CAMDEN'S HOUSE

THE CHRISTMAS COLLECTION

# A little something for YOU. Or someone you love.

*A little time for yourself, at a little less cost.*

WELLNESS & BEAUTY EXPERIENCES

FROM £50



CAMDEN'S HOUSE

THE CHRISTMAS COLLECTION

# THE CHRISTMAS RESET

WHAT'S INCLUDED

1 × Lymphatic Drainage
45 minutes

1 × Full-Body Red Light
20 minutes

## A little time for yourself this Christmas

Lymphatic drainage and full-body red light therapy make up our most popular treatment combination, making it the exact experience we recommend if you're new to us or choosing a gift for someone else. It is the perfect opportunity to lie back, switch off, and ease heavy legs, poor circulation, or festive fatigue. Ideal for anyone looking to naturally refresh their skin, reduce fluid retention, or recover —just be careful, it is highly addictive!

## Your treatments

### Lymphatic Drainage

45 minutes

What it does: Gentle, rhythmic air compression encourages lymphatic flow and helps move excess fluid from the tissues. We use medical-grade The Body Ballancer and Lympha Press.

POTENTIAL BENEFITS

Cellulite • Fluid retention relief • Improved circulation • Muscle recovery • Body contouring • Detoxification • Immune support • Skin elasticity • Stress relief • Heavy legs relief • Metabolic boost

### Full-Body Red Light

20 minutes

What it does: Delivers 5 clinically precise wavelengths of red and near-infrared light (633 nm, 660 nm, 810 nm, 850 nm and 940 nm) simultaneously while you rest in our advanced full-body bed. This multi-wave technology ensures therapeutic delivery across all tissue levels—from surface skin down to deep muscles and joints.

POTENTIAL BENEFITS

Cell regeneration • Inflammation reduction • Pain relief • Collagen production • Wrinkle reduction • Wound healing • Muscle recovery • Joint flexibility • Improved circulation • Sleep optimisation • Energy boost

YOUR CHRISTMAS PRICE

£50

Usual price: £95

**Save £45**

Not sure if this package is right for you? Message us for the contraindications list before purchasing. All treatments are subject to suitability. Individual results vary.

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# ROLL INTO CHRISTMAS

WHAT'S INCLUDED

1 × Roller & Vibra
50 minutes

1 × Lymphatic Drainage
45 minutes

## A little lift for the Festive Season

Roller massage, vibration, and relaxing lymphatic drainage come together in this package to offer a thoughtful treat for yourself or someone special. It is the perfect choice for anyone who enjoys a firmer massage, wants to try something delightfully different, or is looking to ease heavy legs and festive puffiness.

### Bring a friend, free

Our Roller & Vibra room has 4 machines, so you can bring a friend free of charge!

## Your treatments

### Roller & Vibra

With IR and Red Light

POTENTIAL BENEFITS

Deep-tissue relaxation • Cellulite reduction • Skin smoothing • Localised fat breakdown • Enhanced blood circulation • Fast muscle recovery • Accelerated cellular energy • Increased muscle tone • Deep-tissue inflammation reduction • Collagen boosting • Enhanced metabolic rate

### Lymphatic Drainage

POTENTIAL BENEFITS

Cellulite • Fluid retention relief • Improved circulation • Muscle recovery • Body contouring • Detoxification • Immune support • Skin elasticity • Stress relief • Heavy legs relief • Metabolic boost

YOUR CHRISTMAS PRICE

£55

Full price: £90

**Save £35**

Not sure if this package is right for you? Message us for the contraindications list before purchasing. All treatments are subject to suitability. Individual results vary.

CAMDEN'S HOUSE

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# LET IT GLOW

WHAT'S INCLUDED

| | |
|---|---|
| 1 × Korean Hydrogen Facial | 50 minutes |

## A little Christmas glow

Give your skin some attention this festive season. We're proud to be the first clinic in Scotland to introduce the InPure Korean Hydrogen Facial, bringing a little K-Beauty to Camden's House. Inspired by Korea's love of fresh, glass-like skin, this treatment combines deep cleansing, exfoliation and intense hydration for a softer, smoother, fresher-looking complexion with a festive glow. A lovely treat for yourself or someone special.

This advanced 50-minute facial is completely universal for any age, gender, or skin concern. Specially designed for dry, dull, or congested skin, this gentle treatment offers an excellent introduction to facials or a monthly maintenance routine to keep your complexion fresh, clean, and radiant. The experience concludes with a specialized facial sculpting massage—including advanced buccal techniques—to lift, tone, and visibly improve the contour and shape of the face.

## Your treatment

### Korean Hydrogen Facial with INPURE & Buccal Sculpting

This luxurious 50-minute experience brings together high-tech Korean skincare and advanced facial sculpting. Your therapist begins with aqua peeling and hydrogen-enriched water to deeply cleanse, target excess oil, and sweep away dead skin cells using light suction. Next, advanced water galvanic technology uses a gentle current to flood your skin with intensive hydration. The treatment is then elevated with a deep lifting and buccal (intra-oral) massage—a specialised technique that sculpts the jawline, lifts the cheeks, and releases deep facial tension from the inside out. Expect a deeply relaxing yet active treatment that leaves your skin feeling incredibly soft, lifted, and radiant.

YOUR CHRISTMAS PRICE

£65

Full price: £95

**Save £30**

Not sure if this package is right for you? Message us for the contraindications list before purchasing. All treatments are subject to suitability. Individual results vary.

CAMDEN'S HOUSE

THE CHRISTMAS COLLECTION

# MUM'S FIRST CHRISTMAS

WHAT'S INCLUDED

6 × EMS Pelvic Floor Seat Sessions
30 minutes each

## A little care for Mum

Whether you are a brand-new mum or navigating a later stage of motherhood, your body deserves dedicated attention. This targeted collection offers six pelvic floor strengthening sessions designed for mums at any stage of their journey to reclaim confidence, boost bladder control, and rebuild core strength. It is the perfect gift to help you feel like yourself again, offering a comfortable, supportive environment to focus on your well-being this festive season.

## Your treatment

### EMS Pelvic Floor Seat

Experience the effortless power of the advanced Ultra Tesla Seat. It utilises medical-grade electromagnetic stimulation to induce thousands of deep pelvic floor muscle contractions while you remain fully clothed. This non-invasive treatment builds muscle density, maximises core control, and reduces leakage. Expect a unique tingling sensation and deep, noticeable contractions tailored entirely to your personal comfort level across this highly effective initial course.

POTENTIAL BENEFITS

Pelvic floor strengthening • Bladder control restoration • Core stability boost • Postpartum recovery support • Deep muscle toning • Non-invasive rehabilitation • Improved intimate health • Enhanced circulation • Effortless muscle activation • Leakage reduction • Structural pelvic support • Confidence restoration

YOUR CHRISTMAS PRICE

£150

Full price: £420

**Save £270**

Not sure if this package is right for you? Message us for the contraindications list before purchasing. All treatments are subject to suitability. Individual results vary.

CAMDEN'S HOUSE

THE CHRISTMAS COLLECTION

# THE CHRISTMAS PICK & MIX

WHAT'S INCLUDED

- 1 × Lymphatic Drainage — 45 minutes
- 1 × Roller & Vibra — 50 minutes
- 1 × InfraShape Capsule Session - 30 minutes
- 1 × EMS Ultra Tesla Session - 30 minutes
- 1 × PEMF Express — 20 minutes
- 1 × Celluma LED Add-On — 30 minutes

## Find your favourites this Christmas

The ultimate introduction to Camden's House, offering the perfect opportunity to sample our most innovative technologies. Ideal for new clients, gift recipients who love trying new things, or anyone wanting to discover their personal favourites before committing to a full course.

## Your Treatments

### Lymphatic Drainage

Gentle wave-like compression therapy using The Body Ballancer®.

### Roller & Vibra

Heated IR full-body roller massage paired with a custom red-light vibration platform.

### InfraShape Capsule

Reclining cycling under targeted vacuum pressure and deep infrared heat.

### EMS Ultra Tesla

High-intensity electromagnetic muscle sculpting for the core or glutes.

### PEMF Express

Targeted cell-recharging using advanced pulsed electromagnetic field currents.

### Celluma Elite

Professional-grade light panel: choose between wrinkle, acne or hair growth settings.

YOUR CHRISTMAS PRICE

£150

Full price: £265

**Save £115**

An introduction to each treatment, rather than a full course. All treatments are subject to suitability. Individual results vary.

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# RECHARGE & BE MERRY

WHAT'S INCLUDED

2 × Premium PEMF (Pulse XL Pro) — 50 minutes each
1 × PEMF Express — 20 minutes
3 × Full-Body Red Light — 20 minutes each

## Reclaim your energy and power up this Christmas

PEMF therapy is the absolute flagship treatment and most powerful technology at Camden's House. Favoured globally by biohackers, health investors, and those managing chronic conditions, PEMF works on a profound cellular level. Paired with full-body red light therapy, this deeply relaxing treatment supercharges cellular energy, drops inflammation, and leaves you feeling superhuman. It is the ultimate multi-session wellness gift or personal holiday stamina boost.

## Your treatments

### Premium PEMF

Pulse XL Pro · 50 minutes

We use the Pulse XL Pro, widely regarded as the most advanced and exclusive PEMF system in the world, imported directly from the USA. It delivers pulsed electromagnetic fields through specialised applicators, creating a relaxing rhythmic tapping or gentle muscle twitching tailored fully to your comfort.

POTENTIAL BENEFITS

Cellular recharging • Chronic pain relief • Deep tissue repair • Inflammation reduction • Accelerated healing • Enhanced circulation • Bone and joint support • Stress reduction • Nerve regeneration • Detoxification support • Improved mobility • Immune modulation

### Full-Body Red Light

20 minutes

Delivers 5 clinically precise, targeted wavelengths of red and near-infrared light (633 nm, 660 nm, 810 nm, 850 nm and 940 nm) simultaneously while you rest in our advanced light therapy bed. This ensures therapeutic delivery from surface skin down to deep muscles and joints.

POTENTIAL BENEFITS

Cell regeneration • Inflammation reduction • Pain relief • Collagen production • Wrinkle reduction • Wound healing • Muscle recovery • Joint flexibility • Improved circulation • Sleep optimisation • Hair growth • Energy boost

YOUR CHRISTMAS PRICE

£150

Full price: £360

**Save £210**

Not sure if this package is right for you? Message us for the contraindications list before purchasing. All treatments are subject to suitability. Individual results vary.

CAMDEN'S HOUSE

THE CHRISTMAS COLLECTION

# THE NEW YEAR BODY EDIT

WHAT'S INCLUDED

12 × EMS Ultra Tesla Sessions (6 Glutes + 6 Abdomen)
2 × Lymphatic Drainage — 45 minutes each
2 × Roller & Vibra — 50 minutes each
2 × InfraShape Capsule Sessions — 30 minutes

## Start the year with time for you

This elite, results-driven collection combines advanced muscle sculpting, deep-tissue thermal IR massage, exercising under pressure and lymphatic drainage to deliver the ultimate full-body transformation. It is the perfect choice for anyone looking to radically boost abdominal and glute muscle tone, accelerate fat metabolism, and flush away sluggish fluid retention alongside their normal routine. Blending highly active body-shaping sessions with deeply relaxing treatments, this comprehensive course is the ultimate investment to kickstart your body goals and feel strong, sculpted and notice the results quicker.

## Your treatments

### EMS Ultra Tesla

Potential benefits:
Deep muscle toning • Core stability boost • Muscle density sculpting • Non-invasive shaping

### InfraShape Capsule

Potential benefits:
Accelerated calorie burn • Localised fat loss • Cardio conditioning • Metabolic activation

### Roller & Vibra

Potential benefits:
Deep tissue relaxation • Cellulite reduction • Skin smoothing • Enhanced circulation

### Lymphatic Drainage

Potential benefits:
Fluid retention relief • Body detoxification • Heavy legs relief • Immune support

YOUR CHRISTMAS PRICE

£540

Full price: £1,090

**Save £550**

Not sure if this package is right for you? Message us for the contraindications list before purchasing. All treatments are subject to suitability. Individual results vary.

CAMDEN'S HOUSE

THE CHRISTMAS COLLECTION

# MUM'S ULTIMATE CHRISTMAS GIFT

WHAT'S INCLUDED

6 × EMS Ultra Tesla Sessions — 30 minutes
6 × EMS Pelvic Floor Chair Sessions — 30 minutes
2 × Korean Hydrogen Facials (INPURE System) — 50 minutes
2 × Lymphatic Drainage — 45 minutes
2 × Full-Body Red Light — 20 minutes

## For the mum who does so much

Give the most important woman in your life the ultimate gift of deep cellular restoration, muscle sculpting, and luxurious pampering. This comprehensive, multi-session collection is perfectly designed for mums at any stage of their motherhood journey who want to reclaim their core confidence, rebuild pelvic floor strength, and lift their skin. It is a deeply thoughtful way to build true self-care into her calendar, providing a comfortable, elite wellness sanctuary to relax, recharge, and feel completely renewed.

## Your treatments

### EMS Ultra Tesla & Pelvic Floor Chair

Experience dual-action medical-grade electromagnetic stimulation. While the Ultra Tesla induces deep muscle contractions to sculpt the core or glutes, the advanced Ultra Tesla Seat strengthens the pelvic floor.

### Full-Body Red Light

Delivers 5 clinically precise wavelengths of red and near-infrared light (633nm, 660nm, 810nm, 850nm, and 940nm) simultaneously while you rest in our advanced full-body bed.

### Korean Hydrogen Facial

Experience the global K-Beauty secret to flawless skin. This advanced facial infuses the skin with hydrogen-enriched water, utilising precise aqua-peeling suction and galvanic lifting technology to deeply clear pores, banish dullness, and flood the skin with intensive, plumping hydration for an instant festive glow.

### Lymphatic Drainage

Relaxing, wave-like compression therapy that helps with fluid retention, relieves heavy legs and supports immune health.

YOUR CHRISTMAS PRICE

£630

Full price: £1,210

**Save £580**

Subject to suitability. Pelvic floor chair treatment is not suitable during pregnancy or breastfeeding under the device's training guidance. Message us for the contraindications list before purchasing. Individual results vary.

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# THE CHRISTMAS AGE REVERSAL CLINIC

WHAT'S INCLUDED

3 × Zaffiro Face & Neck Sessions — 60 minutes
3 × Zaffiro Hands Sessions — 30 minutes
3 × Full-Body Red Light — 20 minutes

## A little Christmas care for your skin

Give your face, neck, and hands the ultimate gift of firmness, youth, and radiance this festive season. This advanced non-invasive lifting course targets mild skin laxity, fine lines, and uneven texture. Paired with our full-body red light bed, it is the perfect comprehensive treatment if you want to address signs of ageing across your most visible areas while enjoying a relaxing wellness reset. There are only two Zaffiro technologies in Scotland! You can see visible results a few days after the first treatment.

## Your treatments

### Zaffiro Face, Neck & Hands

This state-of-the-art thermolifting technology utilises controlled infrared heating to target deep tissue layers, stimulating fresh collagen production to tighten skin, improve density, and soften fine lines. Expect a deeply warming sensation balanced by protective surface contact cooling, delivering gradual, long-lasting firming results.

### Full-Body Red Light

Delivers 5 clinically precise wavelengths of red and near-infrared light (633nm, 660nm, 810nm, 850nm, and 940nm) simultaneously while you rest in our advanced full-body bed. This multi-wave technology ensures therapeutic delivery across all tissue levels, from surface skin down to deep muscles and joints.

YOUR CHRISTMAS PRICE

£800

Full price: £1,440

**Save £640**

Not sure if this package is right for you? Message us for the contraindications list before purchasing. All treatments are subject to suitability. Individual results vary.

CAMDEN'S HOUSE

# Gifting, made simple.

## 01 BUY ONLINE OR IN PERSON

Visit camdenshouse.com, open the Online Store, select “Packages”, then “Christmas Collections”. You can also purchase at Camden’s House.

## 02 FOR YOU — OR SOMEONE YOU LOVE

There’s no limit to how many collections you can buy. Keep one for yourself or gift it to someone special.

## 03 CHRISTMAS EDITION GIFT CERTIFICATES

Only 300 beautifully packaged physical gift certificates are available, first come, first served. Contact us after purchase to arrange email delivery or collection during opening hours.

## 04 A NOTE ON SUITABILITY

If a gift recipient cannot have a particular treatment because of a health-related contraindication, we can arrange an alternative treatment of similar value.

**OFFERS AVAILABLE**
6 NOV — 26 DEC 2026

**REDEEM YOUR TREATMENTS**
5 DEC 2026 — 31 MAY 2027

**CAMDENSHOUSE.COM · CULTS, ABERDEEN**

Questions? info@camdenshouse.com