

M A S S A G E

Therapeutic Massage 60min \$135 90min \$190

Our therapists offer different specialties and techniques and incorporate these modalities into a personalized massage experience to address your wants and concerns. 75min \$160

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. **NOT AVAILABLE AT THIS TIME**

AUG Special!

Mint Chill Massage Aromatic massage \$150

re-energise overworked muscles, cool the skin and refresh your senses by adding a natural Massage cream with Aloe, Menthol, Anica and Horse Chestnut to your treatment

About our therapists

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

call 6316685705 ext 109 or text Maura @7729259058

Email spa@montauklakeclub.com

We look Forward to Treating You!



Facials ~ available when NYS allows

NEW! Rezenerete BEST.FACIAL.EVER

Rezenerate 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 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 \$110 special!**

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 \$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 shay, cool jade rollers, and encourages a meditative state. **60min \$110**

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

Diamonds and Silk Microdermabrasion with a collagen silk masque

A luxurious facial that will leave your skin silky smooth! **75mins \$135**

Manly Man facial a Deep cleansing facial w Scalp treatment

For a man's Scentabilities; a deep cleansing and balancing facial with neroli oil face massage and soothing bentonite Indian clay masque **60 min \$95**

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

All facials are personalized treatments with a consultation.

Masked Offerings! Available NOW

Brow & Lash Services :

Brow Styling – consultation with an expert brow shaping.

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

Lash Lift - a semi-permanent treatment that darkens, lifts and curls

your natural lashes with a keratin treatment **\$85 with tint \$95**

Brow lamination - create symmetry in uneven brows or tame unruly hairs

using a keratin process that lasts for weeks **\$85 with henna \$110**

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

Express Facial treatments \$55

Diamonds and Gold to go! A diamond tip microdermabrasion treatment followed with a soothing gold 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, soften fine lines, and wrinkles while relaxing and stimulating muscles. Choice of neroli or carrot seed oil.