

Face Body Spirit

A Place to Nurture the Self



Therapeutic Massage &
Customized Skincare

Claudia Sylva ■ Jenny Harrison
Portsmouth, New Hampshire

Restore and revitalize
yourself with our
professional massage and
skincare services.

Whether you join us for an
occasional treatment or
commit to an ongoing series of
care, the mission of
Face Body Spirit
is to help you achieve a
state of balance and
harmony that strengthens,
relaxes, and nurtures your
inner and outer self.

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Face Body Spirit

A Place to Nurture the Self

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www.facebodyspirit.net

You are a multi-dimensional person,
and we are here to treat your Face,
care for your Body and
indulge your Spirit.

Face Body Spirit is a holistic
retreat offering expert skin care
and therapeutic massage for
discerning men and women who
seek the highest quality products
within a relaxed, caring environment.

This space is a sacred one
co-created by mother and
daughter business partners,
Claudia Sylva and Jenny Harrison,
who share thirty years
of collective experience.

We designed this venture to honor
and serve you, blending our best
techniques and personal touches
to meet your individual needs as
they evolve over time.

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Claudia Sylva

Licensed Massage Therapist & Reiki Practitioner

Claudia Sylva brings years of experience to Face Body Spirit. Her true passion is supporting the well-being of her clients.

Claudia is certified and licensed by the State of New Hampshire and is an active member of the American Massage Therapy Association.

A 1991 graduate of the New Hampshire Institute of Therapeutic Arts, Claudia studied under the gifted teacher Dr. Robert Berube. She has received advanced training and certification in a number of holistic healing modalities, including training with Reiki Master Libby Barnett.

Claudia was involved in the Touch Research Institute's program at the Miami School of Medicine, assisted in the Physical Therapy Department at Portsmouth Hospital, and trained in Safe Touch modalities for survivors of abuse.

Claudia extends beyond basic massage therapy to help male and female clients of all ages and backgrounds become healthful individuals. Her commitment is to provide specific and safe treatment to each client in a nurturing environment.

Jenny Harrison

Licensed Aesthetician & Reiki Practitioner

Jenny Harrison has been providing expert skin care with an emphasis on care, for the last thirteen years. Jenny is a licensed aesthetician in New Hampshire and Maine.

Her work is a labor of love, and she has a special interest in the well-being of her clients, many of whom are loyal and long-time visitors to her space.

Jenny trained at the Hines Institute in Woburn, MA, where she received her certification in advanced aesthetics. After working in a spa setting, she knew developing her private practice was a perfect fit for her customized service and client base.

With ongoing training in advanced skin analysis, advanced make-up application, LaStone therapy, threading hair removal, Chinese and Ayurvedic diagnosis, caring for globally diverse skin, sensitized skin, and hormonal skincare, Jenny keeps in step with the latest discoveries in wellness and skin care.

She is committed to nurturing good skincare practices and, most of all, making your inner beauty shine.

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Therapeutic Massage

Therapeutic Massage is a specific system of organized movements based on hands-on, cross-cultural healing techniques to help stimulate the organs and glands. Increased circulation helps detoxify and strengthen the body to prevent illness, reduce stress and promote wellness. Several of the following techniques may be incorporated during your massage session:

Swedish Therapeutic Massage

Combining rhythmic strokes to increase muscle tone and flexibility, this relaxing technique aids the elimination of toxins and the assimilation of nutrients throughout the body. It is a preliminary technique for deeper tissue massage. Swedish Therapeutic Massage encourages better sleep patterns and prevents fatigue—its effects are cumulative when enjoyed on a regular basis.

30 Min. \$40 60 Min. \$65 90 Min. \$90

Neuromuscular/Deep Tissue Massage

Working with the central nervous system, this structured process of ligament, tendon and deep muscle manipulation helps re-pattern muscles that have assumed improper positioning. It is particularly effective in aiding the removal of toxins that accumulate in the muscles, limit movement, and cause pain. Deep tissue work also provides wonderful relief from tension headaches.

60 Min. \$65 90 Min. \$90

Lymphatic Massage

This technique helps to maintain and strengthen the body's immune system by aiding the flow of lymphatic fluid throughout the body. Prevent winter colds and soothe allergies with this treatment.

60 Min. \$65

LaStone Therapy

The original hot stone massage takes you on a journey, using sculpting and detoxifying approaches to release and comfort tight, sore muscles. Smooth, warm basalt and cool marble stones may be alternated to encourage circulation. LaStone Therapy goes beyond the physical experience of typical massage and enters deeper dimensions of relaxation, health, and well-being.

90 Min. \$120



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Swedish/LaStone Combination

If you enjoy Swedish massage and are curious about hot stone massage, this is the best of both worlds!

60 Min. \$90

Nurturing The Mother

It is a special time to nurture and honor mother and baby, so this massage addresses the common issues expectant mothers may face, such as lower back and hip pain and water retention (edema). This is a wonderful route to stress reduction, pain relief, and relaxation.

60 Min. \$65

Facial Rejuvenation Massage

This quiet technique induces a deep level of relaxation. Using warm compresses and the purest essential oils, a series of repetitive strokes are used to help release holding patterns. It visibly relaxes stress held in the face.

60 Min. \$65

Back Rejuvenation Massage

This back-neck-shoulders only treatment relaxes and rejuvenates, including: warm compresses, gentle cleansing, natural sea salt exfoliation, and deep tissue massage.

60 Min. \$65

Chair Massage

Utilizing a special chair, this fully-clothed upper-body massage relaxes and energizes without the use of oils. It is excellent for a quick lunch break, and can be given in our office or we will travel to your workplace (requires advance notice and participation of 6 or more employees).

15 Min. \$15

Reiki

Reiki ("Ray-Key"), is a gentle, ancient Japanese hands-on energy healing therapy. Reiki promotes relaxation and reduces stress. It helps balance and restore the body, mind and spirit to its perfect state of wellness.

60 Min. \$65

Foot Reflexology

Reflex points of the feet are stimulated to provide benefits to all systems of the body. Results include improved blood supply, increased vitality, and deep relaxation. Warm herbal compresses are used to soothe the feet and assist in the release of toxins.

45 Min. \$45

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Hair Removal

Just as we customize all treatments, our hair removal services cater to your skin's sensitivity level to achieve your desired results. Methods include traditional hard wax, strip wax, sugaring, threading, and expert tweezing. We use only the finest quality products and equipment, and pride ourselves on the most hygienic environment. Services are performed with the ultimate goals of minimal discomfort and excellent results—the mark of years of experience in this area with both male and female clients.

Brow Shaping	\$20
Brow Maintenance	\$18
Face (lip, brow, chin)	\$25
Lip/Chin	\$15
Half Leg	\$35
Half Leg w/Bikini	\$45
Complete Leg w/ Bikini	\$75
Bikini	\$25
Brazilian Bikini	\$45+
Under Arm	\$15
Lower Arm	\$25
Back/Shoulder	\$25+
Chest	\$30+
Miscellaneous Patches	\$5+

Waxing Series

For those who utilize our waxing services frequently, we are happy to offer a discounted series pass, prepaid at the time of scheduling.

Customized Skincare

Favorite Facials

From regular maintenance to more customized treatments, let us care for your Face with expert approaches including treating adolescent skin; acne; mature, sensitized, or hormonal skin; rosacea; and more.

Each treatment includes the fundamentals of a superb facial: Skin analysis, Cleansing, Exfoliation, Steaming, Deep Pore Cleansing (extractions), Vitamin Blend, Massage, Customized Finishing Mask, and Eye Cream.

50 Min.	\$70
90 Min.	\$90 (incl. heated mitts)
120 Min.	\$120 (incl. heated mitts & back treatment)

Eurostone Facial

Pure. The ultimate facial combines healing herbs and warm river stones in a toning lymphatic massage, providing a healthy, rejuvenating glow. Benefits are enhanced by gem work and aromatherapy to amplify overall health and wellbeing. A truly holistic treatment that is wonderfully restorative.

90 Min. \$125

Cleanse, Restore, and Reveal Your Radiance

When it comes to skincare, many clients are overwhelmed by the sheer number of choices. We've simplified this process by structuring a facial and skincare menu that can be custom-mapped to your unique needs and schedule.

Through attuned assessment and consultation, we determine the treatment that best suits your skin's demands today, while maintaining a vision for ongoing wellness.

We are always happy to share detailed product information with you, and yet we believe that you are here to have an experience, not a lecture! Sit back, relax, and allow us to customize your facial treatment based on what we see, what we hear from you, and what will realistically complement your lifestyle.

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Mineral Makeup

We are thrilled to offer mineral makeup from industry leader Jane Iredale: The Skin Care Makeup to accentuate your essential beauty with the most natural pigments, with the added bonus of mineral sun protection (SPF 20). Learn the basics, or let us do the work. This "skin care makeup" is remarkable at hiding flaws (even tattoos!) without masking you. It is natural enough for men to use as an easy-to-apply sunscreen, or anyone who enjoys an active lifestyle and needs protection from the elements.

Makeup Application

30 Min. \$35

Makeup Lesson

60 Min. \$55

Eye Treatments

The secrets of the soul are expressed in your eyes, so we pay special attention to making the most of them. Services include brow design, maintenance and shaping, as well as eyelash and brow tinting (vegetable dye), and eyelash perms and extensions using Novalash, the finest and safest lash extension product available internationally.

Eyebrow Shaping	\$20
Eyebrow Tint/Lightening	\$15
Eyelash Tint	\$25
Eyelash Perm	\$45
Novalash Eyelash Extensions	
Full upper lash	\$185
Partial upper lash	\$95
Touch-up (maintenance)	\$45+
Eye Make-up Application and Technique	\$25
Mango Eye Opener	\$35
The Perfect Eye Package	\$75
<i>includes eyebrow shaping, mango eye opener, and a new mineral make-up application and technique. See the world through new eyes!</i>	

Special 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!

\$135

Bridal Beauty & Relaxation

Soothing 1-hour massage, 50-minute facial, and pre-wedding-day makeup consultation for the bride-to-be.

\$225

The Outdoorsman

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

\$135

Nurturing the Mother

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

\$135

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!

\$125

Gift Certificates Available

Treat a friend or family member to a special gift of massage or skincare services. Face Body Spirit gift certificates are available in whatever amount you choose.

Cancellation Policy

We reserve time for your care and appreciate cancellations at least 24-hours in advance, so that we may offer appointment times to others. Without this notice, we reserve the right to charge in full for services.

Our Philosophy

We encourage you to take the time to regenerate and nurture yourself in the midst of your busy life and realize the benefits, both physically and emotionally, that are the result of professional care. With your personal needs and goals in mind, we choose and present the very best services and products, allowing you to relax and truly enjoy your treatment. To ensure your ease, you will experience your renewal in peaceful and private surroundings.



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