

1.0 Diagnostics

1. Laboratory Testing Services

The use of diagnostic testing at hydrohealing allows our practitioners to take a more active role in delivering a complete wellness service. The appropriate tests are selected after an in depth consultative process to help identify root issues related to unrecognised chronic conditions. Examples of testing services available at hydrohealing are:

- Comprehensive Thyroid Assessment
- Comprehensive Adrenal Stress Index
- Comprehensive Food Allergy Profile
- Coeliac and Gluten Sensitivity
- FACTest Dairy and Grain Profile (includes yeast and egg)
- Comprehensive Digestive Stool Analysis
- Complete Male Hormones
- Complete Female Hormones

Additional tests are also available.

consultation (£60, 60 mins) **test prices** (from £70)

2. Quantum QXCI health scan

The Quantum system is a powerful bio-feedback device for effective healing and provides a holistic MOT check. The system scans the body in various ways to establish any deficiencies, weaknesses, or sensitivities. The device is able to process over 7000 different checks in minutes.

Examples of programmes include:

Parasites/toxicity, Nutritional Status, Allergy Desensitisation, Hormonal Status and Emotional blocks.

test scan (£105, 90 mins)

Includes test scan, results report, recommendations on lifestyle changes/ supplements and treatment plans where applicable.

follow up sessions (£65, 60 mins)

2.0 Wellness

hydrohealing offers a wide range of proven wellness treatments

1. nutritional therapy

initial (£85.00, 60 mins) & follow ups (£75.00, 60 mins)

Nutritional therapy is extremely effective in addressing many health imbalances that may occur throughout life.

2. reflexology

 (£60, 60 mins)

reflexology is one of the most beneficial non-invasive treatments for a wide variety of stress-related conditions, from migraines to insomnia to digestive discomfort.

3. acupuncture

 (£70, 60 mins)

As well as the all-round health benefits of the treatment, acupuncture is frequently used for a wide range of specific ailments, including: anxiety, asthma and depression.

4. cupping therapy

 (£65, 60 mins)

Promotes a sense of health and wellbeing throughout the body, specific conditions may also be eased including asthma, back pain, cellulite, stress and tiredness.

5. hydrocolonic

 - colonic hydrotherapy (£85, 60 mins)

Fundamental irrigation therapy, far from being unpleasant, colonic hydrotherapy leaves you feeling clean, energised and revitalised.

6. homeopathy

 - initial (£85.00, 60mins) & follow ups (£75.00, 60 mins) - includes herbal remedies.

A well known and result orientated wellness service that is particularly useful for: stress, anxiety, depression, hormonal imbalances, childhood disorders, respiratory conditions, circulatory disorders, digestive disturbances, skin conditions and headaches.

‘Then there’s hydrocolonic... if you’ve never had one, this is the place to do it’

Daily Candy

3.0 Detox therapy

1. hydrodetox

 (£205, 195 mins)

A three way potent detox package that combines the benefits of colonic irrigation, hydroblitz (lymphatic drainage and toning therapy) and a detoxifying mud wrap.

2. liver detox

(£115 for one day, £305 for 10 day cleanse)

A bespoke programme that helps to cleanse the liver and improves digestion.

3. candida cleanse

 (£250)

A two week intensive programme that helps to control Candida imbalance.

4.The Urban Detox™ – mini

 (£135)

A one day programme that includes a one day supply of meal replacement juices and supplements. Also includes a colon hydrotherapy session. The mini detox helps to maximise the benefits of colon hydrotherapy and provides the perfect kick start to any detox.

5. The Urban Detox™ – classic

 (from £175)

The ultimate 3, 5 or 7 day fasting detox programme that is guaranteed to deliver results, includes fresh meal replacement juices delivered daily to your home, optional colon hydrotherapy and a specific detox kit containing a range supplements.

6. The Urban Detox™ – city

 (from £285)

5 or 7 day detox programme specially catered for the city folk. Similar to the classic but incorporates additional therapies to help rebalance and recharge your mental and physical well being. Includes fresh meal replacement juices delivered daily to your home, acupuncture/reflexology, optional colonic hydrotherapy and a range of detox supplements.

7. The Urban Detox™ – raw

 (from £175)

3 or 5 day detox programme including raw food meals and freshly prepared juices delivered daily to your home, a range of detox supplements and optional colonic hydrotherapy.

‘My energy levels have soared, I feel positive about life and about 80% of the time I haven’t felt hungry. My stomach feels flat and my eyes and skin are sparkling’

Louise Roe, TV presenter and fashion journalist. Review of The Urban Detox™ Classic 5 days.

4.0 Spa Body Treatments

Massage therapies

1. hydrocushion massage

(£65, 60 mins or £85, 90 mins)

Luxurious warm water cushions will gently support you from head to toe as you float blissfully, enjoying a continuous, all over therapeutic massage.

2. hydrofirm massage

(£70, 60 mins or £90, 90 mins)

Untwist and loosen those tired and taught muscles with this ultra-deep tissue treatment that uses specially blended aromatherapy oil.

3. hydroholistic massage

(£65, 60 mins or £90, 95 mins)

A signature full body massage completely bespoke to suit your needs combining multiple techniques such as Swedish massage and deep tissue, leaving you totally relaxed.

4. hydrostone massage

(£75, 60 mins or £95, 90 mins)

A full body massage using heated stones placed over the body to relax and ease any muscular discomfort, helps boost the body’s natural regenerative processes.

‘hydrocushion massage, voted best massage in London’

Evening Standard

Anti-cellulite slimming and toning

5. hydroblitz

 - anti cellulite therapy (£65, 60 mins)

Blitz away cellulite, nourish and tone skin and re-sculpt natural contours with this innovative and invigorating spa care treatment.

6. universal contour wrap

 (£105, 120 mins)

This effective, scientifically proven treatment will set you on the pathway to a newer, slimmer you! Guaranteed to deliver an incredible 6 inch loss, the Universal Contour Wrap, is a soothing, detoxifying treatment for the entire body that offers lasting results. Also includes mini facial.

nb: please see the boot camp treatments under hydromum for a wider range of super-effective toning treatments.

5.0 Facials

1. Dr Bragi hydrozyme “illuminating” facial

 (£90, 60mins)

The hydrozyme “illuminating” facial is an hour-long treatment featuring the unique and hydrohealing exclusive hydrodermabrasion procedure combined with the therapeutic actions of Dr Bragi’s marine enzymes.

2. REN – 5 Phase BioActive Facials

Bioactive ingredients are combined with REN’s own Synergy Massage System to help reduce fine lines and promote the skin’s natural radiance, vitality and glow in this range of holistic luxurious facials. This treatment range will encourage healthy skin metabolism and self-repair, leaving your complexion clean, recharged and radiant

5-Phase Bespoke (£75, 60 mins)

Facial lift anti-ageing (£80, 60 mins)

Problem oily skin (£75, 60 mins)

REN mini facial (£40, 30 mins)

3. Japanese facial lifting

 (£70, 60mins)

A popular facial massage designed to ease tense facial muscles and reduce the appearance of wrinkles. The result - a healthier, radiant and younger looking face.

4. hydrodermabrasion

 (from £85, 60 mins)

This unique treatment utilises the power of water and oxygen at supersonic speed to gently remove excessive aged skin cells, leaving your skin deeply hydrated, refreshed and smooth.

hydrodermabrasion is perfect for improving the appearance of many skin conditions such as fine lines, wrinkles, scarring, acne, black comedone eruptions, unwanted pigmentation and puffy eyes.

‘I was amazed at how full of vitality my skin felt and looked!’

Metro Newspaper on the hydrodermabrasion facial

6.0 hydromum organic maternity treatments

Mama Mio Mama’s Touch™ Maternity Spa Treatments is no other time in a woman’s life when she more deserves to be luxuriously pampered than when she is pregnant.

1. lighten up

 (£35, 30 mins)

gentle hand, lower leg and foot massage followed by a warm fragrant mineral salt rich foot soak.

2. free loader

 (£50, 45 mins)

back and upper body massage specially designed to release tension and muscle fatigue.

3. the yummy tummy

 (£55, 45 mins)

gentle skin brushing to increase circulation and improve skin tonicity especially focusing on tummy followed by a relaxing lower leg and foot massage.

4. mellow mama

 (£85, 75 mins)

A complete body massage, using specific pre-natal techniques to help induce relaxation, increase circulation, alleviates tired muscles and water retention.

5. the Smoothie

 (£85, 75 mins)

a skin exfoliation followed by the most moisturising massage to hydrate and elasticise your skin. A luxurious scalp massage will sweep away your stress, leaving you with skin to rival your baby’s bottom.

Post Pregnancy

6. 4th Trimester healing hour

 (£70, 60 mins)

The 4th Trimester Healing Hour is a relaxing top to toe massage to help realign and restore your body as it naturally adapts and returns to being one person again.

7. boot camp for tummies

 (£65, 65 mins)

A deep cleanse and strong exfoliation of the tummy and an application of a firming and toning mask.

8. boot camp for butts

 (£65, 65 mins)

A deep cleanse and double exfoliation of the butt, and an application of a firming and toning mask.

9. boot camp for boobs

 (£65, 65 mins)

A gentle exfoliation of an omega rich mask, it increases circulation with a tension releasing massage.

7.0 hydroman men only treatments

It is widely known that men have a different make up for their skin. With this in mind, hydrohealing has teamed up with Osmium, a new leading men skincare range.

1. hydroman – ‘exfoliating’ massage

(£75, 60 mins)

Unwind and enjoy this exfoliating ritual that includes a full body massage with Osmium’s uplifting Energy Oil and revitalizing Mother of Pearl Exfoliating Body Scrub. A deeply relaxing and skin rejuvenating treatment which improves circulation and eliminates toxins whilst relieving muscle tension.

2. hydroman – facial

 (£65, 60 mins) (£70, 75mins)

A detoxifying facial cleanse with Osmium balancing Ginger & Turmeric Cleanser and a deep pore purifying bentonite clay mask with exfoliating walnut. Includes a revitalising Indian scalp and pressure point foot massage which truly leaves you looking energized & refreshed.

3. intensive hydrodermabrasion cleanse

(£85, 60mins)

Using our exclusive hydrodermabrasion machine, unique in London at hydrohealing. This treatment uses high pressured water infused with oxygen to give a deeper exfoliation. Helps to reduce pore size, blemishes, prevents in-growing hairs and improves congested skin.

4. advanced collagen

 (£85, 75mins)

An effective facial in which we use Osmium’s innovative collagen eye patches and pure collagen ampoules which visibly plump and deliver intensive cell level hydration.

5. eye boost

 (£75, 60mins)

An intensive yet relaxing facial that concentrates on the eyes with visible results. The collagen eye patches assist to combat dark circles, reduce puffiness and minimise fine lines. A unique hand glided suction pen is then used specifically around the eyes to promote lymphatic drainage & increase microcirculation. Leaves your face and eyes looking rejuvenated, refreshed & awake.

6. ‘backial’

 - back cleanse (£75, 60mins)

Involves a back, neck and shoulders deep cleanse using steam and gentle extractions. Overall purifies the skin by removing deep impurities that result in acne and blockages. It also assists in reducing redness and inflammation, leaving the skin looking clean and hydrated. Finishes with a relaxing back massage.

7. deep energy massage

 (£70, 60mins)

Awakens your senses & relieves muscle tension; imparts an overall feeling of well-being and awareness. Using Osmium’s exclusive blend of lemon, rosemary, peppermint & eucalyptus essential oils.

‘I weighed myself, I’d nearly lost half a stone. I was elated. My skin was clearer, my eyes brighter and I felt so much lighter of head and heart’

Lucy Cleland, Editor, Country House Magazine. Review of The Urban Detox™ Classic 5 days.

8.0 Beauty

1. waxing

Our waxing service is a simple way to get smooth, hairless skin, using only the finest resins, natural ingredients and aromatherapy oils. We only use Lycon hot wax for sensitive areas such as bikini and Brazilian.

Description	Price (£)
Half Arm	20
Full Arm	28
Basic Bikini	17
Brazilian Bikini	40
Hollywood Bikini	40
High Bikini	25
Eyebrow	15
Lip or Chin (each)	10
Half Leg (Lower)	25
Full Leg	32
Half Leg (Upper)	25
Men’s Back Only	30
Men’s Back and Shoulders	40
Men’s Chest	30
Underarm	15
3/4 Leg	28

2. tinting

Eyelash £15

Eyebrows £12

Lash and Brow £25

3. hand and foot care treatments

classic manicure

 (£30, 45mins)

Includes shaping of nails & cuticle detailing and a moisturising treatment with hand & arm massage. Ending with a buff or polish application.

deluxe manicure

 (£45, 60mins)

Includes a soothing soak, exfoliation, nail shaping cuticle detailing. An anti-ageing serum is then massaged into your hands and a nourishing butter applied. Your hands are placed in warming mitts to induce relaxation and allow for optimum penetration of the anti-ageing ingredients. Finishing off with a hand & arm massage and polish application of choice.

classic pedicure

 (£35, 45mins)

The classic pedicure for maintenance of the feet. Enjoy a soothing soak & exfoliating scrub. Includes foot buffing, nail shaping cuticle detailing. A massage and polish application of choice to complete.

deluxe pedicure

 (£45, 45mins)

Soothing soak, exfoliation & buffing of the soles, nail shaping & cuticle detailing. Followed by a fruit enzyme callus softener and mask. We then finish with a lower leg & foot massage & polish application of choice.

nail file & polish

 (£20, 25mins)

Limited time, don’t worry we will look after you with our expert file and polish service.

hydro
healing™