

THE SPA

EQUINOX HOTEL | HUDSON YARDS

The Spa by Equinox Hotels redefines the art and science of regeneration.

Our immersive 27,000 sq. ft space, includes tailored treatments, indoor saltwater lap pool, hot and cold plunges, and E.scape pods, to maximize your most valuable commodity: time.

Select from our integrated circuit treatments – inter-modal, multi-treatment experiences, cryotherapy, infrared sauna, quantum harmonics sessions, massages, body work and skin therapies – or create your own circuit from our innovative treatments and add on amplifiers, developed by a team of internationally recognized medical authorities and therapists renowned for their mastery of healing.

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INTEGRATED CIRCUITS

Inter-modal pathways to reboot, rewire, refine.

INTEGRATED CIRCUITS

ARRIVE + REVIVE

*Full-Body Cryotherapy |
E. Massage | Quantum
Harmonics Brain + Body*

90 MIN \$360

Reground + revive your mental and physical performance with endorphin and immunity-boosting cryotherapy, personalized bodywork, and Quantum Harmonics therapy for a high-powered cognitive revitalization. Excellent for jet-lag and pre-flight prep.

LOSE IT

*Infrared Sauna |
Cellulite Cryo-Massage |
Powerlift Mask*

120 MIN \$415

Start off with a swim in our saltwater lap pool and hot and cold plunges. Calorie burn in our private infrared sauna chamber. Targeted cryo-massage stimulates micro-circulation and the lymphatic system to reduce the appearance of cellulite and contour your silhouette. Wrap up with a high-potency sheet mask to lift, firm and brighten.

BEST FACE FORWARD

*FaceXercise™ Ultimate Facial |
microJET Streaming and Infusion
Technology For Chin, Neck,
Décolleté | LED*

90 MIN \$660

Celebrity facial, instantly lifting and firming facial contours + our microJET streaming and infusion technology to exfoliate, oxygenate, and infuse skin with bio-active nutrients and serums, penetrating deep into the dermal layers to nourish and tone + our LED light therapy, calibrated and targeted to promote cellular healing and boost collagen production. All designed to promote intense rejuvenation and restore vital radiance.

OVERDIDIT

*Infrared Sauna | E. Massage |
Full-Body Cryotherapy | Quantum
Harmonics Brain + Body Boost*

120 MIN \$405

Detox from excess, over-indulgence, intense training, or general burnout, and reset with a dynamic, blend of deep heat and cold therapy, therapeutic massage, and Quantum Harmonics therapy to achieve renewed energy, clarity and focus.

MASSAGE & BODYWORK

Drawing from deep tissue, craniosacral, Thai, shiatsu, reflexology, reiki, and breathwork, to promote proper body alignment and energy balance and to revitalize the mind/body nexus to achieve peak performance.

MASSAGES & BODYWORK

THE E.MASSAGE <i>Tailored Targeted Signature Treatment</i>	60 MIN	\$245	Highly personalized bodywork session tailored to enhance and elevate your body.
	90 MIN	\$335	
FACEXERCISE™ BODY SCULPT + TONE <i>Firm Tone Relieve</i>	60 MIN	\$285	Developed by Thuyen Nguyen, celebrity facialist and therapist. Relieve muscle tension while tightening and toning the skin of your back, arms and thighs and body contour. Integrates French palpé roulé, ancient manual massage techniques, natural physiotherapy, and modern fitness science, into an all-in-one body and skin fitness massage, a must for athletic, active life.
	90 MIN	\$390 \$520*	
CBD RECOVER.E. <i>Pain Relief Recovery</i>	60 MIN	\$245	Enhance athletic performance and rapid recovery of musculature with a blend of mobility and alignment techniques, deep tissue massage, and CBD healing balm, targeted to relieve or prevent injury, improve flexibility, and boost mind and body performance.
	90 MIN	\$335	
THE SKINNY <i>Smooth Even Tighten</i>	30 MIN	\$225	Reduce the appearance of cellulite, stimulate micro circulation and the lymphatic system, and soothe tired legs and achy muscles while contouring the silhouette, with this cryo-massage. This quick fix treatment can also be added to other therapies.
E.NERGIZE <i>Restore Energize</i>	60 MIN	\$245	Crystal-infused essential oils are combined with intuitive bodywork and healing gemstones to balance and restore optimal energy flow.
	90 MIN	\$335	

ADD-ON AMPLIFIERS

CRYO SPOT	15 MIN	\$65	Intense cold therapy for muscle recovery, inflammation reduction, and cellular detox.
LED	15 MIN 30 MIN	\$65 \$90	Calibrated, targeted light therapy to promote cellular healing and pain reduction.
IONIC BALANCING	15 MIN	\$25	Gemstone healing mattress helps manage chronic pain, reduce fatigue, detoxify the body and relax sore muscles.
BODY BUFF + DRENCH	30 MIN	\$105	Invigorating exfoliation and intense hydration for soft and smooth skin.
INFRARED SAUNA WRAP	45 MIN	\$55	Detox, calorie burn, inflammation reduction, pain relief, collagen boost for anti-aging and healthy glow.
QUANTUM HARMONICS BRAIN + BODY BOOST	30 MIN 60 MIN	\$60 \$90	Experience immersive sound and harmonic resonance therapy on our exclusive Wave Table to achieve deep restfulness + renewed energy, clarity + focus, aiming to achieve the equivalent of 3 hours of sleep in 30 minutes.

MICROJET STREAMING +
INFUSION TECHNOLOGY

Powerful 3-phase treatment of lymphatic drainage, exfoliation, and serums targeted to penetrate deep into the dermal layers to restore vital radiance via this cutting-edge technology.

<i>Chin Neck Décolleté</i>	40 MIN	\$300
<i>Chest</i>	40 MIN	\$300
<i>Scalp</i>	40 MIN	\$300
<i>Hands</i>	20 MIN	\$150

IN TREATMENT ADD-ON AMPLIFIERS

SCALP + HAIR TREATMENT	<i>in treatment</i>	\$65	Stimulating massage combined with deep conditioning mask.
VIBRATION TECH	<i>in treatment</i>	\$75	Intense high-speed vibration and percussion therapy to increase circulation and mobility.

SKIN THERAPIES

Advanced natural and non-invasive techniques,
technologies, products, and solutions to deliver
optimal skin health, function, and appearance.

SIGNATURE FACIALS

The following facials were created and developed by Thuyen Nguyen, celebrity facialist and therapist, and internationally respected dermatologist and molecular biologist, Dr. Macrene Alexiades, exclusively available at The Spa by Equinox Hotels.

FACEEXERCISE™ ULTIMATE FACIAL WORKOUT <i>Instant Lift Lymph Drainage</i>	60 MIN	\$295 \$395*	A rejuvenating and relaxing facial "workout" that targets the effects of aging, it instantly lifts and sculpts the facial contours while boosting elasticity, firmness, and muscle tone. This treatment integrates ancient manual massage techniques, natural physiotherapy, and modern fitness science. Like any workout program, frequent sessions will deliver lasting benefits.
	90 MIN	\$405 \$540*	
FACEEXERCISE™ NECK + DÉCOLLETÉ <i>Instant Firming Lymph Drainage</i>	30 MIN	\$295 \$395*	This treatment targets the neck and décolleté, where the first signs of aging are visible. It immediately tones, lifts, and firms the muscles of the neck and décolleté, promotes lymph drainage, and boosts the skin's elasticity and immunity, through specialized manual dermal sculpting and natural stimulation techniques.
	90 MIN	\$405 \$540*	
37 EXTREME ACTIVES HIGH PERFORMANCE <i>Restore Renew Clear Condition</i>	60 MIN	\$325	Exceeds the performance of the highly-regarded 37 Actives formula, it delivers 50 actives that address all aspects of your skin's condition, health, and appearance, achieves extraordinary and immediate results in concert with non-invasive laser treatment, both developed and patented by Dr. Macrene Alexiades.

*Opt to have treatment by creator.

*Opt to have treatment by creator.

FACIALS

Treatments, informed by natural physiotherapy and the latest medical science, deliver peptides, hyaluronic and amino acids, plant-derived stem cells, and nutrients along with immediate results.

COUTURE

Tailored | Prescriptive

60 MIN

\$255

Our tailored, prescriptive luxury treatment, with specific technology and manual techniques to target and address your face's specific needs for exfoliation, hydration, and nourishment.

CRYO

De-Puff | Glow

5 MIN

\$75

Intense cold therapy to reduce puffiness, tighten, and radiate. A favorite of frequent fliers and workaholics.

LUNAR28

*Resurface | Refine
Even | Brighten*

60 MIN

\$1800

A revolutionary treatment that encapsulates both clinical and holistic properties to completely resurface the skin. Engineered to reflect the results from cosmetic surgeon Dr. Yannis Alexandrides' London clinic, instant results with no down time. Receive a 28 day self application treatment set after your session.

SKINFUSION

Anti-aging

60 MIN

\$325

Anti-pigmentation

60 MIN

\$335

Chin | Neck | Décolleté

40 MIN

\$300

Powerful 3-phase treatment of lymphatic drainage, exfoliation and targeted serums using cutting edge microJET streaming and infusion technology to penetrate deep into the dermal layers to restore vital radiance.

BODY

An informed alchemy of healing remedies and therapeutic bodywork to deliver powerful results from head-to-toe.

CBD HERBAN RENEWAL

Double Exfoliation | Body Drench | Hemp Seed Massage

90 MIN \$350

Invigorating exfoliation and intense hydration with calming balm and massage + professional strength Meso Infusion Mask for soft and smooth skin.

QUENCH

Dry brush | Hair & Scalp Treatment | Mineral Massage | Targeted Serum

90 MIN \$350

Intensive overhaul designed to purify skin and body, stimulate circulation and replenish vital nutrients for renewed vitality.

ADD-ON AMPLIFIERS

LED

15 MIN \$65
30 MIN \$90

Targeted light therapy to promote cellular healing and collagen production.

CRYO FACE

15 MIN \$75

Intense cold therapy to reduce puffiness, tighten, and radiate.

HAND + FOOT SUPREME

30 MIN \$105

Nourishing oils and CBD serum to nourish, protect, and heal.

POWER LIFT MASK

in treatment \$45

High-potency sheet mask to lift, firm, and brighten.

SCALP + HAIR TREATMENT

in treatment \$65

Stimulating massage combined with deep conditioning mask.

TECHNO- THERAPIES

Advanced technologies that each deliver
multiple therapeutic benefits.

CRYOTHERAPY

Calorie Burn | Immunity Boost | Cellular Renewal | Endorphin Release

Jumpstarts overall health, fitness, weight loss, and beauty. Stimulates quick recovery.

FULL-BODY	3 MIN	\$55	Athletic Recovery Jet Lag Recovery Hangover Recovery Pre-flight Prep
FACE	15 MIN	\$75	Intense cold therapy for instant glow, easing puffiness, and energizing the complexion.
SCULPTING	30 MIN	\$110	Reduce the appearance of cellulite and contour your silhouette.
TARGETED	15 MIN	\$65	Help to relieve joint and muscle soreness and inflammation.

INFRARED SAUNA

Calorie Burn | Circulation | Inflammation Reduction | Skin Improvement | Detox | Relaxation | Sleep Benefits

INFRARED SAUNA CHAMBER	30 MIN	\$45	Private infrared sauna delivers far-spectrum wavelengths to address muscle repair, cardiovascular health, pain relief, and cellular rejuvenation.
	60 MIN	\$65	
INFRARED SAUNA WRAP	45 MIN	\$55	Same benefits as the Infrared Sauna Chamber, available for use in our E.scape Pod, suitable for travel and home use and available for purchase at our Spa.

MICROJET STREAMING & INFUSION

Exfoliate | Oxygenate | Infuse

Powerful 3-phase treatment of lymphatic drainage, exfoliation, and serums targeted to penetrate deep into the dermal layers to restore vital radiance via this cutting-edge technology.

ANTI-AGING	60 MIN	\$325
ANTI-PIGMENTATION	60 MIN	\$325
CHIN + NECK + DÉCOLLETÉ	40 MIN	\$300
CHEST	40 MIN	\$300
SCALP	40 MIN	\$300
HANDS	20 MIN	\$150

QUANTUM HARMONICS BRAIN & BODY BOOST

Experience immersive sound and harmonic resonance therapy on our exclusive Wave Table to achieve deep restfulness + renewed energy, clarity, and focus. A 30 minute treatment aims to provide 3 hours of sleep.

FULL-BODY	30 MIN	\$60
	60 MIN	\$90

NUTRIENT & VITAMIN IV DRIP

Feel more energetic and fight jet-lag quickly and safely with innovative IV-therapy supervised by licensed medical professionals. IV infusions have proven highly effective when compared to the 20-30% absorption rate of oral consumption.

POWER UP	\$250	Perfect pick-me-up. Instant energy boost that lasts. Improve mental clarity + performance.
POWER DOWN	\$250	Fights adrenal fatigue. Unwind and recharge. Restore your health and energy.
REGEN	\$250	Athletic recovery + performance. Improve muscle growth + increase endurance + reduce fatigue.
JET LAG	\$250	Detox + replenishment. Energize and revitalize from the inside out.
SLIM	\$200	Kickstart fat burn + boost metabolism + Taurine infusion to support healthy weight loss.
YOUTH	\$600	Anti-aging at cellular level. Stimulate DNA repair. Heighten senses + ageless energy + youthful brain function.
HANGOVER	\$250	Energy boost. Good for symptoms including nausea, dizziness, muscle pain, irritability, light and sound sensitivity, and fatigue.

E.SCAPE PODS

Private relaxation platforms with expansive views of the Hudson River. Enjoy a meditation session incorporating our intelligent audio library and EEG data, developed with sleep scientists, to help you manage stress and switch off.

PRE / POST TREATMENT	30 MIN	\$30
HOURLY	60 MIN	\$60

E.SCAPE PODS ADD-ON AMPLIFIERS

LED	15 MIN	\$65	Calibrated, targeted light therapy to promote cellular healing, stimulate collagen production, and pain reduction.
	30 MIN	\$90	
INFRARED SAUNA WRAP	45 MIN	\$55	Same benefits as the Infrared Sauna Chamber, available for use in our E.scape Pod, suitable for travel and home use and available for purchase at our Spa.
IONIC BALANCING	15 MIN	\$25	Gemstone healing mattress helps manage chronic pain, reduce fatigue, detoxify the body and relax sore muscles.
POWER-LIFT MASK	15 MIN	\$45	High-potency sheet mask to lift, firm, and brighten.
NUTRIENT + VITAMIN IV DRIP	30 MIN	<i>varied</i>	See page 19 for full selection and descriptions.

BEAUTY BAR

Continue your regimen with our curated products available and mostly exclusive in our Boutique.

WASH + BLOWDRY	\$75
WASH + CUT + STYLE	\$250
MANICURE + PEDICURE + NAIL ART	Upon Request
MAKEUP APPLICATION OR LESSON	Upon Request starting at \$350

IN GUESTROOM TREATMENT

In the privacy of your calm, quiet, and relaxing guest room, experience select therapies and treatments, including our Nutrient and Vitamin IV Drip, available upon request.

Please be advised that a twenty percent (20%) service charge shall be applied and added to each of your service and/or treatment purchases, the entirety of which shall be distributed to those persons performing and/or supporting the provision of your treatments and/or services, regardless of whether they are employees of the hotel or independent contractors. You are free to leave an optional gratuity as well and we will ensure that the entirety of that amount will be distributed to those persons to whom you have directed it to be provided.

EQUINOX HOTELS