-up

our finishing products are available for retail

Cancellation Policy: Please note we run a busy clinic. If you need to move or cancel appointments, please ensure you give us 24hrs notice. failure to do so will incur 50% treatment fee.



55-56 West Clyde Street, Helensburgh, G84 8AX 01436 672677



# the lomond clinic

HEALTH AND WELLNESS

## Medical and Remedial

### Physiotherapy/Sports Rehabilitation

Assessment & Treatment by Chartered Physiotherapists to medically assess & treat pain & injuries

### Initial Assessment & Standard Treatment

45 mins - £65    review appointment 30 mins - £40

### Sports & Remedial Massage

Preventative & Rehabilitative clinical massage  
aimed at aiding injuries & strains  
by reducing pain, increasing movement &  
facilitating recovery

60 mins - £60    30 mins - £40

Add on Taping - £10

### Clinical Hypnotherapy

Using the body's natural ability to relax, it is effective for stress management, anxiety related situations, fears, phobias and sleep problems; as well as situations where stress makes things more difficult e.g. exams, driving tests, interviews, sporting performance, nail biting and even some skin conditions.

1 session - £65

### Thermavein & Microsclerotherapy

Permanent treatment of red and blue veins, removal of skin tags, angionomas, keratosis using Thermavein technology

Consultation - £25

treatment prices vary, (from £15/min)

### Referral Exercise Rehab

up to 30 mins - £35

6 sessions - £180

### Nutrition & Wellness Coaching

Personalised nutrition packages, including food intolerance testing & supported dietary changes to promote health & wellbeing with

Gillian Paterson

Lomond Nutrition & Wellbeing

From £80

### Ear Wax Removal by Irrigation

with Experienced and Fully Insured Registered Nurse Anna Blackshaw

Ear assessment only - £15

Irrigation one ear - £35

Both ears - £45



55-56 West Clyde Street, Helensburgh, G84 8AX 01436 672677



# the lomond clinic

HEALTH AND WELLNESS

## Health and Skincare

### Hydrotherm Massage

Therapeutic massage on a warm water filled mattress. Complete comfort & support for the body & spine as you lie face up - no turning over!

45 mins - £48

60 mins - £60

90 mins - £85

### Dao Yin Tao

Traditional Chinese 5 elements acupressure point massage on the head, face and shoulders to create a powerful, emotional, physical and mental relaxation treatment

45 mins - £45

### Indian Head Massage

Relaxing pressure point massage of face head shoulders & back

30 mins - £45

### Reiki

Reiki is a gentle energy healing technique that promotes relaxation and wellbeing

45 mins - £45

### Celluma Light Therapy

High tech low level light technology - stand alone or combined with treatment for acne, anti aging, wound healing, pain management

45 mins - £30    1 week hire - £60

### Reflexology

Reflexology is a deeply relaxing experience, working on pressure points on the feet - can aid sleep, improve mood and help with everyday stress and tension.

45 mins - £45

### Hopi Ear Candles

Gentle treatment of headaches, sinuses, ear, nose and throat, easing anxiety and stress. Softens earwax for easier removal, using organic cotton candles and acupressure massage

45 mins - £40

### Iridology

Iridology is the study of the structure, colour and markings on the iris to understand potential health issues. This is simply not available through conventional laboratory tests. Free monthly information workshops

Full analysis from -£60

Children - £30

### Luxury Package

The ultimate relaxation & glow!  
Facial with a back & neck massage

90 mins - £100

### Facials

Cosmeceutical Environ, Medik8 vitamin & science based skincare for result-driven treatments & skin health

Ionzyme DF Facial - DF machine enhances the penetration of active ingredients into the deeper layers of the skin to get the best possible results for all skin types & conditions

### Essential Treatments

Dual electro-sonic technology using low frequency sonophoresis with pulsed iontophoresis - delivering products deeper - making a lasting difference to your skin, for life.

>Essential Youth Reset

>Essential Moisture Boost

>Essential Comfort Calm

>Essential Radiance Reveal

3 zones    90 mins - £85

10 zones    120 mins - £100

### Focus - On Express Treatments

Developed to target specific areas ensuring your primary concerns are directly addressed. Perfect for limited time.

> Focus - On Frown    >Focus - On Eye

>Focus - On Texture    >Focus - On Even Tone

30 mins - £45

### Luxury Relaxation Package

The Ultimate Relaxation!  
Facial with back & neck massage.  
Reflexology & Celluma light therapy - Result!

150 mins - £150

### Cool Peel Treatments

Environ's unique Cool Peel is a non-invasive, skin renewal system, to safely & effectively help refine, revive & brighten skin.

>Youth Renewal Cool Peel

>Moisture Boost Cool Peel

>Deep Cleansing Cool Peel

>Bright Recovery Cool Peel

>Blemish Control Cool Peel

>Vibrant C Micro Peel

Course of 6+ recommended 60 mins - £75

### Prescriptive Facial

Relaxing, personalised skin treatment, no machines, but includes a facial massage

75 mins - £80

### Consultation

30 mins - £30