

## REFLEXOLOGY

**Reflexology 1 hour** £52  
A deeply relaxing therapy for the mind and body. Reflex points on the feet that correspond to all the organs and systems of the body are stimulated in a gentle rhythmic pressure point treatment. Imbalances and energy blockages can be identified and dispersed allowing the body to reach a more balanced state. Can be enjoyed as a single treatment or a regular relaxation plan

## WAXING

A gentle cream wax containing soothing lavender oil removes unwanted hair hygienically and effectively.

Full Leg	£30
Three Quarter Leg	£25
Half Leg (lower)	£20
Half Leg (upper)	£22
Standard Bikini	£12
Extended Bikini	£17
Brazilian Bikini (thin strip)	£25
Full Arm	£16
Eyebrow	£10
Underarm	£9
Lip	£9
Chin	£9
Lip & Chin	£15
Lip, Chin & Eyebrow	£24
Full Leg & Standard Bikini	£38
Full Leg, Bikini (standard) & underarm	£46
Back	from £26
Chest	from £21

## LUXURY PEDICURE

**Luxury Pedicure 50 min** £38  
A hydrating, revitalising treatment for the feet. Hard skin is filed and smoothed away with a natural sea salt exfoliant before the application of the nourishing mint and tea tree foot balm. The feet are warmed and softened in heated boots followed by a lower leg and foot massage, cuticle tidy, nail shaping and the application of a SpaRitual nail colour of your choice.  
\* Please remember your open toe shoes

## LUXURY MANICURE

**Luxury Manicure 50 min** £38  
A nourishing treatment for the hands and nails incorporating a hand and arm massage. Heated mittens are used to hydrate and soften the skin followed by cuticle work, nail shaping and the application of a SpaRitual nail colour of your choice.

## ABOUT PURE THERAPY

Pure Therapy was established in 2008 by Alison Richardson a professional therapist with over 20 years of experience.

Alison specialises in massage therapies and natural organic, cruelty free skincare. High quality, wonderful treatments carried out in a clean, friendly and comfortable environment.

Leave the stresses behind you and enjoy a truly holistic approach to wellness using high quality organic, ethical and affordable products applied with individual care and attention.

Appointments are available with Alison at the following times:

Monday	Closed
Tuesday	09.00 - 13.00
Wednesday	10:00 - 20:30
Thursday	10:00 - 20:30
Friday	09:00 - 18:00
Saturday	09:00 - 17:30

Pure Therapy is located in the centre of Berkhamsted at 171 High Street, HP4 3HB. This is directly opposite WHSmith.

There is a 1 hour limit for street parking outside the clinic but I am just a few minutes walk away from both the main pay & display car parks in the town centre. Berkhamsted train station is an 8 minute walk.

## GIFT VOUCHERS

Pure Therapy Gift Vouchers are available for a variety of treatments and monetary values. An ideal gift for friends and family for every occasion.

**Buy online at [www.pure-therapy.co.uk](http://www.pure-therapy.co.uk)**

Vouchers can be collected from the clinic with prior notice or purchased and downloaded from the website in pdf form to be printed or sent via email for last minute gifts.

Please contact Alison on 01442 870333

Vouchers are Valid for 6 months from date of purchase.

## CANCELLATION POLICY

Please allow **24 hours notice** to cancel an appointment as a **100% cancellation fee** may apply for any late cancellations or missed appointments that cannot be filled.

 @PureTherapyBerkhamsted

 @puretherapyberkhamsted

# PURE THERAPY

Massage Therapies & Organic Skincare



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## MASSAGE

### Swedish Massage

A variety of techniques are used to break down muscular tension, increase blood flow and boost the immune system. Allowing relaxation of the body and the nervous system it is an effective treatment for stress related conditions.

The pressure and techniques can be adjusted to your specific needs. Hot stones can be incorporated into a back massage to release tension on a deeper level if required at no extra cost.

Back Massage 30 min £33

Back Neck & Shoulder Massage 45 min £45

Full Body Massage 1 hour £52  
Add hot stones £55

Full Body Massage 1 hour 30min £70

Remedial Massage 1hour £52

Remedial massage helps to increase range of movement and promote better posture and flexibility in the muscles and joints. Chronic deep tension patterns can be altered within the body by using deep pressures and strokes with neuromuscular and trigger point techniques. Because of the deep nature of the treatment it is common to experience some muscle soreness post massage.

Massage for Runners / Sport 1 hour £55

Unique to Pure Therapy, this massage focuses on the back and the legs using alternate hot basalt stones and cold marble stones to boost circulation. A great pre or post event treatment which can help to prevent injury, relax muscular tension, reduce muscle soreness and inflammation.

## HOT STONE MASSAGE

Hot Stone Aromatherapy Massage 1 hour 15 min £63

A therapeutic aromatherapy full body, face and head massage using a personalised blend of essential oils and using warm basalt stones to relieve deep muscle tension and enhance the calming on the mind and the body.

Hot Stone Total Balance 2 hours £93

Smooth, Warm basalt stones and individually chosen organic essential oils are used within a deeply relaxing Full Body Massage. A Scalp Massage and a prescriptive Organic Aromatherapy Facial treatment complete this total body balancing treatment

## INDIAN HEAD MASSAGE

Indian Head Massage 45 min £45

A specialised form of Ayurvedic scalp massage. This treatment works to relieve tension in the shoulders, upper back, upper arms, face and scalp. Calms the mind, improves concentration, and can help to relieve sinus congestion and headaches. Scalp oil is optional.

## LYMPHATIC DRAINAGE MASSAGE

Lymphatic Drainage Massage 1 hour 15 min £60

This is a gentle but effective form of massage that stimulates the body's lymphatic system. Toxins, excess fluid and puffiness are removed from the body this in turn benefits problem skin, digestion, swelling and cellulite. The immune system is boosted and energy levels restored. Light pressures are combined with small pumping movements in the direction of the Lymph nodes

Course of 3 (12 month Expiry) £168

## AROMATHERAPY MASSAGE

Aromatherapy Massage 1 hour 15 min £60

A relaxing full body, face and scalp massage using a variety of massage techniques combined with a personalised blend of organic essential oils. Aromatherapy massage is a holistic treatment that can help to relieve tension and stress while promoting a more balanced mind and body.

## HOPI EAR CANDLES

Hopi Ear Candles ( Thermal auricular Therapy ) 40 min £42

A safe, natural alternative to ear syringing, encouraging the breakdown of excess ear wax. Biosun ear candles containing beeswax, honey and essential oils are used to benefit sinus conditions, tinnitus, headaches, migraines and hay fever. A scalp and facial acupuncture massage finishes this relaxing treatment.

## PREGNANCY MASSAGE

A range of nurturing treatments adapted to each stage of pregnancy after the first trimester to help relax mother and baby. Only essential oils known to be safe during pregnancy are used.

Pregnancy Full Body, Face & Scalp Massage \* 1 hour 15 min £60

A specially adapted full body massage only available after the first trimester. Massage is helpful to relieve many minor ailments associated with pregnancy, general aches and pains, swollen ankles, poor circulation, and anxiety. Organic oils are used to condition and strengthen the skin.

Pregnancy Back, Neck & Shoulder Massage \* 45 min £45

A relaxing massage that focuses on the back neck and shoulders to help reduce muscular tension and joint discomfort. A blissful scalp massage is optional if required to further ease tension and anxiety.

Pregnancy Leg and Foot treatment £45

A Luxurious massage treatment especially for the Legs and feet incorporating reflexology points and Lymphatic drainage to help relax and relieve tired aching legs.

\* Consent from midwife or GP is sometimes needed before treatment.

## COMPLETE BODY TRANQUILITY 2 hours £90

A completely indulgent two hour holistic experience. This balancing treatment combines reflexology with a full body aromatherapy massage using organic essential oils of your choice. An acupuncture face massage and blissful scalp massage finish this ultimate relaxation experience.

## NEAL'S YARD REMEDIES ORGANIC FACIALS

Facials include a complimentary eyebrow tidy if required. Treatment time is used to the maximum incorporating a relaxing head massage or hand massage during the face mask.

A warm towel steam can be used to relieve a congested skin.

Rehydrating Rose Facial 1 hour £55

A relaxing facial which targets fine dehydration lines, helping to plump and smooth the skin. A thorough cleanse and stimulating face massage restores a radiant fresh glow to the skin. Essential oils of precious Rose and healing Rosehip oil help nourish, calm and protect. For normal and dehydrated skins including sensitive.

Nourishing Orange flower Facial 1 hour £55

A deeply nourishing and replenishing facial treatment to help combat dry devalised and sensitive skins. Orange Flower, pomegranate and Sea buckthorn help to keep the skin supple while boosting natural skin radiance.

Purifying Palmarosa & Mahonia Facial 1hour £55

A deep cleansing facial specifically for oily and Combination skins. Mahonia and Palmarosa draw out impurities and absorb excess oil while helping to clarify pore size. The antibacterial and anti-inflammatory qualities calm the skin while leaving a more even matt skin tone. A hot towel steam and removal of blocked pores is included.

Frankincense Face and Eye Treatment 1 hour 15 min £60

A luxurious facial that helps to fight the signs of ageing using skin regenerating antioxidants, plant stem cells, and essential oil of Frankincense. Japanese facial firming massage and jade rollers are used to improve skin tone and radiance. There is special focus around the delicate eye area using cool rose quartz stone to improve lymphatic and micro circulation that can help reduce puffiness and dark circles.

Back, Face & Scalp Signature Facial 1 hour 30 min £75

A truly holistic facial treatment. The experience begins with a cleansing back exfoliation followed by a relaxing aromatherapy back massage enhanced with the use of hot stones. A fully prescriptive organic facial incorporating a therapeutic oriental head massage

Natural Face Lift Massage 45 min £45

A relaxing natural lifting and firming facial massage using Japanese facial acupuncture points to stimulate and firm the face and neck. Increased microcirculation in the deeper layers of the skin encourages tone and radiance.

Express Facial 30 min £35

A cleansing, revitalising facial tailored to any skin type when you are short of time. (does not include an eyebrow shape or extractions)