

# PURAVIDA

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HOLISTIC THERAPIES FOR YOU

## Pure & simple

Why Pura Vida? It's a phrase we kept hearing when we were in South America. It's more than an expression, though. It's a kind of philosophy. It means "pure life" and it's at the heart of what we do - turning ancient techniques into 21st-century de-stressing treatments. All using naturally nourishing oils.

## Relax the mind... Just imagine...

...a tension-taming massage that eases those aching shoulders - and relaxes the mind. Or what about an indulgent mid-week spa treatment that doesn't involve leaving the house?

## Revitalise the body...

Pura Vida complementary and holistic therapies treat the whole of you - fingertips to toes, and everything in between. And when we come to you, it's just like having your very own spa sanctuary.

## Soothe the soul...

From targeting niggling injuries to providing purely indulgent treats, we've got a menu of massage to pick from. But we always take the time to listen to your needs. So we can tailor our treatments to suit.

## Top-to-toe therapies to treat the whole of you.

### Same same, but different

#### On-Site / Corporate Massage

Offering therapies in the office can do wonders for your workforce - and your business can benefit, too. Our treatments help with repetitive strain injuries, back pain for desk workers and stress-relief when your team has hit that tight deadline. But it goes much further than that. Not only can massage boost morale and motivation, it can reduce sick leave too. Whether it's a regular offering or one-off wellbeing day, talk to us about our corporate health arrangements.

#### In-Room Massage

Whether you're away on business and haven't the time for a spa retreat or simply prefer the privacy of your own room, we'll create a private spa sanctuary - all in the comfort of your own hotel room. With a variety of therapeutic massage to pick from and appointments available morning, noon and night, you'll be sure to find something to suit.

#### Pamper Party

Whatever the occasion, we'll create a luxury spa experience for you and your friends to enjoy. Drop us a line or head over to the website to find out about our pamper party treatment range. 30 mins each from £15.00 per person

### Give a gift

Birthdays, Mother's Day, or 'just because'. We can help you really treat someone special. Ask us about our gift vouchers.

### Little extras, bits & bobs

In case you were wondering, here are some things our customers often like to know:

#### Space

We've given massages in tiny cottages and enormous drawing rooms. As long as you've got space for our massage tables, we'll fit around you. We'll even come to your office.

#### Travel

When you get in touch, let us know where you live. Then we can let you know if there may be any travel charges.

#### Sleeping

Shhh... lots of our customers fall asleep during massage. We don't mind - we take it as a sign our relaxation techniques are doing the trick.

## Say hello

Whether you want to book an appointment or just find out more, we'd love to hear from you.

Web: [www.puravidatherapies.co.uk](http://www.puravidatherapies.co.uk)  
Email: [info@puravidatherapies.co.uk](mailto:info@puravidatherapies.co.uk)  
Tel: 07517 911868  
Facebook: [www.facebook.com/PuraVidaTherapies](http://www.facebook.com/PuraVidaTherapies)



**FHT**  
Federation  
of Holistic  
Therapists

## Let's begin

### Traditional Indian Head Massage

Our time-honoured Indian Head Massage relaxes the mind and revitalises the body – for top-to-toe tranquillity. It's concentrated, so it can relieve anxiety and fatigue, ease away those everyday aches and improve circulation for an all-round healthier you.

30 mins £25.00

### Seated Acupressure Massage

Our Seated Acupressure Massage improves the flow of energy through the body whilst strengthening and balancing the circulatory, muscular and nervous systems. Oil free and fully clothed, this massage will leave you feeling refreshed, invigorated and raring to go.

30 mins £25.00

## The main event

### Holistic Massage

Our holistic massage therapies are based on traditional Swedish techniques. And we can adapt them to relax, revive or rehabilitate. Not only do they leave you feeling divine, but they benefit you physiologically and psychologically. Whether you desire a relaxing head or foot massage, a soothing back treatment, or a blissful full body experience, we'll tailor your treatment to suit.

75 mins £40.00

60 mins £35.00

45 mins £30.00

30 mins £25.00

20 mins £20.00

## A little extra

### Advanced Deep Tissue Massage

The clue's in the name. Working deeper muscle layers than other massages, this targeted therapy can relieve tension and improve circulation. Here comes the science bit... It's down to a careful combination of deep tissue and neuromuscular techniques that release adhesions within muscle fibres. That makes it ideal for anyone dealing with restricted mobility, postural imbalance, chronic joint or muscle pain – plus post-workout soreness for any of you sportspeople out there. Whether you need your neck and shoulders releasing, tired legs reviving, or a top-to-toe rehabilitation, we'll tailor this massage to suit your needs.

75 mins £45.00

60 mins £40.00

45 mins £35.00

### Myofascial Release Massage

Combining strong direct moves with gentle sustained pressure, this remedial therapy can eliminate pain, restore alignment, and improve mobility. Think of the fascia as a cobweb of tissue, penetrating every muscle, bone, nerve and organ from your head to your toes. If restrictions creep in – due to trauma, injury, surgery or even repetitive movements – all sorts of problems can follow: poor mobility, postural misalignment, compromised circulation and chronic pain are typical. Through releasing the restrictions in the fascial network, the benefits are boundless.

90 mins £55.00

60 mins £40.00

## The ultimate treat

### Hot Stone Massage

Our Hot Stone Massage melts away tension, warming the muscles for a soothingly sumptuous treat. Banish the stresses and strains of modern life with this ancient thermal therapy – combining gently heated basalt stones and natural oils for the ultimate indulgence.

60 mins £45.00

30 mins £28.00

## 'Me time' for Mums-to-be

### Pregnancy Massage

Soon-to-be Mum? Our gentle massages can help ease many of those common complaints that pregnancy brings – from sciatica and back pain to oedema. Or they're perfect if you just want a little 'me time'. And because every pregnancy, and every person, is different, we create a treatment to suit you.

60 mins £40.00

## Superfood for your face

### Holistic Facials

Our gentle holistic facials combine the techniques of a traditional beauty facial – cleansing, toning, exfoliating and nourishing the skin – with the relaxing benefits of our holistic massage. And in keeping with our Pura Vida ('Pure Life') ethos, we use only naturally derived, chemical- and cruelty-free skincare products.

### Tropic Skincare Prescriptive Facial *(for all skin types and Vegan friendly)*

Whether you're looking for anti-ageing innovations, blemish-busting beauty, or sensitive skin saviours, this fresh and fruity facial has you covered. Tackling all of your skin woes at once by contouring your complexion with different masks, it'll leave you with deeply moisturised, blemish-free, younger looking skin!

### Neal's Yard Rehydrating Rose Facial *(for normal / dehydrated skin types)*

This rehydrating and soothing facial uses deeply nourishing damask roses blended with organic plant extracts to moisturise and enhance your skin's natural radiance.

### Neal's Yard Nourishing Orange Flower Facial *(for dry skin types)*

Designed to protect dry skin from premature ageing, this facial deeply nourishes and replenishes your skin, leaving it feeling beautifully smooth and supple.

### Neal's Yard Purifying Palmarosa Facial *(for oily and combination skin types)*

Gently decongesting and smoothing away impurities, this facial controls shine where skin is oily, and hydrates where skin is dry, leaving you with a clearer, more mattified complexion.

### Neal's Yard Rejuvenating Frankincense Facial *(for all skin types)*

This anti-ageing facial naturally reduces the appearance of fine lines and wrinkles with the powerful rejuvenating properties of frankincense, enhanced with plumping plant extracts to leave your skin feeling firm, toned and moisturised.

60 mins £35.00

30 mins £25.00

For all of the latest treatments and offers, pop over to our website.