



URBAN RETREAT
AT
Harrods



—Protéifine®—



MEDISPA
AT URBAN RETREAT
NON-SURGICAL SOLUTIONS

YSONUT

Protéifine Medical Diet



The Urban Retreat understands that beauty and health goes further than skin deep. For a boost to your confidence and a total bodily overhaul, the Protéifine Medical Diet will enable clients to shed excess fat for good, and re-educate themselves on the principles of healthy eating. New to the MediSpa, this unique diet plan by the leading European Medical Dieting, Micronutrition and Chronobiology Company – YSONUT, can help clients lose up to 8kg or 18 pounds in four weeks. The plan aims to support clients through an individually tailored diet of macronutrients following a high protein, balanced carbohydrate and limited fat composition, enhanced by the range of nutrient-rich Protéifine food products. This balance of food groups ensures that dieters won't feel hungry or experience cravings for chocolate or junk foods.



How does it work?

Protéifine uses the principles of Nutritional Chronobiology to optimise weight loss, which is based on the natural circadian rhythms of the body. The diet comprises seven different stages beginning with a Phase One detox, comprised of limited proteins only. Stimulating a state of Ketosis, the body begins to burn stored fat for energy, rather than depending on quick fix sources from sugars in the refined carbohydrates we usually overindulge in. As the body cleanses and the palate adapts to purer tastes; different foods are gradually reintroduced, supplemented by delicious high protein, low sugar snacks, meals and shakes which will nourish the body with all of the micronutrients, electrolyte's and minerals it needs whilst maintaining satiety. The client is guided throughout the stages by the Protéifine specialists in residence at the Urban Retreat, and supported with individually tailored advice and tips based on lifestyle, tastes and personal habits.



Is it safe?

Working with professionals only, YSONUT advises that patients undergo full medical consultations before embarking on the diet. Your Urban Retreat doctor will adapt the diet to your individual requirements after assessing your anthropometric measurements, BMI and medical history, and an analysis of your vitamin and mineral levels after a blood test. Nutrients found in complex carbohydrates are replaced with Protéifine dietary supplements enabling healthy and effective weight loss - melting away the inches whilst maintaining lean muscle mass so that the skin remains taut and toned, the silhouette sculpted.

Packages

The number of treatments required is discussed at the initial consultation, dependant on Doctors' advice, desired targets and levels of support. Once the client has reached the later phases of the Protéifine Medical Diet – complementary treatments for skin tightening and muscle toning such as Hypoxi or Indiba may be used in conjunction for optimal results.

Initial Package **£399**

- Blood test at a Private Medical Clinic
- First consultation with Urban Retreat's resident Doctor (45 mins)
- Three follow up appointments with Nutritionist (30 mins each)
- Complimentary follow up with Doctor

Add-ons

- Follow-up appointments with Clinical Nutrition expert Kim Pearson (30 mins) **£50**
- Follow-up appointments with Protéifine Doctor (30 mins) **£150**

NB: Proteifine food is not included to the initial package but will be quoted at the first consultation. Food and supplements are at a guide price of £17 per day.

No two bodies are the same, or respond in the same ways. The Protéifine Prescribed Medical diet recognises this and is revolutionising the traditional restrictive diet plans of yesterday. A scientifically proven, and biologically sound regime that will ensure you finally drop those unwanted stones you've been losing and regaining over and over, and kick-start a complete nutritional re-education that'll change your eating habits, and attitudes to food for the rest of your life.

For bookings and enquiries telephone 020 7893 8333

URBAN RETREAT
AT
 Urban Retreat
Fifth floor, Harrods
Knightsbridge
London SW1X 7XL

www.urbanretreat.co.uk