

# M A S S A G E

## Therapeutic Massage

60min \$150 75min \$180

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

## NEW! Mind, Body & Spirit Massage w/LEEF

*Therapeutic massage with targeted CDB balm applications on areas of pain or full body for complete relaxation and stress taming.*

*Soothe away stress, relieve muscle pain, calm your senses.*

Full Body Application 60min \$180 75min \$210

Targeted Balm Application 60min \$165 75min \$195

## New! Dynamic Cupping

60m \$165 75min 195

*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.*

*Please book in advance!*

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

**VM @ 6316685705 ext 109 or text Maura @7729259058**

**Email [spa@montauklakeclub.com](mailto:spa@montauklakeclub.com)**

*We look Forward to Treating You!*



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

Rezenere uses **nanotechnology** to create temporary micro-

channels on the skin's surface that allow products and nutrients to penetrate into the top layer of your skin. The facial is *non-invasive*. It is an excellent way to restore and rejuvenate your skin – smoothing fine lines and wrinkles, improving tone and texture, and tightening and toning your complexion. **75+ min \$150**

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 \$165**

Diamonds and Silk Microdermabrasion with a collagen silk masque

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

Mind, Body, and Spirit Facial - LEEF & Cbd Organic Products

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. **75min \$135 gomins \$165**

Champagne Celebration - **75min \$135**

Deep cleansing, deeply relaxing with an effervescent oxygenating masque that clears and refreshes.

Champagne on Ice **90min \$165**

Adding more bliss with extended massage and a cooling zen jade masque

### October Special

**For Age-Defying**- a Halloween themed "Zombie Facial" will reanimate and enliven skin cells from your face to décolletage!

Instant Lift **ZOMBIE** facial **90m.\$165**

Circadias™ famous firming, tightening compression mask combines some of the latest technology in anti-ageing peptide, antioxidant and dermal regeneration science, and using compression results in micro circulation, detoxification and instant firming, lifting and tightening. It is a multi functional treatment designed to rejuvenate the skin.

### Sea Salt Facial – For Men

For a man's **Scentsibilities**; a deep cleansing and balancing facial with sea minerals and essences of Bergamot and Rosemary. A Charcoal masque and conditioning for the skin and beard. **75 min \$135**

### Natural Selection Facials – 60mins \$125

Select to incorporate any the following treatments

Diamonds and Gold! A diamond tip gentle microdermabrasion treatment is followed with a soothing gold masque that will calm, brighten, and hydrate dry, dull skin.

Leaf beauty CBD treatment - Gua Shay and Jade Rolling

is used with whole flower CBD facial treatment oil to stimulate and calm, increase blood flow, clear toxins, and promote healing.

Ultrasonic Clearing Ultrasonic waves start by exfoliating, then flush impurities from the pores, clearing congestion. To finish Microcurrent Energizes and Delivers hydrating serums into the skin.

Facial Cupping Treatment The ancient practice of cupping uses suction cups sliding gently on skin to promote circulation and lymphatic drainage. This treatment can help relieve congestion and headaches, reduce puffiness by promoting draining of fluids, soften fine lines and wrinkles while relaxing and stimulating muscles.

### Brow & Lash Services:

Lash lift and brow lamination - *times for service can vary*

Lash lift \$115 with tint \$125

Brow lamination \$95 with tint and wax \$125

Brow Styling – consultation with an expert brow shaping.

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

Brow wax and/or tweeze (clean up) \$18 w/ facial \$15 Brow/lip \$28

