

# Face Body Spirit

A Place to Nurture the Self



Therapeutic Massage & Customized Skincare

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## Custom blends for your foot soaking *experience* ~

### **Sweet Orange & Milk~**

Aromatic and moisturizing, rich in vitamin C, improves skin tone. Orange peel /Dead Sea salt blend, milk proteins and essential oils of sweet orange.

### **Healing Beach Rose~**

Simple & peaceful, quiets the mind, restful. Rose petals/ Himalayan sea salt blend, milk proteins, essential oils of jasmine & lavender.

### **Refreshing Pink Grapefruit~**

Fresh & revitalizing. Pink Himalayan sea salt blend, essential oils of pink grapefruit.

### **Bali Spice~**

Energizing, warming, harmonizing, increases circulation, comforts tired joints. Great for athletes and the sedentary. Orange peel/ Dead Sea salt blend, essential oils of ginger, vetiver, clove, cinnamon & nutmeg. (Avoid during pregnancy).

### **Thai Lemongrass~**

Soothing, relaxing, earthy & grounding. Reduces anxiety, relieves exhaustion. Lemongrass-Chamomile/ Dead Sea salt blend, essential oils of lemongrass, ginger, lime & basil. (Avoid during pregnancy).

### **Tranquility~**

Calming, reinforces positive attitude, creates tranquil space. Lemongrass-Chamomile/ Dead Sea salt blend, essential oils of tangerine, orange, benzoin, eucalyptus, litsea, spearmint, Spanish marjoram, cedarwood & sandalwood. (Avoid during pregnancy).

**MORE**

# More blends to *experience* ~

## **Clarity~**

Clears your mind, reduces stress & elevates your senses. Fights fatigue & headaches. Spearmint Leaf-Fennel/ Dead Sea salt blend, essential oil of basil, lemon & peppermint.

## **Meditation~**

Focuses the mind, deepens the breath, profound inner calm. Hawaiian Alae sea salt blend, essential oils of myrrh, frankincense & sandalwood. (Avoid during pregnancy).

## **Heart and Soul~**

Self-love, expansive, exotic, calms anxiety, reduces stress. Rose petals/ Himalayan sea salt blend, essential oils of lavender, patchouli, sweet orange, spearmint, cedarwood, jasmine, frangipani, sandalwood & ylang ylang.

## **Women's Balance~**

Harmonizing, stabilizing, uplifting. Rose petals/ Himalayan sea salt blend, essential oils of lavender, clary sage, balsam fir & geranium.

## **Purification~**

Cleansing, releasing, elevates your senses. Enhances memory, good for over indulgence. Hawaiian Alae sea salt blend, essential oils of lemon, rosemary & thyme. (Avoid during pregnancy).

## **Invigorating~**

Flow, movement, circulatory, digestive, clears emotions. Spearmint Leaf-Fennel/ Dead Sea salt blend, essential oils of peppermint, grapefruit & lemon.

**All our blends are both restorative and detoxifying~**