

WAXING

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

Full Leg	£26
Three Quarter Leg	£21
Half Leg	£16
Standard Bikini	£10
Extended Bikini	£15
Brazilian Bikini (thin strip)	£22
Arm	£12
Eyebrow	£10
Underarm	£8
Lip	£8
Chin	£8
Lip & Chin	£12
Lip, Chin & Eyebrow	£20
Full Leg & Bikini	£32
Full Leg, Bikini (standard) & underarm	£40
Back	from £25
Chest	from £20

TINTING

Eyeshadow Tint*	£15
Eyebrow Tint*	£10
Eyebrow Tint & Shape*	£17
Lash & Brow Tint*	£22

*Please note that a patch test will be required at least 24 hours before your tint if I have not tinted your lashes or brows previously.

MANICURE

Luxury Manicure 50 min	£33
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A luxurious treatment for the hands and nails. Lemon and bergamot exfoliant is followed by a hand and arm massage using lavender cuticle balm and rose hand cream. Heated mittens are used to further hydrate and soften the skin followed by cuticle work, nail shaping and the application of a SpaRitual nail colour of your choice.

PEDICURE

Luxury Pedicure 50 min	£33
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A relaxing, hydrating treatment for the feet. After soaking the feet in a bath of lemon and bergamot the hard skin is exfoliated and filed away before the application of the nourishing frankincense and geranium 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.

Shape & Varnish 30 min	£20
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ABOUT PURE THERAPY

Pure Therapy is located within the Wellness Centre, 42 Lower Kings Road, Berkhamsted, Herts, HP4 2AA. Free car parking spaces are available at the rear of the clinic, alternatively there is a pay & display car park close by. We are just a few minutes walk from Berkhamsted train station.

Appointments are available with Alison at the following times:

Monday	Closed
Tuesday	9am - 1pm
Wednesday	10am - 8pm
Thursday	11am - 8pm
Friday	9am - 6pm
Saturday	9am - 3pm

Booking in advance is advisable if you would like a specific time or date to avoid disappointment.

ABOUT ALISON

Alison is a qualified holistic and natural skincare therapist who has been offering treatments to the highest standard since 1994. Alison is committed to using only natural and organic products where possible.

Treatments are carried out professionally and hygienically in a relaxed and friendly environment. A free consultation takes place before any first treatment to effectively treat your specific needs or concerns.

Alison is a member of the CTha, the Complimentary Therapists Association (Embody) and also registered with the GRCC, the General Regulatory Council for Complimentary Therapies.

GIFT VOUCHERS

Pure Therapy Gift Vouchers are available for all treatments or for a monetary amount. An ideal gift for friends, family and colleagues for every occasion.

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** will apply for any late cancellations or missed appointments that cannot be filled.

GIFTS AND SKINCARE PRODUCTS

Luxury Organic skincare products, Neal's Yard, Spiezia & SpaRitual are available to purchase from Alison. A free 15 minute skin analysis and personal product prescription can be arranged through reception.

[Shop](http://www.uk.nyrorganic.com/shop/puretherapy) www.uk.nyrorganic.com/shop/puretherapy

PURE THERAPY

Natural Beauty Treatments & Holistic Therapies



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Herts
HP4 2AA

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alison@pure-therapy.co.uk
www.pure-therapy.co.uk



MASSAGE

Remedial and Holistic Massage

Massage is an effective treatment for stress related conditions allowing relaxation of the mind and body. **The pressure and techniques can be adjusted to your specific needs.**

Remedial massage will work on a deeper level to remove tension in the muscles, ligaments and tendons promoting better posture and joint mobility.

Hot stones can be incorporated into a back massage to release tension on a deeper level if required at no extra cost.

Back, Neck & Shoulder Massage 30 min £30

Back, Neck & Shoulder Massage 45 min £40
A Course of 4 (12 month Expiry) £140

Full Body Massage 1 hour £48
A Course of 4 (12 month Expiry) £172

Massage 1 hour 30 min £60

Indian Head Massage 45 min £40
A specialised form of Ayurvedic scalp massage. This treatment works on the shoulders, upper back, upper arms, face and scalp. Calms the mind, improves concentration, and can relieve sinus congestion and headaches.

Aromatherapy Massage 1 hour 15 min £55
A full body, face and scalp massage. A variety of massage techniques and pressures are used combined with a personalised blend of organic essential oils. Aromatherapy massage will relieve tension, increase energy levels and promote a balanced mind and body.

Pregnancy Full Body, Face & Scalp Massage * 1 hour 15 min £55
A specially adapted full body massage only available after the first trimester. Massage is helpful to relieve many minor ailments associated with pregnancy such as general aches and pains, swollen ankles, poor circulation, and anxiety. Organic oils are used to condition and strengthen the skin. **Only essential oils known to be safe during pregnancy are used.**

Pregnancy Back Massage OR Leg and foot Massage * 45 min £40
A relaxing back neck and shoulder massage with optional scalp massage. Or Leg and foot massage incorporating reflexology points to specifically relieve tired aching legs. Only Available after the first Trimester.

*** Consent from midwife or GP is needed prior to pregnancy Massage**

Lymphatic Drainage Massage 1 hour 15 min £55
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) £150

Complete Body Tranquillity 2 hours £80
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 acupressure face massage and stimulating scalp massage finish the treatment.

Body Polish 45 min £40
Body brushing is followed by a natural sugar scrub infused with relaxing essential oils of Rose & Geranium. The treatment is completed with an application of the nourishing Rose Elixir Balm to leave the skin smooth and to boost the skins elasticity & radiance.

HOT STONE THERAPY

Hot Stone Aromatherapy Massage 1 hour 15 min £58
A full body, face and scalp massage using a variety of massage techniques, essential oils and warm basalt stones to deeply relax and balance the mind and body.

Hot Stone Total Balance 2 hours £85
Warm basalt stones are used in a full body massage in combination with organic essential oils for a deeply relaxing **full body massage**. A **scalp massage** and a prescriptive **Organic facial** complete the total body balancing treatment.

HOPi EAR CANDLES

Hopi Ear Candles 45 min £40
A safe, natural alternative to syringing. Biosun ear candles containing beeswax, honey and essential oils are used to successfully treat conditions such as excess ear wax, sinus conditions, tinnitus and headaches. A scalp massage and acupressure points on the face finish this decongesting treatment.

A Course of 3 (12 month Expiry) £105

REFLEXOLOGY

Reflexology 1 hour £48
A deeply relaxing therapy for the mind and body. Reflex points on the feet are stimulated which correspond to all the organs and systems of the body. Imbalances can be identified and corrected promoting an increase in energy and allowing the body to reach a balanced state.
A Course of 4 (12month Expiry) £172

FACIALS

Most facials include a **complimentary eyebrow tidy** and **scalp or hand massage**. A **warm towel steam** and **extractions** can be included into any facial to relieve a congested skin. A skin analysis is carried out before each treatment to determine the most appropriate facial for your skin type or concerns.

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)

Neal's Yard Facials - Award winning organic products

Rehydrating Rose Facial 1 hour £55
This intensely hydrating facial targets fine dehydration lines. Nourishing, smoothing and plumping the skin. A lifting massage provides a anti-ageing effect, while the essential oil of rose and rosehip oil renew the skins radiant glow.

Soothing Starflower & White Tea Facial 1 hour £55
A soothing, strengthening facial for sensitive skins . White tea protects against the break down of elastin and collagen and starflower has a cooling ant-inflammatory effect. Hyaluronic acid moisturises and calm a highly coloured skin for a more even skin tone.

Antioxidant Power Berry Facial 1 hour £55
Infused with potent Antioxidants to revitalise the skin. Protecting against damaging free radicals and boosting the skins natural radiance. Acai, bilberry, blueberry, goji berry and cranberry ensure that the skin is left looking younger and more radiant.

Brightening Facial 1 hour £55
Uneven pigmentation can occur as a result of sun exposure, stress, age and hormonal changes. This brightening facial uses African star grass, scientifically proven to gently brighten and correct skin tone with mineral rich alfalfa and antioxidant vitamin C.

Purifying Palmarosa & Mahonia Facial 1 hour £55
For oily, combination skins. Palmarosa, draws out impurities, absorbing excess sebum and clarifying the pores. Mohonia's antibacterial and anti-inflammatory effect calms the skin leaving a more matt complexion. A hot towel steam is included to effectively remove blocked pores.

Frankincense Face & Eye Treatment 1 hour 15 min £60
This facial helps to fight the signs of ageing naturally with Frankincense renowned for its highly regenerative, anti-ageing nourishing and healing properties. A lifting and firming massage is used to help improve skin elasticity and a specific eye treatment with lymphatic drainage and cold jade rollers which reduce puffiness and dark circles.

Spiezia Organic - 100% Organic, handmade in Cornwall

Back, Face & Scalp Signature Facial 1 hour 30 min £68
A truly holistic facial treatment. The experience begins with a cleansing back exfoliation before a 25 minute back massage with hot stones and relaxing essential oils. A full facial tailored to your individual skin type follows, incorporating a therapeutic oriental head massage to finish.

Anti-Ageing Face & Eye Treatment 1 hour 15 min £60
A firming and brightening facial for a mature skin. Massage techniques are used to restore tone and to reduce fine lines. Cold Jade Rollers are used around the eyes with Lymphatic drainage to reduce puffiness and dark circles. A mineral rich seaweed peel -off mask finishes the facial.

Natural Face Lift Massage 45 mins £45
A natural lifting and firming treatment for the face and neck using a blend of massage techniques including acupressure, Indian head massage, facial reflexology and lymphatic drainage.