

A close-up, artistic portrait of a woman's face, focusing on her eyes and freckles. The image has a warm, slightly desaturated tone. The woman has light green eyes and numerous small, brown freckles across her nose and cheeks. Her hair is dark and slightly out of focus. The text is overlaid on the image in a clean, white, sans-serif font.

SKIN · SCIENCE · SOUL

THRYVE

MEMBERSHIPS 2026

thryveclinic.co.uk

WELCOME

At THRYVE, we believe skin health and wellbeing are best supported through consistency. Our memberships bring together professional skin care, preventative medicine, and lifestyle medicine into structured programmes designed to maintain long-term health and vitality.

A handwritten signature in a cursive script, reading "Sophie Riddell". The signature is written in a light, elegant style with fluid, connected letters.

SKIN · SCIENCE · SOUL

THRYVE

CHOOSING THE RIGHT MEMBERSHIP

SKIN

Includes Skin, Skin+ & Skin 360 Memberships, for those wishing to maintain consistent skin health and professional skincare support.

SCIENCE

For individuals looking to combine skin care with preventative health monitoring and metabolic insight.

SOUL

For those seeking a comprehensive, concierge-level programme supporting both skin health and overall wellbeing.

THRYVE SKIN

THE THRYVE SKIN MEMBERSHIPS

Designed for those wishing to maintain healthy, resilient skin
through regular professional care and regenerative treatments.

SKIN MEMBERSHIP £100 PER MONTH

SKIN+ MEMBERSHIP £175 PER MONTH

SKIN 360 MEMBERSHIP £360 PER MONTH

THRYVE
SKIN
SCIENCE
THOSE

THRYVE SKIN

£100 MONTHLY

INCLUDES

1 Monthly THRYVE Skin Treatment

A professional facial or skin therapy Including our Glow peels, Skin Rocks or Bespoke facial

Value £75–£265

Up to 3 Dermalux LED Sessions per Month

Supports collagen production, cellular repair, and skin recovery.

Monthly value £150

Cosmetic Microneedling to Face & Neck

4 sessions per year

Cosmetic microneedling to a depth of 0.6mm to the face and neck.

Can be upgraded to Medical Microneedling for £65 surcharge

Monthly Value £165

Member Perks

- Priority booking
 - Complimentary tea or coffee during visits
 - 15% OFF ALL skincare
- 10% OFF ALL in house services and treatments

Membership Value

Approximate monthly value: £280

Cost to you £100 per month

Ideal for those wishing begin their journey into skin health and rejuvenation

THRYVE SKIN+

£175 MONTHLY

INCLUDES

**All treatments and therapies contained within the
THRYVE SKIN
membership**

plus

300 units of Anti-wrinkle Toxin per annum

OR

3 courses of Mesotherapy

including polynucleotides or Cellar-Vita per year

Member Perks

- Priority booking
 - Complimentary tea or coffee during visits
 - 15% OFF ALL skincare
- 10% OFF ALL in house services and treatments

Membership Value

Approximate monthly value: £350

Cost to you £175 per month

Ideal for those wishing to maintain consistent skin health, collagen stimulation, and preventative care.

THRYVE SKIN 360

£360 MONTHLY INCLUDES

**All treatments and therapies contained within the
THRYVE SKIN+
membership**

plus

2 x HIFU treatments per year to 2 areas
2 x Emface Treatments per year to 2 areas
2 x Injectable treatments per year (max 6ml)

Member Perks

- Priority booking
 - Complimentary tea or coffee during visits
 - 15% OFF ALL skincare
- 10% OFF ALL in house services and treatments

Membership Value

Approximate monthly value: £800

Cost to you £360 per month

**Ideal for those wishing to achieve the maximum facial and skin
rejuvenation.**

THRYVE SCIENCE

THE THRYVE SCIENCE MEMBERSHIP

A clinically led membership designed to optimise both skin health and metabolic wellbeing, helping you feel energised, resilient, and well from the inside out.

£450 PER MONTH

THRYVE
SKIN
SCIENCE
THOSE

THRYVE SCIENCE

INCLUDES

Skin Optimisation

Advanced Skin Treatment Every 8 Weeks

Medical-grade facial therapy or advanced skin treatment tailored to your needs.

Approximate value £555

Up to 10 Dermalux Triwave LED Sessions per Month

Supports skin repair, inflammation reduction, and recovery.

Value £750

Health Monitoring

Continuous Glucose Monitoring (CGM)

Up to 3 sensors per year, with clinical guidance and interpretation.

Value £195

Annual Comprehensive Blood Panel

Provides insight into key biomarkers influencing skin health, metabolism, and energy levels.

Value £350

Optional Monthly Blood Pressure Monitoring

Quarterly Health Tracking Review

Nutrition & Lifestyle Support

Two Dietitian Consultations Per Year

Personalised consultations with our registered dietitian to support metabolic health, nutrition, and lifestyle optimisation.

Continued on next page...

THRYVE SCIENCE

INCLUDES

Personalised Nutrition Plan

Designed to support:

- energy balance • metabolic health
- skin vitality • long-term wellbeing

Value £415

Annual Health Review

Comprehensive 60-minute consultation with our THRYVE GP, dietitian, or pharmacist.

Value £200

15% Off Retail Skincare

10% Discount on all in-house THRYVE treatments

Member Perks

- All Skin membership benefits
- Quarterly health tracking review
- Members-only education workshops per year
- Two bring-a-friend passes per year

Membership Value

Approximate monthly value: **£1,134 (£13,608 per year)**

Member investment: **£450 per month (£5,400 per year)**

Designed for patients wishing to optimise metabolic health while maintaining skin quality.

THRYVE SOUL

THE THRYVE SOUL MEMBERSHIP

Our most comprehensive programme, integrating skin health, preventative medicine, and personalised lifestyle optimisation.

£600 PER MONTH

THRYVE
SKIN
SCIENCE
THOSE

THRYVE SOUL

INCLUDES

Skin Optimisation

Advanced Skin Treatment Every 8 Weeks

Medical-grade facial therapy or advanced skin treatment tailored to your needs.

Approximate value £555

Up to 10 Dermalux LED Sessions per Month

Supports skin repair, inflammation reduction, and recovery.

Value £750

Health Monitoring

Continuous Glucose Monitoring (CGM)

Up to 4 sensors per year, with clinical guidance and interpretation.

Value £260

Twice Yearly Comprehensive Blood Panel

Provides insight into key biomarkers influencing skin health, metabolism, and energy levels.

Value £700

Optional Monthly Blood Pressure Monitoring

Quarterly Health Tracking Review

Nutrition & Lifestyle Support

Three Dietitian Consultations Per Year

Personalised consultations with our registered dietitian to support metabolic health, nutrition, and lifestyle optimisation.

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THRYVE SOUL

INCLUDES

Personalised Nutrition Plan

Designed to support:

- energy balance • metabolic health
- skin vitality • long-term wellbeing

Value £415

Twice Yearly Health Review

Comprehensive 60-minute consultation with our THRYVE GP, dietitian, or pharmacist.

Value £400

20% Off Retail Skincare

10% Discount on all in-house THRYVE treatments

Member Perks

- All Science membership benefits • Quarterly health tracking review
- Members-only education workshops per year • Two bring-a-friend passes per year

Two Medical Consultations Per Year

Two 60-minute clinical reviews and personalised treatment planning.

Value £400

Full Health Analysis & Personalised Nutrition Support

Includes dietary guidance, biomarker monitoring, and lifestyle planning.

Value £600+

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THRYVE SOUL

INCLUDES

£1,000 Annual Injectable Credit

Can be used towards aesthetic treatments including botulinum toxin, dermal fillers, polynucleotides, skin boosters, or biostimulators.

Member Perks (Extended)

- All Science membership benefits
- Friends & family treatment discount of 20% off all THRYVE services
- Invitations to THRYVE VIP events
 - Members' lounge access
- Priority access to new treatments and protocols

Membership Value

Approximate monthly value: **£2,000+ (£24,000 per year)**

Member investment: **£650 per month (£7,200 per year)**

Designed for individuals seeking a fully integrated approach to skin health, longevity, and preventative medicine.



SKIN · SCIENCE · SOUL

THRYVE MEMBERSHIPS TERMS & CONDITIONS

THRYVE memberships are designed to support consistent skin health, preventative care, and long-term wellbeing. By joining a THRYVE membership programme, members agree to the following terms.

1. Membership Commitment

All THRYVE memberships require a minimum commitment period of six (6) months.

Following this initial period, memberships will continue on a rolling monthly basis unless cancelled in accordance with the cancellation policy below.

Membership fees are billed monthly via direct debit.

2. Payments

Membership fees are payable via monthly direct debit or card payment.

Payments are taken automatically each month on the agreed billing date.

Failure to make payment may result in suspension of membership benefits until the account is brought up to date.

3. Booking Appointments

Membership treatments must be booked in advance and are subject to clinic availability.

THRYVE members receive priority booking; however, appointments cannot always be guaranteed at short notice.

Members are encouraged to schedule treatments in advance to ensure availability.

4. Treatment Usage

Membership benefits are designed to support regular, ongoing care.

- Monthly treatments are intended to be used within the relevant calendar month
- Treatments cannot be exchanged for cash or refunded
- Membership treatments cannot be transferred to another individual

To maintain fairness for all members, treatments may not be accumulated or used in bulk unless agreed by the clinic.

5. LED Phototherapy Access

Where LED sessions are included in membership plans, these sessions must be booked in advance and are subject to clinic availability.

To ensure access for all members, the clinic may limit the number of sessions that can be used within a single week.

6. Injectable Credits

Where a membership includes injectable credit:

- Credits may be used towards injectable treatments offered at THRYVE
- Injectable credits reset annually from the membership start date
- Unused credits cannot be exchanged for cash or transferred to another individual.

Any treatments exceeding the credit allowance will be charged at the standard member treatment price.

7. Discounts

Membership discounts on skincare or treatments are only valid while the membership remains active.

Discounts cannot be combined with other promotions unless otherwise stated.

THRYVE MEMBERSHIPS TERMS & CONDITIONS

8. Cancellations and Missed Appointments

THRYVE operates a 24-hour cancellation policy.

Appointments cancelled with less than 24 hours' notice, or missed appointments, may result in the treatment being deducted from the membership allowance.

9. Membership Pauses

Memberships may be paused for medical reasons or extended travel at the discretion of the clinic.

Maximum pause period: 8 weeks within any 12-month period.

Pause requests must be submitted to the clinic in advance.

10. Membership Cancellation

After the initial 6-month commitment period, memberships may be cancelled by providing 30 days' written notice to the clinic.

Membership benefits remain active until the end of the notice period.

11. Clinical Suitability

All treatments are subject to clinical suitability and practitioner assessment.

THRYVE reserves the right to modify or decline treatments if they are not considered medically appropriate or safe for the patient.

12. Membership Changes

THRYVE reserves the right to modify membership benefits or pricing where necessary. Members will be provided with reasonable notice of any changes.

13. Liability

THRYVE will always strive to deliver treatments to the highest clinical standards. However, results may vary between individuals.

14. Contact

THRYVE

Cowbridge

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