



**Health and Beauty Clinic
Cottesmore Golf & Country Club**

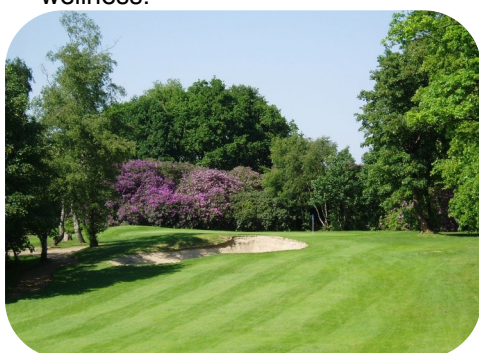
**01293 520321
www.purelifesolutions.co.uk
www.shopatpurelife.co.uk**



Purelife for You

Our **Purelife** philosophy is simple: **to bring you the best**. Our expert therapists combine the finest solutions to achieve maximum results. We know you want the best and we're not interested in giving you anything less.

We offer the best in both treatments and award-winning product ranges that will take perfect care of your face, body and wellness.



We are in the beautiful High Weald area of Sussex and close to both Horsham and Crawley. Purelife is only a mile from the M23 and 15 mins from Gatwick Airport. There is ample free parking.

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You will find us at the Cottesmore Golf & Country Club, surrounded by beautiful countryside, lakes and woodland, as well as the golf courses. If you are staying at the Hotel you can also relax or work out in their swimming pool, hot tub, steam room, sauna and gym. For more details see:



To complement your treatments we have a full range of men's skincare products and gifts from award-winning product ranges in the clinic and you can also relax and browse through our online store at www.shopatpurelife.co.uk



Almost all our treatments can be booked as courses (paid for in full at time of booking and non-refundable) which are fantastic value:
Course of 3 treatments: receive an extra 250 points
Course of 5 treatments, get the 6th FREE plus 250 points
Course of 10 treatments, get the 11th FREE, plus a FREE product, plus 250 points

[Purelife Skin Clinic](#)

Our Skin Clinic is here to help. Whether you want advice about your skincare concerns, discuss which facial to choose, or help in making a decision about aesthetic treatments, our skin specialists will give you the facts and guide you through the options. **Call us to book your free consultation: 01293 520321**

Facial Treatments: Decleor and Crystal Clear

Our facials are designed for men's specific needs: skin that is damaged and weakened by daily shaving and climatic conditions. Clear treatment ranges for exceptional results and timed to fit in perfectly with the lives of men today.

Decleor is a totally de-stressing, aromatherapy based facial that unites science and nature. The products are packed full of essential oils and plant extracts.

Decleor Express Energy Treatment

An express facial treatment for a burst of energy to the skin and perfect if you are in a hurry. Includes scalp and neck massage. 45 mins £37



Decleor Intense Energy

The ultimate detoxifying treatment for clear, pure, fresh skin and a rebalanced, de-stressed complexion, with long lasting results. Detoxifies, refreshes and energises. Includes scalp and back massage. 90 mins £51

All Crystal Clear products are truly innovative in their formulation, technologically advanced and clinically proven to rejuvenate and promote healthy, vibrant skin.

Crystal Clear Facial Express: a brilliant quick skin fix 45 mins £38

Crystal Clear Essential 3 Rs: Recharger, Refiner or Relaxer

Mature/demanding, acne/congested, sensitive/stressed: whatever your skin type, one of these excellent facials is for you 90 mins £55

Crystal Clear Microdermabrasion



An effective and safe method of skin resurfacing by gently exfoliating the outer layers. An excellent and progressive solution to open pores, pigmentation, blemish scars, acne scars and much more. Helps to increase new collagen and elastin fibres, resulting in a firmer and more toned texture. The vacuum action achieves an immediate lifting effect, a 'workout' for the face. Can be used all over the body, especially areas such as pimply backs of arms and congestion and scarring on the back. For maximum results a course of treatments is recommended.

Face and neck	30 mins £35	1 hr £55
Back Shine	30 mins £35	
30 min correction treatment for specific area	30 mins £35	
Eye Area	30 mins £35	

Hand and Foot Grooming



Express Hand Groom
File and cuticle grooming

£17

Spa Hand Groom 45 mins £23
Exfoliation, cuticle grooming, nail shaping,
and hand massage: leaves hands smooth
and supple

Express Foot Groom
Nail shape and cuticle
grooming £17



Spa Foot Groom

A soak in the foot spa, exfoliation, hard skin removal, cuticle grooming, foot massage and nail shaping: leaves your feet smooth, supple and refreshed

45 mins £31

Tanning

Sienna X

A brilliantly natural tan with a choice of either the traditional tan that develops overnight or **Tonight's the Night**, which you can shower off after only 4 hours; great for a last minute evening out

Full body	£27
Legs	£12
Face	£7
Tan + exfoliation	£37



Tinting



Give yourselves a little help: perfect if you have blonde, reddish or light brown hair. A totally natural look that enhances your eyes. (Patch test required 24 hours before treatment)

Eyelash tint	£15
Eyebrow tint	£10.50

Hair Today, Gone Tomorrow

Electrolysis

For permanent removal of hairs over a small area. Minimum price £10

10 mins	£12	15 mins	£15	20 mins	£20
30 mins	£25	45 mins	£30	60 mins	£35

Wax On, Wax Off

We use the brilliant Lycon wax: the market leader and used around the world by top spas and salons

Eyebrows £12

Nostrils £5
Ears £5

Underarm £11

Full arm £19

Chest £19

Chest & abs £25

Full Back £23

Forearm £14

Groin £30

Upper/Lower Back £15

Buttocks £25

Hands & Fingers £9

Boyzilian £40
(all hair off, including buttocks & crack, but leaving a small front strip)

Full Leg £27

Hollywood £50
(all hair removed including buttocks and crack)

Half Leg £18

Feet & Toes £9

Our therapists are fully trained and experienced in the art of intimate waxing: don't entrust your 'bits' to just anyone!

Massage and Body Therapy

Massage is one of our specialities and our therapists are brilliant at it. Whether you are having a massage for therapeutic reasons or just for pure relaxation, you will experience the benefits.

55 mins full body (excluding head and scalp), 25 mins back, neck and shoulders

Swedish £30 £49

A traditional massage that promotes relaxation and eases muscle tension

Tuina £37 £55

A specialised Chinese massage (part of Traditional Chinese Medicine) that is brilliant for both muscular and non-muscular conditions and pain relief

Sports £37 £55

Players of sport at every level will benefit from a professional, individually tailored massage: helps to prevent pain and longer-term damage. Combines muscle stretching with deep, therapeutic massage.



Hot Stones

A powerful massage that will warm, soothe and relax aching muscles

Full body 90 mins £75 Back, neck, shoulders and legs 45 mins £42

Indian Head

£30 £49

Bliss out with this wonderfully calming massage. Fantastic for relieving tightness around the neck and shoulders.



Ultimate Smoothie £37

Get buffed and smoothed with a full body exfoliation using dead sea salts, conditioning almond oil, essential oils and plant extracts. Revives tired, dull looking skin. Great before a holiday.

Decleor Cleansing Back Relief £49

The back area is an area often neglected: this complete treatment acts like a facial. A unique diagnostic massage combined with deep cleansing. Essential oils decongest and hydrate for clearer, brighter skin.

Ear Piercing £15

Includes aftercare solution

Spa Experiences

Leisure and lunch

To complete your day with full use of the health club and light lunch included, just add £20 to the cost of any Spa Experience

Journey to China - Singing Dragon 2 hrs £99

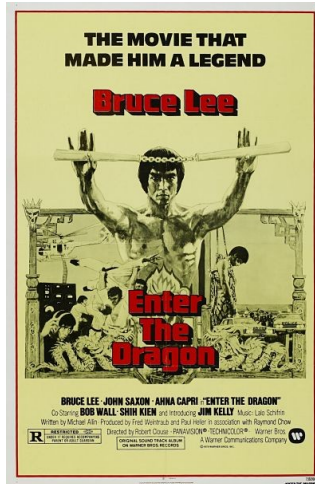
Total relaxation and wellbeing. Ear candling, face and head massage, back massage and colonic massage to your stomach to get your juices flowing. Reflexology and Chinese cupping will complete your experience. You will leave us chilled out, truly relaxed and with your red envelope gift.

Journey to China - Enter the Dragon 75 mins £73

Relax in Chinatown with an Opening the Gates of Heaven tuina face and head massage plus Chinese cupping treatment on the back

Journey to China - Bamboozled £37 £55

Deep tissue massage using bamboo canes. Stress relieving and circulation boosting. Unlike any massage you have experienced before.



Tailor Made 90 mins £49

Spa hand and foot grooming - a soak in the foot spa, exfoliation, hard skin removal, cuticle grooming, hand and foot massage and nail shaping.

Suited and Booted 3 hrs £145

Sorted top to toe with full body Swedish massage, Crystal Clear facial, Express hand and foot grooming and eyebrow tidy. You will be completely relaxed and rejuvenated.

Fix Up, Look Sharp

1 hr 45 mins £69

Look the business with a Decleor facial (including head and scalp massage), and Spa hand grooming - you'll look and feel great.

Out of the Office

2 hrs £95

Refresh and de-stress with a full body Swedish massage and Decleor facial

Journey Together

75 mins £75

One of our expert therapists will guide you and your partner through how to give the perfect massage and you can try out your new skills on each other. The perfect couples treatment. Finish with a complimentary glass of champagne.

Wedding Services

Grooming the Groom 3 hrs 30 mins £169
Crystal Clear Facial, eyebrow shape, full body scrub, full body Swedish massage and Spa hand grooming

Naturally you will want to look your absolute best on one of the most treasured days of your life. Our expert therapists will take care of your skincare and body treatments and leave you free to enjoy your big day with your beautiful bride and guests. We will make sure your skin is fantastic, your hands look their best when the rings are exchanged and the photos are memorable for all the right reasons! Add waxing for the ultimate smooth look (including Boyzilian).

Grooming the Best Man 2 hrs £99
After all that agonising over the speech, you'll need some time to chill out and relax before the big day. Decleor facial, eyebrow shape, Express hand grooming, back massage



That Little Bit More

We have a team of highly qualified clinicians that can help you to achieve the look you want. **All consultations are free of charge.**

Laser Lipo introductory session £45
A completely non-invasive and pain free treatment with immediate results. No needles or surgery. One of the most innovative methods to treat stubborn areas of fat that do not respond to diet or exercise. Includes powerplate session. Please call us or visit the website of our therapist, Teresa, for more information and to see her before and after gallery - www.laserlipo-beauty.co.uk



Non-Surgical Aesthetic Treatments from £75

Our excellent team are highly experienced and can offer valuable medical advice and treatments to help you achieve the look you desire. Cosmetic treatments include Botox, dermal fillers and chemical peels.

Teeth Whitening

£99

Health Therapy

Acupuncture 30 mins £30 1 hr £40

A powerful system of healing that helps to treat a wide range of conditions and is extremely effective for pain relief. We specialise in the treatment of back and muscular pain. Your acupuncturist is Victor Regis. Victor studied at the London College of Traditional Acupuncture and is a member of the British Acupuncture Council.

BAcC Member
www.acupuncture.org.uk



Cupping

£30 £50

Cupping is used to stimulate acupuncture points and is carried out with glass 'cups'. A vacuum is created inside the cup using a flame and it's then placed on the area to be treated. Cupping stimulates the flow of blood, lymph and qi to the affected area and is used to treat many conditions, including bronchitis, asthma and congestion.



Reflexology

£30 49

Reflexology involves the application of pressure to specific points on the feet or hands based on the principle that the feet and hands contain reflex points that are linked to corresponding points of the body. Stimulating the points activates the body's natural energy to clear blockages in the corresponding zones. It is a great treatment, both for addressing health concerns or as pure relaxation.

Health Screening—Taking out the Guesswork

Express £35 Full Test £75

The BEST Professional health screening technology can help to pinpoint food sensitivities, vitamin and mineral deficiencies, nutritional needs and possible causes for concerns such as migraine, stress and skin complaints. It is fast, painless and non-invasive.



Ear Candling (also known as Thermo Auricular Therapy)

£49

This treatment works on the chimney principle, equalising pressure in the head and ears and drawing impurities to the surface. Used to help a variety of conditions such as sinusitis, catarrh and colds.

Counselling and Psychotherapy

£40

We all have unhappy periods in our lives and these may lead to confusing and overwhelming feelings. People choose counselling or psychotherapy for many reasons and it can help you to acknowledge and face your fears and anxieties in a safe and supportive environment.

Purelife Information

Booking and Cancellation

Credit card details are required to secure an appointment. If you need to change or cancel an appointment you are kindly requested to give at least 24 hours notice or we regret full payment will be charged. Please arrive 5 minutes before your appointment. Late arrival may mean your treatment time is reduced.

Deposits

For larger bookings such as spa treatments, we may require a deposit to secure the booking.

Workshops and Detox Breaks

We run a series of half day, full day and weekend workshops, including stress busting, detox breaks, coping with change, baby massage, healthy and tasty vegetarian and vegan meals and skincare. Contact us for more details.

Exercise Classes

We have a range of exercise classes that will increase your energy and improve your health and wellbeing. Contact us for more details: Qi Gong; Tai Chi; Chikondo (mix of martial arts, aerobics, self defence etc). £25 personal sessions and discount rate for groups.

Gift Vouchers

Gift vouchers are valid for six months and cannot be refunded or exchanged for cash. Vouchers cannot be used for treatments with our registered practitioners.

Time for Two

Our double treatment room is available for couples who would like to take their treatments together.

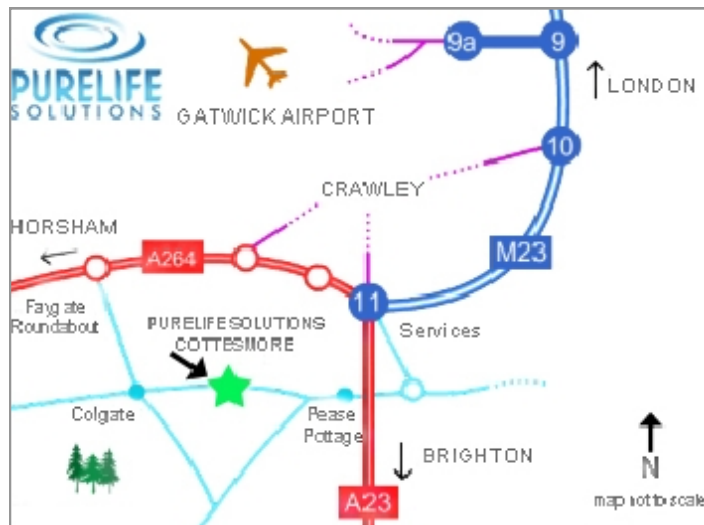


Corporate Time

Corporate events are a great way to network with customers or to use as incentives for staff members. We can tailor packages to suit your needs, just call us to discuss your budget and type of treatments required.

Purelife Solutions Limited
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Purelife Rewards

Reward yourself with Club Pure. For every pound you spend you will get 5 points (eg £50 earns 250 points) and 500 points is worth £5. There are lots of ways to earn points, sometimes without spending a single penny, and you can use them towards any Purelife product or service. Start rewarding yourself!

Opening Hours

Mon	10	6
Tues	10	4
Wed	9.30	7.30
Thur	10	7.30
Fri	9.30	7
Sat	9	4.30
Sun	by appointment	

Prices and Treatment details are correct at the time of printing but may change without notice