



EIGHTH & EDEN

## Welcome to Eighth and Eden

Let us be your guide & discover The Method to a better you...

### **Our story**

Dr Chloë founded Eighth and Eden as a place of calm, a retreat where you can receive advice and treatment using a method to become the best version of yourself.

A place where a community of like-minded people can feel united in their pursuit of not only aesthetic enhancement, but also in their aspirations to evolve into a mentally and physically fitter and healthier version of themselves.

A place where a sense of trust, safety and of belonging; being an active participant on a journey, supported by highly-skilled experts who can guide you along the way.

## TREATMENT DIRECTORY

**CONSULTATIONS** £50.00

### INJECTABLE TREATMENTS – BODY

#### **PROFHILO BODY** £350

Profilo Body® treats all areas of the body, reinvigorating crepey skin, improving skin elasticity and minimizing the appearance of fine lines and wrinkles on the face, neck, décolletage, abdomen, arms, knees and hands.

#### **LANLUMA BUM LIFT** P.O.A

To simulate collagen production to lift bum, improve appearance of cellulite, hip dips, increase full ness.

# INJECTABLE TREATMENTS - FACE

## **BOTOX®**

1 Area £190

2 Areas £250

3 Areas £299

Migraine £299

Masseter £250

Stop Sweat £400

## **DERMAL FILLER**

Lips 0.5ml £170

Lips 1ml £295

Nasolabial (1ml) £295

Marionette (1ml) £295

Cheeks (1ml) £330

Tear Trough / Dark Circle Eraser £300

Jaw (1ml) £380

No Knife Nose Job (1ml) £380

Chin (1ml) £295

## **DERMAL FILLER EDITS**

Full Face Rejuvenation (up to 10ml) £2,000

Mid/Lower Face Rejuvenation (Cheeks, Nasolabial, Marionette, Chin - up to 6ml) £1,200

Refresh (Cheeks & Tear Trough – 3ml) £600

Contour (Cheeks, Jaw, Chin - 4ml) £800

Beauty Edit (Cheeks & Lips - 3ml) £600

Highlighter /Chiselled features (Cheeks - 2ml) £469

Jaw (2ml) £469

2ml £469

3ml £600

4ml £800

## SKIN BOOSTERS *The Natural Regeneration of Collagen*

### **PROFHILO®**

Pure Hyaluronic acid to hydrate skin & boost collagen

£275

### **VISCODERM®**

Restore the support structures of skin tissue, resulting in increased tone, elasticity and firmness

£275

### **ELLANSE**

Dermal filler with bio stimulation. Collagen stimulating to regenerate volume and shape

Full Face Starting from £POA

### **HIFU ULTRAFORMER® FACELIFT**

High Intensity Ultrasound to lift and tighten sagging skin

Whole Face & Neck £700

Lower Face & Neck £525

Brow Lift & Upper Face £300

Décolletage £350

### **HYDRAFACIAL® MD**

Skin Health For Life £90

Express £70

### **HYDRATITE**

Single Treatment £190

Course of 6 £900

### **EXILIS ULTRA 360™ FACE**

Single Treatment £150

Course of 6 £600

**AQUAGOLD® Golden Cocktail Facial**

£375

**MICRONEEDLING**

Reduces fine lines, scarring, pigmentation, stretch marks & sun damage

Single Treatment £165

Course of 6 £720

**LASER HAIR REDUCTION - FACE**

**Patch Test £40 (redeemable)**

Small (Chin, upper lip) £40

Course of 8 £280

Medium (Full face women, full neck, full beard) £70

Course of 8 £520

**LASER HAIR REDUCTION - BODY**

**Patch Test £40 (redeemable)**

Small (Underarms, Bikini, Peri Anal) £70

Course of 8 £520

Medium (Half Arm, Half Leg, Hollywood, Full Face Women, Mens Beard, Half Leg, Full Neck) £100

Course of 8 £760

Large (Full leg, Full Back, Full Chest, Full Arms) £150

Course of 8 £1,160

Full Body Women £420

Course of 8 £3,200

Full Body Men £420

Course of 8 £3,200

Maintenance course of 3

Small £195

Medium £285

Large £420

## FACIALS

SkinCeuticals® Signature Facial £110

Eighth & Eden Tri-Facial £495

The Nourishing Fix Facial £100

The Bespoke Prenatal Glow £100

HydraFacial® MD £90

HydraFacial® Express £70

Dermalux® Tri-Wave £50

Dermalux® Tri-Wave Add-on £25

## SKIN PEELS

Obagi® Radiance Peel £90

Course of 6 £495

Mesoestetic® Peel £100

Course of 6 £540

Cosmelan £1200

## FAT REDUCTION

### **COOLSCULPTING®**

Price Per CoolSculpting Pad £300

FDA approved fat freezing procedure to destroy fat cells permanently. All prices are inclusive of 2 rounds to give up to 50% fat cell reduction

Abdomen (2 Rounds) £4,800

Flanks (2 Rounds) £2,400

Chin, Thighs, Back, Ankles, Knees, Bra Fat (2 rounds) £1,200

## **VANQUISH® FAT REDUCTION**

Course of 6 £1,000

## **BODY SCULPTING**

### **EMSCULPT®**

Build muscle and reduce unwanted fat at the same time, meaning you can enjoy a noticeably more defined body including abdomen, arm, legs and buttocks.

Single Treatment £180

Course of 6 £720

### **EMSELLA®**

A breakthrough treatment for incontinence and sexual health. This unique technology revolutionizes intimate health and wellness by providing those suffering from incontinence and sexual health with a completely non-invasive option.

Single Treatment £100

Course of 6 £540

### **EXILIS ULTRA 360™ FACE / BODY**

Exilis Ultra 360™ is a medical grade radiofrequency device offering a non-invasive treatment of different skin conditions such as wrinkles, skin laxity, and excessive fat.

Single Treatment £150

Course of 6 £600

### **EMTONE® CELLULITE**

Emtone® is the first and only device that simultaneously delivers both thermal and mechanical energy to eliminate all main causes of cellulite and loose skin effectively and non-invasively.

Single Treatment £150

Course of 6 £600

### **LPG® ENDERMOLOGIE FACE / BODY**

This non-invasive technique uses physical stimulation (a mechanical massage) to firm up the skin and increase lymphatic circulation, resulting in the temporary reduction of cellulite. Endermologie® can also help relieve muscular aches and improve skin tone and radiance.

Single Treatment 30 mins (Face & Body) £125

Course of 6 30 mins (Face) £600

Single Treatment 60 mins (Body) £195

Course of 6 60 mins (Body) £900

### **AMANDA HARRINGTON® LUXURY BESPOKE TANNING**

T-Shirt Tan £65

Amanda Harrington Full Body Tan £110

### **MASSAGES**

The Now Swedish Inspired Massage 60 mins £100

The Moment Hot Stones Massage 60 mins £100

The Roots Sports Massage 60mins £100

The Bump Pregnancy Massage 60 mins £100

# MEMBERSHIP

*Everything starts with our members*

## **The Method**

Identifies your goals, delivers treatments to each specific area resulting in a customised plan to achieve natural, long term results.

## **Benefits**

- Monthly payments applicable
- Special offers
- Priority for upcoming events & workshops
- Gift up to 2 sessions \*
- Roll on unused sessions \*

## **Process**

- Consultation
- Identify individual goals.
- Select your membership and schedule your journey

# BECOME AN EIGHTH & EDEN MEMBER

## BODY MEMBERSHIPS

### **EMSCULPT®**

Revolutionise your body by becoming an EMSCULPT® member. EMSCULPT® works to burn fat and build muscle to sculpt your body. Kickstart your regime, maintain results, supercharge your gym workouts or regain your confidence post partum. Use your EMSCULPT® sessions on any part of your body, focus on target areas or mix the sessions up to suit your body.

- 1 TREATMENT PER MONTH £120 p/m, saving £720 p/y
- 2 TREATMENTS PER MONTH £180 p/m, saving £2160 p/y



## **EMTONE®**

Say goodbye to cellulite with EMTONE®. Simultaneous radio-frequency and pressure shatters fat chambers, removes metabolic waste and improves blood flow. Leaving skin smooth, toned and healthier. Use your EMTONE® session(s) on any areas you wish to focus on, stay targeted or mix the sessions to suit your body needs.

- 1 TREATMENT PER MONTH £100 p/m, saving £600 p/y
- 2 TREATMENTS PER MONTH £150 p/m, saving £1800 p/y

## **EXILIS ULTRA 360™ BODY**

To tighten skin and address body concerns.

Heats away fat cells and simultaneously tightens skin.

- 1 TREATMENT PER MONTH £100 p/m, saving £600 p/y
- 2 TREATMENTS PER MONTH £150 p/m, saving £1800 p/y

## **LPG® ENDERMOLOGIE BODY**

Reduce fat, lighten legs, smooth cellulite, improve wellbeing and firm skin with LPG® ENDERMOLOGIE membership. LPG® ENDERMOLOGIE Lipomassage is a non-invasive, natural technique to reshape stubborn areas of the body by stimulating cells to detoxify the body eliminating fat, toxins and fluid accumulation. Bonus benefits: Diminishes certain effects of menopause, muscle aches and improves scar tissue. Use sessions on your body or face for firmer, smoother and sculpted skin.

- 1 TREATMENT PER MONTH £72 p/m, saving £360 p/y
- 2 TREATMENTS PER MONTH £135 p/m, saving £900 p/y

# FACE MEMBERSHIPS

## EXILIS ULTRA 360™ FACE

Wrinkle reduction and skin laxity improvement.

Keep skin lifted, soften fine lines and firm facial contours with monthly radio-frequency EXILIS ULTRA 360™ facials.

- 1 TREATMENT PER MONTH £100 p/m, saving £600 p/y
- 2 TREATMENTS PER MONTH £150 p/m, saving £1800 p/y

## HYDRAFACIAL® MD

Become a HYDRAFACIAL® member to get the best skin of your life. Rethink your skin health with monthly HYDRAFACIAL® treatments to cleanse, extract and hydrate your skin. HYDRAFACIAL® addresses all skin concerns and is suitable for everyone.

- 1 TREATMENT PER MONTH £72 p/m, saving £432 p/y
- 2 TREATMENTS PER MONTH £126 p/m, saving £1080 p/y

## HYDRATITE

The HydraTite is the unique combination of the HydraFacial® and radiofrequency treatment, targeting the lower face & jowls.

The non-surgical treatment is suitable for sagging or loose skin as it delivers energy and heat which results in collagen stimulation leaving your skin glowing.

- 1 TREATMENT PER MONTH £150 p/m, saving £1296 p/y
- 2 TREATMENTS PER MONTH £250 p/m, saving £3192 p/y

## HIFU FACELIFT

High Intensity Focused Ultrasound facelift for face lifting and wrinkle reducing. Boosts collagen, firms skin and overall rejuvenation.

- 1 TREATMENT PER YEAR £90 p/m, saving £120 p/y
- 2 TREATMENTS PER YEAR £135 p/m, saving £180 p/y

## THE ULTIMATE MEMBERSHIP

12 month programme combining Botox®, Skin Rejuvenation with Profhilo® & Face Lifting with HIFU.

The essential treatments wrapped up in an ultimate programme to address structure, texture and ageing.

- **BRONZE:** Botox 3 areas 3 times p/y + Profhilo 3 times per year + 1 HIFU Facelift p/y  
£160 per month, saving £375 p/y
- **GOLD:** Botox 3 areas 3 times p/y + Profhilo 3 times per year + 2 HIFU Facelift p/y  
£190 per month, saving £750 p/y
- **PLATINUM:** Botox 3 areas 3 times p/y + Profhilo 3 times per year + 3 HIFU Facelift p/y  
£219 per month, saving £1,125 p/y

## INJECTABLES MEMBERSHIPS

**BOTOX®** is our number one gold standard treatment for wrinkles and anti-ageing.

Smooth out the complexion and reduce the appearance of wrinkles, lift brows, reduce sweating, to stop squinting/twitching, relieve headaches and migraine.

- 3 times year £62 p/m, saving £153 p/y
- 4 times year £82.59 p/m, saving £206 p/y

**PROFHILLO®** improves skin tone, texture, hydration and overall radiance. Rejuvenates Face, neck, décolleté, arms, knees and hands, body.

- 3 times a year £56.25 p/m, saving £150
- 6 times a year £112.50 p/m, saving £300

# TRANSFORMATIVE PROGRAMMES

## BODY

### **MUMMY MAKEOVER**

Restore your original contours with COOLSCULPTING (2 )+ EMSCULPT (4) + EXILIS (4)

Designed to rejuvenate and reverse the changes to the abdomen that commonly occur during pregnancy or weight gain.

Benefits: Fat Reduction + Muscle Toning + Skin Tightening

- 6 weeks program
- £4,995

### **CORE TO FLOOR**

6 EMSCULPT + 6 EMSELLA

Benefits:

- 6 weeks program
- £1,170

### **CELLULITE REMEDY**

6 EMTONE + 6 EXILIS ULTRA 360

Benefits:

- 6 weeks program
- £1,032

### **BUM LIFT**

Lift and sculpt the shape and texture of your bum includes 6 EMSCULPT + 6 EMTONE

It improves buttock shape, firms and tones, treats cellulite, fatty deposits and loose, sagging skin.

Benefits:

- 6 weeks program
- £1,320

### **TRI HAND REJUVENATION**

This programme to combat dry, crepey hands by stimulating collagen , rejuvenating skin, softening hands. 3 PEELING + 3 EXILIST + 3 PROFHILO

Benefits:

- 3 months program
- £990

### **NEXT LEVEL BODY SCULPTING**

Everything we do here is bespoke-  
the ultimate tailored package to your exact requirements.

FAT REDUCTION + MUSCLE STRENGTH+ SKIN TIGHTEN + MUSCLE TONE + DETOXIFICATION

- P.O.A following consultation for suitability.

## **TRANSFORMATIVE PROGRAMMES**

### **FACE**

#### **LIFT & GLOW**

##### **HIFU + 2 PHOFHILO**

Benefits:

- 3 months program
- £975

#### **TRI-FACIAL**

##### **HIFU + HYDRAFACIAL + DERMALUX**

Benefits:

- One time program
- £495

## HYDRATITE

EXILIS + HYDRAFACIAL

Benefits:

- One time program
- £190

*Remark: All signature program for BODY & FACE is required 50% deposit upon reservation. Validity within three months.*

# STAY TRANSFORMATIVE PROGRAMMES

1-day, 3-day, 5-day luxury aesthetic, body and relaxing retreats designed to promote rejuvenation, body sculpting and wellbeing. Ideal for solo, couple, groups or corporate.

Eighth and Eden's results-oriented, aesthetic and body programs are designed to recalibrate the face, mind and body through a regimen paired with award winning food and luxury accommodation at The Elms, Abberley.

This is not your typical spa or resort break.

Our specialised programmes focus on meeting aesthetic, nutritional, body and detox goals including unique medical services and expertise of the esteemed Dr Chloë led team at this renowned medical retreat.

Our transformative + programmes are designed to include virtual Eighth and Eden Method consultations with one of our Doctors prior to arriving should you wish to add injectables or any extras to your programme allowing us to schedule time during your stay.

Whichever programme you choose you will experience complete relaxation and luxury with results, clarity of mind and deeper understanding. For a completely private experience a complete takeovers are available along with Corporate programmes.

## TRANSFORMATIVE 1.0 & 1.0+

£739 per person

Recalibrate skin, facial contours and skincare through our immersive, daylong results-oriented programme.

Ideal for those in need of a day out with lasting benefits, this programme delivers results through our Eighth and Eden Method.

*The Transformative 1.0+ to include virtual consultation prior to your visit and treatment time for injectables to address volume loss, wrinkles and structure during your day programme.*

## TRANSFORMATIVE 3.0 & 3.0+

From £3,500 per person

The Ultimate Coolsculpting® fat reduction body immersion, enjoy 3 decision-free days of our transformative body and wellness program.

Worcestershire retreat, The Eighth and Eden 3.0 gives you the opportunity to calm the mind, reset your health and achieve incredible results with 3 days in our Coolsculpting wellness programme

*The Transformative 3.0+ to include virtual consultation prior to your visit and treatment time for injectables to address volume loss, wrinkles and structure during your day programme.*

## TRANSFORMATIVE 5.0 & 5.0+

From £3,995 per person

This immersive, 5 day health program is ideal for those who wish to escape to nature and experience the lasting results of our aesthetic, fitness, wellness program, while having a personalised approach individually tailored to address those with specific concerns or desires for face, body or both.

The programme still embodies our Eighth And Eden Method and will be based in your individual goals crafting out a journey to meet your goals.

*The Transformative 5.0+ to include virtual consultation prior to your visit and treatment time for injectables to address volume loss, wrinkles and structure during your day programme.*

## OPENING HOURS

- Monday, Tuesday & Friday 9:00am to 5.00pm
- Wednesday 9.00am to 7.00pm
- Saturday 9.00am to 2.00pm

## RESERVATIONS

- For 8&e enquiries or reservations, please email: [enquire@eighthandedden.co.uk](mailto:enquire@eighthandedden.co.uk) or call 01905 783 888. Advance bookings are recommended to secure your preferred treatment time.

## PRIOR TO ARRIVAL

- Please complete your health assessments form before your appointment time.

## CONSULTATION

- Personal consultations are available upon request to determine your specific needs and allow us to guide the suitable program or a more comprehensive journey.

## LATE ARRIVAL

- Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

## CANCELLATIONS

- Please allow 48 hours 'notice prior to your appointment; otherwise 50 percent of the service price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.