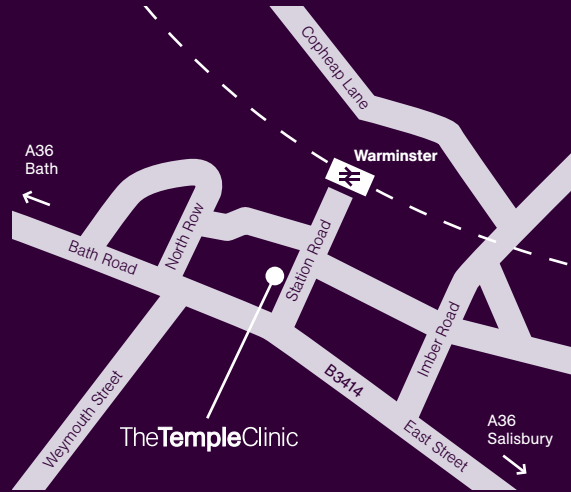


Whatever your reasons for wanting to improve your face and body, the two most important factors are that your treatments are safe and effective.

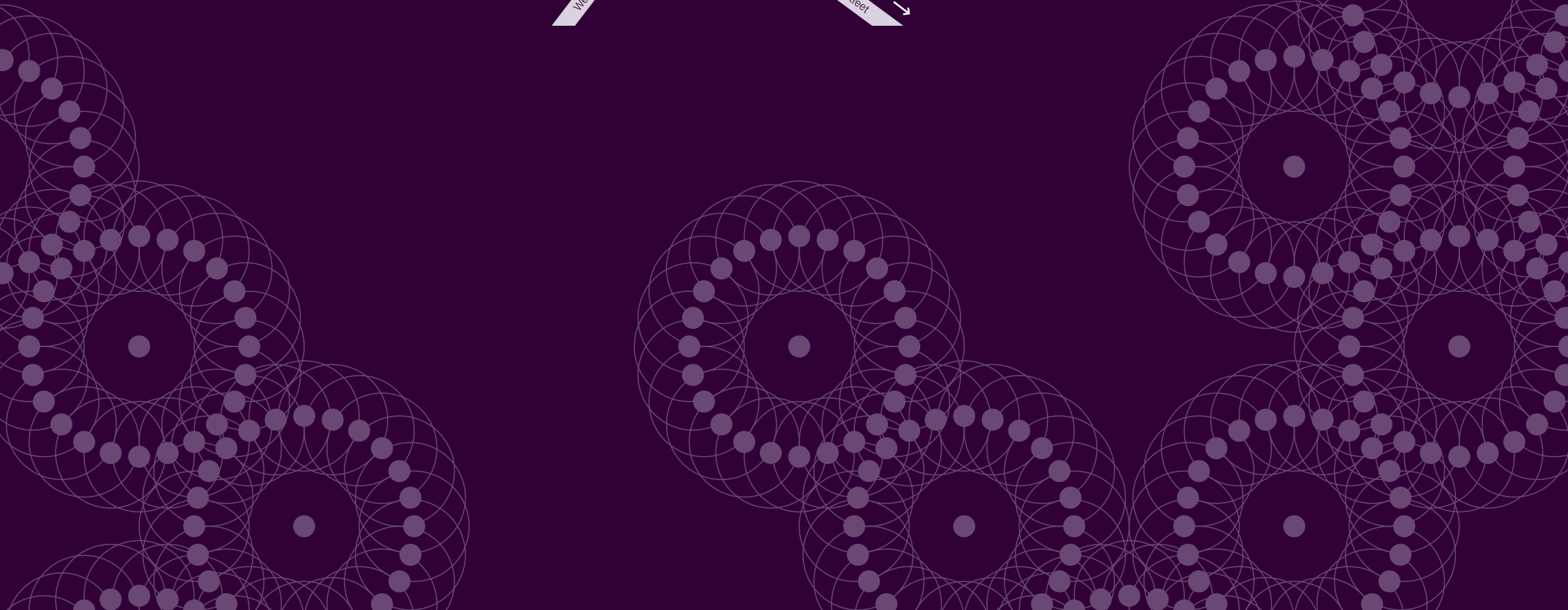
We offer a medically-supervised range of cosmetic, minor surgical and holistic therapies to keep you looking and feeling at your best.

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# The Temple Clinic

Effective and innovative therapies for the face, body and mind  
cosmetic – surgical – holistic



**Everyone has *some* things they'd like to improve about their appearance and wellbeing, and the list seems to get longer as we get older. Thankfully, there is a comprehensive range of treatments available at The Temple Clinic, delivered by highly-qualified and dedicated doctors and practitioners.**

### **What treatments do you have?**

You may have unwanted blemishes, bumps, marks and moles. Perhaps you need a physical and spiritual boost to get your body and its energies back on form. Or maybe you just want to look healthier and feel more attractive. Whatever your reasons or symptoms, it's likely we can help.

### **The Temple Clinic offers a range of treatments and therapies, including:**

#### **Acupuncture**

To treat aches, pains and general energy imbalance

#### **Aromatherapy massage**

Whole-body treatment with essential oils

#### **Beauty treatments**

Top-to-toe therapies to make you look and feel great

#### **Intense pulsed light therapy**

New non-invasive intense pulsed light therapy techniques for broken veins, age spots and other blemishes

#### **Hair reduction**

A new approach to permanent removal of unwanted hair

#### **Indian head massage**

A relaxing and therapeutic upper-body treatment

#### **Make-up**

Everyday or special occasion help with cosmetics

#### **Minor cosmetic surgery**

To remove skin growths such as cysts, tags and lipomas

#### **Reflexology**

A holistic therapy for your body's wellbeing

#### **Wrinkle and line reduction**

Simple treatments to help you look years younger

We even offer 'retail therapy' through our range of gift vouchers and amazing, top-quality Dermalogica and DCL products to use at home!

### **Why choose The Temple Clinic?**

We employ only the best practitioners and therapists: experienced individuals trained to the highest levels.

In addition to professional qualifications specific to their specialisms, each therapist also has a Diploma in Anatomy and Physiology, and a genuine drive in the pursuit of our clients' total wellbeing.

Our treatment areas and all equipment are maintained to the strictest clinical standards, yet the rooms are warm and welcoming. We use lasers and radiosurgical techniques so treatments are minimally invasive, and often stitches are not needed.

Although we operate to exacting standards, we also maintain consistently competitive prices and assurances of satisfaction.

### **What should I expect?**

When it comes to your face, body and spiritual wellbeing, you should demand and expect nothing less than total professionalism and effective treatments – and that's precisely what you'll get at The Temple Clinic.

Before starting any treatment or therapy, we take time to discuss your situation, your symptoms and your aspirations. We always take a detailed medical history where appropriate, for example before acupuncture, minor surgery or wrinkle reduction.

Your treatment, or course of treatments, will be tailored specifically for you alone, and you'll be fully informed about the procedures and costs as well as any possible after-effects – although these are generally extremely rare.

You won't need to take time out from work or change your daily routine.

### **Will it hurt?**

Most of our skin treatments and minor surgeries are relatively painless, and you'll just feel a tingling sensation or similar. Most minor surgeries, for example the removal of growths (lesions) from the skin, are performed under a local anaesthetic. All procedures are fully explained beforehand, including any sensations you're likely to feel. When you leave, we'll give you written information on how to look after the treated area, and of course we offer full aftercare.

### **How safe are treatments?**

All our treatments and therapies are safe. We simply don't offer techniques which are not thoroughly researched and tested, and we insist on the highest professional training for all our staff, regardless of their particular specialisms.

All our treatments are supervised by UK-trained GPs (doctors) who are also qualified cosmetic practitioners.

### **Can anyone have treatment?**

We welcome anyone over the age of 18. You don't need to see your GP before you come to the clinic, unless you want to.

### **How much does it cost?**

The costs of appointments vary according to the type of treatment, the scope of the problem and the number of treatments necessary. What doesn't vary is our determination to keep prices competitive and payment methods easy. Whatever treatments you need or choose you can be assured of knowing, up-front, what the costs will be. We also offer discounts for courses.

### **What do I do now?**

Simply contact us to discuss your treatment and to book your free, no-obligation consultation. Our highly skilled and experienced staff will be happy to answer any questions you have about any of these procedures.

### **Then just sit back and enjoy thinking about how good you'll feel afterwards!**

## How can The Temple Clinic help you to look and feel better?

Ask any of our friendly staff about our approach and the treatments available to you. You can also ask for copies of our other leaflets in this series:

- Removing your unwanted skin blemishes through minor cosmetic surgery
- Wrinkle-relaxing: the safe, gentle treatment to reduce wrinkles and lines
- Correction of skin imperfections and permanent hair reduction with IPL: intense pulsed light treatment
- Acupuncture: a traditional, holistic therapy
- Beauty and holistic therapies: it's all about you