



IV INFUSION TREATMENT MENU

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IV Infusions

Our IV Infusions are designed to deliver advanced, personalised wellness support with precision and efficiency. Administered by experienced medical professionals, each infusion provides a carefully calibrated blend of vitamins, minerals, antioxidants, and hydration directly into the bloodstream for optimal absorption and immediate cellular benefit.

Each infusion can be personalised and formulated to suit your individual needs following your consultation. All of our ingredients are suitable for vegans.



IV INFUSIONS

TREATMENT

BESPOKE IV INFUSION

Price: £425

Our library of intravenous vitamins, amino acids, electrolytes and anti-inflammatory, pain-killing and anti-sickness drugs can be combined to create a bespoke infusion, tailored to target your needs. This drip includes 6 ingredients of your choice. Special medication and amino acids ingredients such as COQ10, ALA and Procaine count for 2 ingredients. We are also, by special request, able to add NAD+ (£250 for 500mg NAD+).

HYDRATION IV INFUSION

Price: £275

A pH balanced and electrolyte-rich solution designed to rehydrate, refresh and rejuvenate. This drip uses an isotonic pH neutral electrolyte solution. It is the base ingredient of all our infusions.

IMMUNITY IV INFUSION

Price: £375

Created with a blend of selenium, zinc, B vitamins and vitamin C, a deficiency in any of these ingredients would result in suboptimal performance of the immune system.

NAD IV INFUSION

Price: £350 (250mg)

Price: £500 (500mg)

Price: £800 (1,000mg)

NAD (Nicotinamide Adenine Dinucleotide) is an essential molecule that powers metabolic processes and impacts several systems in the body, including digestion, cognition and mental clarity, aging, and overall energy levels. A metabolic co-factor found in all living cells.

MYERS COCKTAIL IV INFUSION

Price: £350

The famous mixture of vitamins and minerals, including magnesium, calcium, B-Vitamins, B-complex, is delivered intravenously and was developed in the 1970s with the aim of reducing fatigue, enhancing the immune system and combating seasonal allergies.

IV INFUSIONS

TREATMENT

UNDER THE WEATHER IV INFUSION

Price: £375

Vitamin C contributes to improving your immune system. Supplementation encourages bright, healthy skin and healthy blood vessels. Each IV drip includes 7.5g vitamin C. Each subsequent **7.5g vial add on** is £50. A **25g vial** is £85. A G6PD blood test is required for doses above 7.5g.

SKIN GLOW IV INFUSION

Price: £375

This infusion features high-dose Vitamin C, a key ingredient to produce collagen and elastin. It Includes a large dose of Glutathione, a powerful antioxidant which may help achieve a brighter and more even skin tone.

JET LAG IV INFUSION

Price: £375

This effective combination of prescription-only anti-inflammatory and analgesic drugs, electrolytes, B vitamins and an amino acid infusion of taurine and glutamine is designed to beat post-travel tiredness and reduce inflammation. Magnesium is included for its contribution to restful sleep.

VITAMIN C IV INFUSION

Price: £375

Vitamin C contributes to improving your immune system. Supplementation encourages bright, healthy skin and healthy blood vessels. Each IV drip includes 7.5g vitamin C. Each subsequent **7.5g vial add on** is £50. A **25g vial** is £85. A G6PD blood test is required for doses above 7.5g.

HAIR TONIC IV INFUSION

Price: £375

A revitalising IV infusion formulated to support healthy hair growth from within. This treatment helps strengthen hair follicles, reduce shedding, and promote improved scalp health. By delivering essential nutrients directly into the bloodstream, it supports stronger, thicker-looking hair and overall hair vitality.

IV INFUSIONS

TREATMENT

FAT BURNER IV INFUSION

Price: £350

A metabolism-supporting IV infusion designed to assist with energy production and fat metabolism. This treatment helps support the body's natural fat-burning processes, enhance energy levels, and reduce fatigue while complementing a healthy diet and exercise routine.

VITAL AA IV INFUSION

Price: £400

A nutrient-packed IV infusion rich in essential amino acids to support overall health, energy, and cellular repair. This drip helps boost metabolism, enhance recovery, and promote optimal body function for a revitalised and energised feeling.

CURCUMIN IV INFUSION

Price: £325

A potent anti-inflammatory and antioxidant IV infusion designed to support joint health, reduce oxidative stress, and promote overall wellness. Helps combat inflammation while enhancing recovery and cellular protection.

IRON IV INFUSION BY EFFECT DOCTORS

Price: From £895

This IV drip counteracts the debilitating symptoms caused by iron deficiency such as hair thinning and loss, depression, low energy levels and shortness of breath. Our infusion rapidly replenishes your iron levels. **A blood test is required beforehand** as iron can only be administered if you are deficient. Iron infusions must be booked in advanced following a consultation with a doctor.

NAD+ PACKAGE IV

Price: £675

This package includes any IV infusion from our menu or a bespoke infusion of up to 6 ingredients plus NAD infusion (500mg).

Intramuscular (IM) Injections

An intramuscular booster is an injection designed to deliver vitamins and nutrients directly into the muscle, allowing the formula to be absorbed into the muscles and bloodstream quickly and efficiently. Quicker than an IV drip but less comfortable and with a lower level of bioavailability than an IV, they are perfect for those in a hurry.



IM INJECTIONS

TREATMENT

GLUTATHIONE IM INJECTION (600mg)

Price: £75

A potent antioxidant to support skin clarity, detoxification, and immune health.

VITAMIN D IM INJECTION (300,000 IU)

Price: £75

Vitamin D deficiency is common - especially in the UK - and can lead to fatigue, low mood, frequent infections, and poor muscle recovery. Our intramuscular Vitamin D injections offer a rapid, long-lasting boost, ideal if you struggle with supplements or want a proactive approach to wellness.

BIOTIN IM INJECTION (5mg)

Price: £75

Biotin, also known as Vitamin H, is known for its ability to make hair strong and shiny, prevent hair loss, and also strengthen brittle nails. It's also an essential component in helping the body convert food into energy, and helping to metabolise fats and protein.

VITAMIN B12 IM INJECTION (1mg)

Price: £75

Also known as Hydroxocobalamin, B12 supports energy levels, metabolism, and nervous system function.

NAD SUBCUTANEOUS INJECTION (100mg)

Price: £200

Delivers a gradual release of NAD beneath the skin to support cellular energy production, cognitive function, recovery, and healthy ageing.

GLUTATHIONE SUBCUTANEOUS INJECTION (600mg)

Price: £75

Provides a slower, sustained release of glutathione beneath the skin to support skin clarity, detoxification, and immune health.

Mini IV Infusions

Mini IVs offer a convenient way to receive targeted nutrients, hydration, and wellness support in a shorter treatment time. Designed for clients seeking focused benefits without a full IV infusion, each Mini IV delivers a carefully selected blend of vitamins, minerals, and antioxidants directly into the bloodstream for efficient absorption and rapid delivery.



MINI IV INFUSIONS

TREATMENT

GLUTATHIONE MINI IV (600mg)

Price: £125

A potent antioxidant to support skin clarity, detoxification, and immune health.

VITAMIN B12 MINI IV (1mg)

Price: £125

Also known as Hydroxocobalamin, B12 supports energy levels, metabolism, and nervous system function.

BIOTIN MINI IV (5mg)

Price: £125

Biotin, also known as Vitamin H, is known for its ability to make hair strong and shiny, prevent hair loss, and also strengthen brittle nails. It's also an essential component in helping the body convert food into energy, and helping to metabolise fats and protein.

NAD+ Pens

Pens make taking NAD+ easy, comfortable and safe to do yourself, at home with a subcutaneous injector.

NAD+ is an essential molecule that powers metabolic processes and impacts several systems in the body, including digestion, cognition and mental clarity, ageing and overall energy levels. A metabolic cofactor found in all living cells.



NAD+ PENS

TREATMENT

VAION NAD+ PEN

Price: £450

Includes first pen and one month's supply of NAD+.

REFILLS (ONE MONTH'S SUPPLY)

Price: £399



Special Medications

Our Special Medications are clinically prescribed IV infusions designed to address specific health concerns with precision and efficacy. Delivered under medical guidance, these targeted therapies support areas such as metabolic health, weight management, and overall physiological function. Each treatment is carefully selected and tailored to your individual profile, ensuring a safe, personalised approach aligned with your long-term health and wellbeing goals.



SPECIAL MEDICATIONS

TREATMENT

COQ10 (2.2g)

Price: £100

A powerful antioxidant helping enhance cellular energy production, strengthen antioxidant defences, and support overall heart and metabolic health.

ALPHA LIPOIC ACID (300mg)

Price: £120

ALA IV therapy helps to boost your antioxidants to help fight the signs of skin ageing, decrease cholesterol, assist with memory loss related disorders, promote healthy nerve function and reduce inflammation. It is commonly used for skin optimisation - it slows down and minimises the appearance of fine lines and wrinkles.

CURCUMIN (50mg)

Price: £150

A polyphenol with anti-inflammatory properties and the ability to increase the amount of antioxidants that the body produces. Curcumin is a turmeric extract.

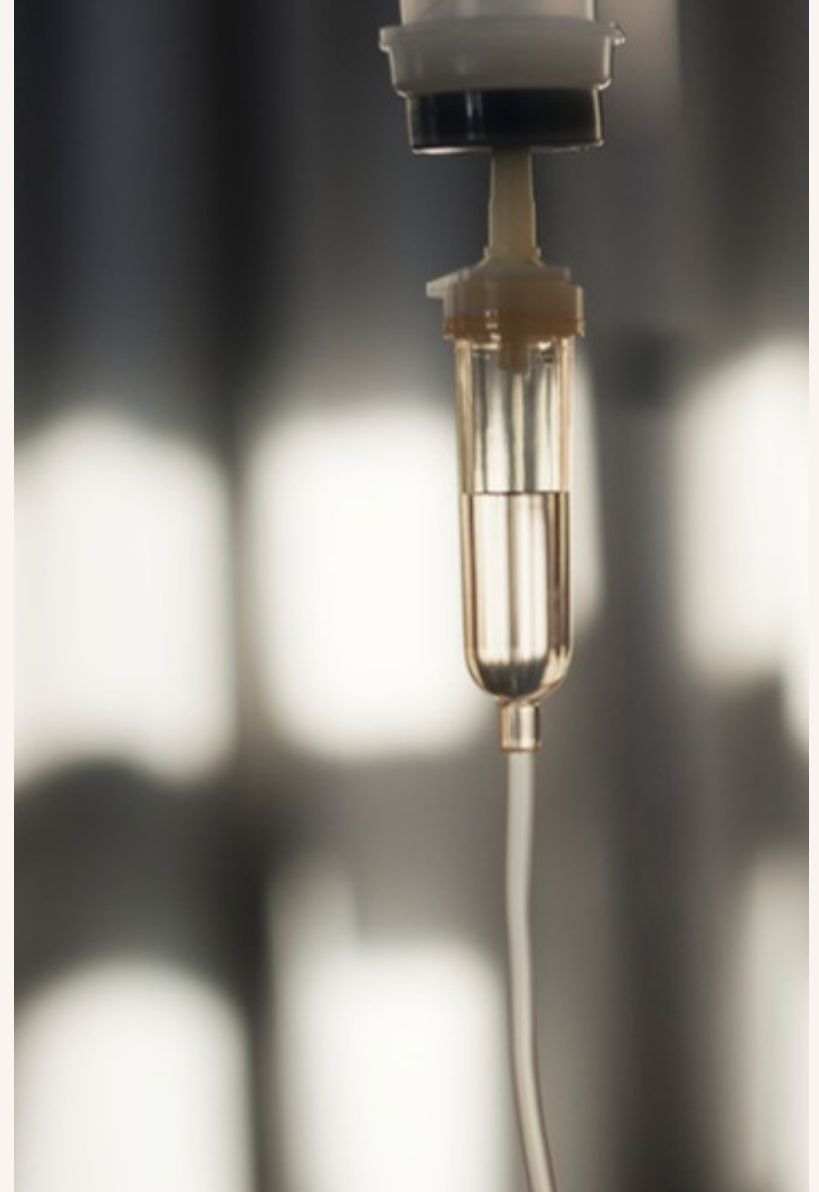
PROCAINE (100mg)

Price: £120

The “Procaine-Based infusion D III” is a specific type of infusion therapy that is used in some complementary and alternative medical practices, particularly in Germany. This infusion typically combines procaine with a base (alkaline) and is used for various therapeutic purposes, such as pain management, detoxification, and balancing the body's acid-base levels.

Ingredient Add-Ons

Our IV ingredient add-ons allow you to further personalise your infusion by enhancing it with targeted nutrients to support your specific needs. From amino acids to vitamins and minerals, these additions are selected to complement your core infusion and optimise overall results. Each add-on is clinically guided and tailored to your individual goals, ensuring a precise and bespoke approach to your treatment.



INGREDIENT ADD-ONS

AMINO ACIDS

TAURINE (1000mg)

Price: £50

An important amino acid that supports your metabolism, enhances physical performance and increases energy levels. It assists in reducing obesity, managing diabetes, and promotes heart and brain health. It has potent anti-inflammatory and antioxidant effects. Supplementation can reduce anxiety levels by supporting the function of the neurotransmitter GABA, allowing the brain to turn off and encourage rest.

CARNITINE (1000mg)

Price: £50

Improves energy levels and exercise tolerance by promoting the transformation of fatty acids into energy. Carnitine has been shown to improve brain function and nerve pain as well as assist with healthy weight loss.

GLUTATHIONE (600mg)

Price: £50

One of the most important naturally occurring antioxidants. Used as a skin-brightening IV treatment, it works to create a balanced and glowing complexion by reducing hyperpigmentation in the skin. It is involved in many physiological processes including tissue building and repair, production of chemicals and proteins, and overall immune health. Increased glutathione levels are associated with improved fat burning and reduction in fat storage. We can give up to 4 vials (2400mg of glutathione).

INGREDIENT ADD-ONS

VITAMINS & MINERALS

MAGNESIUM (1000mg)

Price: £50

The fourth most common electrolyte in the body, often depleted. An active supplement used to treat many conditions including asthma and hypertension. Magnesium supports muscle contractility, nerve function, energy production and plays an important role in overall cardiovascular health. Chronically low levels can increase the risk of high blood pressure, heart disease, type 2 diabetes and osteoporosis. Supplementation assists sleep quality.

VITAMIN B12

Price: £50

A nutrient that helps to keep your body's blood cells healthy. It helps form DNA, the genetic material in all your cells. Vitamin B12 helps prevent megaloblastic anaemia, a blood condition that causes fatigue and weakness. Many people note increased energy levels with supplementation. Deficiency is common in vegans.

VITAMIN D (300,000 IU)

Price: £75

More than 30% of the British population are vitamin D deficient. Also known as Cholecalciferol, it is an essential vitamin that's needed for healthy bones, muscles, nerves and a strong immune system. It works by assisting the body to improve the absorption of calcium found in food and supplements.

VITAMIN C (ASCORBIC ACID)

Price: £50 (7500mg)

Price: £85 (25000mg)

A nutrient needed to develop healthy blood vessels, cartilage, muscle and collagen. It helps bolster your immune system and plays a vital part in the body's healing processes. It is used in high doses by some oncologists to saturate the bloodstream and cause oxidative stress to cancer cells. We can administer up to 100g IV. Above 7.5g you must have a normal G6PD blood test on file as this enzyme is required to break it down.

INGREDIENT ADD-ONS

VITAMINS & MINERALS

SELENIUM (100mg)

Price: £50

An antioxidant that plays an important role in the health of your immune system. Selenium helps lower oxidative stress in your body, which in turn reduces inflammation and enhances the immune response.

CALCIUM (0.66mmols 10% Calcium Gluconate)

Price: £50

A mineral that is necessary for bone formation, bone strength and maintenance. It also plays an important role in regulating cardiac and nerve function, blood clotting and muscle contraction.

BIOTIN (5mg)

Price: £50

Also known as Vitamin B7, it is a water-soluble vitamin that assists enzymes in breaking down proteins, carbohydrates and fats in food. Best known for its properties in promoting healthy skin, hair and nails.

FOLIC ACID (1ml)

Price: £50

Folic acid is the synthetic version of the vitamin folate, also known as Vitamin B9. Folate helps the body make healthy red blood cells. It is often recommended to women in early pregnancy and to treat or prevent anaemia caused by folic acid deficiency.

ZINC (9mg)

Price: £50

A mineral found in trace amounts throughout your body. It plays a major role in the growth of cells, building proteins, healing damaged tissue, and supporting a healthy immune system.

INGREDIENT ADD-ONS

VITAMINS & MINERALS

B COMPLEX (1500mg)

Price: £50

A powerful combination of vitamins B1, B2, B3, B6 and Vitamin C. B vitamins are important in the development and maintenance of the nervous system. These do not occur naturally in the body and can therefore only be obtained through diet or supplementation.

- **VITAMIN B1** Helps the body generate energy from nutrients. Also known as thiamine, it is necessary for the growth, development and function of cells.
- **VITAMIN B2** Also called riboflavin, helps the body to convert food (carbohydrates) into fuel (glucose), which is used to produce energy it also helps the body metabolise fats and protein.
- **VITAMIN B3** Nicotinamide/Niacin, is an important nutrient that is required in every part of your body to function properly. As a supplement, niacin may help lower cholesterol, ease arthritis, and boost brain function. It can improve mood and memory and may help with erectile dysfunction in men.
- **VITAMIN B6** Also known as Pyridoxine, this vitamin is important for normal brain development and a healthy nervous system. It helps maintain adequate dopamine and serotonin levels (the happy hormones).
- **VITAMIN C (ASCORBIC ACID) | 0.5g**

Igloo Blood Reader

The Igloo Blood Reader is now available as an optional add-on service for clients. This device uses a simple finger-prick blood sample to provide quick and accurate readings for key health markers. Results are generated within approximately 15 minutes, allowing practitioners to review findings with the client during the same appointment.



IGLOO BLOOD TESTS

TESTS

FERRITIN

Price: £80

Measures iron storage levels and helps assess fatigue, low energy, hair loss, and anaemia-related symptoms.

VITAMIN D

Price: £80

Measures Vitamin D status and is important for immunity, bone health, mood, and overall wellbeing.

HbA1c

Price: £80

Provides a 3-month average blood glucose level and is useful for identifying insulin resistance and monitoring glucose-related concerns.

The Igloo blood test can be added on to an IV infusion for £60. Clients can choose to add the Igloo blood test at the time of booking or during their appointment.