



# The Wellness Rooms

PURE • HOLISTIC • THERAPEUTIC

The Wellness Rooms at Pure Source operate on a pure, holistic, therapeutic level and provide a range of therapies including Facials, Reflexology, Osteopathy, Hopi Ear Candling, Detoxifying Treatments and a selection of Massage treatments. All of these treatments incorporate the pure, natural skin care supplied at Pure Source.

The Wellness Rooms are also the first in the Caribbean to provide facial and body treatments and techniques from natural, bio-active skin care brand REN.

REN SPA



To make an appointment please call 271 8211 or email [info@puresourcebarbados.com](mailto:info@puresourcebarbados.com)  
A full list of our treatments and therapists are also listed on our website.

We are open Mon – Sat 10am to 6pm. Some of our specialised treatments are conducted on specific days of the week. Please telephone for further information. Payment can be made by cash, Visa, Mastercard, local cheque and debit cards. Unfortunately we do not take American Express.

Gift Vouchers for all of our treatments are available. We also provide wedding packages.  
Please contact us for more information.



1st FLOOR, LIMEGROVE, HOLETOWN, ST JAMES, BARBADOS W.I  
[www.puresourcebarbados.com](http://www.puresourcebarbados.com)



## REN Bespoke Facial Treatments

Using skincare products formulated with cutting edge bio actives that boost the skins natural processes of protection, repair and renewal together with a synergy massage system employing Japanese, Shiatsu and Acupressure Massage - The REN SPA Bespoke facial treatment is a 'work out' for the skin. The treatment lifts and tones underlying muscles and releases tension while reducing the appearance of expression creases. Together, they work perfectly to help you achieve and maintain beautiful, healthy skin.

**Stay Younger for Longer** - For the first signs of ageing to mature skin.

An advanced anti-ageing facial designed to plump, renew and revitalise wise experienced skin.

**75mins** **bd\$260.00**

**Ultimate Radiance** - For all skin types except sensitive

A brightening facial designed to resurface, renew and re-energise tired, dull and stressed skin.

**75mins** **bd\$260.00**

**Skin as it Should Be** - For all skin types.

An energising radiance boosting facial designed to enhance naturally happy, healthy skin.

**60mins** **bd\$215.00**

**SOS Rescue** - For dry and dehydrated skin.

A deeply hydrating and nourishing facial specifically designed to tackle fine lines related to dryness, to revive dull, tired skin and brighten the complexion.

**60mins** **bd\$215.00**

**Hydra-Calm Soothing** - For sensitive skin.

A highly repairing and protecting facial designed to soothe and calm reactive skin, preventing premature ageing.

**60mins** **bd\$215.00**

**Skin Detox** - For combination/problem skin prone to breakouts and blemishes.

A purifying, deep cleansing, anti-blemish facial designed to leave your skin clean, calm and even toned.

**60mins** **bd\$215.00**

**What's not to Love Express Facial**

An express facial for maximum results in minimum time.

**30mins** **bd\$185.00**

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## 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 ghassoul 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**

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### **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**

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## SPECIALISED

The specialised therapies available through The Wellness Rooms are conducted by highly trained individuals. The treatments are available by appointment only and on specific days of the week.

Please call 271 8211 for further information.

### **Osteopathy**

Osteopathy is a holistic method of diagnosis and treatment, working with the structure and function of the body for a wide range of conditions. It was developed in the 1800's by an American physician Dr Andrew Taylor Still and it is now officially recognised as Primary Contact Health Care. An Osteopath addresses not only the symptoms of the complaint but also aims at identifying and rectifying the cause. Osteopaths seek to enhance the self-healing mechanisms of the body through a variety of techniques including soft-tissue work, stretching, articulation and joint mobilisation.

Osteopathy has been found to be beneficial in the treatment of many complaints including (but not limited to) neck and back pain, headaches and migraines, sinus pain, stress-related problems, tennis and golfers elbow, TMJ (Temporomandibular Jont Disorder), some sports injuries and arthritic conditions. Pregnancy related discomfort may also be helped as well as post-natal problems. Difficult or long births may result in tension and restrictions which can lead to unsettled behaviour in babies who also respond well to Osteopathic treatment. Growing pains and postural adaptations in older children may also be helped with Osteopathy.

**45mins**

**bd\$180.00**

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## Hopi Ear Candling

Hopi ear candling is a traditional treatment first used by Shaman healers and the practice was brought to the modern world via the Hopi Indian tribe of Arizona, USA. The candles are still made following traditional formulas and the treatment itself is combined with a sacred ritual enhancing the healing process.

**Treatment Method:** An ear candle is gently placed into the outer edge of one ear, creating a seal. The candle is then lit and will burn down towards the therapist's hand towards a demarcation line, a process which takes approximately 10 to 15 minutes. The method is used on both ears and is combined with a gentle ear and facial massage to promote the lymphatic system.

The ear candle works in three phases:

- **Chimney Effect** - where a gentle air current rises and may assist the flow of secretions, stimulating the body's natural elimination process whilst vapour collects and removes impurities and deposits.
- **Circulation Stimulation** - where the mild heat stimulates the blood and lymph circulation, boosting the immune system and the body's natural cleansing action.
- **Pressure Regulation** – the motion of the flame causes a vibration within the column of air inside the ear candle, which continues through to the eardrum. This form of eardrum massage leads to a compression and has a regulating effect on pressure in the ears, forehead and par nasal sinuses.

There are many benefits achieved from a Hopi Ear Candling treatment. It immediately induces a pleasant feeling of warmth, eases nasal breathing and an improved sense of smell. It is excellent for relaxation, stress relief and increases lymphatic circulation and drainage. It improves sleep, reduces snoring, revitalizes hearing, softens earwax for easy removal, reduces hyperactivity in children, and balances ear pressure particularly before and after flying and scuba diving. It also aids in ear, nose and throat disorders such as sinusitis, otitis media, glue ear, rhinitis, tonsillitis and the common cold.

**About the Ear Candle:** An Ear Candle is a hollow tube made with a combination of natural ingredients: organically grown linen (flax), Beeswax honey extracts, Sage which stimulates the circulation and relaxes the peripheral blood vessels, Chamomile which has anti-inflammatory, antispasmodic and sedative properties and St John's Wort used as a restorative tonic for the nervous system. The ear candles used at Pure Source are manufactured by Biosun. They are a certified medical product according to EC guidelines (92/42 EEC), independently tested and free from all chemical, pesticide and fungicide residues.

**45min**

**bd\$190.00**

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### **Reflexology including Foot Reading**

Reflexology is an ancient treatment of hand and foot manipulation, although more commonly applied to the feet. Both the hands and feet have mini-maps of the anatomy corresponding to parts of the body which can be assessed and stimulated by massaging and applying finger and thumb pressure on specific reflex areas. The treatment helps to achieve balance and healing and recognises that should one area of the body be out of balance then other areas will also be. It encourages both relaxation and stimulation, not only helping the body to rebuild its energy resources and recover from illness, but activate the circulation and the nervous system, benefiting the whole wellbeing. Reflexology can be applied in various methods and techniques according to the client's requirements.

**60mins**

**bd\$250.00**

### **Maternity Reflexology for Women and Men**

Maternity reflexology is specifically focused on caring for the mind, body and spirit of the mother, father and child, during pre-conception, pregnancy and the post natal period. It helps with the journey to conceive for both the man and woman and is a supportive therapy through all the stages of pregnancy, energising and aiding health and helping with a shorter labour period, delivery and recovery.

For preconception it is encouraged that both men and women prepare by having reflexology treatments during the same time period for individual reasons: for the regulation of menstruation and the stimulation of healthy sperm production. Concerning a situation of infertility, reflexology has been successful in alleviating stress levels than can be directly associated with the problems of conceiving. It can play an important role in maintaining a positive balance and connection between the male and female partners, helping them to improve their synergy and chances of fertility.

For the woman, pregnancy is a time of physical, hormonal and mental changes as the baby grows within. It is a period of great joy and happiness but can also be the cause of discomfort, fatigue and even fear. Research has shown that reflexology techniques can relieve common complaints such as morning sickness, stress, anxiety, headaches, loss of bladder control, backache, constipation, swollen and puffy legs and ankles, cramp, insomnia and ongoing fatigue. It can also be beneficial in reducing the length of time spent in labour, reducing complications and aiding in a quicker recovery for both mother and baby.

**Note:** It is advised that both the man and woman hoping to conceive should plan their Reflexology treatments within a similar time frame so as to increase the benefit of the treatment and its effectiveness.

**60mins**

**bd\$250.00**

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