



A B I G A I L J A M E S

THE
TREATMENT
MENU

“My focus has always been about providing a complete, personal experience, combining my holistic approach with science for long term skin health”

All treatments are designed to deliver on results while also supporting your wellness for a truly customized and relaxing experience. Abigail and her highly trained team of elite therapists use an arsenal of non-invasive and transformative technology, intelligent and natural skin-care along with Abigail's world famous massage method, to maintain an inner and outer glow that goes beyond the treatment room.

With each bespoke facial Abigail and her team of experts work collaboratively with you to devise the best treatment plans for your unique skin needs, both in salon and as an ongoing regimen to continue at home. From your first booking and beyond results are immediate, long lasting and skin health is noticeably at its best.

SKIN CONSULTATION

Drawing on a wealth of knowledge and experience, Abigail will explore in depth your skin health, routine, overall wellbeing and lifestyle before determining the best advice and treatment plan for you.

JAMES METHOD

(LIFT, SCULPT & DRAIN) LSD

Abigail's iconic signature massage methods, working with the muscles, connective tissues and lymphatic systems of the face. Using methods and therapies discovered and refined from around the world, this is your natural face lift, akin to a power yoga massage for the face. Designed to revive, redefine, and detoxify your skin, using hands-on sculpting, contouring and Vodder lymphatic drainage techniques combined with soothing, restorative skincare.

PERFECT FOR

Natural face lift, perfect pre makeup application, on the day special event, on set / back stage, radiance, relaxation, no-tech hands on facial.

THE HERO FACIAL

(THIS IS WHERE IT ALL BEGAN)

The go-to bespoke facial for those who want to improve and maintain a clear complexion, restoring dermal health. Suitable for all skin types combines Abigail's massage methods, lymphatic drainage, serums and masks. The result is a naturally glowing complexion. This is a bespoke treatment and may include, extraction, gentle peel, lymphatic drainage, vacuum suction, hydro-dermabrasion, high frequency and Dermalux LED light.

PERFECT FOR - *Clarity, radiance, city skin, pore perfecter, detox, rebalancing*

THE WOW FACTOR FACIAL

More than just a facial, this iconic multi-method treatment is all about results through an array of techniques. Perfectly blending Abigail's unique sculpting massage methods with state-of-the-art non-invasive technology including collagen boosting radio frequency or micro current, peels, LED light therapy, very light micro-needling, custom blended skincare. Instant radiance, lift and definition with long-lasting results.

PERFECT FOR - *Ageing well, preventative, radiance, loss of firmness, bride-to-be, red carpet events*

THE SKIN JOURNEY (2 HOURS)

Your ultimate bespoke experience combining all the skills and technologies that Abigail has to offer – from The James massage to transformative technology, low level peels, masks, serums, micro-needling and LED.

PERFECT FOR - *the ultimate ageing well*

SKINFUSION

A custom blend of concentrated Vitamins, minerals and Amino Acids are infused into the skin using a none invasive facial infusion of 2.5% Vitamin A. This non-inflammatory treatment works with the skin to heal the skin, stimulating cell turnover, hydration levels, reduce redness, balance oil production, boost collagen & elastin production strengthening the skin from the inside out using customised serums, masks and concentrated actives to restore and treat on a deeper level.

Using non-toxic, anti-inflammatory natural ingredients that match your skins intelligence and create long lasting skin change, suitable for all skin types, this treatment is about long term skin health. Skin may look flushed as metabolism has been stimulated.

PERFECT FOR - *Restoring & rebalancing skin, Radiance, skin health, uneven skin tone, Reducing redness, breakouts, age revers & prevention.*

SKINFUSION ADVANCED

This treatment is all about long term skin health and change. Enhancing Vitamin, stem cell and mineral absorption with RevitaPen, a unique, non-invasive sphere shaped tips offer immediate and long-term benefit. Boosting product absorption allowing ingredients to work deeper into the skin for advanced results. Stimulating circulation, softening fine lines, improving hydration levels, offering redness, pigmentation and breakout control. The combined effect from the actives and infusion methods with masks, serums and revitapen device improve skin health with dermal regeneration continuing over the next month.

PERFECT FOR - *Rebalancing, improved texture, ageing well, spot prone, pigmentation issue, restoring unhappy skin*

BESPOKE PEEL

Carefully selects peels for their safety and efficacy to suit your complexion with a “skin kind” approach. With a focus on visible results and long term skin health each peel encourages the skin’s natural ability to rejuvenate and restore its optimal barrier function and PH level whilst delivering a renewed and long-lasting radiance. Particularly good for improving texture, ageing well, if you are spot prone and have pigmentation.

Working with a 3 level peel method.

Level 1 – Can be had on the day with no skin prep

Level 2 – Requires skin prep with home and or previous peel for 2 weeks prior

Level 3 – Requires previous peels and skin prep with home care

PERFECT FOR - *your best skin ever! Rebalancing, improved texture, ageing well, spot prone, restoring unhappy skin, pigmentation, ageing well*

PEEL & LED

A regenerative option that combines the benefits of a bespoke peel, with the non-invasive healing properties of red, near infra-red and blue LED light therapy. This complete treatment is designed to repair, heal and rejuvenate.

PERFECT FOR - *Long-lasting skin balance, radiance, improved clarity and texture*

HERO LIFT

Your ultimate lifting and contouring treatment, for the most comfortable and effective natural face lift. Combining, collagen stimulating benefits of radiofrequency with the muscle firming of microcurrent technology. No down time with immediate and long lasting results.

PERFECT FOR – *ageing well – lifting firming – loss of facial contour*

TRIPLE COLLAGEN LIFT

For total dermal rejuvenation, targeting collagen remodeling for visible and long-lasting results. Combining the contouring, lifting and tightening benefits of radio frequency with the skin smoothing of fractional radiofrequency and the healing benefits of LED light therapy.

There is minimal down town and the skin will look flushed following this treatment and for up to 24 – 48 hours following.

RADIO-FREQUENCY (LIFT & SCULPT)

Combining multi-polar radio-frequency and magnetic technology, this treatment works to stimulate your own collagen production and increase oxygen within the skin, improving cell regeneration for immediate and long lasting lifting, firming and plumping results for the face and neck. This treatment is all about improving facial contour, firmness and lift.

PERFECT FOR – *Lunchtime lift, collagen boosting, skin tone and volume, tightening jowls, loss of firmness*

FRACTIONAL RADIO-FREQUENCY

Micro-needling and nano-fractional radio frequency (RF) are used in this revolutionary treatment both of which create a healing response in the dermis, allowing it to regenerate new collagen, smoothing and restoring skin texture, reducing the appearance of wrinkles, scars, pore size and visible signs of ageing.

This treatment super charges circulation so you will look and feel flushed immediately after treatment, in most people this subsides within 12-24 hours but can continue for up to 3 days. The skin may feel dry for up to 5 days, specific homecare is provided with your treatment to use during this period.

A topical numbing cream is applied prior to make the treatment more comfortable.

PERFECT FOR – *Optimum skin resurfacing, re-texturizing, scar reduction, smoothing skin surface, reducing appearance of large pores and deep lines*

MEDICAL MICRO-NEEDLING

Collagen induction therapy, is scientifically proven to regenerate dermal cells, resulting in healthier, smoother, younger looking, more resilient skin. Abigail adopts a “skin kind” approach to medical needling, with a focus on healing and a non aggressive process, which creates microscopic- channels within the upper layers of the dermis resulting in a natural regeneration and healing response. Allowing a deep penetration of Abigail’s chosen cocktail of professional toxin free serums packed with Stem cells, Vitamins and hydrating actives to target cell renewal and repair to the areas within the dermis they can be most effective.

Micro-needling is a natural skin regenerator ideal for ageing, sun damaged, smoothing wrinkles, reducing the appearance of scars and regenerating the skins surface. Cells begin to renew and repair within hours, as collagen production boosts you can expect to see the best results from 4 – 6 weeks onwards, providing you with a natural and long lasting enhancement. This treatment super charges circulation so you will look and feel flushed immediately after treatment, in most people this subsides within 24 to 48 hours but can continue for up to 3 days.

A topical numbing cream is applied prior to make the treatment more comfortable.

PERFECT FOR – *Wrinkle reduction, ageing skin, scaring, smoothing skin surface, Ageing well*

PRICELIST

		<i>with Abigail</i>	<i>with a senior therapist</i>
WOW FACTOR	75 MINS	£310	£220
WOW FACTOR	60 MINS	£250	£190
WOW FACTOR	90 MINS	£395	£280
HERO FACIAL	60 MINS	£210	£160
HERO FACIAL	75 MINS	£265	
HERO FACIAL	90 MINS		£185
JAMES METHOD	60 MINS	£210	£150
THE SKIN JOURNEY	120 MINS	£500	£395
HERO LIFT	45 MINS	£210	£170
RADIO-FREQUENCY	30 MINS	£250	£170
RADIO-FREQUENCY	60 MINS	£300	£300

PRICELIST

		<i>with Abigail</i>	<i>with a senior therapist</i>
FRACTIONAL RF			
FX HALF FACE		£250	£250
FX FULL FACE		£300	£300
FX FULL FACE & NECK		£400	£400
TRI-LIFT (RF, FX, LED)	90 MINS	£500	£440
NEEDLING	45 MINS	£250	£250
NEEDLING & LED	75 MINS	£300	£300
SKINFUSION	30 MINS	£200	£145
SKIN FUSION	45 MINS	£240	£180
ADVANCED			
PEEL LEVEL 1	30 MINS	£120	£100
PEEL LEVEL 2	30 MINS		£120
PEEL & LED	60 MINS	£210	£150

