



## Integrative Medicine Menu

### Consultations

#### **Initial Consultation**

**Duration:** 30 minutes

**Components:** Verbal consultation

A short consultation with our Integrative Medicine Doctor, offering an overview of the treatments and services at Soneva Soul.

#### **Comprehensive Consultation**

**Duration:** 60 minutes

**Components:** Verbal consultation

A consultation with our Integrative Medicine Doctor ensures that you follow the correct treatment pathway to achieve the best possible results for your wellness goals. The consultation will cover every aspect of your health, with the doctor offering advice on nutrition and possible lifestyle changes, as well as recommending homeopathic supplementation and appropriate regenerative procedural interventions.

### Regenerative Treatments

#### **Major Autohemotherapy**

**Duration:** 45 minutes

**Components:** A small amount of blood is taken, infused with ozone and reinjected into the body

This powerful therapy is used to address and heal many chronic health conditions. A small amount of blood is taken, infused with ozone and reinjected into the body, leaving you feeling energised, with increased mental clarity.

#### **Major Autohemotherapy and Ultra Violet Blood Irradiation (UVBI)**

**Duration:** 45 minutes

**Components:** Major Autohemotherapy with additional ultra violet sterilisation

This treatment combines the benefits of Major Autohemotherapy with UVBI to irradiate all kinds of chronic infections.

#### **Hyperbaric Oxygen Therapy**

**Duration:** 60 to 90 minutes

**Components:** Increases the amount of O<sub>2</sub> in the body while under pressure

This treatment takes place in a pressurised environment as you breathe 100 percent oxygen. During the process, the tissues are flooded with beneficial oxygen, promoting cellular tissue healing, regeneration and detoxification.

#### **Cryotherapy**

**Duration:** 3 minutes

**Components:** Relaxing in extreme cold temperatures

Two cryotherapy chambers expose the body to extremely cold temperatures of -60 and -110°C. A highly effective treatment for rejuvenating and energising both body and mind, cryotherapy can also aid the recovery of muscle or tissue damage and sports injuries, and improve symptoms in a range of other medical conditions.



## Regenerative Medicine

### Connective Tissue Injections

#### **Prolotherapy**

**Duration:** 30 minutes

**Components:** Injection

Prolotherapy is an injection-based treatment for chronic musculoskeletal pain. A relatively small volume of an irritant or other sterile solution is injected at specific sites on and near painful ligaments and tendons. This draws immune cells and blood flow to the region, flushing out toxins, bringing in new nutrients and healing the tissues.

#### **Trigger Point Injections**

**Duration:** 30 minutes

**Components:** Injection

Treating the pain at the trigger point is highly effective, helping the muscle relax and reducing inflammation. After a trigger point injection, blood flow to the area improves, flushing toxins, lactic acid and debris from the area, and allowing nourishing and oxygenated fresh blood to perfuse.

#### **Prolozone Injections**

**Duration:** 30 minutes

**Components:** Injection

Prolozone combines the principles of neural therapy, Prolotherapy and ozone therapy, injecting a combination of procaine, anti-inflammatory medications, homeopathics, vitamins, minerals, proliferatives and ozone/oxygen gas into degenerated or injured joints and painful areas. Prolozone injection therapy effectively treats arthritic joints, spinal and joint pain, trigger points and a number of other ailments.

### Joint Injections

#### **Platelet-Rich Plasma (PRP) Injections**

**Duration:** 50 minutes

**Components:** Injection using treated blood

This treatment takes a small sample of your blood, which is placed in a centrifuge to create platelet-rich plasma. When injected into a target area, this can trigger tissue regeneration and stimulate the healing process, speeding up the recovery time for injuries and decreasing pain.

#### **Prolozone Injections**

**Duration:** 30 minutes

**Components:** Injection

Prolozone combines the principles of neural therapy, Prolotherapy and ozone therapy, injecting a combination of procaine, anti-inflammatory medications, homeopathics, vitamins, minerals, proliferatives and ozone/oxygen gas into degenerated or injured joints and painful areas. Prolozone injection therapy effectively treats arthritic joints, spinal and joint pain, trigger points and a number of other ailments.



## **Microneedling**

### **Microneedling with Hyaluronic Acid**

**Duration:** 60 minutes

**Components:** Skin needling

This non-invasive procedure uses tiny needles to create micro channels in the skin. This activates the body's natural immune response, sending blood and growth factors to the area, increasing collagen production, reducing fine lines and wrinkles and tightening skin. This treatment is effective in the reduction of acne scarring, sun damage and stretch marks.

### **Microneedling with PRP**

**Duration:** 80 minutes

**Components:** Skin needling with PRP

Combining microneedling with platelet-rich plasma introduces growth hormone and growth factors to significantly increase the rate of tissue regeneration. PRP also helps to speed up the healing process while stimulating the skin to repair and renew itself at a faster rate, increasing the skin's elasticity, improving signs of ageing and addressing sun damage.

### **Hair Restoration with PRP**

**Duration:** 80 minutes

**Components:** Skin needling with PRP

A non-surgical procedure, platelet-rich plasma is effective in treating thinning hair and slowing or stopping the progression of hair loss. The treatment can tackle both male and female pattern baldness and alopecia as it encourages the growth of existing hair follicles, making your hair appear fuller and healthier without resorting to surgery.



## Price List

Treatment Name	Duration (Mins)	Price
Initial Consultation	30	-
Comprehensive Consultation with Integrative Medicine Doctor	60	\$500
Follow up appointments with Doctor	30	\$200
<b>Regenerative Treatments</b>		
Major Autohemotherapy	45	\$250
Major Autohemotherapy + UVBI	45	\$350
Major Autohemotherapy + UVBI (Course of three)	135	\$750
Major Autohemotherapy + UVBI (Course of five)	225	\$1,000
Hyperbaric Oxygen therapy	90	\$200
Hyperbaric Oxygen therapy (Course of 3 x 60 minutes)		\$480
Hyperbaric Oxygen therapy (Course of 5 x 60 minutes)		\$750
Hyperbaric Oxygen therapy (Course of 10 x 60 minutes)		\$1,400
Cryotherapy	3	\$150
Cryotherapy (Course of 3 x 3 minutes)	9	\$360
Cryotherapy (Course of 5 x 3 minutes)	15	\$560
Cryotherapy (Course of 10 x 3 minutes)	50	\$1,050
<b>Regenerative Medicine</b>		
<b>Connective tissue injections</b>		
Prolotherapy	30	\$450
Prolotherapy (course of 3)		\$1,080
Prolotherapy (course of 5)		\$1,650
Trigger point injections	30	\$225
Trigger point injections (course of 3)		\$540
Trigger point injections (course of 5)		\$845
Prolozone injections	30	\$600
Prolozone injections (course of 3)		\$1,440
Prolozone Injections (course of 5)		\$2,250
<b>Joint Injections</b>		
Platelet-Rich-Plasma (PRP) injections	50	\$1,500
Additional joints (PRP)	-	\$1,000
Prolozone injections	30	\$600
Additional joints	-	\$400
<b>Microneedling</b>		
Microneedling with hyaluronic acid	60	\$600
Per additional body area (face, neck, chest)		\$300
Microneedling with PRP	60	\$1,500
Per additional body area (face, neck, chest)		\$300
Hair restoration with PRP	60	\$1,500