

Innercore Therapy Clinic

Innercore Clinic's aim is to provide supplementary treatments that will successfully aid in health maintenance and disease prevention.

We believe that each client is unique and treatments should be adopted to suit both lifestyle and individual goals. We try to inform and empower our clients in order to facilitate their own strive for optimum health.



**Look after yourself
Inside & Out**

Gift Vouchers

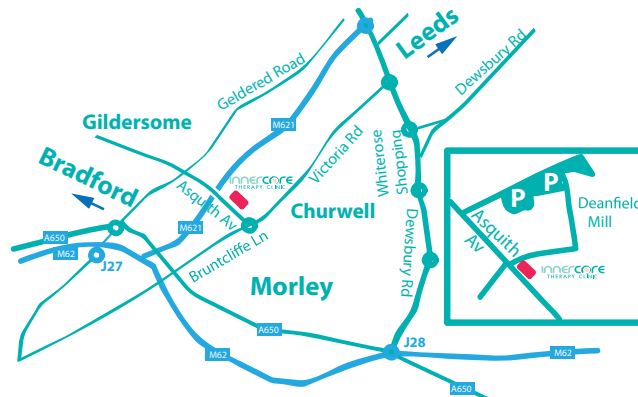
Looking for that ultimate alternative present, then why not purchase one of our gift vouchers which are available on selected treatments.



Treatments and consultations are by appointment only. Evening and weekend appointments also available to meet each individuals lifestyle.

Selected treatments may require a deposit to secure appointments. We would appreciate 24hrs notice of any cancellation.

Various products available from our online store. Join our online email newsletter to stay up to date with treatments and special offers.

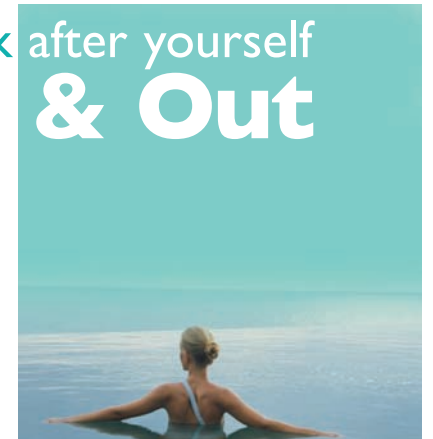


Off Street parking facilities are available to the rear of the clinic.

Innercore Clinics Ltd,
Deanfield House
Asquith Avenue, Morley, Leeds, LS27 9QS
Email: enquiries@innercore.co.uk
Web: innercore.co.uk



Look after yourself
Inside & Out



The Innercore Clinic is led by a unique multidisciplinary health care team, offering a range of medical and complementary therapies including :

- Colonic Hydrotherapy**
- Skin Rejuvenation**
- Diet and Slimming**
- Physiotherapy**
- Diagnostic Testing**
- Preconception Programme**
- Semi-permanent Make-up**
- Teeth Whitening**

innercore.co.uk

0113 253 1255

Evening and weekend appointments

COLONIC HYDROTHERAPY

It is a safe and gentle internal bath which cleanses the body of excess waste pollutants and toxic substances. The treatment is considered an important therapy to help rejuvenate and maintain overall health.

Colonic Hydrotherapy Consultation including, hydrotherapy session, after care advice and lifestyle changes. **£65**

Subsequent treatments **£60**

Course of 3 colonics, aloe vera gel & probiotics **£195**

Detox packages are available to suit individual needs. *

BODY CONTOUR WRAP

The contour gel is formulated to assist in inch loss, lymphatic drainage and improve the appearance of cellulite.

Single treatment **£45**

Course of 6 treatments **£300**

SPA THERAPY

A complete detoxification treatment for the face and body, incorporating aromatherapy oils, essential plant extracts and marine algae.

Designed to gently eliminate toxins and speed up the body's metabolism.

Single treatment **£55**

HOPI EAR CANDLING

An ancient mild and natural therapy. This non-invasive treatment is used to soothe earache, headache, ear noise, stress and nervousness.

Single treatment **£20**

Course of 3 treatments **£55**

TEETH WHITENING

A marvelous whitening system using a specially designed cool LED light laser. **£175**

Includes home maintenance pack worth £30

SKIN ANALYSIS

Highlighting areas of sun damage and a moisture, zinc and ph check.

A maintenance programme of medical skin care treatments and products will also be prescribed.

From **£25**

MEDICAL MICRODERMABRASION

Using state of the art Dermagenesis M2, available only to medical practitioners. The treatment involves a fine mist of crystals used to gently buff, or provide a deeper exfoliation. Excellent for congested skin, acne, fine lines, wrinkles, scarring, superficial pigmentation, stretch marks, blackheads and improve overall general complexion of the skin.

From **£75**

WRINKLE RELAXING INJECTIONS

Softens the action of several facial muscles, improving the appearance of fine lines and wrinkles.

From **£180**

DERMAL FILLERS

Fills out and smooths away lines and wrinkles.

From **£250**

LIP ENHANCEMENT / VOLUME

Defining, contouring, revitalising, enhancing and hydrating your lips

From **£250**

CHEMICAL PEEL

These are an excellent tool for brightening up the skin, minimizing pore size, evening skin tone and reducing scarring. Peels are light to moderate in strength and will be tailored to your needs.

From **£65**

MEDICAL PEELS

Classified as a superficial peel but is layered for a much deeper treatment. Used to treat sun damage, moderate wrinkles and mild to moderate acne. Includes pre and post Theraderm skin renewal system.

From **£285**

* Prices available on request or consultation

WEIGHT MANAGEMENT

Dietcare offer a one to one personal healthy eating weight loss plan. A six-session course of private dietetic advice, with our dietitian. **£90**

Dietary advice for PCOS sufferers.

Contact Mouna on 07729 850013 (Dietitian)

DIAGNOSTIC TESTING

We offer a comprehensive laboratory service of Nutritional and Biochemical Testing. The tests cover a wide range of physiological areas including Digestive, Immune, Nutritional, Endocrine and Metabolic function. Examples include: Food Allergy, Mineral Deficiencies, Osteoporosis, Male and Female hormone levels.*

PRECONCEPTION PROGRAMME

"The Foresight Plan" - A lifestyle and dietary programme designed specifically to help improve your pregnancy, foetal health and most importantly fertility. This programme maximises your chances of conception and includes advice for both partners.

Consultation (per couple) **£50**

PHYSIOTHERAPY

Pain and sports injury clinic with treatments including manipulation, acupuncture, electrotherapy, pilates and exercise prescription.*

Contact Paul on 07969 450135 (Physiotherapist)

SEMI PERMANENT MAKE UP

Advanced micro pigmentation techniques and procedures to enhance your natural beauty.

Eye-liner, Eyebrows, Lip Liner and blend.*

MEDICAL TATTOOING

Corrective camouflage tattooing used to treat scarring, stretch marks, pigmentation, nipple reconstruction and burns.*

HYPERHIDROSIS

Reducing excessive under arm sweating.

From **£385**

Major credit/debit cards accepted