

## REFLEXOLOGY

**Foot 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 and anxiety. Can be enjoyed as a single treatment or as a regular relaxation plan.

**Facial Reflexology** 45 mins £50

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.

## 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 warm with Argan, Rosehip & Buriti oils to rejuvenate and repair dry hormonal 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 £70

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

**Macadamia & Papaya Body Polish** 45 mins £52

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.

## 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](http://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 complete 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 & Natural Beauty



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171 High Street, Berkhamsted, HP4 3HB

[www.pure-therapy.co.uk](http://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	£58
Full Body Massage	90 mins	£77
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 and is ideal for those that suffer with chronic tension or participate in sport.

## 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	£70
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A stress relieving full body, face and head massage to help reduce muscular tension and 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	£75
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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	£112
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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 BODY TRANQUILITY

Complete Body Tranquility (Relaxation package)	120 mins	£106
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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 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	£70
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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)		£195
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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.

Dermalux Boost	50 mins	£60
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A double warm towel cleanse and exfoliation, 30 minutes of phototherapy and finished with a serum and moisturiser application. Enjoy a complimentary hand or foot massage.

Dermalux Activate	30 mins	£42
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20 minutes of Dermalux phototherapy, a warm towel cleanse and serum application for accelerated skin rejuvenation.

Course of 8 x Activate	30 mins	£304
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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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Upgrade your favourite facial treatment with 20 minutes Dermalux phototherapy to prolong results and boost radiance.

## GUA SHA

Gua Sha Facial	50 mins	£55
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An ancient Chinese therapy that uses a smooth crystal tool with gentle flowing strokes, acupressures and frictions to clear stagnation and brighten the skin. Promotes cell renewal to help reduce the appearance of fine lines and wrinkles while de-puffing and contouring the face. Includes a cleanse and exfoliation with warm towels and mask. \*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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The perfect combination of facial and massage. A cleansing back exfoliation and 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 and concerns. A blissful 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 that addresses the causes of physiological ageing using lymphatic drainage, advanced massage techniques and rose quartz skin rollers restoring 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.

Moisture Replenish Facial	60 mins	£62
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For dry and dehydrated skin, one of the major causes of fine lines and premature ageing. The skin is left feeling plump and nourished and using patented hydration technology with oils rich in Omega oils and olive squalene.

Radiance & Vitality Facial	60 mins	£62
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Brightens dull and exhausted skin. Vitamin C, Kombuchka™, known as the "Elixir of Life", and fruit AHA's enhance skin tone and texture. Skin feels smoother, appears brighter and more radiant with reduced pigmentation.

Cleanse & Balance Facial	60 mins	£62
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For combination and oily skins using the exfoliating power of Apple Serum and Papaya enzymes to deeply cleanse and a mask of revitalising mineral-rich clay, Manuka Honey, Rosemary and Tea-Tree. Helps reduce sebum production, pore size & skin inflammation.

Express Aroma Facial	30 mins	£40
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A tailored cleansing and brightening facial for when time is short.

Brightening Eye Lift	30 mins	£40
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A lifting and brightening treatment designed for your delicate eye area. Lymphatic drainage, acupressure points and cool rose quartz stones help to reduce the appearance of fine lines puffiness and dark circles.

## ORGANIC ROSE FACIAL

Organic Botanicals Rose Facial	60mins	£62
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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.