



Body Treatments

We provide a wide selection of body treatments hugely beneficial for the body and wellbeing. We believe it is not only the service you receive that should be special but also the products used to perform this service, which is why our body treatments incorporate some of the wonderful products we retail at the Pure Source store – including REN, Ervaviva and Neom Organics; all high quality, natural and/or organic with no nasty synthetics or chemicals. Working in tune with the body not against it.

Bespoke Body Massage

Incorporating classical Swedish massage techniques, where working the whole body helps to alleviate both physical and psychological problems. The pressure can vary depending on the client's requirements. Using blended **organic aromatherapy oils** suited and chosen for the individual.

60mins **bd\$190.00**

Deep Tissue Massage

Targets chronic muscle tension aimed at deeper tissue structures of the muscles and connective tissues. The techniques used are similar to Swedish massage but the pressure is generally more intense, focusing on deep, slow movement to release deep rooted adhesions. Uses blended **organic aromatherapy oils** chosen to help relieve muscle tension, spasms, fatigue and the dispersal of lactic acid.

60mins **bd\$220.00**

The Back Facial

First the back is cleansed using a natural brush and a **REN Body Wash**, then the **Tadé Masque au Rassoul** a highly mineralised red clay ghasoul mask is applied to the back, regulating excess sebum, exfoliating, toning and stimulating circulation. Washed off with hot towels it is followed with a back, neck and shoulder massage using blended **organic aromatherapy oil**.

45mins **bd\$180.00**

Hot Stone Massage

This treatment consists of an application of basalt and slate stones, which are heated and worked onto the body with manual massage, providing the client with a deep relaxing therapeutic experience. The benefits of heated stones penetrate the superficial layer of muscle, which produces an increase of capillary blood pressure as the blood leaves congested areas, therefore assisting the body by stimulating and detoxifying. It helps with the improvement of the circulation and lymphatic system by increasing the action of leukocytes (white blood cells) which fight infection. The whole treatment is warming, relaxing, soothing and nurturing, providing a sense of security and grounding.

60mins **bd\$240.00**

REN SPA



REN Bespoke Body Massage with REN Moroccan Rose Otto Oil

An indulgent massage taking influence from Japanese acupressure, Swedish and Indian massage along with Egyptian reflexology, it will relieve tension to leave you feeling recuperated, energised and worry-free.

60mins bd\$220.00

REN Moroccan Rose Otto Full Body Treatment

A premier body treatment. Ideal as the ultimate pampering gift and the perfect antidote to revive the senses after long distance travelling. Consists of a full body scrub using **REN Moroccan Rose Otto Sugar Body Polish** and finishes with a full body massage focusing on shiatsu pressure points using the indulgent and luxurious **REN Moroccan Rose Otto Body Oil**.

75mins bd\$275.00

Lymphatic Drainage Massage

A light, full body massage focusing on releasing toxins from the skin and helping the lymphatic system function effectively. Stimulating the body's secondary circulation, it encourages the removal and filtering of waste, toxins and excess fluids from cells as well as boosting the body's natural immunity. A highly beneficial treatment not only for the skin, but for the overall wellbeing and can assist in weight loss and cellulite treatments.

60mins bd\$250.00

REN Invigorating Full Body Scrub and Full Body Brush

This is a gentle dry body brushing of the whole body to detox and stimulate lymphatic drainage and the release of toxins. Followed with invigorating, mineral rich **REN Guerande Exfoliating Salt Balm**, a highly beneficial salt scrub to remove dead skin, stimulate circulation and revitalise. Good for circulation and cellulite, and to revive the skin.

45mins bd\$190.00

Golfers Tonic

The golfers swing requires great rotation and compression which needs the entire body's cooperation and an increasing number of golfers are beginning to see that regular massage benefits this. Injuries can occur when the surface muscles are weak, or from poor body mechanics and with the right treatment a good therapist would be able to identify and concentrate on areas vulnerable to injury especially the lower back, the gluteus maximus, the piriformis muscle and the shoulders. The Golfers Tonic focuses on strains in the head, neck, hands and forearms, especially the rotator cuff muscles which are often tense, contracted and inflamed. It is also aimed at the pectoral muscles and the lower body, especially the hips and legs. Using deep tissue work with friction techniques and stretching, it will help post and pre game stimulation and will ease aches and pains as well as increase performance. Uses blended **organic aromatherapy oils** suited for the individual.

45mins bd\$190.00

REN SPA

