

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

'Bergman Method' 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.

LYMPHATIC DRAINAGE MASSAGE

Lymphatic Drainage Massage 75 mins £67

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

A weekly treatment is ideal (12 month Expiry) £189

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. Oil is optional for the hair.

BRIGHTENING BODY POLISH

Macadamia & Papaya Body Polish 45 mins £50

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 and bio-oils to promote cell renewal and brighten the skin. The treatment is finished with an application of nourishing Mandarin & Geranium 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. 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. Kure Bazaar is a natural, cruelty free and vegan nail product.

* Please remember your open toe shoes

Appointments times are available with Alison:

Monday	Closed
Tuesday	09:00 - 13:00
Wednesday	10:00 - 20:00
Thursday	10:00 - 19:00
Friday	09:00 - 16:00
Saturday	09:00 - 17:00
Sunday	Closed

GIFT VOUCHERS

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

Gift vouchers can be purchased easily on the website for delivery by first class post. E-vouchers are also conveniently available if you are short of time for an immediate gift to be sent by email or printed off and placed inside a card.

www.pure-therapy.co.uk or phone 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.

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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, this will be discussed during the consultation.

Back Massage	30 mins	£35
Back Neck & Shoulder Massage	45 mins	£48
Full Body Massage	60 mins	£55
Full Body, Face & Head Massage	90mins	£75

Remedial / Deep Tissue Massage

Remedial massage uses deep focused pressure, neuromuscular and trigger point techniques to reduce chronic tension. This massage will promote better posture and flexibility and is 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 £67

A relaxing full body, face and head massage that combines a blend of 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 £70

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 of the mind and the body.

Hot Stone Total Balance 120 mins £105

A wonderful treatment combining Pure Therapy's most popular treatments in two hours of bliss. Warm stones and prescriptive essential oils are used for a deeply relaxing full body massage. The massage leads on to a tailored Elemental Herbology facial and a Ayurvedic head massage. A fantastic treatment to reduce stress and leave you balanced in body and mind.

COMPLETE BODY TRANQUILITY

Complete Body Tranquility 120 mins £98

An indulgent two hour holistic experience focused on reducing stress and tension. This balancing treatment combines a blissful full body aromatherapy massage with a blend of essential oils, acupressure facial massage and Ayurvedic head massage. A full Reflexology treatment ensures that you leave feeling relaxed from head to toe.

MOTHER TO BE MASSAGE

A range of nurturing treatments available after the first trimester to help relax mother and baby. Essential oils of Neroli, Mandarin and the deeply nourishing 'Tree of life balm' are used in the Mother to Be treatments. The 'Tree of life balm' is applied warm with Argan, Rosehip & Buriti oils to help rejuvenate and repair dry hormonal skin and stretch marks. These oils are known to be completely safe during pregnancy.

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

Mother to Be Ultimate Relaxation * 75 mins £68

A luxurious body treatment incorporating a facial cleanse and massage using luxury oils and creams to condition and strengthen the skin. The relaxing full body 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 massage relaxing treatment focusing on the back neck and shoulders to help reduce muscular tension and joint discomfort. A soothing head massage with or without oil is optional to further ease tension.

PURE HOLISTIC FACE LIFT

Pure Holistic Face Lift 85 mins £80

A natural alternative to invasive anti-ageing procedures with the benefit of promoting wellbeing from the inside out. The treatment is unique to Pure Therapy with a fusion of 'BERGMAN METHOD' Facial Reflexology, Acupressure massage, Lymphatic Drainage and stimulating Japanese skin lifting tools and techniques. Cool Amethyst crystal rollers help reduce puffiness around the eyes and Jade Gua sha tools sculpt and lift the jawline. A difference can be seen after one treatment but a course of treatments is recommended for best results.

Pure Holistic Facial Lifting Course £300

A course of four weekly treatments to create a visible difference to the skin's luminosity and to sculpt and firm the facial profile. Perfect for the build up to a special occasion. (One treatment a week is required).

PURE VEGAN FACIAL

Pure Vegan Facial 60 mins £60

A customised facial for any skin type that draws together all the bio-nutritious Vegan friendly products from the Elemental Herbology skincare range. A soothing inhalation of essential oils is followed by a double warm towel cleanse. The award winning skin resurfacing pads leave the skin bright and plump before further relaxation with a acupressure facial massage, treatment mask and the choice of a head or hand massage.

ELEMENTAL HERBOLOGY FACIALS

Natural plant based skin nutrition that is cruelty free with many vegan options. Created without synthetic colour, synthetic fragrance, parabens & mineral oils. Responsibly sourced & harvested Ingredients.

Five Element Aroma facial 60 mins £60

A bespoke Holistic facial to address the key concerns of any skin type including sensitive. This transformative facial combines healing botanical and essential oils, 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 Amethyst crystal rollers. Enjoy a foot, hand or head massage during the mask.

Five Element Signature Facial 90 mins £80

The Five Element Signature Facial is exclusive to Pure Therapy and incorporates a Five Element Aroma facial tailored to your individual skin type and concerns. A relaxing Aromatherapy back massage is customised with essential oils and therapeutic hot stones. A blissful Indian Head massage draws to an end this wonderful facial and massage experience.

Rejuvenating Age Support Facial 75 mins £67

An outstanding holistic 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. An exfoliation is followed by an extensive face, neck and décolleté massage using Amethyst rollers to sculpt and reduce puffiness. Special attention is concentrated around the eye area with a cool stone massage and eye mask to decongest and reduce dark circles.

Moisture Replenish Facial 60 mins £60

Reduced skin hydration is one of the major causes of premature ageing. Patented hydration technology, Hyaluronic, 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 Facial 60 mins £60

This skin brightening facial uses Vitamin C, Kombucha™, a fermented black-tea known as the "Elixir of Life", and fruit AHAs to dramatically enhance skin tone and texture. Skin feels smoother, appears brighter and more radiant and the complexion is balanced with reduced pigmentation. Suitable for any skin type.

Cleanse & Balance 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. 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.