



# pure touch

treatment menu



## Salon Opening Times

Monday	(appointments on request)
Tuesday	9.30 - 5.00pm
Wednesday	9.30 - 5.00pm
Thursday	9.30 - 7.00pm
Friday	9.30 - 5.00pm
Saturday	9.30 - 4.30pm
Sunday	Closed



Appointments outside opening hours by special arrangement

pure touch

85 Main Street, Cockermouth CA13 9JS

Visit our website [www.puretouchbeauty.co.uk](http://www.puretouchbeauty.co.uk) to find out more about our treatments, products and philosophy.

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 PureTouchCockermouth  
 PureTouchBeauty

# Your journey starts here

Welcome to Pure Touch, a truly bespoke and highly personalised salon retreat that aspires to make you feel good about yourself and offer you the luxury of quality 'me time'.



We are passionate about the outstanding results of natural skincare and the holistic approach to beauty. Each treatment and product has carefully been selected for its purity, working in harmony to deliver powerful results which engage your senses and nurture your body.

Whether you need a simple wax or a full holistic spa experience, our dedicated professionals will help you escape and recharge your batteries.

Please don't hesitate to contact our friendly team if you have any enquiries.



# Essentials

Our comprehensive range of essential beauty rituals aspire to make you feel good about yourself, enhancing your unique natural beauty and letting your confidence shine through.



# Hand, Nail & Foot Treatments

Jessica is the UK's No1 natural nail care range. It uses unique proteins and conditioners to treat nail problems, encouraging nail growth and reviving tired hands and feet.

**File and Polish** 30mins £10.00

**Basic Manicure** 45mins £20.00

Treatment includes cuticle work, moisturising, shaping of the nail and polish application.

**Deluxe Manicure** 1hour £25.00

A facial for the hands that indulgently infuses them with moisture using luxurious heated mitts to leave them beautifully restored. This treatment is great for people with dry skin, arthritic joints and circulatory problems.

**Basic Pedicure** 1hour £22.00

Treatment includes scrub, moisturising, cuticle work, shaping of the nail and polish application.

**Deluxe Pedicure** 1hour 30mins £30.00

This uplifting foot treatment is designed to revitalize tired, aching feet and give an intense hydration boost to dry cracked heels. Including heated booties and nourishing moisturiser.

**French Polish** Extra £4.00

Please bring open toe shoes to allow polish to dry.

See overleaf for more hand, nail & foot treatments.

## Non Chip Gel Polish

A thin, strong gel coating is applied to your own nails to protect, strengthen and encourage growth with no damage. The non chip polish lasts for weeks. Includes manicure and application of non chip gel coating.

<b>French Finish</b>	<b>1hour</b>	<b>£30.00</b>
<b>Clear or Colour</b>	<b>1hour</b>	<b>£28.00</b>
<b>Removal</b>	<b>15mins</b>	<b>£5.00</b>
<b>Removal</b>	<b>20mins</b>	<b>£10.00</b>

**Removal is free with a re-application.**

## Tanning

Fake Bake lotion creates a rich healthy looking tan lasting 7-10 days, without the risk of skin damage and premature ageing - no artificial preservatives, no parabens, only the finest botanical ingredients. Treatment includes passion fruit body polish exfoliation and application of tanning lotion.

<b>Full Body</b>	<b>1hour 15mins</b>	<b>£34.00</b>
<b>Half Body</b>	<b>30mins</b>	<b>£18.00</b>

Please wear dark, loose fitting clothes and shoes with no perfume or deodorant. Fake Bake tanning products are available to buy in our salon boutique, perfect for maintaining your tan.

## Piercing

<b>Ear Piercing</b>	<b>£15.00</b>
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## Make up

Using the award winning range of mineral cosmetics from Lily Lolo. A beautiful range with antibacterial properties to help improve the skin. Enhance your unique beauty, let your skin breath and look naturally gorgeous!

<b>Make Up Application</b>	<b>45mins</b>	<b>£30.00</b>
<b>Make Up Lesson</b>	<b>1hour</b>	<b>£35.00</b>
<b>Bridal/Occasion Make Up Application</b>	<b>1hour 30mins</b>	<b>£50.00</b>
Including consultation, trial and application on the day.		
<b>Add Weekend Lashes</b>	<b>Extra</b>	<b>£15.00</b>

Try before you buy at our professional make up stand in the salon.

**Travel costs are additional.**



# Hair Removal

## Waxing

An effective form of hair removal lasting 3-6 weeks and in some cases can even weaken hair growth.

<b>Full Leg and Bikini</b>	<b>1hour</b>	<b>£28.00</b>
<b>Full Leg</b>	<b>45mins</b>	<b>£24.00</b>
<b>Half Leg</b>	<b>30mins</b>	<b>£17.00</b>
<b>Bikini (Brief line)</b>	<b>15mins</b>	<b>£10.00</b>
<b>Underarm</b>	<b>15mins</b>	<b>£10.00</b>
<b>Lip or Chin</b>	<b>15mins</b>	<b>£7.00</b>
<b>Lip and Chin</b>	<b>30mins</b>	<b>£10.00</b>
<b>Nasal or ear</b>	<b>10mins</b>	<b>£5.00</b>
<b>Nasal, ear and eyebrow</b>	<b>30mins</b>	<b>£15.00</b>
<b>Back or Chest</b>	<b>30mins</b>	<b>£18.00</b>
<b>Eyebrow Shape</b>	<b>15mins</b>	<b>£8.00</b>

(Wax, tweezed and trimmed)



Other areas available please ask for pricing.

## Specialised Waxing

Lycon hot wax is renowned to be the least painful and most effective wax method available.

<b>G-String</b> (Thong line)	<b>20mins</b>	<b>£15.00</b>
<b>Playboy</b> (Thin line and removal of bum fluff)	<b>35mins</b>	<b>£22.00</b>
<b>Brazilian</b> (Removal of all hair except a thin strip over the pubic mound)	<b>40mins</b>	<b>£25.00</b>
<b>Hollywood</b> (All hair removed)	<b>1hour</b>	<b>£30.00</b>



## Threading

A precise, long lasting and less irritating method of hair removal using 100% anti bacterial cotton thread. Especially great for sensitive skin.

Face including eyebrows	45mins	£20.00
Lip or Chin	10mins	£8.00
Lip and Chin	15mins	£11.00
Eyebrows	15mins	£9.00
Cheeks	15mins	£10.00

## Eye Enhancements

Fantastic for emphasising the eyes without the use of make up, ideal for holidays.

Eyelash Tinting	30mins	£12.00
Brow Tint	10mins	£6.00
Eyelash and Brow Tint	30mins	£15.00
Weekend Lashes	30mins	£15.00
Precision Brows	45mins	£17.50

A method of defining the brows using a blend of seven techniques including tinting, waxing and threading to create a shape and contour perfect for you.

Lash lift	1hour	£35.00
Express lashes	1hour	£25.00
	1hour 15mins	£30.00

A skin sensitivity test is required 24 hours prior to treatments.

# Relaxation

Escape and unwind with our well-being therapies. Beautifully combining exquisite holistic spa rituals with result driven treatments. Pure bliss.



## Ren Bespoke Facials

Ren pioneered the concept of clean skincare. Using cutting edge bio-actives combined with a synergy massage system to boost the skins natural ability to protect, repair and renew. Your skin will feel and look beautifully healthy and radiant.

<b>What's not to love</b>	<b>30mins</b>	<b>£25.00</b>
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Cleanse and restore your skin with this refreshing mini treatment, great for people who want a quick boost with little time to spare. For all skin types.

<b>Skin as it should be</b>	<b>1hour</b>	<b>£38.00</b>
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An energising facial designed to enhance naturally happy, healthy skin. Great for rebalancing skin problems, providing instant relief and revitalisation to any complexion. For all skin types

### Advanced Ren Facials

<b>Stay Younger for Longer</b>	<b>1hour 10mins</b>	<b>£45.00</b>
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An advanced anti ageing facial designed to plump, renew and revitalise wise experienced skin. For first signs of ageing to mature skin.

<b>Ultimate Radiance</b>	<b>1hour 10mins</b>	<b>£45.00</b>
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A brightening facial designed to resurface and renew tired skin tone. Leaving it looking energised, radiant and luminous. For a tired, dull complexion.

<b>SOS Eye Rescue</b>	<b>30 mins</b>	<b>£25.00</b>
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A treatment that restores the sparkle in your eyes and helps banish the appearance of dark circles and puffiness. Wrinkles are filled, the formation of new collagen is enhanced and the whole eye area is lifted. For all skin types.

A full range of skincare products are available with expert advice in our salon boutique.

## Signature Spa Treatment

All treatments include a lifestyle consultation and relaxation ritual.

**Moroccan Rose Ritual** **2hours 20mins** **£85.00**

An exquisite experience indulging you in a REN bespoke facial and body rebalance treatment. Heavenly Moroccan Rose together with our bespoke zen touch work to relieve body tension, uplift the spirit and soothe the mind for the ultimate feeling of balance, grounding and relaxation.

**Yummy Mummy** **1hour 30mins** **£55.00**

A delicious and safe treatment to be enjoyed after the 1st trimester of pregnancy. Treatment includes a relaxing foot bath and exfoliation followed by a gentle massage over the back, arms and legs. Finally this indulgent treatment is completed with an aromatic facial and scalp massage.

**Simply Relaxing** **1hour 30mins** **£55.00**

Escape into a sublime state of relaxation with top to toe exfoliation and completed with a rhythmic body massage including hot stones. The relaxing decadent aroma of essential oils and therapeutic properties of flower essence will leave you feeling emotionally up lifted.

Why not treat someone you know to a Pure Touch gift voucher or one of our signature spa treatments.

# Holistic Therapies

Our holistic treatments are designed to bring balance to mind, body and soul. Leaving you with the deepest sense of harmony and wellbeing.

## Hot Stone Therapy

**55mins full body £54.00**

**45mins back & legs £35.00**

Heated basalt stones are massaged over you to melt muscle pain and tension, giving you an enormous sense of wellbeing. This deep releasing massage is fantastic for treating reoccurring back problems due to posture and injury.

## Indian Head Massage

**30mins**

**£25.00**

A relaxing ancient Indian technique performed whilst seated, concentrating on the scalp and upper back. A mind clearing and emotionally balancing treatment using lavish aromatherapy oils. Great for treating headaches, migraines, muscle tension, sinus problems and eye strain.

## Ear Candling

**45mins**

**£27.00**

A natural and relaxing therapy used to rebalance pressure in the ears by drawing out impurities. Great for alleviating sinus problems, migraines, tinnitus and ear ache. Treatment is combined with a beneficial lymph drainage pressure point massage to the face.

# Body Treatments

We offer a huge range of body treatments and massages, each one designed and tailored specifically to ensure you experience the best physical and emotional therapeutic benefits depending on your needs.

## Express

25 minute treatments or why not complement your treatment with one of the following:

<b>Invigorating Foot Treatment</b>	<b>25mins</b>	<b>£30.00</b>
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This revitalising treatment for tired feet and heavy legs helps reduce puffiness and soothe aches and pains. Includes a refreshing exfoliation and a deeply therapeutic foot and lower leg massage.

## Massage Treatments

<b>Back, Face &amp; Scalp Treatment</b>	<b>85mins</b>	<b>£65.00</b>
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Our 'Hero' treatment is loved by all; this experience delivers triple results by targeting three key areas – the back, the face and the scalp, making it the ideal treatment for anyone.

*Includes: Back exfoliation, back massage, personalised facial and scalp massage. With or without hot stones\*. Must be requested on booking.*

<b>Swedish Massage</b>	<b>25mins</b>	<b>£30.00</b>
	<b>55mins</b>	<b>£42.00</b>

A traditional full body massage using firm pressure to promote relaxation and ease muscle tension. This treatment is ideal as an introduction to massage; stimulating movements help soothe tired aching muscles to leave you relaxed and revived.

*Includes: Swedish massage to back, legs, arms, neck/shoulder massage.*

<b>Deep Muscle Massage</b>	<b>25mins</b>	<b>£30.00</b>
	<b>55mins</b>	<b>£42.00</b>

A powerful massage designed to alleviate deep-seated tension and muscular stress. Specialised techniques concentrate on specific areas of concern and alleviate common discomforts such as a stiff neck, painful lower back pain and sore, tight shoulders.

*Includes: Specialised massage to specific areas of concern.*

*With or without hot stones\*. Must be requested on booking.*

*All massages can be tailored to you.*

# Massage

## Tension Relief Body Massage

An energetic massage to iron out tension easing muscular aches and pains and providing relief for tired, stressed bodies.

<b>Full Body Massage</b>	<b>1hour</b>	<b>£40.00</b>
<b>Back Neck and Shoulder</b>	<b>30mins</b>	<b>£25.00</b>
<b>Leg and Foot Massage</b>	<b>30mins</b>	<b>£25.00</b>

## Stress Relief Body Massage

<b>Aroma Massage</b>	<b>1hour 15mins</b>	<b>£45.00</b>
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Surrender yourself to the comforting massage strokes gently applied with aromatic oils to relax the mind, body and soul from the crown of your head to the soles of your feet.

<b>Drift Away</b>	<b>45mins</b>	<b>£32.00</b>
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A harmonising back, neck and shoulder massage using a fusion of essential oils to soothe away tension, completed by a relaxing face and scalp massage.

<b>Bamboo Massage</b>	<b>45mins</b>	<b>£35.00</b>
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If you are looking to receive a Deep Tissue Massage, but without the traditional soreness, this is perfect for you! Hand-crafted bamboo pieces glide smoothly over the body with massage oil, easing your tension, relieving your aches and pains.

<b>Pregnancy Massage</b>	<b>1hour</b>	<b>£40.00</b>
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A treatment designed for mums to be in mind, nurturing massage strokes are applied to the back, arms and legs to completely relax and unwind the whole body, finally completeing with a scalp massage.




# Spa Packages

See Signature Spa Treatments page for indulgent relaxation packages.

## **Goddess Maintenance** **2hours 15mins** **£56.00**

The perfect package prior to a special occasion, holiday or general grooming. Eyelash tint, eyebrow shape, underarm wax, half leg wax and manicure or pedicure.



## **Bridal Package** **4hours** **£115.00**

Fake Bake tan, make up, and non chip gel polish (french manicure) for fingers and toes.

## **Party Nights - Exclusive use of the salon 6-9pm** **£35 each**

Perfect for birthdays, hen parties, baby showers, divorce parties or just a fun girls night out. Evening includes treatment, bubbly, nibbles and gift for host or special guest.


Choose one treatment from the following: *Back, neck and shoulder massage, Indian head massage, Facial, Manicure, Pedicure.*

Initial deposit 50% and full payment one week before event.

Minimum 4 guests and maximum 10 guests.

## **Kids Pamper Parties - salon & home visits** **£10 Per Child**

File & polish for fingers and toes.



**Travel costs are additional.**

**Bespoke packages available on request**

## Salon Boutique

Indulge in retail therapy at Pure Touch with exclusive, luxury and local natural beauty brands including; Ren, Cowshed, Fake Bake, Colony, Wax Lyrical, Love Boo, Lily LoLo and Jessica Nails UK. We passionately believe in natural/organic skincare products for their amazing results on the skin and their powerful therapeutic effects on emotional wellbeing, helping transform beauty routines into rituals.

Our friendly team of consultants are available to help ensure you get the very best expert advice about your skin concerns and gift guidance, allowing you and your loved ones the chance to enjoy a spa experience at home.

## Gift Vouchers

Gift vouchers make the ideal present for any occasion so why not treat someone special and give them the luxury of quality 'me time'. Vouchers can be exchanged for treatments and or products. Valid for 6 months, expired vouchers will not be honoured.

## Men's Therapy

Pure touch is a unisex beauty & holistic salon. The majority of treatments are suitable for men and women using bespoke treatment techniques and products.

## Salon Guidelines

- Please note that we ask for 24 hours notice in the event of a cancellation otherwise there will be a charge equal to the treatment value.
- It is essential that you notify your therapist of any medical conditions, allergies etc. prior to treatment.
- For health and safety reasons children cannot accompany adults into the treatment rooms. They must also be supervised while in the waiting room.
- Under 16's need to be accompanied by adults and treatments are restricted.
- Guests are advised to arrive 10mins before treatments commence to relax and enjoy the surrounds. Arriving late may lead to time deducted from the treatment.
- All information is subject to changes without prior notice.
- £10 deposit taken per treatment over £20



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