

M A S S A G E

Therapeutic Massage

60min \$150 75min \$180

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

Mind, Body & Spirit Massage

60min \$165 75min \$195

Therapeutic massage with targeted CDB balm applications soothe away stress, relieve muscle pain, calm your senses.

New! Dynamic Cupping

60m \$165 75min 195

Cupping therapy offers incredible results. Creating suction and negative pressure the therapy is used to ease tight muscles, tone attachments, loosen adhesions and lift connective tissue. Cupping accomplishes a wide range of benefits from lymphatic drainage to deep tissue release.

Please book in advance!

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

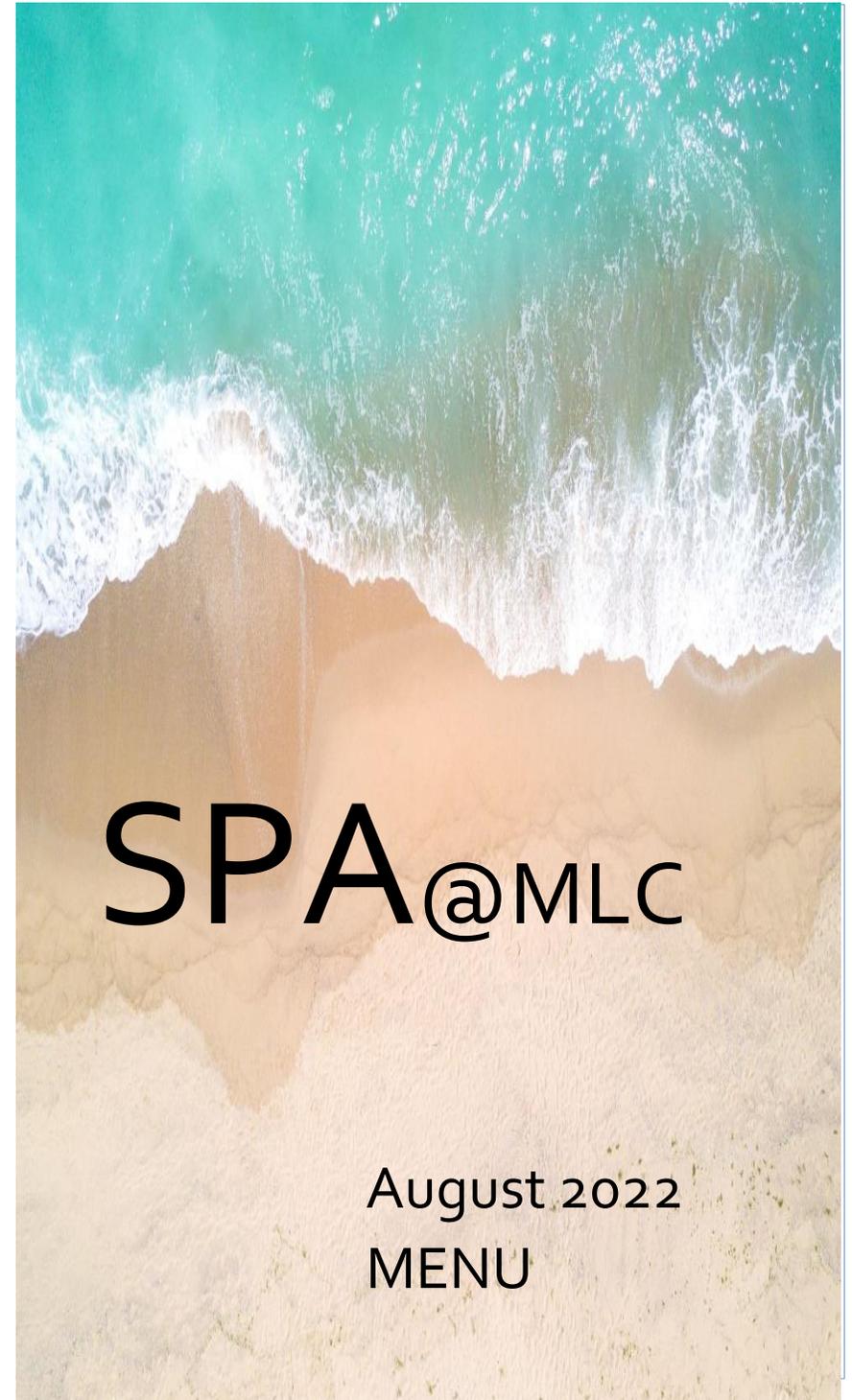
We are often able to accommodate walk-in or day of requests but suggest booking appointments in advance.

For more Information or to book an appointment

VM @ 6316685705 ext 109 or text Maura @7729259058

Email spa@montauklakeclub.com

We look Forward to Treating You!



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

Rezenerete uses **nanotechnology** to create temporary micro-channels on the skin's surface that allow products and nutrients to penetrate into the top layer of your skin. The facial is *non-invasive*. It is an excellent way to restore and rejuvenate your skin – smoothing fine lines and wrinkles, improving tone and texture, and tightening and toning your complexion. **75+ min \$150**

Probiotic Protect and Recover Facial – Probiotics in skincare produce antimicrobial peptides that combat harmful bacteria. A healthy skin flora boosts the skin's functionality in dealing with external wounding that can age or damage the skin. Suitable for all skin types! **75mins \$135**

Illuminating Facial with ultrasound, LED treatment, and Vit C infusion.

This facial restores and calms summer skin—suitable for all skin types -this facial will nourish, brighten, and smooth the complexion. **90mins \$165**

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

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 shay, cool jade rollers, and encourages a meditative state. **75min \$135**

Sea Salt Facial – For Men

For a man's Scentabilities; a deep cleansing and balancing facial with sea minerals and essences of Bergamot and Rosemary. A Charcoal masque and conditioning for the skin and beard. **75 min \$135**

Champagne Celebration - **75min \$135**

Deep cleansing, deeply relaxing with an effervescent oxygenating masque that clears and refreshes.

Champagne on Ice **90min \$165**

Adding more bliss with extended massage and a cooling zen jade masque

Late Summer – Autumn Special

Instant Lift **90m \$165**

Circadias™ famous firming and tightening mask combines some of the latest technology in anti-ageing peptide, antioxidant and dermal regeneration science, resulting in micro circulation, detoxification and instant firming, lifting and tightening. It is a multi functional treatment designed to rejuvenate the skin

Natural Selection Facials – all natural aromatic **60mins \$125**

Select to incorporate any the following treatments

Diamonds and Gold! A diamond tip microdermabrasion treat-

ment followed with a soothing gold masque that calms, brightens, and hydrates.

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

Ultrasonic 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 prac-

tice 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, soften fine lines, and wrinkles while relaxing and stimulating muscles.

Brow & Lash Services : Ask about - Lash lifts and brow lamination

Brow Styling – consultation with an expert brow shaping.

Service can include waxing, tweezing and tinting **\$28 - \$45**

Brow wax (clean up) **\$18**

