Health Benefits of Massage & Bodywork

- Reduced Anxiety
- Ease Depression Symptoms
- Stress Relief & Relaxation
- Constipation Relief
- Improved Digestion
- Fibromyalgia Pain Management
- Reduce Osteoarthritis Pain
- Decrease Carpel Tunnel Syndrome
- Headache & Migraine Relief
- Insomnia / Sleep Improvement
- Myofascial Pain Syndrome Management
- Muscle tension, Soreness & Knot Relief
- Rheumatoid Arthritis / Arthritis & Joint Pain Relief
- Improved Immune Function
- Increased Blood Flow & Circulation
- Lower Blood Pressure
- Cancer Pain / Stress Relief *Doctors Clearance
- Reduce Chemotherapy Related Nausea *
- Improved Quality of Life in Hospice Care
- Lower Joint Replacement Pain Relief
- Increased Alertness
- Relieve Postoperative Pain
- Manage Lower Back Pain
- Manage Chronic Neck Pain
- Enhance Exercise Performance
- Temper Dementia Effects
- Increased Range of Motion

Contraindications are local or systemic conditions that may cause harm to the client or others if massage is received.
For your safety and others talk to your massage therapist about your health history for clearance and accommodations.

*Massage & Bodywork should not be construed as a substitute for medical examination diagnosis, or treatment. A physician, chiropractor or other qualified medical specialist should be seen for any mental or physical ailment

Pure Rose Bodywork, LLC

Jessica Davis, LMT

570-212-9191

Inside the Tree of Life Shoppe
Rear Parking & Entrance

392 W Apple St, Suite 3
Ringtown, PA 17967

Gift Certificates Available

Hours By Appointment Only

Please Arrive 10–15 Minutes Early

Sun: Closed
Mon: Closed
Tues: 11:30am-2:30pm
& 5pm-8pm
Wed: 5pm-8pm
Thurs & Fri: 8:30am-2:30pm
Sat: Limited ; 9am-3pm

Book Online

www.PureRoseBodywork.com

Follow us on Facebook & Instagram
@PureRoseBodywork

PURE ROSE
BODYWORK

Where Healing and Relaxation Meet

Massage Therapy & Bodywork

Signature Experiences

HOT TOWELS + AROMATIC EYE PILLOW INCLUDED IN MOST MASSAGE & SPA SERVICES

Swedish Massages
60 minutes: $85
90 minutes: $110

A relaxing therapeutic style of bodywork. Oil or lotion combined with an array of flowing rolling, kneading, and percussion strokes to help the body improve circulation and relaxation.

Therapeutic/Deep Massage
60 minutes: $90
90 minutes: $115

A relaxing Swedish-style massage customized to meet your specific needs. Medium pressure with deeper pressure in problem areas. It's a restorative experience that blends relaxation and relief, helping you feel more at ease in both body and being.

Neck, Back & Shoulders
30 minutes: $50

Reflexology
45 minutes: $55
60 minutes: $85

Reflexology is a holistic therapy that involves applying pressure to specific reflex points on the feet, hands, or ears, which correspond to various organs and systems in the body. This practice aims to promote relaxation, improve circulation, alleviate stress, and support the body's natural healing processes.
Includes food soak + foot scrub In treatment

Hot Stone Therapy
75 minutes: $105

Hot Stone Therapy is a massage treatment where smooth heated stones are incorporated into a Swedish massage treatment to relieve tension, improve circulation, and promote deep relaxation.

Manual Lymphatic Drainage, MLD
60 minutes: $90

Manual lymphatic drainage is a light gentle, rhythmic therapy designed to stimulate the lymphatic system, helping to reduce fluid retention, promote detoxification, enhance immune function, and improve overall circulation.

Raven's Nest Salt Room Massage
A Pure Rose Exclusive
60 minutes: $135
90 minutes: $160

A one-of-a-kind session combining therapeutic massage with the restorative benefits of salt therapy inside the tranquil Raven's Nest Salt Room.

Relax and Realign Your Mind, Body & Spirit

Reiki
45 minutes: $55
60 minutes: $65

Reiki is a holistic energy healing practice that originated in Japan. Hands are placed just above or gently on the body to channel universal life force energy. This energy balances the bodies energy centers, reduces stress, promotes relaxation, and support physical, emotional, and spiritual healing. And, fostering a deep sense of calm and well-being.

Chakra Balancing
30 minutes: $45

Anytime emotional or physical illness is experienced, it indicates that the life force and/or chakra centers have simply become unbalanced.
Through laying on of hands balance and flow is restored to the entire system promoting emotional, physical, and spiritual well-being.

Stress Reducer
60 minutes: $105
Deluxe: Full Body
90 minutes: $135

A delightful alternative to full body massage focusing on reducing chronic muscular neck, back, shoulders, and feet tension. Allow essential oils to calm and reduce stress, while a Dead Sea mud pack is applied to the upper back detoxifying and relaxing the muscles. As the mud warms from a weighted heated back kozi your feet will be gently massaged with a cooling peppermint foot cream.

New Service!
Vibrational Sound Therapy, VST
30 minutes:$60
60 minutes: $90
90 minutes: $120

Hand-hammered therapeutic bowls are placed on the table and body, then gently stuck in a rhythmic pattern. The vibrations are absorbed into the body like an internal massage--calming the nervous system, clearing energy, increasing circulation, and resting balance.

New Service!
Sound & Body Renewal, VST
90 minutes: $140
2 hours: $170

A deeply restorative fusion of massage and VST. Custom therapeutic bodywork combines with the gentle vibrations of singing bowls placed on and around the body to calm the nervous system and restore balance.

Raven's Nest Salt Room

Ionic Foot Detox & Mini Salt Room Session
60 mins: Solo: $65 Couple: $125

An ionic foot detox feet are soaked in warm, ionized water, using a gentle electrical current to generate charged ions that help draw out toxins, rebalance energy, and promote relaxation. + Foot Scrub & Cream & Paraffin Wax Hand Dip.Breathe easy and unwind with a mini salt room session.

Couples Massage & Salt Room Escape
2 hours 15 minutes: $230

Experience shared relaxation with our exclusive couples package- take turns enjoying a soothing massage and a revitalizing salt rom session, all expertly administered by our skilled therapist.

Luxury Enhancements

Raven's Nest Experience
$45

Enhance any massage therapy, or bodywork service with salt therapy in the Raven's Nest Salt Room for a one-of-a-kind exclusive experience.

Solo & Couple Salt Room Session
Up to 4 Guests
Per Person: Solo/Couple
30 minutes: $30 / $25
45 minutes: $45 / $40

Halotherapy is a dry salt therapy that uses a halogenerator to grind and disperse 99.99% pure grade sodium chloride into fine particles, creating a dry salt aerosol that supports respiratory health, skin rejuvenation, and relaxation.
To learn more visit: www.ravensnestsaltroom.com

Vibrational Reset, VST
15 minutes: $30
30 minutes: $60

Ionic Foot Detox / Epsom Soak
Foot Scrub + Cream
45 minutes: $35

Chakra Balancing
30 minutes: $45

Aromatherapy
$10

Back/Foot Scrub
$10

Paraffin Wax Hand Dip
$10

Aromatic Back Kozi* /Heat Pack
$10

*** Filled with 12 soothing herbs and flax seed**

Muscle Relaxation Oil or Peppermint Oil
$10

Non-psychoactive

Red Light Therapy
10-30 minutes: $10

*Prices are all-inclusive---no additional fees at checkout.

** Prices and Services Subject to Change

Updated:11/25

Loyalty Rewards Program

3 Massages-
Free Enhancement of $10 Value

6 Massages-
$15 Enhancement Credit

9 Massages-
Pick 2 - $10 Enhancement Bundle

Birthday Month
$10 Off or Free Extra 15 Minutes
Added To Birthday Month Service*

Referral Program

Know Someone Who Could Benefit From Massage & Bodywork?

Give & Receive
$10 Off or Free Extra 15 Minutes
~Added To Your Next Service

THANK YOU FOR YOUR SUPPORT

Reward & Referral Cards Available

Referral Card Required at Time of Check Out to Enjoy Referral Discount

Contact When Booking To Ensure Accommodations

Discount Applied At Time Of Service

No Transfer Of Benefits

***Pre-existing Clients Only**

Indulgence Spa Collection

HOT TOWELS + AROMATIC EYE PILLOW INCLUDED IN MOST MASSAGE & SPA SERVICES

Ionic Foot Detox & Mini Salt Room Session
60 minutes: $65 **Couple: $125**
Ionic Foot Detox + Foot Scrub & Cream + Paraffin Wax Hand Dip + Mini Salt Room Session

Mini Spa Day
1 hour 45 minutes: $125 **Couple: $245**
Ionic Foot Detox + Foot Scrub & Cream +Paraffin Wax Hand Dip + Reflexology + Mini Salt Room Session

Pamper Me Spa Day
2 hours: $155 **2 hours 30 minutes: $180**
Ionic Foot Detox + Foot Scrub & Cream + Paraffin Wax Hand Dip + 60 Minutes or 90 Minutes Massage + Mini Salt Room Session

Salt & Stone Spa Day
2 hours 30 minutes: $180
Ionic Foot Detox + Foot Scrub & Cream + Paraffin Wax Hand Dip+ 75 Minute Hot Stone Massage + Mini Salt Room Session

Restoration and Renewal Bundles

Immune Booster Bundle, MLD: $240
(3) 60 minutes MLD sessions
Within 7 - 10 days

Vibrational Sound Therapy, VST Bundles
30 minute – 3 sessions | $160
60 minute – 3 sessions | $240
90 minute – 3 sessions | $325

Group Wellness Experiences Available

"With every breath, I soften. I release what I no longer need and allow peace to fill my body and spirit."