



Service Menu

Unlock Your Natural Beauty from Within

Located at the Spa at Four Seasons Toronto



WELCOME

Bespoke Wellness has arrived.
Join our Club for a lifetime of solutions
to support your holistic well-being.

Powered by precision medicine, our medical and beauty solutions are designed just for you.

We take a science-based, diagnostic approach to prevent premature aging. Our trailblazing medical experts have devoted their lives to curating the newest, safest and most effective techniques and products from around the world.

Our focus is not just skin deep. We will unlock the secrets of your DNA and determine how your hormones and nutrients impact your health.

Bespoke Wellness.
Unlock your natural beauty from within.

Message From
DR. ELAINE CHIN

*Founder of the Bespoke Wellness Club
and Executive Health Centre*

COVID-19 is the biggest health crisis of our generation and it offers us some important lessons on why it's critical to take more control of our personal health care journey.

Medicine, and the delivery of health care has been forced to evolve. You, as a health consumer, can become more proactive and take advantage of the science and technology available today.

From the very beginning of my medical career, I have been committed to the power of personalized medicine. It's why I founded Executive Health Centre, one of North America's leading precision medicine practices.



I have been working with clients for over 30 years who want to take a more proactive, holistic approach to their health, well-being, and anti-aging needs.

I'm thrilled to introduce you to the Bespoke Wellness Club at the Spa at Four Seasons Toronto. It's time for you to indulge in our world-class offerings and take charge of your health and beauty needs.

A handwritten signature in black ink that reads "Elaine". The script is elegant and cursive.

BespokeWellnessClub

PERSONALIZED WELLNESS

Engage in a Proactive Health Experience



SKIN HEALTH

GENETICS BASED SKINCARE INSIGHTS

By decoding your DNA we can determine how to repair, restore, and renew your skin's youthfulness. Based on your genetics results, we will create your bespoke skin health program to boost your beauty potential.

UNDERSTAND HOW TO TREAT:

- Fine Lines & Wrinkles
- Sun Protection
- Skin Sensitivity & Inflammation
- Skin Elasticity
- Pigmentation
- Collagen Quality
- Skin Antioxidants

Your skincare consultant will recommend treatments and supplements to elevate your skincare routine and reverse the signs of pre-mature aging based on your genetics.

Cheek Swab Test

*Get these insights from FDA-approved at home self-test kits.
Includes test report review and support from your health coach.
Bespoke Wellness. Allow your natural beauty to flourish from within.*

BespokeWellnessClub



GENETIC RISK

GENETICS BASED DIET, NUTRITION & FITNESS

Improve your energy, metabolism, and weight management by personalizing a lifestyle routine matching the results of your DNA profile.

UNLOCK THE SECRETS OF YOUR LIFESTYLE DNA:

Response to Cardio & Strength Training:

- Fat/Weight Loss
- Body Composition
- HDL (good cholesterol)
- Insulin Sensitivity
- Glucose

Diet Utilization for Weight Loss:

- Protein, Fat & Carbohydrate Effects

Risk of Nutrition Deficiencies:

- B Vitamins: B6 B9 (Folate) & B12
- Antioxidants: Vitamin A and C
- Vitamin D

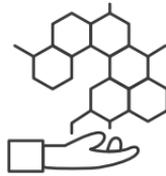
Your lifestyle coach will recommend a strategy of lifestyle changes tailored specifically to your genetic results.

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HORMONAL HEALTH

SEX HORMONE BALANCE

Female and male hormones impact skin collagen production, elasticity, skin tone, hydration and healing. An imbalance can cause a range of symptoms from hot flashes, night sweats, mood swings, loss of muscle mass and sex drive. Discover if you are out of balance.

TESTING: Estrogen | Progesterone | Testosterone | DHEA

Blood Spot Test

THYROID HORMONE BALANCE

An imbalanced thyroid can lead to dry skin, brittle hair and nails. Weight gain and low energy can be caused by a sluggish thyroid gland. While an overactive one can cause unexplained weight loss and emotional unease. Determine if your thyroid is in balance.

TESTING: TSH | Free T3 & T4 | Thyroid Peroxidase Antibodies

Blood Spot Test

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MENTAL WELL-BEING

STRESS & BURNOUT PREVENTION

Stress can trigger other hormones that cause skin inflammation and weight gain. It is essential to understand how well you are responding to stress by measuring your cortisol response curve throughout the day.

TESTING: Cortisol

Saliva Test

EMOTIONAL BALANCE

Mood disorders will trigger responses which impact physical health including your largest organ, the skin. Neurotransmitters which are your brain chemicals will affect not only how you feel but how you look, impacting collagen production and skin hydration.

TESTING: Calming Hormones (Serotonin & GABA) | Excitatory Hormones (Dopamine, Norepinephrine & Epinephrine) | Glutamate & Histamine Levels

Urine Test

SLEEP BETTER

Poor sleep can lead to cardiometabolic conditions, impact mental health and decrease immunity. Good sleep gives your skin time to heal and repair. Discover how to improve your quantity and quality of sleep by altering key hormones with diet, exercise and supplements.

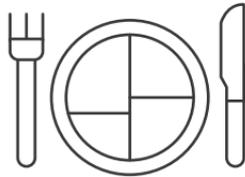
TESTING: Melatonin | Cortisol & Cortisone

Urine Test

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NUTRITION

FOOD SENSITIVITIES

Your body can develop IgG antibodies against specific foods that may trigger skin issues such as acne, rosacea, eczema, inflammation, weight gain, headaches, gas and bloating. This testing kit explores how your body reacts to 96 foods.

TESTING: Dairy | Meat | Seafood | Grains | Nuts | Fruits | Vegetables

Blood Spot Test

ESSENTIAL NUTRIENTS

Critical nutrient deficiencies can impact your skin health, immunity and physical stamina. Learn to optimize your nutrients with lifestyle changes and/or supplementation.

TESTING: Vitamin D (antioxidant tissue repair) | Iron (strenghtens skin, hair and nails & promotes energy) | Omega Fatty Acids (anti-inflammatory, reduces blemishes and promotes hydration)

Blood Spot Test

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METABOLISM

ENERGY & WEIGHT

Beyond calories in and calories out, your hormones will determine how each person uniquely burns fat and uses energy. Understand how your metabolic hormones can work for you to build muscle and achieve healthier skin.

TESTING: Thyroid Hormone Profile (TSH, T4, T3) | Cortisol | Growth Hormone (IGF1)

Blood Spot Test

DIABETES & CARDIOMETABOLIC RISK

High cholesterol and blood sugar levels increase inflammation throughout your body, including your skin. Understand how you can modify your lifestyle towards better health.

TESTING: Cholesterol Profile (Triglycerides, LDL, HDL) | Blood Sugar Control (A1C) | Insulin

Blood Spot Test

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IV NUTRIENT THERAPY

Boost Your Body's Repairing & Healing Powers

Replenish your body's natural stores with Intravenous (IV) therapy at BWC. We offer a unique and bespoke formulation to help manage your body's needs. Whether you are wanting to fight fatigue, protect against infection or promote anti-aging, our IV Infusion formulations are fast-acting and long-lasting to boost the body's ability to improve your healing powers and overall wellness.

Our unique formulations are specifically designed to achieve your key objectives in any wellness strategy; Recover, Repair, and Renew.

BENEFITS

- Manage functional nutrient deficiencies
- Fight fatigue
- Combat dehydration
- Protect against infection
- Promote anti-aging

IV NUTRIENT THERAPY

Boost Your Body's Repairing & Healing Powers

REPAIR

Increase your resistance against viruses and bacteria by boosting your immune and repair systems. This formula is designed to improve your immune response against colds, flus and more. It's especially critical when you are under stress and fatigued.

Components: Antioxidants (Vitamin C), B Vitamins, Magnesium, Zinc & Selenium

RECOVER

Restore your energy by giving your body and brain the fuel it needs to perform at an elite level. This formula is our foundational cocktail designed to improve your energy and rehydrate on a cellular level. Recover from fatigue, burnout or an active lifestyle and boost key nutrients.

Components: Amino Acids (Taurine & Carnitine), Antioxidants (Vitamin C), B Vitamins & Magnesium

RENEW

Energize your skin with a bespoke infusion of nutrients. This formula provides a powerful blend of anti-aging, anti-inflammatory and antioxidant nutrients to improve overall health, strengthen your body tone, and brighten your complexion from the inside out.

Components: Amino Acids (Arginine & Lysine), Antioxidants (Glutathione, Selenium & Vitamin C), B Vitamins, Magnesium & Zinc



V CARBON PEEL

Activated Charcoal to Exfoliate & Purify

This unique anti-aging treatment from Italy that is all the rage around the world has now arrived at BWC. The VCarbon Peel uses activated charcoal to purify your skin. This peel is loaded with antioxidants to softly exfoliate and brighten the skin as well as natural extracts to help obtain a firmer and hydrated appearance.

For all skin types

BENEFITS

- Fades age spots
- Reduces wrinkles and fine lines
- Tightens pores
- Removes blackheads
- Lifts the skin
- Hydrates deeply

Peel Active Ingredients: Ferulic Acid (antioxidant stabilizer and brightening effects), Mandelic Acid (gentle exfoliant and reduces inflammation), Lactic Acid (hydration deep into the skin to help skin regeneration) , Activated Charcoal (purifying effect)

Serum Active Ingredients: Ginger Extract (strong antioxidant), Licorice Extract (reduces inflammation)



VMETALL TREATMENT

Precious Metals to Challenge the Laws of Time

New to Canada, specifically designed to detoxify your skin. The VMetall facial treatment in combination with the hydroserum creates a unique formulation to achieve healthier skin. Nutrient filled snail extracts and diamond powder restores a youthful appearance.

For all skin types

BENEFITS

- Brightens complexion
- Hyperoxygenates
- Promotes nutrient absorption
- Stimulates and tones
- Soothes and tightens
- Restores skin suppleness

Mask Active Ingredients: Snail Secretion (hydrating and anti-aging effects), Diamond Powder (overall brightening of the skin), Lactic Acid & Mandelic Acid (renewing the look of the skin), Hydrolyzed collagen (restore suppleness)

Serum Active Ingredients: Amino Acids & GABA (anti-aging), Collagen, Aloe



PRP TREATMENT

Regenerate Your Body's Repair System

Platelet Rich Plasma (PRP) therapy is a non-surgical and non-chemical procedure. Growth factors extracted from your own plasma stimulate collagen production, hair growth, and skin renewal. BWC offers the best in category PRP, Arthrex™ ACP™ system. With no anticoagulants, this treatment provides the highest concentration of pure platelets which maximizes your natural repair and healing processes for optimal rejuvenation.

HAIR

PRP hair therapy will help restore your confidence with fuller and healthier looking hair.

BENEFITS

- Triggers hair growth cycle
- Activates new hair growth
- Increases hair shaft thickness
- Decreases hair loss

FACE

PRP facial therapy will restore your skin's youthfulness while improving tone and texture.

BENEFITS

- Promotes new skin cell growth
- Rejuvenates skin
- Reduces inflammation
- Heals acne and lessens scarring

INJECTABLES

Non-Surgical Cosmetic Procedures

BOTOX COSMETIC®

Botox® has been used for over 20 years in the treatment of many medical conditions and has become one of the most popular and safe cosmetic treatments worldwide.

This injectable treatment is derived from Botulinum toxin protein. It works by relaxing the underlying muscles that cause dynamic wrinkles, frown lines, and crow's feet around the eye area. This creates a more relaxed and refreshed look.

The effects of Botox Cosmetic® are usually first noticed 3-4 days after injection, and can last from 4 to 6 months.

FILLERS

Hyaluronic Acid (HA) is essential for maintaining moisture, firmness and elasticity of the skin. Environmental factors such as exposure to sun, pollution and free radicals as well as the natural aging process causes the skin's natural levels to decline over time.

Saypha® and other dermal fillers recreate your natural hyaluronic acid levels to reduce the signs of aging for a younger, fresher, more defined look.

Injectable fillers are used to give volume and create contours on the face where they are needed or where the volume has disappeared with age.

Experience instantaneous, natural and long-lasting results.



*Located at the
Spa at Four Seasons Toronto*

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