



PURE BALANCE

Holistic Therapies

TREATMENT MENU

Pure Relaxing Body Massage

Relaxing Swedish or Deep Tissue Massage/Sports Massage will treat the soft tissues, including muscles, tendons, ligaments and fascia (connective tissue). Effectively releasing stress and muscular tension, feeling balanced, relaxed and soothed.

Full Body, Scalp and Face Massage	75 Minutes	£45.00
Full Body Massage	60 Minutes	£40.00
Back, Neck and Shoulder Massage	45 Minutes	£35.00
Back Massage	30 Minutes	£25.00

Pregnancy massage available at no extra cost!

Hot Lava Shell

This Luxurious top-to-toe body treatment is the new and more inspiring take on hot stones – exotic tiger clam shells, heated from within by a combination of minerals and water. The polished shells with combination of green tea and mango oil are used to glide smoothly over the body to release the sense of balance right through.

Treatments are adaptable for ultimate relaxation or deep tissue work to untie the knots in tense areas.

Lava Shell Massage Body and Face	90 Minutes	£68.00
Lava Shell Massage Body Relax	60 Minutes	£58.00
Lava Shell Massage Back	45 Minutes	£35.00
Lava Shell Massage Face, Neck, Décolletage	40 Minutes	£30.00



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TREATMENT MENU

Pure Aroma Facials

This deeply relaxing and radiance boosting Facial treats the skin with a holistic approach, through unique massage techniques for the face, neck and décolletage by using specially created natural products full of essential oils and goodness your skin will love.

Take this wonderful opportunity to experience the full facial routine which consists of double cleanse, exfoliation, skilled European Facial Massage/ natural face lift, mask, hot towel steam, tone and moisturise.

Take a Unique aroma journey to relax, rejuvenate and completely unwind. Enjoy pre-blended organic facial oils in combination with professional brand Dermalogica.

Pure Aroma Facial	60 Minutes	£35.00
Pure Express Facial	30 Minutes	£25.00

Pure Body Scrub

An energising, mineral rich exfoliation using Salt Scrub, followed by a luxurious application of Body Cream to leave the skin silky, smooth and soft. Also suitable for pregnant ladies.

Treatment duration	50 minutes	£35.00
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PURE BALANCE
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Regular Massage is the key to Pure Balance...

Benefits of regular massage

Reduces pain

Improves posture

Better range of movement

Increases circulation of blood and lymph

Reduces stress

Relieves tension

Reduces blood pressure

Nourishes the skin

Strengthens the immune system

Creates a feeling of wellbeing

Reduces anxiety

Induces relaxation



PURE BALANCE
Holistic Therapies

Regular Massage is the key to Pure Balance...

Benefits of a heated massage

Increasing in extension of soft tissues

Encourages removal of toxins from cells

Enhancing blood flow

Increasing function of tissue cells

Promoting relaxation of sore stiff muscles

Relief of painful arthritic joints

Induces ultimate relaxation

**Helps to regulate the skin's natural renewal process
giving firmer healthier looking skin with natural glow**