



pure touch

treatment menu



Salon Opening Times

Monday	Closed
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

Shop Opening Times

Tuesday - Friday	9.30 - 5.00pm
Saturday	9.30 - 4.30pm

pure touch

76 Main Street, Cockermouth CA13 9LU

Visit our website www.puretouchbeauty.co.uk to find out more about our treatments, products and philosophy.

t 01900 825130
e info@puretouchbeauty.co.uk

 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 it's 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 25mins £9.00

Basic Manicure 45mins £18.00

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

Deluxe Manicure 1hour £23.00

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 45mins £20.00

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

Deluxe Pedicure 1hour 10mins £27.00

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 mask.

French Polish Extra £4.00

Please bring open toe shoes to allow polish to dry.

See overleaf for more hand, nail & foot treatments.

Continued

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.

French Finish	1hour	£30.00
Clear or Colour	1hour	£28.00

Minx Nail Wraps

If you love attention you'll love Minx. Extending fashion to your fingers and toes in a variety of eye catching designs that promise not to chip or smudge.

Fingers	45mins	£21.00
Toes	45mins	£24.00
Deluxe Minx Manicure	1hour 15mins	£32.50
Deluxe Minx Pedicure	1hour 15mins	£34.50

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.

Full Body	1hour 15mins	£34.00
Half Body	30mins	£18.00

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.



Hair Removal

Waxing

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

Full Leg and Bikini	1hour	£26.00
Full Leg	45mins	£21.00
Half Leg	30mins	£16.00
Bikini (brief line)	15mins	£8.50
Underarm	15mins	£8.00
Lip or Chin	15mins	£6.00
Lip and Chin	30mins	£9.00
Back or Chest	30mins	£16.00
Eyebrow Shape	15mins	£7.50

(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.

G-String (thong line)	20mins	£15.00
Playboy (Thin line and removal of bum fluff)	35mins	£20.00
Brazilian (Removal of all hair except a thin strip over the pubic mound)	40mins	£24.00
Hollywood (All hair removed)	45mins	£28.00

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	£17.50
Lip or Chin	10mins	£7.00
Lip and Chin	15mins	£10.00
Eyebrows	15mins	£8.50

Eye Enhancements

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

Eyelash Tinting	30mins	£10.00
Brow Tint	10mins	£5.00
Eyelash and Brow Tint	30mins	£13.00
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.

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

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!

Make Up Application	45mins	£25.00
Make Up Lesson	1hour	£32.00
Bridal/Occasion Make Up Application	1hour 30mins	£45.00

Including consultation, trial and application on the day.

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

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.

What's not to love

30mins

£24.00

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

Skin as it should be

1hour

£37.00

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

Stay Younger for Longer

1hour 10mins

£45.00

An advanced anti ageing facial designed to plump, renew and revitalise wise experienced skin. For first signs of ageing to mature skin.

Ultimate Radiance

1hour 10mins

£45.00

A brightening facial designed to resurface and renew tired skin tone. Leaving it looking energised, radiant and luminous.
For a tired, dull complexion

SOS Eye Rescue

30 mins

£22.00

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



Massage

Tension Relief Body Massage

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

Full Body Massage	1hour	£34.00
Back Neck and Shoulder	30mins	£22.00
Leg and Foot Massage	30mins	£20.00

Stress Relief Body Massage

Aroma Massage	1hour 15mins	£40.00
----------------------	---------------------	---------------

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.

Drift Away	45mins	£27.00
-------------------	---------------	---------------

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.

Pregnancy Massage	1hour	£34.00
--------------------------	--------------	---------------

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.

Go Organic	Extra	£5.00
-------------------	--------------	--------------

Add Neom luxury organic oils to your massage treatment for a truly indulgent escape.

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 Cumbrian made Mother Earth organic range. The body is exfoliated top to toe and completed with a rhythmic body massage including hot stones. The relaxing decedent 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

45mins

£34.00

Heated basalt stones are massaged over the back and legs 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

£22.00

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.

Espa Facials

Our facials begin with a detailed consultation and in-depth skin analysis using SkinVision™ technology to identify skin conditions not visible to the naked eye. Your facial is specifically tailored to you, to include cleansing, exfoliation and a treatment specific massage, mask and intensive serum. Finally, skincare products are chosen for your individual needs to achieve the best possible results.

Espa Express

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

Personalised Express Facial	25mins	£28.00
------------------------------------	---------------	---------------

Your therapist will select the most suitable facial for your skin. Every ESPA personalised facial includes a consultation, SkinVision™ analysis, cleanse, exfoliation, personalised facial mask and finishes with an application of a booster serum to suit your skin.

Lift & Firm Eye Treatment	25mins	£30.00
--------------------------------------	---------------	---------------

Perfect for those who are concerned with the first signs of ageing around the eyes. An effective firming and hydrating treatment, helping to reduce the appearance of fine lines and relieve tension from eye-strain and computer headaches. Incorporating a cleanse, exfoliation, massage and application of our Lift & Firm Intensive Eye Serum.

Skin Solutions

Skin Radiance Facial	55mins	£43.00
-----------------------------	---------------	---------------

This revitalising facial treatment helps refresh tired skin, giving a noticeably brighter and naturally radiant appearance.

A special application of ESPA Skin Radiance Moisturiser; rich in natural AHAs and BHAs from Hawaiian Algae and Meadowsweet, helps to smooth, reduce irregular pigmentation and brighten the skin to deliver instant results.

Re-Hydrator Facial

55mins

£43.00

An intensive, regenerating facial for dehydrated skin leaving it supple and nourished.

Gentle cleansing and exfoliation help the skin absorb replenishing face treatment oils and masks to deeply moisturise and soothe the complexion. This rehydrating facial leaves skin smooth and feeling rejuvenated.

De-Sensitiser Facial

55mins

£43.00

A comforting facial for sensitive skins prone to redness and irritation, leaving skin calmed and nourished.

De-sensitising natural plant extracts and calming aromatherapy oils such as Chamomile and Benzoin are used to gently cleanse, nourish and hydrate fragile skin. This soothing facial helps to reduce skin sensitivity leaving skin calmed, nourished and comfortable.

Skin Purifying Facial

55mins

£43.00

Ideal for oily, congested and problematic skin, or those suffering with hormonal imbalance.

This deep cleansing facial helps to regulate oil secretions and refine open pores. Essential Tea Tree and White Thyme oils, which are naturally decongesting and anti-inflammatory, are used to soothe and calm the skin, encouraging a more balanced and clearer complexion.

Intensive & Age Defying

Age Defyer Facial

55mins

£55.00

A luxurious and regenerating facial for maturing skin to help minimise lines and wrinkles around the eyes, neck, lips and jawline to help combat the signs of ageing.

This treatment visibly improves the appearance of the skin by using special age-defying massage techniques and a selection of age-defying products to replenish and revitalise the skin, leaving your complexion toned, radiant and rejuvenated.

Espa Body Treatments

We offer a huge range of solution led ESPA 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.

Espa Express

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

Shoulder, Neck & Scalp Massage 25mins £30.00

This massage focuses on the key areas of tension using an ESPA Body Oil chosen for your specific needs. Where needed, Hot Stones are also used to penetrate warmth and help ease aches and pains.

Back, Neck & Shoulder Massage 25mins £30.00

This massage is tailored to address any areas of concern and uses the most appropriate massage techniques along with the ESPA Body Oil to suit your needs. Where needed, Hot Stones are also used to penetrate warmth and help ease aches and pains.

Invigorating Foot Treatment 25mins £30.00

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

Back, Face & Scalp Treatment 85mins £65.00

Renowned as our 'Hero' treatment and loved by all; this ESPA 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.***

Aromatherapy Massage**55mins****£45.00**

ESPA aromatherapy massage is essential, professional and specific, using a blend of individually chosen oils. A personal consultation will ensure that you receive a unique treatment to suit your specific needs.

Choose from the following: Detoxifier, De-Stresser, Muscle Relaxer, Jet-Lag Reviver, Immune Booster, Energiser, Body Toner.

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

Hot Stone Massage**55mins****£54.00**

A therapeutic full body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains; helping you to unwind and your body to feel rejuvenated.

Includes: Hot Stone Aromatherapy massage to back, legs, arms, neck/shoulder massage.

Swedish Massage**55mins****£39.00**

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.

Deep Muscle Massage**55mins****£39.00**

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.



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

£105.00

Fake Bake tan, non chip gel polish (french manicure) and ultimate radiance facial.

Party nights - Exclusive use of the salon 6-9pm

£25 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.

Salon Boutique

Indulge in retail therapy at Pure Touch with exclusive, luxury and local natural beauty brands including; Ren, Neom, Cowshed, Fake Bake and Bath House. 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 always 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 e.t.c. 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 prices include VAT
- All information is subject to changes without prior notice.



pure touch

76 Main Street, Cockermouth CA13 9LU

t 01900 825130

w www.puretouchbeauty.co.uk

e info@puretouchbeauty.co.uk

 PureTouchCockermouth
 PureTouchBeauty