

endymed exclusive to midstream		
endymed fsr® fractional skin resurfacing		
fine lines, wrinkles, sun damage, enlarged pores, uneven skin texture, acne scars, surgical scars + stretch marks		
recommended course: 3 treatments, 4 – 6 weeks apart		
	1 treatment	pack of 6
full face skin resurfacing	R3 500	R9 450
neck	R2 000	R5 400
full face and neck	R4 800	R12 960
localised areas	R2 500	R6 075

endymed 3deep® radiofrequency

skin laxity, loss of firmness, fine lines, facial contouring, jowls + preventative collagen stimulation

results-driven 6 treatment programme: one treatment per week for 4 weeks, then 2 treatments 2 weeks apart. must be done within 3 months.

	1 treatment	pack of 6
full face	R2 800	R15 200
full face + neck	R3 500	R18 900
jowls + neck	R1 920	R10 368
peri-ocular	R650	R3 510
peri-oral + nasolabial lines	R800	R4 230
forehead + eyes	R1 280	R6 912
v-shape jawline + double chin	R1 500	R8 100

endymed intensif® rf microneedling

wrinkles, acne scars, surgical scars, stretch marks, enlarged pores, skin texture + collagen stimulation

3 treatments (4–6 weeks apart)		
	1 treatment	pack of 3
full face	R2 800	R7 650
full face + neck	R3 500	R9 450
full neck	R2 800	R6 750
localised areas 5cm x 5cm (lips, crows feet, chin forehead, acne + surgical scars	R2 250	R6 075

endymed intensif® tightening

advanced skin tightening, skin laxity, texture refinement + collagen remodelling.

3 treatments	1 treatment	pack of 3
mini shaper + endymed fsr® (jowls)	R3 800	R8 100
mini shaper + intensif® rf (jowls)	R3 000	R8 100

endybleph® non-surgical eye rejuvenation

hooded eyelids, crepey eyelids, crow's feet, fine lines around the eyes, eyelid laxity

3 treatments	1 treatment	pack of 3
endymed fsr® + ifine intensif® rf + ifine	R3 500 R3 000	R9 450 R8 100

combinations

3 treatments (4–6 weeks apart)	
jessner peel + melanostop + blemiderm (meso baby peels) + rf needling	per treatment R3 375
peri-ocular peel + md meso + fsr + ifine	R3 555
peri-ocular peel md + intensif + ifine	R3 105
md meso peels (retiflash, melanostop, azelan) + intensive rf needling	R3 757

professional home care
your therapist will recommend a personalised skincare programme to enhance and maintain your treatment results.

topical anaesthetic is applied before treatment. professional home care products are compulsory and sold separately.

plexr® plasma skin tightening
exclusive to midstream

allow 15 minutes for first consultation

advanced eye + skin rejuvenation *

ear fold refinement	R800
precision rejuvenation treatment to soften and tighten creasing around the ear area.	

forehead line softening	R2 000
targets horizontal forehead lines while stimulating natural collagen production.	

frown line softening	R800
advanced treatment designed to soften glabellar ("11 line") expression lines.	

forehead + frown rejuvenation	R2 800
combined upper-face rejuvenation treatment for smoother, refreshed-looking skin.	

lip lift rejuvenation (upper + lower) per lip	R2 500 R 1250
advanced non-surgical rejuvenation treatment designed to subtly lift and define the lip area.	

mid-face tightening	R4 000
lifts + firms mid-face and improves skin laxity.	

nasolabial fold softening	R1 500
tightens skin to reduce the appearance of deep smile lines.	

eye rejuvenation *

upper eyelid tightening	R2 000
non-surgical rejuvenation treatment for hooded or ageing upper eyelids	

crow's feet softening	R2 000
Targets fine lines around the eyes while improving skin texture and firmness.	

eye rejuvenation lift (eyelids + crow's feet)	R4 000
combined eye-area rejuvenation treatment for a brighter, refreshed appearance.	

skin imperfection removal *

skin tag removal	R450
precision cosmetic removal of selected benign skin tags.	

benign mole reduction	R450
cosmetic reduction of selected benign superficial lesions	

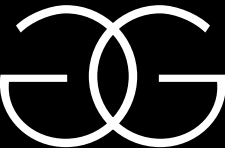
wart reduction	R450
Targeted treatment designed to reduce selected superficial warts.	

stretch mark refinement	R450
collagen-stimulating treatment aimed at improving the appearance and texture of stretch marks.	

***professional post-treatment recovery kit required for optimal healing and results**

lamelle restorative balm + mesoestetic soopa intense mist	R950
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mesoestetic rescue and restore + mesoestetic soopa intense mist	R980
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Gloss&Glo
beauty lab

advanced skin & aesthetic treatments
glo

acrylic + gel nails. waxing, brow + lash pricelist also available

skin journeys

your glo jourmney starts here

ask your therapist about a personalised 3–6 month skin programme, combining advanced treatments and professional home care for your best skin yet. book a free consultation.

AI skin scan
face scan analysis R0
provides a personalised roadmap + recommends treatments. allow 15 minutes.
exclusive to midstream

dermaplaning

dermaplaning R295
dermaplaning + express facial R450
exfoliation to remove dead skin cells and fine ‘peach fuzz’ hair + boosts effectiveness of skincare

massage rituals
exclusive to plettenberg bay

coastal calm back ritual (swedish) – 45 min R595
heated stone back ritual – 45 min R695
coastal calm body ritual (swedish) – 60 min R795
heated stone body ritual – 60 min R895
ultimate coastal escape (swedish) – 90 min R1 050
ultimate heated stone escape – 90 min) R1 195

pHformula resurfacing treatments (face + neck area)

allow 15 minutes for first consultation

minimally invasive resurfacing treatment that accelerates cell regeneration without the side effects of traditional peels.

ageing + pigmentation + acne

express (30 min) R750
advanced (60 min) R1050
two customised options added

intensive (90 min) R1250
three customised options added

lamelle® advanced skin treatments

allow 15 minutes for first consultation
recommended every 4–6 weeks for best results
all treatments include face + décollete

dry + sensitive skin

lamelle essentials hydrating + calming treatment (60min) R850
luxurious facial that calms irritation, hydrates, and leaves your skin clean, plump, and soothed with no downtime
includes face plus décollete

ageing skin

lamelle essentials age-prevention treatment (60min) R850
luxurious facial with enzymatic exfoliation, personalised serum, and antioxidant mask for clean, plump and hydrated skin with no downtime.

lamelle lactifirm peel 30/10 (60min) R860
boost your skin’s glow, hydration and texture; minimal downtime.

lamelle microneedling nova personalised procedure (90min) R1 995
delivers injectable-grade ingredients deep into the skin for nearly immediate results, leaving your skin plump and hydrated; zero downtime.

aged skin

lamelle synergy peel (60 min) R895
stimulating collagen and elastin production for firmer, smoother skin and reversing signs of ageing such as fine lines and wrinkles.

hyperpigmentation

lamelle beta peel (60 min) R895
promoting cell shedding and blocking pigment production, offering visible results with minimal inflammation; 4–5 days downtime.

hair restoration
exclusive to midstream

hair microneedling therapy R1 750
stimulates the scalp to support healthier, fuller-looking hair. suitable for thinning hair and early hair loss (no topical anaesthetic required.)

add ons

alchemy booster ampule (customised formula)
plasma for acne, pigmentation, ageing and hydration R300

mesoestetic® medical aesthetics

allow minutes for first consultation
recommended every 4–6 weeks for best results
all treatments include face + décollete

medical-grade chemical peels

anti-ageing

mesoestetic meso-peel modified jessner (60–90 min) R950
little to no downtime while reducing fine lines, wrinkles, hyperpigmentation, and acne scars for a radiant, refreshed complexion.

sensitive

azelan R1 300
for sensitive, inflamed, rosacea-prone skin and acne with pigmentation.

md periocular peel R650
For fine lines, dark circles and rejuvenation around the eye area.

anti-ageing & brightening

retiflash R1 300
a rejuvenating anti-ageing peel that improves skin texture, stimulates cellular renewal and restores a smoother, brighter and more youthful-looking complexion

mesoestetic bespoke step-up layered peel (60–90 min) R1 350
personalised peel combination

pigmentation

cosmelan® professional depigmentation programme R18 500
advanced pigmentation + melasma correction

melanostop R1 300
A professional depigmentation peel that targets stubborn pigmentation and uneven skin tone, leaving the complexion brighter and clearer.

mesoestetic meso-peel melanostop tranex (60–90 min) R950
expertly targeting stubborn pigmentation like melasma and dark spots for a brighter, more even complexion.

md intimate & body peel R950
For pigmentation affecting the underarms, bikini line and other body areas.

acne

blemiskin® peel R950
targets acne, congestion and oily skin while reducing breakouts, refining pores and improving overall skin clarity. First choice for oily, congested, acne-prone skin in teens.

microneedling + nanoneedling treatments

mesoestetic pigmentation (60–90 min) R1 750
designed to reduce melasma and dark spots while harmonizing your skin tone for a brighter, more even complexion.

mesoestetic photo ageing (60–90 min) R1 750
combat sun damage and reduce signs of ageing, leaving your skin looking youthful and radiant.

mesoestetic hydration + anti-ageing (90 min) R1 750
helps increase collagen production, support moisture retention and refine overall skin appearance for a plump, dewy look

meso-peel + microneedling treatments

mesoestetic pigmentation + microneedling (90 min) R2 150
reduce pigmentation, even out skin tone, and rejuvenate your complexion for a brighter, more luminous you.

mesoestetic photo anti-ageing + microneedling (90 min) R2 150
stimulate collagen, reduce fine lines, and restore radiance for a youthful, revitalised complexion.

mesoestetic booster ampule R300

gloss&glo midstream

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