

A close-up, artistic portrait of a woman's face, focusing on her eyes and freckles. The image has a warm, slightly desaturated color palette. The text is overlaid on the image.

SKIN · SCIENCE · SOUL

THRYVE

MEMBERSHIPS 2026

*[thryveclinic.co.uk](https://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 the first name "Sophie" on the top line and the surname "Riddell" on the bottom line, connected by a fluid, sweeping line.

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# 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 £150 PER MONTH

SKIN+ MEMBERSHIP £250 PER MONTH

SKIN 360 MEMBERSHIP £360 PER MONTH

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SKIN  
SCIENCE  
THOSE

# THRYVE SKIN

£150 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: £390

Cost to you £150 per month

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

# THRYVE SKIN+

£250 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

**Monthly value £50**

Total annual value approximately £600

## **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: £440

Cost to you £250 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  
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# 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.

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# 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

# THRIVE 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.



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# 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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