



PURE

essential beauty treatments and luxurious spa therapies

[www.purespauk.com](http://www.purespauk.com)

## PURE

PURE has two lifestyle solutions,  
PURE Beauty and PURE Spa.

We started PURE because we believe that every client is individual and we aim to provide a therapy completely suited to your needs, and at a time to suit you.

We strive to provide a friendly, personal and professional service, whether you are visiting for a quick eyebrow wax or a full day spa package.

We want you to leave PURE feeling relaxed, refreshed and revitalised!

Enjoy browsing our menu  
and we hope to see you soon.

**Becky and Ivan Woodhouse**  
Founders

## PURE Beauty

For all your essential beauty treatments.

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## PURE Spa

For luxurious spa therapies and spa days.

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# PURE hands & feet



① – treatments suitable for teens  
Ⓜ – treatments recommended for men

## PURE hands

### the PURE manicure ⓂⓉ

20 min £18

Includes shaping, buffing, base coat, two coats of colour and top coat – an essential for beautiful hands.

### the PURE deluxe manicure ⓂⓉ

30 min £26

Includes the PURE manicure plus your choice of one of the treatments listed below.

### the PURE luxury manicure ⓂⓉ

40 min £34

Includes the PURE manicure plus your choice of any **two** of the treatment options below, or a luxurious **paraffin wax treatment**.

#### manicure treatment options:

french polish	cuticle treatment
hand massage	exfoliation and mask
nail gems	anti-ageing treatment

## PURE nails

### permanent french or gel polish

60 min £55

Perfect polish that lasts for weeks without chipping.

### PURE nail extensions

90 min £70

Using the latest gels to give you long lasting perfect tips. Available in natural or french tips.

## PURE feet

### the PURE pedicure ⓂⓉ

30 min £27

Includes shaping, buffing, nourishing foot cream, base coat, two coats of colour and top coat for feet that glow!

### the PURE deluxe pedicure ⓂⓉ

40 min £36

Includes the PURE pedicure plus your choice of one of the treatments listed below.

### the PURE luxury pedicure ⓂⓉ

50 min £44

Includes the PURE pedicure plus any two of the treatment options below, or one of the following luxury treatments: a **callus peel** to rid feet of hard skin or a **paraffin wax treatment** to soften and moisturise.

#### pedicure treatment options:

french polish	foot scrub and buff
foot massage	nail gems
intensive foot nourishment	

### maintenance

50 min £50

Includes one free nail repair.

### nail extension removal

acrylics or gel £42

### emergency repairs

first nail £15 : additional nails £8

# PURE Beauty essentials

## waxing

waxing		
		(M T)
bikini	normal/high	£15
	brazilian	£27
	hollywood	£42
leg	half leg	£18
	full leg	£33
	three quarter leg	£26
face	eyebrow	£11
	lip or chin	£9
	lip and chin	£15
arm	underarm	£11
	forearm	£17
	full arm	£25
body	chest	£22
	back	£23
	tummy	£16

### waxing packages

half leg & normal/high bikini	£30
half leg & brazilian	£42

Using the fastest and most hygienic PhD system for waxing, PURE is renowned for fast, efficient and professional results.

## tanning

tanning		
		(M T)
	lotion	spray (not LR)
full body	50 min £48	20 min £30
upper body	30 min £32	15 min £20
legs	20 min £24	10 min £15

Lasts around one week; pop in for a free patch test. We recommend **exfoliation** prior to spray tan (20 min £20).

## eye treatments

### eyelash tinting

eyebrow shape	£11
eyebrow tint	£9
eyelash tint	£16
all three	£28

Tinting makes your eyelashes look thicker, longer and darker. Lasts around 4 weeks; pop in for a free patch test.

### eyelash perming

50 min £45

Perming makes eyelashes look wider and longer. Lasts around 4 weeks; pop in for a free patch test.

### lunchtime lashes

20 min £40

Luscious lashes in your lunch-hour! Extensions last 2-3 weeks.

### semi permanent lashes

full set	90 min	£80
corners	60 min	£50
maintenance	60 min	£50
removal	30 min	£25

Natural lash extensions that last up to 8 weeks.

## make-up

### special occasion make-up

30 min £30

### bridal make-up

90 min £75

Includes consultation and trial, plus your make-up on the day.

### make-up lesson

60 min £52



# PURE face and PURE body

## PURE face

### the PURE facial (M T)

25 min £30

A classic pick me up facial essential to combat the effects of urban living. Tailored to suit your needs.

### the PURE deluxe facial (M T)

40 min £42

Includes the PURE facial plus your choice of either [relaxing massage](#) or [eye contour treatment](#)

### the PURE luxury facial

50 min £55

Includes the [PURE facial](#) plus your choice of one of the following luxury treatments:

- [deep cleansing paraffin wax treatment](#)
- [skin refining microdermabrasion](#)
- [radiance boosting collagen treatment](#)
- [wrinkle busting galvanic treatment](#)

## PURE Beauty packages

### PURE teen preen package (T)

60 min £52

Includes mini manicure, pedicure, facial and make-over.

### the works (M T)

90 min £89

An all over body treat! Includes [PURE manicure](#), [PURE pedicure](#), [PURE facial](#) and [PURE massage](#).

### PURE pick & mix package (M)

Be creative and make up your own beauty package. Choose any 6 treatments from the PURE Beauty menu (pages 4-9) and get the cheapest one free!

## PURE body

### the PURE massage (M)

15 min £16

Stress busting back, neck and shoulder massage to ease tensions and back pain.

### the PURE deluxe massage (M)

25 min £26

Longer massage for a more thorough treatment.

### the PURE luxury massage (M)

50 min £50

Your choice of either a full body massage tailored to your needs, or the [PURE deluxe massage](#) with your choice of one of the following treatment options:

- [paraffin wax hands or feet](#)
- [paraffin wax back treatment](#)
- [full body salt scrub](#)

### the PURE back facial (M)

40 min £40

Includes deep cleansing treatment, exfoliation and massage tailored to your needs.

### the PURE deluxe back facial (M)

60 min £60

Includes the [PURE back facial](#) plus a pore refining microdermabrasion treatment to smooth skin. Also helps to reduce signs of acne scarring.

### the PURE sculpting body wrap (M)

50 min £55

Slimming or cellulite buster. Lose inches with this effective body wrap treatment. Includes a [PURE facial](#) or [PURE deluxe massage](#).

# PURE Spa

Enjoy time out at one of our luxurious day spas to relax, restore and revitalise!

Our PURE urban day spas are havens among the hustle and bustle of daily life. From the moment you slip into your robe and slippers, you have entered a new world of relaxation and well being.

All of our spa therapies are journeys into relaxation, allowing you to feel totally chilled and restoring your inner spirit.

All PURE Spa therapies include complimentary PURE Spa foot ritual, use of spa relaxation areas and fresh fruit juice after your chosen therapies.

Please arrive 15 minutes prior to your appointment to change into robe and slippers. We recommend you allow at least 30 minutes after your therapy to relax in the spa and enjoy your surroundings.

We also have a range of heat therapies which are separately charged and vary depending on the location.

There is also a range of day and half day spa packages, with full day packages including lunch at one of our partner restaurants. Lunch can be added to any of the half day spa packages for £15 pp for two courses.

Some PURE Spa therapies are available at our beauty salon on Lothian Road in Edinburgh city centre. These attract a £10 discount on the price listed and the therapies available are marked with 'LR'. Lothian Road does not have any of the spa facilities listed, but you still receive the full therapy and complimentary PURE Spa foot ritual in the comfort of the stylish treatment rooms.

Ⓟ – treatments suitable during pregnancy

Ⓜ – treatments recommended for men

# PURE Spa experience

An ideal gift or therapy to introduce you to our unique spa menu and therapies.

## and Spa massage therapies

PURE Spa specialise in massage and our therapists use many techniques to provide a relaxing and revitalising therapy tailored to your own particular needs. If you need some advice on what massage to choose, our team are always on hand to help.

### PURE Spa experience

#### PURE Spa taster therapies M P

A range of 25 minute taster spa therapies which can be taken on their own, together or added to any of our spa therapies.

##### CHOOSE FROM:

- back, neck & shoulder massage
- exotic lime & ginger salt glow
- Elemis mini spa facial
- hopi ear candles
- PURE indulgence hand or foot treatment
- thai bundle back massage

##### TASTER THERAPY OPTIONS:

one therapy	40 min	£45
two therapies	60 min	£65

Add any of the taster spa therapies onto any of our other spa therapies for £30 per taster therapy.

#### the PURE Spa experience M P

60 min £62 or 80 min £80

The ultimate well-being journey. Your therapy is selected from our range of spa therapies and tailored to your own needs after consultation with your therapist.

### PURE Spa massage therapies

#### spa relaxing massage M LR

60 min £60 or 90 min £90

Tailored to suit your needs, perfect for unwinding and releasing everyday stress and tension.

#### swedish massage M LR

60 min £60

An effective and uplifting massage using stretching and kneading to release toxins.

#### hot stone therapy M

70 min £70 or 90 min £90

Warm stones are used to provide a deeply relaxing therapy to balance body and mind.

#### indian head massage LR

60 min £60

Special techniques are used on the scalp, upper back, shoulders, neck and face to reduce stress and ease tensions.

#### thai bundle massage

60 min £65 or 90 min £95

Steamed herbal compresses are combined with massage to detoxify and release tensions.

#### deep tissue massage M

60 min £65

Focused massage using special techniques to relieve stress and muscle tension.

#### personal blend aromatherapy massage

60 min £65

Hand-blended essential oils tailored to your needs are used together with massage to de-stress and bring harmony to body and mind.

#### PURE Spa nurturing massage P LR

60 min £63 or 80 min £80

An all over body massage using special massage techniques safe to use during pregnancy and tailored to your needs.



# PURE Spa face



## PURE Spa facials

PURE Spa use Elemis, one of the leading spa skincare brands in the world, to provide facial therapies that deliver real results. Many of Elemis's leading skincare products are award-winning for their quality and results driven formulations.

### Elemis spa facial

M P LR

60 min £60

Utilising eastern massage techniques to provide a relaxing and uplifting facial tailored to your needs after a thorough skin analysis with one of our specialist Elemis therapists.

### Elemis modern facial

M LR

60 min £65

A modern facial for a hectic urban lifestyle, this deep cleansing and uplifting facial is a must for all city dwellers.

### Elemis tri-enzyme resurfacing facial

LR

70 min £75

This facial restores radiance and vitality by sweeping away dead skin cells and encouraging new cell renewal. Reduces the appearance of fine lines, uneven skin tone, acne and superficial scarring.

## Specialist facials

all 75 min £78

LR

### Elemis pro-collagen quartz lift facial

Advanced anti-ageing facial. Clinically proven to reduce the number of wrinkles by up to 94% and improve skin firmness by up to 57%.

### Elemis visible brilliance facial

This unique facial instantly firms, rejuvenates and plumps up the skin to restore moisture levels. The effect is a visible boost to your skin's natural radiance.

### Elemis oxygen skin calm facial

This facial restores and renews sensitive and fragile skin, providing an uplifting and calming effect.

### Elemis SOS purifying facial

A deep cleansing facial designed to restore and revitalise oily, problem and congested skin.

### Elemis men's skin IQ facial

M

The ultimate overhaul for male skin, using anti-ageing and calming skincare to combat the harsh effects of shaving and urban living.

### Elemis men's urban cleanse facial

M

This deep cleansing facial unblocks pores, and decongests the skin, leaving your skin looking smooth and clear.



# PURE Spa body

## PURE Spa body therapy

### PURE Spa turkish detox glow

M

60 min £65

Using our specially designed wet beds, we scrub your skin, lather you all over in soap and then do a muscle stretching massage to sooth aching limbs. Finally you are drizzled with oil to leave your body feeling soft, supple and re-aligned.

### PURE Spa back reviver

M

LR

60 min £65

Revive your back with this uplifting treatment to deep cleanse, massage and bring your body back to life!

### PURE Spa signature body wrap

LR

60 min £65

The ideal therapy before a holiday. We scrub, buff and massage your body, then wrap you in a warm cocoon smothered in oils and creams to re-hydrate your skin, leaving you feeling relaxed and glowing! Choose from nourishing rose or uplifting grapefruit and neroli.

### Elemis face and body sensation

M

60 min £65

An all over body indulgence using hot stone massage, cooling refreshing gel to stimulate circulation and an Elemis skin specific facial tailored to your needs.

### Elemis exotic frangipani body wrap

P

60 min £65

A deeply nourishing and relaxing body wrap using warmed frangipani oils drizzled over your body.

### Elemis coconut and milk ritual wrap

60 min £65

This treatment combines a full body exfoliation with a skin nourishing coconut milk wrap to gently cleanse, smooth and soften the skin.

### Elemis body sculpting cellulite and colon therapy

70 min £72

A highly effective firming and detoxifying therapy using clinically proven Elemis body sculpting products combined with special body massage techniques, to firm and smooth the skin, stimulate circulation and reduce fluid retention.

### PURE Spa paraffin wax body mask

M

90 min £85

An all over body treat to deeply nourish and eliminate toxins. After a salt scrub, oils are applied to your body before a warm all over paraffin wax body mask is applied to open your pores and allow the oils to absorb into the body. A spritz facial leaves you feeling relaxed, refreshed and revitalised.

### Elemis aroma spa ocean wrap

M

90 min £90

A warm seaweed body mask combined with a blend of essential oils tailored to your needs is applied to the body before you are cocooned in a comforting wrap. Let your thoughts drift away whilst you are treated to a relaxing face and scalp massage.

# PURE Spa specialist therapies

## Complementary Therapies Heat Therapies

### PURE Spa complementary therapies

These therapies are performed by specially qualified and experienced therapists. Our qualified therapists vary at each location so please phone to enquire about treatment availability at your desired location.

#### reflexology



60 min £60

A highly effective healing therapy utilising the reflex areas of the feet to provide relief for a wide variety of health concerns, such as migraines, back pain, digestive problems, tension, stress and infertility.

#### reiki

60 min £60

A Japanese healing therapy using internal energy channelled through the therapist's healing hands to relieve tension and help relieve ailments such as insomnia, stress, migraines, and many more.

### PURE Spa heat therapies

The heat therapies offered at the spas can be added to any of our spa therapies – an ideal way to really chill out and relax during your visit.

#### FACILITIES AVAILABLE:

Silverburn	infra-red sauna
Ocean Terminal	infra-red sauna
Aberdeen	infra-red sauna, rasul and steam room

#### infra-red sauna



30 min £10

The sauna operates at a comfortable 40 deg C, allowing the infra-red rays to penetrate the lower levels of the skin to rid the body of toxins. An average person can expect to burn the equivalent of 800 calories in a single session.

#### rasul



45 min £45 for one, £80 for two

Add-on to any of our spa therapies for £30 each (min two people)

A detoxifying and relaxing treatment with a friend, where you apply different muds to your body and sit and relax in the rasul's fragrant steam whilst the muds are absorbed. A rain shower then gently washes the excess muds away, leaving your skin feel incredibly soft and smooth.



# PURE Spa packages

## Full day and half day packages

All packages include consultation, PURE Spa foot ritual and use of spa facilities. Full day packages include a relaxing two course lunch with one of our restaurant partners.

Lunch can be added to any of the half day packages for £15 pp. All packages can be purchased as gifts either in store or online with free delivery.

## PURE Spa half day packages

### PURE Spa essentials experience <sup>Ⓜ</sup>

85 min £90

Choose any 3 of the **PURE Spa taster therapies** listed on page 13 and create your own spa package.

### PURE Spa secret indulgence experience <sup>Ⓜ</sup>

2 hours £110

An indulgence package to restore energy levels. Choose two of the following 60 minute therapies:

- relaxing or swedish massage
- Elemis spa facial
- PURE Spa signature body wrap

### PURE Spa detox experience

2 hours 30 min £137

This package releases toxins and restores vitality – essential to combat urban living.

Includes an **infra-red sauna therapy**, followed by a **deep tissue massage** to ease muscles and maximise tension release, before your body is smoothed and refined with an **Elemis body sculpting cellulite and colon therapy** to stimulate circulation and reduce fluid retention.

### PURE Spa relaxation experience

2 hours 40 min £160

The ultimate in relaxation and well-being. Your body will be refined, restored and energy levels lifted. Start with an **exotic lime & ginger salt glow**, before a relaxing **70 minute hot stone massage**, and finish with an **Elemis spa facial** suited to your needs.

### mother-to-be indulgence experience <sup>P</sup>

2 hours £115

Includes a choice of two 60 minute therapies from **nurturing massage**, **Elemis spa facial** or **Elemis exotic frangipani body wrap** – a complete indulgence for mothers-to-be.

### men's indulgence experience <sup>Ⓜ</sup>

2 hours 20 min £130

For complete body therapy, this package includes a **therapeutic deep tissue massage** and either a **skin IQ** or **urban cleanse facial**, both customised to your needs.

## PURE Spa full day packages

### PURE Spa pamper day <sup>£135</sup>

Our most popular package for all over indulgence. Start your day in the spa and choose one of the **PURE Spa taster therapies** on page 13, followed by your choice of the following 60 minute therapies:

- Elemis spa facial
- relaxing or swedish massage
- PURE Spa signature body wrap

After a relaxing two course spa lunch, return to PURE for a **deluxe manicure** or **PURE pedicure**.

### PURE Spa signature day <sup>£175</sup>

Indulge yourself with some of PURE's unique spa therapies to relax, restore and revitalise. Start your day in the spa with your choice of **thai bundle massage** or **hot stone therapy** (70 min), followed by the **PURE Spa signature body wrap**.

After a relaxing two course spa lunch, return to PURE for the **PURE facial**, tailored to your needs, and a **PURE manicure** to leave you feeling relaxed and rejuvenated.

### PURE Spa complete indulgence day <sup>£195</sup>

The therapy of therapies! This package is designed to indulge you from head to toe. Start your day in the spa with an all over **exotic lime & ginger salt glow**, and enjoy your choice of one of the following 60 min massage therapies:

- thai bundle massage
- hot stone therapy
- or deep tissue massage

Enjoy a two course spa lunch and return to the spa for an **infra-red sauna session** followed by an **Elemis specialist facial** tailored to your needs.

# PURE Beauty and Spa Parties

Relax in style with friends with one of our pampering party options.  
We can accommodate party sizes from 4 to 25 guests. Prices are per person.

## PURE Beauty parties

### PURE pampering parties

30 min £26

Our classic party option, each guest can choose one of the following 30 minute treatments:

**PURE deluxe manicure** : **PURE pedicure** :  
**PURE facial** or **PURE deluxe massage**

### PURE deluxe pampering party

60 min £52

Each guest can choose two of the above treatment options.

### PURE works party

90 min £89

An all over body treat! Each guest receives the **PURE manicure**, **PURE pedicure**, **PURE facial** and **PURE massage**.

### PURE pink party

40 min £35 (min party size of 6)

Each guest receives a **PURE luxury manicure** and glass of bubbly.

### PURE teen preen party

30 min £26

Minimum age of 11. Includes a choice of two of the following treatments:

**mini manicure** : **mini pedicure**  
**mini facial** or **mini make-over**

## PURE Spa parties

### PURE Spa parties

£50 per person

Visit PURE Spa with friends for a truly relaxing and indulgent experience. Each guest receives a 25 min spa therapy of their choice from our list of **PURE Spa taster therapies** on page 13, complimentary bubbly or fruit juice and use of the spa relaxation room. Minimum party size of 6 for Edinburgh and Aberdeen, or 5 for Glasgow.

### PURE Spa couples therapy

£90 per person

The best way to spa is to come with a friend, mum or partner, to chill out, relax and enjoy some fun time together.

Start with an **infra red sauna**, followed by your choice of

**rasul heat therapy**  
**exotic lime & ginger salt glow**

Finish your package with a choice of one of the following 60 min spa therapies:

**relaxing or swedish massage**  
**Elemis spa facial** or  
**PURE Spa signature body wrap**

## Essential information

### BOOKING POLICY

A debit or credit card number is required to confirm all advance bookings and we ask that you provide us with 24 hours notice (72 hours for spa packages) if you wish to cancel, to avoid the cost of the treatment being charged. All card numbers given are treated in confidence.

### OPENING HOURS AND CONTACT DETAILS

#### PURE SPA UNION SQUARE, ABERDEEN

1<sup>st</sup> FLOOR, UNION SQUARE, ABERDEEN, AB11 5RG  
01224 211 639  
unionsquare@purespauk.com  
MON-FRI 9am-9pm : Sat 9am-7pm : SUN 11am-6pm

#### PURE SPA SILVERBURN, GLASGOW

1<sup>st</sup> FLOOR, SILVERBURN, GLASGOW, G53 6AG  
0141 881 7770 : 0141 881 7385  
silverburn@purespauk.com  
MON-FRI 10am-9pm : SAT 9am-7pm : SUN 10am-6pm

#### PURE SPA OCEAN TERMINAL, EDINBURGH

2<sup>nd</sup> FLOOR, OCEAN TERMINAL, EDINBURGH, EH6 6JJ  
0131 561 1320 : 0131 561 1408  
oceanterminal@purespauk.com  
MON-FRI 10am-9pm : SAT 10am-7pm : SUN 11am-6pm

#### PURE LOTHIAN ROAD, EDINBURGH

138 LOTHIAN ROAD, EDINBURGH, EH3 9BG  
0131 221 9133 : 0131 221 9123  
lothianroad@purespauk.com  
MON, TUE, FRI 9am-7pm : WED, THUR 9am-8pm : SAT 9am-6pm

### GIFT VOUCHERS

Gift vouchers can be purchased in store or online with free delivery for any treatment or amount, giving you ultimate flexibility to make your gift truly unique. Gift vouchers are valid for 10 months and can be redeemed at any PURE location.

### SPECIALIST COSMETIC TREATMENTS

PURE also do a range of specialist cosmetic treatments including Botox, semi-permanent make-up, laser teeth whitening and chemical peels, all carried out by qualified professionals. For details, see website or pick up a leaflet in store.

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PURE

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