



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 Treatment Menu

TREATMENTS THAT I OFFER
CLICK ON ANY BELOW

MINI MUST HAVE AFFORDABLE TREATMENTS

TRADITIONAL MESSAGES

SPECIALISED MESSAGES

FOOT REFLEXOLOGY

SPECIALISED HOLISTIC TREATMENTS

ENERGY HEALING TREATMENTS

REIKI AND PRANIC HEALING

SOUND HEALING ENERGY MASSAGE

CUSTOMISED FACIALS

LUXURY AYURVEDA FACIALS

COLLAGEN EYE TREATMENTS

HOLISTIC WELLBEING SERVICES

MEDITATION

NUTRITION FOR WOMEN

HOLISTIC WELLBEING COACHING AND COUNSELLING

BOOKING AN APPOINTMENT





Pure Bliss Mini Must Have Affordable Treatments

These mini treatments can be combined with any other treatment or topped up with one of Kelly's add-on-treatments. These treatments are great for those who are short on time, new to massage or energy healing, or those just wanting a more targeted session focusing on a specific area or issue.

MUST HAVE PURE BLISS BACK NECK AND SHOULDER MASSAGE

30 minutes - £38.00

45 minutes - £48.00

AROMATIC HEAD MASSAGE

30 minutes - £38.00

MUST HAVE MINI EXPRESS FACIAL

30 minutes - £38.00

AROMATIC PURE BLISS FOOT MASSAGE

30 minutes - £38.00

45 minutes - £48.00

MUST HAVE ENERGY BALANCING CRYSTAL HEALING SESSION

30 minutes - £33.00

45 minutes - £43.00

You can add on any of Kelly's add on therapies to any of these Must Have therapies and any other treatment in the treatment menu.

Each add on is 15, 25, or 30 minutes and prices range from £10.00 to £40.00
Choose from anything from mini facials, reiki, collagen eye treatments or meditation sessions.



Pure Bliss Holistic Traditional Massages

Using warmed therapeutic organic body oils that help to soothe, nourish and condition your skin with specialised traditional massage techniques that send you on a sensory journey of pure bliss and relaxation that rejuvenates your whole body. Each treatment session is fully customised to your unique needs on the day and usually includes the back, neck, shoulders, hips, legs, feet, arms and hands. Click any of the treatment names below to find out more...

TRADITIONAL SWEDISH WELLBEING MASSAGE

Light to medium pressure - Perfect maintenance massage

30 minutes - £35.00
45 minutes - £45.00
60 minutes - £55.00
90 minutes - £85.00
120 minutes - £115.00

AROMA BLISS MASSAGE THERAPY

Light, Relaxing and Stress Relieving Pressure

30 minutes - £40.00
45 minutes - £50.00
60 minutes - £60.00
90 minutes - £90.00
120 minutes - £120.00

PURE BLISS CHAKRA AROMATHERAPY MASSAGE

Light to Energetic, Flowing and Relaxing Pressure

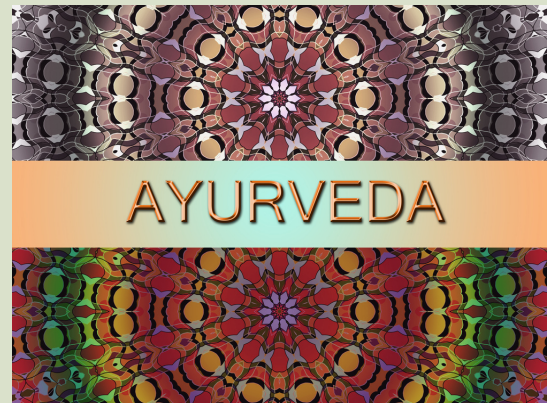
60 minutes - £65.00
90 minutes - £95.00
120 minutes - £125.00

DEEP TISSUE MASSAGE

Medium to Firm and Extra Firm Pressure - For More Isolated Deep and Direct Pressure

30 minutes - £45.00
45 minutes - £55.00
60 minutes - £65.00
75 minutes - £80.00
90 minutes - £95.00
120 minutes - £125.00

HOME TREATMENTS ARE AVAILABLE WITH A
CALL OUT CHARGE FOR £10.00+ DEPENDING ON
THE LOCATION



Pure Bliss Holistic Specialised Holistic Massages

These unique specialised holistic massages from around the world help to balance and calm the mind and body. Using unique and special techniques to help your body to become stronger, healthier and happier.

All massages are 100% tailored to your needs. Each treatment is unique and effective at reducing stress, tension, aches and pains as well as any emotional and mental stress and fatigue, leaving you feeling totally calm and blissed out.

All massage oils are warmed and are 100% natural and intensively powerful with natural ingredients from around the world. Kelly also makes and sells her unique natural organic oil blends for the Chakra's - to stress relief and sleep and hormonal remedies. Click on any of the names of each treatment to find out more...

PURE BLISS CHAKRA MASSAGE

Deep Tissue Back Massage, Indian Head Massage, Reiki Healing, Chakra Foot Reflexology Massage and Crystal Healing

120 minutes - £130.00

150 mins - £165.00

AYURVEDIC HERBAL POULICE MASSAGE

Pinda sweda - A deep heat medicinal muscle therapy that rejuvenates, relaxes and nourishes to ease tight sore muscles. Includes a luxury facial massage

90 minutes - £98.00

AYURVEDIC ABYHYANAGA MASSAGE

Ayurvedic Full Body Oil Massage - Light and Relaxing Pressure

90 minutes - £98.00

120 minutes - £128.00

INDIAN HEAD MASSAGE

A traditional seated upper body massage for the neck, shoulders, head and face

30 minutes - £40.00

45 minutes - £53.00

**HOME TREATMENTS ARE AVAILABLE WITH A CALL OUT CHARGE FOR £10.00+
DEPENDENT ON THE LOCATION**



Pure Bliss Holistic Specialised Holistic Massages

REFLEXOLOGY

A holistic touch therapy that works on the pressure points of the feet, restore the bodies balance, reducing tension, allowing you to feel more relaxed and grounded.

45 minutes - £45.00

60 mins - £60.00

HOT HIMALAYAN STONE MASSAGE

This deep healing technique using warm salt crystal stones to ground and balance the body's electromagnetic field, central nervous system and meridians, as well as helping with maintaining the fluid balance in your body.

90 minutes - £98.00

DETOX MASSAGE

Includes Lymphatic drainage to help the body to naturally remove toxins and waste within the tissues of the skin. Is a gentle manipulation of the body.

60 minutes - £65.00

90 minutes - £100.00

SOUND HEALING ENERGY MASSAGE

A massage on a cellular level. Deep healing to leave you feeling lighter, calmer and nourished to the core.

A powerful healing treatment that promotes deep mental and emotional well-being, muscular relaxation and an overall sense of balance and deep peace.

- **70 minutes - £60.00**

- **105 minutes - £100.00 (including some targeted hands on Bodywork)**

- **125 minutes - £120.00 (including 50 minutes targeted hands on Bodywork)**

RELAXING DEEP TARGETED PERCUSSION MASSAGE

This pinpoint massage for targeted relief of areas that carry stress and tension.

Stimulates and improves blood circulation and lymphatic, and accelerates waste discharge by improving metabolism - and relieving swelling and tense muscles.

30 minutes - £45.00

45 minutes - £60.00

60 minutes - £70.00

75 minutes - £80.00

HOME TREATMENTS ARE AVAILABLE WITH A CALL OUT CHARGE FOR £10.00+ DEPENDING ON THE LOCATION



Pure Bliss Holistic Specialised Holistic Treatments

HOPI EAR CANDLING

Hopi Ear Candling is a natural and ancient wellbeing therapy for the ears that has been handed down to us by the Native Americans.

It's a wellbeing ritual for the body, soul and spirit.

It's also known as "Thermo Auricular Therapy" this therapeutic non-invasive treatment for the ears uses a pair of specialised candles made of cotton or linen coated in 100% pure beeswax, herbs, aromatherapy oils and honey.

45 minutes - £45.00 (includes a pressure point face, neck and ear massage)

NAVAL CANDLING SACRAL TREATMENT

This ancient treatment has been used by many cultures and has helped to cleanse, purify and heal issues with the stomach and the intestines. Using a hollow herbal candle which is lighted and placed over the belly-button and then follows a relaxing tummy massage to ease and releases any areas that are experiencing discomfort or pain.

As with ear candling, the burning candle creates a vacuum and the gentle heat created assists with the dispelling of toxins and improving movement and flow.

55 minutes £55.00

HAPPY HORMONE MASSAGE THERAPY

The therapy includes a relaxing traditional Swedish back massage that focuses on relaxing and releasing any tension around the shoulders, neck and upper and lower back including the hips to melt away any tension and pain. Then you are turned over for a relaxing Acupressure head, face, neck and shoulder massage, focusing on pressure points around the energy pathways to allow relaxation and balancing of the hormonal system. Then a relaxing Hand and foot reflexology massage that both help the body to naturally release happy hormones that are needed for healing and balancing the body and the mind.

95 minutes - £110.00

HOME TREATMENTS ARE AVAILABLE WITH A CALL OUT CHARGE FOR £10.00+ DEPENDING ON THE LOCATION



Pure Bliss Holistic Energy Healing Treatments

Reiki is holistic, gentle and comforting in its approach and works with not only the symptoms an individual is experiencing but treats the root cause of the imbalance as well. There is no massage or manipulation and the whole person is treated, mentally, emotionally, physically and spiritually. Reiki healing creates many beneficial effects that include relaxation and feelings of peace, security and well-being. Each session will always contain the exact amount of healing energy that the recipient is ready for, making each session a completely unique experience on all levels.

Each Reiki session includes the placement of crystals and gem stones to specific energy centres to stimulate positive life force energy. Click on any of the treatment names to find out more...

REIKI

Recommended to have a 90 minute session for first time having Reiki. Includes an Energy Check In before your Reiki session and afterwards. 120 minutes is recommended for anyone wishing to work out there life issues, such as emotional, mental and spiritual blockages and Includes all of the above with Energy Check in and spiritual guidance if needed.

90 minutes - £90.00
120 minutes - £120.00
75 minutes - £75.00
60 minutes - £58.00
30 minutes - £40.00

REIKI AND MASSAGE

All the amazing benefits of Reiki and Massage together!

Reiki is the perfect companion to massage and vice versa. Each session is unique and is tailored to the individuals needs and situation, whether thats a physical, emotional, mental or energetic issue.

70 minutes of Reiki and Massage - £70.00
With Relaxing Aromatherapy oils - £75.00
Add on Extra time if needed- £10.00 for every 15 minutes to a session.

DISTANT REIKI

Distant Reiki is also avaiialble - Perfect for mental, Emotional and physical Healing
30 minutes Distant Healing Session - £35.00 (Includes an Email with insights from during the session, that can be really useful)



Pure Bliss Holistic Energy Healing Treatments

ANGELIC REIKI

Receive angelic guidance from your angels and Archangels, for healing and balancing. By working on your entire energy field of your four bodies energy system such as physical, emotional, mental and spiritual states. They can help by removing any blockages. Allowing you to move forward, helping you to embrace and balance all of your life and to transform and change an aspect in your body or life.

70 minutes - £75.00

40 minutes - £45.00

AURA THERAPY

Working with your Auric Field Aura Therapy is generally designed to bring imbalances in the aura back into physical, mental, emotional, and spiritual balance. Just like the earth has magnetic field, so does every living being and thing on earth does. This is the Aura. The Aura tends to get dirty or blocked and requires aura healing therapy to cleanse it.

45 minutes - £45.00

PRANIC HEALING

Pranic Healing is a system to accelerate the body's inborn ability to heal itself by balancing, harmonizing and transforming the body's energy processes. Prana is the Sanskrit word that means life-force. This energy keeps the body alive and maintains good health.

- **60 minutes - £50 - Includes a wellbeing consultation and a 45-50 minute Healing session**
- **60 minutes - £55 - Includes all the above including the use of Crystal healing during the session.**
- **30 minutes - £35 - Distant Pranic Healing session which includes an email message before and after the session.**

**HOME TREATMENTS ARE AVAILABLE WITH A CALL OUT CHARGE FOR £10.00+
DEPENDENT ON THE LOCATION**





Pure Bliss Holistic Energy Healing Treatments

CHAKRA CRYSTAL HEALING THERAPY

Using the healing power of Crystals, Gem stones, aura colours, and pure aroma oils as a healing medium to create peace and calm in your energy body and to help each of your energy centres which are your Chakras to function at their optimum best and allows your body to naturally heal and repair what you are experiencing or in need of.

- **90 minutes - £85.00** - Recommended for first appointments and Includes an energy check In before and after the therapy
- **60 minutes - £55.00**
- **45 minutes - £48.00**
- **30 minutes - £35.00**

SOUND HEALING ENERGY MASSAGE

A massage on a cellular level. Deep healing to leave you feeling lighter, calmer and nourished to the core. From relaxing the mind to preventing stress and fatigue. A powerful healing treatment that promotes deep mental and emotional well-being, muscular relaxation and an overall sense of balance and deep peace

- **70 minutes - £60.00**
- **105 minutes - £100.00 (including some targeted hands on Bodywork)**
- **125 minutes - £120.00 (including 50 minutes targeted hands on Bodywork)**

DISTANT ENERGY BALANCING SESSIONS

Perfect for Emotional and physical Healing

Distant Energy is the same as contact Energy sessions apart from the fact that you're not in Kelly's therapy room. You will be wherever you are, wherever that might be.

Sending energy healing to anyone simply by directing the energy to wherever you are.

30 mins Distant Healing Session - £35.00 (Includes an Email with insights from during the session, that can be really useful)



Pure Bliss Holistic Customised Facials

Here at Pure Bliss, we do Facials differently. Our Facials are designed to work holistically, with body, mind and spirit also. These Facials will send you on a sensory journey of pure bliss and happiness, which will increase the benefits of all the facials that are provided.

We use only natural and organic skin care products that come from nature, "That Work" as well as giving your skin all the nutrients and vitamins it needs to stay healthy and radiant. Having been a celebrity facialist to Hollywood A-listers over the years and skincare specialist Kelly your therapist can create a bespoke facial for your skincare needs.

Each facial includes heated mittens, facial cleansing, exfoliation, reflexology and facial acupressure, to release tense facial muscles, as well as allowing blood and lymph to flow more easily, leaving skin with a healthy glow and a smoother complexion. Click on any of the treatment names below to find out more...

PURE BLISS CUSTOMISED HOLISTIC BALANCE FACIAL

For All Skin Types

Such as Combination/Oily skins, Hormonal skins, Dry/Sensitive skins

100% natural and can help to balance the skins natural moisture level and help to resurface the skin.

It also helps to prevent environmental stress damage like UV rays, pollution and chemicals and stimulates the production of youth proteins. Revealing a more healthy radiant appearance.

120 minutes - £115.00 (Including a luxury head, neck and shoulder, hand, arm and foot massage)

90 minutes - £85.00

60minutes - £55.00

45minutes - £45.00

30minutes - £35.00

PURE BLISS CUSTOMISED HOLISTIC HARMONY ANTI-AGEING FACIAL

For Mature Skins

Helping to reduce fine lines and wrinkles leaving the skin more smoother and firmer.

Treating environmental stressed skin damaged by UV rays, pollution and chemicals and stimulates the production of collagen and elastin. Revealing a more youthful appearance.

This Holistic Harmony Anti Ageing Facial Include skin loving ingredients that naturally brightens, nourishes, tones and boosts skins elasticity. Using natural organic earth sourced sustainably ingredients

120 mins - £120.00 (Includes a collagen rich mask, Reflexology to the feet and a luxury head and hand and arm massage)

90 minutes - £90.00

60minutes - £60.00

45minutes - £50.00

30minutes - £40.00



Pure Bliss Holistic Customised Facials

PURE BLISS CRYSTAL HEALING ENERGY FACIAL

For All Skin Types

Helps to firm and tone the skin, not only gives you incredible visible result but helps to balance the body, mind and soul through harmonising of the chakras with the diverse range of crystals used within the treatment.

A full crystal massage facial treatment with aspects of lymph drainage, acupressure and European facial techniques using crystals and Chakra balancing techniques.

60 minutes - £65.00

SPECIALISED REFLEXOLOGY BALANCE FACIAL

For All Skin Types

Just like foot Reflexology, The face also maps out the bodies organs and is one form of a series of therapeutic techniques in which simple massage is used to stimulate certain zones of the body, called reflex zones. Facial reflexology is a great way of keeping your body healthy as well as your skin.

75 minutes - £75.00

60 minutes - £60.00

45 minutes - £45.00

SPECIALISED AYURVEDIC FACIAL

For All Skin Types

An Ayurvedic facial is one of the best natural beauty treatments to get healthy glowing skin. Using special oils, herbs, scrubs, masks and creams as well as special massage techniques to help create a natural face life and slow down the ageing process. Giving your skin the much needed nutrition it needs. Designed specifically for your skin and wellbeing needs.

90 minutes - £87

60 minutes - £58

45 minutes - £45

30 minutes - £35

LUXURY AYURVEDIC FACIAL

For All Skin Types and Mature skins

Immerse and Indulge in the Luxury of Purity

This Luxury Ayurvedic Facial is a real treat for those who wish to improve their skin the natural way. Using pure Ayurvedic herbal products that have no chemicals or toxins. This treatment will calm, uplift and rejuvenate your skin bestowing, freshness and your inner glow. A truly natural beauty experience!

60 minutes - £68.00 - Includes a Luxury Face, Head, Neck and Shoulder Massage using specially prescribed Ayurvedic oils

90 minutes - £98.00 - Includes all of the above, plus a Luxury Hand and Arm Massage or a Luxury Foot Massage of your choice.



Pure Bliss Holistic Collagen Eye Treatment

COLLAGEN RESTORATIVE EYE TREATMENT

For All Skin Types

NOURISHING YOUR EYES

Give your eyes the treatment that they deserve, intense nourishment and and re-hydration. Help to rid your eyes of puffiness, dark circles and eye strain.

This advanced beautiful and relaxing eye treatment targets fine lines and wrinkles around the delicate eye area. Helping to smooth and firm for a more youthful appearance around the eye area, giving your skin under the eyes an instant boost and everything they need to stay hydrated and healthy and rested around the eyes.

This Collagen Restorative Eye treatments is perfect for brightening and reducing dark circles, puffiness around the eyes and refresh the skin and help it to look plumper and firmer.

55 minutes - £60.00

Course of sessions highly recommended for this Eye Treatment

Course of 6 Sessions - £300.00 saving you £60.00

Course of 12 Sessions - £600.00 saving you £120.00





Pure Bliss Holistic Wellbeing Services

MEDITATION SESSIONS

One-to-One Sessions of Meditation

Learn Meditation and how to do it for yourself in a relaxed, calm environment in our therapy room in Henley-On-Thames or at your chosen location.

Providing Meditation Sessions for beginners as well as Meditations especially for:

Anxiety and Stress
For Better Sleep and much more...

30 minutes - £30

60 minutes - £50

At a Location - £55+

A perfect addition to any of the treatments above before or after either a massage, Reiki or a Facial to enhance the relaxation benefits.

Online on Skype or Zoom

20 minutes - £15 30 minutes - £20

45 minutes - £40

NUTRITIONAL HEALTH CONSULTATIONS

Whether you're seeking help with weight loss, Sports nutrition, Gut Health, Hormone Imbalance or disease prevention, each client is individually evaluated by Ravi Singh a professional and fully Qualified Nutritionist, to provide you with a well-researched and comprehensive plan you can follow.

Whether you're looking for nutritious recipes, or you need professional guidance in order to address a specific health issue, Ravi is ready to help you reach your dietary or nutritional goals.

Ravi is a fully qualified Nutritionist for the past 6 years and a Nutritional Chef for the past 15 years with a passion for healthy nutritious food and educating others of the awareness of their health and wellbeing as well as there bodies.

Initial Nutritional Consultation and Session with Nutritionist Ravi - 60 minutes - £55.00

HOLISTIC WELLBEING COACHING AND HOLISTIC COUNSELLING

Holistic Wellbeing Life Coaching and Holistic Counselling can cover anything from stress, health, wellbeing, life and spiritual coaching and counselling, as they have many benefits if you are looking for fundamental change. Holistic Wellbeing Life Coaching is a process that can be applied to improve virtually any area of your life, whether you feel stuck in a rut or are struggling with change. Such as a major life transition (divorce, retirement, career change, empty nest issues, etc.), or a career or business success situation, interpersonal relationship issues or spiritual growth issues. Holistic Counselling is a gentle approach to seeing situations and things in different ways and perspectives.

Sessions range from 45 minutes to 60 minutes and are from £45.00 to £58.00 a session.
Courses of sessions are highly recommended and affordable.



Pure Bliss Holistic Booking Appointments

PURE BLISS HOLISTIC THERAPIES OPENING TIMES

Appointments are available by appointments only for ladies 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

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.

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

Escape the hustle and bustle of life and Indulge your body and feel more relaxed with our Pamper Packages that provide complete top to toe speciality treatments that are catered to your individual needs.

[Click here to view treatment menu](#)

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 recieve 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 recieve the very best treatment.

A long standing and happy Henley client.

Thank you."

