

REFLEXOLOGY

Reflexology 60 mins £55
A deeply relaxing therapy that balances the mind and body through reflex points on the feet corresponding to the body's organs and systems. Subtle imbalances in energy flow can be identified encouraging the body's own healing processes to help reduce many common symptoms associated with stress. Suitable for all ages to be enjoyed as a single treatment or as a regular relaxation plan.

Facial Reflexology 50 mins £57
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.

HOLISTIC FACIAL REJUVENATION

Holistic Facial Rejuvenation 90 mins £78
A natural alternative to invasive anti-ageing procedures with the benefit of promoting wellbeing from the inside out. The treatment is a Fusion of 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 Holistic Facial Rejuvenation Programme £400
A course of Six weekly treatments to improve the tone and texture of the skin. Perfect for the build up to a special occasion for brighter more youthful looking skin

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. The ear candles 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 deeply hydrating treat for the feet. Hard skin is filed and smoothed away with a natural sea salt scrub before the feet are warmed and softened in heated boots. After a relaxing foot massage, cuticle tidy and nail shaping a Kure Bazaar nail colour of your choice is applied.
* 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 Kure Bazaar nail colour of your choice.

WAXING

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

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| Full Leg | £30 |
| Full Leg & Standard Bikini | £38 |
| Full Leg, Bikini (standard) & underarm | £46 |
| Three Quarter Leg | £25 |
| Half Leg (upper) | £22 |
| Half Leg (lower) | £20 |
| Eyebrow | £10 |
| Standard Bikini | £12 |
| Extended Bikini | £18 |
| Full Arm | £17 |
| Lip | £ 9 |
| Chin | £ 9 |
| Lip & Chin | £16 |
| Lip, Chin & Eyebrow | £24 |
| Underarm | £ 9 |
| Back from | £26 |

Appointments times available with Alison:

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| Monday | Closed |
| Tuesday | 09:00 - 13:00 |
| Wednesday | 10:00 - 20:00 |
| Thursday | 10:00 - 20:00 |
| Friday | 09:00 - 17:00 |
| Saturday | 09:00 - 17:00 |
| Sunday | Closed |

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 online at www.pure-therapy.co.uk or contact 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

Natural Beauty & Massage Therapies



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www.pure-therapy.co.uk

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MASSAGE

Holistic Massage

An effective massage treatment for stress related conditions allowing relaxation of the body and nervous system.

The pressure and techniques can be adjusted to your specific needs.

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| Back Massage | 30 mins | £35 |
| Back Neck & Shoulder Massage | 45 mins | £48 |
| Full Body Massage | 60 mins | £55 |
| Full Body Massage | 90mins | £72 |

Remedial Massage

Remedial massage uses deep pressure, neuromuscular and trigger point techniques to reduce chronic tension. promoting better posture and flexibility. Ideal for those that suffer with chronic tension or participate in sport.

Hot Stones can be added to Swedish or Remedial Massage £5

AROMATHERAPY MASSAGE

Aromatherapy Massage 75 mins £65

A relaxing full body, face and scalp massage that combines 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.

HOT STONE MASSAGE

Hot Stone Aromatherapy Massage 75 mins £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 120 mins £98

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

COMPLETE BODY TRANQUILITY

Complete Body Tranquility 120 mins £96

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 essential oils of your choice. Aromatherapy facial massage and Ayurvedic head massage finish the ultimate relaxation experience.

LYMPHATIC DRAINAGE MASSAGE

Lymphatic Drainage Massage 75 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 reduced while having a beneficial effect on the skin, digestion, energy levels and general wellbeing

Course of 3 (12 month Expiry) £183

INDIAN HEAD MASSAGE

Indian Head Massage 45 mins £48

A relaxing Ayurvedic head massage that helps 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 conditions. Scalp oil is optional.

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 Neroli, 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 sometimes needed before treatment.*

Mother to Be Ultimate Relaxation * 75 mins £65

A luxurious full body treatment incorporating a facial cleanse and massage using luxury 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 focusing 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.

BRIGHTENING BODY SCRUB

Organic Body Polish 45 mins £48

A nourishing body treatment to rejuvenate tired, dull looking skin. The Elemental Herbology Macadamia & Papaya body scrub is infused with a blend of sea salt, sugar, bio-oils and strawberry cells to promote cell renewal and brighten the skin. The treatment is finished with an application of Watermelon and Cucumber body moisturiser containing Aloe, Argan oil and organic Shea Butter.

ELEMENTAL HERBOLOGY FACIALS

Five Element Aroma facial 60 mins £60

A tailored facial treatment to address the key concerns of the skin. This transformative facial combines healing botanicals, patented actives, vitamins and marine extracts to feed the skin and restore a healthy complexion. Relax with a deep cleanse, exfoliation and a 20 minute acupressure and lymphatic drainage facial massage with Rose Quartz rollers. Enjoy a foot, hand or head massage during the mask.

Five Element Aroma Facial & Back Massage 90 mins £78

The Five Element Aroma Facial tailored to your skin type with a relaxing Aromatherapy back massage. Customised essential oils and the therapeutic effects of warm stones create a blissful facial and massage experience.

Rejuvenating Age Support Facial 75 mins £67

An outstanding facial that addresses the causes of physiological ageing. By improving cellular drainage, micro-circulation and skin nutrition the skin's tone, elasticity, radiance and moisture levels are radically improved. A natural AHA exfoliation is followed by an extensive face, neck and décolleté massage using Rose Quartz rollers to sculpt and reduce puffiness. Special attention is concentrated around the delicate eye area incorporating a cool stone massage and eye mask to decongest and reduce dark circles. Acupressure massage is used to repair and revitalise the skin. This facial delivers both immediate and long lasting results.

Moisture Replenish Hydrating Facial 60 mins £60

Reduced skin hydration is one of the major causes of premature ageing. patented hydration technology, Hyaluronic Acid, Olive Squalane, Collagen and oils rich in Omega 3,6 and 9 are used to dramatically improve the absorption of nutrients into the skin. The skin is plumped, firmed, nourished and intensively moisturised. Ideal for dry, mature and exhausted skin.

Radiance & Vitality Brightening Facial 60 mins £60

This Facial includes a solution of 5% Glycolic Acid and 5% Fruit Acids to brighten the skin. Vitamin C infused with Kombuchka™, a fermented black-tea known as the “Elixir of Life”, and AHAs work together to dramatically enhance skin tone and texture. Skin feels smoother, appears brighter and more radiant and the complexion is balanced with reduced pigmentation.

Clear Cleanse Facial 60 mins £60

An intensive facial for combination and oily skins using the natural exfoliating power of Apple Serum and Papaya enzymes to deeply cleanse pores and remove dead skin cells. The Green Tea, Lavender Cool & Clear cleanse with herbal steam towels help to purify the skin. A double mask of revitalising Aloe Vera and mineral-rich clay, Manuka Honey, Rosemary and Tea-Tree is applied. The treatment encourages micro-drainage, reduces sebum production and pore size, brightens the skin and reduces skin inflammation.