

~ Suchness Spa

Signature Services ~

Suchness Massage® ~

Guided by your body, the therapist uses a Swedish base massage accented with various modalities and Thai stretches to assist you in releasing tensions brought on by life's demands ~

60 minutes ~ \$100 or 90 minutes ~ \$140

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The Flow® Massage ~

Experience a fluid journey ~ experience unfolding ~  
massage is received while you lie on a custom designed air cushion formed to fit the body ~ Suchness Spa massage therapists have been trained in The Flow® by C.C. Flow of the Esalen Institute ~

60 minutes - \$100

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Lymphatic Massage ~

A very specialized healing arts technique ~  
A gentle manipulation of the tissues focusing on the health of the lymphatic system~

90 minutes ~ \$140

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Head, Shoulder & Neck Massage

30 minutes ~ \$60

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*Suchness Spa Suites are specially designed  
for couples massage as well as friends and small groups~*

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Suchness Mirror Massage® ~

A fabulous relaxation massage for the exceptionally stressed and short on time ~  
based on the traditional Thai massage, two therapists mirroring bodywork in tandem  
movement ~ addressing the body's specific healing needs~

60 minutes ~ \$180

Suchness Metta Massage® ~

Fully present for you ~ the therapist practices metta ~ loving compassion ~  
This session begins with a 5-minute guided metta meditation ~

65 minutes - \$105

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Energetic Shiatsu ~

A rhythmic Oriental energy technique stimulating acu-pressure points and meridians~

60 minutes ~ \$100

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Higher Octave Massage® ~

Ancient sounds of the singing bowls open the energetic field ~  
a focused touch serves to integrate mind~ body ~ Spirit ~

65 minutes ~ \$105

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Thai Steam & Lotus Shower ~ (as available at Suchness Cove)

~ an intense, purifying Thai herbal steam followed by a Lotus Shower ~  
stimulating the lymphatic and the meridians of the body  
accented by a manipulation of the spinal column. Followed by moisturizing massage~

60 minutes - \$100

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~ Spa Days ~ (available at Suchness Cove)

~ Imagine the feeling of bliss indulging in the most finely woven Spa Day customized to  
fit you ~ Enhance your life with massage ~ renew your body with a re-mineralizing

cocoon or cleanse your skin with a Sea Glow ~ clear your mind in the healing waters of the Lotus Shower~

Spa half-day - \$250

Spa full day ~ \$500 ~ includes lunch

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An Evening of Beauty ~

Our signature Suchness blend of Dead Sea Mineral Salts laced with essential oils, a candle and a dose of relaxing herbal tea ~ To Go ~ \$35

## Glow Rituals for Cleansing, Moisturizing and Oxygenating ~

Suchness Glow Body Exfoliations ~

An aromatic herbal preparation is vigorously applied to the body ~  
A warm rinse (Rain Shower) melts away the scrub and is followed with  
a nourishing application of hydrating cream massaged into the skin ~  
Experience soft, supple skin, tingling with renewed life

Sea Glow

~ 30 Minutes ~ \$70

Green Tea Glow (seasonal)

~ 30 Minutes ~ \$70

Thai Herbal Glow (seasonal)

~ 30 minutes ~ \$70

## ~ Suchness Cocoon (Body Wrap) Rituals ~

The Suchness Body Cocoon Ritual is a full body experience ~ Nature's riches  
Agents balancing the body's internal environment ~  
Designed to respect delicate internal rhythms~

An application of gently penetrating herbs with particular emphasis placed on the spinal column is followed with a Mylar reflective wrap ~ Lying on your back in a warm snug cocoon ~ as tension and toxins are released, stimulating the lymphatic system. A moderately invigorating shower rinses away toxins and your skin is now ready for an infusion of herbal essentials~ gently applied with just a slight touch ~ you are once again renewed with a sense of gracious confidence that accompanies feelings of optimum health~

## Ocean Essence Cocoon® ~

~the ultimate treatment for the body, emphasizing total relaxation ~

After a thorough exfoliation of the skin with a gentle peeling cream, your body is enveloped with a warm aromatic body gel and allowed to cocoon for 20 minutes while head, face, and neck are gently massaged ~ Followed by a warm Rain Shower and an application of cream that seals in moisture and nutrients.

1 hour 40 minutes ~ \$200

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## Re-mineralizing Cocoon ~

An aromatic masque~ combining the trace minerals from sea water and essential oils such as lavender, sandalwood, ylang ylang, basil and sage bring balance to the body ~ Followed by Rain Shower and re-hydration~

60 minutes ~ \$145

## Firming Toning Cocoon ~

After a relaxation period, light massage strokes burst the micro-capsules, liberating the marine spring water and facilitating the absorption of the body masque. No shower needed as this refreshing treatment leaves the skin moisturized and toned, and helps promote the formation of elastin and collagen for firmer, healthier skin.

60 minutes - \$155

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## Suchness Facials

Close your eyes in calm surrender and transform ~  
renewing a sense of beauty once lost ~

Hydration Continue Facial ~ This facial delivers much needed moisture to restore and re-hydrate even the driest skin types~

30 minutes ~ \$70

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Ogenange Facial ~ Excellent for mature or sun-exposed skin~  
A revitalizing, deep-penetrating toning using the stimulating power of marine spring water.~

30 minutes ~ \$70

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Mini-Facial ~ Includes all the essential elements of healthy skin care;  
cleansing, toning and re-moisturizing~

20 minutes ~ \$50

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Gentlemen's Facial ~ Using nutrient rich marine agents to meet the specific needs of a  
man's skin ~ Cleansing, followed by an oxygenating masque and re-moisturizing  
massage of head and neck~

30 minutes ~ \$70

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Facials for the Back ~ one of the most powerful regions of the body ~ lined with  
proprioceptors along the spine which release endorphins and stimulate a sense of  
well-being~

30 minutes ~ \$70

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### Hands & Feet Ritual of Release ~

Water cleanses and purifies~ Exotic Thai Oils anoint and massage~

60 minutes - \$100

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### **Add-on Spa Services**

Self-heating Sea Foam Treatments - applied to neck, spine, feet, hips~ \$25 per  
application

Facial Hydration Finish - \$20

Thai Herbal Poultices - \$30

Aromatherapy - \$25

## ~ Suchness Energy Rituals ~

Focusing on creating a deep sense of relaxation ~  
Allowing an emotional calming to envelop one in a rare  
experience of inner peace and illumination ~  
(Attire: loose clothing, i.e. tee-shirts & shorts.)

### ~ Crown Chakra Lightwork® ~

Honoring the presence of the light within all~  
Subtle touch rooted in spiritual traditions opens the energetic field,  
allowing the body to breathe the current of this life-creating change~

60 minutes ~ \$100

30 minutes ~ \$55

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### ~ Craniosacral ~

Gentle manipulation of the bones of neck, face and skull, using a light touch and focus  
on the ebb and flow of the cerebral spinal fluid~  
Optimal movement of fluid increases healing nourishment to the tissues ~  
resulting in a serene feeling of well-being ~

60 minutes ~ \$100

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### ~ Reflexology ~

Using thumb pressure, the reflexology therapist activates reflex points on the feet ~  
creating better circulation and balancing of the meridians ~  
a physical and mental state of deep relaxation~

60 minutes ~ \$100

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SUCHNESS SPA ~ A place of transformation

Healing Spa Rituals®

In the Heart of Eureka Springs, Arkansas 72632

479-253-2828

email@suchnessspa.com

[www.suchnessspa.com](http://www.suchnessspa.com)

8am to 7pm by appointment (closed on Tuesdays)

Spa Director: Catherina Zorok Bernstein

Suchness Spa Rituals® ~ Massage Therapy - Thai Oriental Massage ~ Flow Body work ~  
Lymphatic Massage ~ Light Sound Energy Work ~ Crown Chakra Light Work® ~ Subtle  
Energy ~ Reflexology

*Evolving Body Care ~ Cultivating Spirit®*

Suchness Spa is committed to providing the highest quality, non-toxic body & hair products, with no parabens, no T.E.A.'s, sulfate-free, karma-free, no artificial colors or fragrances. All products are infused with green tea, bee pollen extract, turmeric extract, chamomile, sea kelp, echinacea, knot root, rosemary, and thyme. All aiding one to achieve a vibrant, healthy state.