

PERSONAL TRAINING

PERSONAL TRAINING (60MIN)

1 on 1 personal training

X1	£65
X4	£260
X8	£500
X12	£700

PARTNER PERSONAL TRAINING

Personal Training sessions for up to 3 trainees who wish to train together. Ideal for couples, family members or friend groups.

X1	£80
X4	£320

All sessions expire after 4 weeks from the date of purchase. Please see T&Cs.

PERSONAL TRAINING JOURNEY

The journey will implement a plan devised by your Personal Trainer to ensure that your goals are achieved. It uses a specifically tailored program alongside regular training sessions with accountability and routine tracking over the 6 weeks period.

X2 PT Sessions per week for 6 weeks	£658
X3 PT Sessions per week for 6 weeks	£995

All sessions expire after 6 weeks from the date of purchase. Please see T&Cs.

CLASS PACKS

Class packs may be used to attend the following classes:

BeZu SAQ | Bungee Super Fly™ | Strong Nation | Zumba® | Dance Fit | BeZu Jump X-BOX | Barre at BeZu | Yoga | Pilates

X1 Class	£25
X5 Classes	£100
X10 Classes	£180

All sessions expire after 8 weeks from the date of purchase. Please see T&Cs.

LPG® ENDERMOLOGIE

What is medical LPG® Endermologie?

It is a 100% natural, non-invasive anti-ageing treatment made possible by mechanically stimulating your cells. Using the latest CELLU M6® ALLIANCE Machine, the treatments help fight water retention by working on the lymphatic system, reoxygenate the skin thus prompting a feeling of wellbeing as well as releasing fats and smoothing out cellulite.

These results are achieved by using a machine with a motorised roll and flap, delivering a more intense, yet pleasant, stimulation of the skin surface to reactivate natural physiological processes in-depth.

Performed by a trained professional, the sessions help treat all connective tissue transformations (such as burns, scars, fibrosis, etc), circulation problems, and muscle pathologies (lesions, contractures, etc) naturally and painlessly without any side effects.

These treatments considerably reduce physical signs and symptoms (such as erythema, induration, pain, loss of joint mobility, muscle tensions, stiffness, soreness, etc) to pave the way for a rapid return to an active life without any discomfort.

Using LPG® Endermologie here at BeZu, we can tailor treatments to clients' individual medical needs. Once meeting our clients and going through the initial consultation we can set up treatment plan tailored to them.

LPG® ENDERMOLOGIE FACE PRICE LIST

SINGLE SESSIONS

15 Minutes	£25
30 Minutes	£50
45 Minutes	£75

TARGETED TREATMENTS

45 Minute Session	£105
Forehead, Eyes: Anti-wrinkle Eyes: Puffiness and dark circles Mouth: Double chin Facial contours Neck Décolleté Hands	

CLASSIC TREATMENTS

Glow 15 Minutes	£25
Gently exfoliates and reactivates micro-circulation to even out the complexion and improve skin brightness.	

Detox 20 Minutes	£30
Drains toxins and re-oxygenates the skin for a more purified and radiant complexion.	

Décolleté & Bust 25 Minutes	£49
Re-intensifies tissue, fills in wrinkles and firms skin for a visibly smooth décolleté.	

Age-Defying, Re-Plumping, Firming and Refining 30 Minutes	£79
Harmonises face volumes, restores skin density while filling out wrinkles and lines from within.	

SIGNATURE TREATMENTS

Perfect Eyes & Lips 40 Minutes	£79
Smooths wrinkles around the eyes and mouth, lifts the eyelids to enhance the look and re-plumps the lips.	

Skin Awakening 40 Minutes	£105
Unifies the skin complexion, tightens pores and smooths out face and neck wrinkles with a “new skin” effect.	

Cellular Stimulation 75 Minutes	£149
Drains toxins, lightens the complexion, refines skin texture while smoothing out lines and wrinkles on the face, neck and hands.	

Face Endermologie Kit	£25	1 Treatment	£105
Your kit comprises of Lift 20 (face, neck, décolleté and bust treatments) and Lift 10 (eye and lip contour, hand treatments). Personal to you, it guarantees that your sessions are perfectly hygienic.		3 Treatments	£300
		6 Treatments	£565
		8 Treatments	£750
		10 Treatments	£900
		4 Peeling facials	£425

LPG® ENDERMOLOGIE BODY PRICE LIST

Introductory body analysis and treatment £105

CUSTOMISED TREATMENTS

45 Minute Session £105

Women: Arms, back waist, stomach, saddle bags, buttocks, thighs, knees and calves.

Men: Arms, back, pecs, waist, stomach and thighs.

SIGNATURE TREATMENTS

Fluid Mobilisation | 45 Minutes £139

Stimulates circulatory exchanges to fight water retention and drains toxins: the skin is “re-oxygenated” for an immediate boost.

Relaxation | 40 Minutes £139

Unwinds areas with muscular tension, eliminates stress and brings a profound sensation of relaxation for body-mind balance.

Endermopuncture | 1 hour 15 minutes £160

An exceptional treatment that stimulates adipocytes (slimming cells), fibroblasts (rejuvenating cells), and their environment for maximum effectiveness. Slim the body and smooth away the appearance of cellulite. This would be a great maintenance treatment and required monthly following an initial course.

LPG Endermowear (Patented Technology) £25

LPG Endermowear is an exclusive technical outfit that allows for deep massage and optimal visibility of tissue during endermologie treatments. Light and breathable, this personal outfit permits a more intense impact and ensures a perfectly comfortable treatment.

Body Course | 45 Minutes

1 Treatment £139

3 Treatments £399

6 Treatments £749

10 Treatments £1,200

CLINIC BEAUTY PRICE LIST

BIO SCULPTURE GEL NAILS

Gel Overlay on Hands	£42
Gel Overlay on Toes	£40

Why choose Bio Sculpture?

- Over 180 colours.
- Industry leading based on 30 years experience.
- Bespoke treatments to help the natural stay healthy and encourage nail growth.
- Lasts for 2+ week with a high shine gloss.
- Suitable for vegans and cruelty free.
- Professional product available ONLY to trained technicians.

ELIM MEDI PEDICURE

Elim is a medical grade pedicure treatment which uses state of the art ingredients to remove hard skin and calluses from feet.

With Gel	£65
With Polish	£58

LASH AND BROW TREATMENTS

Eyelash Lift & Tint	£50
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Semi-permanent treatment which lifts, tints and curls your natural lashes leaving you with fuller, more voluminous lashes with results lasting up to 6 weeks (or until your lashes grow out).

100% vegan and cruelty free.

Eyelash Tint	£20
Eyebrow Tint & Shape	£30
Eyebrow Lamination	£45

4-Step treatment system to sculpt and define the brown hairs in the desired shape. Perfect for fine brows to add volume whilst thicker brows can benefit from a more lifted and groomed look.

Results last up to 4-6 weeks. 100% vegan and cruelty free.

Eyebrow Lamination	
Shape & Tint	£60
Eyebrow Tint	£15
Eyebrow Shape	£15

WAXING

1/2 Leg	£15	Chin	£15
3/4 Leg	£25	Underarm	£10
Full Leg	£30	Arm	£10
Standard Bikini	£15	Chest	£25
High Bikini	£20	Back	£25
Upper Lip	£10		

TREATMENTS

SWEDISH MASSAGE

Intense muscle massage using Swedish techniques. This involves the manipulation of deep soft body tissue for therapeutic purposes. It can be used for relaxation, stimulation or rehabilitation of the whole body, or parts of it. It promotes suppleness of the muscle, improves circulation and reduces stresses.

AROMATHERAPY MASSAGE

Aromatherapy massage uses Swedish techniques that use oil or lotion that contains essential oils (highly concentrated plant oils). Aromatherapy treatments will be tailored to each individual client's needs. During your aromatherapy treatment, you inhale these essential oil molecules or absorb them through your skin. Aromatherapy uses aromatic essential oils medicinally to improve the health of the body, mind and spirit. It enhances both physical and emotional health.

20 Minutes	£30
30 Minutes	£45
45 Minutes	£65
60 Minutes	£80