

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

Spruce Up Your Spring with these Face Body Spirit Specials!

Now through June 15th!

Power Peel Lip & Eye Treatment

This is a gentle, but effective lactic acid peel with green tea to exfoliate, brighten and hydrate.



The eye treatment infuses collagen and green tea to soften and hydrate as well as minimize dark circles and puffiness. The lip treatment includes a gentle exfoliating cleanse and coconut oil finishing mask to plump them up and make them kissably soft.

40 Minutes: \$65

Align Yourself for Spring with this Sensory Journey

Enhance your massage with this aromatic experience. Choose an essential oil blend from the DoTerra Yoga Collection



suited to your mood of the day! These oils will create a subtle yet profound overall feeling of well-being. Whether you want to feel more grounded, aligned, or enlightened, the aromatherapy blend you select will make the difference! So indulge yourself!

Massage Service Add-on: \$5

Schedule Appointments & Purchase Gift Certificates Online
www.facebodyspirit.net
Or Call Us at (603) 436-0900

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—