

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

Peace & Joy Holiday Special

Enjoy complimentary aromatherapy with any massage service. Choose DoTerra's "Holiday Peace" for quiet contemplation or "Holiday Joy" for uplifting aromatics. Embrace the season while nurturing yourself!

Includes a free gift package for home self-care. (\$24 value)

clarity relaxation wellness balance healing

This Holiday Season

Give Love
and Well-being



Purchase a
Face Body Spirit
Gift Certificate

energy calm rejuvenation peace tranquility

Give a specific service or choose a dollar amount!

Order Online for Instant Processing! www.facebodyspirit.net



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—

Plan Ahead for Your Holiday Gift Certificates