

■ 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.

Massage or Facials (6)	60 min. / 90 min.	486 / 702
Deep Tissue (6)	60 min. / 90 min.	513 / 756
The Marshall Method	60 min. / 90 min.	594 / 864
Seasons Facial Package (4)	60 min. / 90 min.	324 / 468

■ LUXURY SPA PACKAGES

THE DELUXE Any two, one-hour \$90 services. For one person on same day. 120 min. **170**

THE WORKS A massage, facial, manicure and express pedicure. 180 min. **230**

THE GREAT ESCAPE A massage, facial, body treatment, manicure and pedicure. Complimentary spa lunch. Come solo or bring a friend or two. 240 min. **315**

MOTHER AND DAUGHTER SPA DAY A treatment FOR TWO that offers 2 facials, 2 massages, 2 half-hour body polishes, and a spa lunch. **410**

TOTAL BLISS A heaven on earth experience in the gifted hands of one of our extraordinary therapists, for a Facial, Body Polish, Happy Feet and Makeup combo. This pre-natal, nuptial or personal ritual will change your day completely, with a bath oil or body essence take home gift valued at \$30. 150 min. **250**

THE "TIME-OUT" The Customized package for Moms (new and old), Dads and Caretakers (remember, you can't give from an empty well). Choose what it will take to restore you, with three or more full priced services from our Spa Menu, and take 10% off your package. **Price Varies**

WEDDING PACKAGES We specialize in making your pre-wedding event special. Please inquire about a package to suit your needs and budget. Exclusive use of spa for wedding parties, catered brunch or lunch. By arrangement.

GIRLS NIGHT OUT & SPA NIGHT PARTIES FOR MEN & WOMEN

Make yourselves "at home" with friends/family for your special event in our warm and personal gathering space for weddings, showers,

reunions, birthdays or just a relaxing, rejuvenating 'get together'. BYO food and wine, or we will plan your catered affair. Please inquire about a package to suit your needs and budget.



■ FOR YOUR HOME SPA

- Dr. Hauschka's Distinctive Skin Care & Cosmetics
- La Fleur® Anti-Aging Products
- Warm Embrace Body Wraps & Neck Pillows
- Asia Luna – local hand soaps & sprays
- Ahava Hand & Body

Gift Certificates Available

“We pride ourselves in the hiring of exceptional Therapists experienced in many modalities.”

SINCE 1987 our day spa in the heart of the Berkshires has been a place that offers a respite from the fast-paced demands of every day life. We specialize in the relief of neck, shoulder and back pain and sports related injuries – with related home care programs for stretching and strengthening.

We pride ourselves in the hiring of exceptional Therapists experienced in many modalities. 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



“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

SHOP LOCAL – SUPPORT YOUR COMMUNITY

www.BodyandSoulGreatBarrington.com

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Great Barrington, MA 01230

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“Don't stress. Call the best.”

413.528.6465



MASSAGE FACIALS



Massage
Facials
Body Treatments
Waxing
Nails
Dr. Hauschka Skin Care
Spa Packages

OPEN DAILY
EVENINGS BY APPOINTMENT

BODY & SOUL
Day Spa - Great Barrington
an oasis in the Berkshires

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. **90 / 130**

STRESS BUSTER Concentrates on those aching shoulders and neck. 60 min. / 90 min. **90 / 130**

PREGNANCY MASSAGE 60 min. / 90 min. **90 / 130**

DEEP TISSUE A more intense massage! Specialized techniques reach deep muscle layers of specific areas. 60 min. / 90 min. **95 / 140**

COUPLES MASSAGE Two one-hour individual massages by two therapists in the same room. **180**

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. **140**
Dr. Hauschka body oils add **10**

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; Psychosomatic Release Process; Polarity Therapy. 60 min. / 90 min. **110 / 160**

CHAIR MASSAGE **NEW**
Focuses on your back, shoulders and neck and arms. A great option when your schedule is too full, or while waiting on a friend in a service. Ideal for on-site parties, and stress reduction in the workplace!
20 min. **20**



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.* **90 / 130**

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

THE CLASSIC TREATMENT Offered by Doone Marshall, founder and co-owner of Body & Soul, with over 25 years as a Dr. Hauschka esthetician. Trained in U.S. and Germany. 120 min. **180**

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. / 90 min. **90 / 125**

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. 30 min. / 60 min. **45 / 90**

HAPPY FEET Like a facial for your feet! Soak in sage foot bath, rosemary foot balsam sloughs off dead calloused skin. Massage with St. John's Wort foot cream. 30 min. / 60 min. with reflexology **45 / 90**

QUIK FIX For "busy" people. Try an early morning "get started," a midday "keep going," or a late afternoon "let it all go" mini massage or facial. Weekdays only - 30 min. **45**

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 **165 / 1500**

CELLULITE TREATMENT **NEW**

The Repärer by La Fleur® – This revolutionary system directs precisely calculated doses of painless microcurrent to assist the body in repairing itself from the inside out. In this non-invasive treatment, skin texture, tone and elasticity are improved with a unique electro-stimulation body sculpting device. Ask about pre-cleanse protocol. **Price Varies**

WAXING

- Eyebrows **20**
 - Lip or Chin **10**
 - Full face—brow, lip and chin **35**
 - Upper Legs or Lower Legs **35**
 - Full Legs **65**
 - Underarms **20**
 - Full Arm **40**
 - Bikini **25**
 - Full Leg with Bikini **80**
 - Abdomen **10**
- These prices are based on time.*



NAIL CARE

- MANICURE**
- Natural or Polish **25**
- French manicure **30**
- PEDICURE**
- Spa Pedicure **45**
- MANI/PEDI COMBO** **65**



MAKE-UP

Expert application and instruction so you feel confident and look your personal best. 30 min. **40**
Add on to Facial **15**



Dr.Hauschka

