

SPA@MLC

Mid June MENU 2024

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

60mins \$165 75mins \$195

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 \$180 75mins \$210

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 \$195 75mins \$225 Balm Application 60mins \$180 75mins \$ 210

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

Microbiome Ready, Reset Facial - with LIVE PROBIOTICS Refresh and revitalize stressed and depleted skin with a boost of topical Live probiotics to strengthen and protect your skin from outside aggressors that age and harm skins immune responses. Reset and get Ready for Summer! **\$150**

The Art of ZEN regenerate facial Restore and Rejuvenate your skin- smooth fine lines, improve texture, plump, tone and tighten using a non-invasive nano technology that opens channels to drench your skin in hydrating and corrective serums- finished with a silk and collagen masque and cooling globe massage- a truly corrective treatment without any downtime **\$165**

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.

Diamonds & Silk diamond tip microdermabrasion with a pure silk collagen masque

Amino acids, with marine collagen and prickly pear encourage a glowing complexion **\$150**

Diamonds & Gold diamond tip microdermabrasion with 24 K gold masque **\$150**

Re energize ,tighten and definitely glow with Gold, Peridot and caffeine.

Natural Selection Facial You select facial with ultrasonic cleansing, exfoliation, and masque add the enhancements from any facial – priced accordingly

Just for Men Crafted for a man's skin and scents-abilities with charcoal mask and beard or scalp treatment. **\$150**

Coming Soon! In July

MicroCurrent Facial clinically proven benefits with both immediate and cumulative results helping to lift ,tone and tighten the skin. Similar to the intensity of natural electrical impulses produced by the body cells, Microcurrent increases energy and protein synthesis needed for repairing tissue, improving circulation and enhancing skin texture.