

SPA@MLC

Pre Season MENU 2026

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 \$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

Age defying Luxe Instant Lift facial 90m w/ microcurrent \$200 75m \$165

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

60m Ready,Reset,Go Facial - \$150 with Ultrasonic Decongest Treatment

This facial is full of relaxation and choice techniques! including gentle exfoliation, soothing massage and targeted masque.

(extractions can be added with extra time \$165)

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-

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.

Energizing MicroCurrent Facial clinically proven benefits with both immediate and cumulative results helping to lift ,tone and tighten the skin and reeducation the muscles..

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 . \$165 w/ Decongest treatment \$195 Added to a facial plus \$45

Just for Men Crafted for a man's skin and scents-abilities with charcoal mask and

beard or scalp treatment. \$165 AVAILABLE in June FOR FATHERS DAY

Book your Appointments now ! Prices in effect through mid-June

Some specialty massages may not be available with every therapist