

Health Orientated Organisation



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**AESTHETIC, INTEGRATIVE, ANTI-AGEING, REGENERATIVE
AND PREVENTATIVE MEDICAL SERVICES
PROVIDED BY DR LEDIVIA STRAUSS**

Restore • Renew • Revitalise



S3 SABAX SODIUM CHLORIDE

D/24/106

VIAFLEX®
SINGLE DOSE CONTAINER
Sterile nonpyrogenic
Infusion (Parenteral)
Latex Free

Contains
Sodium Chloride 9 g

Approximate millimoles
Sodium Chloride 154 Sodium Chloride 154 Sodium Chloride 154

Approximate millimoles 308
per 1 000 ml

ADMINISTER INTRAVENOUSLY USING STERILE EQUIPMENT. DO NOT USE IF CONTAINS VISIBLE PARTICLES OR IS NOT CLEAR. INCOMPATIBLE. CHECK FOR MINUTE LEAKS BEFORE CONTINUE INFUSION IF ADVERSE REACTION BELOW 25 °C. KEEP OUT OF REACH OF CHILDREN.

MOET BINNEAARS TOEGEDIEN WORD MET STERIELE TOEGANGSAPPARAAT. MOET NIE IN SERIE VERBIND WORD NIE IN DIE OPLOSSING SIGBARE DEELTJIES BEVIND. INKOMPATIBEL. KYK NA MINUTE LEKASIE VOOR OM TOEGANGSAPPARAAT TOEVAARDIG. BYVOEGINGS MAG ONVERENIGBAAR WES. LEKKASIE DEUR SAK SAAM TE DRUK STAAK. ONGEWENSTE REAKSIE VOORKOM. BERG BUITE REIK VAN KINDERS.

adcock Ingram

ADCOCK INGRAM CRITICAL CARE (PTY) LTD
1 Sabax Road/weg Aeroton Johannesburg
Under licence from/Kragtens lisensie
BAXTER INTERNATIONAL INC.

LOT 306V877

EXP. DATE
VERV. DATUM



ABOUT

Revita Health

RevitaHealth, based in the rejuvenating Cape Winelands, is a health orientated organisation with aesthetic, integrative, anti-ageing and regenerative medical services provided by Dr Ledivia Strauss.

Our

• Consultation Fees •

Hormone Consultation - Dr Ledivia Strauss (60min)	R 1550
Hormone Follow up - Dr Ledivia Strauss (30min)	R 1150
Aesthetic Consultation - Dr Ledivia Strauss (30min)	R 550
Dietician Consultation - RevitaHealth Dietician (60min)	R 750
Dietician Follow up - RevitaHealth Dietician (60min)	R 550
Wellness Consultation - Dr Ledivia Strauss and RevitaHealth Dietician (120min)	R 1970
Wellness Consultation follow up - Dr Ledivia Strauss and RevitaHealth Dietician (90min)	R 1200
Epigenetic DNA Test Results Discussion + Treatment Plan + Personalised Diet - Dr Ledivia Strauss + Dietician (120min)	R 1470

Consultations can be done virtually or telephonically.

• The RevitaHealth Team •



Dr Ledivia Strauss

General practitioner with a special interest in aesthetic medicine.

Qualifications

MBChB degree, University of Stellenbosch, 2004

Post Graduate Diploma in Anaesthesiology, DA(SA), 2007

Post Graduate Diploma in Mesotherapy, Université Victor Segalen, Bordeaux, France, 2011

Post Graduate Advanced Diploma in Aesthetic Medicine, 2017 (Cum Laude)



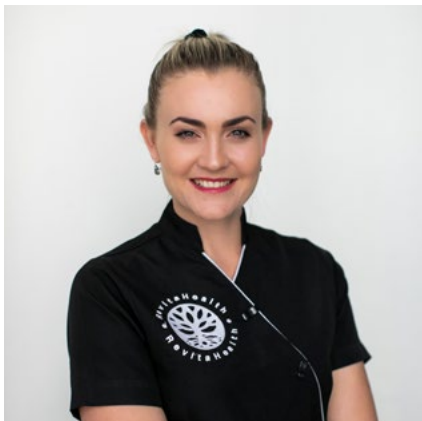
Dr Rolene Strauss

Transformational Coach, Author, International Speaker, Graduated Medical Doctor, Miss South Africa and Miss World 2014.

Qualifications

MBChB degree, University of the Free State, 2017

Through personal coaching and online coaching courses, Rolene dedicates her life to assist women to take control of and become the 'queen' of their own lives.



Anneke Engelke

Aesthetic Therapist

Qualifications

*ITEC Diploma in Body treatments, Health, Skincare, Beauty Specialist,
Facial Electrical treatments*

Placecol Institute completion Diploma in Health and Skincare

National Diploma in Health and Skincare Therapy (SAAHSP)

5 Years experience in Medical Aesthetics



Natasha du Preez

Registered Dietitian

Qualifications

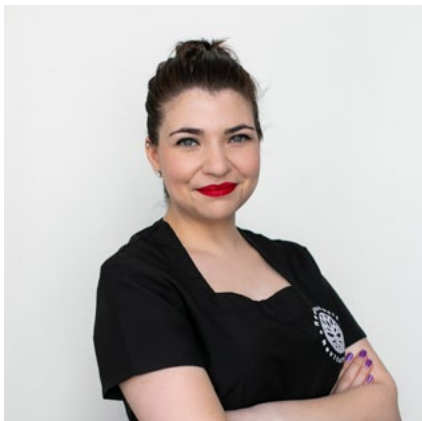
BScDiet, University of Stellenbosch ,2016

Registered Dietitian with HPCSA

Accredited Nutrigenetic Practitioner

CTG Education Nutrition & Nutrigenomics Education

Manuka Science Advanced Translational Nutrigenomics



Chanel van Gittert

Office Manager

Qualifications

Diploma in Somatology, Isa Carstens Academy, 2013

National Diploma in Health and Skin Care (SAAHSP)

Post Graduate CIDESCO Diploma in Aromatherapy

Post Graduate CIDESCO Diploma in Spa Therapy



Become part of our health
community by signing up for
Dr Ledivia's newsletter at
newsletter.revitahealth.co.za

• Health with RevitaHealth •

RevitaHealth's online school with online courses that are set out to educate, enable and encourage you to improve your health in a practical, achievable and sustainable way.

PRICE*:

Healthy Eating 101

A beginner's guide to establish healthy eating habits in as little as a day.

\$9 (+ R170)

Detox 101

The ultimate detox guide for a complete body, mind and kitchen cleanse in only 21 days.

\$49 (+ R899)

Fasting 101

The ultimate fasting course for everyone and anyone who want practical, achievable and sustainable skills to implement a fasting protocol as of now.

\$37 (+ R599)



* Depending on the platform used to make online course payments, as well as exchange rates, country specific taxes might be charged by the platform.

Join more than 1300 students on our online school now by visiting courses.revitahealth.co.za



• Neurotoxin •

Onabotulinum toxin type A is a medication injected into muscles in order to temporarily smooth dynamic lines and softens the appearance of wrinkles. It is also successfully used to treat excessive underarm and hand sweating as well as jaw clenching.

PRICE*:

The following prices are rough estimates:

Frown Female	R 1900
Frown Male	R 2700
Brow Lift	R 700
Forehead	R 900
Crow's feet	R 1900
Chin	R 700
Bunny lines	R 700
Mouth corners	R 700
Full upper face	R 4000
Hyperhidrosis (excessive sweating)	R 5900
Teeth grinding	R 2000



Sessions Needed – 1**
Duration of Results – 3 to 6 months**
Treatment Time – 30 to 40 minutes
Down Time – 0 days**

• Thread Lifting •

Absorbable PDO, polydioxanone, threads provide directional support and collagen stimulation for patients in need of treatment and prevention of skin sagging. These threads provide a lifting, contouring and smoothing effect and can be used in various body parts including the face, neck, breasts, arms, abdomen and buttocks.

PRICE*:

PDO (polydioxanone) threads:

from R 1500



Sessions Needed – 1 to 2**
Duration of Results – 12 to 18 months**
Treatment Time – 40 to 60 minutes
Down Time – 0 to 1 day**

At RevitaHealth, your doctor aims to augment natural beauty rather than 'chasing lines'.

Our Promise

At RevitaHealth, we aim to stay at the forefront of the newest and most effective aesthetic treatments to ensure optimum client satisfaction.



• Micro Needling •

At RevitaHealth medical micro-needling is used to tighten, lift and rejuvenate skin. This revolutionary micro-needling device visibly improves the appearance of fine lines, wrinkles, surgical trauma and acne scars, stretch marks and pigmentation.

PRICE*:

Filorga ® NCTF 135 HA	R 1200
BioMedical Emporium Gold Standard Needling	R 1200
AQ Skin Solutions Growth Factor	R 1650
DermaPen 3	R 1800



Sessions Needed – 1 to 3**
Duration of Results – 12 months**
Treatment Time – 30 to 40 minutes
Down Time – 24 to 72 hours**

• Dermal Fillers •

Dermal fillers can be used to enhance or improve facial features and restore volume loss.

PRICE*:

Dermal Filler:

from R 4000 per vial

Art Filler:

from R 4000 per vial

Bio Nutri Lift Procedure:

from R 4100



Sessions Needed – 1**
Duration of Results – 12 to 18 months**
Treatment Time – 30 to 40 minutes
Down Time – 0 days**

• Mesotherapy •

Aesthetic anti-ageing mesotherapy is a treatment that globally targets the consequences of skin ageing as well as its causes. It is known as one of the best anti-ageing preventative treatments available worldwide.

PRICE* (face, neck and décolletage):

Filorga® NCTF

R 1200 per session

Treatment performed by a medical doctor on photo-aged skin with wrinkles, skin imperfections, pigmentation and dull skin with loss of tonicity.

Filorga® NCTF – HA

R 1800 per session

Nanosoft

R 2050 per session

Treatment performed by a medical doctor for ultra-hydration, restructuring of mature skin with numerous wrinkles, severe sagging and dry dehydrated skin.

Treatment protocol suggests 5 x NCTF treatments. Treatments can be spaced 2 weekly to 1 monthly according to the severity of skin wrinkling and sun damage.



Sessions Needed – 4 to 6**
Duration of Results – 12 months**
Treatment Time – 20 to 30 minutes
Down Time – 12 hours**

• Vitamin Infusion •

At RevitaHealth, customized intravenous vitamin therapy is used to replenish depleted vitamins and minerals. These vital nutrients help treat a wide variety of health conditions.

PRICE*:

Ranging from R 850 - R 1500



Sessions Needed – 1**
Duration of Results – 1 month**
Treatment Time – 60 minutes
Down Time – 0 hours**

• Hair Filler •

AQ Skin Solution's Advanced Hair Complex+ was created to address ageing hair follicles and hair loss by employing patented growth factor technology to promote healthy hair.

PRICE*:

AQ Skin Solutions Hair Complex

R 7500 for 5 sessions



Sessions Needed – 5**
Duration of Results – individual**
Treatment Time – 30 minutes
Down Time – 0 hours**

• Skin Resurfacing •

RevitaHealth makes use of and sells pharma-cosmeceutical lines of products based on skin resurfacing rather than skin peeling. While skin peelings may cause skin exfoliation, skin resurfacing acts as an active catalyst to accelerate cell regeneration and cell repair with reduced trauma and irritation as compared to peelings.

Various treatments are available and will be discussed individually based on skin condition.

PRICE* (pH Formula):

A.C.N.E Resurfacing	Ranging from R 660 - R 730
A.G.E Resurfacing	Ranging from R 670 - R 740
M.E.L.A Resurfacing	Ranging from R 1430 - R 1560
T.C.A Peel	R 1680
V.I.T.A C Radiance	R 600
I.N.S.T.A.N.T Resurfacing	R 720



Sessions Needed – 2 to 8**
Duration of Results – 12 to 18 months**
Treatment Time – 20 to 60 minutes
Down Time – 0 to 1 day**

Our Promise

At RevitaHealth we believe that each woman's body deserves to be in the best possible shape, regardless of age or body image challenges.



• Non-surgical Body Contouring •

At RevitaHealth, only the best aesthetic systems on the market are used. The simultaneous use of advanced cooling, ultrasound and radiofrequency are safe and effectively used for body reshaping with long lasting results. This effective body contouring method is very useful in various areas including brows, neck, jowls and especially the abdomen and thighs.

PRICE*:

Eyes and forehead (3 sessions needed)	R 2000 per session
Neck and double chin (3 sessions needed)	R 2000 per session
Per area on body	R 700
Lymphatic Drainage session	R 300 per single session



Sessions Needed – 3 to 6**
Duration of Results – lifestyle dependant**
Treatment Time – 30 to 40 minutes
Down Time – 0 days**

Our Promise

At RevitaHealth we aim to restore natural balance to your individual facial dimensions.

• Cellulite Treatment •

At RevitaHealth, we combat cellulite using various methods including the treatment of underlying hormone imbalances, mesotherapy and acoustic sound wave therapy.

PRICE*: (BTL Shockwave Therapy)

Legs back	R 600 per session
Legs front	R 600 per session
Arms	R 400 per session
Abdomen	R 500 per session
Lymphatic Drainage session	R 300 per single session



Sessions Needed – 1 to 3**
Duration of Results – 12 months**
Treatment Time – 30 to 40 minutes
Down Time – 0 minutes**

Our Promise

At RevitaHealth we understand the female struggle against cellulite and together we will conquer this unwelcome guest!



• Tint & Wax •

Lash tint	R 100
Brow tint	R 100
Lash & Brow tint	R 200



Brow wax	R 80
Lip wax	R 90
Arm wax	R 200
Leg wax	R 300
Underarm wax	R 180
Bikini wax	R 240
Brazilian wax	R 270
Hollywood wax	R 300
Back wax	R 300
Nose wax	R 90
Chest wax	R 300
Stomach wax	R 250
Chin wax	R 100
Full Face wax	R 370

Our Promise

At RevitaHealth, we aim to stay at the forefront of the newest and most effective aesthetic treatments to insure optimum client satisfaction.



• InBody Assessment •

Track the progress of your body's change with the InBody. The body composition analysis gives you basic information of your body's physical status. More than 20 outputs are given through an easy and fast InBody test. Segmental muscle and fat analysis allows for a more focused exercise plan.

PRICE*:

R 250 per session (30min)

Our Promise

We take the time to get to know patients and uncover the root causes of an illness. Our goal is to empower people to reach their ideal level of health.



• KardioPro •

The KardioGroup health solution integrates a wealth of medical expertise with ground breaking technology to produce the first comprehensive cardiovascular risk reduction and treatment approach. Their health solution has made significant advances in the management of chronic diseases.

PRICE*:

KardioPro Assessment (60 min)	R 1550
KardioPro Follow Up (30 min)	R 850

• NerveIQ •

In our quest to reimagine health and the traditional approach to treating chronic lifestyle conditions, BrandMed Group brings you NerveIQ, powered by OmegaWave – a revolutionary new way of measuring the state of your Autonomic Nervous System. A simple, non-invasive measurement of the heart rate over 5 minutes that will identify your sympathetic and parasympathetic function, your brain's ability to cope with stress and your body's ability to cope with different types of exercise.

PRICE*:

R 450 per session (30min)

• RevitaHealth Ultimate Detox •

In today's busy life, our bodies must deal with more toxins than we are necessarily able to. Stress causes a weakened system which allows more toxins to affect us negatively. Just as a house needs cleaning, our bodies need to get a good spring clean every now and then.

PRICE*:

RevitaHealth Detox Manual, 3 weeks' shopping list, and Revitahealth Functional Pea Protein Powder	R 970
RevitaHealth Functional Pea Protein Powder	R 370

Visit our website to see all other online courses available.

At RevitaHealth we believe that each woman's body deserves to be in the best possible shape, regardless of age or body image challenges.



• Epigenetic DNA Testing •

Our genes load the gun, our lifestyles fire the shots.

After a thorough epigenetic DNA test, a detailed and personalised analysis report will ensure we know how your body will react to certain stimuli. Recommendations regarding a personalised lifestyle and nutritional plan can lead to healthy weight loss and prevent unfavourable diseases.

PRICE*:

Epigenetic Test	R 4400
Feedback, treatment plan and personalised meal plan	R 1470

Our Promise

At RevitaHealth clients of all ages and genders can benefit from an anti-ageing consultation and customised treatment plans.

Contact RevitaHealth for more details.





“SINCE THE MOMENT WOMEN WERE CREATED, ‘BEAUTY’ HAS BEEN AN INTEGRAL PART OF OUR BEING”.



RevitaHealth

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W: www.revitahealth.co.za



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** Prices are subject to exchange rates and may vary as exact treatments and amount of product used can only be determined after a thorough consultation by Dr Ledivia Strauss.*

*** All treatment outcomes may vary from patient to patient.
No guarantees can be made.*