



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



HYDRAFACIAL

Signature Hydrafacial Face Treatment

60 mins
€130.00

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.

Deluxe Hydrafacial Treatment

90 mins
€170.00

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.

Hydrafacial Neck-Decollete Treatment

45 mins
€110.00

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.





HydraFacial Eye

30 mins
€65.00

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

HydraFacial Back

75 mins
€170.00

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.

HydraFacial Hands

40 mins
€75.00

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

HydraFacial Perk

€60.00

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.

HYDRAFACIAL

Ultimate Hydrafacial-Fire and Ice Treatment

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

90 mins
€180.00

Hydrafacial & Deep Cleansing with extraction

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

75 mins
€170.00



Keravive Hydrafacial

60 mins
€270.00

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

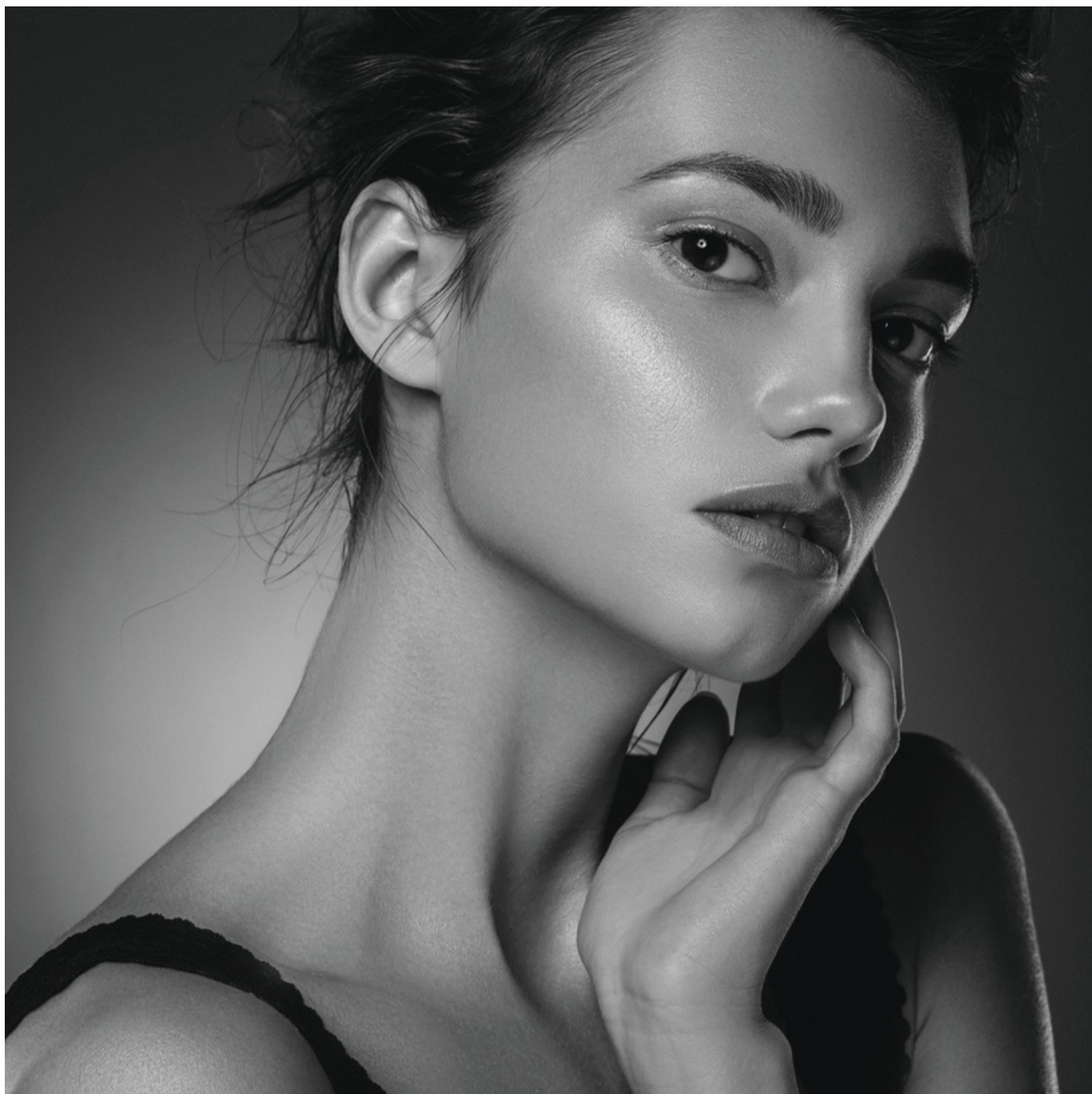
THE METHOD - Augustinus Bader A Signature Facial by Dr. Strouthou

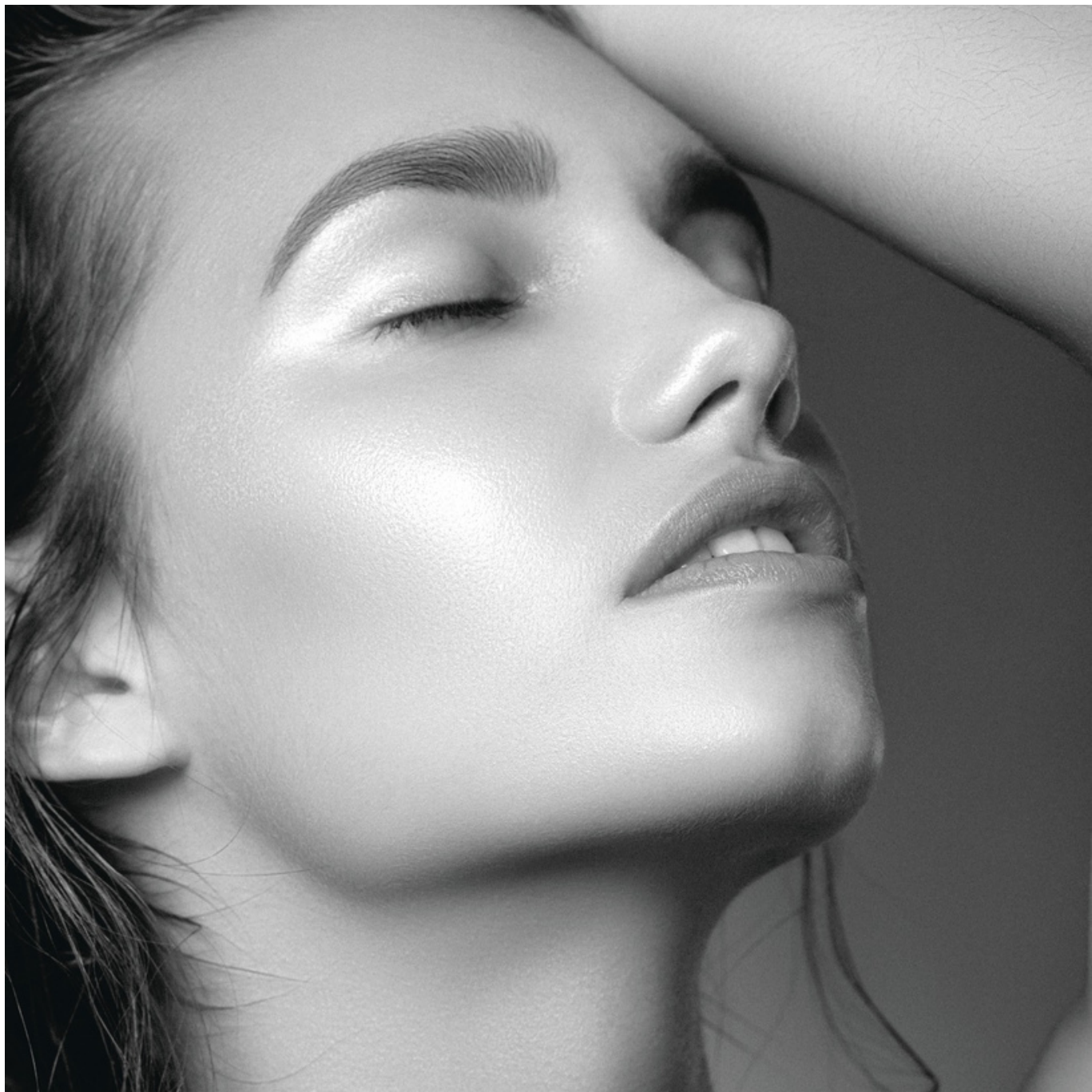
The Method Augustinus Bader is a sophisticated, customized treatment experience for the face that leverages the Augustinus Bader proprietary TFC8® technology for immediately visible results, and even greater cumulative benefits. This highly sensorial, hands-on approach utilizes Augustinus Bader's hero 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.

PRX TREATMENTS

PRX T-33

40 mins
€120.00

PRX-T33 is an advanced bio-rejuvenation treatment that improves skin quality without visible peeling or downtime. It works by stimulating the deeper layers of the skin, encouraging collagen production while keeping the surface intact.

This treatment helps improve skin firmness, elasticity, and brightness, while smoothing fine lines and uneven texture. It is ideal for clients who want visible skin renewal and hydration without redness or recovery time. PRX-T33 is suitable for the face, neck, décolleté.

PRX PLUS

40 mins
€120.00

PRX Plus is an enhanced version of the PRX technology, designed for more intensive skin rejuvenation and hydration. It combines biorevitalizing ingredients that deeply nourish the skin while boosting collagen stimulation.

The treatment improves skin tone, elasticity and luminosity, making it ideal for dehydrated, tired or aging skin. PRX Plus delivers a smoother, healthier appearance with an immediate glow, while supporting long-term skin regeneration. It is suitable for clients seeking stronger anti-aging and revitalizing results with no downtime.





DERMAPEN4

Dermapen4 is a microneedling device that uses ultra-fine needles to create controlled micro-injuries on the skin's surface. This process activates the skin's natural healing response, boosting collagen and elastin production for smoother, firmer, and more radiant skin.

It effectively treats a variety of skin concerns, including pigmentation, acne and acne scars, sun damage, fine lines, stretch marks, rosacea, and signs of ageing.

To enhance the results, the treatment is combined with MG Collection serums, specially formulated for microneedling. These serums contain active ingredients that are delivered deep into the skin through the micro-channels created by the Dermapen.

Various Areas
and Duration

from €180

EXOSOMES WITH DERMAPEN

Exosomes with Dermapen is a cutting-edge skin treatment that combines advanced micro-needling with the regenerative power of exosomes. This powerful duo enhances cellular repair, boosts collagen and elastin production, and dramatically improves skin texture, hydration, and radiance.

This treatment is ideal for those seeking visible skin rejuvenation with minimal downtime. It helps reduce fine lines, wrinkles, pigmentation, enlarged pores, and acne scars, while deeply nourishing and revitalising the skin from within.

Per Area
€300-€350

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.

ELEMIS BIOTEC 2.0 EYE CONTOUR THERAPY

30 mins
€70

Powered by a combination of Oxygen and Cryotherapy, this eye contour area minimises the look of dark circles, lines & wrinkles and offers a smooth result to the whole area. Using a combination of technology and eye massage techniques the area is depuffed and sculpted through a targeted approach to pro-ageing.

HydraFacial Eye

30 mins
€55

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

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
€85
Neck/Décolleté
60 mins
€75
Face to Décolleté
90 mins
€130
Eyes
30 mins
€40

ENDOSPHERES THERAPY FOR FACE

Endospheres Therapy for the face is an advanced aesthetic treatment that uses compressive microvibration technology to stimulate facial muscles, improve lymphatic and blood circulation, and promote skin rejuvenation. The procedure is performed with a device equipped with a roller of 55 silicon spheres, which gently rotates and compresses the tissue to encourage cellular stimulation and natural healing processes.

This treatment specifically targets concerns such as puffiness, water retention, swelling, skin laxity, and dull complexion. It promotes oxygenation, boosts collagen and elastin production, and enhances overall skin tone, firmness, and elasticity.

Endospheres Therapy for the face delivers both therapeutic and aesthetic benefits, offering visible results from the very first session in a relaxing, non-invasive experience.

Face

30 mins
€60

Package of 6
+1 free
sessions

Endospheres Therapy is suitable to treat:

- Facial puffiness
- Dull complexion
- Signs of skin aging (loss of tone & elasticity)
- Fine lines and wrinkles
- Poor circulation (lack of radiance)
- Under-eye bags and dark circles

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. 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, liposuction and for the prevention of varicose veins.

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

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

Duration
Varies

€50–€75

ENDOSPHERES THERAPY FOR BODY

Endospheres Therapy for the body is an advanced aesthetic and medical treatment that uses compressive microvibration technology to stimulate muscle tone, improve lymphatic and blood circulation, and target cellulite and localized fat. The procedure is performed with a device equipped with a roller of 55 silicon spheres, which rotates and compresses the tissue to encourage cellular stimulation and natural healing processes.

The treatment addresses concerns such as poor circulation, water retention, swelling, skin laxity, and the appearance of cellulite. It promotes oxygenation, boosts collagen production, and enhances skin tone and elasticity, helping to reshape and contour the body.

Endospheres Therapy for the body delivers both therapeutic and aesthetic benefits, offering visible results from the very first session in a relaxing, non-invasive experience.

Endospheres Therapy is suitable to treat:

- Cellulite (all stages)
- Localized fat deposits
- Water retention
- Poor circulation
- Skin laxity
- Post-surgical swelling
- Muscle fatigue and soreness

Body

30 mins
€60

45 mins
€70

60 mins
€90

Package of 10
+2 free
sessions





CODAGE Contouring & Lymphatic Drainage Massage

60 mins
€70.00

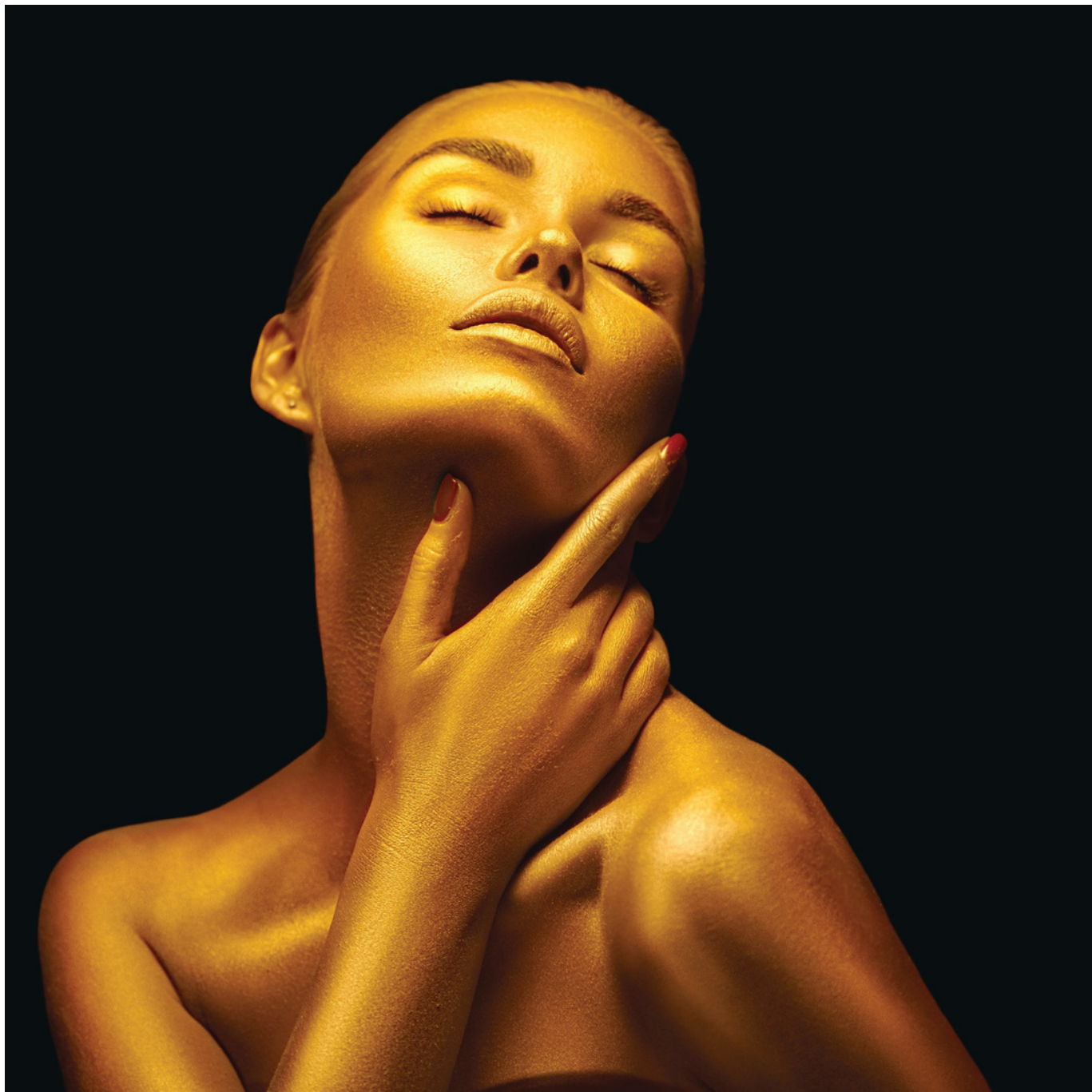
This treatment provides a concentrated lymphatic stimulation and anti-cellulite action. The toning massage helps eliminate cellulite and reduces the “orange- skin” effect. The drainage-stimulating massage techniques promote cellular elimination and regeneration. This treatment stimulates the microcirculation 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	€130-€150
Legs full	€80
Half legs	€50
Hands	€45
Bikini and Underarms	€45
Bikini	€25
Underarms	€20
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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I N S T A G R A M



ReSculpt by
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