



pure bliss

*luxurious and holistic
beauty treatments*

*certified organic
and wild harvested skin care*



menu of services

facial therapy

Rejuvenating Facial

quince & jojoba

1 / 1.5 hours

80 / 115

Suitable for every skin type. Ideal for sensitive skin. Nurturing oils and extracts from healing plants infuse the skin with moisture and antioxidants, while calming sensitivity and redness. The quince seed is the key to a healthy, supple complexion, refining pores and rejuvenating the skin. Includes a relaxing massage to the neck, shoulders, hands and scalp.

Hydrating and Firming Facial

rose & mango butter

1 / 1.5 hours

85 / 120

Ideal for maturing skin. A fragrant blend of medicinal herbal extracts including rose, pansy and marshmallow, together with the nourishing properties of mango butter and beeswax, helps to enliven, firm and hydrate the skin. This replenishing treatment includes a massage to the lower legs and feet, neck, shoulders and scalp.

Regenerating Facial

rose petals & avocado

1 / 1.5 hours

85 / 120

Ideal for menopausal skin and over 40s. This luxurious facial fortifies and revitalises maturing skin. Incorporating shea butter, harmonising rose petals and vitamin-rich acerola fruits to smoothe wrinkles and regenerate the skin, this facial restores tone and elasticity leaving the skin looking soft, radiant and supple.

Deluxe Purifying Facial

clay earth and chamomile

1.5 hours

125

Benefits all skin conditions. Blemished skin will benefit from regular treatment. This deluxe facial uses finely ground activating clay with extracts of Indian cress and witch hazel to gently exfoliate and deeply purify. Medicinal plant extracts of calendula and chamomile combine to heal, soothe and renew the skin. This treatment also includes a customised creme masque, warmed fragrant foot wrap, lower leg, foot and scalp massage.

Pure Bliss Signature Treatment

the Dr Hauschka Classic

2 hours

160

Harmonises all skin conditions. This luxurious, holistic treatment provides an intensive boost of nature's vitamins and minerals to tone, nourish and revitalize the skin. Begin with an aromatherapy foot bath and massage to feet and lower legs, hands and arms. A deeply relaxing facial follows including purifying clay masque, plus a vitamin-rich oil or regenerative crème masque. The Dr Hauschka Lymph Stimulation promotes cleansing and strengthens elastic fibres of connective tissue, while an infusion of lavender, calendula and anhyllis soften and calm the skin. Finish with a tension relieving massage to the neck and shoulders. A profoundly relaxing experience.

hand & foot therapy

Foot Therapy

wild thyme & peppermint

1 hour

85

This invigorating foot treatment includes an aromatherapy foot bath, exfoliation, and intensive hydrating masque. Organic extracts of wild thyme, aloe vera and peppermint combine to enliven fatigued muscles, while rosemary foot balm revives tired, overworked and callused feet. Finish with a full nail treatment, leaving nails buffed and natural with a conditioning oil treatment.

Hand Indulgence

sweet almond & beeswax

1 hour

85

Enjoy a warmed aromatherapy hand wrap followed by a pampering hand indulgence including gentle exfoliation, an intensive hydrating masque and rich organic hand cream. Soft and silky to the touch, this cream harnesses vital anti aging ingredients which soothe and heal sensitive, chapped hands. Ideal for eczema-prone skin. Finish with a full nail treatment, leaving nails buffed and natural with a conditioning oil treatment.

face & body treatments

Restorative Treatment

sage & rosemary

1 hour

80

Invigorate the whole body through the feet with a sage foot bath, and foot and leg massage. A deeply rejuvenating facial follows, using a unique blend of ingredients for your individual skin type. Nurturing oils of wheatgerm, chamomile and quince seed extract infuse the skin with moisture and refine the complexion. Relax then with a therapeutic massage to the neck, shoulders and scalp.

Pure Bliss Indulgence

quince & jojoba

1.5 hours

125

Enjoy the sensations of dry skin brushing to your entire body, gently exfoliating, stimulating and aiding in the detoxification process. Rebalance mind and body with a sublime aromatherapy massage and finish with a rejuvenating facial including customised masque and exotic balms to moisturise and restore.

Contour Body Scrub and Massage

coffee & sea kelp

1.5 hours

125

A stimulating and detoxifying scrub using the anti-cellulitic properties found naturally in coffee and sea kelp. Enrich your senses with warming coffee, sweet vanilla and the freshness of grapefruit. Bliss out then with a deeply relaxing full body massage. The ideal precursor to bronzing.

Revitalising Body Polish and Facial

bamboo & ginseng

2 hours

160

A gentle full body exfoliation using the ancient grounding qualities of bamboo and ginseng to leave skin silky smooth and alive. Replenish the skin with a relaxing and soothing massage using an intense moisturizing oil rich in medicinal herbs and vitamin E. Finish with a deluxe facial to purify, balance and calm the skin.

Body Mud Wrap and Massage

chamomile & mint

2 hours

160

An ancient Egyptian ritual, this deliciously detoxifying experience remineralises the skin to leave it deeply conditioned and rejuvenated. Silky clay enriched with a combination of kaolin, nuts, chamomile and mint, provides an uplifting aroma while it works its wonders. Enjoy a hot oil treatment and scalp massage while cocooned from neck to toe in soft muslin cloth and finish with a relaxing aromatherapy massage.

Total Body Booster

lavender & jojoba silk

2 hours

165

The ultimate indulgence. Allow yourself to slip away to a serene Shangri-la as this total body booster cares for every part of your body. Begin with a warmed fragrant foot wrap and restorative lower leg and foot massage, followed by dry brushing to the entire body to assist detoxification and renewal of skin cells. Enjoy then a full body aromatherapy massage to restore the body to balance and harmony. A luxurious facial provides the quintessential conclusion to this nurturing and revitalising experience.

pure bliss plus

To complete your pure bliss experience one of the following can be added to your treatment.

<i>Lash Tint</i>	20
<i>Brow Tint</i>	15
<i>Brow Sculpt</i>	25



pure bliss

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