

SPA@MLC

End of Season 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 CBD 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

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 and a solid state topical oxygen that gently stimulates skin cells. 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.

The Art of ZEN regenerate facial will restore and rejuvenate your skin- smooth fine lines, improve texture, plump, tone and tighten using a non invasive nano technology- a truly corrective treatment without any downtime **\$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

Natural Selection Facial Our basic facial with ultrasonic cleansing, exfoliation, and masque. **60min \$135**

Lash and Brow styling services available

End of Season Specials

Honey Pumpkin Spice Facial our Natural Selection facial for the fall season featuring a honey, pumpkin and turmeric masque 60min \$135

Fall into Relaxation Add an Autumn inspired aromatherapy with blended essential oils to your massage. \$15