



PURE

DAY SPA

*To realise one's nature perfectly*

## ***The Dream . . .***

The dream began with the union of a beauty/holistic therapist and a chef who had always wanted to open a Day Spa. So they visited many spa's receiving various treatments, and experiencing the many different rituals and ambiances in each country. They then returned to Northern Ireland with great knowledge of experiences and techniques and opened their own private Day Spa. That is when the dream became reality and Pure was born.

Pure Day Spa opened in July 2003 in the naturally tranquil countryside of Killinchy, Co. Down. As you step inside you will be enveloped in a calming atmosphere which will help your stress float away, your spirit free, and your body relaxed.

## ***The Experience . . .***

Pure is a unique and peaceful Day Spa that will leave you feeling lighter in mind, body and spirit. Your experience is a journey you will want to repeat, and your therapist will ensure that you need only to relax. Each ritual will include resting in a Hydrotherapy Massage Pool, with Colour Therapy to de-stress you, relaxing in an Aromatherapy Steam Room to revitalise you, floating away in our relaxation areas and enjoying a selection of luxury treatments. Morning coffee, afternoon tea, and beverages will also be incorporated into all Rituals and lunch will be included in Full Day Rituals or added as an extra on Half Day Rituals at a cost of £20 per person when available. Food requests are welcomed and accommodated when possible, although our daily menu does cater for a wide range of tastes.



*The aim of life is self development,  
To realise one's nature perfectly,  
That is what we are here for.*

Oscar Wilde

## ***Arrival . . .***

Please allow sufficient time before your treatment to change into your robe and slippers and unwind in the relaxation area.

Swimwear must be brought with you and worn at all times in all heat/water experiences. All towels, robes and slippers are provided by Pure.

Mobile phones must be switched off while at Pure, as a consideration to other guests.

## ***Cancellation . . .***

Credit card details are required at time of booking to secure appointment. Please allow 48 hours notice of cancellation to avoid a 50% charge. Cancellation within 24 hours will incur a 100% charge. Any guest who arrives late may have their treatment/relaxation time reduced. **Group booking cancellation** – If any cancel within 14 days it will result in a 50% charge. If they cancel within 7 days it will result in a 100% charge.

## ***Gift Vouchers . . .***

The perfect present. All gift vouchers are available for use against Full day, Half day and Taster Rituals and products at Pure. Gift vouchers must be presented at time of Ritual. They are non-refundable and valid for 12 months.

## ***Something Extra . . .***

For those guests who like that something extra, we have bicycles available and a local route to follow. We can also arrange time to golf, with lifts to and from the local golf course. For guests who are travelling from afar we will also take the liberty of organising all your accommodation arrangements to match your requests to ensure you have a stress free visit.

## ***Group Bookings . . .***

For groups of six or more, we offer exclusive private use of our facilities to ensure you get the most out of your time with us. We can accommodate a maximum group of ten persons. Ideal for that special occasion from hen parties to corporate events and team building days.

## **Note . . .**

All prices are inclusive of VAT (subject to change). Pure reserves the right to alter prices without prior notification.

All treatments and rituals are subject to availability.

Gratuities are optional as they are not included in the price.

Any guest under 16 years of age must be accompanied by an adult.

Euros also accepted.

## **Facials . . .**

All ESPA facials have been specially designed to help specific concerns of our guests and include deep cleansing, muscle relaxation, drainage of toxins and pressure points.

ESPA Age Defyer – a scientifically advanced facial treatment rich in anti-oxidants and natural ingredients. Created to combat signs of ageing and sun damaged skin.

ESPA Lifting and Firming Facial – for the most mature skin, helps to reduce fine lines and wrinkles.

ESPA Re-balancing Facial – for combination or oily skin, helps eliminate acne and reduce the chance of re-occurrence.

ESPA Skin Brightener Facial – for uneven pigmentation or dull complexion, helps to even skin tone and give a healthy glow.

ESPA Re-hydrator Facial – for dry or dehydrated skin, deeply moisturises and rejuvenates the skin.

ESPA Luxury Aromatherapy Facial – for all skin types, it is nourishing and relaxing.

ESPA Men's Hot Towel Facial – this deep cleansing facial together with a scalp and shoulder massage helps to balance and hydrate the skin.

ESPA Men's Barber Facial – suitable for all skin types. Helps to nourish and hydrate.

ESPA Express Facial – ideal for all skin types. Perfect for an instant glow.

When booking in for a Luxury ESPA facial your therapist will help you choose so that you gain maximum benefit from your treatment.

## **Massage . . .**

Massage has been used for thousands of years for both it's relaxation and health benefit's which include lower blood pressure, improve skin texture, relieve stiffness and tension, improve circulation, eliminate toxins from sore muscles and balance the body.

**Pure Body Massage** – this is our signature massage, using a mixture of palm compressions and pressure points. This massage will put you into a deep state of relaxation with the pouring of warm oil onto the body with long sweeping movements.

**Hot Stone Body Massage** – this is an ancient Eastern form of massage and consists of black basalt lava stones being heated, placed, and massaged onto the body for deep stimulation, a high level of relaxation and balancing of emotional, mental and physical energies.

**Balinese Body Massage** – this form of massage is unique and has been passed down through generations and mainly consists of hands on healing techniques and palm compressions to release toxins and stress.

**Aromatherapy Body Massage** – this form of massage incorporates the use of essential oils which promote self healing and rejuvenation.

**Swedish Body Massage** – this form of massage has been used since the 1800's and stimulates circulation and removes muscle strain.

**Thai Herbal Body Massage** – using a hot compress of herbs onto the body to increase energy flow and improve circulation incorporating various stretching techniques.

**Back, Neck and Shoulder Massage** – focuses on removing knots in the shoulders and easing tension in the lower back.

**Back Massage with Hot Stones** – a stress releasing treatment to work on deep seated tension. Helps soothe, relax and restore equilibrium to mind and body.

## **Holistic**

**Shirodhara** – this treatment has been carried out for hundreds of years as a daily ritual in India, to help relax and relieve stress and balance the mind and therefore to induce a tranquil state of overall well-being, where a stream of warm oil will be gently poured onto your third eye to revive your senses and leave you feeling tranquil.

**Reiki** – a natural healing technique working on different levels to balance the body.

**Reflexology** – a pressure point massage on the feet to correct imbalances of the body and clear energy pathways.

**Hopi Ear Candling** – traditionally used by Hopi Indians, this treatment is excellent for sinusitis, headaches, migraines, hay fever or excessive wax. A natural alternative to syringing.

**Indian Head Massage** – a relaxing pressure point massage working on your shoulders, neck, face and scalp to relieve tension, headaches and stress.

**Oriental Head Massage** – unblocks energy points on the head, face and neck. It promotes relaxation.

## **Full Day Rituals**

### **One – Balance**

ESPA Body Brush and Polish

ESPA Luxury Facial/ESPA Men's Hot Towel Facial

Aromatherapy Body Massage

Reflexology

Luxury Manicure . . . . . £290

### **Two – Detoxify**

Indian Head Massage

ESPA Luxury Facial/ESPA Men's Hot Towel Facial

ESPA Algae Envelopment with ESPA Salt and Oil Exfoliation

Swedish Massage

ESPA Detox Hydrotherapy Bath . . . . . £305

### **Three – Holistic**

Shirodhara

Oriental Head Massage

Thai Herbal Body Massage

ESPA Luxury Facial/ESPA Men's Hot Towel Facial . . . . . £270

### **Four – Rejuvenate**

Back, Neck and Shoulder Massage

ESPA Lifting and Firming Facial

ESPA Skin Hydrating and Firming Body Wrap with

ESPA Body Brush and Polish

Luxury Platinum Pedicure . . . . . £285

### **Five – Unwind**

ESPA Body Brush and Polish

Hot Stone Body Massage

Indian Head Massage

ESPA Luxury Facial/ESPA Men's Hot Towel Facial . . . . . £255

Six – **Indulge**

ESPA Body Brush and Polish  
ESPA Luxury Facial/ESPA Men’s Hot Towel Facial  
Luxury Manicure  
File, Shape and Paint Feet  
Aromatherapy Massage . . . . . £260

Seven – **Revitalise**

ESPA Luxury Facial/ESPA Men’s Hot Towel Facial  
Reflexology  
Aromatherapy Body Massage  
ESPA Marine Mud Envelopment with  
ESPA Body Brush and Polish . . . . . £285

Eight – **Tranquil**

Coconut Body Scrub  
Balinese Body Massage  
Balinese Mandi Lulur/Boreh  
Oriental Head Massage  
Floral Bath . . . . . £285

Nine – **Invigorate**

ESPA Stimulating Hip and Thigh Treatment  
Swedish Body Massage  
ESPA Express Facial/ESPA Men’s Barber Facial  
Indian Head Massage . . . . . £245

Ten – **Motherhood**

ESPA Prenatal Body Treatment or Mother-to-be Massage  
ESPA Luxury Aromatherapy Facial  
Luxury Platinum Pedicure  
File and Paint on Hands . . . . . £240

## ***Half Day Rituals***

### **One – Balance**

ESPA Body Brush and Polish

Hopi Ear Candling

Swedish Body Massage . . . . . £155

### **Two – Detoxify**

Luxury Platinum Pedicure

ESPA Algae Envelopment with ESPA Salt and Oil Exfoliation

ESPA Detox Hydrotherapy Bath . . . . . £175

### **Three – Holistic**

Thai Herbal Body Massage

Shirodhara

Oriental Head Massage . . . . . £195

### **Four – Rejuvenate**

ESPA Lifting and Firming Facial

ESPA Skin Hydrating and Firming Body Wrap with

ESPA Body Brush and Polish . . . . . £185

### **Five – Unwind**

ESPA Luxury Facial/ESPA Men’s Hot Towel Facial

Oriental Head Massage

Reflexology . . . . . £175

### **Six – Indulge**

ESPA Express Facial/ESPA Men’s Barber Facial

ESPA Pink Mud Scalp Massage

Back, Neck and Shoulder Massage . . . . . £130

Seven – **Revitalise**

ESPA Marine Mud Envelopment with

ESPA Body Brush and Polish

Luxury Manicure

ESPA Express Facial/ESPA Men’s Barber Facial . . . . . £185

Eight – **Tranquil**

ESPA Body Brush and Polish

Hot Stone Body Massage

ESPA Express Facial/ESPA Men’s Barber Facial . . . . . £175

Nine – **Invigorate**

ESPA Stimulating Hip and Thigh Treatment

Indian Head Massage

ESPA Detox Hydrotherapy Bath . . . . . £170

Ten – **Motherhood**

ESPA Express Facial

ESPA Pre-natal Body Treatment or Mother-to-be Massage

File and Paint Hands or Feet. . . . . £155

## ***Taster Rituals***

These rituals are designed for group bookings or for those who would like to experience a little taste of Pure.

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|---|---|
| 1. ESPA Express Facial/ESPA Men's Barber Facial and Back, Neck and Shoulder Massage . . . . . £90 | 6. Hopi Ear Candle Treatment and Pure Massage . . . . . £125  |
| 2. Oriental Head Massage and Swedish Body Massage . . . . . £110                                  | 7. ESPA Luxury Facial/ESPA Men's Hot Towel Facial and Back, Neck and Shoulder Massage. . . . . £120 |
| 3. ESPA Body Brush and Polish and Back Massage with Hot Stones . . . . . £100                     | 8. Aromatherapy Body Massage and ESPA Express Facial/ESPA Men's Barber Facial . . . . . £115        |
| 4. Reflexology and ESPA Express Facial/ESPA Men's Barber Facial . . £95                           | 9. Indian Head Massage and ESPA Express Facial/ESPA Men's Barber Facial . . . . . £95               |
| 5. Hot Stone Body Massage and Oriental Head Massage . . . . . £135                                | 10. Mother-to-be Massage and File, Shape and Paint Hands or Feet . . . . . £110                     |

## ***Designer Ritual***

Design your own Ritual by choosing from our treatment list:

Full Day Rituals from £240 – approx 8 hours

Half Day Rituals from £130 – approx 4 hours

Taster Rituals from £90 – approx 2 hours.

## ***Heat Experiences***

Hydrotherapy Pool and Aromatherapy Steam Room . . . . . £35

Can be experienced on its own or prior to any treatment.

*(All rituals include full use of heat experiences complimentary)*

# TREATMENT LIST

## Face

ESPA Age Defyer . . . . .	£95
ESPA Lifting and Firming Facial . . . . .	£90
ESPA Luxury Aromatherapy Facial . . . . .	£75
ESPA Skin Brightener Facial . . . . .	£75
ESPA Re-balancing Facial. . . . .	£75
ESPA Re-hydrator Facial. . . . .	£75
ESPA Express Facial . . . . .	£45
ESPA Men's Barber Facial . . . . .	£45
ESPA Men's Hot Towel Facial . . . . .	£75
Men's Hot Towel and Cut Throat Shave . . . . .	£45
Make-up Application. . . . .	£35
ESPA Revitalising and Nourishing Eye Treatment . . . . .	£40

## Body

St. Tropez Tan Application . . . . .	£45
St. Tropez Tan Application with Body Brush . . . . .	£55
Coconut Scrub. . . . .	£45
ESPA Body Brush and Polish. . . . .	£45
ESPA Salt and Oil Exfoliation . . . . .	£50
Swedish Body Massage . . . . .	£60
Back, Neck and Shoulder Massage. . . . .	£45
Back Massage with Hot Stones . . . . .	£55
Back, Face and Scalp Massage . . . . .	£55
Couples Aromatherapy Body Massage. . . . .	£140
Thai Herbal Body Massage . . . . .	£90
Aromatherapy Body Massage. . . . .	£70
Hot Stone Body Massage. . . . .	£85
Pure Body Massage . . . . .	£75
Synchronised Balinese Body Massage. . . . .	£120
Balinese Body Massage . . . . .	£70

Mother-to-be Massage . . . . .	£85
Baby Massage. . . . .	£40
Life Saving Back Treatment . . . . .	£55
ESPA Marine Mud Body Envelopment with ESPA Body Brush and Polish . . . . .	£90
ESPA Algae Envelopment with ESPA Salt and Oil Exfoliation . . . . .	£90
ESPA Skin Hydrating and Firming Body Wrap with ESPA Body Brush and Polish . . . . .	£95
ESPA Stimulating Hip and Thigh Treatment . . . . .	£85
ESPA Pre-natal Body Treatment . . . . .	£85

## Holistic

Reflexology . . . . .	£50
Oriental Head Massage . . . . .	£50
Indian Head Massage . . . . .	£50
ESPA Pink Mud Scalp Massage. . . . .	£40
Hopi Ear Candling. . . . .	£50
Shirodhara. . . . .	£55
Reiki . . . . .	£40

## Baths

ESPA Detox Hydrotherapy Bath . . . . .	£30
Floral Bath . . . . .	£30

## Hands and Feet

Luxury Manicure (Ladies). . . . .	£50
Luxury Platinum Pedicure (Ladies) . . . . .	£55
Luxury Manicure (Gentlemen). . . . .	£45
Luxury Platinum Pedicure (Gentlemen). . . . .	£50
File, Shape and Paint . . . . .	£25
French Polish. . . . .	Extra £10



Voted One of 6  
Best Day Spas  
in the UK 2006

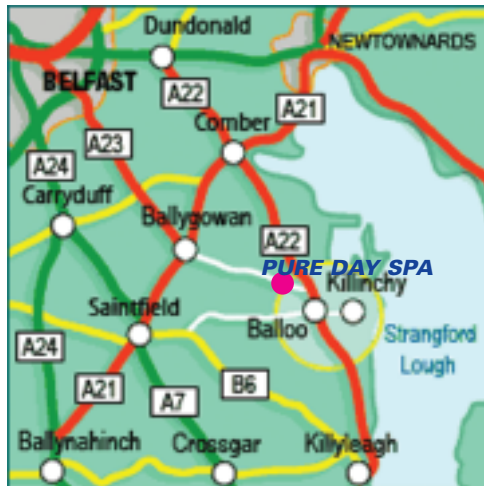


Voted Best Day  
Spa in Ireland  
2006



Irish Finalist 2009

Awarded Hospitality & Creative Industry Award 2008



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### ***Opening Hours***

Monday-Thursday 9.00am-8.00pm  
Friday and Saturday 9.00am-6.00pm  
Sundays by arrangement

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