

{ Clinic News }

Focus on body confidence

More than 90% of UK women are dissatisfied with their bodies, with two-thirds believing that their life would improve considerably if they were happier with their weight. According to scientific research, body confidence *is* linked with overall happiness. The good news is that committing to just a few simple changes in body and mind can make a real difference to your physical and mental health.

At Sheeda's we have developed the tools and expertise to support your journey.

In conjunction with a healthy diet and exercise these new bespoke treatments will help to tighten and firm loose skin, fade the appearance of cellulite and re-shape body contours.

LPG ENDOMOLOGIE

Acting simultaneously on the release of stubborn localized fat and on skin quality, LPG acts directly on the slimming cells and on rejuvenating cells. A 360° treatment that puts an end to the dilemma: slimming or firming?

ENVIRON BODY PROBE

The Body Probe harnesses the powerful technology of Sonophoresis and Iontophoresis allowing the active ingredients in Environs Body Profile Gel to be penetrated 4000% deeper than massage alone.

The probe can be used to target any problem area on the body. Stretch marks, loose skin, cellulite and skin tone are all improved with this revolutionary treatment.

COMFORT ZONE THERMOGENIC BODY WRAP

This three-phase intensive remodelling treatment combines a thermogenic action to stimulate microcirculation, a vigorous lipolytic massage and a revitalizing and tonifying treatment with visible remodelling effects after just one treatment.

For further information and to discuss your bespoke treatment package, call Sheeda's Beauty clinic today.

01858 432168



{ Sept / Oct 2019 }

A message from Sheeda

"To keep the body in good health is a duty, otherwise we shall not be able to keep our mind strong and clear."

Buddha

When we look healthy we feel positive and this gives us the confidence to face anything in this precious life.

Sheeda



Opening Times

Monday	9am - 6pm
Tuesday	9am - 8pm
Wednesday	9am - 8pm
Thursday	9am - 8pm
Friday	9am - 5pm
Saturday	9am - 2pm

Contact

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{ Body Sculpt Pro 3 in 1 }

{ The Ultimate Targeted Remodelling Strategy }

Whether you're looking for a flatter tummy, tighter thighs or a peachier bottom, our non-surgical body-sculpting treatments are for you.

Lifting, Firming and Toning for a more sculpted and remodelled look.

Book a course of Body Sculpt Pro 3 in 1 treatments from either the Gold or Silver packages and receive a complimentary Comfort Zone Body Brush worth £18.

Gold Package

(10 x LPG, Body Strategist & Body Sculpt treatments. Pay for 9 and get the 10th free)

Silver Package

(10 x LPG & Body Strategist treatments Pay for 9 and get the 10th free)

OR

(10 x Body Strat & Body Sculpt treatments. Pay for 9 and get the 10th free)



Before

After 6 sessions of the
Silver package

Terms and Conditions apply.

Speak to your therapist or reception for further details.
01858 432168

Comfort Zone Body Strategist associated home care.



Body Strategist Thermo Cream:

Cream for localized adipose cellulite.

Body Strategist D-Age Cream:

A rich and aromatic cream for the entire body, to fight the visible signs of aging, and nourish and improve the skin's elasticity, thanks to its firming action.

Body Strategist Oil:

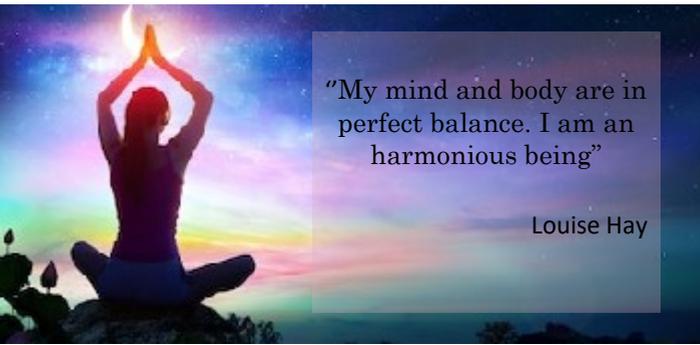
Innovative oil of natural origin with intense elasticizing localized action.

Body Strategist Patch:

Applied once a day directly on the skin, it contributes to a redefined look for the silhouette.

An ideal product to maintain results day after day in a simple and practical manner.

Call 01848 432168
to discuss the ideal homecare maintenance package for you.



"My mind and body are in perfect balance. I am an harmonious being"

Louise Hay