

# M A S S A G E

## **Therapeutic Massage** 60 min \$145 90min \$205

Our therapists offer different specialties and techniques and incorporate these modalities into a personalized massage experience to address your wants and concerns . 75min \$175

## **Mind,Body& Spirit Massage** with a full body CBD lotion and balm application . 60min \$175

Soothe away stress, relieve your sore muscles ,calm your senses

## **Brush Away Massage** Exfoliation & Massage \$235

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. Must be booked in advance

### **Special! Citrus Spice Massage**

Aromatic massage \$165

Re-energise overworked muscles, cool the skin ,refresh and clear your senses by adding an organic Massage cream with Cardamom, Aloe, ashwagandha, bergamot, citrus oils,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-ins but highly 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](mailto:spa@montauklakeclub.com)

*We look Forward to Treating You!*



## Specialty Facials

### Rezenere BEST.FACIAL.EVER 75+ min \$150

Rezenere 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!

### Probiotic Protect and Recover Facial 75mins \$125

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!

### Illuminating Facial 90mins \$150

Ultrasonic pore-clearing exfoliation, 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.

### Diamonds and Silk 75mins \$125

A Diamond tip microdermabrasion with a collagen silk masque  
A luxurious facial that will leave your skin sparkling and silky smooth!

### 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 \$125**

### Manly Man facial Deep cleansing facial w Scalp or Beard treatment

For a man's Scentabilities! A deep cleansing and balancing facial with neroli oil face massage and soothing bentonite Indian clay masque Includes a scalp or beard treatment massage with Cbd organic hair treatment oil. **60 min \$125**

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

**All facials are personalized treatments with a consultation.**

### Natural Selection Facial customized facial **60mins \$110**

An aromatic European style facial ,naturally sensual and deeply relaxing with a pore clearing cleansing, massage, gentle exfoliation, and masque. **w/ultrasonics or LED 75min \$125**

**extended massage 90mins \$150**

### Express Facial treatments \$75

Diamonds and Gold to go! A diamond tip microdermabrasion treatment followed with a soothing gold masque that calms, brightens, and hydrates. Makes a great gift!

### 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. Add this to your Mind, Body, and Spirit Massage!

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.

## Brow & Lash Services :

Brow Styling – consultation with an expert brow shaping.

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

Brow wax (clean up) \$18

Ask about - Lash lifts and brow lamination