

CONTENTS

- 01** TERESA TARMEY AT THE CADOGAN
- 02** SIGNATURE FACIALS
- 03** TARGETED FACIALS
- 04** BODY TREATMENTS
- 05** FURTHER INFORMATION
- 06** PRICE LIST

01 TERESA TARMEY AT THE CADOGAN

Step in. Breathe deep. Unwind. Cocooned within The Cadogan, this serene and indulgent space is home to the cult treatments of “super facialist”, Teresa Tarmey. The expert of choice for those in the know, Tarmey’s legendary approach to skin-care combines state-of-the-art technology and innovative techniques to deliver visible results. Choose from an exclusive menu of Teresa’s most sought-after treatments, including the new Tri-Body Treatment—designed exclusively for our guests.

Opening times:

Monday: 10:00-20:00

Tuesday: 10:00-16:00

Wednesday: 10:00-19:00

Thursday: 09:00-17:00

Friday: 10:00-20:00

Saturday: Closed

Sunday: Closed

Access: Request access to the Treatment Room through the hotel reception.

Reservations: visit www.teresatarmey.com, phone: + 44 (0)20 3983 4100
or email: bookings@teresatarmey.com

02 SIGNATURE FACIALS

ADVANCED FACIAL

55 MINUTES

One of our best-selling treatment for all skin types, which targets concerns such as pigmentation, broken capillaries and mild acne for all-round skin rejuvenation. The treatment optimises the power of collagen-boosting microneedling, tailored specifically to each client. Microneedling is a form of collagen induction, which helps boost elastin production in the skin to improve skin tone, firmness and clarity. This treatment also includes the option of either laser or IPL, utilising advanced photo-rejuvenation from cutting edge laser technology. We use clear-skin laser to treat blemishes, spots and acne and IPL to treat thread veins and pigmentation.

ULTIMATE FACIAL RADIO FREQUENCY

55 MINUTES

This Signature Radio Frequency based facial is powered by cutting edge Alma technology. Suitable for all skin types and great for a no down-time sculpting red carpet facial. The ultimate facial has been crafted and perfected by Teresa over 25 years. It includes a double cleanse, bespoke lactic acid peel (no down time), Radio Frequency for sculpting and LED therapy for brightening.

FRACTIONAL RADIO FREQUENCY

55 MINUTES

Fractional Radio Frequency provides an effective treatment to repair and rejuvenate the skin. This treatment helps diminish the appearance of wrinkles, scars, pores, uneven skin texture and pigmentation. Fractional Radio Frequency is an innovative, non-surgical resurfacing treatment that provides clients with youthful looking skin with minimal down time. The treatment uses tiny pins to deliver energy through the skin's surface creating tiny wounds which initiate a natural healing process to accelerate the formation of new healthy tissue. Course of 4 recommended.

03 TARGETED FACIALS

REJUVENATION MEGA BOOST

55 MINUTES

Combining a light peel, IPL for pigmentation, laser for broken capillaries and Fractional Radio Frequency for gentle skin resurfacing. This treatment is suitable for all skin types and targets concerns such as pigmentation, fine lines, broken capillaries and all-round skin rejuvenation. Fractional Radio Frequency is an effective treatment to repair and revitalise the skin helping with scars, wrinkles, pores and uneven skin texture.

MICRONEEDLING RADIO FREQUENCY

55 MINUTES

This non-surgical treatment Improves a variety of different skin concerns by immediately boosting the production of new collagen and elastin.

HIFU

55 MINUTES

High Intensity Focused Ultrasound (HIFU) is a revolutionary skin tightening procedure that helps you to lift, smooth and tighten sagging skin without surgery and virtually no down time.

ADVANCED ACNE TREATMENT

55 MINUTES

A game-changing treatment for stubborn acne with incredible results using cutting-edge technology that works with the skins biology to destroy overactive sebaceous glands, kill acne bacteria and remove sebum whilst not harming the surface of the skin or damaging collagen.

TRIBELLA

55 MINUTES

For all round skin rejuvenation, with an anti-aging focus. This cutting-edge treatment combines three technologies to tighten skin, improve skin texture and treat pigmentation and thread veins.

03 TARGETED FACIALS

COSMELAN PEEL

55 MINUTES

The ultimate treatment and solution to moderate to severe skin discoloration. Cosmelan is a chemical peel that gets active ingredients straight into the cells producing excessive pigmentation. This treatment is ideal for melasma, chloasma and hyperpigmentation from sun damage or skin damage related to acne. Cosmelan contains Azelaic acid, an active ingredient that inhibits Tyrosinase, an enzyme that controls production of melanin pigment, this mask effectively reduces the intensity of dark spots on the skin.

ADVANCED NECK TREATMENT

55 MINUTES

The neck often ages faster than the face due to fewer sebaceous glands. This transformative targeted treatment which helps tighten and resurface the skin on your neck. The treatment starts with a light peel followed by radio frequency which helps to breakdown the fat under the chin area and lastly fractional radio frequency.

EYEBROW TATTOO REMOVAL

25 MINUTES

ClearLift Eyebrow tattoo laser removal emits short, powerful bursts of light which reaches underneath the skin's surface and help break unwanted pigment. This gentle method works on a fractional pattern which helps in bypassing the outer layer of the skin. The use of a non-ablative, fractional laser tip will avoid any pain sensation and minimise downtime.

04 **BODY TREATMENTS**

TRI BODY TREATMENT

90 MINUTES

Tri body is a 3-way treatment created for the body using Prime X by Alma. It consists of Ultrasound for fat reduction, Radio Frequency for skin tightening and manual lymphatic drainage. This revolutionary treatment begins with taking measurements of the targeted area (stomach, flanks, front of thighs, back of thighs or back of arms) followed by controlled Radio Frequency (RF) energy and a combined, new type of ultrasound technology (Cold Ultrasound Shear technology) that selectively targets fat cells, while leaving surrounding tissue unharmed. The 90 minute session is then completed with a manual lymphatic drainage to help with water retention.

05 FURTHER INFORMATION

APPOINTMENTS

As treatments are subject to availability, we strongly recommend scheduling your appointments before your arrival.

Your credit card details will be requested when you book and will be charged after your treatment is completed.

For reservations please contact:

Telephone number: +44 (0)20 3983 4100

E-mail: bookings@teresatarmey.com

Book online: www.teresatarmey.com

CANCELLATIONS

We ask that you make any cancellation or change to treatments at least 24 hours before your appointment to avoid being charged in full.

ARRIVAL

We request our new customers to arrive at least 10 minutes before your appointment to allow time to fill up necessary forms. As a courtesy to other guests, should you arrive late we regret that we will only be able to offer you the remainder of your appointment time. The full cost of the treatment or service will still be charged.

06 PRICE LIST

All prices are quoted in local currency.

SIGNATURE FACIALS

ADVANCED FACIAL with advanced therapist	(55 MIN)	289.00
with Teresa Tarmey	(55 MIN)	380.00
ULTIMATE FACIAL with advanced therapist	(55 MIN)	289.00
with Teresa Tarmey	(55 MIN)	380.00
FRACTIONAL RADIO FREQUENCY	(55 MIN)	480.00

TARGETED FACIALS

REJUVENATION MEGA BOOST	(55 MIN)	600.00
MICRONEEDLING RADIO FREQUENCY	(55 MIN)	FROM 500.00
HIFU	(55 MIN)	FROM 500.00
ADVANCED ACNE TREATMENT	(55 MIN)	350.00
TRIBELLA	(55 MIN)	595.00
COSMELAN PEEL	(55 MIN)	850.00
ADVANCED NECK TREATMENT	(55 MIN)	480.00
EYEBROW TATTOO REMOVAL	(25 MIN)	160.00

BODY TREATMENTS

TRI BODY TREATMENT	(90 MIN)	360.00
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