



Beyond Basics
MEDICAL DAY SPA

Be the change you want to see!



Welcome to Beyond Basics Medical Day Spa, the first of its kind in the Cayman Islands

Beyond Basics specializes in non-surgical, FDA approved medical aesthetic procedures that are safe, convenient and effective, allowing you to return to work immediately after treatment. These treatments are performed in a spa-like environment by certified medical practitioners under the direction of our Board Certified Medical Director.

Every treatment starts with a medical history and an assessment of your skin condition and we listen to what you feel are your aesthetic goals. By combining treatment modalities in a collaborative approach we customize your packages and programmes to enhance the aesthetic experience, deliver the best results and provide the highest value to our clients, resulting in you *being the change you want to see!*

So visit us on our website www.beyondbasics.ky to learn more about our services and products or call 945-2737 today to book your **free consultation** and let us be your lifelong skin health destination.

Beyond Basics Menu of Services

Medical Aesthetics

- Body contouring
- Botox®
- Chemical Peels
- Electrolysis
- eMatrix™
- HydraFacial™
- Juvederm®
- Vein Therapy
- Laser Hair Removal
- Laser Skin Rejuvenation
- Microdermabrasion
- Red & Blue LED Light Therapy
- Skin Tightening and Refirming
- Tattoo & Birth Mark Removal
- triniti™
- VelaShape & Body Contouring
- Wrinkle Reduction

Spa Services

- Air Brush Tanning
- Best Friend Treatments
- Body Healing Therapies
- Couple Treatments
- Eye Brow & Eye Lash Tinting
- Jane Iredale Makeup applications
- Manicures (Shellac)
- Pedicures
- Pregnancy Therapies
- Semi-permanent make-up
- Therapeutic Massage
- Waxing



FACIALS

Beyond Basics Signature Facial - 155.00

The HydraFacial™ is the only machine of its kind that uses the 4-in-1 Vortex technology of Cleansing, Exfoliation, Extraction, and Hydrating while infusing antioxidants, peptides, and hyaluronic acid.

The HydraFacial™, 2 levels above Intense Pulse Light (IPL), is a non-invasive, non-surgical procedure that delivers instant results with no discomfort or downtime. The procedure is soothing, moisturizing, non-irritating and immediately effective! The HydraFacial™ serums specifically target your skin issues including sun damage, blackheads and whiteheads, enlarged pores, acne, brown spots, uneven skin tone, and early aging fine lines and wrinkles. The best part - it's not just a quick-fix procedure, **Facial Upgrades** offered with The HydraFacial™ exclusively, include: specialty serums (45.00) lymphatic drainage (25.00) and LED treatment for acne and fine lines - (25.00).

Repêchage Biolight Facial - 145.00

Hyper-pigmentation and age spots are no match for the new and innovative Repêchage Biolight Collection. The latest in groundbreaking peptide and marine biotechnology, the Repêchage Biolight Collection is clinically proven to rapidly reduce the appearance of uneven skin tone while battling hyper-pigmentation due to the sun, acne scars and hormonal changes yet enhancing cell renewal and reducing inflammation to reveal radiance that lasts.

Anti-Aging Facials - 120.00

Vita Cura 5-Phase Firming Facial, (a true alternative to surgical rejuvenation), HydraDew Express Lift (Alternative to Botox), 4-Layer Facial (with deep pore cleansing) are all Anti-aging Facials offered at **Beyond Basics** to target the problems of more mature sun-damaged skin. They provide immediate rejuvenating results, brightens the skin, repairs DNA, improve circulation, decrease dryness while firming the skin, to reverse the effects of age, time, sun and stress to help you be the change you want to see!

Microderm-Facial (crystal) - 115.00

Known as a great "lunch time peel," this deep cleansing effectively resurfaces and polishes the skin, while cleaning plugged pores and stimulate collagen growth.

Back Facial - 125.00

One of the most neglected parts of the body is the back. A Back Facial consists of a thorough cleansing, extraction, exfoliation, mask; all of which promote healthy skin.

Frequency: For Intensive Treatment we recommend once a week for 5 weeks. Maintenance: Monthly.

Ask your aesthetician about our Facial Packages at discount prices.



FACIAL UPGRADES

Microdermabrasion – 45.00

- As an upgrade to a facial only

Opti-Firm Eye Contour Treatment – 25.00

- Clinically proven ingredients that work to reduce wrinkles, puffiness and dark circles around the eyes.

Specialty Masques – 25.00

- to reduce appearance of fine lines and wrinkles; reduce pore size, oil and acne.

MEDICAL CHEMICAL PEELS

Illuminize Peel™ - 125.00

This non-invasive very superficial chemical peel utilizes a novel approach to chemical peeling to maximize skin rejuvenating effects with low irritation.

Vitalize Peel® / Rejuvenize Peel™ - 155.00

These are both powerful yet non-damaging chemical peels that help fight the effects of time, sun damage, and environmental assaults. They can take years off aging skin in just minutes. They are the only superficial peels suitable for all skin tones and complexions. While results are predictable and noticeable after just one peel, dramatic results are seen after a series of peels. This is a highly effective rejuvenation procedure with no downtime.

Radiance Blue Peel - 125.00

Obagi Blue Peel RADIANCE is an easy-to-use, salicylic acid-based peel that provides instant glowing results for most skin types. Patient outcomes can be improved for a range of skin concerns and procedures, including photodamage, skin resurfacing, and overall improvement in texture and tone and may be beneficial for darker-skinned patients with pigmentary changes. Superficial exfoliation, with little to no downtime. Provides instant radiance — tighter, smoother, brighter-looking skin after just 1 use.

Add Décolletage to any of these treatments - 20.00

Add Top of Hands to any of these treatments - 20.00

A series of 4 to 6 peels provides best overall results. So ask about our Peel Packages at discount prices.

HOLISTIC MASSAGE THERAPIES

Inform your therapist of the areas that you would like to focus on, and any areas to avoid. During the massage let the therapist know if you feel any discomfort or if you would like a deeper or less pressure. *Remember, this time is for you!*

Beyond Basics Signature Massage

30 Min, 50.00 / 50 Min, 90.00 / 70 Min, 130.00

A classic therapeutic way to relieve stress and increase circulation; leaving you feeling refreshed and energized. Pressure may vary light to medium and may involve some manipulations.

Hot Stone Massage Therapy

50 Min, 99.00

This is a combination of deep heat therapy to warm muscles, relieve stress and induce, creating a balance to the body. The ultimate spa experience!

Deep Tissue Massage

50 Min, 99.00 / 80 Min 140.00

A therapeutic massage that uses a combination of techniques to help release chronic tension and pain while restoring muscle and joint function. A great to treat overused muscles!

Prenatal Massage - 99.00

No Matter what trimester you are in Mom needs to take care of her body and reduce stress while improving circulation. Let our Registered Massage Therapist take care of all your aches and pains throughout your pregnancy.

Couples Massage

Beyond Basics is proud of our lovely, spacious and relaxing massage room where best friends or couples can come and spend a relaxing moment together, while having the massage of their choice.

Ask about our Massage Packages at discount prices.



FOOT & HAND CARE THERAPIES

Pedicures

Diabetes-Safe Pedicure for Men and Women - 70.00

A cleansing and exfoliating pedicure – callus are buffed, toe nails are gently filed to safe length. No cutting and trimming. Your feet will look well groomed in a medical spa where safety precautions are taken.

Classic Pedicure	55.00
SpaRitual Pedicure.....	65.00



Pedicure Upgrades

Hot Stone Therapy	10.00	Paraffin Therapy	10.00	Pedicure Mask	15.00
• To detoxify – Seaweed Mask					
• To moisturize – Hydro-moisture Mask					

While receiving your pedicure you may also receive Eye Brow Shaping –15.00

Manicures

Classic Manicure	25.00	Manicure w Shellac.....	40.00
SpaRitual Manicure.....	45.00	Shape/Buff or Polish	15.00
French Manicure	30.00	Full Set Gel Nails	70.00
Touch UP	10.00	Gel refills	35.00
Polish Change	10.00	Mini Mani/Pedi Combo	65.00

OTHER COSMETIC SERVICES

SEMI-PERMANENT MAKEUP- known as “24 / 7 makeup”

Semi-permanent make up allows you to live an active lifestyle and still wake up every morning looking naturally charming. Great for people with busy lifestyles, cancer survivors, people who have thinning eyebrows or arthritic patients, etc.

Commonly treated areas are: eye liner, lip liner, full lip colour and eyebrows. All clients are collaborated with to find complimentary colours and textures to meet each individual’s needs. Prices vary according to area being treated.

SPRAY TANNING - 65.00

Bronze Biologic premier cosmeceutical tanning solutions are proprietary formulas that use only the finest botanical ingredients available to produce a safe, all natural looking tan that lasts for days, utilizing beet and cane sugar extracts. Bronze Biologic tanning solutions do not and will never contain any harmful or toxic chemicals, dyes, alcohol, additives, perfumes, or artificial colours.

ELECTROLYSIS

The advantage of Electrolysis is that all hair colours and skin types can be guaranteed a wonderful result, even gray and blonde hair. Most areas of the body can be treated, but as each hair needs to be targeted individually, smaller areas such as the upper lip, eyebrows, bikini line, chin, and for men: shoulders, ears, beard line and nose are most suitable for treatment.

Prices start as low as 35.00 per session and vary according time dedicated to area being treated.

UNISEX HAIR REMOVAL

By Aroma - Waxing

Brow shaping only	15.00	Bikini.....	35.00
Brow Art (Shaping, trimming & tinting) ...	30.00	Brazilian	55.00
Upper Lip	15.00	Full Leg	80.00
Chin	20.00	Half Leg.....	55.00
Full Face (eyebrows, lip chin & sides)	75.00	Glutes.....	40.00
Underarms.....	25.00	Stomachs.....	20.00
Arms	55.00	Ears/Toes	10.00

MEDICAL GRADE SKIN CARE PRODUCTS

Beyond Basics' philosophy is that all patients should be placed on a home care regimen of professional pharmaceutical grade skin care products which works at a cellular in order to protect skin care investment and know of skin health for life. Hence we carry OBAGI, SKINMEDICA, REPECHAGE, IMAGE and Jane Iredale skin care products to help our clients achieve faster results to be the change they want to see.

MEDICAL SPECIALTY AESTHETICS

Besides the various surgical enhances such as Breast Augmentation and Reduction, Tummy Tucks, Face Lifts, Liposuction, etc, offered at our affiliate medical facility, The Chrissie Tomlinson Memorial Hospital, **Beyond Basics** is happy to be able to offer our clients the following non-surgical cosmetic procedures for both men and women on a daily basis.

BOTOX®

With real noticeable results, no surgery and no recovery time, it isn't surprising that BOTOX® is consistently ranked the no. 1 non-invasive cosmetic procedure for both men and women. Commonly treated areas are the "11" between the brows, crow's feet and horizontal forehead lines. This cost effective and enhanced look that lasts up to 3-6 months can be yours today; so make an appointment and erase the lines of time!



INJECTABLE FILLERS

The visible signs of facial aging occur over time as a result of sun exposure, heredity and life style. One of the earliest signs of aging is a loss of facial fullness and the development of wrinkles. Softening of these facial lines and the restoration of volume and fullness in the face often can be achieved non-surgically with injectable fillers. If you would like to restore facial contours, or reduce the appearance of lines and creases, injection therapy with soft tissue fillers may be right for you. There are a variety of soft tissue fillers available. Currently, the most popular filler being used is hyaluronic acid which is marketed under the brand names "Juvederm" and "Restylane". Hyaluronic Acid is a natural substance found in our bodies. It is well suited to plump thin lips and fill facial creases such as nasolabial folds. It may also be appropriate for some surface wrinkles and concave scars. The results generally last for 6 to 12 months.

SCLEROTHERAPY (Vein Therapy) - 290.00

Sclerotherapy is the treatment of small, superficial, red, blue or purple veins (thread like lines) that commonly appear on the thighs, calves and ankles. Sclerotherapy has been successfully performed to treat spider veins since the 1920s. It involves the injection of a high concentration saline solution into each vein which actually causes a mild irritation in the walls of the vein causing the vein to shrink and eventually disappear. An average of 2 to 4 treatments are needed and will be repeated no sooner than 4 weeks apart.

LASER SERVICES

Skin Rejuvenation- FotoFacial

Restore your skin to a youthful, healthy looking by effectively treating superficial and benign vascular lesions such as age & sun spots, rosacea, spider veins, and uneven pigmentation by a series of intense pulsed light (IPL).

Skin Refirme

Finally, a non-surgical cosmetic treatment that improves the appearance of aging skin by stimulating new collagen growth, smoothing wrinkles and tightening the underlying tissue resulting in tighter skin and a younger appearance. Targeted areas for maximum effectiveness are the mid and lower face, neck, forehead, brow and around the eyes.

VelaShape – Cellulite Reduction & Body Contouring

Lose inches without Lipo! With VelaShape™ Cellulite Reduction and Body Contouring treatment, **Beyond Basics** has the only FDA-approved completely non-invasive treatment for cellulite reduction and body contouring.

Laser Hair Removal

Kiss your razor goodbye! Toss your tweezers! Lose the wax! With Laser hair removal by Syneron, for all skin colours and for both men and women, you will have permanent reduction of unwanted hair, leaving every inch of your skin as smooth as you want it to be.

triniti™ - Total Facial Renewal in One Visit.

The complete skin program for immediate, visible and long lasting results, triniti™ is a treatment in three steps, performed sequentially, during the same office visit. With the triniti™ skin programme, colour correction, skin tightening and focused dermal remodeling can all be achieved in a single session.

Alex TriVantage

The first device of its kind which is able to effectively treat tattoos of all colours with minimal discomfort. The Alex TriVantage can also treat those hard to get to pigmented areas such as birth marks, age spots, lentigines, Nevus of Ota and Café-au-Lait and freckles with little down-time. Such treatments are every 5-6 weeks apart and are effective and safe for all skin tones.

Matrix IR – elos fractional, for wrinkle reduction

A very quick and effective treatment for mild to moderate wrinkles that enables you to comfortably achieve a more youthful look without down-time.

The eMatrix™ Sublative Rejuvenation

Sublative Rejuvenation is a non-laser and non-light-based treatment that utilizes RF sublation—fractionated bipolar radio frequency technology—to place the heat energy effectively into the dermis where it can produce significant dermal impact with minimal epidermal disruption. Sublative Rejuvenation treatment results in improvements in wrinkles, skin laxity, scars, acne scars, textural irregularities, tone and superficial lesions.

Laser Prices vary and are discussed at the complimentary consult.



Before

After



Before

After

SIMPLE SPA ETIQUETTE

Appointments

To avoid disappointments please call in advance to schedule your treatment, as all our spa/medical services are done strictly by appointments. Walk-ins are always welcome and filled on a first come, first served basis, once a technician is available. Please allow a few minutes prior of your scheduled service for parking and to complete our client forms.

Cancellations

As a courtesy to our clinicians and other clients, please give 24 hour notice for cancellation of any appointment.

Special Health Considerations.

If you have medical conditions (or on any medication), allergies or any physical ailments or disabilities, or if you are pregnant, please notify your receptionist before booking your treatments. If you have any concerns at all please let us know.

GIFT CERTIFICATES

Ideal for holiday gifts, birthdays, anniversaries as well as employees and business clients. Ask about our Various Packages.

Top grade pharmaceutical and cosmeceutical skin care lines & lifestyle products.





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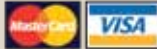
Be the change you want to see!

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Hours of operation:

Mon, Wed. & Fri. 9AM - 5PM; Tues. & Thurs. 10AM - 7PM; Sat. 10AM - 4PM

We accept



and other major cards.

Complimentary Consultations

A Spa For Men And Women To Meet All Your Skin Health Needs