

SPA@MLC August/Sept MENU 2023

Therapeutic Massage Our therapists offer varied specialties and techniques and incorporate these modalities into a personalized massage experience to address your wants and concerns.
60min \$150 75mins \$180

Dynamic Cupping 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
60mins \$165 75mins \$195

Mind, Body & Spirit Massage LEEF full body or balm application
Therapeutic massage with targeted CDB balm applications on areas of pain or full body for complete relaxation and stress taming
Full body includes massage oil, balm and inhalation infused w/ CBD
60mins \$180 75mins \$210 Balm Application 60mins \$165 75mins \$195

All our therapists are highly Qualified Licensed Professionals contracted thru Spa@MLC for the Montauk Lake Club. We are often able to accommodate same day appointments but booking in advance is recommended.

Prices and services are subject to change

VM @ 6316685705 ext 109 or text Maura @7729259058

Email spa@montauklakeclub.com

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

NEW! Just Breathe w/Oxygen RX treatment \$165

Experience mindful breathing while your skin is gently cleansed, brightened with enzymes and your pores cleared with ultrasonic waves enjoy all the massage in this facial which helps oxygenate your skin. Relax in a replenishing masque and just breathe.... Oxygen RX treatment will improve acne, rosacea, and revitalize any skin type.

Oxygen RX treatment \$150 cleanse and treat acne, rosacea or revitalize skin any skin type.

De Aging Instant Lift facial 90m \$165 75m \$150

Circadia™ famous firming, tightening compression mask- compression results in micro circulation, detoxification, and instant firming, lifting and tightening

Rezenerate facial restores and rejuvenates your skin- smooth fine lines, improve texture, tone and tighten using a non invasive nano technology \$150

Mind, Body, and Spirit Facial -Organic Detox Facial Along with the natural calming benefits of CBD, this treatment incorporates detoxing and smoothing techniques of Gua shay, and encourages a meditative state. **75min \$150**

Diamonds & Silk luxurious diamond tip microdermabrasion Diamonds & Gold
75mins \$150 with a silk collagen or gold masque **60mins \$135**

Sea Salt Facial - For Men For a man's Scentsibilities Deep cleansing, Scalp massage and conditioning for the skin and beard. 75 min \$150

Natural Selection Facial \$135 Our basic facial with ultrasonic cleansing, exfoliation, and masque. This facial is crafted to address your skincare needs in 60min

Lash and Brow styling services available

AUGUST SPECIALS

Summer Refresh Facial Seeing the Sun and Fun on your skin? start with a cooling cleansing massage, Lime caviar brightening peel, then a Refreshing Repairing Masque \$150

Summer cool down Menthol and LEEF CBD balm application – add to any massage as a final application to cool down and/or bring continued relief to sore or tired muscles. \$15