

Our Body Massages

Pure Signature Massage

Pure Members \$49.⁹⁹/\$49 Guest \$75

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

50 minutes

30 Minute Focus Massage

Pure Members \$39 Guest \$45

Relieve pain and reduce tension in the area of your choice: neck, shoulders, lower back, legs, hands or feet.

Deep Tissue Massage

Add \$15 to Signature Massage Price 50 Minute

Add \$20 to Signature Massage Price 80 Minute

Using hot towels and the complimentary use of the Pure Muscle Balm, your therapist will utilize specialized deep pressure techniques such as trigger point therapy to release chronically tense and contracted areas and reduce adhesions from the deepest to the most superficial layers of muscle.



Sports Massage

Add \$15 to Signature Massage Price 50 Minute

Add \$20 to Signature Massage Price 80 Minute

Sports Massage uses stretching and firm pressure break down adhesions and increase range of motion. Hot towels and the complimentary use of the Pure Muscle Relief will be used to aid in loosening the muscles and maximize comfort and reduce any inflammation.

Hot Stone Massage

Add \$39 to Signature Massage Price

This soothing massage uses smooth, water heated basalt stones as massage tools to work out knots and ease tension. The heat from the stones helps loosen your muscles, increase blood flow, and provide the extra comfort and relaxation 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 packs make them a quick and efficient way to increase blood flow to loosen up tight muscles. This addition is a great choice to add extra comfort to your massage.

Dry Brushing \$10

Dry skin brushing helps exfoliate, increase circulation, unblock pores and tone and tighten skin and muscle, leaving your skin feeling renewed and invigorated.

Peppermint Foot Repair \$10

Wake up dry, tired, achy feet. 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 \$10

This soothing treatment utilizes 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 refreshed. 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.

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, water heated basalt stones to help warm and loosen the muscles of your back, feet, or hands.

Migraine Relief (Cold Stone Therapy) \$10

A calming massage focused on releasing tension in the face and head through the use of cold stone therapy. Techniques to relieve pressure help to aid in the discomfort associated with migraine headaches.

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.

Golf Ball Massage \$5

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.



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.

Hot Oil Scalp Massage \$10

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 essential oil to soothe, stimulate or detoxify your body through the scalp.

Reflexology \$10

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.



Pure Massage Cupping Therapy (MCT)

Add \$20 to Signature Massage Price

What is Massage Cupping Therapy? By creating suction and negative pressure, MCT is used to soften tight muscles and tone attachments, loosen adhesions and lift connective tissue, bring hydration and blood flow to body tissues, and drain excess fluids and toxins by opening lymphatic pathways. MCT is versatile and can easily be modified to accomplish a range of techniques, from lymphatic drainage to deep tissue and myofascial release.

How does Massage Cupping Therapy feel? The sensation is often experienced as deep warmth and a tingling feeling lasting long after treatment has ended. The sensation on the nervous system is sedating, and people will often descend into a profound state of relaxation. The body comes alive, and new ease of movement can truly be felt. People report that the experience stayed with them longer than most treatments. The speed with which MCT effects change in the tissue is truly amazing. When used in a treatment series, the results are cumulative.

What are the benefits of Massage Cupping Therapy? MCT is not an irritant to the skin or body. It draws out inflammation, without causing inflammation. The skin will appear red with strong movements, indicating that circulation has been brought to the surface. Increased local blood supply to the muscles and skin will bring nourishment and allow for toxins to be carried away via the veins. Conditions of chronic and acute pain can be relieved with minimal discomfort and tense muscles softened quickly and easily. One of the most amazing aspects of this technique is the “separation” that the vacuum produces in tissue layers. This enables water absorption and renewed blood flow to undernourished and dehydrated tissue as well as the elimination of old waste and congestion. Along with the substantial health benefits of clearing old debris, the use of suction is invaluable in releasing soft tissue, scars and restricted fascia. MCT is wonderfully effective as an addition to a massage or therapeutic service. Another effective application of MCT is the treatment of cellulite.

What is the discoloration that occurs after some treatments? MCT very rarely produces discoloration called a “cup-kiss”. If this appears during treatment, it’s just added bonus indicating the release of intense stagnation (body fluids and toxins) in the area. This is not a bruise and will dissipate anywhere between a few hours and a few days. It is also unlikely this it will re-occur in the same area.

**Must request MCT practitioner.