

## REFLEXOLOGY

**Foot Reflexology** 55 mins £60

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.

## MOTHER TO BE MASSAGE

A range of nurturing massage treatments available after the first trimester. \*Consent from midwife or GP may be required before treatment. Essential oils used in this treatment are known to be safe in all stages of pregnancy.

**Mother to Be Ultimate Relaxation \*** 75 mins £80

A relaxing full body massage incorporating a tailored mini facial and head massage to ease muscular tension. The massage is carried out in a side lying and seated position. Nourishing oils and creams are used to condition and strengthen the skin. Massage is so beneficial and can help relieve many minor ailments commonly associated with pregnancy such as back pain, heavy legs and anxiety.

**Mother to Be Back Massage \*** 45 mins £55

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 £55

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 £58

A revitalising body treatment to rejuvenate dry, 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. Ideal before a holiday or as a regular skin maintenance treatment.

## HOPI EAR CANDLES

**Hopi Ear Candles (Thermal Auricular Therapy)** 40 mins £45

A safe and natural alternative to ear syringing, encouraging the breakdown of excess ear wax. The ear candles are used to gently help relieve sinus conditions, tinnitus, headaches and hay fever. A facial acupressure massage finishes this relaxing and treatment.

## GIFT VOUCHERS

Pure Therapy Gift vouchers are a wonderful gift for a Birthday, Christmas, Valentine's, or just to show someone that they are appreciated any day of the year. Purchase is secure and easy through the 24hr online system. Choose to send your gift voucher by first class post, pick up from the clinic or more conveniently an instant e-voucher to print off and place in a card or send directly by email.

[www.pure-therapy.co.uk](http://www.pure-therapy.co.uk)  
01442 870333

Appointments are available with Alison  
between the following times.

Monday	Closed
Tuesday	09:00 - 15:00
Wednesday	10:00 - 20:00
Thursday	09:00 - 19:00
Friday	09:00 - 17:00
Saturday	09:00 - 16:00
Sunday	Closed

*'Look and feel your best naturally'*

Each treatment is tailored to you for optimum results and total wellbeing. The philosophy of Pure Therapy has always been to provide outstanding customer care each time you visit.

The best ethical, sustainable and cruelty free products are sourced with organic and vegan options to create the most effective natural treatments. Rest assured you are in safe hands at Pure Therapy. Alison has over 28 years experience as a therapist and is fully insured and validated by the regulatory associations CThA and CNHC.

## CANCELLATION POLICY

It would be much appreciated if you could allow a minimum of 24 hours notice to alter or cancel an appointment where possible. A cancellation fee may be applied if the appointment cannot be filled at short notice.

Keep in touch with Pure Therapy on Social Media



@PureTherapyBerkhamsted



@puretherapyberkhamsted



01442 870333

[www.pure-therapy.co.uk](http://www.pure-therapy.co.uk)

171 High Street, Berkhamsted, HP4 3HB

## MASSAGE

### Holistic Massage

Ideal 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. Prices as below.

### Remedial / Deep Tissue Massage

Deep focused pressure, neuromuscular and trigger point techniques to reduce chronic tension and promote better posture and flexibility. Ideal for desk workers or those that participate in sport to help prevent injury and promote optimum performance.

Back Massage	30 mins	£40
Back Neck & Shoulder Massage	45 mins	£55
Full Body Massage	60 mins	£65
Course of Full Body Massage	6 x 60 mins	£354
Full Body Massage	90 mins	£85
Add Hot Stones to your Swedish or Remedial Massage		£5

## AROMATHERAPY MASSAGE

Aromatherapy massage promotes balance between the mind and body with flowing massage techniques and prescriptive essential oils. Aromatherapy Back, Face & Head Massage 45 mins £58  
A relaxing massage with essential oils for the back, face and head

Aromatherapy Massage 75 mins £77  
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 Aromatherapy Massage 75 mins £82  
A therapeutic aromatherapy full body massage including a relaxing face and head massage using a personalised blend of oils and warm basalt stones to help relieve deep muscular tension.

Hot Stone Total Balance. (Relaxation Package) 120 mins £125  
The ultimate relaxation experience combining Pure Therapy's most popular treatments in two hours of bliss. Hot stones and personalised blend of essential oils are used for a deeply relaxing full body massage with a tailored Elemental Herbology facial and relaxing Indian head massage.

## CRYO-THERMAL STONE MASSAGE (La Stone)

Harnessing the benefits of hot basalt stone and chilled marble stones alternated to bring about proven physiological benefits to the body and mind. Hot to relax tight stressed muscles and cold to reduce inflammation and aid muscle recovery. Boosts energy, reduces stress and promotes a feeling of wellbeing. 60 mins £70

## COMPLETE TRANQUILITY

Complete Tranquility (Relaxation package) 120 mins £118  
A two hour holistic experience to reduce stress and tension. Combines a blissful full body aromatherapy massage with personalised blend of oils, acupressure facial massage, Indian head massage and foot Reflexology treatment.

## LYMPHATIC DRAINAGE MASSAGE

Lymphatic Drainage Massage 75 mins £77  
A gentle but highly effective full body massage that specifically uses light rhythmic pumping movements in the direction of lymph nodes to boost the body's lymphatic system. Promotes healing, better energy levels, release of fluid retention and general wellbeing.

## DERMALUX® FLEX LED PHOTOTHERAPY

Dermalux® Flex uses clinically proven blue, red and near-infrared wavelengths to reduce the signs of ageing and environmental damage. It has a anti-inflammatory and healing effect for conditions such as Acne, Rosacea, Psoriasis and Eczema. Instantly energise the skin with this non-invasive treatment to boost collagen and elastin production.

Dermalux® Flex Phototherapy 45 mins £55  
A warm towel cleanse and exfoliation followed by 25 minutes of LED phototherapy for accelerated skin rejuvenation. A vitamin C serum and moisturiser application is applied to finish. Enjoy a hand & foot massage while the Flex LED works it's magic.

Add Dermalux® Flex LED Phototherapy to any facial 15 mins £23  
Add to any facial treatment, 15 minutes Dermalux LED phototherapy to boost collagen production, radiance and prolong results. Enjoy a hand or foot massage while the Flex works it's magic.

## GUA SHA FACIAL

Gua Sha Facial 50 mins £62  
A Chinese therapy using a smooth flat 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.

## PURE LIFT & GLOW FACIAL

Pure Lift & Glow Facial (signature facial) 80 mins £83  
A holistic alternative to invasive facial procedures with the benefit of promoting wellbeing. A fusion of facial reflexology, authentic gua sha, 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  
Can be taken as a course of 4 for optimum results - ask for details

Pure Lift & Glow Facial with Flex LED Phototherapy 100 mins £102

## ORGANIC BOTANICALS FACIAL

Certified Organic Botanicals Facial 60mins £68  
An indulgent aromatherapy facial tailored to your skin 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.

## ELEMENTAL HERBOLOGY FACIALS

Bespoke facials using the finest quality cruelty free products from the spa brand, Elemental Herbology. Based on the Five Elements of Chinese medicine it focuses on balance of the body and mind. A decongesting hot towel steam will be incorporated where required. All facials include a 20 minute facial massage and a complimentary choice of hand or head massage during the treatment mask.

Add 15 mins of Flex LED phototherapy to any facial 15 mins £23

Five Element Facial with Back Massage 90 mins £95  
A 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.

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

Moisture Replenish Facial 60 mins £68  
Ideal for dry, exhausted and dehydrated skin to plump and nourish. Natural Hyaluronic acid, olive squalene and oils rich in omega 3,6,and 9 dramatically improve the comfort and appearance of the skin.

Radiance & Vitality Facial 60 mins £68  
Vitamin C, Kombuchka® and exfoliating AHA's work together to brighten dull and exhausted skin. Skin feels smoother, appears brighter and more radiant.

Cleanse & Balance Facial 60 mins £68  
For combination and oily skins to deeply cleanse and refine the skin. Encourages micro-drainage, reduces sebum production and reduces inflammation and congestion. Green Tea, Lavender and Manuka honey are cooling and healing.

## MEDIK8 FACIALS

100% vegan and cruelty free medical grade skincare with their CSA Philosophy at the core. (Vitamin C & Sunscreen in the morning and Retinol at night). Enjoy an indulgent face and neck massage and a complimentary head or hand massage during the treatment mask.

Medik8 Tailored Facial 60 mins £70  
A relaxing facial tailored to treat your skin concerns with scientifically proven and patented active ingredients.

Medik8 Platinum Facial 60 mins £75  
Medik8's signature relaxing age-defying facial with a platinum infused treatment mask to combat uneven pigmentation, visibly lift and promote renewed radiance and vitality.