

# M A S S A G E

**Therapeutic Massage** 60min \$135 75 mins \$160 90min \$190

*Our therapists offer different specialties and techniques and may incorporate these modalities into a personalized massage experience to address you wants and concerns .*

**Mind,Body& Spirit Massage** with a full body CBD lotion and balm application . 60min \$150

*Soothe away stress, relieve your sore muscles ,calm your senses*

**Brush Away Massage** Exfoliation & Massage \$175

*Dry brushing is a detoxification and lymph stimulation leaving your body smoothed and refreshed . Learn this technique and take the brush home for daily use. Specially price this season! **Not available at this time***

**Check the Spa for special ,in Season ,Topicals** \$145 60 mins

About our therapists

All our therapists are contracted through the Spa for the Montauk Lake Club. We support local license d therapists and also utilize on line options when these therapists are not available.

We are often able to accommodate walk-in or day of requests but suggest booking appointments in advance .

For more Information or to book an appointment

***Call to leave a message (631)668-5705 ext 109***

***or text Maura @7729259058***

***Email spa@montauklakeclub.com***

*We look Forward to Treating You!*



## Autumn Facials

### NEW! Rezenere BEST.FACIAL.EVER

Rezenere NanoFacial uses cutting-edge Nanotechnology, the pressure points of Acupressure, principles of Yogic facial exercises, and the cool touch of Cold Therapy, delivering unparalleled 'Rez'ults! **75+ min \$145**

Probiotic Protect and Recover Facial - Probiotics in skin produce antimicrobial peptides that combat bad bacteria. A healthy skin flora boosts the skin's functionality in dealing with external wounding that can age or damage the skin. Good for all skin types! **75mins \$99**

Illuminating Facial with ultrasound, LED treatment and Vit C infusion. Wonderful facial for end of the Season—good for all skin types -this facial will nourish, brighten and smooth the complexion bringing the glow back to your skin. **90mins \$145**

Mind, Body and Spirit Facial - Cbd Organic Products Facial Along with the natural calming benefits of CBD, this treatment incorporates The detoxing and soothing techniques of Gua sha and jade stones. **60 min \$120 Deluxe w/ ultrasound, LED or microcurrent \$150**

Natural Selection all natural aromatic facial **60 min \$110**

Diamonds and Silk Microdermabrasion with a collagen silk masque A luxurious facial that will leave your skin silky smooth! **75mins \$135**

Firm and Fade Age defying & pigment fading treatment with special at home products to continue results. **60mins \$110 Deluxe w/ ultrasound, LED or microcurrent \$135**

Manly Man facial a Deep cleansing facial w Scalp treatment This facial is especially for a man with an IPA soap, neroli face massage and soothing bentonite Indian clay masque includes therapeutic scalp massage with CBD **60 min \$110**

*All facials are customized to your concerns, comfort, and needs.*

*All facials are personalized treatments with a consultation.*

## Autumn special

### Express Facial treatments \$55

Diamonds and Gold to go! A diamond tip microdermabrasion treatment followed with a gold soothing masque that calms, brightens and hydrates. A great gift!

Green Beauty CBD treatment - A choice of techniques Gua Sha or Jade Rolling used with CBD facial treatment oil- these techniques stimulate or calm but all increase blood flow, clear toxins, and promote healing. Detox or Illuminating Masque.

Ultrasonic Quick Clearing Ultrasonic waves exfoliate and flush impurities from the pores, then Microcurrent Energizes and Delivers elastin & collagen into the skin.

Cupping/Lymphatic Drainage Treatment The ancient practice of cupping uses suction cups sliding gently along on skin to promote circulation and lymphatic drainage. This treatment can help relieve sinus congestion and headaches, reduce puffiness by promoting draining of fluids, softens fine lines and wrinkles, while relaxing and stimulating muscles. Choice of neroli or carrot seed oil.

## Autumn Massage

Therapeutic Massage Our therapists offer different specialties and techniques and may incorporate these modalities into a personalized massage experience to address your wants and concerns.

**60 min massage \$135 75min massage \$160 90 minute massage \$190**

60 min CBD massage with full body application **\$150**

Check with Maura for any specials to add to your massage



*All massages are contracted with licensed massage therapists*