

# Face Body Spirit

A Place to Nurture the Self



Therapeutic Massage & Customized Skincare

875 Islington Street, Portsmouth, NH (603) 436-0900

## Coming Soon!

# Face Body Spirit

## REWARDS for WELLNESS PROGRAM!

### Seasonal Specials!

Complimentary Eyelash Tint with 90-minute Facials

Complimentary Back Exfoliation with 90-minute Massage

Introductory Offer: \$15 off Initial Herbal Consultation  
with Kate Palmieri of Absolute Herbs

#### Detoxifying Foot Soaks

Enhance your visit to Face Body Spirit with a relaxing, nourishing, and detoxifying Foot Soak! A 20-minute Foot Soak can be just the boost you need to get your systems flowing. Add it to your massage, reflexology or facial session. Or just come in for some quiet time and enjoy a cup of herbal tea with your Foot Soak. Start with a blissful mix of organic essential oils and medicinal herbs and end with a gentle towel dry and your choice of herbal foot balm made by Absolute Herbs.

Choose Your Mix...

A blissful mix of Burdock Root, Dandelion Leaf, Cleavers, Rose Petals, Lavender Buds, Plantain, and Calendula Petals combined with Course Sea Salt and Essential Oils of Rose Absolute, Clary Sage and Lavender.

An invigorating mixture of Spearmint, Burdock Root, Dandelion Leaf, Cleavers, Plantain, and Calendula Petals combined with Course Sea Salt and Essential Oils of Peppermint, Grapefruit and Lemon.

A warm floral mixture of Jasmine, Ginger, Fennel Seed, Cinnamon, Plantain, Cleavers and Burdock Root combined with Course Sea Salt and Essential Oils of Ylang ylang and spicy Cinnamon.

A relaxing blend of Burdock Root, Lavender Buds, Lemon Balm, Linden Flower, Plantain, Chamomile Flowers and Rose Petals combined with Course Sea Salt and Essential Oils of Chamomile and Rose Absolute.

Your Foot Soak will be followed by your choice of Foot Cream made with lavender, rose, or an herbal blend.

30 Min.-\$25

(Added to another service: \$20)

## Yoga and Holistic Nutrition Specials

**Seasonal Special:** 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.

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# Packages

## 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!  
\$145

### Bridal Beauty & Relaxation

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

\$235

(More Bridal Packages below!)

### The Outdoorsman

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

\$145

### Nurturing the Mother

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

\$145

## 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!

\$135

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## Bridal Packages

After years of successfully working with brides, I have found this approach to produce amazing results in preparing the bride in looking and feeling her absolute best on her special day.

—Jenny Harrison

### Bridal Make-up Pkg. A: \$355

Includes:

\* *60 minute pre-wedding consultation & make-up application (includes brow shaping if necessary):*

A private time to share wedding details and ideas, color match bride's skin, determine colors, and a "look" to compliment bride's vision.

\* *15 minute follow-up appointment:*

Review prior application, make any adjustments if necessary.

\* *30 minute Facial:*

Prepare surface of the skin for an ideal canvas. A skin treatment customized for bride's skin type/condition.

\* *60 minute massage:*

To assist the bride to stay relaxed.

\* *Brow Shaping:*

Scheduled approx. one week prior to wedding date.

\* *Bridal Make-up Application:*

Prepare the bride for her special day in a calm and professional manner.

### Bridal Make-up Pkg. B: \$290

Includes

\* *60 minute pre-wedding consultation & make-up application (includes brow shaping if necessary):*

A private time to share wedding details and ideas, color match bride's skin, determine colors, and a "look" to compliment bride's vision.

\* *15 minute follow-up appointment:*

Review prior application, make any adjustments if necessary.

\* *30 minute Facial:*

Prepare surface of the skin for an ideal canvas. A skin treatment customized for bride's skin type/condition.

\* *Brow Shaping:*

Scheduled approx. one week prior to wedding date.

\* *Bridal Make-up Application:*

Prepare the bride for her special day in a calm and professional manner.

## Bridal Make-up Pkg. C: \$ 215

### Includes

\* *60 minute pre-wedding consultation & make-up application (includes brow shaping if necessary):*  
A private time to share wedding details and ideas, color match bride's skin, determine colors, and a "look" to compliment bride's vision.

\* *15 minute follow-up appointment:*  
Review prior application, make any adjustments if necessary.

\* *30 minute Facial:*  
Prepare surface of the skin for an ideal canvas. A skin treatment customized for bride's skin type/condition.

\* *Bridal Make-up Application:*  
Prepare the bride for her special day in a calm and professional manner.

### Add ons~

- \* Onsite make-up available with an additional travel fee
- \* Each additional make-up application \$35 - wonderful gift for those in party

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## What's New!

Moor Mud Treatments  
to revitalize your skin and soothe your senses

Face Body Spirit T-Shirts  
To order, call or email us.