

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. For your information - VAT included for certain services.

LAN SER HOF

AT



THE ARTS CLUB
LONDON

MUSCULOSKELETAL DIAGNOSTIC - 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 |
| Dry Needling | £120 |
| Neural Therapy | £250 |

ULTRASOUND

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|---|-------|
| Ultrasound Ostenil Guided Injection One Part | £550 |
| Ultrasound PRP and Ostenil Guided Injection One Part | £1050 |
| Ultrasound PRP and Ostenil Guided Injection Two Parts | £1500 |
| Ultrasound Guided Hydrodilataion | £500 |

SHOCK WAVE THERAPY

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|---|--------|
| 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 |

CARDIOLOGY

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|--|------|
| 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 ₂ Max Testing with Exercise Prescription | £650 |
| Resting Metabolic Rate (RMR) | £250 |
| Resting ECG (10 mins) | £105 |

PSYCHOTHERAPY

| | Members | Non-Members |
|------------------------------------|---------|-------------|
| Psychotherapy Consultation (60min) | £225 | £240 |

MOVEMENT ANALYSIS

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|---|------|
| 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

GP & FUNCTIONAL MEDICINE

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| Basic Health Screening (120 mins) | £750 |
| Initial Functional Medicine Consultation (90 mins) | £550 |
| Functional Medicine Consultation (60 mins) | £390 |
| Functional Medicine Follow up (60 mins) | £390 |
| Functional Medicine Follow Up (30 mins) | £200 |
| GP Consultation (15 mins) | £125 |
| GP Consultation (30 mins) | £200 |
| Menopause Consultation (45 mins) | £300 |
| Naturopathic Consultation (60 mins) | £220 |

GASTROENTEROLOGY

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

NEUROLOGY & SLEEP MEDICINE

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| Initial Consultation with Neurologist (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 |

REHABILITATION

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

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|----------------------|--------|
| One part | £790 |
| Two parts | £1,200 |
| Three parts | £1,680 |
| Four parts | £2,160 |
| Prostate | £1,350 |
| Cardiac | £2,030 |
| Whole body | £2,950 |
| MRI Body Composition | £490 |

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) | £150 | £170 |
| Yoga-Thai Massage (60 mins) | £150 | £170 |
| Magnesium Massage | £150 | £170 |
| Acupuncture (60 mins) | £150 | £150 |

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 |

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WELLNESS

CRYOTHERAPY

| | Members | Non-Members |
|-------------------|---------|-------------|
| First Session | £50 | £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 |

NUTRITION

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

INFUSION THERAPY

| | Members | Non-Members |
|-------------------------------|-----------|-------------|
| Tailor-made Infusion | | from £400 |
| NAD+ Infusion Therapy | from £185 | from £215 |
| Life | £210 | £260 |
| Life Plus | £280 | £350 |
| Liver Cleanse | £230 | £280 |
| Immune Support | £250 | £320 |
| Fitness | £240 | £300 |
| Hair, Skin & Nails | £240 | £300 |
| High Dose Vitamin C | £200 | £220 |
| Brain Health | £290 | £360 |
| Gut Health | £290 | £360 |
| NAD+ Single Infusion | from £185 | £215 |
| NAD+ Starter Package | £850 | £1000 |
| NAD+ Maintenance Package | £2125 | £2500 |
| NAD+ Executive Package | £5100 | £6000 |
| Ozone Therapy (20 mins) | | £250 |
| Ozone Therapy (when combined) | | £200 |
| Iron Infusion* | | £1,000 |

*A consultation and blood test with a GP is required before this infusion

BEAUTY TREATMENTS

FACERESTORATION

FaceRestoration is a Consultant delivered medical and surgical service specialising in diseases of the eyes, eyelids and facial aesthetics. Award-winning oculo-plastic 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

PHOTOBIMODULATION (RED LIGHT THERAPY)

| | Single treatment | Pack of 5 | Pack of 10 |
|--|------------------|-----------|------------|
| Core facial treatment plus one concern | £60 | £270 | £480 |
| Core plus anti-inflammatory & healing | £70 | £315 | £560 |

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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

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|--|--------|
| 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 |
| FULL – SECOND PERSON Spouse/partner (proof of same residential address required). A separate form must be completed to that of the Full Member. | £0 | £5,500 |
| EXECUTIVE | £1,500 | £15,000 |
| EXECUTIVE - SECOND PERSON | £0 | £14,000 |
| OVERSEAS (Principal residence is overseas) | £1,500 | £4,000 |
| OVERSEAS – SECOND PERSON | £0 | £3,500 |
| YOUNG PERSON | £750 | £4,000 |
| BUTLER SERVICE | £0 | £1,300 |

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