

WELCOME TO
GAZELLI
HOUSE

We have curated our services at Gazelli to provide everything you might need for mind, body and soul under the roof of our three story London townhouse. From treatments designed exclusively by our team, to award-winning skincare and body massage, and a collection of visiting practitioners - nutrition, fertility, acupuncture, spirituality, coaching and more - we know you'll feel confident in the hands of our experts.



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www.gazelli.com

[@gazelliwellbeing](https://www.instagram.com/gazelliwellbeing)



‘We believe that the happiest people are those who have a healthy balance between their emotional and physical being; at Gazelli House, tapping into this connection is at the root of everything we do. Gazelli House is here to empower you on your journey to becoming your happiest, most authentic self and you are welcome any time.

It’s not just our home, it’s yours.’

Jamila

Jamila Askarova, Founder



GAZELLI FACE TREATMENTS



*With each treatment, please allow a 15 minute consultation
on top of specified time frame.*

01

Energising Booster Facial

Uplifts and energises for a gleaming complexion with this fast, effective workout for your face. Our super stimulating treatment uses Gua Sha as the core element to boost circulation and plump the skin.

30 min | £65



02

Radiance Facial

Restores radiance to your skin and revives your complexion with our combination of Oxygen Therapy, hands-on techniques and powerful, tailored formulations that work to brilliantly brighten and tighten.

60 min | £120

03

Gazelli Zen Facial

Release stress and detox your skin. Our soothing, holistic approach is hands only, as we sculpt the face using Gua Sha, massage the gut, and work with healing energy and intuitive sound to help you let go of emotional baggage and leave feeling lifted and balanced.

75min | £145

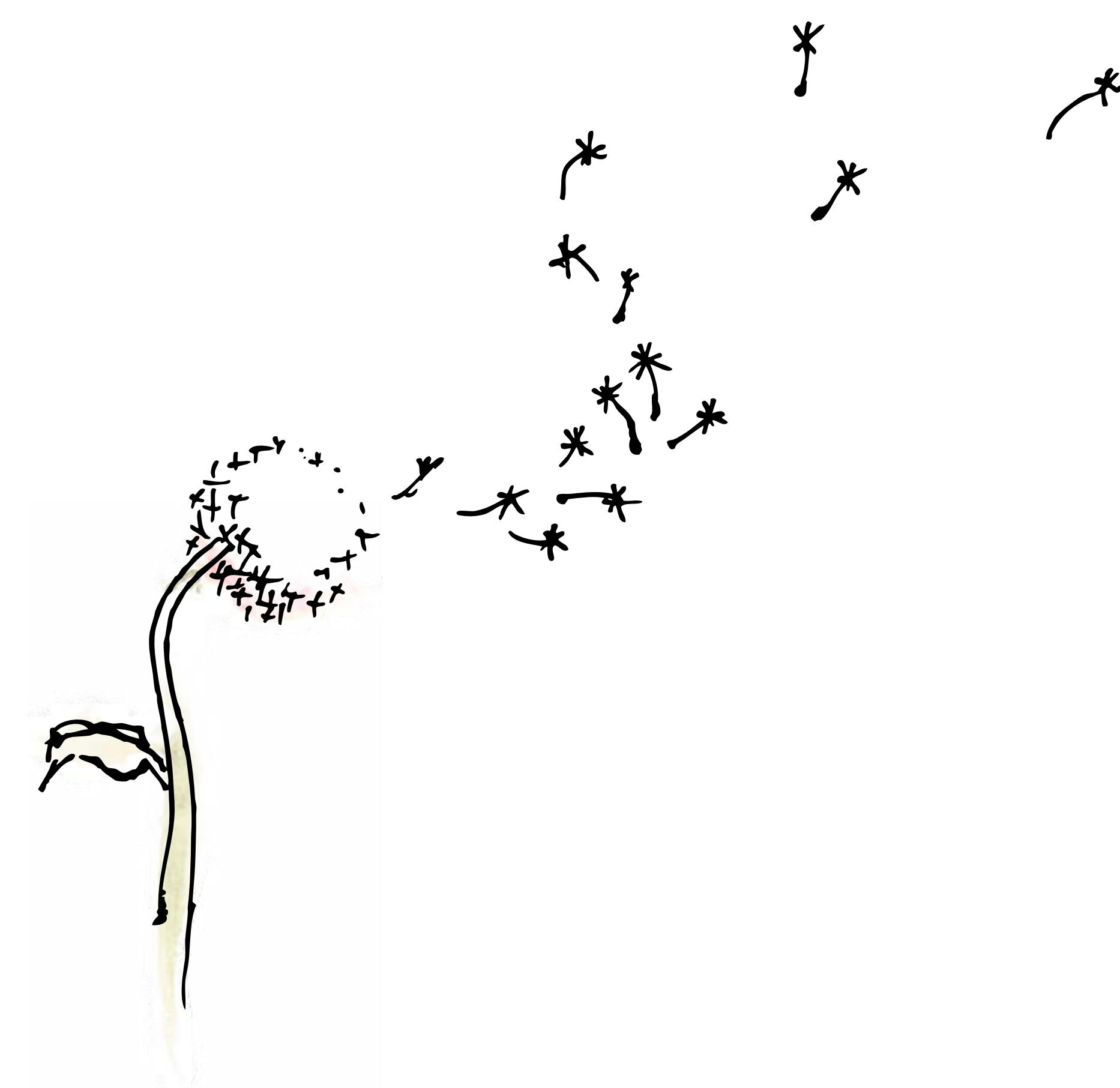


04

Supercharged

Renew, regenerate and release your glow with this supercharged facial. Pharmaceutical Grade Peels, Oxygen Therapy and LED Light work to exfoliate and to boost circulation and the production of collagen to transform and illuminate your skin.

75 min | £165



05

Alternative to Botox Facial

Our ultimate face treatment produces Botox-like results without Botox. We use our most advanced technologies - Radio Frequency with vacuum suction, Oxygen Therapy and Cryoglobes - combined with premium, tailored formulations for astounding results.

75min | £185

06

Gazelli Ultimate Bespoke Facial

Leave it to one of our experts to create a bespoke facial that's perfectly tailored to suit you and your complexion with its own unique needs with a prescriptive consultation.

From 60min | Starting from £145



07

Oncology Facial

A light-touch approach made up of rhythmic movements, starting with a gentle cleanse, followed by cooling compresses and a nourishing, aromatic oil formulated especially for skin undergoing or recovering from chemotherapy and other cancer treatments.

30min | £37.50

08

Gazelli x Justine Masters Bespoke Facial

Justine is a holistic skin specialist, focusing on inflammation, menopause and rejuvenation. Believing that good skin starts from within, Justine looks at the Mind-Gut-Skin as a whole, mixing Western technology with Eastern therapies to maximise their potential, bringing you the best skin of your life.

From 60min | Starting from £145

Gazelli House

GAZELLI BODY TREATMENTS



*With each treatment, please allow a 15 minute consultation
on top of specified time frame.*

01

Sensory Massage

Experience total relaxation of all your senses with this hands-on, smooth flowing massage, mind soothing aromas and the perfect pressure to melt all tensions away.

30 min | 60min | 90min
£65 | £120 | £165



02

Therapeutic Massage

Reset and recover with targeted therapeutic NASA technologies - infrared and ultrasound - that loosen deep muscle aches and relieve pains, removing stubborn blocks and tension build ups and getting straight to the problem.

30 min | 60min | 90min
£75 | £145 | £185

03

Sound Massage

A modern method rooted in ancient knowledge of the positive effects of sound, singing bowl massage deeply touches our innermost soul and brings it into vibration, breaking tension and mobilising self-healing and creative energies.

60min | £165

04

Gazelli Hypnomind Massage

Created in collaboration with Hypnotherapist, Life coach, and NLP Master, this multisensory, holistic experience combines hot stones and compresses within a soothing massage that flows in perfect sync with a healing, guided meditation.

90 min | £185

‘Make Gazelli House your next stop – we swear by its Hypnotherapy Mind Massage’

ES

ES Magazine



05

Bespoke Body

Can't decide? Leave it to one of our experts to create a bespoke massage that's perfectly tailored to suit you and your body with its own unique needs with a prescriptive consultation.

From 60min | Starting from £145



06

Back Facial

Release tension, refresh and tone the skin, and target problem areas such as back acne. Our back facial is a combination of relaxing hot compresses, with scrubs and formulations tailored to your unique needs to ensure your skin is clear and you can feel confident.

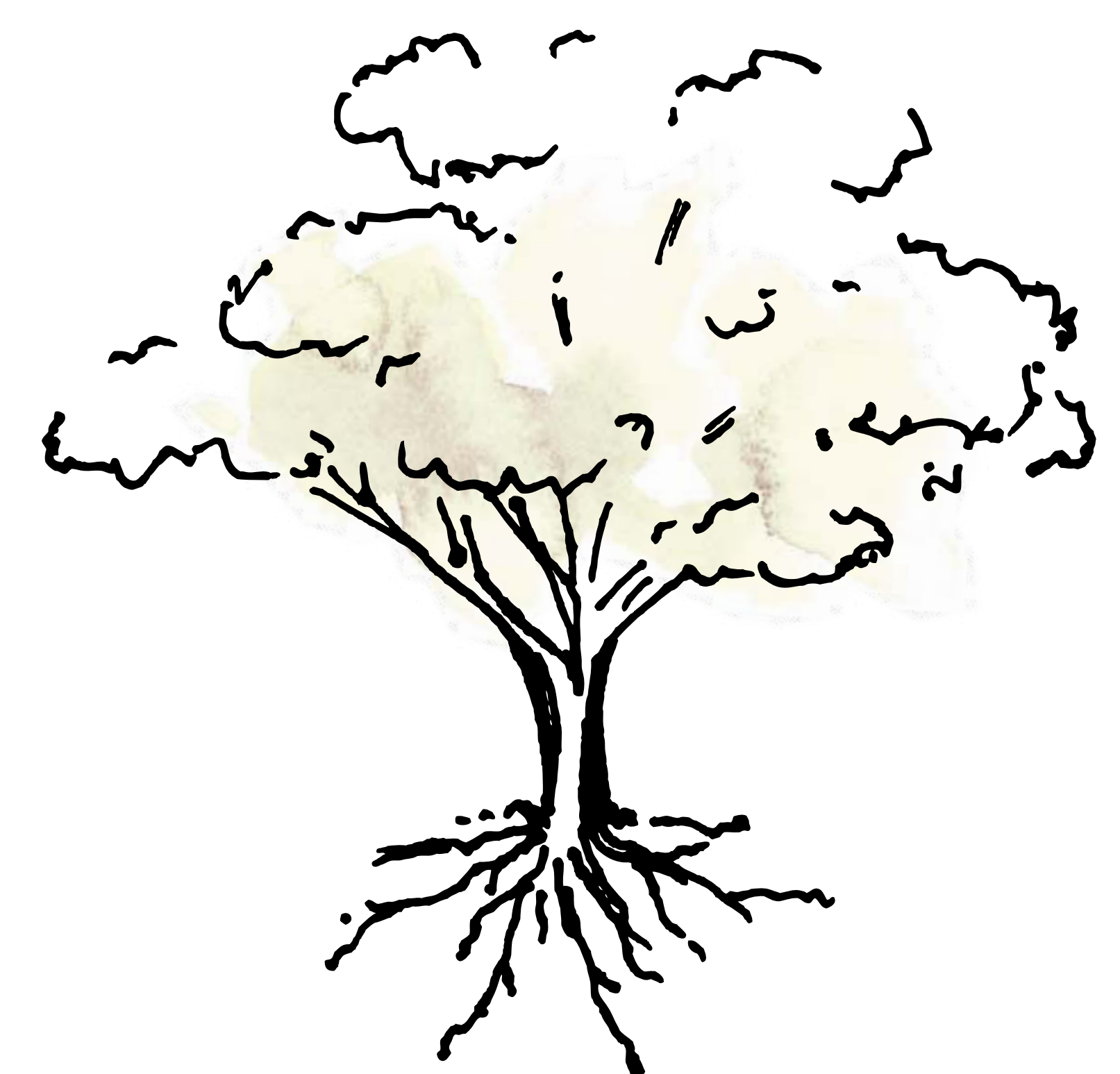
30 min | £75

07

Sleep Easy

Rest, recover and recharge with this targeted acupuncture treatment that works on your meridians, trusting the principles of this ancient wisdom to realign your energies (Qi) and alleviate sleep problems.

60min | £125



08

Pre & Post Natal Massage

A unique treatment that specifically addresses your body's needs during and after pregnancy, when your system is working overtime to nurture and protect.

Treatments are performed as you float on a Hydro-pregnancy pillow filled with warm water, which moulds to the shape of the body, aligning and supporting the spine.

60min | 90min
£145 | £185



09

Oncology Massage

Take comfort and fully relax with this loving, light-touch therapy technique that works slowly using rhythmic sequences, each massage is tailored to meet the unique and changing needs of the individual, with a solid understanding of the complexities of the condition and its symptoms.

60min | £75



10

Body Ballancer

This special, relaxing massage suit increases circulation and gently but thoroughly decongests the problem areas of hips, thighs, buttocks - flushing toxins through the lymphatic system and markedly improving skin tone while reducing the appearance of cellulite.

20min | 30min | 45min | 50min
£30 | £45 | £67.50 | £75

Prices from £30 per 30 minute session if purchased in packages of 5 or more

12

Radio Frequency

This targeted, firming and skin toning treatment combines Vacuum Suction drainage with Radio Frequency waves, penetrating the layers of the skin, heating tissue and tightening. Fatty deposits are broken down reducing the appearance of even stubborn cellulite. 3 specific areas will be targeted per session, with visible results after 1st session.

1 x 60 min | £345
3 x 60 min | £900
6 x 60 min | £1,680

11

Anti Cellulite

Say goodbye to cellulite with this firming, toning and highly stimulating treatment that boosts circulation in problem areas for an even and smooth skin tone. Enjoy a full body coffee scrub, a seaweed massage and wrap for incredible results*.

60min | £145

*Talk to our experts about adding our Radio Frequency technology for an extra boost

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Gazelli MPackage

Each experience of Menopause is different. Together we will find ways in which you will be able to understand your body's needs. We are here to find solutions that will help you embrace this next stage of life. We believe that every woman can cultivate a positive transition, especially when equipped with the right approach for them.

Starting from £300

GAZELLI TECHNOLOGIES FACE



Oxygen Infusion Therapy

Uses pressurised O₂ jets combined with special cosmetic formulations to penetrate the epidermis, providing skin cells with oxygen. Boosts the skin's metabolism, plumps and hydrates.

Abdominal Massage

This deep, rhythmic abdominal massage is designed to aid the digestive flow to improve the complexion from within.

High Frequency

A proven and timeless electrotherapy which balances oil production, reduces breakouts and heals acne.

Microdermabrasion

A deep-cleansing treatment that improves skin texture and reduces pigmentation and pore size.

Pharmaceutical Grade Peel

This specialised resurfacing formula combines a variation of peel types to enhance the epidermal cell renewal, improving skin tone, texture and moisture levels.

Microneedling

Triggers a natural healing process to reduce acne scarring and signs of aging by stimulating collagen production and elastin fibres.

Radio Frequency

This face sculpting treatment uses warm radio waves to stimulate the collagen fibres deep within the skin's dermis, whilst the Vacuum Suction removes excess fluid. Dramatically tightens and firms the décolleté, neck, and jawline, redefining the facial contours.

Gua Sha

Gua Sha is a type of therapeutic massage technique using a round-edged tool that has been practised in China for thousands of years. 'Gua' means to scrape or rub. 'Sha' describes the temporary redness that results. A gua sha massage stimulates microcirculation of the soft tissue, which increases blood flow, breaks up this energy, reduces inflammation, and promotes healing.

Cryoglobes

The frozen, medical grade surgical steel Cryoglobes are used when frozen for an invigorating facial and body massage, which cools skin. The Cryoglobes remain cold for longer due to their design and cause vasoconstriction and excites cryo-microcirculation. This unique effect also allows other skincare products to better penetrate and rejuvenate your skin, working alongside other devices and treatments.

GAZELLI TECHNOLOGIES BODY

●

Abdominal Massage

A deep and rhythmic massage designed to aid digestive flow, deep cleanse and remove excess fluid. The technique works to promote emotional balance and reduce stress as well as increasing vitamin production and absorption and boosting your energy levels and immune system function.

Infrared Therapy

Emitting intensive warm light that penetrates to a depth of 30-40mm, the infra-red lamp increases circulation, reduces inflammation and promotes healing. It works to repair muscle injury and sprains and to alleviate pain, joint aches and muscle spasms.

Sonic Therapy

Working with the frequency of sound waves, sonic therapy penetrates deep within the tissue to target specific trigger release points, muscles, cartilages and joints – to ease chronic pain and encourage the healing process.

Paraffin Wax

A warm skin-softening wax that boosts the circulation and re-conditions the skin, helping conditions such as dermatitis, psoriasis or eczema. Moist heat applied to the hands or feet also eases pain and joint stiffness.

Body Ballancer

The Body Ballancer® suit action accelerates the removal of waste products and excess fluid via the lymphatic system, reducing the appearance of cellulite, improving skin tone, and reducing volume in areas affected by excess fluid retention whilst its gentle, rhythmic action promotes relaxation.

The massage motion, with its special direction of flow, increases circulation and gently but thoroughly decongests the problem areas of hips, thighs, buttocks.

Gazelli House

GAZELLI SPECIALIST TREATMENTS



*With each treatment, please allow a 15 minute consultation
on top of specified time frame.*



Energy Healing

At Gazelli House we offer a unique experience that extends beyond our treatment rooms to enrich your mental, emotional and physical wellbeing. We take the same approach with energy healing, an effective, spiritual art based on the belief that unseen universal energy supports the body's capacity to self-heal.

1 Session | £85
Package Of 3 | £195

Acupuncture

Through stimulating specific acupoints, acupuncture strives to balance the body's energy and promote natural self-healing. Dating back more than 2,500 years, the treatment works to give you a healthy, radiant glow and a feeling of emotional and physical balance.

Initial Acupuncture Treatment - 75 min | £150
Follow Up - 60 min | £125

Nutritional Therapy

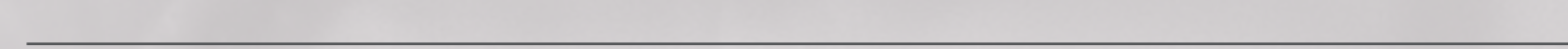
Our nutritional therapy programme incorporates the most up-to-date scientific research with the functional medicine model, helping clients overcome a myriad of health problems to achieve long-term wellbeing.

Please enquire for pricing.

OUR PRACTITIONERS

Welcome to our collective of both in-house and visiting practitioners and the faces that you will become familiar with at Gazelli House. Each complements the other so that whether you are here for face, body, mind or spirit, they flow into the other to address your specific needs.

Our visiting team and events programme evolves each season, regularly reacting to the latest concepts in wellbeing to ensure you always have access to emerging trends and that we keep our finger on the pulse. Check in with our Front of House team or sign up to our monthly Live Beautifully newsletter to stay in the know.



Alexandra



Our Head of Wellbeing, Alexandra Lisiecka, does an amazing job of running Gazelli House, bringing her enthusiastic smile and energy to everything she does. With a history as a body expert, a Masters in Physiotherapy and over ten years experience she offers one of our Gazelli Exclusives: Hypnomind Massage.

Hypnomind Expert

The Gazelli Exclusive Hypnomind massage was developed in collaboration between our experts and Hypnotherapist, Life coach, and NLP Master, to create a choreographed massage and hypnotherapy designed to create a positive flow of energy between the mind and the body.

Benefits

- Let go of anxieties, emotional blocks, and mental tensions
- Rhythmic flowing techniques and deep pressures release physical tension
- Creates a positive flow of energy
- Leaves you feeling positive, lighter and recharged

Valerija



Our face expert, Valerija, combines deep expertise in skincare with a drive for results with the spirit of self-care: it's safe to say that an appointment with her goes far deeper than the skin.

Face Expert

As well as an extensive library of Gazelli professional skincare products, Valerija has the best non-invasive technologies at her fingertips from radiofrequency, to pharmaceutical grade peels, or the beautiful simplicity of a rose quartz Gua Sha.

Benefits

- Tighter and healthier skin
- Reduction of wrinkles
- Even, glowing complexion
- Improved sense of wellbeing and relaxation
- Targets specific ailments

Ilona



‘The Gazelli approach of really making time to understand the client’s needs before creating a completely bespoke treatment immediately resonated with me, I always take a holistic approach to treatments, so it felt like arriving home.’

Ilona

Ilona, Body Expert

Ilona has over twenty years of experience as a body expert and massage therapist. Empathetically tuning into each person’s aches and pains to tailor their treatment helps her to achieve optimum results.

Body Expert

As well as an extensive library of Gazelli professional body products, Ilona has some of the best technologies at hand, from the Body Ballancer, to infrared, and cryotherapy.

Benefits

- Alleviated muscle aches and pains
- Improved skin tone and texture
- Stress relief
- Targets specific ailments

Justine Masters

‘Had the best facial ever with Justine. Not only did I feel so relaxed afterwards but my skin was glowing and plump. There was such a huge difference, before and after. She is very knowledgeable about skincare. I would highly recommend her.’

Charlotte
Charlotte, West London
Gazelli Customer



Justine is a holistic facialist and skin specialist, focussing on inflammation, menopause and age rejuvenation. Believing that good skin starts from within, Justine looks at the Mind-Gut-Skin as a whole and mixes Western technology with Eastern therapies to maximise their potential and bring you the best skin of your life.

Relax the mind through breath, meditation, and reiki; optimise gut health with supplements; and repair and rejuvenate the skin using non-toxic skincare.

Benefits

- Brighter, firmer, plumper complexion
- Sculpted, smoother skin
- A happier, more balanced gut
- Recommendations for specialist skincare

Tian



A graduate from the Heilongjiang University of Chinese Medicine, Phoebe Tian has trained in both traditional and modern medical acupuncture. His personalised, patient-focused approach enables him to work closely with each individual, devising and delivering treatments that are gentle and precise.

Acupuncture

Through stimulating specific acupoints, acupuncture strives to balance the body's energy and promote natural self-healing. Dating back more than 2,500 years, the treatment works to give you a healthy, radiant glow and a feeling of emotional and physical balance.

Benefits

- Helps to alleviate stress and anxiety
- Reduces chronic pain
- Eases symptoms of arthritis
- Reduces symptoms of musculoskeletal conditions
- Alleviate headaches
- Promotes fertility

Suzy Reading

‘Suzy is a beautiful soul with a truly endearing nature. She has an amazing gift to be able to unravel the chaos and find a sense of calm, clarity and direction.

Suzy helped me to regain the confidence to make better choices, believe in myself, and gain control back in my life. I now feel positive and energised, and ready and equipped to take on whatever challenges life may throw at me.’

Kirsten

Kirsten



Suzy Reading is a psychologist, author, speaker and coach, and private yoga teacher. She has published a number of books for adults and children on the subject of managing stress, loss and change.

Counselling

Suzy is passionate about empowering people with the tools of self-care and helping people commit to sustainable, positive lifestyle choices. She has a special interest in supporting those who are in the midst of stress, crisis, loss and change.

Benefits

- Find better balance and greater joy in life
- Find clarity
- Commit to sustainable healthy lifestyle change
- Learn how to manage stress, burnout and fatigue

Claire Paphitis



‘It is not an exaggeration when I say that Ayurveda with Claire’s ongoing support has quite literally transformed my life and I cannot thank Claire enough!’

Treen

Treen, Devon

Gazelli Customer

Claire is a fully qualified Ayurvedic Consultant and Author. Having experienced first-hand the incredible healing effects of Ayurveda, for both mind and body, she felt called to retrain and qualify in this Indian Holistic practice in order to pass on and share the healing with all those who need it. She holds a Masters degree in music and combines her knowledge of the chakras of the body with her love of music to create deeply relaxing and restorative Sound Baths.

Ayurvedic Consultant

Claire treats a range of disorders from digestive issues and IBS through to anxiety, insomnia, stress and burnout, skin conditions, arthritis, weight loss and general wellbeing. Choose from two exclusive packages, including a full and detailed consultation, personalised plan, recorded Sound Bath and Ayurvedic herbs.

Dr Julie Moltke



Dr Julie Moltke is a medical doctor with a focus on mental health, stress management, and the medicinal cannabis industry. She is the author of “A Quick Guide to CBD” and the founder and former editor of the London-based health, wellness, and cannabis science publication, Getthedose, as well as The Holistic Medicine Podcast.

Holistic Health

Dr Julie Moltke has long been bridging western and alternative medicine and has the tools, tests, tips, and supplements you need to improve mental health and reduce stress, anxiety and chronic pain.

Benefits

- A 360-degree evaluation of your physical, mental, and nutritional health.
- Help to incorporate healthier habits based on your personal life situation, wishes, and constitution.
- Functional tests to measure cortisol, sex-hormones, nutrients, toxins, and much more to make ultra-personal treatment plans and supplements recommendations.
- A plan to help you reach your health goals including supplements, herbs, exercises, and mind-body practices, and with optional email support in-between consultations.

Melike Hussein



Melike is a Qualified Nurse and combines her medical background and keen understanding of human physiology with her expertise, offering intuitive, safe and bespoke experiences to her clients.

Breathwork

Melike assists her clients in a range of issues from anxiety, burnout, insomnia, respiratory ailments, pain control and management, digestion issues, chronic fatigue / ME, self-sabotaging thoughts and behaviours, trauma release, deeper connection to self, direction and purpose – boosting effectiveness and performance through attention training, improving focus and clarity of mind.

Benefits

- Melike offers two exclusive package types to Gazelli customers, that help support a feeling of presence and focus
- Provides activities to boost self-care and wellbeing
- Provides audio guidance to follow in your own time
- Helps sustain an overall sense of calm, through the power of learned breathing technique

Sue Camp

‘As a nutritionist, Sue assessed my needs swiftly, drew up tailored guidelines and provided excellent feedback. Sue is a generous and supportive professional, and she meticulously monitored my well-being throughout my training in the lead up to my first marathon. Not only did she make valuable suggestions about how to improve my performance (which turned out to be better than I had dared hope), she also genuinely shared my delight in achieving my goal.’

Mah

Mah, South London



Sue Camp has always been focused on health and vitality, and chose to make nutritional healing her career. She has an MSc in Personalised Nutrition from the renowned Center for Nutrition Education (CNELM), and has continued with a post-graduate certification from the Institute of Functional Medicine. She is also a qualified Metabolic Balance Coach.

Nutrition

Functional Medicine is a personalised, science-based approach that empowers practitioners and clients to work together to address the underlying causes of disease in order to promote wellness. Sue uses this framework in her Nutritional Therapy practice.

Benefits

- Work to find the root cause of disease and to re-balance body systems
- Optimise digestion
- Address sleep, stress and adrenal fatigue issues
- Support hormone health

WELLBEING SHOP



Discover our careful, limited collection of like-minded brands and practitioner recommendations in our Gazelli House Curation, including our own award-winning Gazelli Skincare range. The shop is located at the entrance of the House or available to buy online. Each product has been selected to support or complement your treatment, and to inspire you with the stories of each beautiful wellbeing brand we work with.

[Discover our Wellbeing Shop](#)

Get £5 to spend in our shop online when you sign up to [Gazelli Rewards](#)



EVENTS



In a world where we're more 'connected' than ever through technology, we want to bring like-minded people together to encourage real conversation and true human connection. Be part of the space and enjoy an ever-changing calendar of seasonal activities ranging from life-drawing, sharing circles, and masterclasses.

[Discover our Events Calendar](#)



LIVE BEAUTIFULLY



From our journal to our instagram, our ethos is to Live Beautifully, which is why we're dedicated to supporting a healthy mind, body and spirit. Subscribe to our newsletter to receive twice monthly emails that promote the best in wellbeing, and stayed tuned to our Instagram where we regularly engage with the sharpest minds in our world of wellbeing.

[Discover our Instagram](#)

[Discover our Journal](#)



Thank You



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