

# PURAVIDA

HOLISTIC THERAPIES FOR YOU

## Pamper Party Treatment Menu

You sort the prosecco, we'll take care of the pampering.

At a Pura Vida party, you can gather together your closest friends for an evening – or whole day – of indulgent treats. All you need to do is propose a date, plan the guest list and pick the massages you'd like. We'll be on hand to give either two 15-minute treatments or one 30-minute massage at £28 per person.

When you get in touch, let us know where you live and then we can let you know whether there may be a small travel charge.

So let's tickle those taste buds with our menu...

### Holistic Facial

Our gentle holistic facial treatments combine the techniques of a traditional beauty facial - cleansing, exfoliating, toning and nourishing the skin - with the relaxing benefits of our holistic massage therapies.

**Tropic Skincare Holistic Facial - 30 mins**

**Neal's Yard Remedies Holistic Facial - 30 mins**

### Traditional Indian Head Massage

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

**Indian Head Massage - 15 mins**

**Indian Head Massage - 30 mins**

### Holistic Massage

Our holistic therapies are based on traditional Swedish techniques. Not only do they leave you feeling divine, but they benefit you both physiologically and psychologically.

**Face & Head - 15 mins**

**Back, Neck and Shoulder - 30 mins**

**Hand & Arm - 15 mins**

**Legs (including your feet, of course) - 30 mins**

**Foot - 15 mins**

### 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.

**Back, Neck and Shoulder - 30mins**

**Legs (including your feet, of course) - 30mins**

**And...** if you happen to enjoy your treatment so much that you'd like to treat a loved one, Pura Vida Gift Vouchers will also be available to purchase.

## Say hello

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