



SKiN

BY DR CAROLINE

A warm welcome to Skin by Dr Caroline,

At our medically-led skin clinics, exceptional care begins with understanding. We take the time to listen, assess and gain a comprehensive understanding of each client's individual concerns, ensuring every recommendation is grounded in expertise, clinical evidence and your personal goals.

With over 40 years of combined experience in the aesthetics and beauty industry, we bring a depth of knowledge you can trust.

Your wellbeing is at the heart of everything we do. Every consultation is thorough, every treatment plan entirely bespoke, carefully tailored to your skin, lifestyle, budget and desired timescale. We believe that outstanding results come from thoughtful planning, not one-size-fits-all solutions.

Trust is the foundation of our client relationships. Our approach is results-driven and backed by science, offering only carefully selected medical-grade treatments and skincare that meet the highest clinical standards—many of which we confidently use ourselves.

We are committed to excellence, professionalism and ongoing education. Our clinics are led by Dr Caroline Hayden, a GDC-registered dentist, JCCP-accredited practitioner and qualified at Level 7 in Clinical Aesthetic Injectable Aesthetics.

Every member of our clinical team is qualified to VTCT Level 4 or above, ensuring you receive expert care at every visit.

We continually invest in the latest evidence-based technology, including our NeoGen Nitrogen Plasma system, Clear and Brilliant fractionated laser, and advanced laser hair removal platforms. Regular professional development and annual first aid training ensure our team remains at the forefront of clinical practice and patient safety.

Our commitment to excellence has been recognised with the Phorest Clinics 5 Star Treatment Award for five consecutive years, alongside the AlumierMD Clinic of the Year in 25/26.

Today, we are proud to welcome clients across two clinic locations, offering the same exceptional standards of care with greater accessibility and convenience.

We look forward to welcoming you and helping you achieve healthy, confident skin.

With warmest wishes,
Dr Caroline Hayden

Treatment Menu

Consultations	Page 4
Advanced Facials	Page 5-6
Microneedling	Page 7
Rejuvenating Treatments	Page 8
NeoGen Plasma	Page 9
Injectables	Page 10-12
Body Treatments	Page 13-14
Laser Hair Removal	Page 15
Business Information	Page 16

Treatments with * are offered exclusively at Brookmans Park Clinic

CONSULTATIONS

We understand every client is different and we tailor our treatment plans to each individual. The skin consultation is the start of that process.

SKIN CONSULTATION

30 MINS - £25

The skin consultation gives us an opportunity to discuss your skin concerns, current skin regime, skin goals, time frame and budget.

Includes:

- Skin assessment
- Skin goals discussion
- Treatment planning

SKIN CONSULTATION + OBSERV SKIN SCAN

1 HOUR - £55

The ObServ® skin scan technology allows us to look deeper into and under the skin and assess sun damage, pores, oil flow, and other dormant issues. It gives us more information and helps us to formulate the most appropriate plan for you, with as much information as possible.

Includes:

- Skin assessment
- Skin goals discussion
- Treatment planning
- Skin analysis and scan



ADVANCED FACIALS

ALUMIER MD MEDICAL-GRADE PEELS

From £135

Our most popular, signature facial.

A unique experience that we can bespoke according to your skin concerns. The treatment includes a mask, LED therapy, an exfoliating peel and brightening enhancement, followed by prescriptive targeted serums which reveals a more radiant, soft, clear and healthy skin.



AQUA 3 HYDRO-FACIAL*

Oily skin / Acne treatment £150

Ageing / Pigmentation treatment £160

The Aqua 3 HYDRO-FACIAL is a re-surfacing treatment that brings the skin back to life by cleansing, extracting and hydrating. This non-invasive, cosmetic grade treatment is perfect for clients who would like their skin to look clear, refreshed, and hydrated, whilst having no downtime or discomfort.

ADD LED LIGHT THERAPY TO YOUR SESSION FOR JUST £35



BIO RE-PEEL

£125

Bio-RePeel is unique – its active ingredients allow removal of dead skin cells in just one treatment. This significantly improves skin tone, enlarged pores, mild acne, pigmentation and uneven skin texture, with minimal downtime. Very popular with darker skin-tone clients as it actively addresses uneven pigmentation.



ADVANCED FACIALS

DMK PARAMEDICAL SKIN REJUVENATION* **TREATMENT 1: £185**
FOLLOW ON PRICE £225 - £255
(based on exfoliation/masks)

DMK home prescription products must be used in conjunction with these treatments and the skin must be prepped before treatment can commence.

DMK Skin Therapy is an advanced, paramedical approach to skin revision, designed to restore optimal skin function rather than simply treat surface concerns. Using a unique combination of enzyme therapy, botanical-based formulations, and cutting-edge techniques, DMK works with the skin's natural chemistry to rebuild, strengthen, and maintain long-term skin health.

Unlike traditional facials, DMK treatments are progressive and tailored, delivering measurable, lasting results.

Offered by only a select number of highly trained clinics, DMK Skin Therapy requires specialist knowledge and expertise. As certified professionals, we provide bespoke treatment programmes that position us at the forefront of advanced skin revision.

CLEAR AND BRILLIANT FRACTIONATED LASER **£275**

A gentle fractional laser treatment designed to refresh your complexion and help prevent the early signs of ageing.

By stimulating your skin's natural renewal process and boosting collagen production, Clear + Brilliant® improves skin tone, texture and overall luminosity while softening the appearance of fine lines, enlarged pores and pigmentation.

Suitable for most skin types, it offers noticeable results with minimal downtime, making it an ideal treatment for maintaining healthy, youthful-looking skin.

Ideal for: Dull skin, uneven tone, fine lines, enlarged pores and early signs of ageing.

MICRONEEDLING

Microneedling creates controlled micro-injuries to your skin which stimulates natural wound healing processes whilst encouraging new collagen production. Incredible results on all skin types with a relatively small amount of downtime.

Perfect for:

- Reduction of acne scars
- Evening out skin tone and texture
- Improving elasticity and firmness
- Hair rejuvenation
- Reducing stretch marks



We offer several options to boost your microneedling session:

- **PRP microneedling** - using healing and growth factors from your blood. **Face £300**
Downtime is reduced vs standard microneedling. **Incl neck £450**
- **PRP for hair rejuvenation** - your own blood plasma growth factors help to rejuvenate hair follicles and the scalp, encouraging new hair growth. **£400**
Course of 3 advised.
- **Poly-needling** - use of polynucleotides ('fish sperm') as the 'glide' medium, which stimulates fibroblast cell production, to increase collagen synthesis and normalise the melanocyte (pigment producing cell) activity **£450**
- **Microneedling with BioRePeel** - an advanced treatment to help combat pigmentation and skin texture. **£335**
- **Vitamin A (IntelliRet) Boost** - a layer of AlumierMD IntelliRet applied after microneedling when the skin is able to actively uptake more effectively **£285**
- **Skin booster add-on** - include a session of SeventyHyal skin booster with your microneedling - reduce your downtime and maximise your treatment outcome. **£400**
- **Standard microneedling** - using hyaluronic acid glide serum, controlled microinjuries are create across the whole skin surface. **£235**

Add an Alumier BioCellulose Mask to take home for £15

REJUVENATING

CRYOLIFT*

£140

Using the latest in cryotherapy technology, this 'red carpet facial' treatment helps to target the signs of ageing, as well as boosting, hydrating and promoting collagen formation to give a plumping effect. It uses a powerful CO2 flow at high pressure and an active peptide serum at low temperature to induce collagen and elastin formation. This results in hydrated, glowing and healthy looking skin. Ideal before a big event!

VENUS FREEZE SKIN TIGHTENING*

**FACE ONLY £115
INCLUDING NECK £170**

The Venus Freeze heat treatment warms the skin and holds it at a temperature that induces collagen and elastin fibre formation, heating the skin from the inside out. The new collagen and elastin gradually smoothes and tightens the skin, plumping out fine lines and wrinkles.

MICROCURRENT NON-SURGICAL FACE LIFT*

£100

Micro-currents tighten and tone the muscle fibres offering re-contouring of the specific facial areas. During treatment all the facial muscles are physically manipulated using multi-probes to re-educate the muscle fibres with a current that causes a contraction, to improve muscle memory.

COMBINE VENUS FREEZE AND MICROCURRENT AS A JOWL LIFT

£140

IPL SKIN REJUVENATION*

from £80

The variable pulsed light (VPL) machine by Energist is used as a stand-alone treatment to address skin concerns such as redness, sun-damaged skin, ageing skin, enlarged pores, threadveins and uneven skin texture.

NEOGEN PLASMA

NEOGEN NITROGEN PLASMA TREATMENT *

The NeoGen plasma treatment (also known as the 'lunchtime face lift') is capable of treating skin laxity, fine lines, hyperpigmentation, scarring, acne, stretch marks, poor skin quality, and much more. This advanced medical technology (sold only to medically-led clinics) enables us to create a massive low-grade sub-surface trauma by heating up the fibroblast cells, causing superficial resurfacing and stimulating HUGE collagen production with downtime of only a few days.

Capable of treating:

- Skin laxity
- Fine lines
- Hyperpigmentation
- Scarring
- Acne
- Stretch marks
- Poor skin quality



A course of 3 appointments, 4 weeks apart, is recommended (10% discount applied vs single price treatment). Results are seen from approx. 3 months, improving up to 1 year, and should last from 3-5 years. Maintenance advised.

Area for Treatment	Low Energy Course	High Energy Course
Full face, including eyes	£2,025	£4,185
Eyes only	£1,080	£2,025
Face, eyes & neck	£2,565	£5,130
Face, eyes, neck & decollete	£3,510	£6,210
Arm flanks	£1,620	£3,240

INJECTABLES

PROFHILO

ONE TREATMENT £295

THREE TREATMENTS £850

discount applied only if paid upfront

An injectable hyaluronic acid-based skin booster, which both hydrates and stimulates new collagen formation. Suitable for any skin which has lost elasticity; this product also boosts hydration giving you a healthy 'glow' and a radiant appearance.



Includes LED light therapy for extra hydration boost.

SEVENTY HYAL

ONE TREATMENT £250

THREE TREATMENTS £650

discount applied only if paid upfront

Alternative to Profhilo – more suitable for those under age 45.

Includes LED light therapy for extra hydration boost.

VITAMIN B12 INJECTABLE BOOSTER

£50

VITAMIN C INJECTABLE BOOSTER

£55

VITAMIN B12 AND VITAMIN C COMBINED

£85

INJECTABLES

ANTI WRINKLE INJECTIONS

All of our anti-wrinkle injections are performed by a GDC or NMC registered professional. These prescription injectables are used to temporarily reduce unwanted muscle function, softening frown lines, or smile.

ONE AREA £250
TWO AREAS £275
THREE AREAS £300



HYPERHIDROSIS/SWEATING TREATMENT £400

DERMAL FILLERS

All of our dermal filler injectables are performed by a GDC or GMC registered professional. Dermal fillers add volume, plumping out fine lines, reducing deep folds, adding volume to thin lips, reducing dark circles, or creating contour across cheeks etc. We use resorbable products only, including Restylane and Kysense. Areas treated include: naso-labial folds, marionette lines, cheeks, tear troughs, chin, and lips.

PER 1ML £300
TEAR TROUGHS £350
LIQUID RHINOPLASTY £360



POLYNUCLEOTIDE THERAPY

Polynucleotides are ultra-purified DNA fractions that initiate your body's fibroblast production, resulting in increased collagen and a thicker, healthier epidermis. They act as powerful skin boosters by stimulating the production of essential components like collagen and elastin. This results in improved skin quality, reduced hyperpigmentation, and increased collagen, elastin and hyaluronic acid.

PER 1ML £250



INJECTABLES

SCULPTRA COLLAGEN BIOSTIMULATOR

PER VIAL £450

Sculptra® is an advanced collagen biostimulator designed to restore facial volume, improve skin quality and gradually rejuvenate the skin from within. Rather than simply filling lines, Sculptra® works by stimulating your body's natural collagen production, delivering subtle, long-lasting and beautifully natural results that continue to develop over several months.

Suitable for both the face and body, Sculptra® can improve skin firmness, restore lost volume and enhance areas affected by ageing or tissue laxity, creating a refreshed and more youthful appearance.

Treatment Guide:

- Face: As a general guide, we recommend one vial per decade of age (for example, 5 vials at age 50), typically delivered over a course of treatments.
- Body: We recommend approximately one vial per A4-sized treatment area, depending on the degree of volume loss and skin laxity.
- Maintenance: To maintain collagen stimulation and long-term results, one maintenance vial per year is generally recommended following your initial treatment course.

Every Sculptra® treatment plan is individually tailored following a comprehensive consultation to ensure the most appropriate approach for your goals.



BODY TREATMENTS

PRP FOR HAIR REJUVENATION

£400

Platelet-Rich Plasma (PRP) therapy for hair restoration is a promising non-surgical treatment aimed at stimulating hair growth in individuals experiencing hair loss. PRP therapy harnesses the healing and growth factors in your own blood to rejuvenate the scalp and hair follicles, encouraging the growth of new hair. A course of 3 or more sessions is advised.

LASER TATTOO REMOVAL*

SINGLE TREATMENT FROM £75

We remove tattoos using an ND Yag laser. The amount of treatments required will vary depending on tattoo age, colour, size, medication and lifestyle. Usually 8+ sessions, 8 weeks apart, gives a significant reduction in tattoo visibility. A patch test is required prior to this treatment.



CRYOPEN

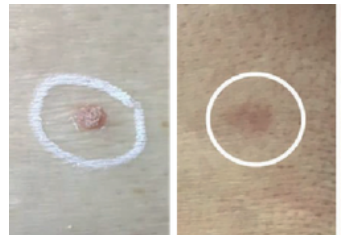
PER LESION FROM £100

(retreat is chargeable)

PER MOLE FROM £200

(retreat is chargeable)

CryoPen treatments use liquefied nitrous oxide in a small precise 'pen' to deliver a concentrated burst of cold energy to the lesion you wish to have treated. These treatments are quick, comfortable, and highly effective; they work by freezing and destroying benign skin lesions, and rupturing cell membranes to destroy the cells



BODY TREATMENTS

MICROSCLEROTHERAPY

Microsclerotherapy is a high-frequency current passed through a fine nickel needle, which collapses the facial thread-veins without affecting the outer layers of the skin. Quick and comfortable, with low risk of post-operative scarring or pigmentation, and healing over 7-28 days.

FACIAL VEINS

Nose £120

Cheeks £140

Nose, Cheeks and Chin £160

MILIA AND BLOOD SPOTS

per lesion £75

Price for multiple tags/lesions can vary and a price will be discussed before treatment

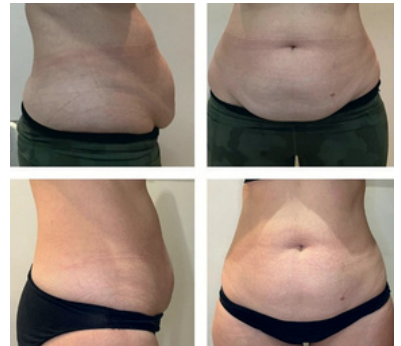
LIPOCONTRAST DUO FAT FREEZING*

£190

LipoContrast is a very effective, non-invasive fat reduction / removal treatment without the necessity for exercise post treatment.

The superior DUO cools, heats and then cools the skin during treatment creating spectacular results in removing the fat cells in isolated areas of the body. You can see the results of the fat reduction and new body contouring from the first treatment.

The DUO eliminates fat cells in stubborn fatty areas such as the waist, abdomen, back, flanks, knees, arms and thighs.



LASER HAIR REMOVAL

Our laser hair removal machines utilise advanced technology, and allow the skin to be continually cooled whilst heating the melanin in the hair and destroying the hair follicles. All areas of the face and body can be treated. An initial course of 6 sessions is advised, and follow up sessions are usually recommended. A consultation and patch test is mandatory.

Female Areas	Single Treatment	Course of 6
Upper Lip	£30	£135
Chin	£40	£180
Lip & Chin	£65	£292
Jawline or Cheeks or Neck	£70	£315
Lower Face	£85	£382
Full Face	£100	£450
Ears	£45	£202
Middle of Brows	£25	£112
Underarm	£65	£292
Bikini Line	£80	£360
Brazilian	£100	£450
Hollywood	£130	£585
Lower Leg	£145	£652
Thighs	£155	£697
Full Leg	£210	£945
Buttocks	£110	£495
Half Arm	£80	£360
Full Arm	£130	£585
Hands & Fingers	£75	£337
Abdomen	£115	£518
Full Body	£800	£3600

Male Areas	Single Treatment	Course of 6
Chest or Upper Back	£150	£675
Shoulders	£130	£585
Full Back	£240	£1080
Shoulders and Full Back	£275	£1240
Beard Shaping	£70	£315



Why not consider purchasing a gift voucher for a loved one?

Available in clinic or online - any value from £25

Give the gift of skin confidence
(Six month expiry - redeemable against services or products)

Bishops Stortford Clinic

Monday	11.00 to 20.00
Tuesday	10.00 to 17.00
Wednesday	10.00 to 15.00
Thursday	CLOSED
Friday	10.30 to 18.00
Saturday	9.30 to 13.00
Sunday	CLOSED

11 Riverside Walk
Bishops Stortford
CM23 3AG | 01279 503388

Brookmans Park Clinic

Monday	10.00 to 19.30
Tuesday	9.30 to 20.30
Wednesday	9.30 to 19.00
Thursday	9.30 to 20.00
Friday	9.30 to 18.00
Saturday	9.30 to 17.30
Sunday	CLOSED

75 Bradmore Green
Brookmans Park
AL9 7QT | 01707 662477

Alumier^{MD}

Scan to create an account with
Skin by Dr Caroline and purchase
AlumierMD products



Booking and Deposits

Appointments for treatments require a fee of up to £100 (depending on time allocated for appointment) to secure your booking. This is redeemable against your treatment or products.

We appreciate your understanding in our having to take booking deposits as it prevents "no-shows". This allows more clients to get the appointment times they wish for.

Cancellation Policy

48 hours notice should be given if there is a need for you to cancel your appointment. **A fee of £25 will therefore be payable for each 30 minutes missed should a cancellation occur or if the appointment is not met.** If you are on a booked course and miss one of your treatments, you will forfeit that treatment session.



For more information and to see other treatments not mentioned in this price list, please visit our website:
www.skinbydrkaroline.co.uk

WWW.SKINBYDRCAROLINE.CO.UK - INFO@SKINBYDRCAROLINE.CO.UK