

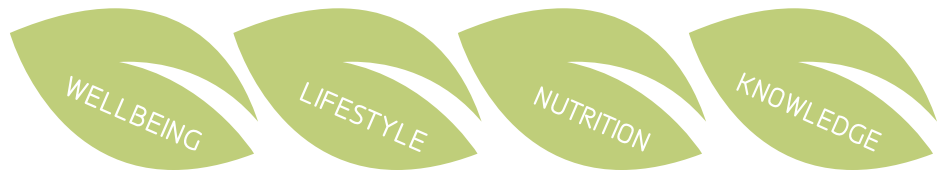


PURE LIVING OFFERS A TRULY WHOLESOME ONE-STOP DESTINATION FOR ALL YOUR NATURAL HEALTH NEEDS, FEATURING A WIDE RANGE OF HEALTHY LIFESTYLE AND ECO-FRIENDLY PRODUCTS AND SERVICES UNDER ONE ROOF.

FROM OUR DIVERSE MIX OF QUALIFIED HEALTH PRACTITIONERS TO OUR HEALTH BOUTIQUE AND NEEDS-SPECIFIC CATERING, WE PRIDE OURSELVES IN KEEPING IT CLEAN, NATURAL, ETHICAL, AND ECO-FRIENDLY.

WE CATER TO ALL INDIVIDUAL HEALTH AND LIFESTYLE NEEDS AND REQUIREMENTS WITH A UNIQUELY TAILORED AND PERSONALISED APPROACH.

COME JOIN THE JOURNEY AND LIVE YOUR BEST LIFE.



## YOUR HEALTH AND WELLNESS HUB

### pure WELLBEING

Our unique mix of qualified health care practitioners focus on optimising the body's own natural healing abilities and offer expertise in the following fields:

#### HOMEOPATH

Optimal health promotion  
Holistic approach utilised  
Maximizing body's healing power  
Disease prevention

#### UNANI-TIBB PRACTITIONER

Cupping Therapy  
Pulse Diagnosis  
Humoural and Temperament Balance  
Custom Dietary Guidelines

#### CLINICAL PSYCHOLOGIST

Psychotherapy  
Couples Counselling  
Hypnotherapy  
Family and Child Mediation

#### THERAPEUTIC REFLEXOLOGIST

Infertility  
Pain Relief  
Stress Release  
Detoxification

#### KINESIOLOGIST

Integrate body, mind, spirit  
Balance muscles, meridians, chakras  
Release emotional and physical pain  
Muscle test supplements

#### SOMATOLOGIST

Natural healing  
Metabolic typing  
Full body analysis  
Designer water

#### IRIDOLOGIST

Iris Analysis  
Genetic constitution  
Organ toxicity and weakness  
Prevent potential degeneration

#### SPORTS MASSAGE THERAPIST

Advanced Manual Body Therapy  
Sports & Other Injuries  
Stretch Routines  
Lymph Drainage  
Pain management

Please get in touch to find out more and make an appointment.

### pure LIFESTYLE

It has been proven that the high levels of toxicity we are exposed to daily have a damaging effect on our health. To combat this, we strive to source healthy alternatives to just about anything we come into contact with in our daily lives. At our Health Boutique we offer a wide range of pure, natural and in many cases organic foods and healthy lifestyle related products in these categories:

Food and Drink  
Household and Gifts  
Babies and Children  
Natural pet-care  
Need-specific Supplementation  
Skin care and Beauty

Feel free to pop around and browse our wide selection of products.

### pure NUTRITION

We cater for all dietary and lifestyle specific food needs and use only clean and pure ingredients straight from the source, where possible, and do not add any artificial additives to any of our food and drink products.

Healthy catering  
Ready made meals  
Raw foods, juices and smoothies  
Healing and replenishing foods

Please call us to enquire and place your orders.

### pure KNOWLEDGE

We believe in empowering our customers with knowledge and enabling them to make better and healthier lifestyle choices. We invite Natural Health Industry experts to give talks and run seminars on trending health topics and controversial issues, aimed at educating and offering deeper insight into the root causes of disease and natural healing.

Get in touch and sign up for our newsletter so we can keep you up to date and invite you to our planned events.



LIVE YOUR  
BEST LIFE

Pure Living  
Your Health and Wellness Hub  
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www.pureliving.co.za  
Reg No: 2016/024328/07

Opening Hours  
Mon - Fri: 8am - 5pm  
Saturday: 9am - 1pm  
Closed: Sunday and Public Holidays

(Please use our former address 455 Charles St, Brooklyn for GPS and Google Maps directions)

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