



Unit 1, Ongar Road Trading Estate, Gt Dunmow, ESSEX. CM6 1EU

For appointments and enquiries telephone:

01371 875525

www.purehealthandbeauty.org

www.pureweightloss.co.uk

Opening Times:

Monday 9am - 8pm

Tuesday 9am - 8pm

Wednesday 9am - 8pm

Thursday 9am - 8pm

Friday 9am - 6pm

Saturday CLOSED

Sunday CLOSED

Opening Times are subject to change

The salon is closed on Bank holidays

The perfect Gift

Vouchers available from £10.00

Cancellations

A cancellation fee of 50% will be charged on appointments broken or cancelled with less than 24 hours notice.

FREE PARKING



Take Time to Relax

With our

Beauty Services



Holistic Therapies



Please allow an extra 15 minutes for your first treatment to make time for your consultation.

Relaxation Massage:

30 minutes £31.50
45 minutes £38.50

Remedial Massage:

30 minutes £36.50
45 minutes £44.00

Reiki:

60 minutes £45.00



Natural Skincare Solutions

Organic Facials

GREENPEOPLE 45 Minute Skin analysis & Re-vitalising Facial
£17.00

 1hr 15min Hydrating Moisture Infusion Facial
£34.00

 1hr 30min Nurturing & Restoring Facial
Including a Relaxing Back Massage
£48.00



**The Alternative to Liposuction,
creating Inch Loss, Body Con-
touring and Skin Tightening all
in one treatment.**

Single Body Treatment **£80.00**
Course of 4 Treatments **£280.00**
Course of 8 Treatments **£520.00**

Treatment progress:- 1 treatment every 10-14 days for targeted results

Only one area can be treated at a time.

Skin Tightening and lifting Facial treatment



Single 30 minute Facial Treatment **£50.00**
Course of 4 Treatments **£160.00**
Course of 8 Treatments **£280.00**

Treatment progress:- 1 treatment every 7-10 days for targeted results

**(Course of treatments to be booked/paid in advanced.
48 hours notice for cancelation is required.
Un-attended treatments are non-transferable.)**



Caci Facials introduce you to the latest in micro-current technology for a non-invasive, advanced, non-surgical facial toning treatment.

With over 20 years medical research behind it, this treatment was first introduced into the medical field for people recovering from Bells-palsy and Strokes, by re-training the facial muscles using Microcurrent impulses that will lift and tone the facial muscles, whilst improving skin elasticity and reducing the appearance of fine lines and wrinkles.

Caci Facials Include:

- Caci Signature Facial 1 hr £60.00**
- Caci Deluxe Facial 1 hr 15 mins £75.00**
- Caci Ultimate Facial 1 hr 30 mins £90.00**

Add S.P.E.D Technology to any of the above facials for an extra £5.00

15 minute Introduction treatment for £15

Caci Complimentary Treatments:

- Caci Eye Lift 20 mins £25.00**
- Lip Treatment 10 mins £15.00**
- Wrinkle Revolution 20 mins £30.00**
- Caci Jowl Lift 15 mins £25.00**
- Caci Hydratone Facial 15 mins £25.00**
- Caci Eye Revive 30 mins £35.00** (uses microcurrent rollers and includes a deeply nourishing Hydro Eye Mask)

Caci Facials are available as a course of 12 for the price of 10, please ask your therapist for more information.



Revolutionizing Health & Wellness

AMN is a comprehensive Personal Training system of strength, health & wellness that acts to functionally drive the nervous system to relieve pain, promote optimal respiration and increase complex motion skill via brain based drills. By interacting with the brain and nervous system in this way we are able to drive health and performance to levels that are otherwise unobtainable.

Initial Consultation 1 hour 30 minutes £45.00

Follow up sessions 20-30 minutes £20.00

AMN Fundamentals sessions

Through functional body tests we are able to re-focus & re-balance the body, improve flexibility and increase strength all with a series of simple and effective applied techniques.

Initial Consultation 1 hour 30 minutes £35.00

Follow up sessions 20-30 minutes £15.00

(please note that not everyone will respond to their initial treatment. Treatments should be performed weekly to start with, then based on your responses monthly follow up treatments as required)

Essential Grooming

Waxing - We use warm honey wax for all our waxing treatments

Full leg	£26.50	<u>Male Grooming</u>	
Full leg & Bikini	£32.50	Back	from £23.50
Full leg & High Bikini	£37.00	Chest	from £20.50
3/4 leg	£22.50	Brows	£8.50
1/2 leg (top or bottom)	£17.50		
1/2 leg & bikini	£25.50		
Basic Bikini	£12.00		
High bikini	£15.50		
Playboy bikini	£21.50		
Hollywood bikini	£24.50		
Under arm	£11.50	<u>Threading</u>	
Fore Arms	£15.00	Facial	£18.00
Lip/Chin	£7.00	Lip/Chin	10.00
Lip & Chin	£10.00	Lip & Chin	£13.00
Brow Shape	£8.50	Brow Shape	£12.00

Eye Treatments (A patch test is required 24 hours prior to first appointment)

Eye lash tint	£11.00		
Eye brow tint	£9.00	Brow tint & Shape	£16.00
Eye lash & brow tint	£18.00		

Teen Waxing (for 12-16yrs)

Waxing

Full leg	£19.50	3/4 leg	£15.00	1/2 leg	£12.00
Bikini	£6.50	Under arms	£7.50	Fore arms	£9.00
Brow shape	£6.00				

Brows by Mii

(A patch test is required 24 hours prior to first appointment)

Mii Brows offers 2 professional brow treatments:

Night out Brows - 24 hour brow £11.00
This treatment involves artistic waxing & tweezing, then to complete the look a mineral brow powder is applied that lasts up to 24 hours.

Holiday Ready Brows - 6 week brow £21.00
This treatment is for anyone who likes to lay back and relax while having their brows re-defined. Includes a colour enhancement, re-shaping by waxing & tweezing a mineral powder to calm any redness to the area, and a colour defining powder for brows with attitude to complete your new brows.

brow
by Mii

Tori's

PURE HEALTH & BEAUTY

Tori has over 20 years experience in the health, wellness & beauty industry.

- ◆ ITEC Beauty Specialist
- ◆ IIHHT Holistic Massage Therapist
- ◆ International Institute for Complementary Therapists
 - ◆ CIDESCO Make up Artist
 - ◆ Advanced Aesthetic Beauty Therapist
 - ◆ CACI Therapist
- ◆ DoTERRA Wellness Advocate

For more information or to make an appointment

call: **01371 875525**

Or

email: **tori-r@hotmail.co.uk**