



ReSculpt by

Dr. ILIANA STROUTHOU^{MD}





WHEN SCIENCE MEETS BEAUTY, THE RESULT IS ART.

From the moment you arrive, you'll know that ReSculpt, is a place like no other. ReSculpt exemplifies the combination of stunning design, luxury, relaxing environment and comfort.

You've found the place where you can rejuvenate your face, skin and body whilst your mind may finally relax. ReSculpt is a direct expression of the perfectionist desire that has always motivated our founder and director, Dr Iliana Strouthou. Our five circles resemble the five human senses that exist in absolute harmony.

This is our aim. To stimulate all your senses in harmony.

At ReSculpt, we focus on the details to ensure long lasting results in harmony and balance. It is vital to know that you are in the hands of qualified professional experts. In our medspa, Dr. Iliana Strouthou customizes each patient's treatment plan.

We use state-of-the-art equipment to provide you with state-of-the-art care in line with modern medicine and procedures, as well as individualized programs to meet your unique requirements.

After all, you deserve care and luxury beyond the expected.

F A C E

OUR TREATMENTS AND THERAPIES

MEDICAL CLEANSING FACIAL WITH EXTRACTIONS

Our Signature Medical Cleansing Facial is powered by pharmaceutical grade formulas from iS Clinical and aims to thoroughly and deeply cleanse the pores, leaving skin extremely glowy and radiant.

60 mins
€75.00

Customized to a completely bespoke experience depending on the reason of your visit, this is the beginning for a targeted skin health. Whether you are targeting acne, congested pores or simply pursuing your regular cleansing facial, our medical approach to the treatment will leave you with a perfect clean complexion.

The classic Cleansing Facial but with so much more luxury and a medical skin approach.

ADD-ONS

Cryotherapy	15mins - €35.00
LED Therapy	15mins - €35.00
Oxygen Therapy	15mins - €35.00



IS CLINICAL FACIALS

Fire and Ice Facial

A clinically active treatment system designed to rapidly and safely resurface the skin, reducing fine lines and wrinkles, smoothing, softening and encouraging cellular renewal.

45 mins
€110.00

75 mins
€140.00

Foaming Enzyme - Resurfacing Facial

This effervescent treatment features active foaming agents for light and effective exfoliation for all skin types, leaving the skin clear and glowing for days.

45 mins
€65.00

60 mins
€100.00

Harmony Facial

This soothing and revitalising facial is design to awaken the senses and restore balance to the skin as it renews tone, clarity and resilience. Gives a healthy glow to fatigued skin.

30 mins
€60.00

Honey Enzyme Facial

This luxurious, exfoliating, hydrating facial enhances skin with gentle massage and soothing hydration. Effective for all skin types, each use leaves skin as smooth and soft as it's ever been.

45 mins
€65.00

60 mins
€100.00

Exfoliating Clear Skin Facial

An advanced treatment application designed for gentle exfoliation with soothing and healing benefits for oily, congested, acne-prone or otherwise problematic skin.

60 mins
€100.00

ELEMIS PRO-GLOW FACIALS

ELEMIS Pro-Glow Resurface

Purify and brighten as skin's texture is transformed. With a spotlight on enlarged pores, blemishes, and blackheads, this unique facial powered by patented Tri-Enzyme technology minimises the look of uneven tone, texture, fine lines, and pigmentation. Dull, uneven, tired-looking skin will appear instantly brighter, smoother, and renewed.

50 mins
€100.00

ELEMIS Pro-Glow Smooth

Powerful resurfacing technology lifts away dead skin cells to smooth, renew and refine, whilst improving the appearance of skin tone and luminosity. Skin is prepped for an infusion of hydration that will double its moisture content, leaving it feeling plump and hydrated, whilst delivering an immediate and visibly tightened effect. After just one treatment, the complexion looks firmer, supremely smooth, and rejuvenated.

50 mins
€100.00

ELEMIS Pro-Glow Brilliance

Turn up the brightness with our triple cleanse, melting away make-up, daily pollutants, and grime. Gentle resurfacing dissolves away dead skin cells to reveal healthy and clearer-looking skin. A fusion of Superfoods and antioxidant-rich facial oils plump the skin with moisture, whilst helping to nourish and protect. Immediately revealing an outdoor-fresh glow, skin is left feeling fresh, radiant, and healthy.

50 mins
€90.00

ELEMIS Pro-Glow Facial Workout

A power facial that tones tightens, and sculpts the facial contour. Using the ELEMIS Sculpting wands we help encourage micro-circulation, and at the same time help penetrate the active ingredients to the deeper levels of the epidermis. The Ultra Smart Eye Tools target puffiness and dark circles around the eye area, and the ELEMIS Jowl & Chin Signature Massage helps firm and tighten the area around the chin. This facial workout stimulates blood circulation, promotes collagen production, and visibly tones and lifts the facial contour.

50 mins
€85.00

HYDRAFACIAL

Signature Hydrafacial Face Treatment

Hydrafacial is a medical-grade, facial resurfacing with advanced technology to achieve instant, lasting results. Providing deep-cleansing, exfoliation, extraction and hydration while infusing antioxidants, peptides and hyaluronic acid deep into epidermal layers.

This treatment is excellent in remedying: fine lines, elasticity, firmness, skin tone evenness, hyperpigmentation, oil and acne-prone skin and advanced signs of ageing. Resulting in clearer, healthy, more beautiful skin.

60 mins
€120.00

Deluxe Hydrafacial Treatment

Minimize the appearance of fine lines and wrinkles to restore skin health and vitality. Our Signature Hydrafacial is performed first, followed by a customized Booster and LED lights.

90 mins
€160.00

Hydrafacial Neck-Decollete Treatment

This Treatment includes the Neck and Décolleté and LED light therapy. The Neck and Décolleté are areas that can easily age your look, showing wrinkles and sagging. Show your Neck and Décolleté some serious attention, include this in your skincare routine.

45 mins
€100.00





HydraFacial Eye

Brightens and refreshes your outer eye area with key ingredients leaving this delicate area toned, firmed and hydrated.

30 mins
€55.00

HydraFacial Back

Treat your back to a deep cleansing and soothing massage. Hydrafacial is a hydradermabrasion treatment combining cleansing, exfoliation, extraction, hydration and antioxidant protection, resulting in cleaner, more beautiful skin with no discomfort or downtime.

75 mins
€160.00

HydraFacial Hands

Experience the benefits of the HydraFacial on your hands, helping target uneven skin tone, sunspots and early signs of ageing.

40 mins
€65.00

HydraFacial Perk

HydraFacial Perk is the perfect complement to all HydraFacial treatments. With HydraFacial Perk you can target the untapped eye and lip areas and merge an in-office exfoliation service with 30-day take-home product so you can extend your treatment results.

€50.00

HYDRAFACIAL

Ultimate Hydrafacial-Fire and Ice Treatment

90 mins
€170.00

A combination of the medical-grade, facial resurfacing Hydrafacial with the red carpet treatment of ISClinical, Fire and Ice.

Hydrafacial & Deep Cleansing with extraction

75 mins
€160.00

Our Signature Medical Cleansing Facial in combination with Hydrafacial to achieve better results with less irritation of the skin.



Keravive Hydrafacial

60 mins
€260.00

Keravive by HydraFacial is a new treatment which promotes scalp health leaving you with thicker, fuller and healthier looking hair.

Poor scalp health is a major contributor to damaged and thinning hair. HydraFacial Keravive promotes scalp health by unclogging hair follicles, boosting circulation, removing dead skin and congestion while hydrating the scalp.

HydraFacial Keravive is a unique treatment which is utterly relaxing and specifically designed to cleanse, stimulate, nourish and hydrate your scalp for fuller and healthier-looking hair.

HydraFacial Keravive uses patented vortex technology to extract dirt and oil from the scalp removing impurities from hair follicles and stimulates circulation. The Keravive treatment then infuses a proprietary blend of skin proteins and growth factors which are 30 times stronger than PRP and other scalp treatments.

When you leave the medspa, you will be given a HydraFacial Keravive Scalp Health Spray which will enhance the benefits of the treatment and will deliver ongoing nourishment and stimulation.

AUGUSTINUS BADER MEDICAL-GRADE

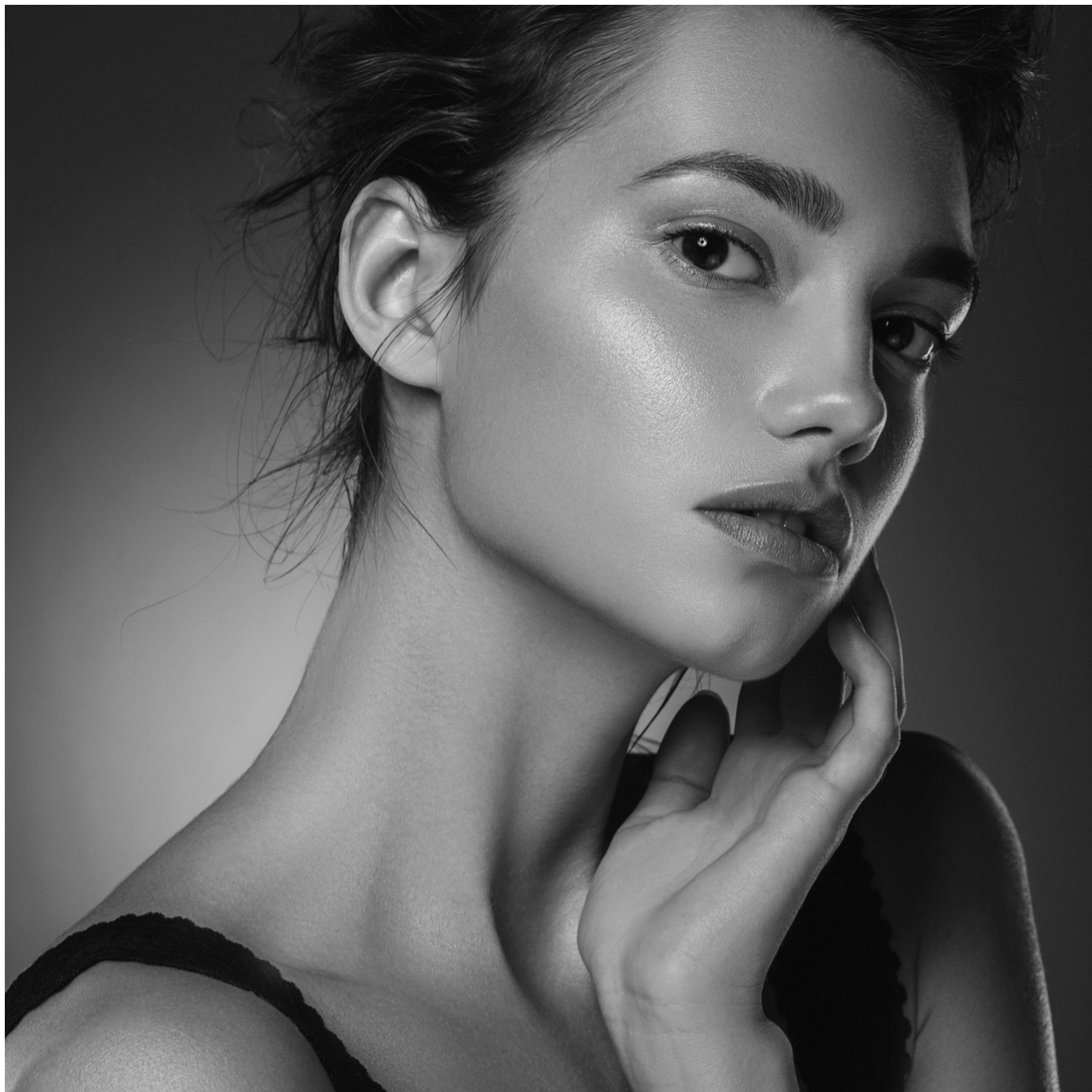
THE METHOD - Augustinus Bader A Signature Facial by Dr. Strouthou

The Method Augustinus Bader is a sophisticated, customized treatment experience for the face that leverages the Augustinus Bader proprietary TFC8® technology for immediately visible results, and even greater cumulative benefits. This highly sensorial, hands-on approach utilizes Augustinus Bader's hero formulas to help boost cellular communication, promote circulation, and firm, tone and refresh the skin.

Activating the fascia through external triggers, such as massage and innovative tools, enhances the smart-signaling properties of TFC8® to promote the skin's innate ability to renew and regenerate.

Coupling the science-backed formulas of Augustinus Bader with Oxygen & Anion therapy, leaves skin exceptionally radiant, toned, energized, and noticeably more sculpted, with a refined, revitalized appearance.

90 mins
€250.00



CHEMICAL PEELS

Prodigy Peel "P2" System

45 mins
€150.00

The PRODIGY PEEL "P2" SYSTEM combines resorcinol, lactic acid, salicylic acid, and citric acid to target multiple skin concerns ranging from mild to moderate ageing, mild acne, and pigment irregularities.

These ingredients are coupled with a powerful "booster", featuring an advanced form of salicylic acid, providing enhanced benefits when compared to other superficial chemical peels. Because of its innovative formulation design, there is a decreased chance of pigment irregularities and can be used on all skin types, including darker Fitzpatrick types.

The "P2" SYSTEM is self-neutralising and requires no neutralising products. Optimal, cumulative improvements will be noted after administering a series of treatments.

Prodigy Peel "P3" System

60 mins
€250.00

The PRODIGY PEEL PRO "P3" SYSTEM combines resorcinol, lactic acid, salicylic acid coupled with a powerful "booster", featuring an advanced form of salicylic acid, to provide an enhanced superficial to medium depth chemical peel, resulting in a brighter and more youthful complexion.

This multi-tasking chemical peel works to powerfully target skin laxity, acne, hyperpigmentation, fine lines and wrinkles and uneven skin texture – visibly improving skin imperfections, resulting in a renewed complexion. It can be used on most skin types but it is most suited to Fitzpatrick types I, II, and III. It is particularly beneficial to individuals with hyper-pigmentation, ageing, and blemish-prone skin.

The "P3" SYSTEM is self-neutralising and requires no neutralising products. Visible results will be noted after just one treatment; cumulative improvements will be noted after administering a series of treatments.





DERMAPEN4

DermaPen is a skin micro-needling treatment with minimum downtime which promotes scarless healing and natural collagen production in the skin to improve the appearance of scars, acne scarring, stretch marks, wrinkles, pigmentation and rejuvenate the skin.

It's an effective way to remove acne scarring and imperfections on the skin, the biggest benefit is the improvement in overall skin tone and texture that comes about after the treatment, along with the minimised appearance of pores in the skin, reduced superficial wrinkles and reduced appearance of stretch marks.

Various Areas
and Duration

€80-€150

NECK & DECOLLETE

ELEMIS BIOTEC 2.0 - NECK THERAPY

Powered by a combination of Oxygen and Cryotherapy, and Microcurrents that are combined with a Jowl & Chin massage and a collagen fibre mask infused with Plant Stem cells to combat inflammation on the Jowl, Chin and neck area. Complements medical aesthetic treatments that target the double chin and poor circulation on the neck and décolleté area. Also helps minimise hyperpigmentation, pigmentation and lines & wrinkles in the area.

30 mins
€70

EYE THERAPIES

Vie Collection – Advanced Cosmeceuticals 3-Dimension Eye Targeted Treatment

15 mins
€30

Ultra-complete, effective and relaxing treatment module for a triple correction of the eye contour: eyes are smoothed, revived and revitalized with Vie Collection Advanced Cosmeceuticals using technical products specifically designed for the medical aesthetics. Specially concentrated in ingredients to guarantee visible anti-aging results, this treatment uses Low and High Molecular Hyaluronic Acid, Fatty Acids and Vitamin C in addition to Botox-Like Peptides and Vitamin B3.

HydraFacial Eye

Brightens and refreshes your outer eye area with key ingredients leaving this delicate area toned, firmed and hydrated.

30 mins
€55

SKIN TIGHTENING

Forma - Medical Radiofrequency treatment by Inmode

The only auto-adjusting thermal skin treatment for collagen remodelling and skin tightening for the face, and smaller areas of the body. Forma stimulates the formation of new collagen and improves the skin's elasticity for long-lasting and remarkable results.

The radio frequency current flows between the electrodes to provide a comfortable thermal experience, without concerns of hot spots or undertreatment. Built-in temperature controls allow for the attainment of clinically proven optimal epidermal temperatures.

In addition, Forma has the exclusive capacity for prolonged exposure at therapeutic temperatures, which can be reached quickly and uniformly.

Forma is indicated to treat areas of the body such as forehead, upper and lower eyelids, nasolabial folds, jowls and neck.

Face

60 mins

€75

Neck/Décolleté

60 mins

€75

Face to Décolleté

90 mins

€130

Eyes

30 mins

€40

B O D Y

OUR TREATMENTS AND THERAPIES

Cellulite Treatment – A Signature Treatment by Dr. Strouthou.

The 3-Phase programme combines lipolysis, skin tightening and lymphatic massage to reduce the appearance of cellulite effectively. Each patient will also get a custom made nutrition programme from Dr Strouthou to improve the results faster. Our recommendation is a 11- session program every 5 to 7 days.

90 mins
€160.00

Package of
11 sessions
€1600

Forma Plus by InMode

A safe and comfortable non-surgical solution to refine and reverse skin laxity. Safe, comfortable and effective skin tightening on just about any body area including arms, thighs, knees, abdomens, love handles and anywhere else patients can imagine. Forma Plus uses fractionated radio-frequency energy to stimulate collagen production for body remodeling. After Plus treatments you can achieve a more youthful and toned skin contour making your body appear smoother, sexier and younger.

60 mins
€120.00

It is recommended for individuals who are looking for a non-invasive skin treatment to address targeted areas that require contraction. Plus can be used to reduce texture irregularities in lax skin to provide a lifted appearance. Plus is safe and can be used on all skin types and tones. Typically, weekly sessions are recommended over a six to eight week period. Individuals with mild laxity may be treated in fewer sessions with more weeks between each treatment. Scheduling should be based on a pre-evaluation. Best results will be noticed over time or a series of treatments.



BodyFX by InMode

60 mins
€100.00

BodyFX is a non-invasive treatment that delivers radio-frequency energy, improving blood circulation and dispersing heat to the deep tissue. Negative pressure is used to attach skin to the RF electrodes to create uniform heating over the dermis and sub-dermal layers. BodyFX addresses problematic fatty tissue in larger body areas such as the abdomen, back, flanks, and thighs.

- Active temperature monitoring and controlled energy cut-off ensure optimal comfort.
- Radio-Frequency provides precise and optimal heating of the skin for reduction, contraction and body shaping
- Negative Pressure Massage applies gentle vacuum pressure allowing for maximal depth treatment
- Clinical studies show 30% adipocyte (fat cell) apoptosis at a 2.5 cm depth and new collagen synthesis (neocollagenesis) of 13.7%
- Apoptosis: Apoptosis is a process of programmed cell death that occurs in multicellular organisms.
- Research indicates a direct correlation between new collagen synthesis and skin tightening

PRESSOTHERAPY – Professional Medical Aesthetic Pressotherapy

Pressomassage is an aesthetic and medical technology based on the exercise of a mechanical pressure obtained through a device that exerts it on the legs, abdomen and arms in order to reactivate blood circulation and thus contributing to the reabsorption of edema and interstitial fluids.

The pressomassage is designed to increase blood and lymphatic circulation, reduces lymphatic edema in the limbs and abdominal swelling, is indicated for varicose veins, improves the flow of oxygen along the body and relieves the sense of pain and fatigue. legs thanks to a pneumatic compression system. The parts to be treated are inserted into arms and leggings in which air is blown intermittently in two phases until they are gradually inflated. The first compression phase, during which the air is released inside the terminals (technical name of the bags) while in the second decompression phase, the air is released. The duration of the phases is a few seconds and are repeated in series.

The advantages of pressomassage:

Thanks to this system, both lymphatic and venous circulation are stimulated, helping to reabsorption of interstitial fluid, improving drainage and acting on lymphatic vessels and ganglia with the addition of a relaxing effect for the reabsorption of edema. Pressomassage is particularly suitable for treating lymphatic problems, edema, cellulite, orange peel skin, streaks, localized swelling, constipation, water retention, poor peripheral circulation, feeling of heaviness and fatigue in the legs, after surgery, after surgery. liposuction and for the prevention of varicose veins.

Presso Dren Digit M DEC25 M is particularly suitable to treat:

- Circulatory insufficiency
- Lymphatic stasis
- Hydro-lipodystrophy (cellulite)
- Reactive cutaneous fibrosis
- Hard edema
- Post surgery
- Hypotonia

**Duration
Varies**

€50–€75





CODAGE Contouring & Lymphatic Drainage Massage

60 mins
€60.00

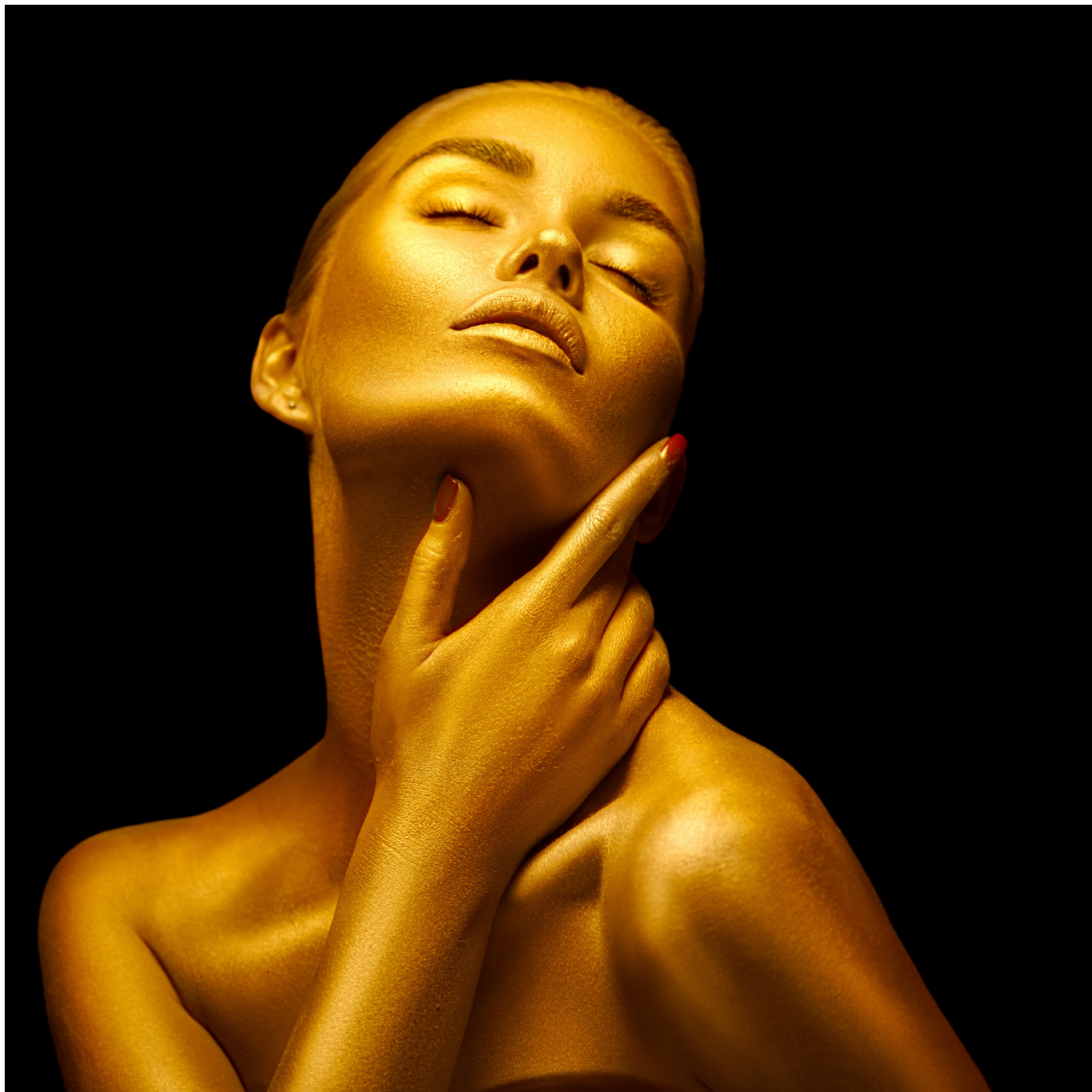
This treatment provides a concentrated lymphatic stimulation and anti-cellulite action. The toning massage helps eliminate cellulite and reduces the “orange- skin” effect. The drainage-stimulating massage techniques promote cellular elimination and regeneration. This treatment stimulates the microcirculation for a true sensation of comfort and lightness. Using CODAGE Contouring Body oil that contains 100% Natural plant extracts that help eliminate toxins and stimulate the skin to prevent sponginess in an exhilarating experience for tired muscles. A blend of Clary Sage, Ginger, Carrot Seeds, Cedar and Gaiac Essential Oils lock in moisture and convince your body to surrender its toxins completely.

ELEMIS Targeted Toning Slimming Treatment

30 mins
€75.00

Choose the area: Arms, Abdomen or Buttocks & Thighs Can be added to the Lymphatic Massage

A powerful blend of massage and detoxifying clay for targeted toning and improved circulation. Tightening and toning through a powerful blend of minerals and seaweeds, that work together to target cellulite and poor skin tone on hips/thighs, abdomen or arms. Powered by a targeted sculpting massage to kick-start the micro-circulation, promoting a smoother silhouette and invigorating the body. A cooling rubberised mask, rich in super-detoxing caffeine and green clay is applied to areas of concern, whilst clinically proven Red Algae redefines areas prone to sagging.



ADD-ON THERAPIES

CODAGE Nourishing Hand Treatment

15 mins

A nourishing and conditioning Hand Treatment using the power of Hyaluronic Acid, Shea Butter and advanced Hydrating complexes to visibly renew the skin on your hands.

CODAGE Paris Head & Scalp Massage with Nourishing Hair Treatment Oil

15 mins

A blissful Head & Scalp Massage with the use of CODAGE Paris L’Huile, a powerful blend of 8 high-grade oils to deeply nourish your scalp and hair whilst enjoying a results-driven facial. complexes to visibly renew the skin on your hands.

Cryotherapy 15mins - €35.00

LED Therapy 15mins - €35.00

Oxygen Therapy 15mins - €35.00

L A S E R

OUR TREATMENTS AND THERAPIES

TRITON DIOLAZE XL BY INMODE

DiolazeXL is a hair removal solution offering a large spot size and peak power for optimal speed. Designed with state-of-the-art diode lasers, DiolazeXL offers patients the most effective hair removal treatment. With built-in safeguards to ensure that all sessions are comfortable and relatively pain-free, DiolazeXL targets coarse and stubborn hair, up to skin type VI.

FACIAL HAIR

DiolazeXL is a safe and convenient solution for addressing unwanted facial hair such as sideburns or chin hair.

BODY HAIR

The large treatment surface of the DiolazeXL handpiece enables an easy and fast process for the removal of unwanted hair from large areas such as the back, chest, stomach, and legs.

THE ROOT OF THE PROBLEM

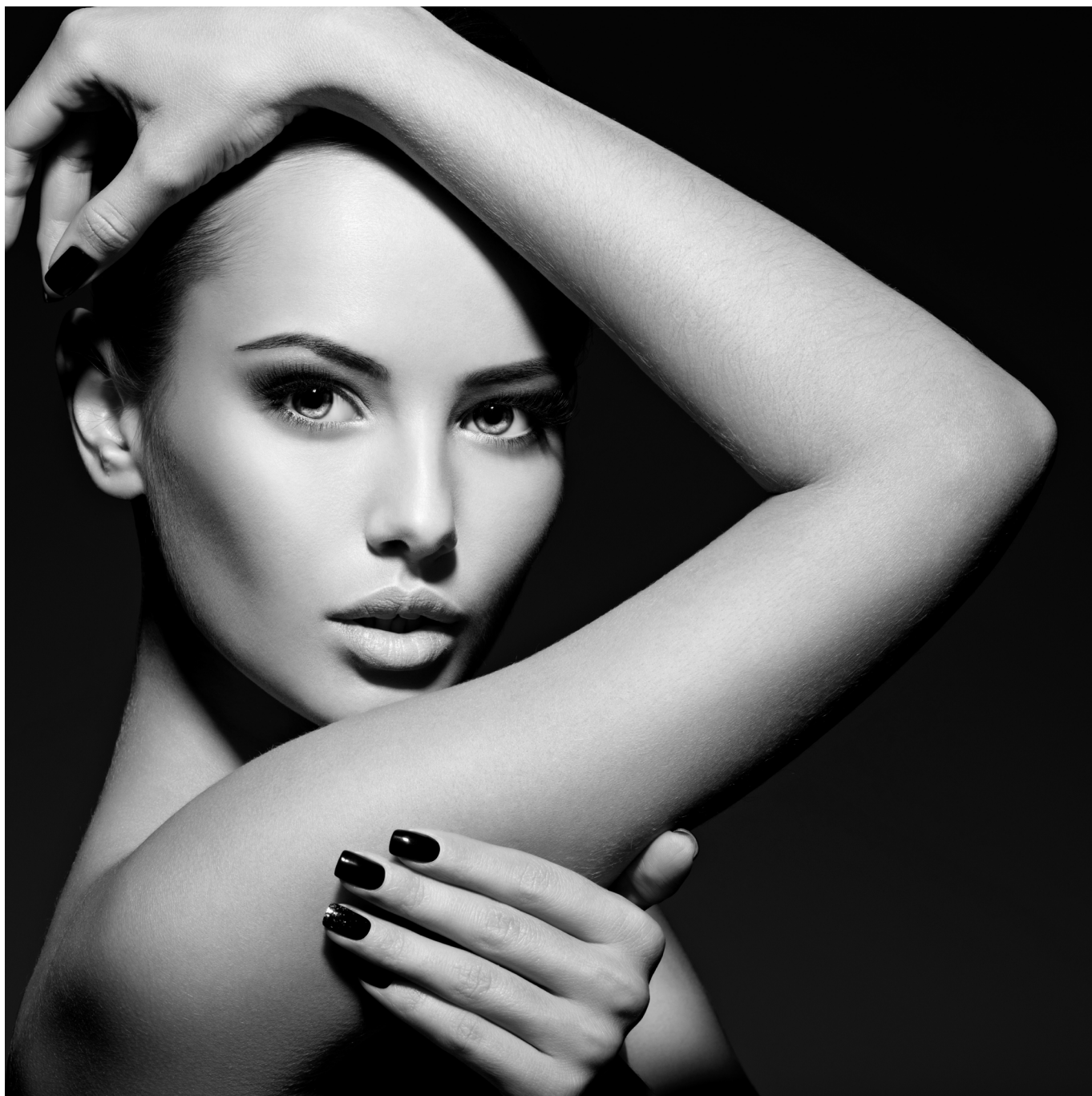
DiolazeXL targets the root of the problem by delivering maximum power to a large treatment area without compromising efficiency. Virtually painless due to strong built in cooling.

Female

Full body	€120-€140
Legs full	€80
Half legs	€50
Hands	€35
Bikini and Unterarms	€35
Bikini	€25
Underarms	€15
Face	€20
Belly line	€15
Belly	€30

Male

Full body	€150-€180
Full back	€70
Half back	€30
Full chest	€75
Half chest	€35
Full legs	€80-€100
Arms Full	€45
Underarms	€15
Mankini plus buttock	€60
Mankini	€30
Face	€20



LUMECCA BY INMODE

Lumecca is the latest technology to treat pigmented and vascular lesions. It can be used on all areas of the body and it delivers amazing results in treating vascular lesions such as spider veins and thread veins.

Lumecca is a breakthrough intense pulsed light (IPL) that delivers up to three times more energy in the 500-600 nm range to improve efficacy for vascular and pigmented lesions.

VASCULAR LESIONS

Lumecca can reduce vascular lesions, including port wine stains, facial, truncal, and leg telangiectasias, rosacea, erythema of rosacea, angiomas and spider angiomas, poikiloderma of Civatte, superficial leg veins and venous malformations.

PIGMENTATION

Lumecca effectively treats benign pigmented epidermal lesions, including dyschromia, hyperpigmentation, and ephelides (freckles).

Hands

30 mins

€150

Face

up to 60 mins

€150

Décolleté

up to 60 mins

€150

Face + Neck

up to 60 mins

€220

Neck

up to 40 mins

€100

AGE SPOTS HANDS REMOVAL

While the trauma of ageing skin is nowhere near as great as for vascular or pigmented lesions, the simple fact remains that most people do not like the thought of ageing.

30 mins
€50

Exposure to the sun accelerates the ageing process of the skin, and can cause disruption in the normal blood supply to the skin (which results in vascular disorders such as telangiectasias or diffuse redness) It can also cause irregular pigmentation that shows as freckles (ephelides) or age-spots (solar lentigines), and irregular pore size.

The ND:YAG Age Spots Hands Removal treatment works by directing well-controlled pulses of light into the upper skin layer. The light is absorbed by two of the body's own natural chemicals – melanin in the pigmented areas and haemoglobin in the red blood.

Both these pigments convert the light energy into heat. This heat is used to destroy the parts of the cells in which the melanin is stored, and to damage the walls of the vessels supplying blood to the areas where vascular damage is seen.





SKIN RESURFACING

Skin Resurfacing is the treatment of various cutaneous conditions with very different origins. The most diffused ones are bound to the aging process of the skin like wrinkles, fine lines and striae. Others include atrophic, surgical, traumatic and acne scars.

**Duration
Varies
€80-€150**

THE ART OF AESTHETIC SCIENCE

At ReSculpt Dr Iliana Strouthou and her team create the ultimate rejuvenation experience that allows our clients to feel empowered and confident in their skin. With beauty, art, and science at the pillars of what we do, our medspa places high importance on having the most up to date technology, investing in the highest medical grade products, and providing continual education for our associates.

Our treatments and therapies at ReSculpt Medspa have been expertly curated by Dr Iliana Strouthou, to achieve targeted, lasting and impactful results tailored to each individual's unique skin and character needs.

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