

**TERESA TARMY
TREATMENT MENU**

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CLARIDGE'S SPA



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Teresa Tarmey joins Claridge's Spa, a new chapter of skincare excellence begins. With results driven treatments that have garnered cult-like status, Teresa is a celebrated global super-facialist. Hotly anticipated and highly unique, she now brings 27 years of cutting-edge expertise and 'results with love' to Claridge's. Alongside signature and targeted facials – including the Ultimate Radio Frequency Facial – our new wellness master invites guests to discover an innovative new skincare treatment, exclusive to Claridge's. Skinmaster Plus™ by Brera harnesses an ultrasonic exfoliation and infusion system, to inspire complete rejuvenation and unveil the radiance within.

Elevate your skincare routine with Teresa Tarmey's award-winning skincare collection. From our hydrating cleanser to our best selling 0.3% Retinol and Lactic acid treatment, our carefully curated ranges are your skincare must-haves to deliver clinic level results at home. Discover Teresa Tarmey's retail collection within Claridge's Spa.

OPENING TIMES

Monday 10-8
Tuesday 9-8
Wednesday 10-7
Friday 10-8

RESERVATIONS

Call: +44 (0)207 409 6565
Email: spa@claridges.co.uk

SIGNATURE FACIALS





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Signature Facial

55 minutes

Included with The Signature TT Facial is powered by a high-performance combination of masterful techniques and expertly-formulated skincare, including the hydrating Cleanser and brightening Lactic Acid Treatment.

Crafted and perfected by Teresa over 27 years - using her hands-on, expert experience in treating skin - this anti-aging facial is suitable for all skin types, designed to unlock the signature TT rejuvenated glow.

Signature Microneedling Facial

50 minutes

The TT Signature Microneedling Facial focuses on rejuvenating the skin by treating the underlying causes of texture and uneven appearance. Harnessing the power of Microneedling, the facial is centered around Collagen Induction Therapy (CIT) to trigger the body's natural repair process, resulting in the production of new collagen and elastin to enhance skin texture. A customisable treatment suitable for all skin types, the Microneedling Facial restores a smoother complexion by treating acne scars, minimising the appearance of fine lines, and reducing hyperpigmentation.

Advanced Facial

55 minutes

A much-loved best seller, the Advanced Facial is a uniquely-developed treatment fusing a combination of clinically-proven, expert techniques, such as Microneedling, with advanced technologies, such as IPL and LED, to provide a versatile and results-driven solution for a wide variety of skin concerns. From broken capillaries and pigmentation, to mild acne and rosacea, the Advanced Treatment is truly bespoke and designed to address the unique skin concerns of each individual client for overall skin rejuvenation.

Ultimate Radio Frequency Facial

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.



TARGETED FACIALS





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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, nonsurgical 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.

Rejuvenation Mega Boost

55 minutes

The Rejuvenation Mega Boost is a highly advanced treatment fusing expert techniques with a range of clinically-proven technologies to repair the skin at a deep level for a fully restored, revitalised complexion. Combining signature TT skincare ingredients with high-performance machines such as IPL for pigmentation, laser for broken capillaries, and Fractional Radio Frequency for gentle skin resurfacing, this treatment targets a wide range of concerns for total skin rejuvenation.

Microneedling Radio Frequency

55 minutes

The Microneedling Radio Frequency - Face and Neck facial is a non-surgical skin rejuvenation treatment designed to treat skin textural and tonal concerns by stimulating an immediate boost in collagen and elastin production within the skin tissue, using Collagen Induction Therapy (CIT). From open pores and scars, to wrinkles and sagging skin, the versatility of this treatment is an effective option for treating a variety of skin concerns with minimal downtime, making it suitable and effective for all skin types.

HIFU

55 or 85 minutes

High-Intensity Focused Ultrasound (HIFU) is a minimally-invasive skin tightening treatment that utilises high-intensity focused ultrasound waves in targeted areas to lift, smooth and tighten the treated skin without surgery and minimal no downtime. A highly innovative and effective technique often referred to as a non-surgical facelift, HIFU is a youth-boosting facial rejuvenation treatment that is particularly effective for sagging in the lower face and neck areas, with visible instant and long-lasting results.





TARGETED FACIALS

Advanced Skin Resurfacing

45 or 85 minutes

Opus is the ultimate non-invasive Radio Frequency platform for skin resurfacing and face tightening. Featuring Fractional Radio Frequency technology and the unique Opus Plasma® applicator, it addresses a variety of textural and skin quality concerns - from simple to complex - with minimal downtime and stellar results.

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.

Cosmelan Peel

55 minutes

The ultimate treatment and solution to moderate for 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.

Facestim Facial

55 minutes

The FaceStim Facial is a non-invasive treatment powered by FACESTIM® to give the face an intense workout by combining Bipolar Radio Frequency with deep muscle contraction techniques, resulting in tightened, toned and volumised skin and muscles. An effective way to achieve a non-surgical facelift, the FaceStim Facial uses Radio Frequency to heat the deeper layers of skin tissue which boosts the production of new collagen and remodelling of the skin tissue for a firmer, plumper skin appearance. Paired with deep muscle contraction in the same device to tone, sculpt and lift the muscles, the treatment delivers long-lasting results with minimal downtime.





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