

# The Spa at Equinox

## Master Service List

The Spa at Equinox is the pinnacle high-performance recovery experience. If you're going to train like an athlete, you'll need to recover like one too.

Customize your bodywork and skincare services just like your training, with performance modalities and enhancements. Our services are individually tailored to fit your needs, schedule, and program. Our highly trained and licensed Spa staff blend cutting edge regeneration technologies with manual therapies to maximize your potential.

### MANUAL THERAPY

Direct, hands-on relief applied by Licensed Massage Therapists that blends modalities such as stretching, trigger point therapy, myofascial relief, and more.

#### **Bodywork**

Customized manual therapy delineated by time. Licensed Massage Therapists apply massage techniques catered directly to the client's needs and requests.

Performance Locations:

25min/50min/80min/110min --- \$76/\$125/\$180/\$235

Sports Clubs:

25min/50min/80min/110min ---

#### **Master Therapist Bodywork**

Applied by an Equinox Master Therapist, this service combines movement and postural assessment with advanced manual therapy techniques to improve performance.

50min/80min/110min --- \$150/\$205/\$260

#### **Prenatal Massage**

Full body massage targets areas of tension during and after pregnancy. Relieves lower back pain, sciatica, and water retention associated with pregnancy. Supporting pillows allow you to lie down safely and comfortably and this massage service may be scheduled any time after the first trimester.

Performance Locations

50min/80min --- \$135/\$185

Sports Clubs:

50min/80min ---

**Thai Massage**  
**Couples Massage**

## BODYWORK ENHANCEMENTS

Add-ons and upgrades to enhance your Bodywork session

**HyperVolt Enhancement**

The use of a percussion and vibration device improves mobility and relaxes sore or stiff muscles.

0min / \$30

**Stone Enhancement (Hot or Cold)**

The addition of hot or cold stones uses the body's natural reaction to temperature to decrease discomfort, increase circulation, and provide relief and relaxation of muscles.

0min / \$30

**CBD Hemp Balm Enhancement**

Known to help with pain management, localized inflammation and stress, full spectrum CBD hemp balm is applied to areas of tension or discomfort.

0min / \$30

**Reflexology Enhancement**

This ancient Eastern technique uses pressure-point massage on the hands and feet to restore the flow of energy throughout the body.

0min / \$25

## SKINCARE SERVICES

Customized, performance-forward skin therapies applied by a Licensed Esthetician that blend clinical formulas and holistic techniques.

**HydraFacial**

Express treatment that uses hydradermabrasion to deeply cleanse, exfoliate, and hydrate skin while infusing super-serums rich in antioxidants, peptides and hyaluronic acid.

Performance Locations:

25min / \$175

Sports Clubs:  
25min ---

### **HydraFacial Deluxe**

A non-invasive, multistep hydra dermabrasion treatment to deeply cleanse, exfoliate, and hydrate skin while infusing super-serums rich in antioxidants, peptides and hyaluronic acid. This treatment includes prolonged extractions and LED light therapy and is best enhanced with an advanced booster.

Performance Locations:  
50min/80min --- \$195/\$245

Sports Clubs:  
50min/80min ---

### **Regenerative Facial**

A customized skincare treatment focusing on restoring skin health and anti-aging techniques. Using a range of carefully selected products specific to your skin type, this facial includes extractions, facial massage, and the application of a treatment mask and. Hot or cold skin therapies may be applied.

Performance Locations:  
50min/70min --- \$125/\$145

Sports Clubs:  
50min/70min ---

### **Cleansing Facial**

A customized skincare treatment that focuses on deep cleansing and exfoliation of the skin. Using a range of carefully selected products specific to your skin type, this facial includes a deep cleanse and extractions, facial massage, and the application of a treatment mask and. Hot or cold skin therapies may be applied.

Performance Locations:  
50min/70min --- \$125/\$145

Sports Clubs:  
50min/70min ---

### **Microdermabrasion**

This safe, highly effective skin resurfacing treatment uses a fine stream of micro-crystals to quickly and painlessly exfoliate and polish the skin. It lightens hyperpigmentation and age spots, reduces fine lines and wrinkles, minimizes most stretch marks, and reduces the effects of sun damage and acne scarring, leaving skin smoother and more youthful with no downtime.

25min/50min --- \$80/\$150  
70min(includes neck) --- \$175

Microdermabrasion - Body  
Back 45min \$175  
Bikini 45min \$125  
Chest 45min \$150

## SKINCARE ENHANCEMENTS

Add-ons and enhancements to your customized skincare treatments or HydraFacial.

### **AHA/BHA Peel**

Moderate alpha- or beta-hydroxy acids are applied for the treatment of fine lines, wrinkles, uneven pigmentation or acne.

0min / \$35

### **CBD Skincare Enhancement**

Use of full spectrum CBD skincare products enhances facial results by providing brightening, healing, and anti-inflammatory benefits to skin.

0min / \$30

### **HydraFacial Britenol Booster**

Formulated to target dark spots and sun damage, this booster improves skin complexion and leaves skin glowing. Alpha-arbutin lightens the appearance of dark spots and l-ascorbic acid protects and brightens skin.

0min / \$80

### **HydraFacial Dermabuilder Booster**

Skin conditioning peptides hydrate, firm and soothe the skin while effectively treating fine lines, skin tone and texture.

0min / \$50

### **HydraFacial Regen GF Booster**

Designed to boost collagen and elastin production, diminish the appearance of fine lines, while capturing and removing toxins and irritants in the skin.

0min / \$90

## WAXING

Back

Back of Neck  
Bikini  
Brazilian  
Chest  
Eyebrow Shaping  
French Bikini  
Full Arm  
Full Leg  
Half Arm  
Half Leg  
Lip, Chin, Cheek or Ear  
Male Brazilian  
Shoulder  
Stomach  
Underarm

## BODY TREATMENTS

### **Body Scrub**

A gentle exfoliating sugar or salt scrub eliminates dead skin cells, followed by the application of a rich body cream to soothe, leaving the skin soft, polished and smooth.

25min/50min --- \$78/\$155

### **Body Wrap**

This deeply relaxing and rejuvenating treatment includes dry-brushing, followed by an application of essential oils and European mud, helping to stimulate the lymphatic system releasing toxins and creating vibrant, healthy skin.

50min/80min --- \$155/\$210

### **Body Melt**

This treatment involves the use of a handheld device which transmits two gentle forms of low-level electrical stimuli through conductive clay. The treatments have been proven in independent clinical studies to provide immediate inch-loss, break down fatty deposits, cleanse skin at the cellular level, tone and firm underlying muscles, and boost circulation and lymphatic drainage.

50min/70min --- \$195/\$210