

Recharge Rooms

Recharge Rooms is a new generation of wellness and fitness boutiques, offering a unique combination of cutting-edge procedures focused on strengthening immunity, boosting energy levels and stimulating brain activity.

Immunity and Energy Boost

Ozone Sauna

Our Ozone Sauna was designed for a single purpose – strategic wellness. It is probably the only machine which packs so many wellness benefits into a brief 30-minute session. This relaxing procedure strengthens the immune system, boosts energy levels and detoxifies the body down to a cellular level by using a powerful combination of ozone, oxygen, far-infrared, steam, Carbonic Acid, electrotherapy, photon light and aromatherapies.

50min

£75.00

Recharge IV Drip (tailor made IV cocktail)

from £200.00

Recharge Shot (vitamin intramuscular injection)

from £70.00

Vitamin IV infusions and vitamin injections are some of the most effective ways to receive large amounts of vitamins, minerals and amino acids quickly and efficiently. This will help you to recover after a long journey, boost your energy and immunity, as well as improve brain activity.

Skin Wellness (non-invasive)

At Recharge Rooms we use unique and the most advanced needle free technologies and latest products to look after your skin. Our cutting-edge MesoJet machine – the very first in the UK - uses a combination of two technologies to achieve best results:

JET technology to deliver unique antiaging rejuvenating ingredients into deep layers of the face and body skin.

JET RF (Radio Frequency) technology to instantly soothe, firm and tone the skin providing lifting action to contour and rejuvenate face and body skin. Because radio waves stimulate active production of collagen and elastin, the skin tones up immediately.

Fast Glow

30min

£100.00

Fast Glow is a glow-inducing procedure that combines deep detoxifying lymphatic drainage with a powerful needle-free infusion of unique ingredients for fresher, brighter facial skin. Gently exfoliating acids and a lightening complex effectively remove sun and age spots, improving the skin texture and reducing redness. *Do not wash the face for at least one hour after the procedure. Add optional booster infusions (Vitamin B, C, A or Hyaluronic Acid) for £25.*

Signature Rejuvenation

50min

£190.00

This needle-free skin rejuvenating procedure is ideal for deep hydration, improved tone and reduced lines and wrinkles. Based on a complex of 5 Hyaluronic Acids, toning Vitamin B5 and peptides, it is an effective solution against the common signs of ageing, offering a lifting effect that makes skin look and feel young and healthy – silky to the touch. *Add optional booster infusions (Vitamin B, C, A or Hyaluronic Acid) for £25.*

Power Anti-Age	30min	£220.00
<p>The combination of two unique technologies – Radio Frequency procedure and MesoJet Skin infusion - is a scientifically-proven protocol that delivers deep, effective lifting and rejuvenating results. The skin is renewed and repaired, wrinkles are reduced, age and sun spots are much less visible and the skin is boosted at the basal layer with peptides, antioxidants and effective active anti-ageing ingredients. Areas to apply this procedure to include the face, chin, neck and décolleté. <i>Add optional booster infusions (Vitamin B, C, A or Hyaluronic Acid) for £25.</i></p>		
Botox Alternative	50min	£190.00
<p>This procedure combines deep-detoxifying lymphatic drainage with MesoJet, toning Radio Frequency procedure and a deeper needle free-infusion of a peptide called Argireline. Argireline provides an effect very similar to that of Boto, but relaxed the muscles in a natural way, rather than paralyzing them. The result is firmer skin and a subsequent improvement of lines and wrinkles. It is also recommended as an alternative to Botox injections and can be used to prolong effects of Botox. Areas to apply this procedure to include the face, chin, neck, eye contour lines and décolleté. <i>Add optional booster infusions (Vitamin B, C, A or Hyaluronic Acid) for £25.</i></p>		
Red Carpet	90min	£300.00
<p>Get red carpet-ready in an instant with an all-stage luxury procedure than includes lymphatic drainage, Radio Frequency procedure, MesoJet Skin infusion and booster and a neck and hand massage. This combination provides an extremely powerful toning and brightening effect, making skin look young and healthy. It's a particularly effective 'last-minute' procedure for hydration, brightening, firming and lifting the skin. <i>Red Carpet procedure is recommended 3-4 hours before a special event as makeup can only be applied 1.5 hours after the procedure.</i></p>		
Sensitive Face (Acne and Rosacea)	50min	£200.00
<p>This special functional formula is recommended for treating extremely sensitive skin which is often prone to acne and rosacea. It provides powerful anti-inflammatory and anti-bacterial benefits, as well as glowing and anti-ageing effects. It purifies the pores from toxins and removes dead cells and provides protection against UV rays, ensuring a brighter, glowing complexion. It is also highly recommended for oily skin. <i>Add optional booster infusions (Vitamin B, C, A or Hyaluronic Acid) for £25.</i></p>		
Lips treatment (needle free technique)		£45.00
<p>A Jet Peel & Hyaluronic Acid infusion, applied with a 'Magic' handpiece for MesoJet Skin. This procedure can be booked only in conjunction with one of the skin procedures.</p>		
Velvet Hands	45min	£90.00
<p>Help your hands recover from the effects of sun, cold, harsh hand sanitisers and drying antibacterial handwashes. An ideal combination of gentle Jet massage with detox water, light exfoliation and infusion of lightening ingredients (for sunspots) and the most efficient hydrating, invigorating and brightening ingredients.</p>		

Body Wellness

Body Contouring

The procedure combines traditional methods of body contouring with advanced technologies and professional organic products in order to achieve best results. It slims problem areas detoxifies, cleanses and hydrates the skin, relaxes muscles, firms and tones the skin, reduces appearance of cellulite, exfoliates the skin by removing dead cells lifts, contour and rejuvenate problem areas. *Recommended to combine with Ozone sauna procedure.*

	60min	£200.00
Body Contouring (brushing exfoliation, radio-frequency, anti-cellulite gel)	90min	£250.00
	60min	£270.00
Body Contouring with Seaweed Wrapping	90min	£350.00

Reflexology Massage

Reflexology is based on the principle that there are areas and points on the feet, hands, and face that are connected through the nervous system to corresponding parts of the body. When pressure is applied to these areas and points it stimulates the movement of energy along the nerve channels and helps activate self-healing mechanisms and restore balance in the body. Benefits include relaxation, improvement of your nerve function and brain power, better blood circulation, elimination of toxins, boost of energy levels and metabolism, pain relief. Expect to feel lighter, freer and recharged after a session.

	60min	£125.00
Foot Reflexology		
	60min	£135.00
Face Reflexology (Japanese Face Massage)		

Remedial Massage

Remedial massage is a hands on therapy which aims to treat muscles that are damaged, knotted, tense or immobile. Remedial massage is different to other forms of gentle relaxation massage. Our remedial massage therapists undergo extensive training to gain advanced knowledge of anatomy and physiology. It is used for the prevention and management of injuries, particularly soft tissue injuries. Remedial massage is so much more than a "feel-good" massage. Specific techniques are used to address your injury, postural or joint issues. It can be performed in combination with our ozone/infrared sauna treatment which warms up and prepares your body for the massage.

	60min	£135.00
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Hair Wellness

JET Hair: Scalp Peeling and Hair Nourishment 90min **£320.00**

This incredibly efficient, needle-free procedure utilises a unique formula of antioxidants, an innovative complex of biomimetic peptides combined with red clover extract, a special compound of herbal ingredients that targets stem cells and human fibroblasts from the dermal papilla to encourage hair growth and reduce hair loss. Three to four procedures per year are recommended keeping the scalp clean and help rejuvenate the hair.

Hair Rejuvenation and Growth 60min **£330.00**

An infusion of multifunctional peptides for effective correction of non-scarring alopecia and enhancement of hair growth is applied using micro-needling techniques. This procedure is recommended for hormonal or genetic hair loss, hair loss caused by stress, tiredness and pregnancy and dehydrated, sick hair. Recommended course of 7-10 procedures every 7-10 days.

PRP (Platelet-Rich Plasma) **£380.00**

The PRP procedure for hair is a three-step medical procedure in which a person's blood is drawn, processed and then re-injected into the scalp. Platelets within the blood plasma contain a large number of growth factors. These growth factors stimulate dormant hair follicles and also produce an increased amount of collagen. This, in turn, thickens the hair, making it look healthier. The recommended course is 3 procedures over a period of 7 months, with the first two procedures within 30 days and the 3rd one, 6 months later.

Packages

Quick Fix 50min **£170.00**

Quick procedure: lymphatic face massage with our Mesojet technology, face infusion of vitamins and minerals to add glow and brilliance, including vitamin booster; plus, a session in ozone sauna to detoxify and activate immunity.

Twin Recharge 60min **£330.00**

Get 15% off by sharing your Recharge experience with a friend or a loved one. Get vitamins and minerals infused into your face skin with needle free Mesojet technology to make it glow while your companion is enjoying detoxifying and immune boosting experience in our Ozone Sauna; then switch places.

Recharge Boost 120min **£520.00**

This package includes a relaxing session in our detoxifying Ozone/Infrared sauna, followed by one of our top facial procedures "Power Anti Age+booster" which is performed using radio frequency technology to stimulate collagen and elastin production; and MesoJet technology to infuse vitamins and minerals up to 4mm deep inside the skin without a needle. While having the facial treatment you will be getting a vitamin boost with one of our Recharge IV drips.

BOOKINGS

Bookings can be made by emailing mt@rechargerooms.co.uk or calling +44 7719 119050.

We highly recommended booking your treatment in advance to ensure that your preferred time and service is available.

CANCELLATION POLICY

Guests who wish to change or cancel an appointment are asked to give 24 hours' notice.

Cancellations within 24 hours will incur 100% charge.