

celebrity cellulite secret...

Colleen McLoughlin, Claudia Schiffer and

Elle Macpherson all agree that the best way to beat cellulite is Advanced Keymodule Endermologie, now available at the Hurlingham Spa.

Using revolutionary new technology the latest **Keymodule S** produces even better results. Ultrasound scans show remarkable and undeniable improvements in the treatment of cellulite.

Keymodule S can also treat a wider range of problems, for men and women, including localised fat, tendon and ligament problems, tired legs syndrome, oedema and swollen arms and is particularly effective for recovering your figure after child birth. Because the treatments stimulate circulation, produce collagen and transports oxygen and nutrients to the skin, you will notice a remarkable improvement in the appearance and tone of the skin.

Call **020 7348 6380**

to book a consultation before the end of December and save **£100** on a course of cellulite, slimming and body contouring treatments.



See a Surgeon

Are you considering surgery? It is not something you go into lightly; whether you want fabulous breasts, to take a few years off your face or a better body shape. You should think carefully and seek expert advice and during the months of December and January you can do just that with a free of charge consultation with one of our surgeons. Many other practices offer a complimentary discussion with a nurse, but there is no substitute for a personal consultation with your surgeon to know and understand what is possible and for a successful outcome. Call **020 7348 6380** for a complimentary consultation.

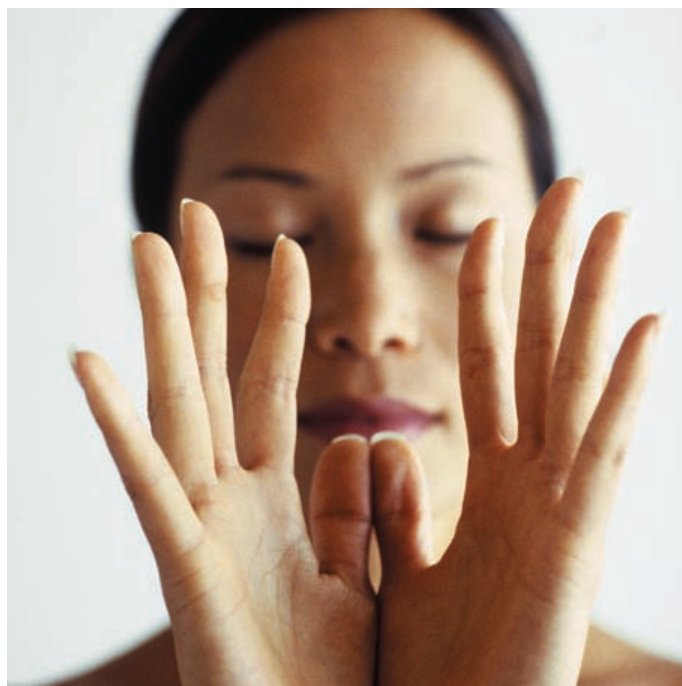
Age Defying Clinics

Fight wrinkles, renew collagen, zap thread veins, purge pigmentation... Dr Jasmina Masser is a dermatologist specialising in anti-ageing. She integrates a number of treatments to arrive at the best possible results for her patients. In addition to skin correction; a programme of preventative care will be planned, often using a prescription skin care system that gives you brand new skin. It is never too late to start an anti-ageing regime. Call **020 7348 6380** to book a consultation.



Manage Christmas consumption

On average people gain 5lbs (2kg) over the four-week Christmas period. If you don't want to start the New Year feeling overweight, then there are ways to cut the calories without feeling deprived. Visit our Nutritionist who will help you manage Christmas eating and start the New Year as you mean to go on. Call **020 7348 6380** for an appointment and enjoy a healthy Christmas and a trim New Year.



Achieve your aspirations this Christmas with Hypnotherapy

Whether you want to lose weight and maintain a healthier lifestyle or overcome an anxiety which is preventing you from reaching your ambitions, Clinical Hypnotherapy can help you and your loved ones to achieve your goals and aspirations for the New Year.

Christmas Hypnotherapy gift packages

Stop Smoking – includes an initial 45-minute consultation, 90-minute intensive hypnotherapeutic session, and reinforcement session (if necessary). **£175**

One Session Hypnotherapy – includes an initial 45-minute consultation and one 60-minute intensive therapeutic session. **£100**

Three Session Hypnotherapy – for optimal results, includes an initial 45-minute consultation.

Vouchers – the ideal gift

Hurlingham Spa Gift Vouchers make the ideal gift solution or corporate reward. They are guaranteed to make someone special feel truly valued. Choose one or several of our luxurious and very special spa treatments or simply choose the amount you wish to spend – our gift vouchers are totally flexible. We will be pleased to send you a copy of our spa brochure with full details of all our relaxing, therapeutic treatments from which you may choose. Call in for your voucher or order by phone on **020 7348 6380**.

The Hurlingham Clinic & Spa a new approach to beauty

Call now for a consultation or to make a booking on **020 7348 6380**

If you would like to receive our monthly email please click here

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