

Face Body Spirit

A Place to Nurture the Self



Therapeutic Massage & Customized Skincare
875 Islington Street, Portsmouth, NH (603) 436-0900

Specials and Packages

Massage and Skincare

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

Yoga and Holistic Nutrition

Winter Specials: Complimentary Holistic Health Consultation (30 Min.) with scheduled private Yoga session.

Refer a friend: \$10 off a full Holistic Health Counseling session when a friend schedules an Initial Consult.