

MASSAGE

Massage is one of the oldest therapeutic aids to health and stress reduction. Massage simultaneously increases circulation and induces relaxation. It provides relief from chronic neck and back tension, fatigue, headaches and anxiety. Body & Soul therapists are licensed and highly trained to provide excellent bodywork. Please visit our website for therapists' bios.

FULL BODY Deeply relaxing. 60 min. / 90 min. **100 / 150**

STRESS BUSTER Concentrates on those aching shoulders and neck. 60 min. / 90 min. **105 / 155**

PREGNANCY MASSAGE 60 min. / 90 min. **100 / 150**

DEEP TISSUE A more intense massage! Specialized techniques reach deep muscle layers of specific areas. **Add 10/hr.**

COUPLES MASSAGE Two one-hour individual, full body massages by two therapists in the same room. **200**

COMBO MASSAGE A blend of relaxing massage with deep tissue in specified area. 60 min. / 90 min. **105 / 155**

HOT ROCKS A must for massage addicts – a combination of heat energized rocks makes for an ache-busting, tension-melting experience like none other. 90 min. **160**

THE MARSHALL METHOD OFFERED BY STEPHEN MARSHALL 40-year practitioner and co-owner of Body & Soul. Treatment of specific conditions such as back and neck pain, carpal tunnel syndrome and tennis elbow. The session may include: Energy Work/Awareness Release Technique; Craniosacral; Neuromuscular Therapy; Myofascial Release; Polarity Therapy. 60 min. / 90 min. **130 / 190**

CBD Oil or Dr. Hauschka Aroma Therapy Oils **Add 10**

DR. HAUSCHKA FACIALS

Body & Soul specializes in the holistic Dr. Hauschka facials. For us, skin care is more than treating just the physical. We respect the life forces and natural rhythms of the skin. You leave feeling wonderful as well as looking radiant. Facials can be customized by our Licensed Estheticians for Men and Teens, Sensitive and Mature Skin, and Acne Cleansing.

CLEANSING and/or REJUVENATION FACIAL

The purest aromatherapy products, hands-on technique, cleansing steam, extractions, mask and moisturizing. Restores vitality. 60 min. / 90 min.* **100 / 150**

*includes all of the one hour service plus a second mask or hot oil treatment, décollete massage, unique lymphatic stimulation, foot bath and scrub, and neck and hand massage.

BODY TREATMENTS

DR. HAUSCHKA HOLISTIC BODY TREATMENT

Recognized by medical and spa communities alike, this holistic therapy stimulates healthy functioning of the lymph system, promoting deep relaxation while restoring inner balance and well-being. Finely executed movements with Dr. Hauschka aromatherapy oils encourage healthy respiration, circulation, and detoxification. 60 min. **110**

BODY POLISH Ancient salt scrub with aromatherapy exfoliates dry, dull, skin and maintains 10% of breathing that occurs through the skin. Silk powder finish leaves skin soft, supple, and smooth all over. 60 min. **100**

HAPPY FEET Like a facial for your feet! Hot sage infused towels and rosemary foot balsam sloughs off dead calloused skin. Massage with hydrating foot cream. Green tea mint foot mask. Includes your choice of Reflexology, Hand Treatment or Scalp Massage. 60 min. **100**

SPA ETIQUETTE We suggest that you plan to arrive a few minutes early to check in and relax. The allotted time for your services allows for undressing, dressing and resting time. Please be considerate so that we can fulfill our commitment to see every client on time. Clients are discreetly covered throughout the service. A credit card is necessary to secure appointments for new clients and packages. No charge for cancellations up to 24 hours prior to appointment. No-shows will be charged a cancellation fee. Prices subject to change. Gratuities are appreciated.

LA FLEUR® GRACEFUL AGING TREATMENT

Exclusively at Body & Soul – A healthy alternative to surgery and Botox. Discover the safe, holistic approach for facial contouring.

- Encourages circulation
- Reduces excess fluids
- Activates the lymph for detoxification
- Improves sagging skin
- Firms muscles

90 min. / Series of 10 **170 / 1600**

Based on technician availability.

WAXING

Eyebrows	20
Lip or Chin	10
Full face—brow, lip and chin	35
Upper Legs or Lower Legs	40
Full Legs	75
Underarms	25
Full Arm	50
Full Leg with Bikini	110
Abdomen	10
Back	65

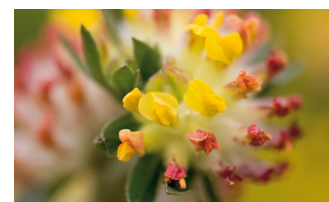
Prices subject to change based on time.

Rodan + Fields PERSONALIZED FACIAL

Based on product availability.

Choose From:

Unblemish	Treatment for acne conditions
Redefine	Defend against and reduce visible signs of aging
Reverse	Brighter and even skin tone
Soothe	Calming for dry and sensitive skin
	60 min. 100



Dr. Hauschka



■ BODY & SOUL "6 PACKS"

10% OFF. An incentive for you to make your well-being a priority. Great for families and businesses to share! Paid in advance.

INQUIRE AT FRONT DESK

■ LUXURY SPA PACKAGES

THE DELUXE Any two, one-hour \$100 services.
For one person on same day. 120 min. **190**

THE WORKS Massage, Facial and ½ hr. Happy Feet.
150 min. **245**

THE GREAT ESCAPE A massage, facial and
body polish. Come solo or bring a friend or two. 180 min. **290**

MOTHER AND DAUGHTER SPA DAY
A treatment FOR TWO that offers 2 facials, 2 massages,
2 half-hour body polishes. **490**

■ FOR YOUR HOME SPA

- Dr. Hauschka's Distinctive Skin Care & Cosmetics
- La Fleur® and Rodan + Fields Anti-Aging Products
- Warm Embrace Body Wraps & Neck Pillows
- Exceptional Body Care Products for Your Home Spa

SHOP LOCAL —
SUPPORT YOUR COMMUNITY

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*"My weekend in the Berkshires
doesn't start until I get a massage from
Body and Soul. It's my home away
from home where I turn off my cellphone
and relax. Best massages from the
nicest people."*

— A. R. Sheffield and Long Island



and back pain and sports related injuries – with related home care programs for stretching and strengthening. Our superb staff provides you with the ultimate in therapeutic massage and essential skin and body care. Professional, courteous, and warm – you'll always be welcome at this oasis in the Berkshires.

— Doone and Stephen Marshall

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www.BodyandSoulGreatBarrington.com

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