



CLUB
essentia
miami beach
Wellness Retreat at Delano

Menu

Facials

Advanced Resurfacing Stem Cell Facial 60 min

Our signature facial calls on the collaboration of stem cells and peptides to rejuvenate, revive and protect the skin, leaving skin cells re-energized

“Red Carpet Ready” Pro-Dew Facial 60 min

This Circ Cell anti-aging and lifting facial helps to improve skin density, leaving the skin glowing, hydrated, refreshed and in optimal condition to maximize cell repair

Bio-Swiss Age-Defying Oxygen Facial. 60 min

Technology and oxygen are keys to this relaxing and brightening and refining facial. See immediate results

Gentlemen’s. 60 min

Designed specifically for men’s skin, this facial is deep cleansing and effective while restorative

Quick Hydrating Facial 30 min

Refresh and rejuvenate with enzymes and peptides that will keep the skin looking alive and young. Just after one treatment skin will be left hydrated, renewed, and smoother

Medical Facials

The removal of the outermost layer of skin using medical grade products and devices will leave the skin feeling fresh, rejuvenated and healthy

Micro Dermal Abrasion one | package of 6

Chemical Peel one | package of 6

Micro Chemical Peel one | package of 6

Body Treatments

Stem Cell Body Wrap 60 min

Our signature body wrap begins with a two step apple stem cell exfoliation, followed by a peptide infused massage treatment. After just one treatment, skin is left feeling smoother, and looking brighter and more energized

Hand & Body Rejuvenation Facial 60 min

Not forgetting the hands and body, this relaxing no-downtime treatment infuses skin with the rejuvenating and uplifting benefits of peptides, growth factors and proteins

Leche y Miel Body Indulgence 60 min

Warm honey, organic sesame oil, and milk are applied to the body in a gentle sixty-minute massage

Lavender Herb Body Scrub 30 min

Blends of sea salts, vitamin E, essential oils, skin-moisturizing rich oils, and herbal infusions gently exfoliate the skin, leaving it soft and glowing

Lemon Basil Bamboo Scrub 30 min

Savory blends of dead-sea salts, vitamin E, essential oils, skin-moisturizing rich oils, and herbal infusions gently exfoliate the skin while the combination of basil and mint calm rattled nerves. Perfect way to begin, or end the day

Enhancements

Cellular Facials and Body Treatment Revitalizations 20 min

As an alternative to expensive stem cell therapy, Biological Raw Material (BRM) are specific stem cell extracts from a closed colony of Ovine under the compliance requirements of OECD in Europe that are utilized in the regeneration and revitalization of deteriorating cellular structure. They are considered sterile nutritional supplements that are chemical and additive free that serve as the building blocks for healthy cellular revitalization. BRM contains organic and inorganic materials that serve to:

Rejuvenation of Skin Cells | Younger and Vibrant Look | Lighten Facial Pigmentation and Scars | Stimulate Cells Growth | Improve Texture and Firmness | Beautify Hair and Nails

| | |
|---|------------------|
| Warming Hand or Foot Treatment | 10-15 min |
| Lip or Eye Rescue Treatments | 10 min |

Massage

| | |
|--|------------------------|
| Swedish | 60 min / 90 min |
| Classic style to relieve muscle pain, tension and stress | |
| Deep | 60 min / 90 min |
| Therapeutic relief from chronic tension and tight muscles | |
| Stretch | 60 min / 90 min |
| This technique will loosen and align the body | |
| Hot Stone | 60 min / 90 min |
| A soothing experience, enhanced with hot stone placement and massage | |

Aromatherapy, scalp or foot massage available as add-ons

Any massage may be performed as a side-by-side experience, outdoors, or in-room for an additional fee

Nails

Manicure

Shape, buff, exfoliate, hydrate and polish for hands

Pedicure

Shape, buff, exfoliate, hydrate and polish for feet

Polish Change

Removal of old polish and application of new

Gel Polish/Shellac

Waxing

Facial

Body

Bikini

Hair

Men's & Women's Haircut

Blowout

Specialty Styling

Injections

Botox..... **30 min**
Smooth and relax animated facial wrinkles through the use of the Botox protein

Dermal Fillers **30 min**
Filling of non-animated facial wrinkles, cheek augmentations, tear through enhancements, jaw contouring, lip plumping and scar correction through the use of the Hyaluronic Acid Dermal Fillers

Juvederm Ultra | Juvederm Ultra Plus | Restylane

Mesotherapy..... **30-45 min**
An injectable form of liposuction that utilizes specific nutrients that liquefy fat cells and remove them from the body as well as help correct cellulite

Hyperhidrosis..... **60 min**
Botox protein injected into the skin to help reduce excessive sweating seen under the arms, and the hands/feet

Under Arms | Palms or Soles

Hand & Knee (Juvederm Ultra) **30 min**
The use of Hyaluronic Acid to help restore the appearance of areas of the body which tend to lose volume with increased age

Joint Injections

Injections of anti-inflammatory and inflammation medicines aimed at decreasing the pain and stiffness associated with various types of arthritis

Trigger Point Injections **45 min**
Series of inter muscular needle placement with or without the injection of medication, nutrients and anti-inflammatory medication

PRP Therapy **45 min**
Platelet Rich Plasma therapy is an enriched concentrated injection of the patient's own platelets that contains several different growth factors that work to stimulate the body's own natural healing processes

IV Liquid Nutrition 15-120 min

Intravenous (IV) Nutrition therapy involves injecting various nutrients directly into the bloodstream to aid in the correction of various ailments seen with poor lifestyle choices, augmenting an ongoing treatment program and correcting deficiencies seen with poor nutritional statuses. IV Nutrition is superior to oral supplementation because it avoids potential loss of potency seen when taking these nutrients orally

Dr. Ivan's Hangover Cocktail 20 min

Replenish your body with Dr. Ivan's uniquely formulated IV replenishment cocktail, complete with all the vital nutrients lost after a long night on the town

Booster IV 30 min

Booster IV's provide immediate improvement treatments, and can be used routinely as long lasting enhancements. Targets:

Energy, Libido, Immunity, Replenishment, Relaxation, Hair, Skin, Nails, Weight Loss, Fitness, Brain Power, Detoxification

Comprehensive IV up to 90 min

Comprehensive IV's are implemented to improve more in depth issues and correct more serious deficiencies

Total Immune, Total Replenishment, Male/Female Revitalization, Cancer, Telomere Lengthening, Age Defiance, Chelation

Customized IV 30 min +

After an in-depth consultation IV's will be customized around each patient's specific needs and desires

*All IV therapies available as packages

Oxygen Therapy

Hyperbaric Oxygen Therapy 45-60 min

Hyperbaric oxygen therapy is a medical treatment that enhances the body's healing ability by forcing oxygen under pressure onto red blood cells and into the cerebral spinal fluid, flooding the tissues with oxygen. Hyperbaric oxygen therapy is a great augmentation to any treatment or procedure to help improve efficacy and results

Wellness Programs

Metabolic Fat Loss Program

A customized diet, supplementation and medication regimen aimed at stimulating the body to burn fat rapidly and keep it off permanently

Hormone Optimization Program

By optimizing and balancing the bodies hormones one can experience the quality of life they deserve. Hormones like testosterone, estrogen, thyroid, growth, DHEA, pregnalone and progesterone all influence how the body functions as a whole

Sexual Health Program

With sexual health being a foundation of optimum wellness improving ones sexual health on a mental, physical and emotional level is paramount in achieving total health

Spine Manipulation 45 min

Utilizing osteopathic manipulation techniques to correct structural abnormalities in muscles, bones, nerves and lymphatics will leave the body in prime condition to function at full capacity

Hair Regeneration 45 min

Using fine needle injections of specific medications and nutrients directly into the scalp one can prevent certain types of hair loss and stimulate the reproduction of new hair

Hair Transplantation by Dr. Jorge Gaviria, MD

Follicular Unit Extraction (FUE) is a method of extracting, or "harvesting," donor hair follicles one by one and transplanting them into areas of the scalp that are balding. Once transplanted they will grow into healthy hair-producing follicles. By utilizing ACell, this procedure's down

time is greatly reduced to less than 24 hours, leaving the patient with a fuller head of hair. Follicular Unit Transplant (FUT) can also be performed; where a long strip from the donor area is removed and dissected into individual follicular units using a stereo-microscope

Trios Skin Rejuvenation/Hair Removal/Acne Treatment

VIORA's Trios phototherapy system offers long-term hair removal, treatment of vascular and pigmented lesions, and acne clearance

Laser Hair Removal | Skin Rejuvenation | Acne Clearance

Reaction Skin Tightening/Body Contouring/Cellulite Correction

VIORA Reaction, patented radio frequency system stimulates local blood circulation, improved lymphatic drainage and assists in the shrinkage of fat cell volume as it tightens skin, reduces cellulite and helps to contour the body's curves and shapes

Skin Tightening | Body/Face/Neck Lift | Cellulite Reduction

Physiologic Age Testing & Monitoring 90 min

Physiologic Age Testing (PAT) measures vital body systems to identify how well you are aging. While you may be 60 years old, your actual physiological (biological) age may be 70. Tracking physiological age over time provides a clear profile of your individual aging process and can help determine which treatments are effective. With the PAT you can find out how fast you are aging, identify your precursors to disease, recognize your weakest body system, and receive a comprehensive individualized health profile

Pulmonary Age | Cardio Age | Neurologic Age | Cautions Age | Immuno Age
Telomere Age

Initial Assessment and Diagnosis..... (1hr) / Follow Up Monitoring (30 min)

Diagnostic Testing

Diagnostic Testing 30-45 min

Testing of numerous biomarkers through blood and urine analysis allows for customized treatment programs centered around each patient's unique self. From basic metabolic panels to complete diagnostic testing of genetics and hormone panels every aspect of one's unique self can be studied and reviewed.

Complete Review

- Cardiovascular disease (including risk for heart attack and stroke)
- Hematology (anemia, hemochromatosis)
- Cancer (breast, colon, liver, ovarian, prostate and pancreatic)
- Metabolic disorders (diabetes, metabolic syndrome, pre-diabetes, insulin resistance and obesity)
- Endocrine problems (thyroid disease, parathyroid disease, pituitary and adrenal disease)
- Autoimmune disease (rheumatoid arthritis and lupus)
- Immune system (depressed immune function, chronic inflammation)
- Sex hormonal imbalance (menopause, testosterone deficiency)
- Nutritional status (vitamin deficiencies, protein deficiencies, fatty acid imbalances)
- Organ status (liver, kidney, pancreas, gastrointestinal and musculoskeletal function)

Cancer/Cardiovascular

This evaluation is of a unique panel of biomarkers commonly associated with certain types of cancer: colon, liver, lung (small cell lung cancer), breast, ovarian, testicular, prostate, pancreatic, and others. In addition a comprehensive evaluation of your unique cholesterol/lipid profile will provide a intensive look at the risk for cardiovascular and stroke incidents

Sex Hormones & Energy

This test focuses on sex hormones and health consequences related to obesity and aging. It measures hormone levels to help determine if symptoms like decreased sex drive and energy could be the result of an imbalance. Biomarkers linked to appetite and obesity are measured along with those for diabetes and insulin resistance. Low energy can be the result of an imbalance in hormones, liver and thyroid function, anemia, diabetes, and blood chemistry, all of which are reviewed with this diagnostic test

Pre Diabetes Screening

Type 2 diabetes is a common condition associated with obesity and age. The ability to identify those patients on a clear path to diabetes can truly aid in its prevention using an effective intervention before issues start

Nutritional & Toxin Evaluation

Provides a framework of core nutrients in 5 key areas: Antioxidants, B Vitamins, Digestive Support, Essential Fatty Acids, and Minerals. The added ability to test for specific build up of environmental toxins like mercury and arsenic allow for a complete system review

Urine Toxin Screening

This test measures urinary excretion of nutrient elements and toxic metals, including “classic” toxics such as lead, mercury, and arsenic. This is an ideal test for patients suspected of toxic element exposure as well as potential nutrient mineral wasting

Genetic

These tests evaluate genetic variations, called single nucleotide polymorphisms (SNPs) that will indicate risk factors for certain medical conditions

Detoxification

Tests for SNP's that demonstrate increased risk of impaired detoxification capacity especially when exposed to environmental toxins. It also identifies individuals potentially susceptible to adverse drug reactions

Cardiac

Tests for SNP's that modulate blood pressure regulation, lipid balance, nutrient metabolism, inflammation, and oxidative stress

Immunology

Testing for SNP's that modulate immune and inflammatory activity. These variations can affect balance between cell (Th-1) and humeral (Th-2) immunity, trigger potential defects in immune system defense, and stimulate mechanisms underlying chronic, overactive inflammatory responses

Neurologic

Tests for SNP's that modulate methylation, glutathione conjugation, oxidative protection and the potential to evaluate vascular oxidation

Estrogenic

Tests for SNP's that modulate estrogen metabolism, coagulation, cardiovascular disease, and osteoporosis

Osteogenic

Tests for SNP's that modulate bone formation (collagen synthesis), bone resorption (breakdown), and inflammation, including key regulatory mechanisms affecting calcium and Vitamin D3 metabolism

Celiac/Gluten Sensitivity

Celiac disease, also called celiac sprue or gluten sensitivity, is a chronic autoimmune disease, which may affect several family members. The patient's blood is checked for total IgA and specific antibodies for possible celiac disease, or gluten sensitivity. Celiac is a lifelong condition with no cure. However, it is manageable once diagnosed

Food Sensitivities

Your body reacts differently to each and every food you eat throughout the day. This food will enhance body chemistry or disrupt the correct balance resulting in a wide range of food related health issues. Weight gain, lethargy, rashes, muscle aches, and poor concentration are just a few examples of how food sensitivities can negatively affect your daily life. Identifying these foods and eliminating them from the diet can greatly improve how one functions throughout the day

Environmental Allergies

Immediate (Type I) allergy symptoms such as rashes, sneezing and sinus congestion take place when we are exposed to pollens, dust, animal dander and foods. Diagnosing these environmental triggers can help avoid and reduce outbreaks

Biological Age Testing

As an excellent indicator of overall general health, measuring one's telomere length average allows us to determine how biologically old they are. By knowing their biological age, it permits us to obtain a better understanding of the life-style habits that impact aging and affords us the opportunity to make appropriate changes with a more personalized treatment program.

Membership

Club Essentia offers its patients the ability to become exclusive members to a “Club” whose main focus is improving quality of life while indulging in the lap of luxury. Membership levels carry with them differing inclusions and additions

Centurion

For a private review of what is included in Club Essentia’s highest level of membership, please schedule an appointment

Miami Beach House Member

The House membership includes a full year of in-depth diagnostic testing and follow-up labs, base supplementation, personal access to the medical staff, 52 nutritional IV’s’ and supplemental booster injections, personal Miami Beach concierge with access to the most exclusive entertainment and dining activities, invites to member only events and intensive physician follow up

Miami Beach Junior Member

The Junior membership includes six months of in-depth diagnostic testing and certain follow-up labs, base supplementation, access to the medical staff, 26 nutritional IV’s’ and supplemental booster injections, invites to select private events and intensive physician follow up

Miami Beach Weekend Member

The Weekend membership includes the initial in depth diagnostic testing, base supplementation for the first month, access to the medical staff, a nutritional IV and supplemental booster injection, invite to select private events taking place that weekend and intensive physician follow up



