
You.

Welcome to
A simply better **YOU.**

Beauty + Skin Clinic



SUBTLE RESULTS
CONSIDERED TREATMENTS
LONG-TERM CONFIDENCE

You.
Simply better

YOU DON'T NEED MORE!
YOU NEED THE RIGHT APPROACH

Transformations should not change how you look. They should restore how you feel. At **YOU.** our work is focused on balance, structure and natural harmony. Every treatment is carefully considered, never trend-led, never excessive. We don't add for the sake of it. We restore what has been lost, refine what already exists, and maintain results over time. Because the goal is not to look different., it is to look like yourself; just more rested, more balanced, more confident. and empowered in your skin.

WHAT WE ARE NOT

A quick-fix clinic. We don't treat faces in isolation. We don't follow trends. And we don't overcorrect.

Every treatment is:
Individually assessed
Structurally planned
Delivered with precision
The result is always controlled. Always intentional. Always you.

DISCOVER THE YOU. WAY

Refined

Well maintained hands and feet are not created in one appointment.
They are built through consistency, structure, and precision.
At **YOU.** every treatment is performed with control not speed.
The focus is on nail health, clean structure, and a finish that lasts beyond the day of treatment.

No heavy finishes.
No rushed application.

Just refined, well-kept nails that hold their shape and wear properly over time.



Signature Manicure - Polish | £34
Signature Manicure - Gel Polish | £38
Signature Manicure - BIAB | £45

-Clean, precise nail work with a polished, long-lasting finish.

Luxury Manicure -Polish | £44
Luxury Manicure - Gel Polish | £48
Luxury Manicure - BIAB | £55

-Extended treatment with additional care to maintain skin condition and finish.

Extensions Full Set - Polish | £52
Extensions Full Set - Gel Polish | £56

- Structured application designed for strength, balance, and long-term wear.

Infill - Polish | £38
Infill - Gel Polish | £42

- Maintain your flawless nails with our maintenance service.

You.

HANDS.



You. Feet.

Signature Pedicure - Polish | £44
Signature Pedicure - Gel Polish | £48

- The ultimate treat for your feet, featuring hard skin removal, a soothing foot and leg massage and a flawless finish with your choice of gel or polish.

Luxury Pedicure - Polish | £64
Luxury Pedicure - Gel Polish | £68

- Includes all the benefits of our Signature Pedicure, with the added indulgence of a bed experience, an extended foot and leg massage and a rejuvenating hot mask for ultimate pampering.

Add ons

Nail Art | From £6

French Finish | £10

Gel Polish Removal | £10

Acrylic/BIAB/ Hard Gel Removal | £25

Nail Repair | £7



Defined

Eye treatments should not look obvious.
They should bring balance, structure, and quiet definition.

At **YOU.** brows and lashes are treated as part of the overall face, not isolated features.
Each treatment is performed with precision to:

Frame the eyes
Improve symmetry
Maintain a natural, controlled finish

No overworking.
No unnecessary volume.
Just definition that holds.

You.

LASHES + BROWS.

Tailored shaping, tinting, and lifting treatments designed to refine and define without excess.

Eyelash Tint | £18

Eyebrow Tint | £16

Eyebrow + Lash Tint | £30

Eyebrow Tidy + Shape | £16

Eyebrow Tint + Shape | £28

Precision Brow | £32

- Achieve perfectly sculpted brows with precise shaping, tinting and detailing for a flawless, defined finish.

Brow Lamination | £45

- Tame and reshape unruly brows with lamination, giving them a fuller, lifted look that stays in place all day.

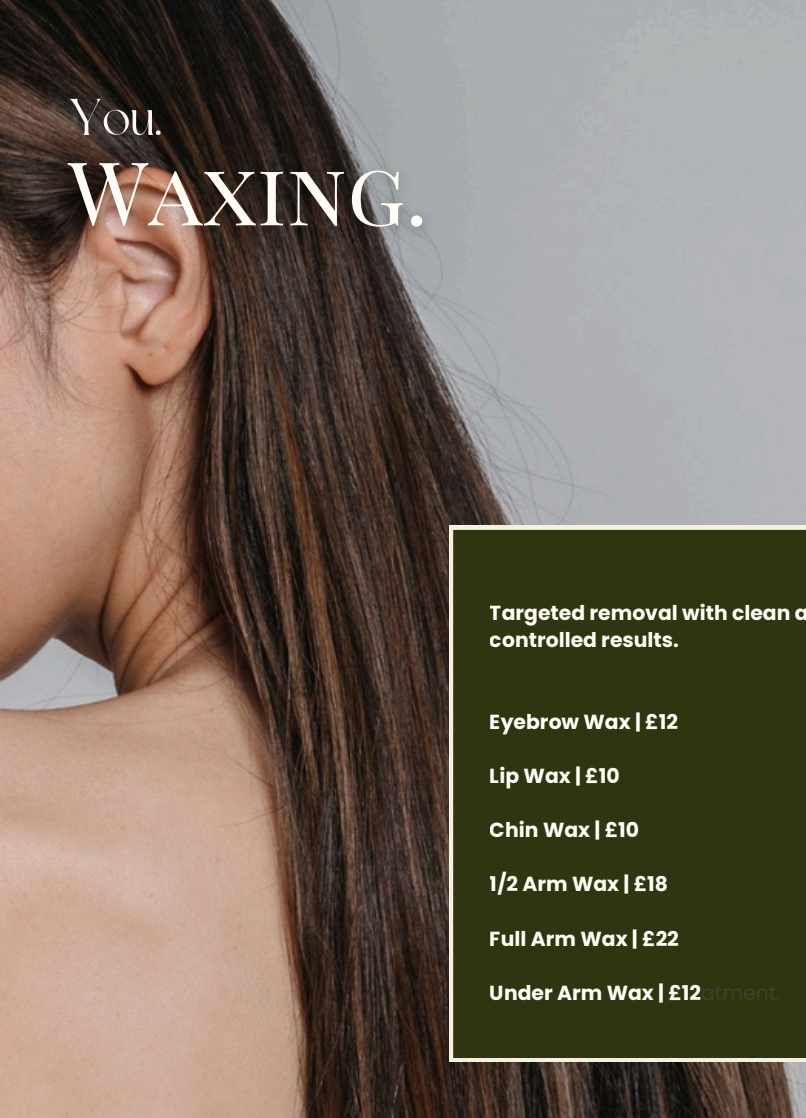
Lash Lift + Tint | £45

- Achieve longer-looking, lifted lashes with added depth and colour for a fresh, wide eyed appearance without extensions.

HAIR REMOVAL, DONE PROPERLY

Hair removal should be efficient, controlled, and consistent.
At **YOU.** treatments are performed with precision to minimise irritation, improve skin condition, and deliver clean, reliable results.

This is not rushed work.
It is maintained care.



You.

WAXING.

Targeted removal with clean application and controlled results.

Eyebrow Wax | £12

Lip Wax | £10

Chin Wax | £10

1/2 Arm Wax | £18

Full Arm Wax | £22

Under Arm Wax | £12



1/2 Leg | £22

-Smooth and hair free legs from the knee down for that effortlessly sleek look.

3/4 Leg Upper | £26

-Focuses on the upper portion of the legs for smooth, soft skin.

Full Leg Wax | £32

-Silky, hair free legs from thigh to ankle for a flawless finish.

Combined Packages

- Upper Lip and Chin | £16

- Eyebrows and Lip | £18

- 1/2 Leg and Bikini | £34

- Full Leg and Bikini | £42

- 1/2 Leg, Bikini and Underarm | £43

- Full Leg, Bikini and Underarm | £52

You.

WAXING.

You.

Intimate Waxing.

Au Natural Bikini Wax | £14

- A basic tidy up that leaves the area looking as natural as possible.

Extended Bikini Line | £18

- Hair is removed from outside the bikini line and a finger width in.

Brazilian | £30

- A vertical strip is left. With the Brazilian no hair is removed from the labia, it's just taken from below the abdomen; leaving a 'landing strip' two to three fingers in width.

Playboy | £45

- Hair is removed from underneath, labia and sides leaving a triangular shape, no hair is removed from the buttock or peri-anal area.

Hollywood | £55

- All hair is removed from everywhere including the labia, buttock or peri-anal area.



Laser it + forget it.

Laser is not a quick fix.
It is a structured process designed to reduce hair growth progressively and improve skin quality over time. Each session builds on the last, slowing regrowth, refining texture, and creating more manageable, consistent results.

No overpromising.
No rushed treatments.
Just a plan that works.

Courses recommended for best results.
Consultation required.

You.
LASER

Extra Small Area | £35
£245 - Course of 8

- Eyebrows
- Nose
- Earlobes

Small Area | £70
£490 - Course of 8

- Lip
- Fingers
- Hands
- Stomach Centre Line
- Nipple
- Hairline
- Chin

Medium Area | £80
£560 - Course of 8

- Half Face
- Jawline
- Neck
- Breasts
- Extended Bikini
- Underarm
- Sideburns
- Shoulder Blades
- Bikini

Large Area | £140
£980 - Course of 8

- Brazilian
- Chest
- Beard
- Abdomen
- Shoulders
- Half Back
- Upper arms
- Lower Arms
- Buttocks
- Full Face
- 3/4 Arm
- Upper leg
- Half leg

Extra Large Area | £180
£1260 - Course of 8

- Full Arm
- Full Leg
- Full Back
- Hollywood
- Playboy.

You.
LASER

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- Playboy.

You.
LASER



BODY RESET

Tension builds over time.
It should be released with intention.
At **YOU.** massage is not routine relaxation.
It is targeted work designed to restore balance, reduce physical stress, and improve how the body feels and functions.

Each treatment is adapted based on:

Where tension sits
How the body is holding
What needs to be released

Structured treatments designed to restore comfort, movement, and control.

You.

Massage.

Relax + Rejuvenate

- The ultimate relaxation experience, Swedish massage uses gentle yet firm strokes to release tension, improve circulation and leave you feeling completely rejuvenated.

30 mins | £45
60 mins | £75
90 mins | £105

Calm + Balance

- A soothing blend of massage techniques and aromatic essential oils designed to calm the mind, uplift the spirit and restore harmony to your body.

45 mins | £75
60 mins | £90

Warmth + Relief *

- Harnessing the power of heated stones, this deeply relaxing treatment melts away muscle tension, improves circulation and promotes a profound sense of calm.

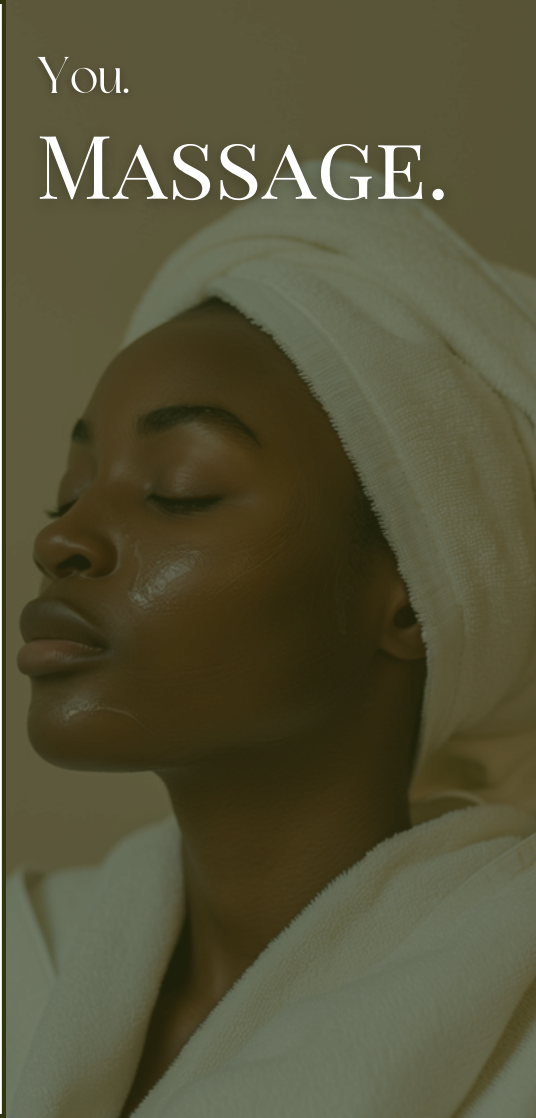
60 mins | £90
90 mins | £120

Indian Head

- This targeted treatment focuses on the head, neck and shoulders to ease tight muscles, boost circulation and leave you feeling refreshed and rebalanced.

45 mins | £55

You.
Massage.



Drain + Detox

- A gentle, rhythmic massage focused on stimulating your lymphatic system to reduce swelling, detoxify and support overall wellness.

60 mins | £90

Recover + Rebuild

- This targeted treatment relieves muscular tension, boosts mobility and supports faster recovery. Deep, focused techniques worked where you need them most, leaving you rebalanced and ready to move.

30 mins | £50
45 mins | £65
60 mins | £80

Restore + Realign

- A therapeutic massage targeting deep layers of muscle to relieve tension, reduce pain and improve mobility, leaving you feeling restored and recharged.

45 mins | £75
60 mins | £90

You.
BODY.

The Skin Polish | £95
1hr

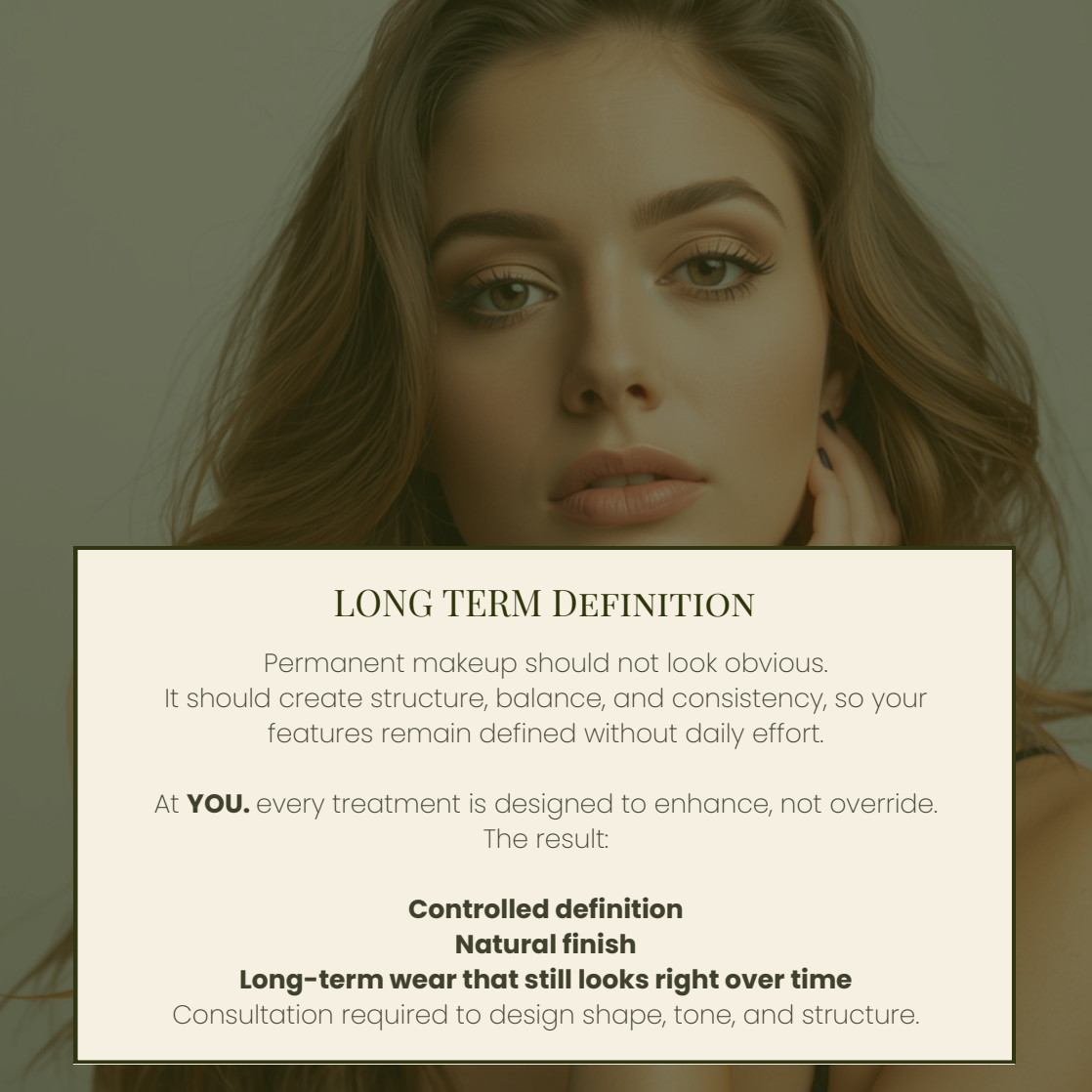
A full body resurfacing treatment combining deep exfoliation, intensive hydration and targeted skin renewal.

This extended treatment begins with a precision exfoliation to slough away dead cells and boost circulation, followed by a conditioning application of nutrient rich actives to deeply nourish, strengthen and smooth the skin barrier.
Ideal as a standalone reset for skin that needs real change, not just a surface refresh.

The Body Reset | £120
2hr

A complete full body transformation combining exfoliation, wrapped in a heated cocoon and finished with a relaxing full body body massage.

The treatment begins with a refining exfoliation to prime the skin, followed by the application of high performance creams and serums.
The body is wrapped to activate deep absorption, then finished with targeted hydration and contouring massage techniques to visibly firm, revitalise and restore total skin health.



LONG TERM DEFINITION

Permanent makeup should not look obvious.
It should create structure, balance, and consistency, so your features remain defined without daily effort.

At **YOU.** every treatment is designed to enhance, not override.
The result:

Controlled definition
Natural finish
Long-term wear that still looks right over time

Consultation required to design shape, tone, and structure.



You.

Semi-Permanent Make-Up.

Eyebrows | From £525

- Achieve beautifully defined, long lasting brows with our machine applied semi-permanent treatment. Using advanced digital technology, we create a soft, powdered finish for fuller, perfectly shaped brows tailored to your style.

Micro-blading | £525

- Achieve perfectly shaped, natural looking brows with our expert micro-blading treatment. Using fine, hair like strokes, we enhance your brows for a fuller, more defined look that lasts.

Eyeliner | From £495

- Wake up ready with smudge proof, semi-permanent eyeliner. From subtle definition to a bold wing, we customise your look to suit your style and save you time every day.

Lip Liner | From £450

- Define and shape your lips with a soft, youthful contour that enhances their natural beauty and adds lasting precision.



Lip Blush | £550

- Add a soft tint of colour and definition to your lips with our Lip Blush treatment. This semi-permanent technique enhances your natural lip shape and colour for a fresh, youthful look.

Full Lip Colour | From £750

- Enhance your lips with a bold, semi-permanent full lip colour treatment. This technique adds rich, even pigment for a defined, vibrant look that lasts, perfect for achieving flawless lips without daily makeup.

Up to 18 month Top-Up | £295

- Maintain the look of your semi-permanent makeup with a top up session, ideal for refreshing faded colour or enhancing definition within 18 months of your original treatment.

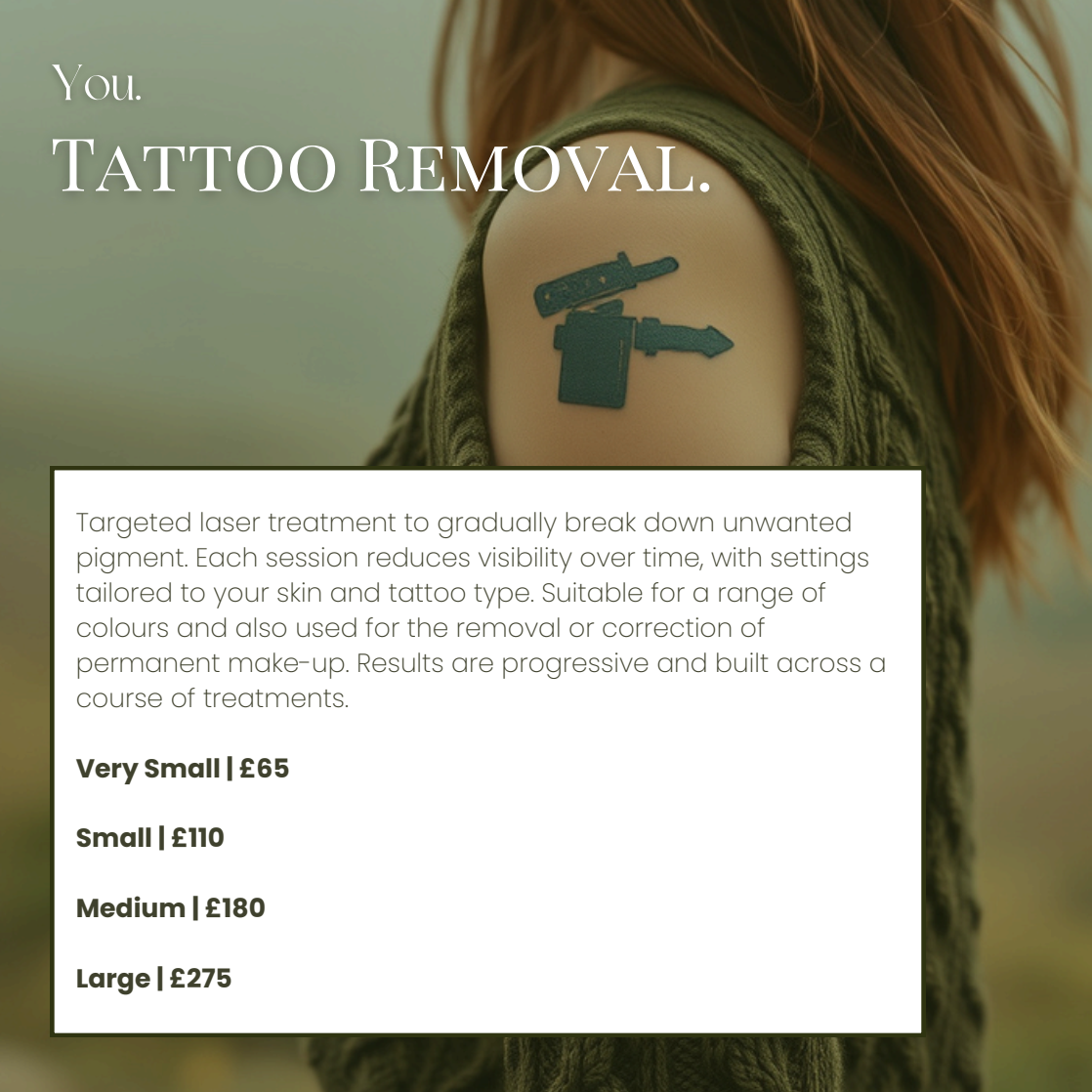
Up to 24 month Top-Up | £375

- For a longer lasting refresh, our 24-month top-up brings your semi-permanent makeup back to life, keeping your brows, eyeliner, or lips looking flawless.

You.
Semi-Permanent Make-Up.

You.

Tattoo Removal.



Targeted laser treatment to gradually break down unwanted pigment. Each session reduces visibility over time, with settings tailored to your skin and tattoo type. Suitable for a range of colours and also used for the removal or correction of permanent make-up. Results are progressive and built across a course of treatments.

Very Small | £65

Small | £110

Medium | £180

Large | £275



More than skin deep

If you've tried multiple treatments but still feel unsure what your skin actually needs, you're not alone. Most skin concerns persist not because you haven't done enough, but because nothing has been done in the right order.

Real skin transformation is not created in a single appointment.

It is built through strategy, sequencing, and consistency.

SKIN CONCERNS WE TREAT.....

ACNE





ROSACEA







PIGMENTATION





AGEING

WELCOME TO THE SKIN SERIES

Our Skin Series programms removes the guesswork. Every treatment sits within a structured, phased approach, designed to reset, protect, and strengthen the skin over time. This ensures your skin is treated based on what it needs now, so it can progress properly to what it needs next.

Book a consultation and let's create a plan that actually works for your skin. or book your Facial today!

WHATS YOUR CONCERN

CHOOSE FROM RESET OR PREVENTION

BOOK YOUR APPOINTMENT

AND..
RELAX



YOU RESET SERIES.....

Designed to restore balance, repair the barrier, and bring the skin back under control.

CLARIFYING CLEAN

For skin that is congested, oily, and unresponsive.

FOCUSED ON:
Congestion correction
Breakout control
Deep pore cleansing

DESIGNED FOR SKIN THAT FEESL:
Blocked
Dull
Heavy
Overactive in oil production

This is where the skin is cleared properly allowing it to reset and function more efficiently.
60 mins | £190

SKIN STABILITY

For skin that is inflamed, reactive, or no longer functioning properly.

DESIGNED TO:
Restore
Balance
Improve Skin function
Repair Barrier strength
Create Internal calm

SUITABLE FOR:
Rosacea
Inflammatory acne
Redness and sensitivity
Skin that flares, reacts, or feels out of control

This is where we reduce inflammation and bring the skin back to a place of stability and control.
Because until the skin is stable, nothing else will work properly.
60 MINS | £165

HYDRATION RECOVERY

For compromised, dehydrated, or sensitised skin.

FOCUSED ON:
Deep hydration
Barrier repair
Reducing sensitivity
Restoring comfort

SUITABLE FOR:
Dry, tired skin
Sensitised or over-treated skin
Skin lacking resilience

This is not about pushing the skin.
It is about giving it what it needs to recover.
Control before correction. Always.
90 mins | £180

SKIN QUENCH INFUSION

For skin that needs more than surface-level treatment but cannot tolerate aggression. A non invasive infusion designed to deliver targeted actives deep into the skin without triggering inflammation.

IDEAL FOR:
Dehydration
Early ageing
Sun-damaged skin
Dull, depleted skin
Skin that feels like it needs “quenching”

THIS TREATMENT WORKS TO:
Deeply replenish hydration
Support cellular repair
Improve skin quality and function
Restore a healthy, supported skin environment

This is where we begin to rebuild the skin internally, without compromising its integrity.
90 min | £180

THESE are not just facials.....

They are targeted reset treatments, chosen to bring your skin back into balance, so it can progress properly through the next stages of transformation.

YOU PREVENTION SERIES.....

Designed to protect, strengthen,
and delay visible ageing.

FIRM+SUPPORT

For skin beginning to lose firmness, elasticity, and hydration.

Combines advanced hydration with radio frequency technology to:

Strengthen skin structure
Stimulate collagen production
Improve elasticity
Tighten and firm the skin

DELIVERS:
A visible hydration boost
Improved skin density
A smoother, more lifted appearance

This is where skin is supported before visible ageing accelerates.
120 mins | £225

CARBON CLARITY

A controlled introduction to laser and light technology.

DESIGNED TO:
Regulate oil production
Refine pores
Deeply cleanse and clarify the skin

SUPPORTS:
Skin clarity
Balanced oil flow
Overall skin health and resilience

This is not just a "glow treatment."

It is a skin clearing and strengthening protocol that improves how the skin functions giving longevity to your results.
60 mins | £195

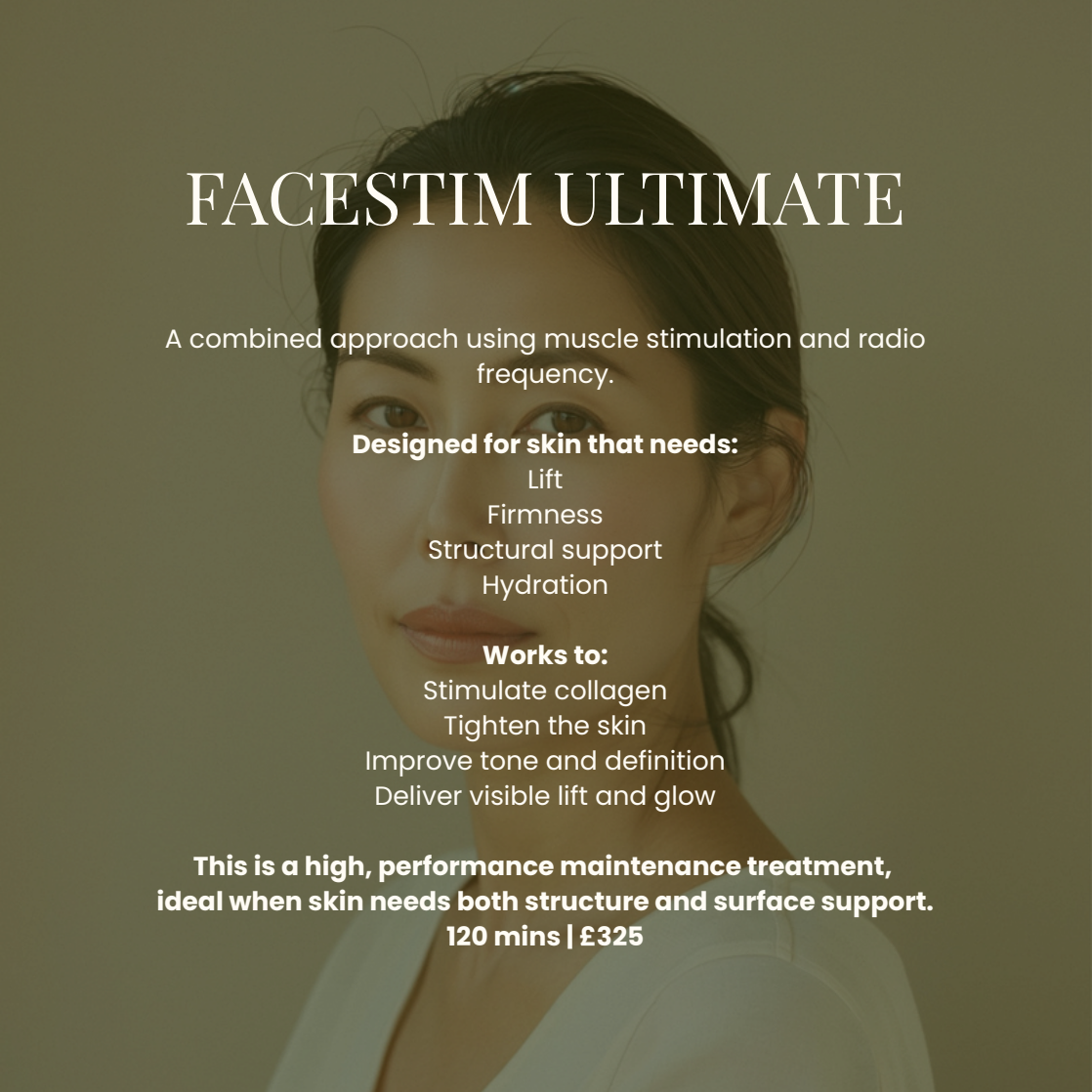
FACESTIM

A structured “workout” for the face using advanced muscle stimulation.

DESIGNED TO:
Tone and lift facial structure
Improve circulation
Strengthen underlying facial muscles

This is not surface-level
It works beneath the skin to maintain:
Definition
Support
Natural lift

Structural maintenance not temporary effect.
90 mins | £225



FACESTIM ULTIMATE

A combined approach using muscle stimulation and radio frequency.

Designed for skin that needs:
Lift
Firmness
Structural support
Hydration

Works to:
Stimulate collagen
Tighten the skin
Improve tone and definition
Deliver visible lift and glow

This is a high, performance maintenance treatment, ideal when skin needs both structure and surface support.
120 mins | £325

IF YOUR LOOKING FOR MORE.....

These treatments are a starting point,

If your skin requires:

- Correction
- Regeneration
- Advanced transformation

You will need a consultation and prescribed programme.

Because real transformation cannot be selected from a menu.

Signature.....

EVENT SKIN THE **YOU.** WAY



GLASS SKIN FINISH

For when your skin needs to look instantly refined, smooth, and luminous. A precision treatment combining advanced dermaplaning with targeted infusion to:

Remove surface build-up
Perfect skin texture
Enhance light reflection
Create a smooth, flawless finish

THE RESULTS THAT THE SKIN APPEARS:
Clearer
Brighter
Polished
Visibly radiant

THIS IS THE PERFECT TREATMENT:
Events
Weddings
Holidays
When your skin needs to look its best, immediately.
A perfected, glass like finish, without heaviness or downtime.
90 Mins | £145

Fire + Glow Skin

For skin that needs instant impact, hydration, and visible glow.
A controlled combination of resurfacing and intensive hydration designed to:

Boost circulation
Refine the skin surface
Deeply hydrate and plump
Restore radiance and vitality

DELIVERS:
Immediate glow
Improved skin smoothness
A fresh, energised appearance

IDEAL BEFORE:
Events
Nights out
Special occasions
When your skin looks tired, dull, or flat

This is skin revival, fast, effective, and visibly transformative.
120 Mins | £165

WHATS NEXT....

Transformative
Programs

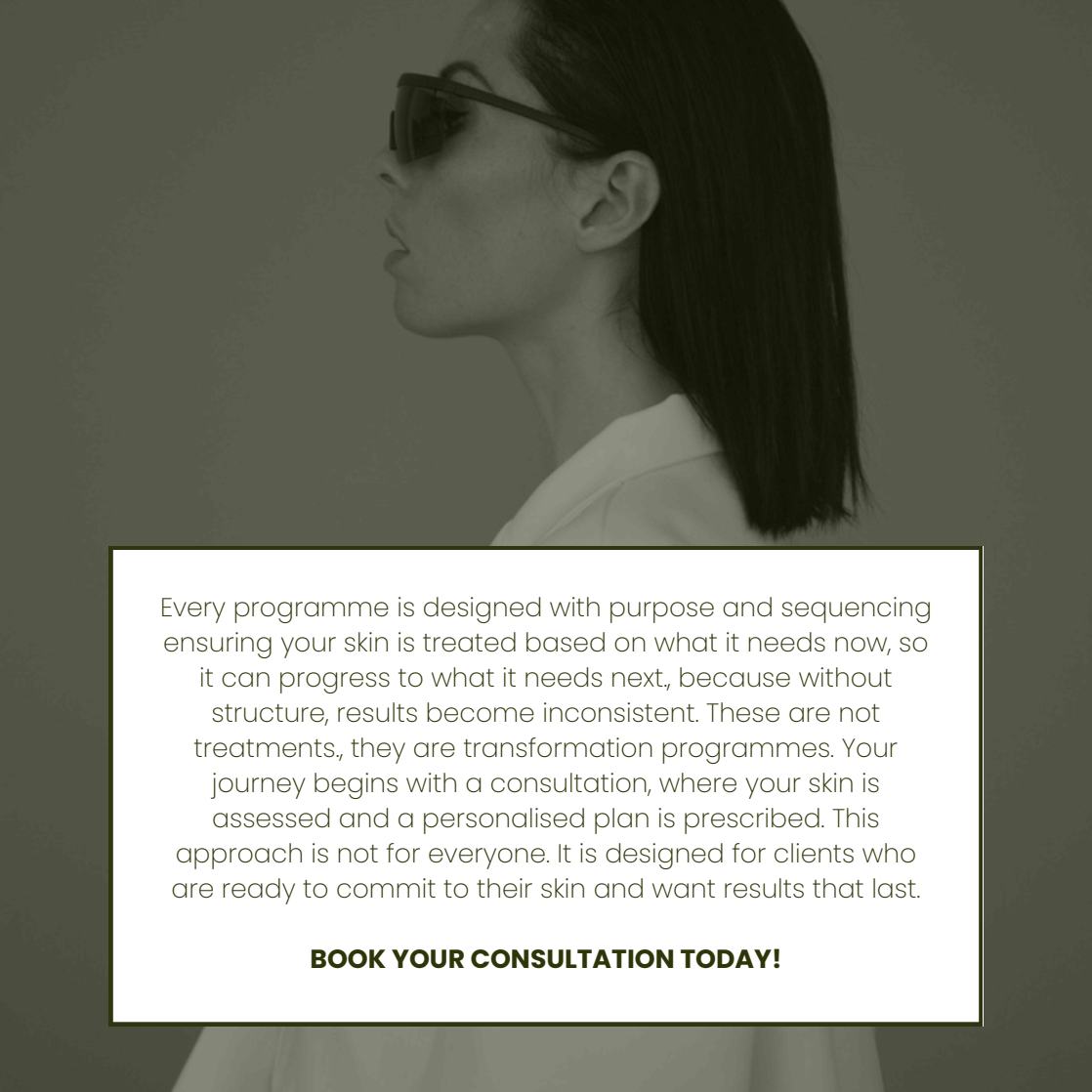

How we work...

Great skin isn't achieved in a single visit.
It is built over time.
At **YOU.** every journey begins with understanding your skin properly, your needs, your goals, and how your skin is currently functioning.
From there, a structured plan is created.
One that focuses on consistent care, correctly sequenced treatments, and results that are designed to last not fade.
Because without structure, results become inconsistent.
Your experience doesn't end when you leave the clinic.
You are guided throughout
with expert direction, ongoing support, and clear next steps, so your skin continues to improve between treatments, not just during them.
Because at **YOU**. this isn't about a one time treatment.
It's about creating a standard of care that supports your skin long-term and becomes part of how you maintain it.

This is where real skin change begins. We do not treat the skin through one-off appointments.
We guide it through structured programmes, designed to deliver results that are built properly over time. Each programme sits within a defined phase of your skin journey:

RESET HEALTH AND FUNCTION | £999
Restore balance, calm inflammation, and repair the skin barrier.
RESET FOUNDATION AND REFINEMENT | £1400
Strengthen foundation and promote clarity
RESET FIRM AND SUPPORT | £1800
Structure, strength and laxity

PREVENTION | £2600
Protect, strengthen, and maintain skin health before decline begins.
RESTORE | £3800
Rebuild structure, stimulate collagen, and create visible transformation.
LONGEVITY | £5000
Maintain results and support long-term skin integrity.



Every programme is designed with purpose and sequencing ensuring your skin is treated based on what it needs now, so it can progress to what it needs next., because without structure, results become inconsistent. These are not treatments., they are transformation programmes. Your journey begins with a consultation, where your skin is assessed and a personalised plan is prescribed. This approach is not for everyone. It is designed for clients who are ready to commit to their skin and want results that last.

BOOK YOUR CONSULTATION TODAY!

OUR CHOOSEN REGENERATIVE TECHNOLOGIES & FORMULATIONS...

SKINCARE, DONE PROPERLY

What you do at home matters more than what you do occasionally.
In-clinic treatments create change.
But it is your homecare that protects it, supports it, and allows it to last.
Without the right skincare, results become inconsistent.
Progress slows.
And the skin returns to old patterns.

At YOU, we don't recommend products based on trends or preference.

We prescribe skincare based on:
Skin function
Current condition
Your position within your programme

Because what your skin needs will change and your skincare should change with it.

WHY THIS MATTERS

Skincare is not an add-on.
It is part of your programme.

It ensures:

Treatments perform better
Results last longer
The skin continues to improve
between visits

Its s not about having more
products.

It is about using the right ones, in
the right way, at the right time.

Because real skin transformation
doesn't happen once a month.
It happens every day.



BRANDS WE TRUST

We work with a carefully selected group of clinical-grade skincare and regenerative systems, chosen for performance, consistency, and long-term results.

EXO|E
The next generation of regenerative skincare. This advanced 3-step system uses plant-derived stem cell messengers to speed up healing, supercharge your skin's recovery, and boost your results. It's clinically shown to reduce inflammation, increase collagen and elastin, and hydrate from deep within, making it the perfect partner to elevate any advanced skin treatment. Used before, during, and after your session, EXO|E helps your skin bounce back faster and look better for longer. Whilst dramatically increasing your own Hyaluronic Acid production by over 100% in just a few weeks.

Mesoestetics
Targeted, corrective skincare focused on treating concerns such as pigmentation, ageing, and acne, supporting skin function while delivering visible improvement.

Medik8
Results-driven formulations designed to maintain skin health, protect against environmental damage, and support long-term skin stability.



We don’t rely on one treatment

We use a carefully selected combination of technologies and formulations, applied with purpose.
At **YOU,** results are not created by a single device or product.
They are built through how each element is introduced—layered and sequenced at the right stage of your programme.

Because the skin does not respond to trends.
It responds to precision.

Our approach integrates:
Regenerative skincare, including EXO|E, polynucleotides, and boosters
Collagen-stimulating treatments
Advanced infusion systems
Skin-strengthening technologies

These are not treatments you choose individually.
They are tools we use based on what your skin needs, and when it needs it.

TARGETED INFUSION + CUSTOMISATION

No two skins require the same input. We use tailored combinations of:

Vitamins
Peptides
Hyaluronic acid
Antioxidants

Delivered through advanced systems to:

Hydrate deeply
Repair at a cellular level
Support regeneration without overloading the skin

This ensures every treatment is specific, not generic.

REGENERATIVE + SKIN QUALITY TECHNOLOGIES

We work with advanced regenerative systems designed to improve how the skin behaves beneath the surface.
Including:

Exosomes and regenerative cell messengers
Skin boosters and polynucleotide-based formulations
Targeted infusion of active ingredients

These support:

Faster healing and recovery
Improved hydration and resilience
Increased collagen and elastin production

The result is not just better-looking skin
but skin that functions more efficiently over time.

OUR VITAL BOOSTER TREATMENT

Adds a custom blended infusion just for you, choosing from a selection of Vitamins including Vitamin C, DMAE, and Hyaluronic Acid to deeply hydrate, firm and repair your skin by stimulating regeneration at the cellular level.

Our cocktails are chosen to suit your needs:

Depigmentation solution for hyperpigmentation, melasma, sun spots
Photoageing for fine lines and radiance
Mesotox for expression lines and wrinkles
Mesopeptide for saggy skin and firmness
Vitamin C, antioxidant and brightening
Glutathione, strong antioxidant
DMAE, firming, sagging loss of elasticity, Hydration
Neofound, combination of Peptides, Growth-factor-like ingredients, Hydrating complexes, Regenerative actives

COLLAGEN + STRUCTURAL TECHNOLOGIES

To create visible change, the skin must be stimulated correctly.

We use controlled, advanced methods such as:

Microneedling and fractional resurfacing
Collagen stimulation technologies
Deep tissue activation treatments

These are applied to:

Improve texture and tone
Reduce scarring and fine lines
Strengthen skin density and structure

This is where the skin is not just treated, it is rebuilt.

A CLOSER LOOK

Collagen Pen
- Stimulate collagen and elastin production with microneedling, improving texture, reducing scars and restoring your skin's youthful vibrancy.

ExoFirm
- A next level microneedling experience enhanced with our revolutionary exosomes and polynucleotide skin booster. This treatment creates micro-channels in the skin to trigger deep collagen renewal while infusing regenerative exosomes, reducing fine lines, tightening pores and improving skin texture for visibly smoother, more youthful skin.

Derma Force
- Transform your skin with fractional microneedling, targeting deeper scars and wrinkles for smoother, firmer and more refined skin.

LIFTING + CONTOUR TECHNOLOGIES

For structural support and long-term firmness, we integrate technologies that work beneath the surface. Including:

Ultrasound-based lifting systems using HIFU
Collagen-stimulating energy treatments using Radio Frequency

These are used to:

Improve definition
Support natural lift
Maintain facial structure over time

Results are:

Progressive
Controlled
Built to last

TOOLS BEHIND THE RESULTS

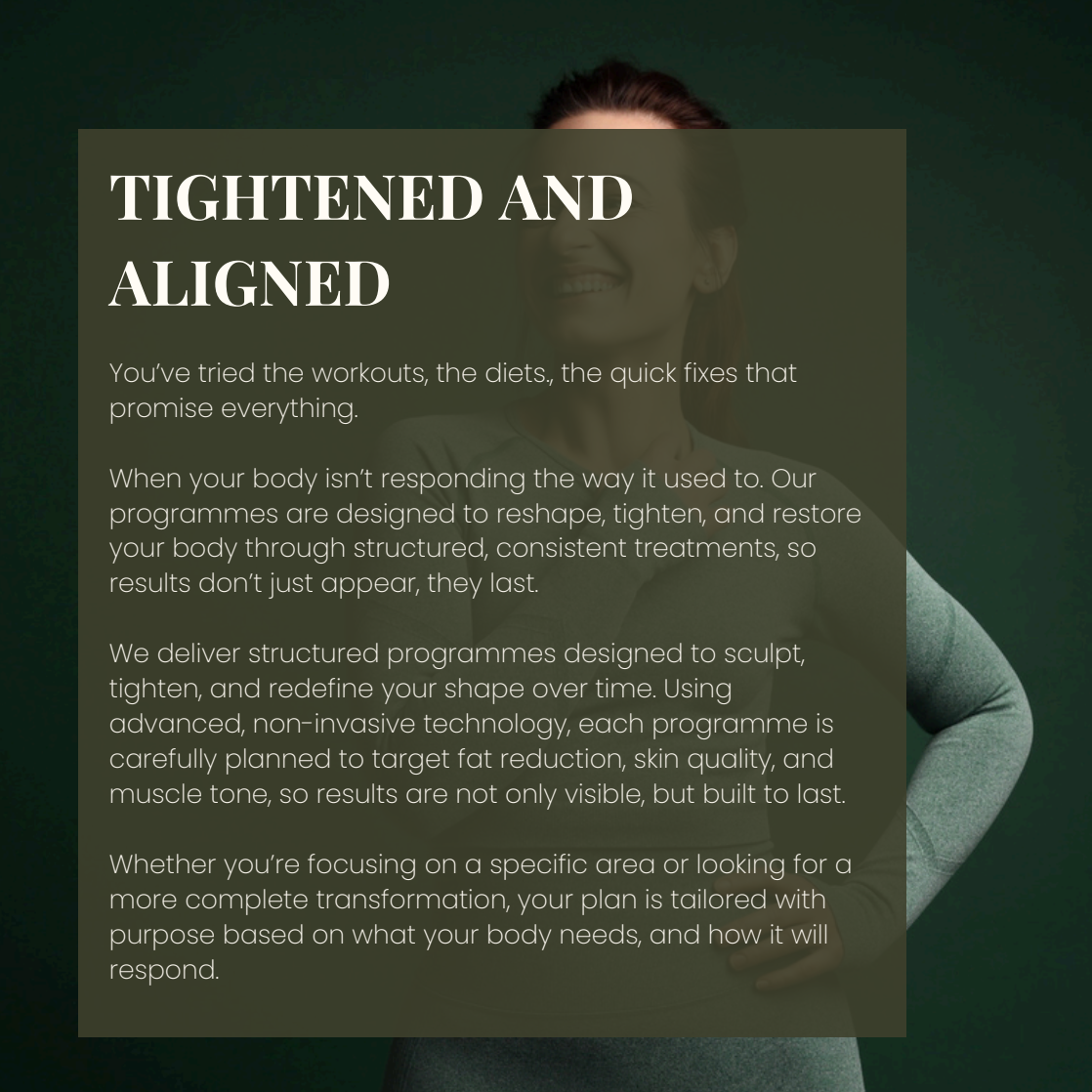
Contour Max | Eyes upper or lower
Lower face
Full Face
Neck

Contour Max is our non-surgical facelift treatment designed to lift, tighten and redefine the face without needles or downtime. Using high-intensity focused ultrasound (HIFU), it stimulates deep collagen renewal to contour areas like the jawline, cheeks and neck. Results are natural, long lasting, and improve over time, ideal for maintaining a sculpted look with minimal commitment.

INSIDE YOUR PROGRAM.....

These technologies are not offered as standalone solutions.
They are used within your programme.
introduced at the right time, in the right way.
Because real transformation is not about doing more.
It's about doing what's right, in the right order.

Book your consultation today



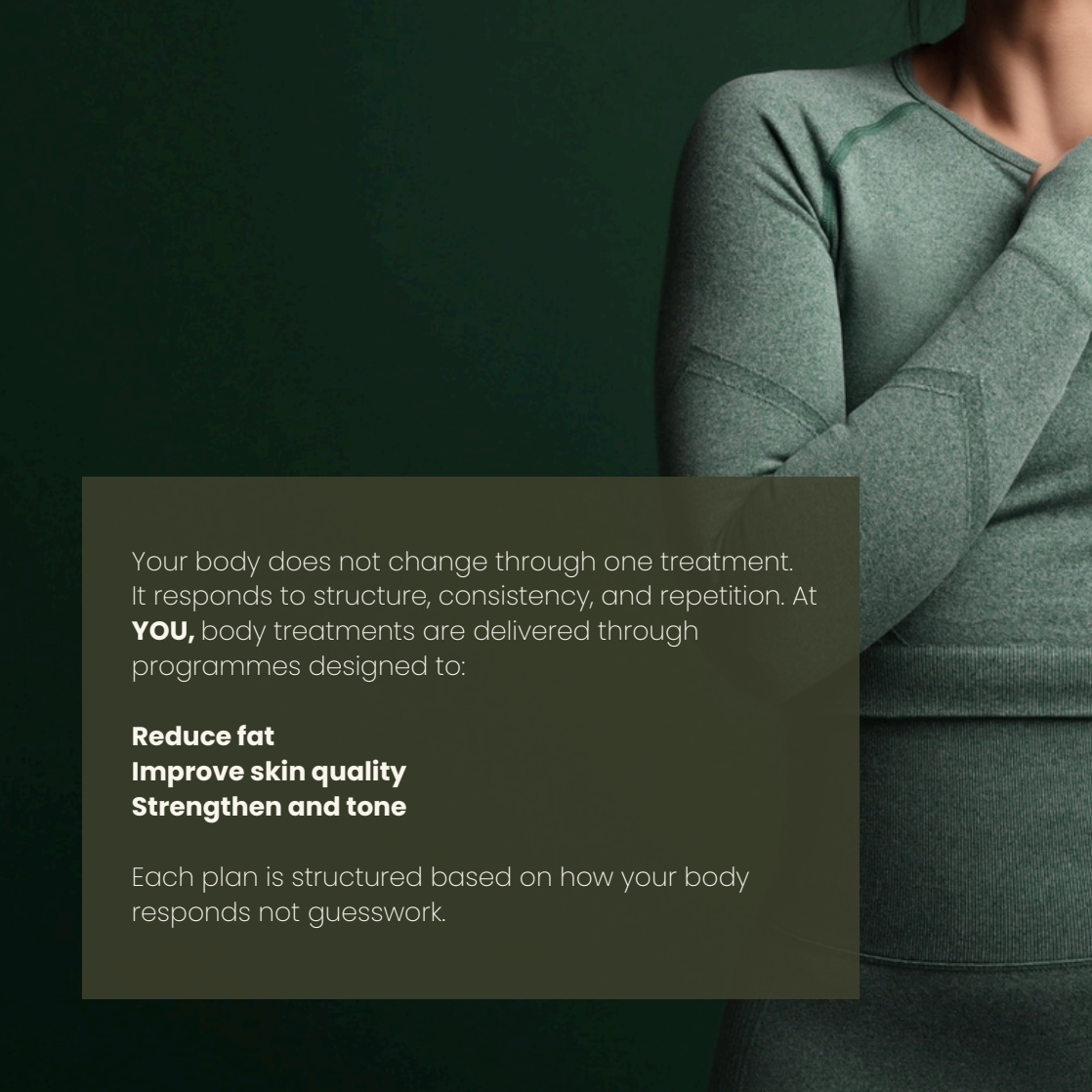
TIGHTENED AND ALIGNED

You've tried the workouts, the diets., the quick fixes that promise everything.

When your body isn't responding the way it used to. Our programmes are designed to reshape, tighten, and restore your body through structured, consistent treatments, so results don't just appear, they last.

We deliver structured programmes designed to sculpt, tighten, and redefine your shape over time. Using advanced, non-invasive technology, each programme is carefully planned to target fat reduction, skin quality, and muscle tone, so results are not only visible, but built to last.

Whether you're focusing on a specific area or looking for a more complete transformation, your plan is tailored with purpose based on what your body needs, and how it will respond.



Your body does not change through one treatment. It responds to structure, consistency, and repetition. At **YOU,** body treatments are delivered through programmes designed to:

Reduce fat
Improve skin quality
Strengthen and tone

Each plan is structured based on how your body responds not guesswork.

You.

BESPOKE BODY CONTOURING

Bespoke Body Contouring | FROM £175

-A structured approach to reduce fat, refine shape, and contour targeted areas.

60 Mins £175
90 Mins £225
120 mins £275

OUR PROGRAMMS:

-VIP Ultimate Sculpting | £2600
A multi-layered transformation combining fat reduction, muscle toning, and advanced sculpting for maximum change.

-VIP Lift and Firm | £3400
Focused on tightening skin, improving texture, and restoring firmness where it's been lost.

-Cellulite Correction | £1550
Targets stubborn cellulite by smoothing, refining, and improving skin quality.

-SKIN Tightening | £1000
Designed to firm, tighten, and strengthen the skin for a more toned appearance.

Memberships Start From £99 Per Month





BEFORE AFTER

You.

SIGNATURE PROGRAMMS

5 Point Body | £4200
A full-body contouring programme targeting the most resistant areas for a balanced, sculpted shape.

Tummy Makeover | £3250
Designed to restore, tighten, and rebuild the abdominal area after pregnancy or weight change.

Ultimate Bum Lift | £3000
Lifts, shapes, and enhances the glutes while improving skin tone and firmness.

Bingo Wings | £2200
Tightens, tones, and reshapes the upper arms for a more defined finish.

Thigh GAP | £1400
Refines and contours the inner thighs to create a smoother, more sculpted shape.

These are not one off treatments.
They are structured programmes designed to deliver visible, lasting body change built over time.

Memberships Start From £99 Per Month

You.
ENHANCERS.

Fat Freeze | From £300

- Freeze away stubborn fat with our state-of-the-art cryotherapy treatment. This non-invasive procedure safely destroys fat cells, helping you achieve a slimmer, more defined shape with lasting results.

PowerSculpt | £125

- Build strength and definition effortlessly with our advanced toning technology, which delivers the equivalent of 20,000 squats in just one session. Perfect for sculpting and shaping your body without the sweat.

Derma Force Pro | From £550

- Target loose skin, crepey texture, and stretch marks with advanced fractional microneedling. This treatment firms and refines areas like the stomach, thighs, arms, and knees. Restoring smoother, tighter, more confident skin where it matters most.

HIFU | FROM £999

- Boost circulation and enhance results with shockwave technology. This treatment helps flush out toxins and accelerates the elimination of broken-down fat cells, leaving you feeling lighter and more energised.





BEFORE AFTER


You.

You.

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