

A Place to Nurture the Self

Face Body Spirit



Therapeutic Massage & Customized Skincare

875 Islington Street, Portsmouth, NH (603) 436-0900 info@facebodyspirit.net www.facebodyspirit.net

Cool & Relaxing Summer Specials



Luminous "C" & "Sea" Facial Mask Treatment

This intensive facial treatment brightens, rehydrates and drenches your skin with Vitamin C and minerals from the Sea countering the damaging effects of the sun.

90-minutes: \$115

Mint Mojito Oasis Foot Soak

The "new" summer Foot Soak features a blend of herbs perfect for hot, sunny days. Essential oils of Lime elevates and imbues a zest for life, while Spearmint inspires clarity and promotes confidence.

Includes:

Herbal Foot Soak
Foot & Lower Leg Massage
Scalp, Neck & Shoulder Massage

Enjoy a complimentary fruit-infused water beverage while soaking!

60-minutes: \$50 (a \$10 savings)



Book Online & Order Gift Certificates

Click below or call (603) 436-0900.

Appointments: www.facebodyspirit.net/appointments.html

Gift Certificates: www.facebodyspirit.net/gift_certificates.html



Massage and Skincare Packages

For that special day, congratulations, or birthday surprise, we'll create a custom package (any combination of services for the Face, Body, or Spirit) in the form of a gift certificate...all wrapped up with a bow!
Package possibilities include:

The Combo

Enjoy 1 hour of Face + 1 hour of Body = 2 hours of Spirit in the same visit!

\$155

Bridal Beauty & Relaxation

Soothing 1-hour massage & rejuvenating 50-minute facial for the bride-to-be.

\$155

The Outdoorsman

Restore what the elements take away with 1 hour of nourishing skin and hand care, plus a 1-hour massage!

\$155

60-Minute Oasis

Soak your feet in a kettle of warm water with a blissful mix of essential oils, sea salts, & medicinal herbs to: 1) soothe and restore; 2) increase metabolism or circulation; 3) eliminate toxins; and 4) reduce fatigue, soreness, or muscle tension

\$60 (60-Minute Oasis for One – includes 30-minute massage);

\$120 (60-Minute Oasis for Two – includes two 30-minute massages)

Nurturing the Mother

Indulge in a 1-hour massage for expectant moms as well as a 1-hour facial to nurture hormonal skin.

\$155

Teen TLC

Teach your teen to properly care for his or her skin with a 50-minute facial and de-stress with a 50-minute massage!

\$145

Use our Online Reservation System!

www.facebodyspirit.net

Or call or email for an appointment:
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—Gift Certificates Available—