

## ■ 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.	<b>513 / 756</b>
Deep Tissue (6)	60 min. / 90 min.	<b>567 / 837</b>
The Marshall Method	60 min. / 90 min.	<b>648 / 945</b>
Seasons Facial Package (4)	60 min. / 90 min.	<b>342 / 504</b>

## ■ LUXURY SPA PACKAGES

**THE DELUXE** Any two, one-hour \$95 services. For one person on same day. 120 min. **180**

**THE WORKS** A massage, facial and Happy Feet. 150 min. **225**

**THE GREAT ESCAPE** A massage, facial and body polish. Complimentary spa lunch. Come solo or bring a friend or two. 210 min. **310**

**MOTHER AND DAUGHTER SPA DAY** A treatment FOR TWO that offers 2 facials, 2 massages, 2 half-hour body polishes, and a spa lunch. **450**

**TOTAL BLISS** A heaven on earth experience in the gifted hands of one of our extraordinary therapists, for a Facial, Body Polish, and Happy Feet combo. This pre-natal, nuptial or personal ritual will change your day completely. Includes take-home gift of body oil or bath essence valued at \$30. 120 min. **210**

**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
- Exceptional Skin and Body Care Products for Your Home Spa



“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](http://www.BodyandSoulGreatBarrington.com)

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“Don't stress. Call the best.”

**413.528.6465**



# MASSAGE FACIALS



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

OPEN DAILY  
EVENINGS BY APPOINTMENT  
**413.528.6465**

**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. **95 / 140**

**STRESS BUSTER** Concentrates on those aching shoulders and neck. 60 min. / 90 min. **100 / 145**

**PREGNANCY MASSAGE** 60 min. / 90 min. **95 / 140**

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

**COUPLES MASSAGE** Two one-hour individual massages by two therapists in the same room. **190**

**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. **150**  
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; Polarity Therapy. 60 min. / 90 min. **120 / 175**

**CHAIR MASSAGE** 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. **30**



## 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.\* **95 / 140**

\*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.

**THE CLASSIC TREATMENT** 120 min. **190**

## 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. **95 / 140**

**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. **50 / 95**

**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 **50 / 95**

**QUICK 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. **50**

**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**

## WAXING

Eyebrows	<b>20</b>
Lip or Chin	<b>10</b>
Full face—brow, lip and chin	<b>35</b>
Upper Legs or Lower Legs	<b>35</b>
Full Legs	<b>65</b>
Underarms	<b>20</b>
Full Arm	<b>40</b>
Full Leg with Bikini	<b>80</b>
Abdomen	<b>10</b>

*These prices are based on time.*

Back *Price based on time*



## Rodan + Fields PERSONALIZED FACIAL

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. **95**

## 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

