

# Our Body Massages

## Pure Signature Massage

Pure Members \$59.99/\$49 Guest \$75

Calm your mind, body and spirit with a full body massage at the ideal pressure and intensity. This massage will alleviate stiffness and fatigue as well as improve circulation, lower blood pressure and decrease stress.

50 minutes

## Deep Tissue Massage

Add \$15 to Signature Massage Price

Using slow strokes, hot towels, firm pressure and self-heating massage gel; the therapist will utilize specialized deep pressure techniques to release chronically tense and contracted areas such as stiff necks, low back tightness, and sore shoulders.

50 minutes



## Sports Massage

Add \$15 to Signature Massage Price

Sports massage movements use stretching and trigger point therapy to break down adhesions (knots in the muscles) and increase range of motion. Hot towels and heated massage gel will be used to aid in loosening the muscles and increase circulation and a cooling gel will be applied to maximize comfort and reduce any swelling.

50 minutes

## Hot Stone Massage

Add \$39 to Signature Massage Price

This soothing massage uses smooth, heated river stones as massage tools to work out knots and ease tension. The heat from the stones helps your muscles relax and provides the extra comfort and relaxation you need to calm your nerves and alleviate stress.

80 minutes



# Customized Enhancements to Our Signature Massage

## Aromatherapy \$5

Stimulate your senses to boost your body and motivate your mind. Using essential oils chosen by you, aromatherapy benefits from two absorption points – the skin and the nose. Choose from our regular scents or our exclusive scent of the month.

## Hot Pack \$10

Heated packs are the perfect addition to any massage. The penetrating moist heat of the, moor mud inside of the packs make them a quick and efficient way to increase blood flow to loosen up tight muscles. This addition is also a perfect choice to add extra comfort to your massage.

## Dry Brushing \$10

Dry skin brushing helps to shed dead skin cells, increase circulation, unblock pores and tone and tighten skin and muscle, leaving your skin feeling renewed and invigorated.

## Rose Oil Facial Massage \$10

This specially designed facial massage uses precious flower Essential Oils and pure plant oils selected especially for facial skin. Facial Massage Oil will regenerate, soothe, deeply moisturize, and nourish skin with the comforting aroma from Rosehip Seed Oil and Evening Primrose.

## Hot Stone De-“Light” \$10

Added to our signature massage, your therapist will incorporate the use of smooth, heated river stones to help warm and loosen the muscles of your back, hands, or feet.

## Add 30 Minutes \$29

Transform your massage experience from 50 minutes to 80 minutes. The additional 30 minutes allows your therapist to spend more time on your problem areas creating a more focused, thorough and satisfying experience.

## Pure Muscle Relief \$10

When applied to troubled areas, this hot/cold combination penetrates sore muscles within minutes, increases blood flow to tissues and allows your therapist to work more effectively. This formula provides long-lasting comfort and relief, making it a perfect enhancement to our signature massage.

## Golf Ball Massage \$15

Our enhanced therapeutic massage combines smooth strokes as well as deep trigger point and cross-fiber work with our golf ball massage. The size, hardness, and shape of a golf ball make it the perfect instrument to reach deep sore spots in your muscles.





## Additional Services

### Peppermint Foot Repair **\*\*Client Favorite\*\*** \$10

Wake up dry, tired, achy feet with this revitalizing enhancement to any massage. Your lower legs and feet will be dry brushed and then massaged with a peppermint infused hydrating balm designed to increase circulation and relieve dry skin.

### Lavender Hand Repair \$10

Treat dry and tired hands to this comforting massage enhancement. Your hands and forearms will be dry brushed and then expertly massaged with lavender infused hydrating balm designed to soothe the senses and intensely moisturize.

### Collagen Eye Treatment- **\*\*Client Favorite\*\*** \$10

One of our most popular massage enhancements! This soothing treatment utilizes Marine collagen and vitamin E to firm and tighten the delicate skin under the eyes. Dark circles, puffiness and fine lines are reduced leaving your skin looking younger, smoother and refreshed. Results increase when done over time.

### Ultimate Collagen Lip Plump \$10

Treat your lips to this ultra- hydrating lip mask that is designed to gently exfoliate and fill in fine lines on the lips and around the mouth. This relaxing treatment will leave your lips smooth, supple and plump. Works wonders for dry or cracked lips. Results increase when done over time.

### Collagen Face Mask \$20

Melt the years away with this ultra-hydrating collagen facial mask. This mask minimizes pores, and helps firm and tighten the delicate skin of the face. Perfect for all skin types and recommended for hyper pigmentation, dehydrated or stressed skin. Results increase when done over time.

### Hot Oil Scalp Massage \$45

This treatment is designed to promote deep relaxation and to strengthen and stimulate hair follicles. A warm infusion of nourishing, light, organic olive oil will be blended with your choice of aromatherapy oil to soothe, stimulate or detoxify the scalp.

30 minutes

### Upper Back Attack \$45

When you're short on time, this concentrated and deep penetrating massage focusing on the back, shoulders and neck is a perfect choice. Along with deep tissue techniques, hot towels and warm arnica oil, this massage will help soothe your sore, tired muscles leaving you looser and more relaxed.

30 minutes

### Collagen "Face Lift" Massage \$45

Utilizing special massage techniques and a full face collagen mask, this service is sure to turn back the hands of time. Our ultra-hydrating collagen mask will help to firm and tighten the delicate skin of the face while encouraging cell renewal. Accompanied by a hand and scalp massage, this service is sure to revive your skin and keep you looking youthful.

30 minutes

### Reflexology

30minutes: \$45

50minutes: \$49Members / \$75Guests

Pamper yourself with a balancing reflexology session. This treatment focuses on massaging and manipulating the pressure points of the hands and feet. Reflexology promotes healing by stimulating the nerves in the body, encouraging blood flow and relieving stress. Warm massage cream infused with peppermint oil will be used to stimulate your circulation and refresh your senses.

30 or 50 minutes

# Pure Body Wraps

Our signature body wraps begin with an all-over dry brushing to gently exfoliate any dead skin cells. A warm, rich, hydrating body balm is then painted all over your skin to produce the desired effect of your choosing. You will be cocooned in warmth while your skin is hydrated and your tension is melted away. Your therapist will then massage your scalp and feet, lulling you into a state of complete relaxation.

## Hydrating Wrap

Members \$64      Guests \$90

Feel your cares melt away with this rich, decadent treatment designed to soften and soothe the skin while providing long lasting hydration to the body.

## Detoxifying Wrap

Members \$64      Guests \$90

This popular wrap not only rids your skin of impurities but also stimulates circulation, supports the immune system, fights inflammation and eases muscular pain.

## Firming Wrap

Members \$64      Guests \$90

This highly effective body wrap stimulates, detoxifies and reduces inflammation to help firm and tone the skin while reducing the appearance of cellulite.

## Relaxing Wrap

Members \$64      Guests \$90

This balancing and comforting treatment helps relax the body and the mind while providing both calming and soothing benefits for the skin.

50 minutes



	<b>Pure Signature Massage</b>
<b>1<sup>st</sup> Time</b>	<b>\$59</b>
<b>Guest</b>	<b>\$75</b>
<b>Pure Members Monthly Massage</b>	<b>\$59</b>
<b>Pure Members Additional Massages</b>	<b>\$49</b>

<b>Customized Enhancements</b>	<b>Add to Massage Price</b>
<b>Aromatherapy</b>	<b>\$5</b>
<b>Dry Brushing</b>	<b>\$10</b>
<b>Pure Muscle Relief</b>	<b>\$10</b>
<b>Hot Pack</b>	<b>\$10</b>
<b>Hot Stone De-“Light”</b>	<b>\$10</b>
<b>Full Body Hot Stone</b>	<b>\$39</b>
<b>Eye Or Lip Collagen</b>	<b>\$10</b>
<b>Collagen Face Mask</b>	<b>\$20</b>
<b>Rose Oil Facial Massage</b>	<b>\$10</b>
<b>Peppermint Foot Repair</b>	<b>\$10</b>
<b>Lavender Hand Repair</b>	<b>\$10</b>
<b>Deep Tissue 50 minutes</b> (Extra half hour price included)	<b>\$15</b>
<b>Deep Tissue 80 minutes</b> (Extra half hour price included)	<b>\$49</b>
<b>Sports 50 minutes</b>	<b>\$15</b>
<b>Sports 80 minutes</b> (Extra half hour price included)	<b>\$49</b>
<b>Additional 30 Minutes</b>	<b>\$29</b>
<b>Body Wraps</b> (Takes the place of a massage)	<b>\$15</b>