

SPA@MLC

End of Season 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.
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 CBD 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

De Aging 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

Famous as the "zombie" masque

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.! \$150 with Ultrasonic Decongest Treatment \$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.

Back to Life 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 .Special \$165 Added to a facial plus \$35

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

Celebrate Halloween! "Monster Mash Facial" Frankenstein vs. Zombie in a play on techniques which combine for a Reanimating experience. Bring your skin to back to life with cell reenergizing from microcurrent followed by instant lifting masque (the "zombie masque" which uses compression to sculpt and nourish the skin.

What more could a ghoul want?