



PURE BLISS HOLISTIC THERAPIES

HOLISTIC TREATMENTS
FOR LADIES ONLY
IN HENLEY-ON-THAMES

REST YOUR BODY
AND
RELAX YOUR MIND
WITH
PURE BLISS THERAPIES



Pure Bliss Holistic Treatment Menu

WELCOME TO PURE BLISS HOLISTIC THERAPIES

About Your Therapist Kelly

Kelly is a highly trained, specialised, independent and experienced, fully qualified and fully insured beauty and holistic healing therapist with over 25 years experience in the beauty, massage, energetic, health, holistic, healing and well-being Industry. Having over 8 years experience working in the spa industry to working in holistic healing retreats around the world for the past 9 years. Kelly now provides her holistic massages and extensive therapies from around the world for ladies in her relaxing and calming therapy room in Henley-on-Thames.

What Does Pure Bliss Holistic Therapies Offer?

Kelly's therapies are intertwined with healing modalities from Chinese, Indian, Ayurvedic, Tibetan, Japanese, Malayan, Balinese and Middle Eastern cultures and therapies which all have an energetic basis. With the main emphasis on finding harmony in the body, to help create a peaceful place for your body, to let go, to fully relax and re-connect to your body, mind and spirit. Helping to create a healthier, happier body and mind.

Providing Clients:

A relaxing safe space to relax fully, feel nurtured and cared for and to have some well deserved "Time Out". Time and space to let go, and relax. A place where you can feel more peaceful, where you can feel refreshed, energised, revitalised, balanced, grounded, safe and relaxed...Kelly takes personal pride in creating bespoke sessions to meet clients ever changing needs. Helping to address muscular tension as well as relief from mental and emotional stress and fatigue.

Each session starts with a communication of your needs and goals, your comfort is very important, from the warmed coach, soft and comfortable bed, soft candlelight, pleasant and relaxing music and pleasant smells of pure organic therapeutic essential oils. Heated oils and warm mitts are used in most treatments. Allow Kelly's skillfull hands combined with relaxing and medicinal oils to send you to Pure Bliss Heaven.

Since 2007 Kelly at Pure Bliss Holistic Therapies has consistently rated 5 stars from her valued clients.



Pure Bliss Holistic Pamper Packages Menu

PAMPER PACKAGES THAT I OFFER
CLICK ON ANY BELOW

PURE BLISS MINI SIGNATURE TREATMENT PACKAGE

Includes a 30 minute Back, neck and shoulder massage of your choice
and a 30 minute Mini facial

60 minutes in total - £75.00

PURE BLISS PAMPERING SIGNATURE TREATMENT PACKAGE

Includes a 30 minute Back, neck and shoulder massage of your choice
and a 60 minute fully Customised Holistic Balance facial

90 minutes in total - £92.00

PURE BLISS LUXURY SIGNATURE TREATMENT PACKAGE

Includes a 60 minute Full body massage of your choice
and a 60 minute fully Customised Holistic Luxury Facial

120 minutes in total - £118.00





Pure Bliss Holistic Pamper Packages Menu

PURE BLISS ENERGISING MINI TREATMENT PACKAGE

Includes a 30 minute Aromatic head massage,
a 30 minute Reiki energy healing
and a 30 minute Relaxing foot massage

90 minutes in total - £115.00

PURE BLISS ENERGISING ESSENTIAL TREATMENT PACKAGE

Includes a 30 minute Aromatherapy Back, neck and shoulder massage,
a 30 minute Indian head massage,
a 30 minute Reiki energy healing
and a 30 minute Reflexology foot massage

120 minutes in total - £154.00

PURE BLISS LUXURY AYURVEDIC PACKAGE

Includes a 90 minute Abhyanga full body warm oil massage
and a 60 minute Luxury Ayurvedic facial

150 minutes in total - £164.00





Pure Bliss Holistic Booking Pamper Packages Appointments

PURE BLISS HOLISTIC THERAPIES OPENING TIMES

Appointments are available by appointments only on:
**Tuesday, Wednesday, Thursday and Friday from
9.30am till 8pm
Saturdays 9.30am till 4pm**

COURSES ARE AVAILABLE ON TREATMENTS OFFERED AND HIGHLY RECOMMENDED

Whether you're seeking help with aching muscles and ongoing tension, weight loss, nutrition, Gut Health, Hormone Imbalance or improving skin health and energy rebalancing. Whatever your goal is whether it's a course of massages, facials, Reiki, Coaching, Holistic Counselling or Meditations are highly recommended.

Here at Pure Bliss Holistic Therapies we offer **courses from 3, 6 or 12 sessions**, helping you to stay committed, see results and save money in the long term.
Contact Kelly to book a course of sessions of your choice.

TO BOOK AN APPOINTMENT

Please contact Kelly on 07599 884213
or email Kelly at pureblissretreats@mail.com

PREGNANCY

Please note that we do not offer face or body treatments or packages for ladies who are **1-13 weeks pregnant**.

GETTING TO US

We are a **10-15 minute walk or a 3 minute drive** from Henley Town centre. There is free on road parking on a quiet residential road. **Please arrive 5-10 minutes before** your session is due to begin. Your therapist will greet you upon your arrival.



Pure Bliss Holistic Booking Appointments

TO BOOK A HOME VISIT

If you would like any treatment or service provided by Pure Bliss Therapies to come to your home or venue of choice.

Kelly charges a **call out fee of £10+** depending on the distance of travel to and from the location this can be more.

Please contact Kelly if you would like to book a home visit here or to find out about costs.

OUR CANCELATION LATE ARRIVALS POLICY

We at Pure Bliss Holistic Therapies understand schedule changes happen. Please give at least 24 hours notice should you wish to cancel an appointment as a courtesy to both the therapist time and other clients who are on our waiting list.

Giving this notice will enable us to reschedule your treatment to a more convenient time. **Failure to give at least 24 hrs notice will result in 50% of the treatment(s) cost to be charged or 50% off the value of your gift voucher(s).**

No shows and less than 2 hours before treatment will result in full charge of the treatment/services booked.

Late arrivals due to traffic or other means, your service or treatment allotted time for the service may be decreased, and you will be required to pay for the full amount for the service or treatment that you booked for. Please check out our policy to familiarise yourself on our terms of booking before booking any appointments.



GIFT VOUCHERS

Gift Vouchers are a great way to show how much you care, whether it's your loved ones, an employee or just a great friend.

What's better than giving someone you love the gift of time, relaxation and pampering. Our Gift Vouchers are ideal for any occasion. Give the gift of pampering and the chance for them to de-stress and relax with a relaxing Facial, Reiki, Massage or Meditation Session or a monetary value of your choice.

Each voucher is personalised to your requirements and either sent to yourself as a physical voucher or as a digital pdf gift voucher or sent to the recipients address in time for that special occasion.

All gift vouchers are valid for 6 months from the date of purchase. [Contact Kelly](#) to purchase yours.

TEEN TREATMENTS

At Pure Bliss Holistic Therapies, we know how important it is to look after your health and wellbeing and what better time to start taking care of your health and wellbeing is during your teenage years. Whether it's for a relaxing massage to reduce any exam stress or a relaxing facial to help balance out hormonal skin changes. Our affordable Teen Treatments for **13-18 year olds** is perfect through challenging and stressful times.

[Click here to view treatment menu](#)

PURE BLISS PAMPER PACKAGES

Each Pure Bliss Pamper Package is fully customised to your unique individual needs. Each pamper package is a package of treatments that are to be received together at the same time in an appointment. Not separately over different days or times.

PURE BLISS AROMATHERAPY BLENDED OILS AND PRODUCTS AVAILABLE TO PURCHASE

My Aromatherapy Products and Blends are individually created and blended using the Highest grade Organic Essential Oils and Organic Himalayan Pink Salt. All of my oils, sprays, salts and scrubs are uniquely made with my clients in mind and their concerns.

[Click here to view my products](#)

CRYSTALS AND CRYSTAL KITS ARE AVAILABLE TO PURCHASE. PLEASE CONTACT ME TO FIND OUT MORE - PERFECT FOR GIFT IDEAS



Her intuitive touch and her acute sensitivity to my needs is second to none. From the moment you lie on her supremely comfortable memory foam heated couch, wrapped in fleeces and fluffy towels, inhale the essential essences and let yourself drift off with her calming music in her darkened warm and cosy room, you know that you are in for a treat.

These details set the scene for the gold standard therapy to follow.

Thank you Kelly. Your consistently high service and unwavering dedication to helping in the treatment of my sports associated injuries and general aches and pains is very much valued. So much so, that I now have a session with Kelly every week, experiencing fewer problems with tight or knotted muscles and enjoying a greater feeling of well being all round.

Thank you Kelly".

Only once or twice in a lifetime of massages have I come across someone as talented as Kelly. Kelly provides the best massage I have ever had.

She understands the anatomy of the body and achieves a deep highly professional massage with strength and sensitivity. Return visits are similarly satisfying.

Kelly offers a superb service.

I would highly recommend.

"I would very much like to praise Kelly for her wonderful and relaxing Facials which I receive at her capable and experienced hands. I have been having treatments from Kelly for several years and have always found her a totally professional and knowledgeable therapist.

Her friendly manner always leaves me feeling assured and relaxed knowing I will receive the very best treatment.

A long standing and happy Henley client.

Thank you."

[Click here to view more](#)

