

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

## Holiday Specials



### Sanitize Your Skin with doTerra Wild Orange Mist

A Complimentary Gift with your  
60- or 90-minute massage or facial

doTerra's "On Guard sanitizing mist" eliminates 99% of bacteria and other germs on the skin through a very fine, quick drying mist. This blend of Wild Orange, Clove, Cinnamon, Eucalyptus and Rosemary essential oils will freshen your skin with an uplifting citrus spice aroma and help protect your skin from organisms in the environment.

**On Guard Mist (27ml, a \$10 value)**

### Spruce Up with a Complimentary Shampoo & Blow Dry

when you book a 60- or 90-minute massage  
November 15-December 15

Patty Nadeau, our associate at **Patrx Hair Salon** in our building, has generously offered **Face Body Spirit** 60- and 90-minute massage clients with a free shampoo and blow dry. Book a massage for sometime during Nov. 15 to Dec. 15, then call Patty at (603) 812-7392 to schedule your complimentary hair appointment.

**Shampoo and Blow Dry (a \$25 value)**



Book Online Now • Order Gift Certificates  
www.facebodyspirit.net

# 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!  
\$165

## Bridal Beauty & Relaxation

Soothing 1-hour massage & rejuvenating 50-minute facial for the bride-to-be.  
\$165

## The Outdoorsman

Restore what the elements take away with 1 hour of nourishing skin and hand care, plus a 1-hour massage!  
\$165

## 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

\$65 (60-Minute Oasis for One—includes 30-minute massage);

\$130 (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.  
\$165

## 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!  
\$155

Use our Online Reservation System!

[www.facebodyspirit.net](http://www.facebodyspirit.net)

Or call or email for an appointment:  
(603) 436-0900; [info@facebodyspirit.net](mailto:info@facebodyspirit.net)

—Gift Certificates Available—