

# MEDICAL FACILITY

The clinic combines the very best in research, innovative technology and medical expertise to improve and maintain your health. With an emphasis on preventative medicine, our concept focuses on the human body in its entirety and takes an integrated approach to your well-being.

Personalised screening programmes and annual assessments are also available in order to proactively detect changes to your health at an early stage. As a facility we are working with medical insurances. Please contact us to verify your service or referral is covered.



## MSK

MSK Initial Consultation (30 mins)	£300
MSK Follow Up (20 mins)	£200
MSK Second Opinion (60 mins)	£550
Ultrasound-guided Injection (Steroids, Cortisone)	£500
Ultrasound-guided Injection (PRP, Hyaluronic acid)	£600
MSK Pre Assessment	£290

## CARDIOLOGY

Cardiology Consultation (30 mins)	£300
Cardiology Follow Up (30 mins)	£200
Cardiology Consultation Second Opinion (60 mins)	£550
Ultrasound Echocardiogram	£400
Cardiopulmonary Exercise Testing (CPET)	£695
Vo <sub>2</sub> Max Testing with Exercise Prescription	£650
Resting Metabolic Rate (RMR)	£250
Resting ECG (10 mins)	£105

## MOVEMENT ANALYSIS

Diers, Postural Analysis & Pedography (20 mins)	£250
Biodex, muscle assessment, one area (30 Mins)	£350
Centaur, Core analysis (15 Mins)	£190
Pegasus, Trunk analysis (20 Mins)	£250
Minotaur, Cervical analysis (20 Mins)	£200
Gait Analysis (40 Mins)	£400
EMG muscle assessment (30 Mins)	£250
Force Decks, Balance/Squat Analysis (15 Mins)	£140
Force Decks, Balance/Squat Analysis & Jump Analysis (20 Mins)	£200
Force Frame, Strength Test (20 Mins)	£200

\*Pricing includes assessment, a comprehensive report, 30-min Follow Up consultation with our Sport Scientist and a bespoke training plan. An initial Pre Assessment is also required

## REHABILITATION

	Members	Non-Members
Craniosacral Therapy (50mins)	£155	£170
Osteopathy (50 mins)	£155	£170
Physiotherapy (50 mins)	£120	£140
Physiotherapy (50 mins) /Senior Physiotherapist	£155	£170
Physiotherapy Follow Up (25 mins)	£110	£130
Chiropractic Consultation (50 mins)	£200	£220

## GP & FUNCTIONAL MEDICINE

Functional Medicine Consultation (60 mins)	£390
Functional Medicine Consultation (90 mins)	£550
Functional Medicine Consultation Follow Up (30 mins)	£200
GP Consultation (15 mins)	£125
Functional Medicine Follow Up (30 mins)	£200
GP Consultation (30 mins)	£200
Menopause Consultation (45 mins)	£300
Naturopathic Consultation (60 mins)	£220
Acupuncture (60 mins)	£200

## SHOCK WAVE THERAPY

Shock Wave Therapy Single Session with Therapist	£140
Shock Wave Therapy 3 Sessions with Therapist	£400
Shock Wave Therapy 6 Sessions with Therapist	£780
Shock Wave Therapy Single Session with MSK Specialist	£250
Shock Wave Therapy 3 Sessions with MSK Specialist	£650
Shock Wave Therapy 6 Sessions with MSK Specialist	£1,300

## SLEEP MEDICINE

Initial Consultation with Sleep Specialist (50 mins)	£350
Follow Up with Sleep Specialist	£180
Wrist Actigraphy Insomnia/Sleep Rhythm (14 days)	£350
Actigraphy (1 night)	£190
OSA Diagnostic WatchPAT	£280
OSA Screening Sunrise	£190

## MASSAGE

	Members	Non-Members
Massage (50 mins)	£110	£130
Massage (80 mins)	£160	£180
Manual Lymphatic Drainage (50 mins)	£110	£130
Fascial Stretch Therapy (50 mins)	£110	£130
Cupping (50 mins)	£130	£150
Shiatsu (60 mins)	£200	£220
Yoga-Thai Massage (60 mins)	£200	£220

## INVESTIGATIONS

Using a 3Tesla Siemens Skyra MRI Scanner, our experienced team focus on high resolution and advanced imaging techniques. There is also an entertainment package to include TV and music as well as aromatherapy and mood lighting.

### MRI

One part	£790
Two parts	£1,200
Three parts	£1,680
Four parts	£2,160
Cardiac	£2,030
Whole body	£2,950
MRI Body Composition	£490

### ULTRASOUND

Ultrasound one part	from £320
Ultrasound two parts	from £400

### GASTROENTEROLOGY

Initial Consultation (30 mins)	£300
Follow up Consultation (30 mins)	£200
Proctoscopy (Procedure fee)	£100
Rigid sigmoidoscopy (procedure fee)	£100

Lanserhof blood, urine and gut health tests include:

Heavy Metal	Post-Menopausal
Amino Acid Profile	Pre/peri-Menopausal
Female Tumour Marker	Metabolic
Male Tumour Marker	Monitoring Thyroid
Vitamins, Minerals & Micronutrients	Food Sensitivity
Functional Profile	Sleep Profile
Screening Profile	Gut Health Analysis
MSK Profile	P88 Dietary Antigen
Cardiac Profile	Lymphocyte Typing
	NutrEval

## WELLNESS

### CRYOTHERAPY

	Members	Non-Members
First Session	Free	£50
Single Session	£75	£80
5 Sessions (£55)	£275	£300
10 Sessions (£50)	£500	£550
20 Sessions (£45)	£900	£1,000

### INTERMITTENT HYPOXIC THERAPY (AIRZONE)

	Members	Non-Members
Single Session (60 mins)	£110	£120
3 Sessions	£290	£320
6 Sessions	£560	£610

### INFUSION THERAPY\*

	Members	Non-Members
Tailor-made Infusion		from £400
NAD+ Infusion Therapy	from £185	from £215
Life	£220	£260
Life Plus	£290	£350
Liver Cleanse	£230	£280
Immune Support	£250	£320
Fitness	£240	£300
Hair, Skin & Nails	£240	£300
High Dose Vitamin C	£180	£220
Brain Health	£290	£360
Gut Health	£290	£360
Ozone Therapy (20 mins)		£250
Ozone Therapy (when combined)		£200

### NUTRITION

Personalised Nutrition Programme (60 mins)	£220
Follow Up with Nutritionist (60 mins)	£220

## BEAUTY TREATMENTS

### FACE RESTORATION

FaceRestoration is a Consultant delivered medical and surgical service specialising in diseases of the eyes, eyelids and facial aesthetics. Award-winning oculoplastic surgeons, Dr Rachna Murthy and Professor Jonathan Roos, are global recognised as experts in the field and are trained to look after your health and appearance in a safe, confidential and timely manner.

from £475

### AUGUSTINUS BADER X LANSERHOF

Visia Analysis (20 mins)	£120
#BaderIntroductory Treatment (40 mins)	£200
Full Body Detox Firming Treatment (90 mins)	£295
Ultimate Head to Toe Full Body Treatment (120 mins)	£350
Radiofrequency Face Treatment (60 mins)	£390
Radio Frequency Body Ritual (90 mins)	£420
#BaderGlow Rejuvenating Facial (75 mins)	£475
RF Hands treatment course of 6 (30 mins)	£500
#BaderUltimate Treatment (90 mins)	£650
RF Body treatment course of 6 (75 mins)	£1,600
RF Body treatment course of 12 (120 mins)	£2,800
RF Hand Treatment (30 mins)	£90

## CLUB

Home to an elegant private gym, members can enjoy unlimited studio classes, book personal training sessions and relax in the Members' Lounge.

Feel revitalised and discover a completely new quality of life. As a member, you have direct access to some of the best diagnostic equipment available. Our interdisciplinary team of medical experts and specialists can advise on further examinations and create the ultimate tailor-made plan. The latest technologies and diagnostics help to ensure efficient training that's unique to you, while complementary therapies, consultations, assessments and treatments help you meet your health goals.

### PERSONAL TRAINING

Single Session (55 mins)	£120
Personal Training (55 mins) - 5 Pack	£575
Personal Training (55 mins) - 10 Pack	£1,125
Personal Training (55 mins) - 20 Pack	£2,200
Personal Training (55 mins) - 30 Pack	£3,150
3D Body Scan	£150
Reformer Pilates 1:1 / Mat Pilates 1:1 (55 mins)	£120
Yoga 1:1 (55 mins)	£120
Breath Work 1:1 (55 mins)	£120

Group Classes (incl. reformer Pilates, Yoga, HIIT, Aerial Yoga etc.) included

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## MEMBERSHIP OPTIONS

MEMBERSHIP TYPE	JOINING FEE	ANNUAL SUBSCRIPTION FEE
FULL	£1,500	£6,500
SECOND PERSON	£0	£5,500
OVERSEAS	£1,500	£4,000
(Principal residence is overseas)		
OVERSEAS – SECOND PERSON	£0	£3,500

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