

REFLEXOLOGY

Reflexology 1 hour £55
A deeply relaxing therapy that focuses on balancing both the mind and body through reflex points on the feet corresponding to all the organs and systems of the body. Subtle Imbalances in energy flow can be identified encouraging the body’s own healing processes and helping to reduce many common symptoms associated with stress. Suitable for all ages to be enjoyed as a single treatment or as a regular relaxation plan.

INDIAN HEAD MASSAGE

Indian Head Massage 45 mins £48
A relaxing Ayurvedic head massage that works to increase circulation and release tension in the upper body. Massage is focused on the upper back, shoulders, face and scalp working to improve concentration, relieve sinus congestion, tension headaches and many other stress related ailments. Scalp oil is optional.

ORGANIC ROSE BODY POLISH

Organic Body Polish 45 mins £48
A luxurious body treatment to help rejuvenate tired, dull looking skin. The beautiful scent of the wild rose body polish relaxes and soothes the senses while Himalayan salt and raw cane sugar gently removes dead skin cells leaving the skin with a fresh youthful glow. The treatment is completed with an application of rich organic rose body cream.

HOPI EAR CANDLES

Hopi Ear Candles (Thermal auricular Therapy) 35 mins £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 gently help with sinus conditions, tinnitus, headaches and hay fever. A facial acupressure massage finishes this relaxing treatment.

LUXURY PEDICURE

Luxury Pedicure 50 mins £40
A luxurious hydrating treat for the feet. Hard skin is filed and smoothed away with a natural sea salt scrub before the application of the invigorating 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 mins £40
A nourishing treatment for the hands and nails incorporating a relaxing 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.

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	£18
Full Arm	£17
Eyebrow	£10
Underarm	£9
Lip	£9
Chin	£9
Lip & Chin	£16
Lip, Chin & Eyebrow	£24
Full Leg & Standard Bikini	£38
Full Leg, Bikini (standard) & underarm	£46
Back	from £26

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 - 17:00
Saturday	09:00 - 17:00

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. Gift vouchers can be purchased through the Pure Therapy website www.pure-therapy.co.uk or by contacting Alison on 01442 870333.

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.

PURE THERAPY

Organic Massage & Facials



01442 870333

171 High Street, Berkhamsted, HP4 3HB

www.pure-therapy.co.uk

MASSAGE

Swedish Massage

A variety of techniques are used to break down muscular tension, increase blood flow and boost the immune system. An effective treatment for stress related conditions allowing relaxation of the body and nervous system. The pressure and techniques can be adjusted to your specific needs.

Remedial Massage

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.

Back Massage	30 mins	£35
Back Neck & Shoulder Massage	45 mins	£48
Full Body Massage	60 mins	£55
Full Body Massage	1 hour 30mins	£72
Hot Stones can be added to Swedish or Remedial Massage		£5

HOT STONE MASSAGE

Hot Stone Aromatherapy Massage 1 hour 15 min £68
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 £98
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

La Stone Therapy 1 hour 15 mins £68
The original hot stone massage using alternate warm basalt stones and chilled marble stones in combination with manual massage techniques. This contrast therapy can boost the circulation, reduce muscle tension, soreness and inflammation making it ideal as a great pre or post exercise treatment alongside regular training. La Stone treatments are tailored to each client and can be effective for stress relief to leave you feeling balanced and revitalised

AROMATHERAPY MASSAGE

Aromatherapy Massage 1 hour 15 mins £65
A relaxing full body, face and scalp massage that combines the power of organic essential oils with a variety of massage techniques drawn from eastern traditions to help reduce stress and tension. Aromatherapy promotes balance between the mind and body through manual absorption and inhalation of the essential oils. Massage pressure can be adjusted if a more remedial massage is required.

LYMPHATIC DRAINAGE MASSAGE

Lymphatic Drainage Massage 1 hour 15 mins £65
A gentle but effective form of massage that specifically uses light rhythmic pumping movements in the direction of lymph nodes to boost the lymphatic system and the immune system. Toxins, excess fluid and puffiness are removed from the body having a beneficial effect on the skin, digestion, appearance of cellulite and general wellbeing while boosting energy levels.

Course of 3 (12 month Expiry) £183

COMPLETE BODY TRANQUILITY 2 hours £95

A completely indulgent two hour holistic experience focused on reducing stress and tension. This balancing treatment combines **reflexology** with a blissfully relaxing **full body aromatherapy massage** using a blend of organic essential oils of your choice. Acupressure **facial massage** and **Ayurvedic scalp massage** are used to finish this ultimate relaxation experience.

MOTHER TO BE PREGNANCY MASSAGE

A range of nurturing treatments available after the first trimester to help relax mother and baby. Organic essential oils of Mandarin and Spearmint are used in the Mother to Be treatments and are known to be completely safe during pregnancy.
* Consent from midwife or GP is sometimes needed before treatment.

Mother to Be Ultimate Relaxation * 1 hour 15 mins £65
A luxurious full body treatment incorporating a facial cleanse and massage using organic oils and creams to condition and strengthen the skin. The relaxing massage drifts into a blissful head and scalp massage to help ease away tension.. Massage is so beneficial for mum and baby and can help relieve many minor ailments commonly associated with pregnancy.

Mother to Be Back Massage * 45 mins £48
A relaxing treatment using an organic oils focuses on the back neck and shoulders to help reduce muscular tension and joint discomfort. A blissful head and scalp massage is optional if required to further ease tension and anxiety.

Mother to Be Luxury Leg and Foot treatment* 45 mins £48
A Luxurious massage treatment focusing on the Legs and feet incorporating reflexology and Lymphatic drainage techniques to help relax and relieve tired aching legs.

FACIAL REFLEXOLOGY (Ziggle Bergman Method)

This holistic therapy has all the benefits of Foot Reflexology with the added benefit of improving the appearance of the skin. Not only is it deeply relaxing it can help to relieve many symptoms associated with stress, insomnia, sinus problems, dry skin and headaches to name but a few.

60 mins £57

NEAL'S YARD REMEDIES ORGANIC FACIAL TREATMENTS

Facials include a complimentary eyebrow tidy if required. Enjoy a relaxing head massage or hand massage is during the face mask. A warm towel steam can be used to relieve a congested skin.

Rehydrating Rose Facial 60 mins £58
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 60 mins £58
A deeply nourishing and replenishing facial treatment to help combat dry devitalised and sensitive skins. Orange Flower, pomegranate and Sea buckthorn help to keep the skin supple while boosting natural skin radiance.

Purifying Palmarosa & Mahonia Facial 60 mins £58
A deep cleansing, anti-inflammatory facial specifically for oily and combination skins incorporating a hot towel steam and removal of blocked pores.

Back, Face & Scalp Signature Facial 1 hour 30 mins £75
A truly holistic facial treatment. The experience begins with a cleansing back exfoliation followed by a relaxing aromatherapy back massage using hot stones. A fully prescriptive organic facial tailored to your skin type incorporates a blissfully relaxing oriental head massage to finish the treatment.

Frankincense Face and Eye Treatment 1 hour 15 mins £65
A luxurious facial that helps to fight the signs of ageing using skin regenerating antioxidants, plant stem cells, and essential oil of Frankincense. Lifting massage techniques 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. Finished with an aromatherapy peel-off mask to help seal in moisture.

ADVANCED ANTI-AGEING FACIAL

Advanced Anti-Ageing Facial 1hr 30 mins £78
A natural alternative to invasive anti-ageing procedures with the added benefit of promoting wellbeing from the inside out. The treatment is a Fusion of 'Bergman Method' facial reflexology, acupressure massage, lymphatic drainage and Japanese lifting massage. Cool Rose quartz stones reduce puffiness around the eyes and jade roller facial tools promote a brighter more youthful looking skin. All applied using the finest quality organic oils and creams.

6 Week Advanced Anti-Ageing Facial Programme £400
A course of Six weekly treatments to improve the tone and texture of the skin. The treatment helps to stimulate collagen and elastin promoting a firmer and more contoured face. Perfect for the build up to a special occasion for brighter more youthful looking skin.