

YOU DON'T HAVE TO KNOW EVERYTHING,  
**JUST WHERE TO GO.**

# OUR OFFERING

# SKIN + HAIR

A curated mix of treatments by our dermal aesthetician + medical doctor. Click a category to learn more.

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**FACIALS**

**MICRONEEDLING**

**CHEMICAL PEELS**

**LED LIGHT THERAPY**

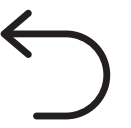
**PRP  
THERAPY**

**SKIN  
BOOSTERS**

**WRINKLE  
RELAX**

**FILLER**

**BIO  
STIMULATORS**



# FACIALS

**Designed to clean, calm, and reset your skin.**  
Whether you're new to skincare or need something more targeted, our facials meet you where you're at. Choose between a **foundational** or **advanced** treatment, tailored to your skin's needs.

## FOUNDATIONAL FACIAL

A 60-minute treatment focused on deep cleansing, extractions, and skin refinement. This facial is designed to restore balance, clarity, and texture using clinical-grade *Lamelle* products. Ideal as a monthly reset or if you're new to skincare; it includes steam, targeted actives, and a treatment mask - all tailored to your skin's current needs.

**BEST FOR:** First-timers, congestion, sensitivity or general upkeep.

**SENSATION SCALE:** 1/10; comfortable throughout, with light pressure during extractions (if needed).

**DOWNTIME:** None

**WHO PERFORMS THIS TREATMENT:** Dermal Aesthetician

**TREATMENT TIME:** 60 min

**HOW OFTEN DO I NEED THIS:** Monthly or as needed

**PRICE:** R1100

## ADVANCED FACIAL

A 75-minute precision treatment for skin in need of a reset. This session targets things like skin texture, dullness, and early signs of ageing with a gentle resurfacing step - a light, clinical solution (peel) selected based on your skin's needs. No visible peeling, just clearer, smoother skin.

**BEST FOR:** Dullness, uneven texture, early ageing, or when your skin needs a deeper, more therapeutic reset

**SENSATION SCALE:** 2-3/10; mild tingling or heat during the active phase

**DOWNTIME:** None to slight redness (settles within a few hours)

**WHO PERFORMS THIS TREATMENT:** Dermal Aesthetician

**TREATMENT TIME:** 75 min

**HOW OFTEN DO I NEED THIS:** Monthly or as advised

**PRICE:** R1500

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# FACIALS

## FAQ'S

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### Will I leave looking red or raw?

Not at all. Our facials are clinical but calming. You might feel a bit of warmth or light pressure during extractions, but you'll leave looking fresher, not flushed. There's no downtime.

### How often should I get a facial?

Most clients come in every 4-6 weeks. If you're working on something specific - like breakouts or texture - more regular sessions may help. We'll tailor a plan to your skin and goals.

### Do I need a facial if I already wash my face at home?

Yes. Think of it like servicing your car - even with regular upkeep, a deeper clean and professional reset can make all the difference. Facials go beyond what home products can do; helping to clear pores, remove build-up of dead skin, and strengthen your skin barrier.



### What's the difference between Foundational and Advanced facials?

Foundational is great for monthly maintenance or first-timers. It's all about deep cleaning and restoring balance. Advanced includes a light resurfacing step for dullness, rough texture, or early signs of ageing. We'll guide you on which is best when we see your skin.

### Can I shave before my appointment?

Ideally, shave at least 24 hours before your treatment to avoid any sensitivity. Stubble is totally fine. If you've got a longer beard, no need to trim it - our therapist will work around it. We'll focus on the exposed areas and leave your beard line untouched unless you'd prefer otherwise.





# CHEMICAL PEELS

Peels sound intense, but done right, they are **one of the most effective ways to improve texture, breakouts, and uneven tone.**

We begin with a consult to assess your skin, explain the process, and choose the right formula for you. Below are the peels we offer, each focused on a specific concern.

## BREAKOUT CONTROL

**BEST FOR:** acne, congestion, inflammation

**SENSATION SCALE:** 3 - 5/10

Calms active breakouts, clears blocked pores, and reduces oil without stripping the skin.

**Targets surface bacteria and helps improve skin clarity over time.**

## FINE LINES + TEXTURE

**BEST FOR:** early signs of ageing, rough or uneven skin texture, fine lines, dullness

**SENSATION SCALE:** 3 - 5/10

If your skin feels rough, looks tired, or you're noticing fine lines - this is where to begin. These peels **gently resurface the skin, boosting cell turnover and encouraging smoother, clearer texture over time.**

## EVEN TONE

**BEST FOR:** pigmentation, uneven skin tone, dullness

**SENSATION SCALE:** 2 - 4/10

Targets sun damage, post-spot marks, and uneven skin.

**Designed to gently lift pigmentation and improve skin clarity without harsh downtime.**

## HYDRATION BOOST

**BEST FOR:** dry, flaky, or tight skin.

**SENSATION SCALE:** 2/10

Light resurfacing combined with intense hydration. **Leaves skin feeling smoother, fresher, plumper, and better able to absorb active ingredients with minimal downtime.**

## SENSITIVE SUPPORT

**BEST FOR:** irritation, redness, reactive skin, or barrier repair.

**SENSATION SCALE:** 1 - 3/10

A calming peel designed to gently exfoliate without triggering sensitivity. **Helps strengthen the natural protective skin barrier, reduce redness, and restore balance.**

BOOK NOW

**WHO PERFORMS THESE TREATMENTS:** Dermal Aesthetician

**TREATMENT TIME:** 45 min

**HOW OFTEN DO I NEED THIS:** Monthly or as advised

**PRICE:** R1050

# CHEMICAL PEELS

## FAQ'S

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### Will I actually peel?

Maybe. Some clients experience flaking or dryness a few days after the treatment - especially with stronger peels - while others don't. Both outcomes are completely normal. Visible peeling isn't required for results to show.



### Is it going to sting?

You might feel some tingling or warmth during the treatment - this is normal and temporary. Most people describe it as mildly uncomfortable at most. We'll monitor you throughout and keep things within your comfort zone.

### What's the difference between a facial and a chemical peel?

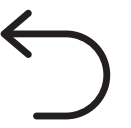
A facial is a reset; it cleanses, hydrates, and refreshes your skin. A chemical peel is a clinical-level treatment designed to target specific concerns like breakouts, pigmentation, or dullness. **Peels are more corrective**, while facials are more about maintenance. Both can work well together, depending on what your skin needs.

### Can I go back to work or gym after?

You can go about your day, but it's best to avoid heavy exercise for 24 hours, and no sauna, swimming, or direct heat exposure for 7 days. Your skin may feel more sensitive than usual, so take it easy for a few days.

### Can I use my regular skincare after the peel - and what about shaving?

Not straight away. For the first 3 days, use only a gentle cleanser, SPF 50, and a barrier-repair moisturiser (we'll guide you). Hold off on any exfoliants, retinols, or active products until we give the all-clear. As for shaving, avoid it for at least 48hrs as your skin will be too sensitive.



# MICRONEEDLING

## ONE TOOL, TWO GOALS

Microneedling is incredibly versatile;  
**used on both the face and scalp.**

Whether you're looking to **soften fine lines** or **support thinning hair**, the treatment stimulates your skin's natural ability to regenerate. It boosts collagen, strengthens weak follicles, and delivers targeted serums deep into the skin - helping you look and feel better, from the inside out.

## WHY IT WORKS

When the skin experiences tiny, controlled injuries, the body sees it as damage and kicks off a natural repair process. This includes **increased blood flow, growth factor release, collagen + elastin production, and cell turnover**. Together, these responses help rebuild skin affected by aging, scarring, or inflammation- and on the scalp, they reactivate dormant follicles and create a healthier environment for hair growth.

## FOR THE FACE + NECK

**BEST FOR:** Ideal for **softening fine lines, improving scarring, and smoothing texture over time.**

**SENSATION SCALE:** 4-5/10; numbed beforehand with medical-grade cream; some mild discomfort and heat.

**DOWNTIME:** 1-3 days of redness and dryness; mild flaking or tightness may follow.

**WHO PERFORMS THIS TREATMENT:** Dermal Aesthetician

**TREATMENT TIME:** 60 min

**HOW OFTEN DO I NEED THIS:** Every 4-6 weeks for best results, or as part of a treatment plan

**PRICE:** R1850+

## FOR HAIR GROWTH

**BEST FOR:** **Early thinning, tired follicles**, or hair that's lost its strength **due to stress or age.**

**SENSATION SCALE:** 5-6/10; some areas can feel a bit sharper due to scalp sensitivity, but it's brief and well-tolerated.

**DOWNTIME:** Minimal. Some tightness or sensitivity for a day, but no visible shedding or flaking.

**WHO PERFORMS THIS TREATMENT:** Dermal Aesthetician

**TREATMENT TIME:** 45 min

**HOW OFTEN DO I NEED THIS:** Once a month for 6 months, then every second month for maintenance.

**PRICE:** R2250

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# MICRONEEDLING

## FAQ'S



### What products do you use - and are they any good?

Combined with the **Dermapen**, which is one of the most advanced devices in the industry, we use clinical-grade serums from top brands like **Mesoesthetic**, **Lamelle** and **NeoStrata**, chosen based on your skin or scalp concerns. These get delivered directly into the deeper layers, where they actually make a difference.

### Does it actually work - and when will I notice a difference?

Yes - if you're consistent. Microneedling has solid science behind it. You might notice changes after a few days, like smoother skin or a healthier scalp, but real results build over time. For skin, it improves scarring, fine lines, and texture. For the scalp, it boosts circulation and strengthens weak follicles. A series of treatments delivers the best results.

### Does it hurt?

Not really. We use a medical-grade numbing cream for the face, so it feels more like a light scratch. The scalp version can feel a bit prickly, but it's more manageable than it sounds and it is over quite quickly.

### What's the difference between microneedling and a chemical peel?

Microneedling works from the *inside out*, triggering your skin to rebuild + repair. Peels work from the *outside in*, exfoliating surface layers to clear congestion + improve tone. Both are powerful treatments - just with different goals.

### Will I be red or need to hideaway afterwards?

On the face, expect some redness for a day or two - like mild sunburn. You might feel tight / dry, with some light flaking. For the scalp, there's rarely any redness or shedding - just a bit of sensitivity that fades quickly.



# LED LIGHT THERAPY

**This is skin recovery, powered by light.** The Dermalux Flex LED light uses clinically proven wavelengths (red, blue, and near-infrared) to energise your skin cells, calm inflammation, and speed up repair.

Whether you're dealing with breakouts, redness, dullness, or just want a boost, this is a smart way to reset your skin.

It's also a great add-on after other treatments like microneedling or peels - helping your skin bounce back faster with less irritation.

**BEST FOR:** Breakouts, inflammation, dull or tired skin, redness, post-treatment recovery

**SENSATION SCALE:** 0/10; completely painless.

**DOWNTIME:** None. It may reduce downtime for other treatments that have caused redness or inflammation to the skin.

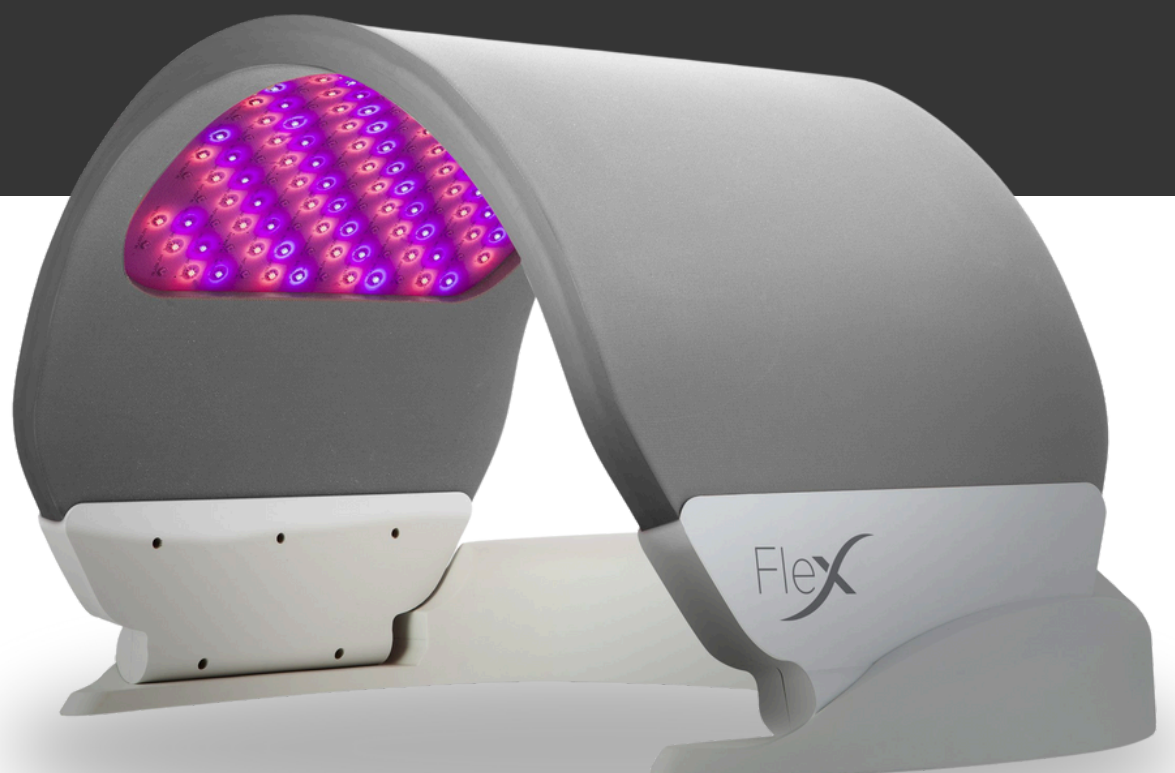
**WHO PERFORMS THIS TREATMENT:** Dermal Aesthetician

**TREATMENT TIME:** 20 - 30 min

**HOW OFTEN DO I NEED THIS:** 1 - 2 times per week for best results.

**PRICE:** R650

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# LED LIGHT THERAPY

## FAQ'S

### How many sessions do I need?

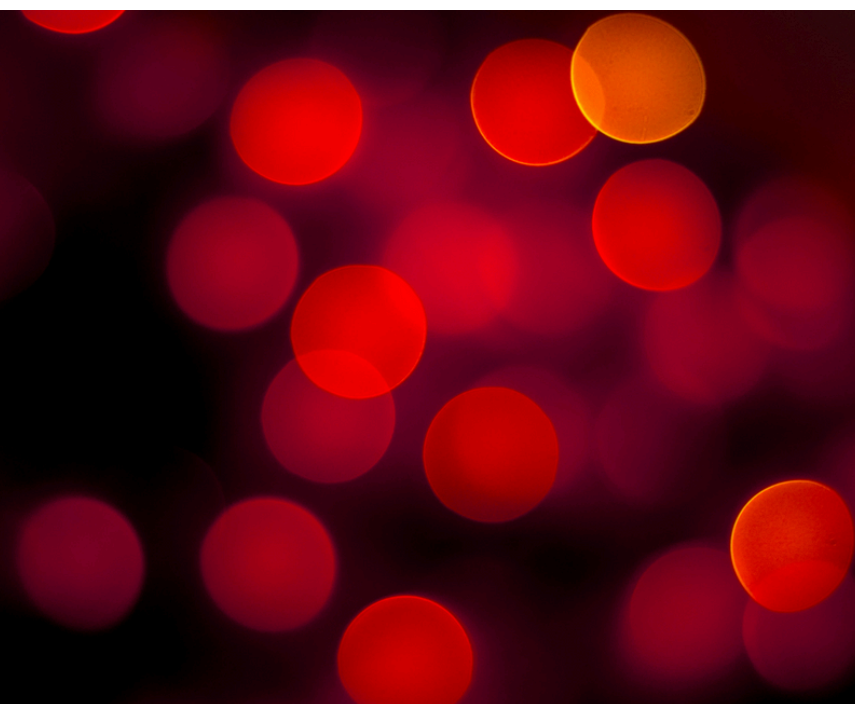
You'll see a boost after just one, but for best results, especially for ongoing concerns like breakouts or redness, we recommend 1-2 sessions per week for 4-6 weeks.

### Is it only for acne?

No. While blue light targets breakouts, red and near-infrared light help with ageing, redness, sensitivity, and general skin repair. It's suitable for most skin concerns.

### Does LED light therapy actually work?

Yes, but not all LED is created equal. The **Dermalux Flex** is a medical-grade system backed by clinical research. It delivers precise wavelengths at proven intensities to trigger real biological responses in your skin to stimulate skin repair, reduce inflammation, and promote healthy skin function.



### Does the light hurt or feel uncomfortable?

Not at all. The treatment is completely painless, though the light can feel quite bright at first. You'll wear opaque black goggles to protect your eyes and block the glare - most people find it calming once they settle in.

### Can I do it after other treatments?

Definitely. LED is a great add-on after microneedling, chemical peels - even shaving, especially if your skin's sensitive or prone to irritation. It helps calm things down and speeds up recovery.





# PRP THERAPY

**ONE SOURCE. THREE POWERFUL RESULTS.**

PRP (Platelet-Rich Plasma) harnesses your body's own healing ability by isolating plasma from your own blood - a substance rich in growth factors that support cellular regeneration.

Whether you're looking for **brighter skin, thicker hair**, or improved **sexual wellness**, PRP is a versatile treatment with solid scientific backing.

It can be delivered manually via targeted injections, or through a Mesotherapy device, which disperses the PRP evenly into the area through microinjections. The method used depends on your treatment goals.

Results differ from person to person and are influenced by factors like blood quality, general health, and lifestyle.

**Click below for more on each treatment.**

## SKIN

To restore firmness, smooth fine lines, and improve overall tone and texture.

## HAIR

To stimulate follicles, improve scalp health, and strengthen thinning hair.

## INTIMACY

To enhance male sexual function, sensitivity and confidence (known as the P - Shot).



# PRP THERAPY

## SKIN

Restore glow, refine texture, and support your skin's natural collagen production. PRP for skin helps reduce fine lines, acne scars, and dullness - **giving your skin a rejuvenated, more even look over time.**

**BEST FOR:** Tired or uneven skin, acne scars, dullness, loss of firmness.

**SENSATION SCALE:** 4-5/10; area numbed beforehand with medical-grade cream.

**DOWNTIME:** Mild redness or swelling for 1 - 3 days, depending on sensitivity.

**WHO PERFORMS THIS TREATMENT:** Medical Doctor (manual injections) or Dermal Aesthetician (mesotherapy device).

**TREATMENT TIME:** 60 min

**PRICE:** R3500+

## What do I need to do before and after treatment?

**Before:** Stay hydrated and avoid alcohol, anti-inflammatories, and harsh skincare (like retinol or acids) for a few days.

**After:** Expect redness, pinpoint bleeding, and mild swelling for 1–3 days. Avoid sun exposure, sweating, shaving the area, or active skincare products for at least 48hrs. Avoid taking any inflammatory medicines for at least 2 weeks post-procedure; this allows for optimal collagen formation. You'll be given clear aftercare to follow.

## Who is PRP for SKIN best suited to, and who should avoid it?

PRP works well for dullness, early signs of ageing, acne scars, or rough texture. It's best for those in **relatively good health with no serious blood disorders**. If you have a bleeding condition, active acne, a skin infection, or are on blood thinners, this treatment might not be right for you. A consultation is necessary.

## What results can I expect - how often should I do it?

PRP isn't instant. Expect a fresher look in a few weeks, with deeper changes in 2–3 months. A course of 3–4 sessions (4–6 weeks apart) is ideal, with maintenance every 6–12 months.





# PRP THERAPY

## HAIR

This treatment uses your own PRP to stimulate hair follicles, improve scalp health, and promote stronger hair. It's ideal for **early thinning**, a **receding hairline**, or as **ongoing support after a transplant**.

Blood is drawn and processed in-session, and PRP is then injected and distributed evenly into the scalp.

**BEST FOR:** Early hair thinning, receding hairline, weak hair growth.

**SENSATION SCALE:** 4-5/10; area numbed beforehand with medical-grade cream.

**DOWNTIME:** Minimal - mild scalp tenderness or swelling possible.

**WHO PERFORMS THIS TREATMENT:** Medical Doctor (manual injections) or Dermal Aesthetician (Vital Injector 2).

**TREATMENT TIME:** 45 -60 min

**PRICE:** R4000+



### Is PRP for hair right for me - and when won't it work?

PRP is ideal in the early stages of thinning or if you want to improve scalp health and hair quality. It's not a cure for full baldness or advanced hair loss. Your blood quality matters - if you smoke, drink excessively, or are in poor health, results may be limited. Not recommended for those with platelet disorders or chronic illnesses affecting healing.

### What should I expect before and after the session?

**Before:** Hydrate well and avoid alcohol, caffeine, and anti-inflammatories for at least 24 hours.

**After:** You may feel scalp tenderness, tightness, or see tiny bruises. Don't wash your hair for 24 hours. Avoid sweating, hats, or heavy styling products for 48 hours. Full aftercare instructions will be provided.

### What results can I expect - how often should I do it?

Expect subtle improvement after a few weeks. Real results appear after 2-3 months. A course of 4 sessions spaced a month apart is usually recommended. Annual top-ups may help maintain results.



# PRP THERAPY

## INTIMACY

A discreet, non-surgical procedure using your own PRP to support sexual performance, confidence, and sensitivity. The treatment involves drawing and processing your blood, then injecting the PRP into specific areas of the penis to help improve circulation, firmness, and sensation.

It may also support men experiencing performance concerns or mild erectile dysfunction. Results vary and depend on individual blood quality.

**BEST FOR:** Improving blood flow, sensitivity, and firmness

**SENSATION SCALE:** 3-5/10; area numbed beforehand with medical-grade cream.

**DOWNTIME:** Minimal - some sensitivity or swelling for a day or two.

**WHO PERFORMS THIS TREATMENT:** Medical Doctor

**TREATMENT TIME:** 45 -60 min

**PRICE:** R7000

## What should I do (or avoid) before and after treatment?

Stay well hydrated leading up to your session; good blood volume = better PRP. Avoid alcohol, anti-inflammatories & strenuous lower-body exercise 1 day before and after. Post-treatment, expect mild swelling or sensitivity for 24–48 hours. You'll be given aftercare instructions, and you can resume sexual activity once you feel comfortable - often within a day or two.



## Who is the P-shot best suited for, and who shouldn't have it?

The P-Shot may help with sensitivity, performance, or age-related changes, but it's not suitable for advanced ED, underlying nerve damage, or poor platelet quality. A medical assessment will ensure it's safe and appropriate for you.

## When will I see a result?

Results typically show after 2–3 months. Most men need 2–3 sessions a few weeks apart. Effects can last over a year, depending on health and lifestyle.



# WRINKLE RELAX

Botulinum toxin (commonly known as **Botox**) is used to relax the muscles that cause fine lines and wrinkles when we frown, raise our brows, squint, or smile. It's not about freezing your face or looking fake. It's about **looking less tired, less stressed, and more in control.**

It's also used for more than just lines - from easing jaw tension and teeth grinding, to stopping excessive sweating. It's fast, effective, and subtle enough that **no one needs to know unless you tell them.**

Best results come from a consistent plan, every 3-4 months.

*Below are approximations based on area of concern.  
Exact unit requirements and costs are discussed in consultation.*

## FROWN LINES

**UNITS NEEDED:** 20  
**PRICE:** R1800+

## FOREHEAD

**UNITS NEEDED:** 20  
**PRICE:** R1800+

## CROW'S FEET

**UNITS NEEDED:** 24  
**PRICE:** R2400+

## COMBO

*(FROWN, FOREHEAD + EYES)*

**UNITS NEEDED:** 50  
**PRICE:** R4500+

## JAW TENSION

*(MASSETER)*

**UNITS NEEDED:** 50  
**PRICE:** R4500+

## SWEATING

*(UNDERARMS, HANDS, FEET)*

**UNITS NEEDED:** 100  
**PRICE:** R8000+

## GUMMY SMILE

**UNITS NEEDED:** 10  
**PRICE:** R1000+

## 'ANGRY' MOUTH

**UNITS NEEDED:** 12  
**PRICE:** R1100+

## NECK BANDS

**UNITS NEEDED:** 100  
**PRICE:** R8000+

**WHO PERFORMS THESE TREATMENTS:** Medical Doctor

**TREATMENT TIME:** 45-60 min

**DOWNTIME:** Minimal. Mild tenderness or tiny bumps may appear at injection sites but settle quickly

**HOW OFTEN DO I NEED THIS:** 3-4 month intervals or as desired

**PRICE:** R90 per unit

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# WRINKLE RELAX

## FAQ'S

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### Will this make me look fake or frozen?

No. When done properly, wrinkle relaxers don't freeze your face - they soften lines caused by constant movement (like frowning or squinting). You'll still look like yourself, just fresher and less tense.



### Does it hurt?

Most people are surprised by how quick and manageable it is. The injections use a very fine needle and feel like a light pinch. No numbing cream is needed, however we can use one if desired. It's a quick treatment that is over in a few minutes.

### How will I feel afterwards - and when will I notice a change?

There's no major downtime. You might feel a bit tight or tender in the area for a day or two. You'll start seeing a difference in 3-5 days, with full results by two weeks - often leaving you looking more relaxed and confident without anyone knowing exactly why. Results typically last 3 to 4 months.

### Are there any risks?

As with any medical treatment, there are small risks like bruising, swelling, or temporary muscle weakness in nearby areas. But serious side effects are rare when performed by an experienced doctor.

### What's the difference between Botox and filler?

Wrinkle relaxers (Botox) reduce muscle movement to prevent and treat dynamic lines (like frown lines or crow's feet). Fillers, on the other hand, restore lost volume or enhance facial structure. They serve different purposes.





# DERMAL FILLER

As we age, the face naturally loses volume - especially around the eyes, cheeks, and jaw. This can make the face look tired, hollow, or less defined. Dermal fillers help restore that lost volume using hyaluronic acid, a substance naturally found in the body.

These **fillers can subtly lift tired features, improve symmetry, and create a more refreshed look** without changing who you are; they work by supporting the deeper structures that start to break down with age, weight loss, or lifestyle.

**BEST FOR:** Improving under-eye hollows (tired eyes), volume loss in cheeks or temples, strengthening the chin or jawline, smoothing deeper folds or smile lines, balancing asymmetry

**SENSATION SCALE:** 4-5/10; area numbed beforehand with medical-grade cream.

**DOWNTIME:** Minimal - some swelling or bruising may occur for 1–3 days, depending on area treated.

**WHO PERFORMS THIS TREATMENT:** Medical Doctor

**TREATMENT TIME:** 45 -60 min

**PRICE:** R4000+

**“When a man feels like he looks more like himself again, it shows - in how he carries himself, how he speaks, how he moves through the world.”**

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# DERMAL FILLERS

## FAQ'S

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### Is filler the same as Botox?

Not at all. Filler adds volume or structure where it's been lost. Botox, on the other hand, temporarily relaxes the muscles that cause expression lines. They serve different purposes but are often used together for full-face rejuvenation.

### How long do results last?

It varies depending on the area treated and your lifestyle. In general, fillers last between 9-18 months. More structured areas like the jawline tend to hold filler longer, while areas with more movement (like lips) may need touch-ups a bit sooner.

### Does the treatment hurt?

It's generally well tolerated. We apply a numbing cream beforehand, and most dermal fillers contain a mild anaesthetic too. You may feel a bit of pressure or a pinch during the injections, especially in sensitive areas like under the eyes or lips, but the entire process is usually quick and manageable.



### Will filler make me look puffy?

This is one of the most common concerns. The goal with male filler is definition, not roundness. We focus on restoring or enhancing masculine features like the jawline, cheek structure, or under-eye area. When administered correctly, you'll look sharper, more rested, and subtly refreshed - not "done."

### What's the recovery like afterwards?

Most people are back to work or normal activities the same day. You may experience light swelling, mild tenderness, or small bruises at the injection sites, which typically resolve within a few days. We recommend avoiding exercise, alcohol, or touching the area for 24-48 hours to allow it to settle properly.



# SKIN BOOSTERS

HYDRATION BENEATH THE SURFACE

## WHAT THEY ARE

Injectable treatments that improve the health and quality of your skin from within - not by changing shape, but by **deeply hydrating, stimulating collagen**, and strengthening skin structure over time.

## HOW THEY'RE DIFFERENT

Unlike dermal fillers that sculpt or add volume, skin boosters work at a cellular level to enhance elasticity, tone, and texture. **It's like giving your skin a long drink of water - but from the inside out.**

## WHY PEOPLE CHOOSE THEM

Whether it's stress, sun exposure, or daily shaving, your skin takes a hit. Skin Boosters help undo that. You'll look fresher, smoother, and well-rested, without looking "done."

## THE LONG GAME

These aren't overnight results. **Boosters work gradually and naturally** - with most people noticing visible improvements within a few weeks, and further gains with continued treatments.

## BETTER TOGETHER

Skin boosters are often combined with other treatments like microneedling, wrinkle relaxers (Botox), or peels to amplify results and support overall skin health.

**SENSATION SCALE:** 4-5/10; area numbed beforehand with medical-grade cream.

**DOWNTIME:** Minimal; slight redness or swelling for 1-2 days. Small bumps at injection points usually settle within hours.

**WHO PERFORMS THIS TREATMENT:** Medical Doctor or Dermal Aesthetician

**TREATMENT TIME:** 45 -60 min

**PRICE:** R5000+

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# SKIN BOOSTERS

## FAQ'S

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### What's actually in this stuff?

Skin boosters are usually made of hyaluronic acid - a substance your body already produces. It's like a hydration magnet. No toxins, no hormones, no muscle-freezing ingredients. Just science-backed skin fuel.



### Can I shave the next day?

Yes. You might want to skip the razor that evening, but by the next morning you're good to go. If you're prone to sensitivity, use a fresh blade and avoid harsh aftershaves.

### What if I'm already doing other stuff - like PRP or microneedling?

Perfect. Skin boosters complement other treatments really well. They strengthen the skin barrier, speed up healing, and often enhance the effects of whatever else you're doing.

### I work out a lot - does that affect results?

Actually, yes. High-intensity training and sweating can sometimes break things down faster - so your maintenance plan might be different. Your practitioner can guide you on timing.

### Is it better than using a good serum or moisturiser?

This is a different ballgame. Serums and moisturisers work on the surface of the skin. Boosters go into the skin, helping it retain moisture from within. Think of it as upgrading from a car wash to an engine service.



# BIOSTIMULATORS

STRENGTHEN. REBUILD. REDEFINE.

## WHAT THEY ARE

Biostimulators are injectable **treatments that trigger your body to rebuild its own collagen** - gradually restoring structure, firmness, and support to the face over time.

## HOW THEY WORK

Instead of instantly “filling” lines, biostimulators work under the surface to rebuild volume from within. Think of it as a slow-but-steady reboot for tired, sagging skin.

## WHY PEOPLE CHOOSE THEM

They’re ideal if you want to firm things up but aren’t into the look or feel of dermal filler. Biostimulators help sharpen jawlines, soften deep lines, and bring back structure - without puffiness or obvious changes.

## WHAT TO EXPECT

This is a long-game treatment. Results appear gradually over 6–12 weeks and last up to 18 months. For best results, a series of sessions may be recommended depending on the product used.

## POWER PAIRING

Pairing biostimulators with wrinkle relaxers, PRP, or skin boosters can help lock in more noticeable, longer-lasting results. It’s all about strategic layering.



**SENSATION SCALE:** 4-5/10; area numbed.

**DOWNTIME:** Minimal; slight swelling for 1–2 days.

**WHO PERFORMS THIS TREATMENT:** Medical  
Doctor

**TREATMENT TIME:** 45 -60 min

**PRICE:** R7000+

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# INTIMACY

All treatments are private, discreet, and performed by a qualified medical doctor after a personalised consultation.

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## CONFIDENCE, COMFORT, AND CONTROL WHERE IT MATTERS MOST

Our Intimacy Treatments are designed to support male wellness in areas that are often difficult to talk about - but important to address.

Whether it's reduced sensation, performance concerns, or age-related changes in function or appearance, these targeted, doctor-led treatments are here to help you feel more confident and in control.

### The P-Shot:

This treatment uses Platelet-Rich Plasma (PRP) to naturally stimulate tissue regeneration, boost circulation, and enhance sensitivity. Best suited for men experiencing mild to moderate performance issues, changes in sensation, or post-surgical recovery. Results are gradual and vary by individual, but many report improved function, confidence, and responsiveness over time.

### Penile Filler:

A hyaluronic acid-based filler is carefully injected to enhance girth and aesthetic shape. Ideal for men looking for subtle cosmetic improvement or an added confidence boost, the treatment is fully tailored to your anatomy and goals. Results are visible immediately and can last up to 12-18 months.

### Botox for Performance (BoCox)

A low dose of Botox is injected into the base of the penis to help improve blood flow, reduce premature sensitivity, and enhance endurance. BoCox is a discreet option for men wanting performance support without the need for medication. Treatment is quick, non-surgical, and performed by a doctor.

**WHO PERFORMS THESE TREATMENTS:** Medical Doctor

**PRICE:** R7000+

BOOK NOW

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# HERMANOS

## AESTHETICS

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Sat 9:00am–4:00pm  
Sun CLOSED  
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