

STEPHANIE SLADE

Holistic Wellness

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ABOUT ME

Stephanie Slade is one of the UK's leading facialists* who has been renowned for her bespoke holistic facials for many years. Her knowledge extends far beyond that of a beauty therapist as she combines her extensive training** in nutrition, naturopathy, acupuncture and the treatment of the whole system through her new range of medicalised, cosmetic treatments.

These produce astounding results in tackling signs of ageing and fatigue without the use of invasive procedures such as Botox, whilst promoting improved overall health and wellbeing.

*voted as one of top 10 facials anywhere in the world by Vogue Beauty Director

** Stephanie has more than 30 years experience working as a facialist and holistic therapist and has undergone over 150 hours of training, underpinned by her wealth of knowledge to now offer a range of cosmetic treatments.

Stephanie Slade is partnering with Blue Door Barns to offer a new range of cosmetic, medicalised treatments which offer a range of benefits to both the way you look and feel, underpinning improved health for optimum living.

There are very few places in the UK that can offer this unique menu of treatments which include:

- Cosmetic Acupuncture
- Auricular Acupuncture
- LED Light Therapy
- Colour Acupuncture
- Reflexology

Stephanie can also, by appointment, visit her clients in their homes.

STEPHANIE SLADE

Treatments



CELLUMA LED MEDICAL LIGHT THERAPY



This award-winning treatment, based on NASA research technology, harnesses the power of LED light therapy which is renowned for its ability to improve cellular regeneration to reduce the appearance of fine lines and wrinkles and create radiant skin, minimise blemishes and breakouts, treat acne, whilst also helping reduce the pain associated with arthritis and general muscle stiffness. A 30 minute treatment with Celluma LED medical light therapy is £25 per session. A 45 minute treatment with Celluma LED medical light therapy and reflexology is £60 per session.

COSMETIC



ACUPUNTURE

Cosmetic Acupuncture, also known as Micro Needling, focuses on placing up to 30 fine needles in the face, scalp, foot, ankle and lower leg area and is used as a powerful anti-ageing, rejuvenating treatment but can also tackle acne breakouts and also the scarring left behind. Stephanie works with clients who have used Botox for many years and who want to move away from this style of invasive treatment which can leave the face looking frozen, stretched and shiny after longterm use.

This powerful anti-ageing treatment stimulates the body's own collagen production and cellular renewal, by helping support the muscle fascia (good connection between muscle and bone helps reduce and then prevent the fine lines, wrinkles and sagging associated with ageing). However, the treatment goes far beyond this, promoting youthful, glowing skin, bright eyes, even skin tone including the neck, décolletage and backs of arms, and improved overall health including lifting low mood and easing anxiety. It also supports the immune system and helps improve the function of the liver, stomach, spleen and kidneys. Stephanie is able to target very specific areas of the face for each client and takes before and after photographs so clients can see the results throughout the process.

Stephanie trained with Acuregen's Unique Approach to cosmetic acupuncture, this is a very special all-in-one treatment, known as an ADVANCED FACIAL.

Using the finest quality specialist needles created by Founder, Amanda Shayle. These are inserted into the skin of the face, neck and body for a natural anti-ageing treatment that aims to rejuvenate overall elasticity and complexion.

TREATMENTS

Acuregen treatments are a blend of constitutional (health) acupuncture and facial work. A difference is drawn between the two aspects of a treatment, as well as how this is performed. This is important as we are regenerating collagen, elastin and improving circulation to the tissue.

Fascia release techniques using the Heskier method, instead of traditional Gua Sha, also improves circulation and combined with needles is an effective way to release subdermal 'scar' tissue. In addition to using the specialist Thrive Intradermal needles for specific issues, Stephanie employs a very gentle approach to medical microneedling. The whole treatment concept is to rejuvenate and nourish the face and body. Stephanie's treatments are state-of-the-art and also incorporates the latest technology in LED Light Therapy, as this can be used to enhance the healing effects of the needles. Stephanie uses the award-winning Celluma and can also supply these systems to you for home use.

For clients suffering from acne breakouts or acne scarring, cosmetic acupuncture can also effectively tackle the condition and is best combined with LED light therapy. Stephanie is hugely experienced in the treatment of acne and was the Acne Specialist with Dr Hauska for many years, where she provided advice on diet and supplements as well as creating bespoke skincare routines.

WHAT ARE THE BENEFITS?



- ☆ Reduces open pores and scar tissue
- ☆ Reduces puffy eyes, face, throat and body
- ☆ Reduces the appearance of fine lines and wrinkles
- ☆ Improves skin discolouration and moisture balance
- ☆ Gives complexion a fresh glow through enhanced circulation
- ☆ Lifts and tones sagging muscles and skin - natural face lift
- ☆ Improves sleep, relaxation and many more health benefits

Results from a 6 week cosmetic acupuncture course

WHAT ABOUT COSMETIC ACUPUNCTURE/MEDICAL MICRO-NEEDLING?



On your initial consultation, Stephanie will discuss your tailored treatment plan with you. These treatments initiate a process of changes which is why a 6 to 12 sessions of cosmetic acupuncture over a 3 month period is recommended.

Medical micro needling can be part of this treatment and is monthly, punctuated by cosmetic acupuncture to maintain cellular response. You may see these changes quickly but real results (you will be advised about outcomes) will normally take about 3 months - rather like a plant. A seed cannot produce flowers overnight.

If medical micro-needling is recommended (skin roller), it isn't usually used until the 4th week to ensure your skin and you are ready for this step up.

Stephanie's techniques are very gentle - treat not trauma. She will punctuate such sessions with cosmetic acupuncture. Gentle regular treatments promote better results.



COMMONLY ASKED QUESTIONS

Q: Does it hurt?

Acupuncture is a relatively painless treatment due to the fine needles that are used in the modern acupuncture clinic. Acuregen method uses specialist needles and employs techniques that reduce sensation even on the most sensitive areas of the face. Thrive needles are not scary to look at and are even more painless and effective than normal acupuncture needles.

Q: How long until the results show?

From the first treatment there will be changes as we adjust muscle tone, release scar tissue, reduce inflammation and hydrate your skin. It will depend on the treatment specifics - designed for you. This is, however, a progressive treatment and we set off a series of gradual changes. Think of a nurtured plant and how that develops over time in the right environment.

Q: How long will they last?

Health and wellbeing is key to seeing results and maintaining them. So, lifestyle - particularly diet, hobbies and other activities may have contributed to the problem in the first place. You will receive 'constitutional' acupuncture to help progress treatments and improve your health and relaxation at the same time. This is significant for achieving and maintaining outcomes. Improved sleep and having more energy is regularly reported as unexpected benefits by our patients. We do recommend regular maintenance treatments which may be monthly and then spread to longer periods.

Q: What are the long term results like?

Longterm your face and complexion will improve, muscle tone lifted and a general healthier appearance, which over time with Botox can cause the reverse. With porridge appearance skin, stagnation and shiny stretched areas. Due to lack of circulation and toxicity.

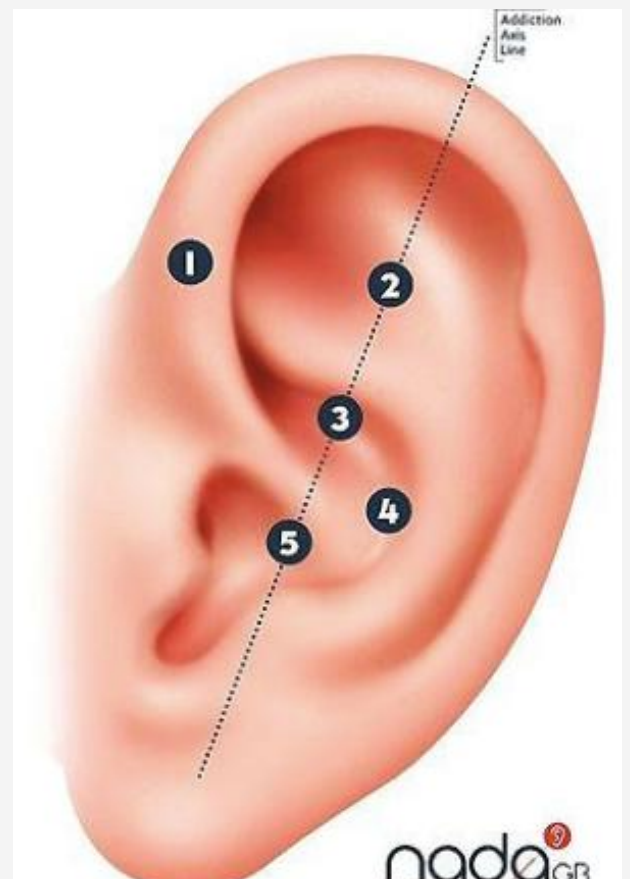
AURICULAR ACCUPUNCTURE



Auricular Acupuncture focuses on the ear area and often works in combination with Stephanie's Cosmetic Acupuncture treatment programme.

Whilst acupuncture treatments originated from China, this very targeted type of treatment was developed by Dr Paul Nogier, an eminent French neurologist and is widely recognised by the medical community for its benefits in promoting good physical and mental health for all clients.

Stephanie offers this treatment to clients for overall wellbeing, but also to help with the symptoms associated with low mood and anxiety. As well as tackling back pain, headaches and migraines. The adjacent photo by NADA UK, demonstrates the acupuncture/acupressure points used to calm and recenter.



HOLISTIC FACIALS

Stephanie has developed her own unique facial which is absolutely designed around the individual client.

She combines skin analysis with an understanding of what the overall body needs from a holistic perspective, to perform a facial ritual designed to restore, renew and rejuvenate.

This combines the application of her own organic products with various techniques including lymphatic drainage massage, head massage and Reiki.

Choose from a 60 minute facial or the ultimate luxury 75 minute treatment which incorporates longer massage and reflexology.



TREATMENTS



REFLEXOLOGY

Stephanie incorporates reflexology into her treatments to aid with relaxation and enable her to further focus on the different areas of the body connected to the pressure points on feet, hands and ears.

THREADING

Threading is a technique originating from central Asia and India which Stephanie has perfected. A cotton thread is used, which glides across the skin, removing excess hair, and allows for much more control. Threading is particularly good for hair removal on the face including brows but can also be used under the arms.



EMOTIONAL FREEDOM TECHNIQUE (EFT)

Using acupressure points around the hands, head, face and body and gently tapping with a soothing rhythmical sequence and using words to release any emotional tension. This gently releases anxiety, enabling clarity and a deeper understanding of where we hold our tension. This restores your natural equilibrium, enabling inner calm and a boost to your immune system.



TREATMENT PRICE LIST

THREADING/BROWS and BITS

Eye brow£10

Upper lip.....£8

Full Face.....£18

Under arm£10

TINTS

Eyebrows£8

Eyelashes.....£10

BOTH.....£15

CELLUMA LED LIGHT THERAPY/FUTURE REJUVENATE THERAPY

30 min.....£25

8X30 mins.....£180

for best results do every four days

AND BREATHE FACIAL using STEPHANIE SLADE SKINCARE

60 mins of massage, steam, Celluma lights,

gua sha with HESKIA Masque£70

75 mins of massage, steam, Celluma lights,

gua sha with HESKIA Masque and reflexology ...£90

HANDS and FEET

Cleanse and tidy, massage and enamel if required

HANDS £20 FEET...£25

Stephanie Slade

TREATMENT PRICE LIST

AURICULAR ACUPUNCTURE

45 mins session £45

6 x 45mins... £255

COSMETIC ACUPUNCTURE

90 mins Treatment £115

8 x 90 mins £860

8 sessions are recommended

COMBINED ACUPUNCTURE TREATMENTS FOR OPTIMUM RESULTS

100 mins Treatment £125

8 x 100 mins £910

12 x 100mins £1320

CAPRI LEG TREATMENT

Massage, lymph stimulation, hot/cold muslin, light tan and nail tidy

45 mins....£45

6 X 45 mins 'Summer Ready' treatment... £270

REFLEXOLOGY

Hand and feet reflex point massage using essential oils, foot soak,
massage and powder

45mins.....£45

Add Celluma Lights during Treatment £15

HEALING/EFT

Emotional Freedom Technique using acupressure points to relax the
whole system and access your reset

50 mins£50

STEPHANIE SLADE

Skincare





BODY CREAM

This body cream is rich and is absorbed easily into the skin, designed to aid circulation around the feet and legs. By moisturising the body, it will help keep skin looking healthy and hydrated. Using Mango Butter for its known qualities in helping dry skin, this body cream is a daily must have.

£26.00/150g

BLOOM FACE CREAM

This moisturising day cream has a wonderful orange and rose geranium aroma to lift your skin and senses. Designed to reduce the appearance of fine lines and wrinkles, with the added benefits of Siberian Ginseng' a natural skin tightening ingredient. Best used in the morning, after the Almond Face Cleanser.

£26.00/45g





FACE BALME

This face balme has been designed for boosting the skin either by using as a rich cleanser, or moisture mask. With Carrot, Calendula, Rosehip and Apricot oils to support skin that is in need of some extra attention. Along with avocado oil, rich in vitamin D and fennel for improved strength.

£22.00/30g

£12.00/15g

PETAL FACE CREAM

With the subtle aroma of Rose Otto to care for dry skin and rose geranium to oxygenate the skin where there are broken capillaries and veins, this face cream is designed to nourish and nurture your skin. Rebalancing the sebum production and enhancing a balanced skin tone. Best used after a gentle cleanse with the Almond Face Cleanser.

£26.00/45g





EYE CREAM

This eye cream arrives in a small pot designed to be used on a daily basis, it uses Arnica and Euphrasia tinctures to ease puffiness around the eye area and soften fine lines. This small wonder pot cools and soothes the delicate eye area.

£18.00/7g

FACIAL OILS

ROMA - This serum was inspired by fond memories of Italy, with the uplifted yet tranquil effect of the Orange blossom and the serums richness in omega 3 and zinc striking the perfect balance.

CANNES - This serum was inspired by memories in the south of France with the emotionally comforting scent of Lavender Absolute and the serums richness in omega 3 and zinc working to support each other.

Both serums have been designed to re condition dry sensitive skin conditions, to restore balance once again to your skin & senses. Price per serum.



£24.00



VERTIVERT FACE CREAM

Instantly calming and soothing, with Calendula to help repair irritated skin and a lovely heady mix of French Lavender, Cedar wood, Patchouli and Vetivert. This cream calms, soothes and nourishes not only the skin but your inner self too.

£26.00/45g

ALMOND FACE CLEANSER

This cleanser is one of the core products to assist balanced healthy skin, with Almond meal to create space on the skin during the deep cleansing action. A blend of Beeswax from Sussex, oils and butters to create soothed, clean skin.

£26.00/45g





FRENCH CLAY FACE MASK

This is the most wonderful French green clay cleanser, whilst detoxifying, this clay mask also balances and softens the skin. The fine green clay that has been mixed into a mousse textured cream can be used once or twice a week to restore and re mineralize the skin.

£22.00/30g

£12.00/15g

LIP ORANGE

This lip balm has been created using Citrus Peel Oil and Cacao Seed Butter to gently soften and moisturise lips.

£8.00





LIP BALM PEPPERMINT

This lip balm has been created using cooling peppermint and Cacao Seed Butter to gently soften and moisturise lips.

£8.00

CANDLES

Choose between two fragrances - Frankincense and Lavender Absolute or Pettigran and Palmarose - for the ultimate relaxation and senses stimulation. Price per candle.

£25.00



Testimonials

CLIENT

"I have had seborrhoeic dermatitis for 30 years, have used steroid creams /antibiotics for years and been told many times by doctors that you cannot cure eczema only control, or suppress it. At the end of my tether, I called Steph who patiently treated my skin with a variety of creams, EFT and gave nutritional advice. I didn't think for a minute it would help to be honest, but tried to be hopeful as things had become a constant cycle of infection, sleeplessness, bleeding, soreness etc. 3 months later my skin has healed, no one is more amazed than me. All I can say is that for the last few weeks my skin has been healing, is healthy and is neither broken, itchy nor sore - for the first time for all these years. I cannot recommend Steph strongly enough, she has been sensitive, thoughtful and compassionate and even better her approach has worked." *George*

"I am amazed at how fabulous cosmetic acupuncture is and my amazing experience with Stephanie Slade. I have had 10 weekly sessions (a little break in the middle due to lockdown) with Steph and I must say after the first session my skin was glowing. I was stunned. I can honestly say after each session I can see a remarkable difference in my skin. The lines around my mouth have reduced and my lips even look fuller. The deeper lines I have on my cheeks (laughter lines they say!) are not quite as deep and my skin looks and feels amazing. Not only is Steph brilliant at making my skin look amazing but has helped me enormously mentally with her calm and healing energy and her wonderful use of strategically placed needles. Steph has used the best treatment for me and I just can't wait until lockdown is lifted so that I can continue my treatments with her again." - *Lesley*

THE HANDMADE FACIAL

By Stephanie Slade

**As recommended by: Anna-Marie Solowij,
co-founder of BeautyMart**

"In my 25-year career I can definitely say Stephanie's facials are in my top five all-time favourite treatments. She's not about pushing brands or products into your hand - she's just completely in tune with you and your needs. She reacts to what she sees and how I'm feeling, so each time I see her it's a different facial. Her intuitive touch and reiki techniques get to work on the physical bits - face, head, neck, shoulders - as well as on my energy and spirit. Every one of her handmade balms, creams and lotions has a different uplifting, calming, medicinal or delicious scent - I can feel the weight of the day dropping from my shoulders."

PRESS

As featured in 'Fashion Travel People Ideas Beauty Stylist'

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