### **Prices**

Revitalise .....

Hair Skin & Nails ..... £150

Sports Recovery ...... £150

Iron Infusion ..... £125

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### **Contact Us:**

Address



**Phone Number** 01277 654 031

Email enquiries@thefacemedic.co.uk

34 Springfield Avenue Hutton, Brentwood CM13 1RE









## What is a Vitamin Infusion?

Vitamin Infusions are bags of fluid, filled with added vitamins and minerals at higher doses, these are administered through a small cannula, directly into your blood stream. Ordinarily, taking vitamins orally is a slow absorption rate through the gastric system, however when administered directly into the bloodstream, they are absorbed much faster and at much higher doses.

Vitamin infusions have been promoted for several medical conditions and according to research can help and treat conditions such as Asthma, Fatigue, Fibromyalgia, Depression & Anxiety, Migraines, Cardiovascular Disease and many more.

Dehydration itself can cause a multitude of health issues, according to research just 1-4% dehydration, can cause headaches and poor concentration. Having a vitamin infusion provides you with not only rehydration, but an array of vitamins too!

## **Benefits of Vitamin Infusions**

- Correcting vitamin imbalance's and deficiencies
- Bypass gastrointestinal system, delivered straight into blood stream for faster absorption
- Delivers higher concentration of vitamins at once
- Treats symptoms such as brain fog, dehydration, fatigue, frequent infection, headaches
- Treats dehydration
- Gives you that energy boost and refreshed feeling

## How does it work?

A cannula is inserted into the inside of the elbow or back of the hand which is like a small straw directly into the vein . The bag of fluid with your chosen added vitamins is then attached and it runs directly into the vein. This is a pain free delivery, just a small scratch to the skin on inserting the cannula, and usually takes around 45 minutes.

# Which Vitamins should I choose?

**Vitamin B** - helps with energy levels, brain fog, and maintains a strong and healthy immune system.

**Vitamin B1** - Provides vital energy for daily function and the nervous system.

**Vitamin B12 -** Keep cells healthy and helps to create DNA, prevents Megaloblastic Anaemia which causes tiredness

**Vitamin C** - This is an antioxidant which is used to break down the toxins that our body is exposed to daily including sunlight, food and chemicals in the air.

**Vitamin D** - This keeps bones and teeth healthy, regulating the calcium and phosphate in our body.

**Biotin (Vitamin H) -** Metabolises fats, and maintains healthy looking skin, hair and nails

Magnesium - Enhances muscle health, sleep and mood

**Riboflavin -** Keeps red blood cells healthy, and full of iron, reducing tiredness and fatigue.

Glutathione - helps to build and repair cells, removes toxins form the body

#### Revitalise Infusion

Our best-selling drip at The Face Medic. Each infusion contains multivitamins, water and salts to help reduce tiredness and fatigue, giving you bounds of energy as well as rehydration. This will improve energy levels, concentration, brain fog, relieve headaches and boost metabolism.

#### Hair Skin & Nails Infusion

Our strengthening, nourishing and glowing HSN restoration drip combines a wealth of vitamins that will help to support healthy hair, glowing skin and super strong nails, giving you that all round glow.

#### Sports Recovery Infusion

Are you a sports fanatic that needs help recharging after a heavy workout? This cutting edge Recovery infusion promotes muscle recovery, and will aid you in achieving your lifestyle goals, speeding up your recovery ready for the next workout, improving stamina and endurance!