

Novara Treatment Guide

A plain-English guide to the Novara treatment menu. Novara is a Star Wellness mobile clinic brand operated by Star Group Collective Limited. Appointments are planned as home visits by prior arrangement. This document explains what each treatment is, what usually happens and what clients should know before booking.

Novara services are spa, beauty and clinic services. They are not a substitute for medical advice. For urgent concerns, call 999 or attend A&E.

Hand and Foot Health

This category brings together natural hand and foot care, foot health appointments, maintenance follow-up care and relaxing foot bath rituals where suitable.

Basic Manicure

30 minutes | £22

A simple hand and natural nail tidy focused on clean presentation, light cuticle care and a cared-for finish.

What it is: A basic manicure is a simple natural hand and nail care appointment. It focuses on tidy presentation, light cuticle care and a clean cared-for finish.

What happens: Your practitioner checks the nails and skin, tidies the natural nail shape, carries out suitable cuticle and hand-care steps, then finishes with appropriate hand care. The appointment is designed for light, tidy maintenance and a clean natural finish.

Good to know: Focused natural nail care Hand care and light cuticle tidying Suitable as a simple maintenance visit

Aftercare: Keep hands or feet clean and dry, wear comfortable footwear where relevant and follow any product or home-care guidance given. Foot health treatments finish with a suitable foot cream where appropriate, but keep following the home-care advice between visits.

Basic Pedicure

45 minutes | £32

A routine pedicure focused on foot tidying, natural nail care, light softening and a suitable foot cream finish.

What it is: A basic pedicure is a routine natural foot and nail care appointment. It is suitable for light maintenance, softening and a neater foot-care finish.

What happens: Your practitioner checks the feet, tidies the natural nails, carries out light foot-care steps where suitable and finishes with a foot cream chosen around your skin needs. If heavier callus, ingrown nail discomfort or fungal nail concerns are present, a foot health treatment may be recommended instead.

Good to know: Natural nail and foot care Finished with suitable foot cream Choose medical pedicure for heavier hard skin or nail concerns

Aftercare: Keep hands or feet clean and dry, wear comfortable footwear where relevant and follow any product or home-care guidance given. Foot health treatments finish with a suitable foot cream where appropriate, but keep following the home-care advice between visits.

Medical Pedicure (Foot Health Practitioner)

60 minutes | £65

A practitioner-led foot care appointment designed for clients who need more than a standard pedicure, finished with suitable foot cream where appropriate.

What it is: Medical Pedicure (Foot Health Practitioner) is a practitioner-led foot care appointment for clients who need more than a standard beauty pedicure. It focuses on comfort, nail and skin tidying, hard-skin reduction where appropriate and practical maintenance advice.

What happens: Your practitioner discusses your main concern, checks the feet, trims or files nails where suitable, works on hard skin or callus where appropriate, applies a suitable foot cream unless this should be avoided, and finishes with simple home-care guidance. The appointment is more practical and foot-care focused than a spa pedicure.

Good to know: Useful for heavy callus, difficult nails or ongoing maintenance. It is not a diagnosis of wider health conditions. Follow-up appointments may be recommended if the concern needs gradual work.

Aftercare: Keep hands or feet clean and dry, wear comfortable footwear where relevant and follow any product or home-care guidance given. Foot health treatments finish with a suitable foot cream where appropriate, but keep following the home-care advice between visits.

Advanced Medical Pedicure (high callus or nail issues)

75 minutes | £75

A longer foot health appointment for more involved callus or nail concerns within practitioner scope.

What it is: Advanced Medical Pedicure (high callus or nail issues) is a practitioner-led foot care appointment for clients who need more than a standard beauty pedicure. It focuses on comfort, nail and skin tidying, hard-skin reduction where appropriate and practical maintenance advice.

What happens: Your practitioner discusses your main concern, checks the feet, trims or files nails where suitable, works on hard skin or callus where appropriate, applies a suitable foot cream unless this should be avoided, and finishes with simple home-care guidance. The appointment is more practical and foot-care focused than a spa pedicure.

Good to know: Useful for heavy callus, difficult nails or ongoing maintenance. It is not a diagnosis of wider health conditions. Follow-up appointments may be recommended if the concern needs gradual work.

Aftercare: Keep hands or feet clean and dry, wear comfortable footwear where relevant and follow any product or home-care guidance given. Foot health treatments finish with a suitable foot cream where appropriate, but keep following the home-care advice between visits.

Ingrown Toenail Treatment

40 minutes | £45

A screening-led foot health appointment for ingrown toenail discomfort where the concern is suitable for practitioner-led care.

What it is: An ingrown toenail appointment is for clients whose nail edge is pressing into the surrounding skin and causing local discomfort. The appointment focuses on comfort, careful nail-edge management and practical guidance within practitioner scope.

What happens: The practitioner checks the toe, asks about symptoms and footwear, cleans the area and carefully works on the nail edge where suitable. You may be given simple home-care and footwear advice to reduce repeat pressure on the area.

Good to know: Suitability is checked before any hands-on care begins. We signpost promptly if infection, severe pain or medical review is needed. Aftercare focuses on comfort, footwear and when to seek further help.

Aftercare: Keep hands or feet clean and dry, wear comfortable footwear where relevant and follow any product or home-care guidance given. Foot health treatments finish with a suitable foot cream where appropriate, but keep following the home-care advice between visits.

Fungal Nail Treatment

40 minutes | £45

A practical foot health appointment for fungal nail concerns, focused on appearance, routine management and signposting where needed.

What it is: A fungal nail appointment focuses on improving nail appearance, thinning or tidying affected nail where suitable, and creating a realistic management plan. The service supports routine foot care and appearance but does not promise a cure.

What happens: The practitioner checks the nail, discusses how long the concern has been present, reduces thickness or tidies the nail where appropriate, and explains home-care consistency. You may be signposted to pharmacy or GP support if your presentation suggests that is the better route.

Good to know: We do not diagnose systemic health conditions Treatment planning is based on suitability and practitioner scope You may be advised to speak with a pharmacist, GP or podiatrist where appropriate

Aftercare: Keep hands or feet clean and dry, wear comfortable footwear where relevant and follow any product or home-care guidance given. Foot health treatments finish with a suitable foot cream where appropriate, but keep following the home-care advice between visits.

Standard Maintenance Foot Health Follow-up

40 minutes | £45

A follow-up foot health appointment for returning clients who have already had an initial assessment and need regular maintenance, review or continued care.

What it is: Standard Maintenance Foot Health Follow-up is a practitioner-led foot care appointment for clients who need more than a standard beauty pedicure. It focuses on comfort, nail and skin tidying, hard-skin reduction where appropriate and practical maintenance advice.

What happens: Your practitioner discusses your main concern, checks the feet, trims or files nails where suitable, works on hard skin or callus where appropriate, applies a suitable foot cream unless this should be avoided, and finishes with simple home-care guidance. The appointment is more practical and foot-care focused than a spa pedicure.

Good to know: Useful for heavy callus, difficult nails or ongoing maintenance. It is not a diagnosis of wider health conditions. Follow-up appointments may be recommended if the concern needs gradual work.

Aftercare: Keep hands or feet clean and dry, wear comfortable footwear where relevant and follow any product or home-care guidance given. Foot health treatments finish with a suitable foot cream where appropriate, but keep following the home-care advice between visits.

Foot Detox Bath Ritual

30 minutes | £35

A relaxing foot bath ritual with warm water, aromatic comfort where suitable, hot towels and a calming finish. This is a spa-style reset rather than a medical detox treatment.

What it is: The Foot Detox Bath Ritual is a comfort-led foot soak designed for relaxation, warmth and a cleaner, refreshed foot feel. The word detox is used as spa language only. This treatment does not diagnose, treat disease, remove toxins from the body or replace medical foot care.

What happens: Your practitioner checks foot comfort, skin condition, heat sensitivity and fragrance preference before preparing the foot bath. The appointment includes a warm soak, calm audio if wanted, suitable aroma where appropriate, hot towel finish and simple foot cream unless the skin presentation means this should be avoided.

Good to know: Good as a relaxing add-on or gentle stand-alone reset Hot towels and calming audio are included where suitable Choose medical pedicure if you need hard-skin, nail or foot-health support

Aftercare: Keep feet dry before putting on socks or shoes and avoid applying extra active products immediately after the foot bath. Seek foot health, GP or podiatry advice if you have wounds, spreading redness, infection signs, severe pain or diabetic foot concerns.

Cracked Heel Restoration

£5

A targeted add-on focused on comfort and appearance where dry, cracked heels need extra cream and finishing attention.

What it is: Cracked heel restoration is an add-on focused on improving the feel and appearance of dry, cracked heel skin. It is best suited to cosmetic cracking and roughness rather than open or infected wounds.

What happens: The practitioner softens and reduces rough heel skin where suitable, then applies moisturising or protective finishing products. You will be given simple advice on keeping the heels moisturised between visits.

Good to know: Deep cracks may need more than one visit. Daily moisturising makes a big difference. Do not pick hard skin between appointments.

Aftercare: Keep hands or feet clean and dry, wear comfortable footwear where relevant and follow any product or home-care guidance given. Foot health treatments finish with a suitable foot cream where appropriate, but keep following the home-care advice between visits.

Fungal Nail Management Plan

£20

A practitioner-led management add-on focused on routine support and practical next steps within scope.

What it is: A fungal nail appointment focuses on improving nail appearance, thinning or tidying affected nail where suitable, and creating a realistic management plan. The service supports routine foot care and appearance but does not promise a cure.

What happens: The practitioner checks the nail, discusses how long the concern has been present, reduces thickness or tidies the nail where appropriate, and explains home-care consistency. You may be signposted to pharmacy or GP support if your presentation suggests that is the better route.

Good to know: Fungal nail improvement is usually gradual. Consistency with footwear, hygiene and product use matters. Nail appearance can take months to change because nails grow slowly.

Aftercare: Keep hands or feet clean and dry, wear comfortable footwear where relevant and follow any product or home-care guidance given. Foot health treatments finish with a suitable foot cream where appropriate, but keep following the home-care advice between visits.

Lower Leg and Foot Massage Add-on

£15

A comfort-led add-on designed to leave the lower legs and feet feeling more relaxed after practitioner-led foot care.

What it is: A comfort-led add-on designed to leave the lower legs and feet feeling more relaxed after practitioner-led foot care.

What happens: Your practitioner checks the area, explains what can be done within the appointment time, carries out the agreed foot-care work and gives practical home-care guidance.

Good to know: Foot-health results are usually best maintained with regular care rather than one-off appointments.

Aftercare: Keep hands or feet clean and dry, wear comfortable footwear where relevant and follow any product or home-care guidance given. Foot health treatments finish with a suitable foot cream where appropriate, but keep following the home-care advice between visits.

Paraffin Wax Hand or Foot Add-on

£12

A warming paraffin hand or foot add-on for softness and comfort where heat treatment is suitable.

What it is: A paraffin wax hand or foot add-on is a controlled warming treatment for softness and comfort. It is usually applied to hands or feet in warm hygienic layers, sometimes using a dip, brush or liner method depending on the setup.

What happens: Your practitioner checks heat comfort and skin suitability, applies the warm paraffin to the agreed hand or foot area, wraps or rests the area while the wax works, then removes it cleanly. The area is finished with suitable hand or foot care where appropriate.

Good to know: For hands or feet rather than full-body wax pouring Temperature and skin suitability are checked first Not used over broken or irritated skin

Aftercare: Keep hands or feet clean and dry, wear comfortable footwear where relevant and follow any product or home-care guidance given. Foot health treatments finish with a suitable foot cream where appropriate, but keep following the home-care advice between visits.

Foot Restoration Course (3 sessions)

£175

A three-session foot health plan designed for clients who need a more structured restoration pathway.

What it is: A three-session foot health plan designed for clients who need a more structured restoration pathway.

What happens: Your practitioner checks the area, explains what can be done within the appointment time, carries out the agreed foot-care work and gives practical home-care guidance.

Good to know: Foot-health results are usually best maintained with regular care rather than one-off appointments.

Aftercare: Keep hands or feet clean and dry, wear comfortable footwear where relevant and follow any product or home-care guidance given. Foot health treatments finish with a suitable foot cream where appropriate, but keep following the home-care advice between visits.

Maintenance Plan (monthly for 6 visits)

£240

A six-visit standard maintenance plan for returning foot health clients who benefit from regular support across the year.

What it is: A six-visit standard maintenance plan for returning foot health clients who benefit from regular support across the year.

What happens: Your practitioner checks the area, explains what can be done within the appointment time, carries out the agreed foot-care work and gives practical home-care guidance.

Good to know: Foot-health results are usually best maintained with regular care rather than one-off appointments.

Aftercare: Keep hands or feet clean and dry, wear comfortable footwear where relevant and follow any product or home-care guidance given. Foot health treatments finish with a suitable foot cream where appropriate, but keep following the home-care advice between visits.

Massage and Body Treatments

Massage and Body Treatments covers the core hands-on bodywork menu at Novara. This includes shorter focused appointments, longer full-body sessions and warmth-led styles such as hot stone and bamboo massage.

Back, Neck and Shoulders Massage

30 minutes | £35

A focused massage appointment for clients carrying everyday upper-body tension.

What it is: Back, Neck and Shoulders Massage is a hands-on body treatment designed to support relaxation, ease everyday tension and help the body feel more settled. The pressure, pace and focus areas are adapted to the appointment length and your comfort.

What happens: Your practitioner confirms the areas to work on, explains positioning and draping, then uses massage techniques matched to the chosen style. You can ask for pressure changes, pauses or a different focus at any time.

Good to know: Best results come from choosing the right pressure rather than the hardest pressure. You may feel relaxed, sleepy or slightly tender after deeper work. Regular appointments can help maintain the feeling of ease.

Aftercare: Drink water, move gently and give yourself a little time to settle afterwards if you can. After a deeper session, it can help to keep the rest of the day a little lighter.

Lower Leg and Foot Massage

30 minutes | £35

A targeted massage for tired lower legs and feet designed to leave you feeling lighter and more settled.

What it is: Lower Leg and Foot Massage is a hands-on body treatment designed to support relaxation, ease everyday tension and help the body feel more settled. The pressure, pace and focus areas are adapted to the appointment length and your comfort.

What happens: Your practitioner confirms the areas to work on, explains positioning and draping, then uses massage techniques matched to the chosen style. You can ask for pressure changes, pauses or a different focus at any time.

Good to know: Best results come from choosing the right pressure rather than the hardest pressure. You may feel relaxed, sleepy or slightly tender after deeper work. Regular appointments can help maintain the feeling of ease.

Aftercare: Drink water, move gently and give yourself a little time to settle afterwards if you can. After a deeper session, it can help to keep the rest of the day a little lighter.

Swedish Massage

60 minutes | £60

A classic massage style using flowing techniques to support relaxation, circulation and a calmer overall body feel.

What it is: Swedish Massage is a hands-on body treatment designed to support relaxation, ease everyday tension and help the body feel more settled. The pressure, pace and focus areas are adapted to the appointment length and your comfort.

What happens: Your practitioner confirms the areas to work on, explains positioning and draping, then uses massage techniques matched to the chosen style. You can ask for pressure changes, pauses or a different focus at any time.

Good to know: A strong first-choice massage for many clients Pressure is usually light to medium and adapted to comfort Designed for relaxation rather than injury rehabilitation

Aftercare: Drink water, move gently and give yourself a little time to settle afterwards if you can. After a deeper session, it can help to keep the rest of the day a little lighter.

Full Body Massage

60 minutes | £60

A balanced full-body treatment designed for relaxation and overall physical ease.

What it is: Full Body Massage is a hands-on body treatment designed to support relaxation, ease everyday tension and help the body feel more settled. The pressure, pace and focus areas are adapted to the appointment length and your comfort.

What happens: Your practitioner confirms the areas to work on, explains positioning and draping, then uses massage techniques matched to the chosen style. You can ask for pressure changes, pauses or a different focus at any time.

Good to know: Best results come from choosing the right pressure rather than the hardest pressure. You may feel relaxed, sleepy or slightly tender after deeper work. Regular appointments can help maintain the feeling of ease.

Aftercare: Drink water, move gently and give yourself a little time to settle afterwards if you can. After a deeper session, it can help to keep the rest of the day a little lighter.

Deep Tissue Massage

60 minutes | £65

A slower, firmer massage style for clients who prefer a more focused pressure-based session.

What it is: Deep Tissue Massage is a hands-on body treatment designed to support relaxation, ease everyday tension and help the body feel more settled. The pressure, pace and focus areas are adapted to the appointment length and your comfort.

What happens: Your practitioner confirms the areas to work on, explains positioning and draping, then uses massage techniques matched to the chosen style. You can ask for pressure changes, pauses or a different focus at any time.

Good to know: Best results come from choosing the right pressure rather than the hardest pressure. You may feel relaxed, sleepy or slightly tender after deeper work. Regular appointments can help maintain the feeling of ease.

Aftercare: Drink water, move gently and give yourself a little time to settle afterwards if you can. After a deeper session, it can help to keep the rest of the day a little lighter.

Sports Massage

60 minutes | £65

A firmer, focused massage appointment for active clients wanting support with everyday muscular tightness and recovery routines.

What it is: Sports massage is a focused, firmer massage style for active clients who want support with everyday tightness, training recovery and muscular comfort. It is not a diagnostic injury assessment or medical rehabilitation session.

What happens: Your practitioner discusses the activity or area you want to focus on, checks comfort boundaries, then uses firmer, targeted techniques across the agreed muscles. The session may include slower pressure work, stretching-style movements or focused work on one region rather than a full-body routine.

Good to know: Useful for active lifestyles and training-related tightness Not a diagnostic injury assessment or medical rehabilitation session Pressure and focus areas are agreed before treatment starts

Aftercare: Drink water, move gently and give yourself a little time to settle afterwards if you can. After a deeper session, it can help to keep the rest of the day a little lighter.

Hot Stone Massage

60 minutes | £70

A warmth-led massage designed to feel grounding, soothing and deeply relaxing.

What it is: Hot stone massage uses smooth heated stones alongside hands-on massage to create a deeper warming and relaxing treatment feel. It is chosen more for warmth, grounding and relaxation than for intense pressure.

What happens: The practitioner checks heat comfort, places or moves warmed stones safely, and blends stone work with massage strokes across the agreed areas. Heat and pressure are adjusted throughout so the treatment stays comfortable.

Good to know: Tell us if you dislike heat. The session should feel warm, not painfully hot.

Good for clients who want a slower, cosy treatment.

Aftercare: Drink water, move gently and give yourself a little time to settle afterwards if you can. After a deeper session, it can help to keep the rest of the day a little lighter.

Warm Bamboo Massage

60 minutes | £70

A bamboo-assisted massage treatment that blends warmth, rhythm and broader pressure across the body.

What it is: Warm bamboo massage uses heated bamboo tools to create broad, rolling pressure across the muscles. It can feel deeper than a classic relaxation massage while still being smooth and rhythmic.

What happens: The practitioner warms the bamboo tools, checks your pressure preference, then uses rolling and gliding movements across the agreed treatment areas. Hands-on massage may be blended in where it gives better control or comfort.

Good to know: Good for clients who like firm but flowing pressure. Warmth and pressure are checked throughout. Not designed as injury rehabilitation.

Aftercare: Drink water, move gently and give yourself a little time to settle afterwards if you can. After a deeper session, it can help to keep the rest of the day a little lighter.

Extended Full Body Massage

90 minutes | £85

A longer full-body session with more time to settle, work gradually and leave feeling properly reset.

What it is: Extended Full Body Massage is a hands-on body treatment designed to support relaxation, ease everyday tension and help the body feel more settled. The pressure, pace and focus areas are adapted to the appointment length and your comfort.

What happens: Your practitioner confirms the areas to work on, explains positioning and draping, then uses massage techniques matched to the chosen style. You can ask for pressure changes, pauses or a different focus at any time.

Good to know: Best results come from choosing the right pressure rather than the hardest pressure. You may feel relaxed, sleepy or slightly tender after deeper work. Regular appointments can help maintain the feeling of ease.

Aftercare: Drink water, move gently and give yourself a little time to settle afterwards if you can. After a deeper session, it can help to keep the rest of the day a little lighter.

Body Scrubs, Sauna and Spa Add-ons

These treatments bring more of the spa ritual feel into the Novara menu. Body scrubs, mobile sauna access brought to your door and suitable essential oil options can work as stand-alone appointments or as part of a longer, layered treatment experience.

Full Body Scrub

30 minutes | £40

An exfoliating body treatment designed to smooth and refresh the skin while giving the body a cleaner, softer feel.

What it is: Full Body Scrub is a body ritual designed to smooth the skin, remove dull surface build-up and create a more polished spa feel. It is a cosmetic body treatment rather than a medical skin service.

What happens: The practitioner applies a body exfoliation product in sections, works it over the skin, removes it according to the treatment setup and finishes with moisturising or massage steps where included. If massage is part of the booking, the scrub stage happens first so the skin feels cleaner before the relaxation element.

Good to know: Best avoided over broken or irritated skin. Skin usually feels smoother immediately afterwards. Moisturising afterwards helps the result last.

Aftercare: Keep the skin moisturised afterwards and avoid harsh exfoliation immediately after treatment. Hydration and a slightly lighter schedule can help the treatment feel more restorative.

Scrub and Mini Massage

45 minutes | £55

A shorter combined ritual pairing exfoliation with a brief massage finish.

What it is: Scrub and Mini Massage is a body ritual designed to smooth the skin, remove dull surface build-up and create a more polished spa feel. It is a cosmetic body treatment rather than a medical skin service.

What happens: The practitioner applies a body exfoliation product in sections, works it over the skin, removes it according to the treatment setup and finishes with moisturising or massage steps where included. If massage is part of the booking, the scrub stage happens first so the skin feels cleaner before the relaxation element.

Good to know: Best avoided over broken or irritated skin. Skin usually feels smoother immediately afterwards. Moisturising afterwards helps the result last.

Aftercare: Keep the skin moisturised afterwards and avoid harsh exfoliation immediately after treatment. Hydration and a slightly lighter schedule can help the treatment feel more restorative.

Scrub and Full Body Massage

90 minutes | £85

A longer body ritual combining exfoliation with a full massage for a more complete reset.

What it is: Scrub and Full Body Massage is a body ritual designed to smooth the skin, remove dull surface build-up and create a more polished spa feel. It is a cosmetic body treatment rather than a medical skin service.

What happens: The practitioner applies a body exfoliation product in sections, works it over the skin, removes it according to the treatment setup and finishes with moisturising or massage steps where included. If massage is part of the booking, the scrub stage happens first so the skin feels cleaner before the relaxation element.

Good to know: Best avoided over broken or irritated skin. Skin usually feels smoother immediately afterwards. Moisturising afterwards helps the result last.

Aftercare: Keep the skin moisturised afterwards and avoid harsh exfoliation immediately after treatment. Hydration and a slightly lighter schedule can help the treatment feel more restorative.

Mobile Sauna Brought to Your Door

30 minutes | £30

Access to a mobile sauna brought to your door for suitable clients who want warmth, rest and a slower spa-style reset.

What it is: Mobile Sauna Brought to Your Door is a heat-led spa appointment designed for warmth, rest and a slower reset. Where mobile sauna access is booked, suitable space, access, privacy and heat comfort are checked before the appointment is confirmed.

What happens: Your practitioner confirms heat suitability, comfort preferences, access needs and fragrance sensitivity before the sauna session begins. The session is monitored around comfort, hydration and gradual cooling rather than pushed as an intense treatment.

Good to know: Heat and comfort are checked throughout Suitable space and access are confirmed before booking Best paired with hydration and an unhurried finish

Aftercare: Keep the skin moisturised afterwards and avoid harsh exfoliation immediately after treatment. Hydration and a slightly lighter schedule can help the treatment feel more restorative.

Mobile Sauna Add-on to Massage or Scrub

+20 minutes | +£20

A shorter mobile sauna add-on for suitable massage or body scrub appointments when you want the treatment to feel more complete.

What it is: Mobile Sauna Add-on to Massage or Scrub is a heat-led spa appointment designed for warmth, rest and a slower reset. Where mobile sauna access is booked, suitable space, access, privacy and heat comfort are checked before the appointment is confirmed.

What happens: Your practitioner confirms heat suitability, comfort preferences, access needs and fragrance sensitivity before the sauna session begins. The session is monitored around comfort, hydration and gradual cooling rather than pushed as an intense treatment.

Good to know: Tell us about pregnancy, fainting history, heart or circulation concerns, heat sensitivity or fragrance sensitivity. Hydrate before and after the session. Avoid stacking intense heat straight afterwards.

Aftercare: Keep the skin moisturised afterwards and avoid harsh exfoliation immediately after treatment. Hydration and a slightly lighter schedule can help the treatment feel more restorative.

Scrub, Mobile Sauna and Massage Reset

120 minutes | £110

A body-focused reset pairing scrub, mobile sauna access and massage into one clearer spa-style appointment.

What it is: Scrub, Mobile Sauna and Massage Reset is a heat-led spa appointment designed for warmth, rest and a slower reset. Where mobile sauna access is booked, suitable space, access, privacy and heat comfort are checked before the appointment is confirmed.

What happens: Your practitioner confirms heat suitability, comfort preferences, access needs and fragrance sensitivity before the sauna session begins. The session is monitored around comfort, hydration and gradual cooling rather than pushed as an intense treatment.

Good to know: Tell us about pregnancy, fainting history, heart or circulation concerns, heat sensitivity or fragrance sensitivity. Hydrate before and after the session. Avoid stacking intense heat straight afterwards.

Aftercare: Keep the skin moisturised afterwards and avoid harsh exfoliation immediately after treatment. Hydration and a slightly lighter schedule can help the treatment feel more restorative.

Facials, Peels and Serum Applications

Novara facials now sit in clear routes. Luxury hands-on facials are built around salicylic cleansing where suitable, enzyme powder cleansing or exfoliation with steam, mud or clay mask, optional Indian head massage or lower leg and foot massage, lip oil, mask removal and facial oil massage. Hydra-style hydrodermabrasion supports a fresher hydrated cleanse. Diamond dermabrasion gives a physical polish for suitable skin that wants a smoother, refined feel. Advanced serum application uses high-quality equipment and selected ingredients such as collagen, NAD, PDRN, hyaluronic acid or copper peptide where suitable. Complimentary aromatherapy, calming audio and hot towels are included where suitable.

Luxury Manual Facial with Optional Massage

75 minutes | From £65

A luxury hands-on facial using salicylic cleanser where suitable, enzyme powder cleansing or exfoliation with steam, mud or clay mask, optional Indian head or lower leg and foot massage, lip oil, mask removal and facial oil massage finish.

What it is: This is a luxury hands-on facial for clients who want a ritual-led skin treatment with a softer spa pace. The focus is cleanse, gentle exfoliation, mask care, facial massage and a premium home spa experience, with Indian head massage, lower leg and foot massage or quiet relaxation chosen by preference rather than aggressive resurfacing.

What happens: The treatment usually includes a salicylic cleanser where suitable, enzyme powder cleansing or exfoliation with steam, mud or clay mask, an optional Indian head massage or lower leg and foot massage while the mask works, lip oil, mask removal and a facial oil massage finish. Complimentary aromatherapy and calming audio can be added where scent sensitivity, preference and the home setup allow.

Good to know: Choose Indian head massage, lower leg and foot massage or quiet relaxation. Enzyme powder, mud or clay mask, lip oil and steam are used where suitable. Best for clients wanting relaxation, softness and a luxury spa feel.

Aftercare: Keep skin care gentle for the rest of the day and avoid adding strong acids, retinoids or extra exfoliation straight away. If salicylic cleanser, enzyme exfoliation or steam has been used, avoid stacking more active skin care or extra heat until the skin has settled.

Express Manual Facial

45 minutes | From £45

A shorter hands-on facial with cleanse, light exfoliation where suitable, facial massage, hot towel finish, toner and moisturiser.

What it is: The Express Manual Facial is a shorter hands-on facial for clients who want a tidy skin refresh without the full luxury timing. It is calmer and simpler than advanced skin treatments.

What happens: The appointment includes cleanse, a suitable exfoliating step if appropriate, face massage, hot towel finish, toner and moisturiser. Aromatherapy or calming audio can be included where suitable.

Good to know: Good maintenance facial. Useful before moving into longer luxury facials.

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Luxury Facial + Hot Stone Pairing

Added time confirmed | Quoted

A warmer luxury facial pairing using hot stone comfort where heat treatment is suitable and the appointment setup allows.

What it is: This pairs the luxury manual facial with hot stone comfort for clients who want a warmer, slower treatment feel. Heat suitability is checked first, and hot stones are not used where skin, circulation, pregnancy, medication or comfort factors make heat unsuitable.

What happens: The luxury facial follows its usual ritual flow, with hot stone comfort added to the agreed area or stage where suitable. Temperature, placement and comfort are checked throughout so the treatment stays soothing rather than too hot.

Good to know: Quoted by timing and setup Heat suitability is checked first Best for clients who like warmth and a slower spa feel

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Luxury Facial + Foot Mask

Added time confirmed | Quoted

A luxury facial pairing with a foot mask for clients who want a more complete head-to-toe relaxation finish.

What it is: This pairs the luxury manual facial with a foot mask for softness and a more complete spa ritual feel. It is a comfort and cosmetic foot-care add-on rather than a medical foot health treatment.

What happens: The foot mask is applied during a suitable point in the appointment, then removed cleanly before the feet are finished with appropriate comfort care. The practitioner checks foot skin suitability before applying the mask.

Good to know: Good for a softer spa finish Not a medical pedicure or foot health treatment
Quoted by timing, setup and product choice

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Luxury Facial + Body Sugar Scrub

Added time confirmed | Quoted

A paired facial and body sugar scrub ritual for clients who want facial relaxation with smoother-feeling body skin.

What it is: This pairs the luxury manual facial with a body sugar scrub for a fuller spa-style treatment. The sugar scrub is a cosmetic body exfoliation treatment and is not used over broken, irritated or unsuitable skin.

What happens: The practitioner agrees the body scrub area, checks skin suitability, carries out the scrub and then completes the luxury facial flow. The exact order and timing are confirmed before booking so the appointment does not feel rushed.

Good to know: Good for a fuller body-and-face ritual Avoid over broken or irritated skin
Quoted by treatment area and appointment length

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Luxury Facial + Hand and Foot Wax

Added time confirmed | Quoted

A luxury facial pairing with warming hand and foot paraffin wax where heat treatment is suitable.

What it is: This pairs the luxury manual facial with warming hand and foot paraffin wax for a softer, more indulgent finish. It is a controlled hand and foot heat treatment, not full-body wax pouring.

What happens: The practitioner checks heat comfort and skin suitability, applies the wax to the agreed hand and foot areas, then removes it cleanly before finishing the appointment. The luxury facial flow is planned around the wax timing so both parts feel calm and complete.

Good to know: Heat suitability is checked first For hands and feet only Quoted by setup and appointment length

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Hydra-Style Hydrodermabrasion Facial

60 minutes | £55

The main Novara facial: a hydra-style cleanse and hydration facial using high-quality equipment and a selected mask and serum finish where suitable.

What it is: This is the standard facial most clients start with. It supports a water-based cleanse, skin preparation and a calmer hydrated finish. The treatment is adapted by choosing one mask style and one serum finish rather than offering lots of separate facial names.

What happens: Your practitioner checks your skin, cleanses and uses high-quality equipment and ingredients where suitable, then adapts the finish around your skin response. The facial finishes with one selected mask - mud, clay, hydrating or jelly where suitable - and one serum finish, such as hyaluronic acid, niacinamide or another suitable professional ingredient.

Good to know: High-quality equipment and ingredients Choose one mask plus one serum finish Good first facial for most clients

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Express Hydra-Style Cleanse

35 minutes | £40

A shorter hydra-style cleanse with a simple serum finish for clients who want a quicker skin reset.

What it is: Express Hydra-Style Cleanse is a hydra-style facial built around cleansing, high-quality equipment and a hydrated skin finish. The express version keeps the appointment focused on cleansing and a simple serum finish.

What happens: Your practitioner checks your skin, cleanses and uses suitable equipment and ingredients before adapting the finish around your skin response. The appointment finishes with one mask choice such as mud, clay, hydrating or jelly and a suitable professional serum such as hyaluronic acid, niacinamide or another appropriate ingredient.

Good to know: Shorter than the standard facial Useful for maintenance visits Best when skin does not need lots of extra steps

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Diamond Dermabrasion Facial

60 minutes | £60

A diamond dermabrasion facial for suitable skin that wants a smoother, more polished feel, finished with calming hydration and hot towels where appropriate.

What it is: Diamond dermabrasion is a physical exfoliation facial using a diamond-tip style head to polish suitable skin. It is different from hydrodermabrasion because it focuses more on surface smoothing than water-based vacuum hydration.

What happens: Your practitioner checks sensitivity, cleanses the skin, carries out diamond dermabrasion in controlled passes where suitable, then finishes with calming hydration, hot towels where appropriate and aftercare guidance. The treatment may be simplified if the skin looks irritated, recently treated or too sensitive for physical exfoliation.

Good to know: Good for a smoother, polished skin feel Not used over active irritation, broken skin or unsuitable acne SPF and gentle aftercare matter afterwards

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Express Diamond Dermabrasion Polish

35 minutes | £45

A shorter diamond dermabrasion polish for suitable skin, kept simple with cleanse, controlled exfoliation and moisturising finish.

What it is: Express Diamond Dermabrasion Polish is a facial using diamond-tip style physical exfoliation for suitable skin. The express version is a focused polish rather than a full layered facial.

What happens: Your practitioner checks sensitivity and recent treatment history, cleanses the skin, then carries out controlled diamond dermabrasion passes where suitable. The treatment finishes with calming hydration, hot towels where appropriate and aftercare guidance so the skin is not overworked.

Good to know: Shorter than the full diamond facial Best for suitable, non-irritated skin Avoid close to major events if your skin marks easily

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Hydration Cleanse

Included where suitable | Included

A skin-cleansing stage using high-quality equipment and ingredients to support a cleaner, hydrated feel.

What it is: Hydration Cleanse is part of the standard Novara hydrodermabrasion facial pathway. It helps tailor the finish around hydration, clarity, comfort or skin feel.

What happens: Your practitioner selects the step or product based on your skin goals and how your skin looks on the day. The choice is used as part of the overall facial rather than stacked unnecessarily.

Good to know: Most choices are included in the standard facial. The aim is to adapt the finish, not overcomplicate the menu. Sensitive or irritated skin may need a simpler route.

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Gentle Skin Polish

Included where suitable | Included

A refinement step used where the skin is suitable and the goal is a smoother-feeling finish.

What it is: Gentle Skin Polish is part of the standard Novara hydrodermabrasion facial pathway. It helps tailor the finish around hydration, clarity, comfort or skin feel.

What happens: Your practitioner selects the step or product based on your skin goals and how your skin looks on the day. The choice is used as part of the overall facial rather than stacked unnecessarily.

Good to know: Most choices are included in the standard facial. The aim is to adapt the finish, not overcomplicate the menu. Sensitive or irritated skin may need a simpler route.

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Cooling Hydration Finish

Included where suitable | Included

A calming finishing stage used to settle, cool and hydrate the skin after cleansing steps.

What it is: Cooling Hydration Finish is part of the standard Novara hydrodermabrasion facial pathway. It helps tailor the finish around hydration, clarity, comfort or skin feel.

What happens: Your practitioner selects the step or product based on your skin goals and how your skin looks on the day. The choice is used as part of the overall facial rather than stacked unnecessarily.

Good to know: Most choices are included in the standard facial. The aim is to adapt the finish, not overcomplicate the menu. Sensitive or irritated skin may need a simpler route.

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

LED Mask

Included where suitable | Included

A low-sensation LED stage included in the standard facial where screening and skin response make it suitable.

What it is: LED Mask is part of the standard Novara hydrodermabrasion facial pathway. It helps tailor the finish around hydration, clarity, comfort or skin feel.

What happens: Your practitioner selects the step or product based on your skin goals and how your skin looks on the day. The choice is used as part of the overall facial rather than stacked unnecessarily.

Good to know: Most choices are included in the standard facial. The aim is to adapt the finish, not overcomplicate the menu. Sensitive or irritated skin may need a simpler route.

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Hydrating Mask

Included choice | Included

A moisture-focused mask for skin that feels dry, tight or in need of a softer finish.

What it is: Hydrating Mask is part of the standard Novara hydrodermabrasion facial pathway. It helps tailor the finish around hydration, clarity, comfort or skin feel.

What happens: Your practitioner selects the step or product based on your skin goals and how your skin looks on the day. The choice is used as part of the overall facial rather than stacked unnecessarily.

Good to know: Most choices are included in the standard facial. The aim is to adapt the finish, not overcomplicate the menu. Sensitive or irritated skin may need a simpler route.

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Mud Mask

Included choice | Included

A clarifying mask choice for oily, congested or blackhead-prone areas where the skin can tolerate it.

What it is: Mud Mask is part of the standard Novara hydrodermabrasion facial pathway. It helps tailor the finish around hydration, clarity, comfort or skin feel.

What happens: Your practitioner selects the step or product based on your skin goals and how your skin looks on the day. The choice is used as part of the overall facial rather than stacked unnecessarily.

Good to know: Most choices are included in the standard facial. The aim is to adapt the finish, not overcomplicate the menu. Sensitive or irritated skin may need a simpler route.

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Clay Mask

Included choice | Included

A balancing mask choice for clients wanting a cleaner, less shiny skin finish without overworking the skin.

What it is: Clay Mask is part of the standard Novara hydrodermabrasion facial pathway. It helps tailor the finish around hydration, clarity, comfort or skin feel.

What happens: Your practitioner selects the step or product based on your skin goals and how your skin looks on the day. The choice is used as part of the overall facial rather than stacked unnecessarily.

Good to know: Most choices are included in the standard facial. The aim is to adapt the finish, not overcomplicate the menu. Sensitive or irritated skin may need a simpler route.

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Jelly Mask

Included choice | Included

A cooling jelly-style mask choice for a calmer, hydrated finish where the skin is suitable.

What it is: Jelly Mask is part of the standard Novara hydrodermabrasion facial pathway. It helps tailor the finish around hydration, clarity, comfort or skin feel.

What happens: Your practitioner selects the step or product based on your skin goals and how your skin looks on the day. The choice is used as part of the overall facial rather than stacked unnecessarily.

Good to know: Most choices are included in the standard facial. The aim is to adapt the finish, not overcomplicate the menu. Sensitive or irritated skin may need a simpler route.

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Hyaluronic Acid Serum Finish

Included choice | Included

A hydration-led serum finish for skin that needs a plumper, softer-feeling finish.

What it is: Hyaluronic Acid Serum Finish is part of the standard Novara hydrodermabrasion facial pathway. It helps tailor the finish around hydration, clarity, comfort or skin feel.

What happens: Your practitioner selects the step or product based on your skin goals and how your skin looks on the day. The choice is used as part of the overall facial rather than stacked unnecessarily.

Good to know: Most choices are included in the standard facial. The aim is to adapt the finish, not overcomplicate the menu. Sensitive or irritated skin may need a simpler route.

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Niacinamide Serum Finish

Included choice | Included

A serum finish chosen for clients wanting support with uneven tone, oiliness or barrier-focused skin goals.

What it is: Niacinamide Serum Finish is part of the standard Novara hydrodermabrasion facial pathway. It helps tailor the finish around hydration, clarity, comfort or skin feel.

What happens: Your practitioner selects the step or product based on your skin goals and how your skin looks on the day. The choice is used as part of the overall facial rather than stacked unnecessarily.

Good to know: Most choices are included in the standard facial. The aim is to adapt the finish, not overcomplicate the menu. Sensitive or irritated skin may need a simpler route.

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Collagen Serum Finish

Included or upgrade | From +£10

A professional serum choice for clients wanting a smoother, fresher-feeling finish where suitable.

What it is: Collagen Serum Finish is a focused facial route using high-quality equipment and selected professional ingredients. Ingredient options may include collagen, NAD, PDRN, hyaluronic acid or copper peptide where suitability supports it.

What happens: Your practitioner reviews your skin goals, checks sensitivity and selects the most appropriate ingredient route before treatment starts. The serum stage is used as part of a calm facial plan, then the skin is finished with suitable hydration and aftercare.

Good to know: High-quality equipment and ingredients are used. Ingredient choice is confirmed after skin review. The aim is hydration, glow and cosmetic skin-quality support rather than a medical skin treatment.

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Advanced Serum Finish

Included or upgrade | From +£15

A selected professional serum finish using high-quality ingredients such as NAD, PDRN, hyaluronic acid or copper peptide where suitable.

What it is: Advanced Serum Finish is a focused facial route using high-quality equipment and selected professional ingredients. Ingredient options may include collagen, NAD, PDRN, hyaluronic acid or copper peptide where suitability supports it.

What happens: Your practitioner reviews your skin goals, checks sensitivity and selects the most appropriate ingredient route before treatment starts. The serum stage is used as part of a calm facial plan, then the skin is finished with suitable hydration and aftercare.

Good to know: High-quality equipment and ingredients are used. Ingredient choice is confirmed after skin review. The aim is hydration, glow and cosmetic skin-quality support rather than a medical skin treatment.

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Advanced Serum Application Facial

45-60 minutes | From £85

A focused facial treatment using high-quality equipment and selected professional ingredients such as collagen, NAD, PDRN, hyaluronic acid or copper peptide where suitable.

What it is: Advanced Serum Application Facial is a focused facial route using high-quality equipment and selected professional ingredients. Ingredient options may include collagen, NAD, PDRN, hyaluronic acid or copper peptide where suitability supports it.

What happens: Your practitioner reviews your skin goals, checks sensitivity and selects the most appropriate ingredient route before treatment starts. The serum stage is used as part of a calm facial plan, then the skin is finished with suitable hydration and aftercare.

Good to know: High-quality equipment and ingredients Ingredient choice confirmed after skin review Designed for hydration, glow and skin-quality support

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Professional Serum Application Add-on

+15-20 minutes | From +£35

A serum application upgrade added to a suitable facial when a more targeted ingredient finish is appropriate.

What it is: Professional Serum Application Add-on is a focused facial route using high-quality equipment and selected professional ingredients. Ingredient options may include collagen, NAD, PDRN, hyaluronic acid or copper peptide where suitability supports it.

What happens: Your practitioner reviews your skin goals, checks sensitivity and selects the most appropriate ingredient route before treatment starts. The serum stage is used as part of a calm facial plan, then the skin is finished with suitable hydration and aftercare.

Good to know: High-quality equipment and ingredients Can include collagen, NAD, PDRN, hyaluronic acid or copper peptide where suitable Final ingredient choice is confirmed on the day

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Enzyme Powder Cleanse Upgrade

+10 minutes | +£10

A gentle enzyme powder cleanse or exfoliation upgrade for suitable skin when the goal is a softer, fresher facial finish.

What it is: Enzyme Powder Cleanse Upgrade is part of the standard Novara hydrodermabrasion facial pathway. It helps tailor the finish around hydration, clarity, comfort or skin feel.

What happens: Your practitioner selects the step or product based on your skin goals and how your skin looks on the day. The choice is used as part of the overall facial rather than stacked unnecessarily.

Good to know: Gentle polish feel Used only where suitable Pairs well with hydration-focused facials

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Chemical Peel Upgrade - up to 40%

+15 minutes | +£20

A controlled exfoliating peel upgrade for suitable skin when the goal is brightness, texture or congestion support.

What it is: The chemical peel upgrade is a controlled exfoliating step added only where the skin is suitable. It is more active than the standard hydrodermabrasion facial and needs clearer aftercare.

What happens: The practitioner prepares the skin, applies the selected peel for the appropriate time, removes or neutralises it according to product guidance and finishes with calming hydration. The rest of the facial is adapted so the skin is not overloaded.

Good to know: More active than the standard facial Strength selected after screening Sun protection and aftercare matter

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Radiofrequency Firming Upgrade

+15 minutes | +£15

A warm cosmetic firming-style facial step where heat treatment is suitable.

What it is: The radiofrequency firming upgrade uses warm professional equipment as a cosmetic firming-style facial step. It is not a medical lifting treatment or a guarantee of wrinkle removal.

What happens: Your practitioner checks heat suitability, prepares the area and uses the warm equipment in controlled passes where suitable. Warmth and comfort are checked throughout before the facial moves into a calming finish.

Good to know: Heat suitability is checked first Cosmetic skin-firming focus Not used over contraindicated areas

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Targeted Blackhead and Congestion Work

+10 minutes | +£10

Extra time for suitable congested areas using high-quality equipment, ingredients and mask choices without overworking the skin.

What it is: Targeted congestion work gives extra time to suitable blocked or blackhead-prone areas. It uses suitable equipment, ingredients and mask choices without turning the appointment into aggressive extraction.

What happens: The practitioner focuses on agreed congested areas using suitable cleansing, polishing or mask steps. The skin is monitored so the treatment stays within a cosmetic facial scope.

Good to know: Not all blackheads or congestion should be forced in one visit. Red, inflamed or painful skin may need a gentler plan. Home care consistency matters between facials.

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Standard Facial Course (3 visits)

£150

Three standard hydrodermabrasion facial visits for clients who want regular skin maintenance.

What it is: Standard Facial Course (3 visits) is part of the standard Novara hydrodermabrasion facial pathway. It helps tailor the finish around hydration, clarity, comfort or skin feel.

What happens: Your practitioner selects the step or product based on your skin goals and how your skin looks on the day. The choice is used as part of the overall facial rather than stacked unnecessarily.

Good to know: Most choices are included in the standard facial. The aim is to adapt the finish, not overcomplicate the menu. Sensitive or irritated skin may need a simpler route.

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Advanced Facial Course (3 visits)

£195

Three standard facial visits with one suitable upgrade per session, such as a chemical peel up to 40%, radiofrequency or targeted congestion work.

What it is: Advanced Facial Course (3 visits) is part of the standard Novara hydrodermabrasion facial pathway. It helps tailor the finish around hydration, clarity, comfort or skin feel.

What happens: Your practitioner selects the step or product based on your skin goals and how your skin looks on the day. The choice is used as part of the overall facial rather than stacked unnecessarily.

Good to know: Most choices are included in the standard facial. The aim is to adapt the finish, not overcomplicate the menu. Sensitive or irritated skin may need a simpler route.

Aftercare: Follow the aftercare guidance for your specific treatment, including skin care, sun protection, hydration or avoiding friction where advised. If you have routine questions afterwards, contact us and we can guide you within the scope of the service.

Microneedling

Microneedling sits higher up the Novara skin menu and is better suited to clients wanting a more committed treatment plan. Core microneedling can be kept simple, used for suitable beard-area patchiness as a cosmetic density-support pathway, or paired with selected hydration, brightening, polynucleotide / PDRN or exosome-style skin-quality serums where product suitability, training and skin response support it. Final product choice and any price uplift are confirmed after consultation.

Microneedling - Face

60 minutes | £85

A consultation-led microneedling treatment focused on facial texture, glow and smoother-looking skin quality.

What it is: Microneedling uses a controlled needling device to create tiny channels in the skin surface as part of a cosmetic collagen-stimulation pathway. It is more active than a facial and needs suitability checks, realistic expectations and careful aftercare.

What happens: The skin is cleansed and prepared, comfort steps are discussed, then the practitioner passes the device over suitable facial areas in controlled sections. The appointment finishes with calming product choices and clear aftercare instructions.

Good to know: Budget-friendly starter option Usually works best as a course Not suitable for every skin type or skin condition

Aftercare: Follow the full aftercare closely, including sun protection, gentle cleansing and avoiding active products until advised. Avoid hot water, saunas, swimming and sweaty exercise for 72 hours or until redness, swelling or sensitivity has settled.

Microneedling - Face and Neck

70 minutes | £105

A broader microneedling session covering both the face and neck as part of a stronger skin-quality plan.

What it is: This extends standard facial microneedling onto the neck for clients who want a more complete face-and-neck treatment area. It is still a consultation-led treatment and not a casual facial add-on.

What happens: The practitioner prepares both areas, works gradually across the face and neck, and adapts depth or technique according to the treatment plan and skin response.

Good to know: Broader treatment area than face-only microneedling Best planned as part of a course Aftercare and sun protection are important

Aftercare: Follow the full aftercare closely, including sun protection, gentle cleansing and avoiding active products until advised. Avoid hot water, saunas, swimming and sweaty exercise for 72 hours or until redness, swelling or sensitivity has settled.

Microneedling - Beard Density Support

30-40 minutes | £30

A low-cost microneedling appointment for suitable patchy-looking beard areas, focused on cosmetic density support rather than guaranteed growth.

What it is: Beard-area microneedling uses controlled needling across agreed patchy-looking beard areas where the skin, hair pattern and health history make the treatment suitable. It is not a diagnosis or cure for hair-loss conditions and cannot guarantee beard growth.

What happens: Your practitioner checks the beard area, skin condition, goals, recent shaving, irritation and medical red flags before treatment. The area is cleansed and microneedled in controlled sections, then finished with a calming product or hyaluronic jelly mask where suitable plus clear beard-area aftercare.

Good to know: Budget-friendly single-session price For suitable patchy-looking beard areas Usually planned as a course rather than one session

Aftercare: Avoid shaving, beard oils, fragrance, active skin care, heat and sweaty exercise around the treated beard area until advised. Keep the area clean and avoid touching, scratching or applying styling products while the skin is settling.

Microneedling + Hydration Serum

60 minutes | From £145

A microneedling appointment paired with a hydration-focused serum for clients wanting a fresher, softer-looking finish.

What it is: This combines standard microneedling with a selected hydration serum stage. Serums are chosen around cosmetic goals and suitability rather than medical claims.

What happens: Microneedling is carried out first, then the selected serum stage is used according to the treatment plan and product protocol.

Good to know: Good entry upgrade Often hyaluronic-acid or barrier-support focused Final product and price confirmed after consultation

Aftercare: Follow the full aftercare closely, including sun protection, gentle cleansing and avoiding active products until advised. Avoid hot water, saunas, swimming and sweaty exercise for 72 hours or until redness, swelling or sensitivity has settled.

Microneedling + Brightening / Skin-Quality Serum

60 minutes | From £155

A serum-led microneedling option for clients wanting brightness, glow, texture or firmer-looking skin quality where suitable.

What it is: This pairs microneedling with a selected brightening, peptide or skin-quality serum. The selected product is confirmed after skin screening, stock check and practitioner suitability review.

What happens: Your practitioner confirms the skin goal, prepares the skin, carries out microneedling and uses the chosen serum according to product protocol.

Good to know: Useful mid-tier upgrade Bright, texture or peptide focus Final product and price confirmed after consultation

Aftercare: Follow the full aftercare closely, including sun protection, gentle cleansing and avoiding active products until advised. Avoid hot water, saunas, swimming and sweaty exercise for 72 hours or until redness, swelling or sensitivity has settled.

Microneedling + Polynucleotide / PDRN Ampoule

60 minutes | From £165

A premium microneedling option using a polynucleotide / PDRN-style ampoule for clients wanting a regenerative skin-quality focus.

What it is: This is a premium serum-led microneedling treatment using a polynucleotide / PDRN-style ampoule where suitability supports it. It is a skin-quality pathway rather than an injectable volume-building treatment.

What happens: Microneedling is performed in controlled sections, then the polynucleotide / PDRN-style ampoule is used according to training, product protocol and skin response.

Good to know: Premium skin-quality option Allergy and product suitability must be discussed Usually best planned as a course

Aftercare: Follow the full aftercare closely, including sun protection, gentle cleansing and avoiding active products until advised. Avoid hot water, saunas, swimming and sweaty exercise for 72 hours or until redness, swelling or sensitivity has settled.

Microneedling + Exosome-Style Skin Quality Finish

60-75 minutes | From £185

A higher-tier microneedling plan for suitable clients wanting an advanced serum or exosome-style skin-quality finish.

What it is: This is a higher-cost microneedling route for selected advanced serum or exosome-style products where governance and product suitability are clear. It is kept as a from-price option so the website does not become a full supplier catalogue.

What happens: Your practitioner confirms the product, treatment area and price before booking, then carries out microneedling with the selected advanced finish where suitable.

Good to know: Priced from the entry product tier Final quote depends on product and area No guaranteed anti-ageing or repair claims

Aftercare: Follow the full aftercare closely, including sun protection, gentle cleansing and avoiding active products until advised. Avoid hot water, saunas, swimming and sweaty exercise for 72 hours or until redness, swelling or sensitivity has settled.

LED (Light Emitting Diode) Post-treatment Add-on

+£15

A light therapy add-on designed to sit after microneedling where suitable.

What it is: This adds a calm LED finishing stage after microneedling. The LED portion is non-invasive and usually used to support the overall treatment experience.

What happens: After microneedling, the skin is settled according to protocol, eye protection is provided, and the LED device is used for the selected treatment time.

Good to know: Popular add-on Good for course-based plans Suitability depends on skin response

Aftercare: Follow the full aftercare closely, including sun protection, gentle cleansing and avoiding active products until advised. Avoid hot water, saunas, swimming and sweaty exercise for 72 hours or until redness, swelling or sensitivity has settled.

Microneedling Course (3 sessions)

£225

A three-session microneedling course for clients taking a more structured treatment approach at a lower entry price.

What it is: Microneedling Course (3 sessions) is a planned series of microneedling sessions for clients taking a structured skin-quality approach. Courses are usually more realistic than expecting a full texture or glow plan from one appointment.

What happens: Your practitioner confirms the treatment area, product tier, session spacing, suitability and aftercare expectations before the first appointment. Each visit is reviewed on the day so the plan can stay appropriate to your skin response.

Good to know: Session spacing is confirmed after consultation. The serum or premium product tier is agreed before booking where relevant. Aftercare and sun protection matter throughout the course.

Aftercare: Follow the full aftercare closely, including sun protection, gentle cleansing and avoiding active products until advised. Avoid hot water, saunas, swimming and sweaty exercise for 72 hours or until redness, swelling or sensitivity has settled.

Beard Microneedling Course (3 sessions)

£80

A three-session beard-area microneedling course for suitable clients planning gradual support for patchy-looking beard areas.

What it is: Beard Microneedling Course (3 sessions) is a planned series of microneedling sessions for clients taking a structured skin-quality approach. Courses are usually more realistic than expecting a full texture or glow plan from one appointment.

What happens: Your practitioner confirms the treatment area, product tier, session spacing, suitability and aftercare expectations before the first appointment. Each visit is reviewed on the day so the plan can stay appropriate to your skin response.

Good to know: Session spacing is confirmed after consultation. The serum or premium product tier is agreed before booking where relevant. Aftercare and sun protection matter throughout the course.

Aftercare: Follow the full aftercare closely, including sun protection, gentle cleansing and avoiding active products until advised. Avoid hot water, saunas, swimming and sweaty exercise for 72 hours or until redness, swelling or sensitivity has settled.

Microneedling + Serum Course (3 sessions)

From £420

A three-session course using selected hydration, brightening, peptide or skin-quality serums where suitable.

What it is: Microneedling + Serum Course (3 sessions) is a planned series of microneedling sessions for clients taking a structured skin-quality approach. Courses are usually more realistic than expecting a full texture or glow plan from one appointment.

What happens: Your practitioner confirms the treatment area, product tier, session spacing, suitability and aftercare expectations before the first appointment. Each visit is reviewed on the day so the plan can stay appropriate to your skin response.

Good to know: Session spacing is confirmed after consultation. The serum or premium product tier is agreed before booking where relevant. Aftercare and sun protection matter throughout the course.

Aftercare: Follow the full aftercare closely, including sun protection, gentle cleansing and avoiding active products until advised. Avoid hot water, saunas, swimming and sweaty exercise for 72 hours or until redness, swelling or sensitivity has settled.

Premium Microneedling Course (3 sessions)

From £480

A three-session premium course for polynucleotide / PDRN-style or exosome-style microneedling plans, quoted after product choice and treatment area are confirmed.

What it is: Premium Microneedling Course (3 sessions) is a planned series of microneedling sessions for clients taking a structured skin-quality approach. Courses are usually more realistic than expecting a full texture or glow plan from one appointment.

What happens: Your practitioner confirms the treatment area, product tier, session spacing, suitability and aftercare expectations before the first appointment. Each visit is reviewed on the day so the plan can stay appropriate to your skin response.

Good to know: Session spacing is confirmed after consultation. The serum or premium product tier is agreed before booking where relevant. Aftercare and sun protection matter throughout the course.

Aftercare: Follow the full aftercare closely, including sun protection, gentle cleansing and avoiding active products until advised. Avoid hot water, saunas, swimming and sweaty exercise for 72 hours or until redness, swelling or sensitivity has settled.

Mesotherapy, Skin Boosters and Injectables

This section groups the main injectable and mesotherapy-style skin-quality treatments without turning the public menu into a product catalogue. Prices are shown as starting prices. The final quote is confirmed in person after consultation, treatment-area review, product choice, amount needed, training scope and suitability. Options include skin boosters, polynucleotides including PDRN, exosome-style skin-quality treatments, dermal fillers, full-face injectable plans and selected peptide-led mesotherapy serums for suitable areas such as under-eye, crow's feet, nasolabial folds, cheeks, jowls and jawline.

Skin Booster Mesotherapy

45-60 minutes | From £145

A consultation-led skin booster treatment for hydration, glow and smoother-looking texture across a selected treatment area.

What it is: Skin Booster Mesotherapy is a consultation-led skin booster option designed to support hydration, glow and smoother-looking skin quality. It is a higher-governance aesthetic category and should only be offered where practitioner scope, product protocol and suitability are clear.

What happens: Your practitioner confirms goals, suitability and consent, explains the product category and treatment area, then performs the treatment according to protocol. The skin may show small bumps, redness or tenderness afterwards depending on the product and technique used.

Good to know: Hydration and glow focus Product and area confirmed after consultation Often planned as a course

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

Full-Face Skin Booster / Mesotherapy Plan

60-75 minutes | From £185

A full-face injectable skin-quality route for clients wanting a broader hydration, glow or smoother-looking texture plan.

What it is: Full-Face Skin Booster / Mesotherapy Plan is a consultation-led skin booster option designed to support hydration, glow and smoother-looking skin quality. It is a higher-governance aesthetic category and should only be offered where practitioner scope, product protocol and suitability are clear.

What happens: Your practitioner confirms goals, suitability and consent, explains the product category and treatment area, then performs the treatment according to protocol. The skin may show small bumps, redness or tenderness afterwards depending on the product and technique used.

Good to know: Full-face skin-quality planning Final product and amount confirmed in person Often best planned as a course

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

Polynucleotide / PDRN Mesotherapy

45-60 minutes | From £165

A regenerative skin-quality option using a polynucleotide / PDRN-style product where suitability supports it.

What it is: Polynucleotide / PDRN Mesotherapy is a regenerative-style skin-quality option offered after consultation and suitability screening. Polynucleotide / PDRN routes are positioned around gradual skin-quality support rather than filler-style volume or instant wrinkle removal.

What happens: Your practitioner confirms the product category, treatment area, allergy history, consent and price before treatment proceeds. The product is used according to protocol, with swelling, small bumps, bruising risk and aftercare explained clearly.

Good to know: Gradual skin-quality support Suitable areas confirmed in person Allergy and product suitability are checked first

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

Under-Eye Skin Booster / PDRN Plan

45-60 minutes | From £165

A delicate-area skin-quality plan for suitable under-eye concerns such as tired-looking skin, fine lines or crepey texture.

What it is: Under-Eye Skin Booster / PDRN Plan is a regenerative-style skin-quality option offered after consultation and suitability screening. Polynucleotide / PDRN routes are positioned around gradual skin-quality support rather than filler-style volume or instant wrinkle removal.

What happens: Your practitioner confirms the product category, treatment area, allergy history, consent and price before treatment proceeds. The product is used according to protocol, with swelling, small bumps, bruising risk and aftercare explained clearly.

Good to know: Under-eye area treated conservatively PDRN or skin booster route confirmed after consultation Not for eye disease or unexplained swelling

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

Exosome-Style Skin Quality Mesotherapy

60 minutes | From £185

A higher-tier skin-quality pathway using an exosome-style product for suitable clients wanting a premium regenerative-style finish.

What it is: Exosome-Style Skin Quality Mesotherapy is a premium skin-quality pathway using an exosome-style product where suitability supports it. It is framed as cosmetic skin-quality support, not a guaranteed repair treatment or medical skin therapy.

What happens: Your practitioner confirms the exact product category, treatment area, price and suitability before booking or proceeding. The selected product is used according to its protocol and your skin response, followed by clear aftercare guidance.

Good to know: Premium product tier Final price depends on product and area No guaranteed repair or anti-ageing claims

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

Peptide Skin-Smoothing Mesotherapy

45-60 minutes | From £155

A peptide-led mesotherapy option for clients wanting a smoother, fresher-looking skin finish.

What it is: This is a peptide-led cosmetic skin-smoothing route using ingredient families such as pentapeptide-3, tripeptide-29, oligopeptide-34 and myristoyl pentapeptide-8 where product suitability supports it. It is positioned as a skin-quality mesotherapy option and is not advertised as a prescription medicine or a guaranteed wrinkle-freezing treatment.

What happens: Your practitioner confirms the skin goal, ingredient route, treatment area, suitability, consent and price before treatment proceeds. The selected peptide product is used according to product protocol, practitioner training and your skin response.

Good to know: Peptide-led skin-smoothing support Contains ingredients such as pentapeptide-3, tripeptide-29, oligopeptide-34 and myristoyl pentapeptide-8 Final product and price confirmed after consultation

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

Eye-Area Peptide Skin-Smoothing Mesotherapy

45-60 minutes | From £155

A conservative eye-area peptide route for fine-line and crow's-feet appearance support where suitability allows.

What it is: Eye-Area Peptide Skin-Smoothing Mesotherapy is a peptide-led cosmetic skin-smoothing mesotherapy option. It may use ingredient families such as pentapeptide-3, tripeptide-29, oligopeptide-34 and myristoyl pentapeptide-8 where product suitability supports it.

What happens: Your practitioner confirms the peptide route, treatment area, suitability, consent and final price before treatment proceeds. The selected peptide product is used according to product protocol and skin response, then aftercare and expected settling are explained.

Good to know: Eye-area and crow's-feet appearance support Peptide-led rather than toxin-led public wording Final product and price confirmed after consultation

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

Lip Dermal Filler

45-60 minutes | From £100

A lip filler appointment for suitable clients wanting natural-looking plump, shape, hydration, border support or a softer lip profile.

What it is: Lip Dermal Filler is a dermal filler option for clients considering natural-looking volume, lip shape, facial balance, contour or definition within a consultation-led plan. The starting price is an entry point. The right product, amount and final price depend on assessment, goals, previous filler, tissue support and suitability.

What happens: Your practitioner discusses the treatment area, expected look, product amount, whether the goal is shape, plump, support or contour, and aftercare before any treatment starts. If treatment is suitable, filler is placed in controlled stages and the plan is kept measured rather than overfilled.

Good to know: Natural-looking lip shape and support Amount and product confirmed after consultation A staged approach may be safer than overfilling

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

Facial Dermal Filler

45-75 minutes | From £100

A dermal filler option for suitable chin, cheek, jawline, nasolabial fold, marionette or profile-balancing goals.

What it is: Facial Dermal Filler is a dermal filler option for clients considering natural-looking volume, lip shape, facial balance, contour or definition within a consultation-led plan. The starting price is an entry point. The right product, amount and final price depend on assessment, goals, previous filler, tissue support and suitability.

What happens: Your practitioner discusses the treatment area, expected look, product amount, whether the goal is shape, plump, support or contour, and aftercare before any treatment starts. If treatment is suitable, filler is placed in controlled stages and the plan is kept measured rather than overfilled.

Good to know: One-area or multi-area planning Quoted by area, product and amount needed Not a surgical facelift or guaranteed anti-ageing result

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

Under-Eye Filler Review

60-75 minutes | From £180

A cautious consultation-led review for suitable under-eye hollowing where filler may be considered after assessment.

What it is: Under-Eye Filler Review is a dermal filler option for clients considering natural-looking volume, lip shape, facial balance, contour or definition within a consultation-led plan. The starting price is an entry point. The right product, amount and final price depend on assessment, goals, previous filler, tissue support and suitability.

What happens: Your practitioner discusses the treatment area, expected look, product amount, whether the goal is shape, plump, support or contour, and aftercare before any treatment starts. If treatment is suitable, filler is placed in controlled stages and the plan is kept measured rather than overfilled.

Good to know: Under-eye suitability is strict Not for puffiness, eye disease or unexplained swelling Alternative skin-quality routes may be advised

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

Nasolabial Fold Filler

45-60 minutes | From £100

A dermal filler option for suitable nasolabial fold softening where facial structure and previous filler history support treatment.

What it is: Nasolabial Fold Filler is a dermal filler option for clients considering natural-looking volume, lip shape, facial balance, contour or definition within a consultation-led plan. The starting price is an entry point. The right product, amount and final price depend on assessment, goals, previous filler, tissue support and suitability.

What happens: Your practitioner discusses the treatment area, expected look, product amount, whether the goal is shape, plump, support or contour, and aftercare before any treatment starts. If treatment is suitable, filler is placed in controlled stages and the plan is kept measured rather than overfilled.

Good to know: Fold softening rather than total removal Area and amount confirmed after assessment Natural movement is kept in mind

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

Cheek / Mid-Face Support Filler

60-75 minutes | From £150

A cheek or mid-face support route for suitable clients wanting subtle lift, balance or contour support.

What it is: Cheek / Mid-Face Support Filler is a dermal filler option for clients considering natural-looking volume, lip shape, facial balance, contour or definition within a consultation-led plan. The starting price is an entry point. The right product, amount and final price depend on assessment, goals, previous filler, tissue support and suitability.

What happens: Your practitioner discusses the treatment area, expected look, product amount, whether the goal is shape, plump, support or contour, and aftercare before any treatment starts. If treatment is suitable, filler is placed in controlled stages and the plan is kept measured rather than overfilled.

Good to know: Cheek pad and mid-face planning Quoted by product and amount Measured support rather than overfilling

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

Jowl / Jawline Contour Filler

60-75 minutes | From £150

A lower-face contour option for suitable jowl or jawline definition goals after consultation.

What it is: Jowl / Jawline Contour Filler is a dermal filler option for clients considering natural-looking volume, lip shape, facial balance, contour or definition within a consultation-led plan. The starting price is an entry point. The right product, amount and final price depend on assessment, goals, previous filler, tissue support and suitability.

What happens: Your practitioner discusses the treatment area, expected look, product amount, whether the goal is shape, plump, support or contour, and aftercare before any treatment starts. If treatment is suitable, filler is placed in controlled stages and the plan is kept measured rather than overfilled.

Good to know: Lower-face and jawline planning Not a surgical lift Final quote confirmed in person

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

Dermal Filler Package

60-90 minutes | From £200

A package route for suitable clients considering two or more millilitres across a measured profile or contour plan.

What it is: Dermal Filler Package is a dermal filler option for clients considering natural-looking volume, lip shape, facial balance, contour or definition within a consultation-led plan. The starting price is an entry point. The right product, amount and final price depend on assessment, goals, previous filler, tissue support and suitability.

What happens: Your practitioner discusses the treatment area, expected look, product amount, whether the goal is shape, plump, support or contour, and aftercare before any treatment starts. If treatment is suitable, filler is placed in controlled stages and the plan is kept measured rather than overfilled.

Good to know: Better suited to broader balancing plans Final quote confirmed in person More product does not automatically mean a better result

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

Full-Face Facial Balancing Package

75-120 minutes | From £300

A full-face planning route for suitable clients considering a measured combination of filler areas and skin-quality support.

What it is: Full-Face Facial Balancing Package is a dermal filler option for clients considering natural-looking volume, lip shape, facial balance, contour or definition within a consultation-led plan. The starting price is an entry point. The right product, amount and final price depend on assessment, goals, previous filler, tissue support and suitability.

What happens: Your practitioner discusses the treatment area, expected look, product amount, whether the goal is shape, plump, support or contour, and aftercare before any treatment starts. If treatment is suitable, filler is placed in controlled stages and the plan is kept measured rather than overfilled.

Good to know: Full-face review before treatment Can combine contour and skin-quality goals Final quote confirmed after consultation

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

Skin Booster Course

From £390

A three-session skin booster course for clients planning gradual hydration, glow or texture support.

What it is: Skin Booster Course is a planned series of mesotherapy sessions using a product choice agreed after consultation. Courses are used when a gradual skin, scalp or contouring plan is more realistic than a one-off appointment.

What happens: Your practitioner confirms the product plan, session spacing, treatment area, consent and aftercare expectations before the first appointment. Each session is reviewed before proceeding so the plan can be adapted around skin response, comfort and suitability.

Good to know: Best value when a course is suitable Session spacing confirmed after consultation Product tier can change the final quote

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

Eye-Area Skin Quality Course

From £435

A three-session conservative eye-area course using a suitable skin booster, PDRN or peptide route after consultation.

What it is: Eye-Area Skin Quality Course is a planned series of mesotherapy sessions using a product choice agreed after consultation. Courses are used when a gradual skin, scalp or contouring plan is more realistic than a one-off appointment.

What happens: Your practitioner confirms the product plan, session spacing, treatment area, consent and aftercare expectations before the first appointment. Each session is reviewed before proceeding so the plan can be adapted around skin response, comfort and suitability.

Good to know: Under-eye and crow's-feet appearance planning Course route for gradual change Alternative referral may be advised if symptoms are medical

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

Polynucleotide / PDRN Course

From £435

A structured polynucleotide / PDRN course for suitable under-eye, focused-area or full-face skin-quality plans.

What it is: Polynucleotide / PDRN Course is a planned series of mesotherapy sessions using a product choice agreed after consultation. Courses are used when a gradual skin, scalp or contouring plan is more realistic than a one-off appointment.

What happens: Your practitioner confirms the product plan, session spacing, treatment area, consent and aftercare expectations before the first appointment. Each session is reviewed before proceeding so the plan can be adapted around skin response, comfort and suitability.

Good to know: Usually planned gradually Treatment area changes the final quote Product suitability checked first

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

Exosome-Style Skin Quality Course

From £600

A premium course route for suitable clients wanting an exosome-style or advanced skin-quality plan.

What it is: Exosome-Style Skin Quality Course is a planned series of mesotherapy sessions using a product choice agreed after consultation. Courses are used when a gradual skin, scalp or contouring plan is more realistic than a one-off appointment.

What happens: Your practitioner confirms the product plan, session spacing, treatment area, consent and aftercare expectations before the first appointment. Each session is reviewed before proceeding so the plan can be adapted around skin response, comfort and suitability.

Good to know: Premium product route Quoted by product and treatment area No guaranteed repair or anti-ageing claims

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

Full-Face Injectable Skin Quality Package

From £520

A package route for suitable clients planning full-face skin booster, PDRN, exosome-style or peptide-led skin-quality support.

What it is: Full-Face Injectable Skin Quality Package is a product-led mesotherapy skin-quality treatment selected around your cosmetic goal and suitability. The usual focus is hydration, glow, firmness, resilience or smoother-looking skin rather than a medical skin treatment.

What happens: Your practitioner confirms goals, contraindications, product choice, treatment area, consent and whether a one-vial or larger-area plan is appropriate. The product is placed using sterile single-use consumables through controlled superficial injections or microchannels, then aftercare and expected settling are explained.

Good to know: Full-face skin-quality planning Product tier changes the final quote Consultation decides the safest route

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

Injectables and Mesotherapy Consultation

30 minutes | £40

A consultation-only appointment to discuss suitability, product categories, expected costs and whether treatment can be considered.

What it is: This is a consultation-only appointment for injectable and mesotherapy-style treatment planning. It is used to check suitability, explain realistic options, discuss starting prices and decide whether treatment can be considered.

What happens: Your practitioner discusses goals, treatment areas, relevant history, product categories, expected cost range and whether a hands-on appointment is appropriate. No injectable or mesotherapy treatment is provided unless a separate treatment appointment is booked and suitability is confirmed.

Good to know: A consultation does not guarantee treatment. Final price depends on product, area, amount and suitability. You may be advised to delay, adapt the plan or seek medical advice first.

Aftercare: Follow the aftercare given, including gentle cleansing, sun protection and avoiding unnecessary heat, friction, vigorous exercise, active skin products or make-up over treated skin until advised. Small bumps, redness, tenderness or bruising can occur. Contact Novara if you are unsure whether the area is settling as expected.

PRP / PRF (Platelet-Rich Plasma / Fibrin)

PRP and PRF are clinical-tier aesthetic pathways using platelet-rich plasma or platelet-rich fibrin prepared from your own blood sample. Novara separates skin microneedling from injection-led targeted, hair/scalp and beard-area options so clients understand whether the appointment is needle-device led, injection-led or both.

PRP/PRF Skin Microneedling (Face)

75 minutes | From £120

A consultation-led PRP/PRF facial where the prepared sample is introduced through controlled Doctor Pen microneedling for cosmetic skin-quality support.

What it is: PRP/PRF skin microneedling uses a small blood sample, processed to prepare platelet-rich plasma or fibrin, before it is introduced across suitable facial areas using controlled Doctor Pen microneedling. The aim is cosmetic support for fresher-looking skin quality, glow, texture and fine-line appearance rather than treatment of a medical skin condition.

What happens: The practitioner completes screening and consent, takes a blood sample, prepares the PRP/PRF, cleanses the skin, then treats suitable facial areas using controlled microneedling passes. The appointment finishes with calming product choices and aftercare suited to a more active skin treatment.

Good to know: Doctor Pen microneedling pathway Lower introductory PRP/PRF pricing Usually spaced around 4 weeks apart

Aftercare: Follow the full aftercare exactly, including rest, skin care or scalp care guidance and activity limits if advised. If you are unsure whether a reaction is expected, contact Novara promptly.

PRP/PRF Skin Microneedling (Face and Neck)

90 minutes | From £150

A broader PRP/PRF microneedling appointment covering the face and neck where suitability and skin response allow.

What it is: PRP/PRF Skin Microneedling (Face and Neck) is a clinical-tier skin treatment using platelet-rich plasma or fibrin within a governed treatment pathway. For facial skin PRP/PRF, the prepared sample is introduced through a Doctor Pen microneedling pathway or controlled microchannels rather than being presented as a casual facial add-on.

What happens: The appointment follows a more clinical flow than a spa facial, including screening, consent and preparation before treatment proceeds. The practitioner cleanses the skin, prepares the PRP/PRF from your blood sample, then works across the agreed facial areas using controlled microneedling-style passes before giving aftercare.

Good to know: Broader treatment area Course-based planning recommended Aftercare and sun protection matter

Aftercare: Follow the full aftercare exactly, including rest, skin care or scalp care guidance and activity limits if advised. If you are unsure whether a reaction is expected, contact Novara promptly.

PRP/PRF Targeted Microneedling Area

60 minutes | From £100

A focused PRP/PRF microneedling appointment for a selected cosmetic area such as forehead lines, crow's feet or under-eye skin quality where suitable.

What it is: PRP/PRF Targeted Microneedling Area is a clinical-tier skin treatment using platelet-rich plasma or fibrin within a governed treatment pathway. For facial skin PRP/PRF, the prepared sample is introduced through a Doctor Pen microneedling pathway or controlled microchannels rather than being presented as a casual facial add-on.

What happens: The appointment follows a more clinical flow than a spa facial, including screening, consent and preparation before treatment proceeds. The practitioner cleanses the skin, prepares the PRP/PRF from your blood sample, then works across the agreed facial areas using controlled microneedling-style passes before giving aftercare.

Good to know: For one focused area Under-eye treatment is approached conservatively Suitability is checked before needling

Aftercare: Follow the full aftercare exactly, including rest, skin care or scalp care guidance and activity limits if advised. If you are unsure whether a reaction is expected, contact Novara promptly.

PRP/PRF Targeted Facial Injections

60 minutes | From £150

A focused injection-led PRP/PRF appointment for selected facial skin-quality areas such as under-eye, crow's feet or forehead lines where suitable.

What it is: Targeted PRP/PRF injections place the prepared sample into agreed cosmetic areas where injection-led treatment is suitable. This is a more advanced route than microneedling and is priced separately because it requires injection technique, blood handling and closer suitability screening.

What happens: After screening and consent, the practitioner prepares PRP/PRF from your blood sample and places it conservatively into agreed facial areas using an injection-led approach. The appointment includes careful discussion of swelling, bruising risk and realistic expectations before proceeding.

Good to know: Injection-led targeted treatment Reduced introductory pricing Best approached gradually

Aftercare: Follow the full aftercare exactly, including rest, skin care or scalp care guidance and activity limits if advised. If you are unsure whether a reaction is expected, contact Novara promptly.

PRP/PRF Hair and Scalp Injections

60-75 minutes | From £150

An injection-led PRP/PRF scalp appointment for clients considering a cosmetic hair-density support pathway where suitable.

What it is: PRP/PRF hair and scalp appointments use a prepared sample from your own blood as part of a structured cosmetic scalp pathway, usually placed through small injections across agreed thinning areas. This is not a diagnosis or treatment for medical hair-loss conditions, and clients with sudden or unexplained hair loss should seek medical advice first.

What happens: The practitioner reviews suitability, takes a blood sample, prepares the PRP/PRF and uses small injections across the agreed scalp areas according to protocol. The session finishes with scalp aftercare and guidance on course planning if further appointments are appropriate.

Good to know: Injection-led scalp pathway Medical causes of hair loss should be checked separately Usually planned as 4 sessions before maintenance

Aftercare: Follow the full aftercare exactly, including rest, skin care or scalp care guidance and activity limits if advised. If you are unsure whether a reaction is expected, contact Novara promptly.

PRP/PRF Beard Density Support

60-75 minutes | From £100

An injection-led PRP/PRF beard-area appointment for suitable clients considering cosmetic density support for patchy-looking beard growth.

What it is: PRP/PRF Beard Density Support uses platelet-rich plasma or fibrin prepared from your own blood sample as part of a structured cosmetic beard-area pathway. It is not a diagnosis or cure for hair-loss conditions and cannot guarantee beard growth.

What happens: The practitioner reviews suitability, beard pattern, skin condition, recent shaving, medical red flags and expectations before taking a blood sample. PRP/PRF is prepared and placed in small amounts across agreed beard areas according to protocol, then beard-area aftercare and course planning are explained.

Good to know: Lower introductory PRP/PRF beard pricing Separate from beard microneedling Usually planned as a course of 4 before maintenance is considered

Aftercare: Avoid shaving, beard oils, fragrance, active skin care, heat and sweaty exercise around the treated beard area until advised. Do not scratch, massage or press the treated beard area while it is settling unless your practitioner specifically advises otherwise.

PRP/PRF Skin Microneedling Course (3 sessions)

From £330

A three-session PRP/PRF skin microneedling course, usually planned around 4 weeks apart for clients taking a structured cosmetic skin-quality approach.

What it is: PRP/PRF Skin Microneedling Course (3 sessions) is a clinical-tier skin treatment using platelet-rich plasma or fibrin within a governed treatment pathway. For facial skin PRP/PRF, the prepared sample is introduced through a Doctor Pen microneedling pathway or controlled microchannels rather than being presented as a casual facial add-on.

What happens: The appointment follows a more clinical flow than a spa facial, including screening, consent and preparation before treatment proceeds. The practitioner cleanses the skin, prepares the PRP/PRF from your blood sample, then works across the agreed facial areas using controlled microneedling-style passes before giving aftercare.

Good to know: This should only be offered where clinical governance is active. It is more active than a standard facial and is usually planned as a course of 3 sessions spaced around 4 weeks apart. Suitability, consent, blood handling and aftercare are essential.

Aftercare: Follow the full aftercare exactly, including rest, skin care or scalp care guidance and activity limits if advised. If you are unsure whether a reaction is expected, contact Novara promptly.

PRP/PRF Face and Neck Microneedling Course (3 sessions)

From £420

A three-session PRP/PRF face and neck microneedling course for clients wanting a broader treatment area.

What it is: PRP/PRF Face and Neck Microneedling Course (3 sessions) is a clinical-tier skin treatment using platelet-rich plasma or fibrin within a governed treatment pathway. For facial skin PRP/PRF, the prepared sample is introduced through a Doctor Pen microneedling pathway or controlled microchannels rather than being presented as a casual facial add-on.

What happens: The appointment follows a more clinical flow than a spa facial, including screening, consent and preparation before treatment proceeds. The practitioner cleanses the skin, prepares the PRP/PRF from your blood sample, then works across the agreed facial areas using controlled microneedling-style passes before giving aftercare.

Good to know: This should only be offered where clinical governance is active. It is more active than a standard facial and is usually planned as a course of 3 sessions spaced around 4 weeks apart. Suitability, consent, blood handling and aftercare are essential.

Aftercare: Follow the full aftercare exactly, including rest, skin care or scalp care guidance and activity limits if advised. If you are unsure whether a reaction is expected, contact Novara promptly.

PRP/PRF Targeted Facial Injection Course (3 sessions)

From £420

A focused three-session PRP/PRF injection course for selected facial skin-quality areas such as under-eye, crow's feet or forehead lines where suitable.

What it is: PRP/PRF Targeted Facial Injection Course (3 sessions) uses platelet-rich plasma or fibrin prepared from your own blood sample for a focused injection-led cosmetic skin-quality treatment. It may be discussed for selected areas such as under-eye skin quality, crow's feet or forehead lines where suitability and practitioner scope allow.

What happens: The practitioner completes screening and consent, takes a blood sample, prepares the PRP/PRF and places it conservatively into agreed areas using an injection-led approach. Swelling and bruising risk are discussed clearly before proceeding, and aftercare is explained before the practitioner leaves.

Good to know: Injection-led PRP/PRF is more advanced than microneedling-only PRP/PRF and is priced separately. The under-eye area is delicate and should be approached gradually.

Results and suitability vary.

Aftercare: Follow the full aftercare exactly, including rest, skin care or scalp care guidance and activity limits if advised. If you are unsure whether a reaction is expected, contact Novara promptly.

PRP/PRF Hair and Scalp Injection Course (4 sessions)

From £520

A four-session PRP/PRF scalp course, usually planned around 4 weeks apart, for clients considering a committed cosmetic hair-density support pathway.

What it is: PRP/PRF hair and scalp treatment uses platelet-rich plasma or fibrin prepared from your own blood sample as part of a structured cosmetic scalp pathway. It is injection-led and is focused on the cosmetic appearance of thinning areas rather than diagnosing or treating medical hair-loss conditions.

What happens: The practitioner completes screening and consent, takes a blood sample, prepares the PRP/PRF and uses small injections across the agreed scalp areas according to protocol. The session finishes with scalp aftercare and guidance on whether a course-based plan is appropriate.

Good to know: A course of around 4 sessions is usually more appropriate than a one-off treatment. Sudden, patchy or unexplained hair loss should be reviewed medically. Tenderness, small marks or sensitivity can happen after injection-led scalp treatment.

Aftercare: Follow the full aftercare exactly, including rest, skin care or scalp care guidance and activity limits if advised. If you are unsure whether a reaction is expected, contact Novara promptly.

PRP/PRF Beard Density Course (4 sessions)

From £360

A four-session PRP/PRF beard-area course for suitable clients considering a committed cosmetic density-support pathway for patchy-looking beard areas.

What it is: PRP/PRF beard treatment uses platelet-rich plasma or fibrin prepared from your own blood sample as part of a structured cosmetic beard-area pathway. It is injection-led and focused on cosmetic density support for patchy-looking beard areas rather than diagnosing or treating medical hair-loss conditions.

What happens: The practitioner completes screening and consent, takes a blood sample, prepares the PRP/PRF and uses small injections across the agreed beard areas according to protocol. The session finishes with beard-area aftercare and guidance on whether a course-based plan is appropriate.

Good to know: A course of around 4 sessions is usually more appropriate than a one-off treatment. Sudden, patchy or unexplained hair loss should be reviewed medically. Tenderness, small marks or sensitivity can happen after injection-led beard-area treatment.

Aftercare: Follow the full aftercare exactly, including rest, skin care or scalp care guidance and activity limits if advised. If you are unsure whether a reaction is expected, contact Novara promptly.

Fat-Dissolving Injections

Fat-dissolving injections are offered as a consultation-led cosmetic contouring option for selected small pockets such as double chin, jowls/jawline, upper arms, stomach, love handles/flanks and thighs. Product route is confirmed privately after assessment and may include a suitable professional or proprietary blend where practitioner scope, training and insurance support it. This is not a weight-loss service, not a substitute for diet, movement or medical care, and results are not guaranteed.

Fat-Dissolving Injection - Double Chin / Jawline

30 minutes | From £79

A small-area appointment for suitable under-chin, jowl or jawline fullness after consultation.

What it is: A small-area fat-dissolving option for selected under-chin, jowl or jawline pockets where screening suggests the concern is suitable. This is not a weight-loss treatment, not a facial slimming guarantee and it does not replace medical assessment where swelling or fullness is unexplained.

What happens: The practitioner confirms suitability, photographs where required, marks the area, cleanses the skin and uses small injections according to the treatment plan. The appointment finishes with swelling/bruising advice and guidance on when to seek help.

Good to know: Starting price for a small area Often planned as a course Not suitable over active skin issues or recent filler without review

Aftercare: Follow the written aftercare, including hydration, avoiding unnecessary heat, pressure, vigorous exercise and irritating products where advised. Tenderness, swelling or bruising can occur. Contact Novara if you are unsure whether a reaction is expected.

Fat-Dissolving Injection - Upper Arms

30-40 minutes | From £110

A body-area option for suitable upper-arm pockets where product volume and expectations are realistic.

What it is: Fat-Dissolving Injection - Upper Arms is a fat-dissolving injection option for a selected cosmetic contouring area where screening suggests it is suitable. It is not a weight-loss treatment, not a medical treatment and not a guarantee of inch loss or a specific visual result.

What happens: Your practitioner confirms medical history, treatment area, expectations, consent, photographs where required, product volume and whether the treatment is still appropriate on the day. The area is cleansed and marked where needed, then small injections are placed according to protocol before aftercare and red-flag advice are explained.

Good to know: Common areas include double chin, jawline, upper arms, stomach, love handles, hips/waist and inner or outer thighs. Most clients are advised to plan a course rather than expecting everything from one session. Swelling, tenderness and bruising can happen, and suitability always comes before price.

Aftercare: Follow the written aftercare, including hydration, avoiding unnecessary heat, pressure, vigorous exercise and irritating products where advised. Tenderness, swelling or bruising can occur. Contact Novara if you are unsure whether a reaction is expected.

Fat-Dissolving Injection - Upper or Lower Stomach

30-45 minutes | From £129

A stomach-area option for a selected upper or lower abdominal pocket rather than full-body weight loss.

What it is: Fat-Dissolving Injection - Upper or Lower Stomach is a fat-dissolving injection option for a selected cosmetic contouring area where screening suggests it is suitable. It is not a weight-loss treatment, not a medical treatment and not a guarantee of inch loss or a specific visual result.

What happens: Your practitioner confirms medical history, treatment area, expectations, consent, photographs where required, product volume and whether the treatment is still appropriate on the day. The area is cleansed and marked where needed, then small injections are placed according to protocol before aftercare and red-flag advice are explained.

Good to know: Common areas include double chin, jawline, upper arms, stomach, love handles, hips/waist and inner or outer thighs. Most clients are advised to plan a course rather than expecting everything from one session. Swelling, tenderness and bruising can happen, and suitability always comes before price.

Aftercare: Follow the written aftercare, including hydration, avoiding unnecessary heat, pressure, vigorous exercise and irritating products where advised. Tenderness, swelling or bruising can occur. Contact Novara if you are unsure whether a reaction is expected.

Fat-Dissolving Injection - Love Handles / Flanks

40 minutes | From £129

A focused contouring option for suitable side or flank pockets, priced after consultation and product-volume check.

What it is: Fat-Dissolving Injection - Love Handles / Flanks is a fat-dissolving injection option for a selected cosmetic contouring area where screening suggests it is suitable. It is not a weight-loss treatment, not a medical treatment and not a guarantee of inch loss or a specific visual result.

What happens: Your practitioner confirms medical history, treatment area, expectations, consent, photographs where required, product volume and whether the treatment is still appropriate on the day. The area is cleansed and marked where needed, then small injections are placed according to protocol before aftercare and red-flag advice are explained.

Good to know: Common areas include double chin, jawline, upper arms, stomach, love handles, hips/waist and inner or outer thighs. Most clients are advised to plan a course rather than expecting everything from one session. Swelling, tenderness and bruising can happen, and suitability always comes before price.

Aftercare: Follow the written aftercare, including hydration, avoiding unnecessary heat, pressure, vigorous exercise and irritating products where advised. Tenderness, swelling or bruising can occur. Contact Novara if you are unsure whether a reaction is expected.

Fat-Dissolving Injection - Upper Leg / Inner or Outer Thighs

40 minutes | From £119

A thigh-area option for either inner or outer upper-leg pockets where suitability and product volume are appropriate.

What it is: Fat-Dissolving Injection - Upper Leg / Inner or Outer Thighs is a fat-dissolving injection option for a selected cosmetic contouring area where screening suggests it is suitable. It is not a weight-loss treatment, not a medical treatment and not a guarantee of inch loss or a specific visual result.

What happens: Your practitioner confirms medical history, treatment area, expectations, consent, photographs where required, product volume and whether the treatment is still appropriate on the day. The area is cleansed and marked where needed, then small injections are placed according to protocol before aftercare and red-flag advice are explained.

Good to know: Common areas include double chin, jawline, upper arms, stomach, love handles, hips/waist and inner or outer thighs. Most clients are advised to plan a course rather than expecting everything from one session. Swelling, tenderness and bruising can happen, and suitability always comes before price.

Aftercare: Follow the written aftercare, including hydration, avoiding unnecessary heat, pressure, vigorous exercise and irritating products where advised. Tenderness, swelling or bruising can occur. Contact Novara if you are unsure whether a reaction is expected.

Fat-Dissolving Injection - Paired Body Area

45-60 minutes | From £169

A paired-area option such as inner and outer thighs or stomach with love handles, priced after consultation and product-volume check.

What it is: Fat-Dissolving Injection - Paired Body Area is a fat-dissolving injection option for a selected cosmetic contouring area where screening suggests it is suitable. It is not a weight-loss treatment, not a medical treatment and not a guarantee of inch loss or a specific visual result.

What happens: Your practitioner confirms medical history, treatment area, expectations, consent, photographs where required, product volume and whether the treatment is still appropriate on the day. The area is cleansed and marked where needed, then small injections are placed according to protocol before aftercare and red-flag advice are explained.

Good to know: Common areas include double chin, jawline, upper arms, stomach, love handles, hips/waist and inner or outer thighs. Most clients are advised to plan a course rather than expecting everything from one session. Swelling, tenderness and bruising can happen, and suitability always comes before price.

Aftercare: Follow the written aftercare, including hydration, avoiding unnecessary heat, pressure, vigorous exercise and irritating products where advised. Tenderness, swelling or bruising can occur. Contact Novara if you are unsure whether a reaction is expected.

Fat-Dissolving Course of 3 - Small Area

From £210

Three small-area fat-dissolving sessions, usually planned several weeks apart where the first session confirms suitability.

What it is: Fat-Dissolving Course of 3 - Small Area is a fat-dissolving injection option for a selected cosmetic contouring area where screening suggests it is suitable. It is not a weight-loss treatment, not a medical treatment and not a guarantee of inch loss or a specific visual result.

What happens: Your practitioner confirms medical history, treatment area, expectations, consent, photographs where required, product volume and whether the treatment is still appropriate on the day. The area is cleansed and marked where needed, then small injections are placed according to protocol before aftercare and red-flag advice are explained.

Good to know: Common areas include double chin, jawline, upper arms, stomach, love handles, hips/waist and inner or outer thighs. Most clients are advised to plan a course rather than expecting everything from one session. Swelling, tenderness and bruising can happen, and suitability always comes before price.

Aftercare: Follow the written aftercare, including hydration, avoiding unnecessary heat, pressure, vigorous exercise and irritating products where advised. Tenderness, swelling or bruising can occur. Contact Novara if you are unsure whether a reaction is expected.

Fat-Dissolving Course of 3 - Body Area

From £330

Three body-area fat-dissolving sessions for a suitable selected area, priced by treatment size and product volume.

What it is: Fat-Dissolving Course of 3 - Body Area is a fat-dissolving injection option for a selected cosmetic contouring area where screening suggests it is suitable. It is not a weight-loss treatment, not a medical treatment and not a guarantee of inch loss or a specific visual result.

What happens: Your practitioner confirms medical history, treatment area, expectations, consent, photographs where required, product volume and whether the treatment is still appropriate on the day. The area is cleansed and marked where needed, then small injections are placed according to protocol before aftercare and red-flag advice are explained.

Good to know: Common areas include double chin, jawline, upper arms, stomach, love handles, hips/waist and inner or outer thighs. Most clients are advised to plan a course rather than expecting everything from one session. Swelling, tenderness and bruising can happen, and suitability always comes before price.

Aftercare: Follow the written aftercare, including hydration, avoiding unnecessary heat, pressure, vigorous exercise and irritating products where advised. Tenderness, swelling or bruising can occur. Contact Novara if you are unsure whether a reaction is expected.

Contour Package - Face and Body

From £450

A staged contour package for suitable clients combining a small facial area with one selected body area where consultation supports it.

What it is: Contour Package - Face and Body is a fat-dissolving injection option for a selected cosmetic contouring area where screening suggests it is suitable. It is not a weight-loss treatment, not a medical treatment and not a guarantee of inch loss or a specific visual result.

What happens: Your practitioner confirms medical history, treatment area, expectations, consent, photographs where required, product volume and whether the treatment is still appropriate on the day. The area is cleansed and marked where needed, then small injections are placed according to protocol before aftercare and red-flag advice are explained.

Good to know: Common areas include double chin, jawline, upper arms, stomach, love handles, hips/waist and inner or outer thighs. Most clients are advised to plan a course rather than expecting everything from one session. Swelling, tenderness and bruising can happen, and suitability always comes before price.

Aftercare: Follow the written aftercare, including hydration, avoiding unnecessary heat, pressure, vigorous exercise and irritating products where advised. Tenderness, swelling or bruising can occur. Contact Novara if you are unsure whether a reaction is expected.

Holistic Therapies

Holistic Therapies brings together Reiki, reflexology, acupuncture, acupressure, cupping and aromatherapy within a calm mobile spa and clinic model. These are wellbeing-focused appointments with clear boundaries, not replacements for medical care.

Cupping

30 minutes | £40

A tool-based holistic bodywork appointment that may leave temporary circular skin marking.

What it is: Cupping is a tool-based bodywork treatment using cups to create suction on selected areas of the body. It is used here as a wellbeing bodywork option rather than a medical treatment.

What happens: The practitioner explains where cups will be placed, applies them to suitable areas and controls the suction and timing. Cups may be left in place briefly or moved depending on the agreed style.

Good to know: Temporary circular marks are common. It is not suitable for every skin type or health situation. Tell us if suction feels too strong.

Aftercare: Follow the aftercare given for your specific appointment, including hydration, rest and pacing your day if advised. General diet guidance is aimed at wellbeing habits and does not replace medical nutrition or dietetic care.

Aromatherapy Wellbeing Session

60 minutes | £60

A sensory, relaxation-led appointment shaped around aroma blends and a calmer treatment pace.

What it is: Aromatherapy is a sensory wellbeing session using selected aromas to create a calmer treatment environment. It is chosen for relaxation, atmosphere and comfort rather than a medical effect.

What happens: Your practitioner checks scent preferences and sensitivities, chooses a suitable blend or aromatic approach, then carries out the session at a calm pace. The treatment may be paired with relaxation-style massage or quiet rest depending on the booking.

Good to know: Tell us about fragrance sensitivity or allergies. A subtle blend can be used if you dislike strong scents. Best for clients who want a slow, restorative appointment.

Aftercare: Follow the aftercare given for your specific appointment, including hydration, rest and pacing your day if advised. General diet guidance is aimed at wellbeing habits and does not replace medical nutrition or dietetic care.

Targeted Signature Days

Targeted signature days combine a small number of Novara treatments into a clearer journey. They are designed for clients who want a complete spa-style reset without having to decode a complicated package list.

Men's Full Reset Package

2.5 hours | £125

A full reset package combining a back, neck and shoulder or full-body massage focus, hydrodermabrasion skin refresh, scalp or foot relaxation and a calm settling finish.

What it is: The Men's Full Reset Package is a longer grooming, skin and body reset appointment for clients who want the full Novara experience in one mobile appointment. It is built around massage, a practical skin refresh and quieter finishing touches rather than a rushed list of separate treatments.

What happens: Your practitioner confirms goals, pressure preference, skin sensitivity and any heat or product contraindications before agreeing the order. The appointment usually includes a massage focus, hydrodermabrasion facial steps with a suitable mask and serum finish, scalp or foot relaxation, simple finishing care and time to settle before the practitioner leaves.

Good to know: Same price as the women's full reset Massage plus facial-led skin refresh Includes a slower finish rather than a rushed exit

Aftercare: Follow the aftercare for each treatment included in your package. Give yourself time after longer packages and ask about a short settling pause if it would help.

Women's Full Spa Reset Package

2.5 hours | £125

A full spa reset combining body relaxation, hydrodermabrasion facial care, chosen mask and serum finish, scalp or foot relaxation and a calm settling pause.

What it is: The Women's Full Spa Reset Package is a longer spa journey for clients who want body relaxation, skin care and a calm finish in one mobile appointment. It is priced the same as the men's full reset and can be adapted around sensitivity, period comfort, pregnancy status, skin goals and heat suitability.

What happens: Your practitioner confirms the package plan on arrival, including massage focus, whether body scrub or sauna/heat is suitable, and which facial finish best fits your skin. The appointment usually combines massage or body relaxation, hydrodermabrasion facial steps, one chosen mask, one serum finish, scalp or foot relaxation and a short settling pause before the practitioner leaves.

Good to know: Same price as the men's full reset Facial finish is chosen clearly Body and relaxation stages are adapted to suitability

Aftercare: Follow the aftercare for each treatment included in your package. Give yourself time after longer packages and ask about a short settling pause if it would help.

Sauna, Scrub and Massage Day

2 hours | £115

A heat-and-body focused spa day combining sauna or sauna blanket time, body scrub and massage.

What it is: Sauna, Scrub and Massage Day is a bundled Novara package combining selected treatment stages into one planned appointment. Packages are designed for value, flow and a more complete experience than booking a single treatment.

What happens: Your practitioner confirms the package components, checks suitability and explains the treatment order before starting. The appointment moves through the agreed stages with comfort checks and any relevant aftercare at the end.

Good to know: Package components may be adapted if needed. Clinical-tier treatments still require the relevant screening and consent. Longer packages work best when you avoid rushing afterwards.

Aftercare: Follow the aftercare for each treatment included in your package. Give yourself time after longer packages and ask about a short settling pause if it would help.

Women's Period Comfort Spa Day

90 minutes | £85

A comfort-focused spa day with warmth-led massage, aromatherapy and calm settling time around period-related self-care needs.

What it is: The Women's Period Comfort Spa Day is a comfort-focused spa package designed around rest, warmth and gentle self-care. It is not treatment for gynaecological symptoms or a substitute for medical advice about period pain or menstrual health.

What happens: The appointment may combine warmth-led massage, gentle aromatherapy, lower back or abdominal-comfort positioning where appropriate, foot or scalp relaxation and a calm settling pause. Pressure, heat and positioning are adapted around comfort and consent throughout.

Good to know: Tell us if you are pregnant, trying to conceive or experiencing unusual symptoms. Severe, new or worsening period pain should be discussed with a GP. The focus is comfort and relaxation, not medical treatment.

Aftercare: Follow the aftercare for each treatment included in your package. Give yourself time after longer packages and ask about a short settling pause if it would help.