

Face Body Spirit

A Place to Nurture the Self



Therapeutic Massage & Customized Skincare

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~