

REFLEXOLOGY

Foot Reflexology 60 mins £57

A deeply relaxing therapy to balance the mind and body through reflex points on the feet corresponding to the body's organs and systems. Imbalances in energy flow can be identified encouraging the body's own healing processes to help reduce many common symptoms associated with stress and anxiety. Can be enjoyed as a single treatment or as a regular relaxation plan.

Facial Reflexology 45 mins £52

A holistic therapy with all the benefits of foot reflexology to promote mind and body balance. It is not only deeply relaxing but has the benefit of improving the appearance of the skin and removing tension from the face and jaw. Effective in relieving symptoms associated with stress, insomnia, sinus problems and headaches. Includes a facial cleanse.

MOTHER TO BE MASSAGE

A range of nurturing treatments available after the first trimester to help relax mother and baby. The nourishing 'Tree of life balm' is applied with warm oils to rejuvenate and repair dry skin and help prevent 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 £75

A luxurious top to toe treatment incorporating a mini facial 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 ease away tension and anxiety. 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 £50

A relaxing massage treatment focusing on the back neck and shoulders to help reduce muscular tension and joint discomfort. An optional soothing head massage with or without oil finishes the treatment.

INDIAN HEAD MASSAGE

Indian Head Massage 45 mins £50

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

Zest Sugar Body Polish 45 mins £55

A revitalising body treatment to rejuvenate tired, dull looking skin. The Elemental Herbology Orange zest sugar scrub promotes cell renewal and bright silky soft skin. The treatment is finished with an application of nourishing Orange and Rosemary body cream to energise the skin and senses.

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.

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 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

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

Pure Therapy is a welcoming and calming space where you can feel comfortable to enjoy a range of luxury holistic treatments with complete confidence knowing that you are in safe hands.

Each treatment offered at Pure Therapy is tailored to to your individual needs and concerns to ensure total balance of the body and mind for overall wellbeing.

The philosophy is of ethical, non toxic, cruelty free skincare. Vegan and organic options combine with effective results driven treatments. I look forward to welcoming you to Pure Therapy soon. Alison

CANCELLATION POLICY

Please allow a minimum of 24 hours notice to alter or cancel an appointment where possible, Many Thanks

@PureTherapyBerkhamsted



@puretherapyberkhamsted



PURE THERAPY

Massage : Holistic Therapies : Facials



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171 High Street, Berkhamsted, HP4 3HB

www.pure-therapy.co.uk

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	£50
Full Body Massage	60 mins	£60
Full Body Massage	90 mins	£80

Course x4	60 mins	£220
Course x6	60 mins	£330
Hot Stones can be added to Swedish or Remedial Massage		£5

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. Ideal for those that suffer with chronic tension or participate in sport to help prevent injury and promote optimum performance.

AROMATHERAPY MASSAGE

Aromatherapy massage promotes balance between the mind and body through eastern and western massage techniques, manual absorption and inhalation of the essential oils.

Aromatherapy Back, Face & Head Massage	45 mins	£55
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A relaxing massage with essential oils for the upper body.

Aromatherapy Massage	75 mins	£72
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A stress relieving holistic full body, face and head massage with prescriptive essential oils to help reduce muscular tension & anxiety.

HOT STONE MASSAGE

Hot Stone Back, Neck & Shoulder Massage	45 mins	£55
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A massage that concentrates on the back using warm stones to melt away muscular tension and calm the mind.

Hot Stone Aromatherapy Massage	75 mins	£77
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A therapeutic aromatherapy full body massage including a relaxing face and head massage using a personalised blend of oils and warm basalt stones to relieve deep muscle tension.

Hot Stone Total Balance. (Relaxation Package)	120 mins	£115
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A wonderful treatment combining Pure Therapy's most popular treatments in two hours of bliss. Warm stones and essential oil blend are used for a deeply relaxing full body massage. The massage leads seamlessly on to a tailored Elemental Herbology facial and relaxing Indian head massage.

COMPLETE TRANQUILITY

Complete Tranquility (Relaxation package)	120 mins	£108
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A two hour holistic experience focused on reducing stress and tension. Combines a blissful full body aromatherapy with essential oils, acupressure facial massage and Indian head massage. A full Reflexology treatment ensures that you leave feeling relaxed from head to toe.

LYMPHATIC DRAINAGE MASSAGE

Lymphatic Drainage Massage	75 mins	£72
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A gentle but highly effective full body 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 (weekly treatment is ideal)		£201
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PURE LIFT & GLOW

Pure Lift & Glow Facial	80 mins	£83
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A holistic alternative to invasive facial procedures with the benefit of promoting relaxation and wellbeing. Unique to Pure Therapy with a fusion of facial reflexology, acupressure massage and lymphatic drainage to plump the skin and promote a vibrant, youthful glow. Advanced skin lifting massage techniques actively 'work out' and sculpt the main muscles and connective tissue of the face to reduce deep tension and habitual expression lines. Amethyst rollers drain and reduce puffiness and authentic Gua Sha techniques and tools sculpt, lift and define the facial contours.

Pure Lift & Glow Facial Course x4		£312
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A course of weekly treatments to create a visible difference to the skins luminosity and to sculpt and firm the facial profile. Perfect for the build up to a special occasion.

DERMALUX FLEX LED PHOTOTHERAPY

Dermalux® Flex uses clinically proven blue, red and near-infrared wavelengths to reduce the visible signs of ageing, pigmentation, scarring and environmental damage as well as inflammatory conditions such as Acne, Rosacea, Psoriasis and Eczema. Instantly energise the skin with this non invasive, relaxing, safe and pain free treatment with added proven mood enhancing effects.

Enjoy a hand or foot massage while the light works it's magic.

Dermalux Activate	40 mins	£45
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30 minutes of LED phototherapy, a warm towel cleanse and serum application for accelerated skin rejuvenation.

Course of 8 x Activate	40 mins	£328
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A course of treatments taken in close succession is highly recommended for optimum results, 2 x week.

Dermalux Combine	20 mins	£23
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Add to your favourite facial treatment: 15 minutes Dermalux LED phototherapy to prolong results and boost radiance.

GUA SHA

Gua Sha Facial	50 mins	£57
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A Chinese therapy using smooth crystal tool with gentle flowing strokes, acupressures and frictions to clear stagnation and brighten the skin. Promotes cell renewal, reduces the appearance of fine lines and contours the face. A cleanse & exfoliation with warm towels and a botanical mask is included. *Please wait 4 weeks after injectables or facial procedures before having a Gua Sha facial.

ELEMENTAL HERBOLOGY FACIALS

Bespoke facials using the finest quality cruelty free botanicals, herbal extracts & essential oils. A decongesting hot towel steam can be incorporated where required. All full facials include a 20 minute facial massage and a complimentary choice of hand or head massage during the treatment mask.

Five Element Back & Face	90 mins	£85
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A deeply relaxing aromatherapy back massage customised with essential oils and therapeutic hot stones followed by a tailored Elemental Herbology facial specific for your skin type. An Indian Head massage and nourishing treatment mask bring to an end this wonderful holistic treatment.

Rose Quartz Age Support Facial	75 mins	£70
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A holistic facial using lymphatic drainage, advanced massage techniques and rose quartz skin rollers for a youthful glow. Special attention is concentrated around the eye area with a decongesting cool rose quartz stone massage and eye mask to help reduce dark circles.

Five Element Moisture Replenish Facial	60 mins	£64
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For dry and dehydrated skin to plump and nourish.

Five Element Radiance & Vitality Facial	60 mins	£64
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Brightens dull and exhausted skin.

Five Element Cleanse & Balance Facial	60 mins	£64
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For combination and oily skins to deeply cleanse and refine.

Express Aroma Facial	30 mins	£42
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A tailored cleansing and brightening facial for when time is short.

Brightening Eye Lift	30 mins	£42
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A lifting and brightening treatment designed for your delicate eye area to reduce the appearance of fine lines puffiness and dark circles.

MEDIK8 FACIALS

Medik8 Tailored Facial	55 mins	£64
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Medik8 facials use medical grade anti-ageing products tailored to your specific skin concern with scientifically proven and patented ingredients. 100% vegan and cruelty free skincare with their CSA Philosophy at the core. (Vitamin C & Sunscreen in the morning and Retinol at night). Enjoy an indulgent thorough face and neck massage and a complimentary head or hand massage during the mask.

ORGANIC ROSE FACIAL

Organic Botanicals Rose Facial	60mins	£64
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An indulgent aromatherapy facial using the Botanicals certified 100% organic skincare range. Enjoy a 20 minute face massage and rose quartz facial tools to hydrate and smooth away fine lines for a more radiant complexion. Award winning, handmade and vegan skincare.

See website for more details on facial treatments.