

An aerial photograph of a large, multi-story resort building with a prominent glass skylight on its roof. The building is surrounded by lush greenery, including a golf course and a swimming pool. A white tent is visible on the lawn to the right of the building. The text "BLOOM LONGEVITY LABS TREATMENT BROCHURE" is overlaid at the bottom of the image.

BLOOM LONGEVITY LABS
TREATMENT BROCHURE



BLOOM

LONGEVITY LABS

At Bloom Longevity Labs, we know true beauty starts with how you feel. It is about taking the time to understand what you need to make sure you are comfortable being in your own, gorgeous skin. Growing older doesn't have to cause an inevitable decline in health. By recognising the impact of lifestyle choices, you can direct your own health journey and slow down the ageing process.

Rooted in science and backed by over a decade of clinical experience, Dr Lubna is bringing a modern approach to skin wellness. Translating cutting-edge advances in the fields of regenerative and longevity science into skin specific protocols and healthy ageing programmes, she is pushing the boundaries of conventional cosmetic and aesthetic practices.

Grantley Hall is the epitome of luxury and style, offering a place to focus on well-being, self-care and comfort, the core elements of a longevity journey. Guests who enter this nurturing environment will find an ideal setting for embracing longevity practices. Together with the spectacular Three Graces Spa and ELITE Gym, guests are offered a holistic and comprehensive experience, positioning Grantley Hall as the natural choice to embody and support the Bloom Longevity Labs Residency.



Three Graces
Spa



THE CONSULTATION

90 minutes | £350 - The Consultation price is redeemable against your treatment plan

Beauty and wellness begin with understanding your unique concerns and uncovering the deeper factors that affect your skin, hair and overall health. Dr Lubna's 360-degree bespoke consultation is a transformative experience designed to identify root causes and provide you with tailored, evidence-based solutions that empower you to feel your best.

This personalised consultation is an educational journey to help you understand your body's needs and make informed decisions about your care. Whether your concerns are skin-related, hair-focused or health challenges, Dr Lubna's expertise ensures you receive solutions that are specific to you.

For skin concerns, an OBSERV skin analysis scan is performed to reveal the effects of stressors on the skin and identify personalised care strategies. The Consultation also includes the TrichoTest™, a best-in-class test that uses your genetic data and patient history to address scalp and hair issues such as androgenic alopecia, alopecia areata and telogen effluvium. The insights from this test help design bespoke treatments, including the most effective topical, oral and mesotherapy options to restore and maintain hair health.

This integrated approach not only addresses your immediate concerns but also empowers you with knowledge to understand root causes and build long-term strategies for overall vitality and confidence.

THE SKIN LAB

THE YOUNG GOOSE PEEL SYSTEM

Revolutionise your skincare with the Young Goose Peel System, a breakthrough in skin regeneration that repairs cellular damage accumulated over time. This treatment rejuvenates the skin at a cellular level, improving tone, texture and vitality. Perfect for those aiming to elevate their skincare routine.

LONGEVITY ENZYME PEEL

30 mins | £150
Course of three sessions | £300

Uncover a transcendent glow with the Longevity Enzyme Peel, a gentle yet powerful treatment combining fruit enzymes, centella asiatica and marine agents. It improves skin clarity, reduces redness, refines pores and firms the skin without abrasive acids. Achieve a holistic upgrade in skin tone and texture with this cutting-edge therapy.

Three to six treatments are recommended, spaced one to two weeks apart, with maintenance treatments every three to six months.

SUITABLE FOR ALL SKIN TYPES, INCLUDING SENSITIVE, DEHYDRATED, MATURE AND PHOTODAMAGED SKIN.

COPPER PEPTIDE PEEL PHASE ONE

30 mins | £175

Embark on your skincare transformation with phase one of the Copper Peptide Peel. This glycolic acid treatment, enhanced with copper peptides, refines skin texture, smooths lines, minimises scars and harmonises tone. Ideal for those seeking moderate improvement and a radiant complexion.

Four to six treatments are recommended, spaced one to two weeks apart, with maintenance treatments every three to six months.

SUITABLE FOR NORMAL, OILY AND COMBINATION SKIN TYPES. NOT RECOMMENDED FOR VERY SENSITIVE, VERY DRY OR ACTIVE ROSACEA. SUITABLE FOR ALL FITZPATRICK TYPES.

COPPER PEPTIDE PEEL PHASE TWO

30 mins | £175

Progress to the next level with Copper Peptide Peel Phase Two, designed for profound skin rejuvenation. This unbuffered glycolic acid formulation with copper peptides targets stubborn imperfections, minimises scars and enhances clarity for a renewed skin story with advanced results.

Four to six treatments are recommended, spaced one to two weeks apart, with maintenance treatments every three to six months.

SUITABLE FOR NORMAL, OILY AND COMBINATION SKIN TYPES. CLIENTS WITH SENSITIVE, VERY DRY SKIN OR ACTIVE ROSACEA ARE ADVISED AGAINST THIS TREATMENT. SUITABLE FOR FITZPATRICK TYPES 1-3 OR TYPES 4-5 IF THERE HAS BEEN NO ISSUES AFTER COPPER PEPTIDE PEEL PHASE 1.

FACIALS

Experience unparalleled skin rejuvenation with exclusive facials by Dr Lubna at the Three Graces Spa. These bespoke treatments are designed to repair, hydrate and restore your skin, leaving it glowing, youthful and refreshed.

AWVI SIGNATURE 'THE SKIN METHOD' FACIAL

60 mins | £350

The AWvi Signature 'The Skin Method' Facial is a comprehensive longevity protocol designed to repair and nurture sensitised skin and restore its natural barrier. Focused on the skin's microbiome and the gut-skin axis, this facial goes beyond surface-level treatments, addressing root causes of skin concerns for true, long-lasting skin health. Featuring four key products that enhance your skin's natural mechanisms, it supports anti-ageing while promoting healthier skin from within.

Includes a month's supply of the skin biotic supplement and tailored skincare products to continue your transformation at home.

LYMA RED CARPET FACIAL

45 mins | £300

Elevate your skincare with the LYMA Red Carpet Facial, a revolutionary treatment combining LYMA Laser technology and premium products. Featuring an oxygen device and connective tissue massage, this sculpts and rejuvenates, reducing fine lines, wrinkles and sagging while restoring a radiant glow. LYMA's low-level red light technology stimulates collagen, enhances nutrient absorption and supports long-lasting skin renewal. Perfect for preparing your skin for a big event or achieving that celebrity-level glow.

Optional purchase of the LYMA device is available for continued skin health at home.

OXYGEN HYPERBARIC LIFTING FACIAL

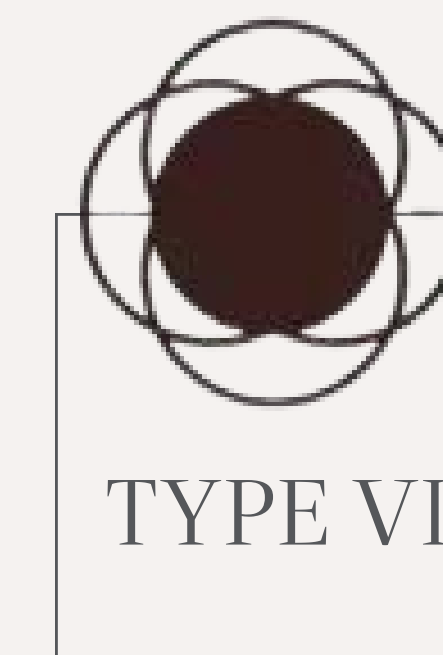
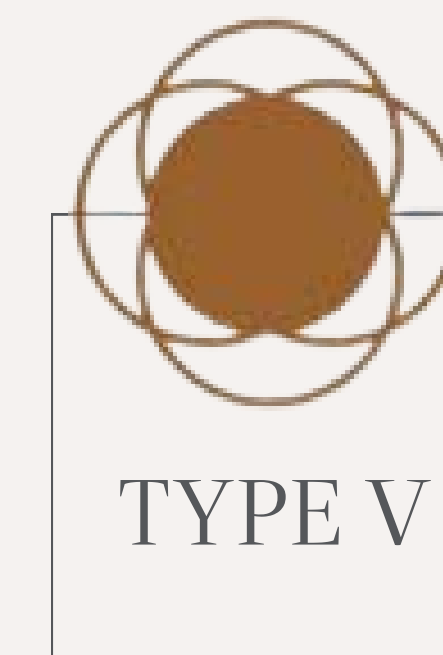
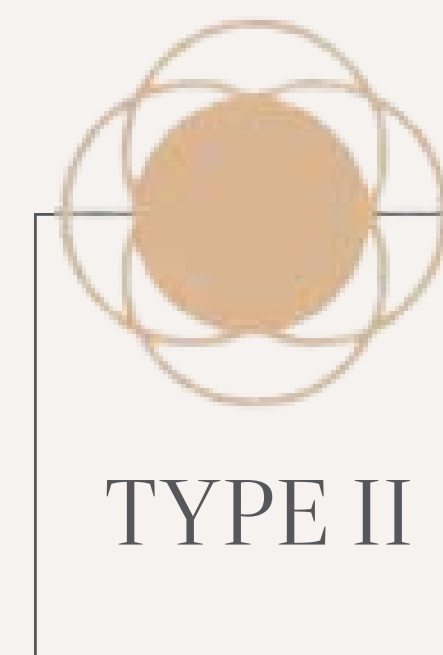
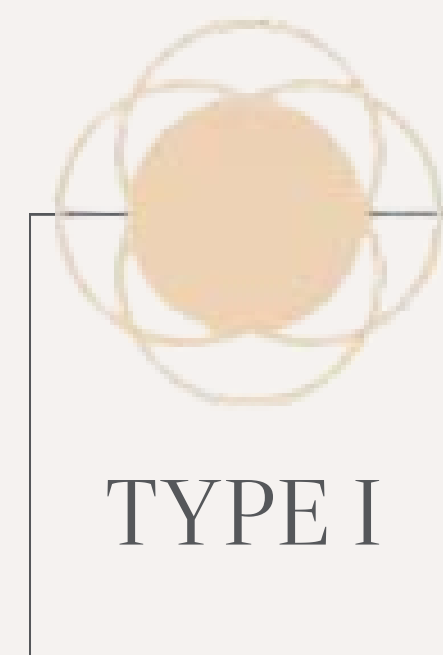
45 mins | £250

Rejuvenate and hydrate with the Oxygen Hyperbaric Lifting Facial, designed to replicate the restorative effects of Hyperbaric Oxygen Therapy. This facial delivers instant and long-term hydration, improving skin elasticity and vitality while combating the visible effects of ageing and environmental stress. It revitalises dull, tired skin, leaving it plump, smooth and radiant. Using a powerful NRF2 pathway activator, the mask included in the facial protects skin cells and promotes long-lasting repair. This luxurious facial includes an oxygen dome and LED therapy.

Ideal for travel recovery, mature skin or hormone-related skin issues. Regular sessions enhance hydration and promote youthful skin resilience.

FITZPATRICK SCALE

The Fitzpatrick scale classifies skin types based on their reaction to sun exposure. It helps in customising skincare.



THE ACULIFT

£250

Facial acupuncture stimulates circulation and collagen production through micro-injuries, promoting firmer, more youthful skin. With consistent sessions, it can reduce fine lines, improve texture and enhance firmness. It is also effective for reducing puffiness, acne and under-eye dark circles, often referred to as an “acupuncture facelift.” This treatment improves skin hydration, boosts elasticity and restores a healthy glow. It minimises fine lines, lifts sagging skin and clears signs of tiredness like dark circles and puffiness. By reducing inflammation and improving blood flow, it can be helpful for blemish-prone skin, rosacea, facial tics and Bell’s Palsy.

SKIN HEALTH JOURNEY PACKAGE

THE HEALTHY SKIN PLAN

Three months | £1,500

Transform your skin with our comprehensive corrective prescription plan, carefully designed to address your unique skin concerns, reprogram skin behaviour and target root causes at a cellular level. This holistic approach begins with an in-depth analysis of your current skincare routine and lifestyle habits, providing insights into the factors that may be impacting your skin health.

The plan includes a tailored elimination diet to identify and remove potential triggers, followed by a gradual reintroduction phase guided by a personalised strategy. This all-inclusive program provides access to medical-grade, personalised skincare products, targeted supplementation and advanced testing to uncover hidden issues such as food intolerances, gut health imbalances or microbiome disruptions. With expert support and a results-driven approach, you can expect to see visible improvements and regain confidence in your skin.

ADD ONS

OXYGEN DOME

15 mins | £70

RED LIGHT

15 mins | £70

EXOSOMES

£300



THE SIX

(BLOOM'S SIGNATURE REGENERATIVE FACIAL)

"I am excited to introduce my one-of-a-kind Signature Facial, inspired by my deep understanding of skin physiology and biology, as well as my scientific knowledge of what the skin truly needs. After years of studying the latest regenerative treatments, I have curated The SIX - a revolutionary facial that improves skin at the cellular level, not just on the surface.

This treatment is a cocktail elixir in a syringe, combining powerful nutrients and technologies tailored specifically to your skin's needs. Whether it's for the face or body, you can choose the nutrients most beneficial for you, creating a personalised approach that ensures remarkable results every time.

Perfect for those who want something more than traditional skincare but less than fillers, The SIX rejuvenates the skin, delivering healthier, radiant and resilient results without adding volume. It is a truly transformative experience that will leave your skin looking refreshed and glowing, with results that last."

THE SIX MENU

MICRONEEDLING

Microneedling is one of the most versatile treatments in the beauty and dermatology world. By creating controlled microtrauma, it triggers the skin's natural processes, enhancing texture and appearance. The procedure boosts the absorption of serums by up to 70%, promoting collagen and elastin production. Over time, microneedling improves skin structure, texture and tone, providing a rejuvenated and refreshed look. This effective treatment uses your skin's own healing mechanisms to deliver visible results and enhance overall skin health.

PRF

PRF (Platelet-Rich Fibrin) is an advanced, regenerative treatment that uses your own cells to rejuvenate the skin. It is highly effective on its own but even more powerful when combined with other treatments like The SIX. PRF stimulates collagen production, repairs tissue and enhances skin texture. Ideal for those looking to improve skin tone, elasticity and overall vitality, PRF offers natural, long-lasting results. This treatment harnesses the power of your body's healing abilities to create smoother, younger-looking skin.

POLYNUCLEOTIDES

Polynucleotides, the building blocks of DNA and RNA, are gaining attention in aesthetic medicine for their unique ability to rejuvenate the skin. These compounds stimulate cell renewal, promote collagen production and enhance elasticity, leading to a smoother, firmer appearance. Polynucleotides help refine pores and give the skin a radiant, hydrated glow. Particularly beneficial for those experiencing volume loss around the eyes, this treatment turbocharges your skin's natural healing process and supports healthy, youthful-looking skin with long-term benefits.

PEPTIDES (AMINO ACIDS)

Peptides, the building blocks of proteins, are essential for healthy skin. Amino acids help maintain skin hydration, reduce fine lines and promote the production of antioxidants. They build resilience and help maintain a healthy skin appearance. For those prioritising collagen production, especially if dealing with dietary deficiencies or absorption issues, peptides are a great addition to your treatment plan. This powerful treatment helps improve skin structure, restores moisture and strengthens your skin's overall health, delivering smoother and firmer skin.

PROFHILO®

Profhilo® is a highly concentrated hyaluronic acid treatment that deeply hydrates and plumps the skin. It is perfect for those with dry skin or those seeking to reduce fine lines and wrinkles. Profhilo® helps to remodel the skin, offering intense hydration and stimulating collagen production to improve skin elasticity. Known for its ability to smooth out fine lines, it is also ideal for restoring skin volume. This treatment offers long-lasting, natural results, leaving the skin revitalised, youthful and glowing.

EXOSOMES

Exosomes represent the cutting-edge of regenerative medicine, facilitating cellular regeneration and immune response modulation. These tiny vesicles, released by stem cells, act as messengers, carrying proteins and genetic information to enhance cell communication. Exosome therapy can reduce inflammation, stimulate healing and promote tissue regeneration, helping your skin recover and rejuvenate at a cellular level. This innovative therapy improves skin texture, reduces signs of ageing and boosts overall skin health by encouraging optimal cell function and repair.

PRICING

Embark on a bespoke, personalised treatment that combines a tailored blend of advanced treatments, nutrients and technologies, all customised to your unique skin needs. One to three treatments are recommended for long-term results.

90 minute session | £950
Course of three sessions | £2,500

THE HAIR LAB

BLOOM FOLLICULAR REGENERATION

60 mins | £595 | Course of 6 for £2,995

Restoring hair follicle function for a healthier scalp and thicker, stronger hair.

A unique protocol for thinning, sparse or balding heads of hair, combining innovating evidenced-based measures in one effective treatment (PRP, plant derived Exosomes, growth factors, microneedling and Red Light Therapy). The result is a noticeable reduction in shedding, increasing hair growth and improved density in existing hair.

Purasomes HSC50+ Hair & Scalp Complex is designed to stop hair loss and regenerate hair follicles to restore their normal functioning. It resets the strength of the dermal papilla, stopping hair loss and creating a better environment for hair to grow. This regulates the hair growth cycle, allowing stronger and thicker hair to grow through on a healthy and hydrated scalp.

Purasomes HSC50+ Hair & Scalp Complex is delivered to the scalp via microneedling. The frequency of treatments depend on individual patient requirements. The treatment combines Purasomes HSC50+ Hair & Scalp Complex application with Plinest Hair or PRP treatment to further stimulate hair growth is recommended, following a 120 day protocol.

THE BODY LAB

INITIAL HEALTH CONSULTATION

60 mins | £250

A health consultation designed to prescribe a lifestyle strategy nutritional plan and supplementation to support and enhance the effect of prescribed exercise programmes. Including a STYKU body composition analysis, VO2 max and overall health biomarkers.

RADIOFREQUENCY MICRONEEDLING

60 mins | £650+ (Dependent on the treatment area)

A non-surgical skin rejuvenation procedure that uses radiofrequency energy and fine needles to improve skin tone and texture. Radiofrequency stimulates the body to produce new collagen and elastin, which can improve the appearance of wrinkles, acne scars, pores and other signs of ageing.

LONGEVITY SERVICES

BLOOMGEVITY TRANSFORMATIONAL PACKAGE

12 weeks | £3,000

Target and support the processes that drive ageing and add years to your life. Ideal for those seeking the ultimate longevity and an increase in their health span, as well as those looking to prevent cardiovascular disease, recover from long COVID or manage chronic fatigue syndrome.

This package includes:

- 2 x In depth consultations
- 2 x Consultations with an experienced nutritionist and personal trainer
- Summary report including nutrition plan, lifestyle protocols and a movement plan
- Up to one hour email support between consultations
- Comprehensive blood tests
- DUTCH hormone and stress test
- GUT health and microbiome test
- CGM blood sugar monitoring
- Biological age epigenetic test

SPECIALIST TREATMENTS

Grantley Hall's ELITE Gym offers a comprehensive range of cutting-edge services and equipment, all designed to support you in achieving a healthier and more fulfilling lifestyle.

BODY COMPOSITION ANALYSIS

30 - 45 mins | £90

Our TANITA Bio-Impedance Analysis machine provides medically approved, accurate information on body composition, including muscle mass, fat mass and metabolic age.

StyKu, our 3D body scanner, uses infrared sensors to measure and visualise body shape, helping track progress in body composition, body fat, muscle mass and waist size.

WHOLE BODY CRYOTHERAPY

10 mins | £90

Five sessions for £350 | 10 sessions for £600

Our Cryotherapy Unit provides a full-body cold air experience in a temperature-controlled chamber for three minutes.

Key benefits include reducing chronic inflammation, alleviating arthritic pain in the joints, promoting healthier skin and enhancing mood and sleep quality.

EXERCISE NUTRITION PLANNING

45 - 60 mins | £180

Optimise your fitness results with a personalised exercise nutrition planning session. Tailored to your unique goals, this session focuses on balancing macronutrients, fueling performance and supporting recovery. Whether you are aiming to build muscle, lose fat or enhance endurance, receive expert guidance to achieve peak performance and long-term health.

PERSONAL TRAINING SESSIONS

60 mins | £60 | 10 sessions for £500

Achieve your fitness goals with personalised training sessions designed just for you. Whether you are looking to build strength, increase endurance or improve flexibility, each session is tailored to your fitness level and objectives. Receive expert guidance, motivation and a structured plan to ensure consistent progress and lasting results.



ABOUT DR LUBNA

Dr Lubna Khan-Salim practices biomimetic aesthetics, which aligns beauty with nature by enhancing the skin's natural regenerative processes. She believes in a holistic approach to skincare focusing on the connection between the mind, gut and skin, while emphasising the importance of nutrition, sleep, stress management and targeted supplements. With a deep understanding of epigenetics, Dr Lubna works to achieve healthy, radiant skin from the inside out, moving away from traditional anti-ageing concepts. Instead, she advocates for a pro-ageing philosophy, viewing ageing as a privilege and encouraging women to embrace their natural beauty with confidence.

Dr Lubna's approach is rooted in scientific knowledge and evidence-based treatments, using advanced technologies to improve skin at a cellular level. She prioritises education, helping her patients understand the real science behind skincare and how lifestyle factors impact long-term health and appearance. Her ethos promotes the idea that true beauty is not about fighting ageing but about maintaining strength, vitality and balance through the process.



HOW TO BOOK

To book or enquire further about treatments with Dr Lubna, please get in touch by emailing lubna.kahn-salim@grantleyhall.co.uk or call 01765 620070.