

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

4 treatments recommended			
	1 treatment	pack of 2	pack of 4
		-10%*	-15%*
full face	R3 500	R6 300	R11 900
full face + neck	R4 800	R8 640	R16 320
localised areas	R2 500	R4 500	R8 500
5cm x 5cm (lips, crows feet, chin, forehead, acne + surgical scars			

endymed intensif® tightening

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

4 treatments recommended			
	1 treatment	pack of 2	pack of 4
		-10%*	-15%*
mini shaper + endymed fsr® (jowls)	R3 800	R6 840	R12 920
mini shaper + intensif® rf (jowls)	R3 800	R6 840	R12 920

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

4 treatments recommended			
	1 treatment	pack of 2	pack of 4
		-10%*	-15%*
jessner peel + melanostop + blemiderm (meso baby peels) + rf needling	R3 950	R7 110	R13 430
peri-ocular peel + md meso + fsr + ifine	R2 950	R5 310	R10 030
peri-ocular peel md + intensif + ifine	R2 950	R5 310	R10 030
md meso peels (retiflash, melanostop, azelan) + intensive rf needling	R4 330	R7 794	R14 722

*discounts applied if paid upfront

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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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)	R300
plasma for acne, pigmentation, ageing and hydration	

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

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manicures

basic mani cut + file + buff + treatment	R200
mini mani soak + file + buff + nail polish	R300
gloss mani soak + file + buff + scrub + massage	R390
quick mani soak + file + buff + gel	R485
glo mani soak + file + scrub + buff + massage + gel overlay	R530

pedicures

toe nail cut	R120
basic pedi cut + file + buff + treatment	R200
mini pedi soak + file + buff + nail polish	R300
gloss pedi soak + file + buff + scrub + massage	R450
quick pedi soak + file + buff + gel toes	R485
glo pedi soak + file + buff + scrub + massage + gel toes	R570
glo pedi pensioners + kids (under 12) soak + file + buff + scrub + massage + gel toes	R460

medipedi

medipedi no nail polish	R620
medipedi + nail polish	R710
medipedi + gel overlay	R740
medipedi + rubber base	R810

for men

men's clear gel hands or toes	R360
quick men's mani soak + file + buff + scrub + massage + shine	R390
glo men's mani soak + file + buff + scrub + massage + clear gel	R445
quick men's pedi soak + file + buff + scrub + massage	R390
glo men's pedi soak + file + buff + scrub + massage + clear gel	R445
pedi peel soak + file + buff + scrub + massage + heel peel	R615

add ons

nail polish	R150
20 minute massage feet	R150
paraffin wax treatment hands or feet	R180
AI hand scan	R100
summer heel peel	R250
lamelle anti-ageing hand peel	R250

wax treatments

brow wax	R120
lip wax	R120
chin wax	R120
nostril wax	R120
ear wax	R120
underarm wax	R160
half arm wax	R200
full arm wax	R260
half leg wax	R260
3/4 leg wax	R280
full leg wax	R345
chest wax	R380
back wax	R380
bikini wax	R220
brazilian wax	R310
hollywood wax	R365

lash lift + tint

lash lift	R350
lash lift + tint	R450

tinting

brow tinting	R120
lash tinting	R130

brow + lashes combos

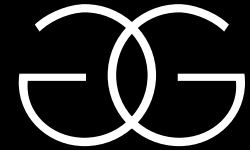
brow wax + tint	R235
brow wax + tint + lash tint	R350
brow wax + brow tint + lash lift + lash tint	R695

lamination

brow lamination	R395
brow lamination + tint + wax	R630

we offer a 7-day guarantee on our nail applications.

we use e-files as an e-file offers a quicker, more precise removal of product with less mess, while acetone takes longer and can dehydrate the nails and skin.



Gloss&Glo
beauty lab

gloss
acrylic + gel | waxing | brows + lashes

advanced skin & aesthetic treatment pricelist also available

acrylic nail enhancements

Ideal for strength, durability, nail extensions and perfect for active lifestyles.

acrylic overlays

one colour acrylic overlay hands	R540
ombre acrylic overlay	R580
natural acrylic colour + gel overlay	R610
one colour acrylic overlay toes	R440
acrylic + standard gel overlay toes	R540

acrylic full set tip applications

one colour acrylic tips	R580
ombre acrylic tips	R610
acrylic tips + gel overlay	R650

acrylic sculpture

one colour acrylic sculpture	R610
ombre acrylic sculpture	R640
one colour sculpture + gel overlay	R670

acrylic fills

acrylic fill 2 weeks (max 3 fills)	R390
acrylic fill 3 weeks (max 3 fills)	R480

acrylic removal + maintenance

acrylic nail repair overlay one nail	R90
acrylic sculpting nail repair one nail	R110
soak-off acrylic when re-applying	R120
top coat refresher	R150
soak-off + treatment	R150

fills booked beyond 4 weeks will be charged as a new set.

nail art

basic nail art per nail	R25
3D nail art per nail	R45
chrome all nails	R90
cat eye all nails	R150
glitter 2 nails	R20
nail art all nails	R150
gel ombre	R120
french	R90
advanced nail art all nails	R320

nelé naturale gel polish (lasts 2 weeks)

Quick and versatile for a flawless manicure.

nelé naturale rubber base (lasts 3 weeks)

Provides a strong nail reinforcement and flexibility for brittle nails.

nelé naturale hard gel (lasts 3 weeks, most popular)

Lighter, can be filled with no exposure to acetone. Combines the flexibility of gel with the strength of acrylic.

nelé naturale standard gel overlay

one colour standard gel overlay hands	R360
one colour standard gel overlay toes	R360
standard gel pensioners + kids (under 12) sundays only	R300
includes e-file off hands or toes	

nelé naturale rubber base

rubber base natural hands	R390
rubber base natural toes	R390
rubber base + colour gel overlay hands	R490
rubber base + colour gel overlay toes	R490

nelé naturale hard gel

hard gel overlay (short) new set (excludes file-off)	R490
hard gel overlay (long) new set	R540
hard gel fill (includes e-file off)	R500
ombre hard gel overlay	R580
hard gel + tips	R610
sculptured hard gel nails	R640

*hard gel you can fill; no acetone soak-off needed

nelé naturale combos

rubberbase gel hands + gel toes (get one FREE e-file off)	R840
hard gel + standard gel toes (hands new set) (get one FREE e-file off)	R940

gel removal + maintenance

nelé nail repair one nail	R70
nelé sculpting nail repair one nail	R110
top coat refresh	R100
e-file off with re-applying gel	R90
e-file off without re-applying nelé natural	R150
e-file off without re-applying gel	R150
e-file off with treatment	R190
e-file off with nail polish	R240

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