

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

## Reserve Your Appointment and enjoy these Winter Specials!

Now through March 15!

### Warm-oil Scalp Treatment plus Massage

Relax while warm peppermint oil is massaged into your scalp, neck and shoulders, melting your stress away. Not only is this treatment great for relieving or preventing tension headaches, but peppermint oil also relieves dry conditions of the scalp, stimulates hair follicles, increases circulation, and is a natural cleanser.

30 Minutes: \$30

### Massage & Facial Combo

(with Andrea McLaughlin)

One plus one equals two hours of bliss in the same cozy visit. Take advantage of this mid-winter Massage and Facial Combo!

Two-hour combo: \$125  
(a \$30 savings)

### Add Complimentary Warm Stones to your Massage!

Until March 15th, we'll add complimentary warm stones to your massage service.



Schedule Appointments & Purchase Gift Certificates Online

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

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

—Gift Certificates Available—