



La Cure.

prices

& packages

| 02 9524 1957
| 0416 800 500

| 493 Port Hacking Road
| Caringbah South NSW

| lacure.com.au
| @lacure_wellness

contents

Float Therapy	03
Recovery Boots	04
Infrared Therapy	05
Cryotherapy	05
Combos	06
Massage	08
IV Therapy	10
Cosmetic Injectables	16
Skin Therapy	18
Membership	24
Group Events	25

What Is Floatation Therapy?

Floatation Therapy promotes deep relaxation and full body rejuvenation by floating or suspending the body in a warm Epsom salt solution within a quiet and dark space.

Free from external distractions, Float Therapy is a powerful tool that promotes health and wellness and can also assist with pain relief and improve sleep.

Unlike other floats, we provide a float tank, not a pod, which ensures those who experience anxiety within confined spaces or claustrophobia, are also able to enjoy this amazing therapy.

BENEFITS:

- 60min Float is equivalent to 4hrs deep sleep
- Reduces symptoms of anxiety, depression & PTSD
- Muscle recovery
- Reduces inflammation
- Pain relief
- Improves sports performance
- Increased immune health
- Improves sleep disorders
- Reduces fatigue & jet lag
- Respiratory relief
- Magnesium absorption

Float Therapy For Pregnancy & Infertility

Pregnancy is one of life's most beautiful miracles, but it doesn't come without its difficulties. Floating can provide a range of benefits for pregnancy & fertility, improves mindset, reduces stress & anxiety.

Floating also decreases physical discomfort, reduces swelling & lowers blood pressure, reduces aches, muscle soreness and promotes bonding. Consider floating as part of your prenatal plan.

60min Float Therapy

Single session	\$89
3 sessions	\$75ea \$225
10 sessions	\$65ea \$650

30min Float Therapy

Single session	\$55
----------------	------

Couple's Float Therapy

Connect with your partner in a fresh, mindful way	
60 mins	\$119



What Are Recovery Boots?

When you exercise, you 'stress' your muscles, causing minor tears to your muscle fibres. These tears are what will later cause you to improve, but initially they result in muscle inflammation and the accumulation of metabolic waste.

Using recovery boots in your daily workout, you can speed up the recovery process that your body's lymphatic and vascular systems perform naturally over a longer period of time. Pneumatic compression increases blood circulation and helps your body get rid of accumulated waste in your muscles faster and more efficiently than your body normally can. The result is that your muscles heal and recover faster.

At La Cure, we use Air Relax Recovery Boots. Air Relax is an air compression device with multiple chambers that compress in succession. Our system increases blood flow through your muscles, which has been shown to aid with sports and other recovery, similar to the effects of a professional massage.

BENEFITS:

- Reduces muscle soreness
- Reduces fluid retention, swelling & inflammation
- Speeds up the recovery process
- More range of movement
- Improves circulation

30min Recovery Boots

Single session	\$35
5 sessions	\$30ea \$150
10 sessions	\$25ea \$250

Group Booking

2-4 people	\$30pp
------------	---------------

What Is Infrared Therapy?

Infrared Therapy uses infrared lightwaves to heat the body rather than extreme air temperature. This means they produce results at lower temperatures than regular saunas, making them more accessible to people who can't tolerate the heat of a conventional sauna. There are three main categories of infrared lightwaves; near infrared which penetrates the dermal layer of the skin, mid infrared which penetrates the muscular level, and far infrared which penetrates the cellular level.

Our patented Sunlighten Solocarbon mPulse 3-in-1® sauna is the only sauna heater on the market to provide all three infrared wavelengths in one place that is customisable to each user to assist with detoxification, cardiovascular health, weight loss, pain relief, relaxation and anti-aging; without harmful UV radiation.

45min Infrared Sauna

Single session	\$49
10 sessions	\$39ea \$390
<i>Additional Person</i>	\$10pp

What is Cryotherapy?

Cryotherapy involves exposing your body or parts of the body to near-freezing temperatures created using liquid nitrogen.

This intense cooling process induces a number of beneficial physiological changes within the body and aims to promote muscle healing, improve recovery time and rehabilitation, reduce inflammation, relieve pain, support weight loss and enhance overall health.

Studies have also suggested it is beneficial in treating many conditions including rheumatoid arthritis, multiple sclerosis, psoriasis, sleep disorders and depression.

Whole Body Cryotherapy

Single session	\$79
5 sessions	\$65ea \$325
10 sessions	\$55ea \$550

Group Booking

2 or more people	\$59pp
------------------	---------------

Localised Cryotherapy

SPOT CRYOTHERAPY	
Single session	\$49
5 sessions	\$44ea \$220
10 sessions	\$41ea \$410

SPORTS INJURY & RECOVERY

Whole Body Cryotherapy & Spot Cryotherapy	
Single session	\$119

Pause

RECOVERY BOOTS + INFRARED SAUNA

The right option for those that need to slow it down. Opt for this treatment to heal sore, aching muscles, decrease stiffness, improve range of motion and reduce fluid retention.

Single session	\$69
2 people	\$50ea
3 people	\$45ea
4 people	\$40ea

Squeeze & Freeze

RECOVERY BOOTS + WHOLE BODY CRYOTHERAPY

This treatment aims to improve recovery time, promote healing and encourage the excretion of waste products from the body.

Single session	\$99
2 people	\$89ea
3 people	\$79ea
4 people	\$69ea

Soothe

RECOVERY BOOTS + 60 MINUTE FLOAT THERAPY **Pregnancy Friendly - 2nd Trimester*

Soothe muscles and mind with this package which is designed to increase blood circulation, remove muscle soreness and aches and pains and reduce inflammation while promoting relaxation.

Single session	\$95
Couple session	\$135

Shock

WHOLE BODY CRYOTHERAPY + INFRARED SAUNA

A contrasting shock to the body that will boost your immune system, kick start weight lost, nourish your skin and remove toxins from your body.

Single session	\$110
2 people	\$85ea
3 people	\$75ea
4 people	\$65ea

Pregnancy

RECOVERY BOOTS, FLOAT, PREGNANCY MASSAGE

A combo designed for our Mummy's to be to assist with aches & pains, swelling, circulation and relaxation. Suitable for up to 37 weeks pregnant.

Single session	\$220
----------------	-------

Revive

INFRARED SAUNA + 60 MINUTE FLOAT THERAPY

Enhance blood flow, remove toxins and achieve a deep relaxation with our Revive package.

Single session	\$125
Couple session	\$149

Heal

WHOLE BODY CRYOTHERAPY + 60 MINUTE FLOAT THERAPY

This package will help manage injuries, reduce inflammation, as well as promote restful sleep patterns and can decrease symptoms of anxiety.

Single session	\$135
Couple session	\$179

Recover

RECOVERY BOOTS + WHOLE BODY CRYOTHERAPY + INFRARED SAUNA

This treatment offers accelerated recovery for elite athletes or those in intense training.

Single session	\$135
2 people	\$95ea
3 people	\$90ea
4 people	\$80ea

Boost

RECOVERY BOOTS + WHOLE BODY CRYOTHERAPY + 60 MINUTE FLOAT THERAPY

This treatment offers accelerated recovery and soothes sore muscles while promoting a good night sleep.

Single session	\$150
Couple session	\$220

Energise

WHOLE BODY CRYOTHERAPY + INFRARED SAUNA + 60 MINUTE FLOAT THERAPY

Energise the mind and body and nourish yourself from the inside out with this ultimate package. Manage injuries, reduce inflammation and aches and pains as well as promote restful sleep patterns and decrease symptoms of stress and anxiety.

Single session	\$170
Couple session	\$240

Remedial Massage

60min \$159

Remedial Massage uses clinical assessment and reasoning to address specific issues using a variety of techniques, e.g. deep tissue, myofascial release and trigger point release.

WHAT ARE THE BENEFITS OF REMEDIAL MASSAGE?

- Improves movement of joints & muscles
- Stimulates the immune system
- Enhance exercise performance
- Increases blood flow
- Relieves stress/anxiety
- Eases osteoarthritis pain
- Decrease muscle tension
- Improves the ease and quality of sleep
- Assists to lower blood pressure
- Relieves muscle soreness

Connective Tissue Therapy & Massage \$159

Connective Tissue Therapy (CTT) is a type of subtle bodywork that assists the lymphatic flow and aims to release myofascial (connective tissue) restrictions in the body. This therapy, is known to provide relief for chronic tension, improve body posture, increase the range of motion of the body, and improve the overall wellbeing of a person's body and mind. CTT & Massage may achieve similar benefits to a Remedial Massage without the intensity.

Relaxation Massage

60min \$139

Our La Cure Massage Therapists can help you to switch off and recover from the daily stresses of everyday life with a Relaxation Massage. With pressure that is deeply relaxing, it will relieve muscle tension and leave you feeling relaxed and revitalised.

WHAT ARE THE BENEFITS OF RELAXATION MASSAGE?

- Helps to lower blood pressure.
- Improves peripheral circulation.
- Reduces muscle tension such as the relief of muscle tension headaches.
- Relieves any stress-related symptoms. This can include providing a boost to the immune system after undergoing regular treatments.

Hot Stone Massage

60min \$149

Originating from China almost 2,000 years ago, a Hot Stone massage uses heated basalt stones on specific parts of the body while regular massage techniques are applied. A hot stone massage will help to relax and rejuvenate and may assist with stress, anxiety and muscle tension.

Indian Head Massage

45min \$110

Indian Head Massage is a relaxing holistic treatment that uses acupressure massage to release stress, which has accumulated in the tissues, muscles and joints of the head, face neck and shoulders.

Pregnancy Massage

60min \$149

Pregnancy Massage is a gentle therapeutic treatment that is designed to support a woman's body, during the changes that are occurring.

BENEFITS OF PREGNANCY MASSAGE

- The benefits an expecting mother may experience include:
- Lymphatic drainage - reduced swelling of the hands, feet and ankles
 - Less sciatic pain
 - Pelvic realignment and strengthening
 - Relaxed muscles
 - Helps increase blood and circulation, which in return delivers more oxygen and nutrients to the mother and baby
 - Reduced stress and help with fatigue
 - Eases muscular discomforts in areas like the lower back and neck, calf cramps
 - Decreased tension and tightening that can be experienced throughout the body

HOW SAFE IS PREGNANCY MASSAGE?

Massage during pregnancy is not only safe but when done correctly can re-energize mums and give them the strength and relief to make it through their pregnancy with ease and more enjoyment. The greatest benefits are experienced from consistent treatments. For reasons that are always super important for the baby and mother, we recommend that if the mother is wanting to have massage throughout their pregnancy, that they wait until second trimester to pursue. Our pregnancy massage is done in a seated position from the second trimester only.

Massage Therapy Add On Treatments

To support injury recovery, muscle tension and relaxation

Whole Body Cryotherapy	\$49
Spot Cryotherapy	\$35
30 minute Float Therapy	\$45
60 minute Float Therapy	\$59



What Is Intravenous Therapy (IV) Therapy?

IV Therapy is a new approach to nutrition supplementation. IV administration, via injection or infusion, allows a range of vitamins, minerals and amino supplements to be effectively absorbed by the body. IV Therapy promotes a number of beneficial outcomes including enhancing muscular repair, increase energy, decrease fatigue, rehydrate, correct electrolyte imbalances and nutrient deficiencies, boost the immune system and support overall health.

While many vitamin, mineral and amino supplements are not well absorbed by the body when taken orally, administering via injection or IV allows for much higher doses and 100% absorption into the body.

Our Nutrients

Quality is our number one priority at La Cure. Our nutrients are sourced by our partners at the The Drip Club and manufactured in Australia by a GMP Pharmaceutical manufacturing facility. The Intravenous nutrients used at La Cure represent the highest standard of manufacture available in the southern hemisphere. At La Cure we can offer a bespoke cocktail of nutrients to target your personal needs so come in and have a complimentary chat to our Registered Nurses.

Who Is The Drip Club?

La Cure has partnered with The Drip Club who is the industry leader in the delivery of intravenous nutrient therapy, cosmetic injectables and medical skin and body treatments.



Prescription Consultation

Initial and Biannual Prescription Fee **\$49**

All clients of La Cure are required to have a consultation initially and biannually to maintain prescription currency. Our consultations provide comprehensive medical screening to ensure your safety and better outcomes when visiting La Cure. Prescriptions are valid for 6 months.

Initial IV Therapy Blood Test for Vitamin C compatibility (once only) **\$29**

Deposits

IV Therapy **\$50**

All deposits are charged at time of booking to secure your appointment time. Deposits will be held for any cancellations made outside of a 48 hour window.

Solo Drips

With a current prescription **\$139**

Sometimes it is nice to keep it simple with one of our single nutrient drips. Choose from the many IV nutrients available or discuss the most suitable options for you during your consultation with our Registered Nurse.

Premium Drips

With a current prescription **\$239**

If you're looking for a drip that's specially formulated to focus on a particular issue, our Premium drips represent optimal nutrient blends that are very popular with our regular drippers.

Premium Plus Drips

With a current prescription **\$299**

A selection of premium plus drips that are special order + require 10 business days.

Max Drips

\$399

Looking for the max support? This drip is for you. Containing all our base nutrients and a selection of intramuscular boosters. This drip is designed to keep you operating at your optimum.

Additional Nutrients

Standard **\$49**

Sodium Ascorbate (Vitamin C) **\$59**

Glutathione (1000mg) **\$79**

Popular Drips

Here are some of our most popular drips. Speak to our health professionals for detailed information on these drips and your individual needs.

PREMIUM DRIPS

Anti-Oxidants

The Anti-Oxidant is an ideal blend for people suffering from intense oxidative stress. With your oncologist's supervision, this cocktail would be particularly useful for clients undergoing radiotherapy or chemotherapy treatments. We have included three synergistic, powerful antioxidants to help give free-radical damage the flick.

Brain & Liver Cleanse

This drip includes Glutathione which is a powerful nutrient for detoxifying the liver, and one of the few substances that can cross the blood brain barrier to effect brain tissue. Almost impossible to absorb orally, this nutrient is best delivered intravenously. With this premium drip you will also enjoy a powerpunch of high dose Vitamin C, Magnesium, and Multi-B Vitamins to get your body, brain and liver performing at their best.

Recommended additional nutrients: Zinc, B12, Extra Magnesium

Modified Meyers Cocktail

This drip is the most popular one with our regular and new clients. It was the IV Drip that started it all, originally formulated by Dr John Meyer in the 1970's. Enjoy the reduction in oxidative stress that this soothing antioxidant cocktail provides. Get a boost of energy from extra B1, B2, B3, B5 and B6 to get you through the week. You'll perform your day-to-day activities and manage adrenal fatigue with improved vigour. Our Daily Energy Drip includes double Magnesium to help you to chill out, improve muscle relaxation and get a great night's sleep!

Glow

This blend is especially for you and your complexion. Rejuvenate your body from the inside out and make your skin and body glow! With Vitamin C, Alpha Lipoic Acid, Magnesium and Zinc, these skin and body boosting ingredients will leave you feeling amazing!

Globetotter

This drip will protect and revitalise you either before or after your flight. Air travel is draining, and colds, flu and fatigue often result from long hours in the air, time zone differences and the recycled air-conditioning systems on aircraft. Includes Magnesium and Zinc so you can bounce into your holiday or back into your routine without the drag. Also great for those suffering fatigue from working night shifts.

Recommended additional nutrients: Glutathione, B12

Immunity

If you need something to kick that cold or flu before it sets in, this is it. A massive double dose of Vitamin C plus Zinc will send the cough and cold packing. Also a great cocktail for viral conditions, this drip is ideal for a wide variety of common illnesses and viral infections.

***Please let our Registered Nurse know of your illness/symptoms over the phone before locking in an appointment so that we can make suitable arrangements to keep everyone safe.**

Recommended additional nutrients: Extra Vitamin C, Glutathione, Multi-B with B12

PREMIUM PLUS DRIPS

Growth Gains

This drip is for athletes and high performance individuals. Human Growth Hormone (HGH) is largely touted as the fountain of youth. This premium drip is a HGH and Nitric Oxide (NO) stimulating drip using Arginine. Great for muscle and bone growth, sugar and fat metabolism, blood flow, platelet function, body fluid maintenance and possibly heart function among other benefits. It is important to note that this drip contains Arginine to stimulate HGH and NO. It does not actually contain HGH and NO in the solution itself.

Recommended additional nutrients: Vitamin C, Zinc, Magnesium, Muti-B's, Glutathione, B12

5 Treatments	\$1,400
10 Treatments	\$2,690

Skin Illuminate Drips

If you dream of brighther skin or have pigmenation issues, our course of skin lightening infusions may be ideal for you.

5 Treatments	\$1,400
10 Treatments	\$2,690
24 Treatments	\$5,799

Additional Intravenous Packages

NAD + Drips

With a current prescription **\$699**

Nicotinamide Adenine Dinucleotide (NAD+) is a coenzyme present in almost all cells in your body. It's purpose is to fuel metabolic reactions, similar to petrol in your car. Without NAD+ your cells can't metabolise carbohydrates, fats and amino acids. Research into brain health and longevity has found that NAD+ is essential to promoting cellular and brain regeneration. Replenishing cellular levels of NAD+ can repair DNA, protect brain cells from damage, reduce inflammation and help prevent aging. It includes the ultimate replenish push which includes vitamins, minerals and amino acids to amplify the actions of the NAD+.

***Especially made for you. This drip must be prepaid and booked in advance. 10 working days notice required.**

4 Treatments **\$2,700**

8 Treatments **\$5,100**

Iron Infusion

Prescription to be obtained by GP. Please contact us to discuss procedure and obtain forms. **\$139**

Oncology Support

The Oncology support is a fantastic blend for people suffering from intense oxidative stress. This cocktail may be particularly useful for clients undergoing radiotherapy or chemotherapy. With three powerful antioxidants, give free radical damage the flick. **\$229**

Boosters: Intramuscular Injections

Give your body the boost it needs. These are great for those who need to elevate their levels of certain nutrients that either cannot be given intravenously, or for clients who do not require a full drip. 10 working days notice may be required.

Energy Boost

CoQ10 + Carnitine combine to deliver a potent antioxidant hit to energise the body, decrease recovery time and improve overall wellbeing. Also great for heart health and fat burning.

Single Treatment **\$55**

Brain Fuel

\$45

A combination of powerhouse amino acids to support memory, boost brain function and improve the body's ability to handle stress.

Calm Your Farm

\$39

Calm your nerves, reduce stress and relax your muscles all while maintaining mental sharpness and focus.

Vitamin B12

\$24

Vitamin B12 (activated Methylcobalamin or Hydroxycobalamin) is a nutrient that helps keep the body's nerve and blood cells healthy. May help to boost energy and metabolism. Essential for vegetarians and vegans.

Vitamin D3

\$39

Even in sunny climates, 70% of the population is Vitamin D3 deficient. Adequate levels of Vitamin D3 support bone health, the immune system, normal inflammatory responses and muscle function. One shot can maintain your levels for up to 3 months.

Biotin Beauty

\$39

This is the essential beauty nutrient. Use this injection for strong and healthy hair, skin and nails.

Recommended every 1-2 weeks. 20% Off with any skin therapy treatments/packages.

Ultimate Shred

\$45

The ultimate three-way performance booster. Works to build new muscle tissue, protect existing muscle, release HGH, balance hormones and stimulate metabolism to get the results that you want.

Plump It Up

\$45

Feed your skin from the inside! This booster is designed to help hydrate, brighten and firm your skin.

Slim Down

\$45

The Slim Down injection package assists in optimising the liver to boost metabolism, mobilise stubborn fatty deposits, curb cravings and boost energy levels. To increase the result of your weight loss efforts, must be done in conjunction with a healthy diet and exercise.

Facial Enhancements

You are in experienced hands at La Cure. Using only the best injecting equipment, products and techniques for both male and females. Book a comprehensive facial assessment with one of our highly skilled specialists. Our consulting methods are proven to establish your individual areas for improvement and enhancement, achieving optimum, tailored results.

Prescription Consultation

Binnual Precriptional Fee	\$25
---------------------------	-------------

All clients of La Cure are required to have a consultation initially and biannually to maintain prescription currency. Our consultations provide comprehensive medical screening to ensure your safety and better outcomes when visiting La Cure. Prescriptions are valid for 6 months.

Deposits

Injectables Deposit	\$50
---------------------	-------------

All deposits are charged at time of booking to secure your appointment time. Deposits will be held for any cancellations made outside of a 48 hour window. Whether you require more definition, balance, symmetry or just a reduction in fine lines and wrinkles, we will help you to achieve a more natural, refreshed look.



Neuromodulator (Anti-wrinkle Injections)

We have two neuromodulators to choose from. Discuss with your nurse which is right for you.

Anti-wrinkle

Type 1	\$12 per unit
Type 2	\$4.9 per unit
Type 3 (available on request)	

Dermal Filler

Lip Filler (1/2ml)	\$330
Lip Filler (1ml)	\$450
Dermal Filler (1ml)	\$600

Packages

2 area of Anti Wrinkle	\$385
3 area of Anti Wrinkle	\$540
Cheek Filler	\$900
Lip & Cheek Filler	\$1150
1ml Dermal Filler and 3 areas of Anti Wrinkle	\$1065
2ml Dermal Filler and 3 areas of Anti Wrinkle	\$1350
Lip Filler and 3 areas of Anti Wrinkle	\$930
Lip & Cheek Filler and 3 areas of Anti Wrinkle	\$1670

Facials

Let our Skin Therapists customise a facial for your skin type and concerns and offer their expert advice on the most suitable approach to reaching your skin goals.

The Ultimate Facial	
90min	\$249
This Ultimate customised facial includes the best of everything! A deep double cleanse with steam, microdermabrasion, enzyme treatment, light therapy followed by facial massage and a customised mask. The Ultimate Facial concludes with targeted serums and finishing creams to leave your skin fresh and rejuvenated. Also includes a complimentary brow tidy and tint if desired. This non-invasive but high performance treatment is for ALL skin types and will leave you absolutely glowing with no down time or need for preparation prior to your appointment.	
The Bespoke Facial	
60min	\$175
This Bespoke customised facial gives you and your Skin Therapist the opportunity to keep things simple or build your own treatment using our 'add on' options. The La Cure Bespoke Facial includes a deep double cleanse with steam, enzyme treatment, customised mask, facial massage, finishing cream's and SPF suited to your specific skin type which will be discussed with your Skin Therapist before treatment. Suggested to coincide with any of the following add on treatments to enhance your results.	
The Rejuvenation Facial	
50min	\$130
The ultimate relaxation experience. Includes a deep double cleanse with steam, enzyme treatment, exfoliation, hot stone massage and customised mask.	
Relaxation Facial with Hot Stones	
75min	\$189
The ultimate relaxation experience. Includes a deep double cleanse with steam, enzyme treatment, exfoliation, hot stone massage and customised mask.	
The Teen Clean Facial	
45min	\$100
Steam clean with deep clarifying cleanse, exfoliation, extractions and mask to purify and reduce inflammation, finishing with customised finishing creams.	

Dermaplaning Facial	
Single Treatment (45min)	\$189
3 Treatments	\$510
A manual exfoliation of dead skin cells and removal of "peach fuzz" and surface debris to achieve a smoother, more even complexion. The Dermaplaning Facial includes a deep cleanse followed by the Dermaplaning Treatment and finishing with a super facial enzyme Peel and hydrating Mask.	

Men's Facials

Men's Cleanse	
45min	\$129
This refreshing clean includes microdermabrasion to refine and rejuvenate by exfoliating and resurfacing the skin. The outermost layer of dead skin cells are gently buffed away from the epidermis. Encourages lymphatic drainage and removes expired skin cells. This is followed by a Cryotherapy Facial which helps the skin to feel tighter with the pressurized liquid nitrogen stimulating collagen production. In rejuvenating the skin, the Cryotherapy Facial also restores radiance, soothes inflammation and improves skin texture and tone.	
Men's Signature Facial	
60min	\$179
The Bespoke Facial for Men includes a deep double cleanse with steam, enzyme treatment, facial massage, finishing cream's and SPF suited to your specific skin type which will be discussed with your Skin Therapist before treatment. This is followed by a Cryotherapy Facial to restore radiance, soothe inflammation and improve skin texture and tone.	

Add On Treatments	
Microdermabrasion (+10mins)	\$40
Cryotherapy Facial (+10mins)	\$30
Light Therapy (+30mins)	\$40
Hydrating Sheet Mask (+10mins)	\$15
Dermaplaning (+20mins)	\$35
Advanced Peel (+20mins)	\$120



Solo Treatments (All include Cleanse, Finishing Creams and SPF)

Mircoderabrasion

Single Treatment (30min) **\$99**

8 Treatments **\$700**

Microdermabrasion is a popular cosmetic procedure to refine and rejuvenate by exfoliating and resurfacing the skin. The outermost layer of dead skin cells are gently buffed away from the epidermis. Encourages lymphatic drainage and removes expired skin cells.

Cryotherapy Facial

Single Treatment (30min) **\$75**

8 Treatments **\$499**

The Cryotherapy Facial is a cryogenic treatment that is performed by what is considered a “cryo probe,” which beams vaporized liquid nitrogen across the forehead, cheeks, nose and chin. Different from the cryotherapy chambers that can be used for pain relief, the facial helps the face look younger. The treatment helps the skin to feel tighter, and the pressurized liquid nitrogen helps stimulate collagen production while also filling in fine lines and wrinkles and decreasing pores. In rejuvenating the skin, the cryotherapy facial also restores radiance, soothes inflammation and improves skin texture and tone. In some cases this treatment may assist clients who are suffering from more severe skin conditions like eczema, psoriasis and dermatitis due to its anti-inflammatory properties. Discuss this further with your skin therapist regarding your specific case.

Light Therapy

Single Treatment (40min) **\$79**

8 Treatments **\$550**

A non-invasive treatment that uses the power of LED light for visibly radiant, rejuvenated and refined skin. Light Therapy helps the skin produce more collagen and repair the tissues in the skin. Cell vitality is encouraged, skin conditions such as sun damage, acne and aged skin improved and restored. Pore size reduced, skin texture refined and toned. A safe and effective treatment for a wide range of skin conditions without discomfort or downtime.

Customised Resurfacing Peels

Single Treatment (30min) **\$99**

6 Treatments **\$500**

Our peels are professional grade exfoliating acids applied to the skin to help visibly resurface and retexturise the complexion. At a fraction of the price of laser treatment, they can significantly help reduce the appearance of wrinkles, pigmentation and blemishes with less discomfort and downtime. Our Skin Therapists will discuss the best peel options with you for your skin type.

Dermaplaning

30min **\$49.95**

Dermaplaning works by gently gliding a specialised surgical blade across the skin to exfoliate and remove fluff/peach fuzz. Suitable for all Skin types. Ongoing treatments recommended every 3-4 weeks. This is the Dermaplaning treatment only followed by finishing cream. For a full facial option refer to our Dermaplaning Facial.

Dermaplaning Add On Treatments

Cyotherapy Facial (+10min) **\$30**

Light Therapy (+30mins) **\$40**



Skin Needling

Microneedling	
Face (75min)	\$270
Face, Neck + Decolletage (90min)	\$400

A safe and minimally invasive procedure designed to stimulate the production of new collagen and elastin fibres in your skin. The treatment uses tiny medical-grade needles to create microchannels that in turn excite the release of growth factors that lead to the synthesis of new collagen and elastin. Used to turn back the clock, tighten, firm, reduce fine lines, reduce pigmentation, increase collagen, plump, brighten and rejuvenate the skin.

Clients can come in prior to their appointment to collect a Needling info pack which includes a client consent form to take to a local chemist should they wish to use numbing cream before their treatment. The depths of the needles are determined by the skins condition and concerns.

1 x monthly for 4-6 months for optimum results.

Microneedling Add On Treatments	
Cryotherapy Facial (+10mins)	\$30
Will soothe the skin and assist with inflammation following the treatment.	
Light Therapy (+30mins)	\$40
Will further the healing process and double dose the collagen production. Leaving the skin with a reddish finish. The skin will be inflamed for 12 hours and will heal over 48 hours.	

Skin Needling Packs

Face		Face, Neck + Decolletage	
Pack of 3 treatments	\$760	Pack of 3 treatments	\$1,140
Pack of 6 treatments	\$1,470	Pack of 6 treatments	\$2,220

Fractional Mesotherapy

Mesopen Pro Skin Needling & Fusion Mesotherapy (75 min)	\$400
---	-------

Combining Skin Needling with Fusion Mesotherapy's advanced serum cocktail blends, this is one of the most advanced skin rejuvenation treatments available that can treat all skin types, concerns and conditions. Let us tailor a mesotherapy serum cocktail specifically for your skin concern as targeted actives and ingredients are infused into the skin with electro-stimulating pulses to maximise your results and treat multiple skin concerns.

Custom Cocktails Available:

F-XFC Anti-Aging
F-LIFT + FACE Advanced Anti-Aging
F-RADIANCE Brightening & Pigmentation
F-ACN Acne & Oily skin
F-MESOMATRIX Scars & Stretch Marks
F-EYE CONTOUR Dark Circles & Inflammation
F-HA Advanced Hydration & Volume

Needle Free Fusion Mesotherapy

45min	\$170
-------	-------

As an alternative to our Skin Needling treatment, we offer a needle free treatment option using an electroporation tip. Electroporation refers to an intermittent current used to increase the permeability of the cell wall allowing us to deliver our custom cocktail into the cell more efficiently for enhanced results. Our advanced fusion Mesotherapy skin serums can be a successful alternative to skin needling when treating more sensitive conditions such as psoriasis, Eczema, Dermatitis and Acne.

La Cure Ultimate Facial & Glow Premium Drip Combo

With a current prescription	
Single Treatment	\$390

Speak to our team about adding a **YOUTH IV DRIP** to your Ultimate Facial to treat your skin from the inside out. The Youth Drip is an Intravenous cocktail containing Vitamin C, Alpha Lipoic Acid, Magnesium and Zinc which help to rejuvenate your body from the inside and help make your skin and body glow on the outside. Available on selected days with our registered Nurses.

Brow & Lash Treatments

Eyelash Tint	\$30
Eyebrow Tint	\$15
Eyebrow Shaping	\$25
Eyebrow Shaping + Tint	\$35
Eyebrow Shaping + Tint and Eyelash Tint	\$50

membership

YOUR CHOICE OF 1 RECOVERY TREATMENT PER WEEK:

- 01. Float
- 02. Cryotherapy
- 03. Sauna
- 04. Local Cryotherapy

+ 1 Recovery boot session

\$59
Weekly

MEMBERS RECEIVE 10% OFF ALL FURTHER TREATMENTS & RETAIL

Our weekly membership package is designed for those who are needing to restore and rejuvenate the mind and body. Active recovery allows the everyday person achieve true health and wellness in our busy modern lifestyle. No lock in contracts.

RECOVERY

WEIGHT LOSS

WELLBEING



group events

Did you know you can hire out our venue?

We cater for baby showers, hens events, corporate events, team building and special occasions. You have private access to our facilities including Float Therapy, Infrared Sauna's, Recovery Boots, Cryotherapy, Massage, Facials and more. Contact us to customise a package to suit your occasion.

your
wellness
centre .

La Cure.

| 02 9524 1957
| 0416 800 500

| 493 Port Hacking Road
| Caringbah South NSW

| lacure.com.au
| @lacure_wellness