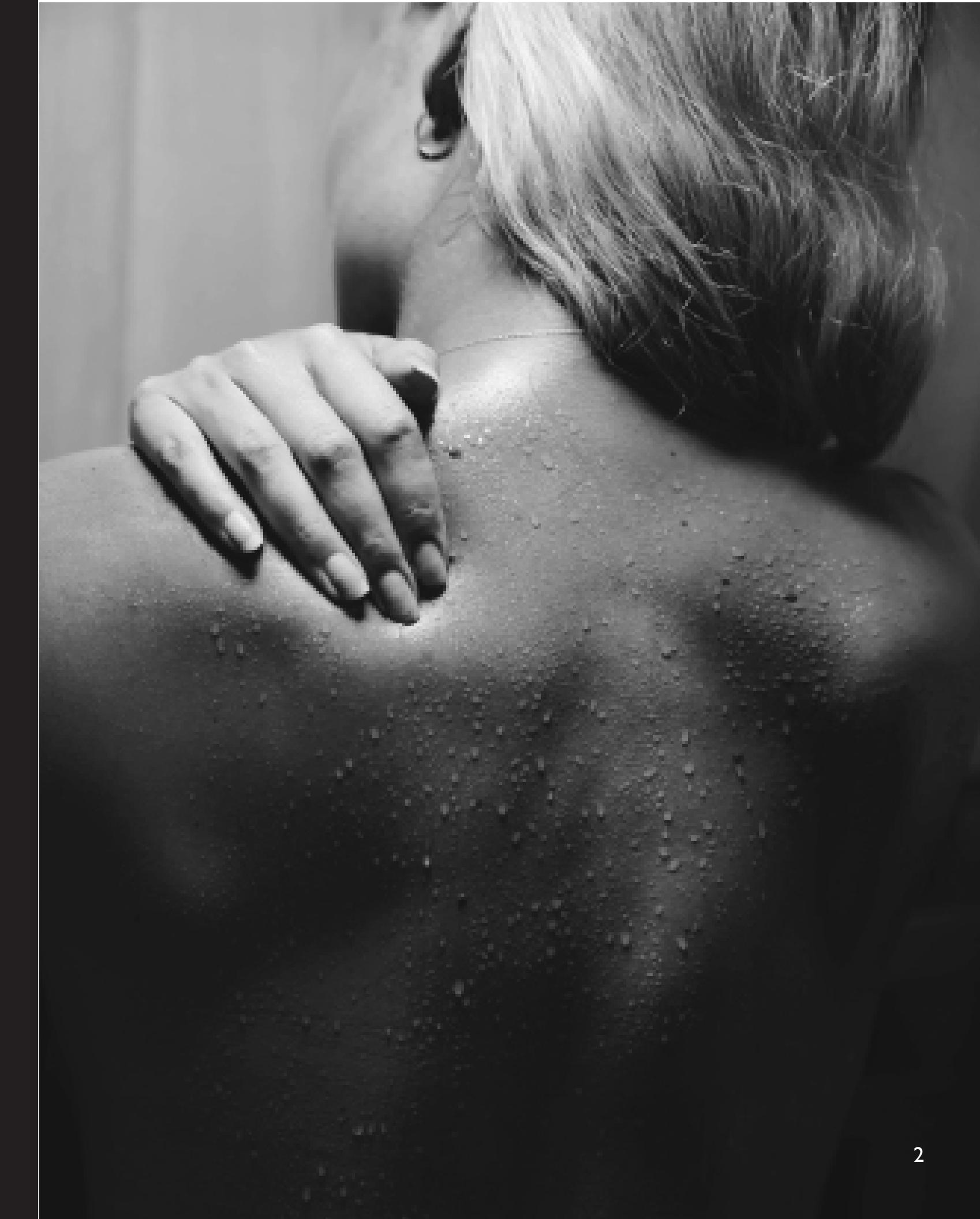


THE SPA *by*  
EQUINCX HOTELS

33 HUDSON YARDS, NYC  
5TH FLOOR

# INNER + OUTER BODY EXCELLENCE

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.



# GLOSSARY

**FACIALS**

Page 7

**MASSAGE +  
PHYSIOTHERAPY**

Page 15

**CRYOTHERAPY +  
INFRARED SAUNA**

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**SLEEP**

Page 43



# THE X CIRCUIT

Explore our 5 circuits to achieve inner + outer body excellence. We recommend doing the complete circuit - one from each modality, or individual treatments depending on your needs.



## BEAUTY

Facials + Body Optimization | Dr. Lara Devgan | The Method by Augustinus Bader | Natura Bisse



## PERFORMANCE HEALING

Massage | Physiotherapy



## TEMPERATURE THERAPY

Cryotherapy | Infrared Sauna



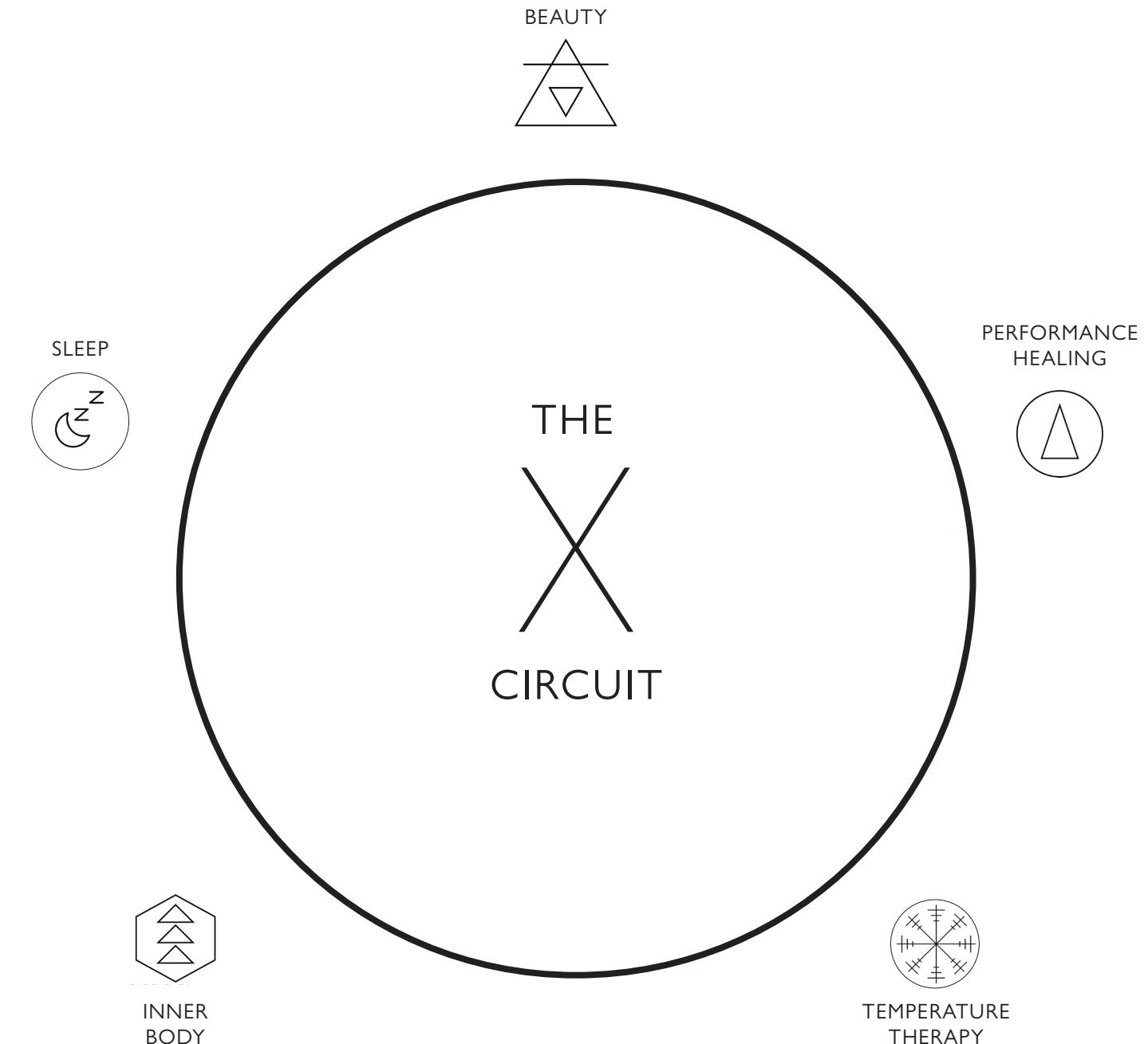
## INNER BODY

Antioxidant Hand Scan | Superfood Menu | NutriDrip IV Therapy



## SLEEP

Spa Wave Table





## PACKAGES

### ANTIAGING

4-5 hours | \$736  
20% off | \$588

#### **Beauty**

Gold Collagen Facial by Dr. Lara Devgan

**Performance Healing**  
E.Massage

#### **Temperature Therapy**

Choice of Cryotherapy or Infrared Sauna

#### **Inner Body**

Super Anti Aging Beauty Booster  
Choice of Superfood Cocktail

---

### HIGH PERFORMANCE

4-5 hours | \$924  
20% off | \$739

#### **Beauty**

Choice of The Performance purifying facial  
by Natura Bisse or The Method by  
Augustinus Bader

**Performance Healing**  
CBD Massage

#### **Temperature Therapy**

Cryotherapy

#### **Inner Body**

NutriFit IV  
Choice of one dish from Superfood Menu

---

### THE SKINNY

4-5 hours | \$536  
20% off | \$482

#### **Beauty**

Reset + Recharge from Body Perfectors

#### **Temperature Therapy**

Choice of Cryotherapy or Infrared Sauna

#### **Inner Body**

NutriBody IV for fat burning  
Choice of Superfood Cocktail



BEAUTY CIRCUIT

# FACIALS + BODY

Highly sophisticated facial and body optimizations, natural and non-invasive techniques, products, and solutions that delivers optimal skin health, function, and appearance.

## DR. LARA DEVGAN

World renowned plastic surgeon Dr. Lara Devgan is best known for her use of modern technology to achieve subtle facial optimizations-- using everything from lasers to injectables to facelift surgery. Her medical-grade product line is formulated to improve visible tissue quality, boost collagen, and enhance the evenness of the skin.

### THE GOLD COLLAGEN FACIAL BY DR. LARA DEVGAN

60 min | \$350

Add-ons include:

Retinol Micropeel | Lip Plumping

This is a hydrating, brightening, pore refining facial with steaming, lymphatic massage, and gold collagen mask application for tissue support. Dr. Devgan Microdermabrasion Scrub is used for a deep tissue lymphatic massage and microdermabrasion exfoliation, to rid the face of impurities and leave it looking smoother and softer. Mixed molecular weight, niacinamide-fortified hyaluronic serum and vitamin CBE ferulic are massaged into the tissues to improve barrier protection, hydration, collagen support, and brightening. The power of Peptides, Resveratrol, and Vitamin E are used to improve the visible appearance of fine lines.

## AUGUSTINUS BADER

Augustinus Bader is a premium, science-led skincare line that launched in 2018 and is backed by the highest caliber of applied science in the industry. The product addresses everything from the appearance of fine lines and wrinkles to redness and elasticity.

### THE METHOD BY AUGUSTINUS BADER

60 min | \$325

The Method uses Augustinus Bader's groundbreaking technology to create a one-of-a-kind, highly sophisticated facial experience. The visible results are powered by TFC8®, a smart signaling technology that supports the skin's innate biological wisdom to renew and regenerate. Incorporating a special fascia massage, The Method promotes a sequence of personalized regenerative processes for skin hydration, firmness, evenness, and protection against environmental aggressors.



## NATURA BISSE

Natura Bissé Celebrates beauty with a mixture of the most innovative technologies and timeless techniques for each unique individual. The results are undeniable. \*All facial treatments include an advanced blue light protection.

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### ESSENTIAL EQUINOX

**60 MIN | \$265**

**90 MIN | \$355**

We recognize each client, each face, each body is unique. This customized treatment delivers the benefits you desire, by deeply cleansing, exfoliating and hydrating the skin, leaving you with that post workout Equinox glow

---

### PERFORMANCE PURIFYING FACIAL

**60 MIN | \$265**

This high-performance facial treatment is designed to reduce blemishes, soothe inflammation and improve skin clarity. This facial boosts the level of Oxygen within the skin to help you achieve maximum skin health performance.

---

### MENS HIGH PERFORMANCE FACIAL

**60 MIN | \$265**

Tailored specifically for men, this facial will renew and detoxify the skin. A deep cleanse, enzyme exfoliation, and an extended facial massage will meet the demands every man's skincare needs.

---

### THE POWER PEEL

**30 MIN | \$225**

A quick peel for a glow on the go. Combining one of the latest trends in aesthetic medicine, carboxi therapy, with a facial massage, this express, yet powerful facial will revitalize and refresh the skin in just 30 minutes.

## DIAMOND ULTIMATE FACIAL

90 MIN | \$450

Experience the wonders of an advanced anti-aging treatment. This innovative experience will infuse life into the skin using the most sophisticated ingredients infused with marine DNA, followed by an intensive lifting and firming massage using the Myo technique to activate each facial muscle. This revolutionary treatment provides unprecedented rejuvenating action by regulating the 4-key skin-age biomarkers, helping to restore youth to your complexion. In just one session, you will see firmer, more luminous, and visibly younger-looking skin.

## REVOLUTIONARY CRYO-LIFT FACIAL

90 MIN | \$390

Cold air therapy is bio engineered with cryotherapy to offer extreme lifting and firming benefits. Using a mega blend of rejuvenating ingredients combined with signature facial contour massage techniques, this treatment leaves your skin intensely firmer, plumper, lifted and hydrated making it a perfect choice prior to any special occasion or to prolong and maintain medical aesthetic procedures.

## NATURA BISSE X JET PEEL

90 MIN | \$390

Jet Peels cutting edge technology in combination with Natura Bisse's high concentrations of active ingredient is the newest innovation in non-invasive serious skincare. Jet Peel combines oxygen and detox water for lymphatic drainage. Next, the jet stream uses exfoliants to remove dead skin, oxygenate, and stimulate circulation, preparing skin for the infusion step. An infusion of liquid micro droplets delivers nutrients down into the dermal layer. Infusions include all natural, nutrient rich formulas include hyaluronic acid, bio peptides, vitamin A+E, Vitamin B5, and vitamin C, which are essential to elasticity, radiance, and skin health.

## ENHANCE YOUR TREATMENT

### NECK DEFINITION

20 MIN | \$75

"Tech neck" is a reality of today's lifestyle and yet despite mounting evidence, for most of us our beauty routine stops at the chin. Add this treatment created specifically for the neck and décolleté that features high concentrations of active ingredients to minimize lines and sculpt the chin and jawline and even the skin tone.

### TONE IT UP

20 MIN | \$65

An intensive lifting and firming massage using the Myo technique to activate each facial muscle.

## SUPER SET YOUR TREATMENT

### INHIBIT V-NECK MASK

\$45

The "neckolleté" mask you didn't know you needed.

### GLYCO 3 PEEL

\$50

Triple exfoliation and oxygenation application for a flawless complexion.

### ESSENTIAL EYES

\$45

A treatment that relieves puffiness and dehydration around the eye contour area.

### DOUBLE MASK

\$50

Deeply nourishing double mask to enhance hydration and increase the benefits of any treatment.

## BODY PERFECTORS

### ILLUMINATING BODY TREATMENT

90 MIN | \$350

120 MIN | \$460

Dive into this indulging treatment and reveal baby soft skin with the exfoliating marvel of Dead Sea salt crystals and rice powder. The treatment includes LED light therapy to stimulate collagen for a full body rejuvenation and is completed with a customized aromatherapy massage leaving your mind, body, and skin restored and refreshed.

### RESET + RECHARGE

60 MIN | \$250

90 MIN | \$350

We start this full body experience by scrubbing you head to toe, resurfacing and smoothing your skin from all of life's daily stressors. You then relax! Using LED Light to calm inflammation, build collagen, and speed the healing of the body. This treatment works for resurfacing, polishing, and improving the appearance of cellulite.

### MICROJET STREAMING + INFUSION TECHNOLOGY

#### CHIN | NECK | DÉCOLLETÉ

40 MIN      \$300

#### CHEST

40 MIN      \$300

#### SCALP

40 MIN      \$300

#### HANDS

20 MIN      \$150

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.

## ADD-ON AMPLIFIERS

#### SCALP + HAIR TREATMENT

*in treatment*  
\$65      Stimulating massage combined with deep conditioning mask.

#### VIBRATION TECH

*in treatment*  
\$75      Intense high-speed vibration and percussion therapy to increase circulation and mobility.

#### FACE TONE

*in treatment*  
\$65      Microcurrent to lift, firm and tone

#### BODY TONE

*in treatment*  
\$95      Microcurrent to lift, firm and tone



Created by Alfredo @ iconsarefree.com  
from Noun Project

## PERFORMANCE HEALING CIRCUIT

# MASSAGE + PHYSIOTHERAPY

Highly functional body work, deep tissue, craniosacral, Thai, shiatsu, and physiotherapy help to promote deep recovery. Our massages help reboot the mind and the body through muscular release and bodywork techniques.

### THE E.MASSAGE

*Tailored | Targeted  
Signature Treatment*

60 min | \$255

90 min | \$345

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### CBD RECOVER.E

*Pain Relief | Recovery*

60 min | \$255

90 min | \$345

Highly personalized bodywork session tailored to

enhance and elevate your body

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.

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### E.ENERGIZE

*Restore | Energize*

Crystal-infused essential oils are combined with intuitive bodywork and healing gemstones to balance and restore optimal energy flow.

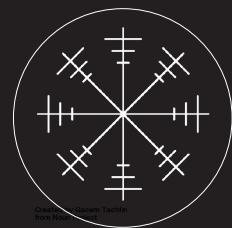
60 min | \$255

90 min | \$345

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## ADD-ON AMPLIFIERS

CRYO SPOT	3 MIN	\$55	Intense cold therapy for muscle recovery, inflammation reduction + cellular detox.
LED	15 MIN	\$65	Calibrated, targeted light therapy to promote cellular healing and pain reduction.



TEMPERATURE THERAPY CIRCUIT

# CRYOTHERAPY + INFRARED SAUNA

Advanced technology 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	\$70	Athletic Recovery   Jet Lag Recovery   Hangover Recovery   Pre-flight Prep
FACE	15 MIN	\$60	Intense cold therapy for instant glow, easing puffiness, and energizing the complexion.
TARGETED	15 MIN	\$60	Help to relieve joint and muscle soreness and inflammation.
PACKAGES			
5 SESSIONS		\$340	
10 SESSIONS		\$690	
20 SESSIONS		\$1390	
UNLIMITED SESSIONS		\$1000 PER MONTH	

## 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	



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Created by Alfredo © iconalfredo.com  
from Noun Project

## NUTRITION CIRCUIT

# INNER BODY

Essential nutrients, targeted antioxidants, superfoods, adaptogens promoting peak performance and regenerative benefits through IV Therapy, antioxidant hand-scanner to test levels and a curated selection of superfoods, adaptogenic drinks and nutrient dense meals

## ANTIOXIDANT HAND SCANNER

The Biophotonic Scanner accurately and quickly measures our body's plant-based antioxidant defenses. It is as accurate and more stable in readings than a blood draw, quicker, less invasive and less expensive. Doctor Oz called it "the nutritional lie detector." Higher scores are better.

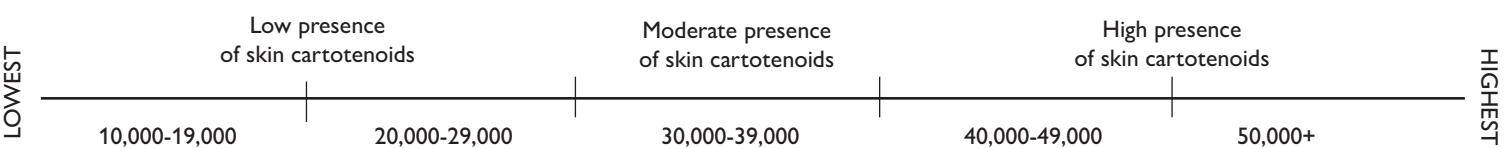
Few of us eat the recommended amount of fresh fruits and vegetables that provide nutrients, especially antioxidants, which defend the body against free radicals, charged particles that age us and cause disease.

### Scan for Antioxidant Levels | \$35

We recommend patients get a 30-second, non-invasive scan of your body's carotenoid levels, the plantbased antioxidants, which is a root cause of why we age.

### Free Radicals

Charged particles created by stress, pollution, and our own metabolism. Antioxidants neutralize free radicals, some repair damage to the DNA. We measure skin carotenoid levels, the plantbased antioxidants. We raise levels and use gene expression science to restore aging defense mechanisms to younger function.



*The amount of antioxidants that you maintain in your body is directly proportional to how long you will live.*

-Richard Cutler M.D Director Anti-Aging Research, National Institute of Health



## SUPERFOOD SPA MENU | 10AM - 4PM

Many of the items on our menu contain functional, bio-active ingredients with exemplary health benefits. We want you to know what goes into our recipes — and your body.

### SUPERFOOD LATTES

Superfoods are nutrient-dense, and they really pack a punch when part of a diverse diet. They can contain beneficial phytochemicals, antioxidants, vitamins & minerals, and various anti-inflammatory compounds.

#### EQX CHA CHA MATCHA | \$12

In collaboration with Cha Cha Matcha | blue spirulina | collagen | almond milk

#### TURMERIC LATTE | \$12

By dona | turmeric | ashwagandha | reishi | probiotics | oat milk + hemp seed milk

#### BEAUTY BLEND | \$12

Beetroot powder | cinnamon | ginger root | collagen | almond milk

#### CHAI | \$12

By dona | masala chai blend | probiotics | ashwagandha | oat milk

#### PUMPKIN SPICE LATTE | \$12

Espresso | pumpkin | cinnamon | maple | nutmeg | cardamom | almond milk

---

### FRESH + ENERGIZING BOWLS

#### CHIA SEED | \$19

Coconut milk | cacao | brazil nuts | dates | black currants

#### BEAUTY | \$19

Beet yogurt | honey crisp apple | grapes | pistachio | bee pollen

#### POWER UP | \$19

Greek yogurt | mixed berries | black sesame | granola | honey

## MARKET BOWLS

### CAESAR SALAD | \$18

Romaine + kale | creamy caesar dressing | choice of protein: chicken \$11 | shrimp \$12 | salmon \$15 | steak \$17

### COBB SALAD | \$19

Romaine + kale | avocado | tomato | bleu cheese crumble | buttermilk ranch | choice of protein: chicken \$11 | shrimp \$12 | salmon \$15 | steak \$17

### SUPERGRAIN BOWL | \$23

NY state grains | grilled sweet potato | hard boiled egg | avocado | cilantro | lime vinaigrette | choice of protein chicken \$11 | shrimp \$12 | salmon \$15 | steak \$17

### ROASTED CHICKEN BOWL | \$26

Grilled sweet potatoes | kale | crunchy radish | carrot miso dip

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## SANDWICHES

Bread is not the enemy. Not if it's minimally processed and nutrient-dense. Each one is a good source of energy, with plenty of fiber which can regulate appetite. And be sure to eat the crusts, since they contain eight times as much pronyl-lysine (a disease-fighting antioxidant) as the bread itself, due to reactions from baking at high temperatures.

### CARROT + DAIKON BANH MI | \$20

Roasted + pickled carrots | fermented daikon | pickled chili aioli | cilantro | grilled potato roll  
Choice of fries or salad

### TURKEY CLUB SANDWICH | \$25

Smoked turkey | bacon | dijon aioli | spelt bread  
Choice of fries or salad

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## DESSERTS

### DARK CHOCOLATE MOUSSE CAKE

Devils food cake | whipped cream + cocoa nibs

## COFFEE + TEA

We use La Colombe Monaco blend for our Coffee and an assortment of METZ custom tea blends for Equinox Hotels

### SMALL POT OF COFFEE | \$11

### ESPRESSO | \$6

### LATTE + CAPPUCCINO | \$8

### ICED COFFEE | \$9

### TEAS | \$9

Power Up | Jet Lag | Regenerate | Long life Green | Peppermint | Chamomile

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## REFRESHERS

### SODAS | \$8

### FIJI + S.PELLEGRINO WATER 1L | \$10

### JUICES | \$11

Orange | grapefruit | apple

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## WINES BY THE GLASS

### SPARKLING WINE | \$19

Prosecco

### CHAMPAGNE | \$24

Veuve Cliquot

### WHITE WINE | \$21

Chardonnay | Crossbarn

### WHITE WINE | \$19

Sauvignon Blanc | Loveblock

### ROSE WINE | \$19

Whispering Angel | Le Fete du rosé

### RED WINE | \$23

Pinot Noir | Penner Ash

### RED WINE | \$25

Cabernet Sauvignon | Orin Swift Palermo

## SUPERFOOD COCKTAILS | RASAVADA COCKTAILS

Rasavada is concentrated with over 45 rare and globally-sourced whole plant ingredients, each decoction is uniquely crafted to awaken the senses and enhance the present moment.

Beyond adding character and flair to cocktails, Rasa is packed with recognized functional attributes for whenever your spirit needs restoring.

### RUBY ARTEMISIA

A stimulating play of floral citrus, herbaceous bitterness, and tangy botanicals emulate the elegance and complexity of a classic aromatized wine.

#### Key Functions

- Anti-Aging
- Metabolism Booster
- Skin Heath
- Menstrual Support
- Hangover Helper

### ROSE BERGAMOT

Enlivening bitter-sweetness and lush, bright flavors join with the seductive and elegant complexity of heady floral and rare citrus aromatics.

#### Key Functions

- Mood Booster
- Vitality
- Stress Management
- Mental Clarity
- Anti-Viral

### WITH ALCOHOL

#### ROSEY MARGARITA | \$16

Tequila | rose bergamot | agave | lime | cayenne

#### SPA SPRTIZ | \$16

Ruby artemisia | campari | prosecco | fresh lemon

### NON ALCOHOLIC

#### RUBY RED | \$14

Ruby artemisia | fresh lime juice | agave | club soda

#### SUNRISE | \$14

Rose bergamot | pineapple juice | sparkling water



# NUTRIDRIP

NutriDrip is the intersection of medical science and functional wellness. Led by Co-founder Dr. Maurice Beer, our passionate team of medical professionals is determined to share the benefits of IV drip therapy. All of our infusion specialists are experienced Nurse Practitioners, Physicians Assistants or Registered Nurses with a commitment to wellness and health.

## EXCLUSIVE EQUINOX DRIPS

### NutriFit PRO

*Designed for High Performance*

60 MINS      \$295

#### Potential Benefits

- Elite power-drip focused on athletic performance
- Assists with muscle formation, endurance and recovery
- Replenishes electrolyte and hydration levels

#### Key Nutrients

- Amino Acids
- Magnesium
- Taurine
- Carnitine

#### Plus

- Calcium
- B-12
- B-Complex B5
- B6
- Trace Minerals

### NutriSleep

*Improve Sleep Patterns*

60 MINS      \$250

#### Potential Benefits

- Help your body unwind and recharge
- Fight symptoms of adrenal fatigue
- Recharge your battery with improved sleep quality

#### Key Nutrients

- Magnesium
- Glycine
- Taurine

#### Plus

- Vitamin C
- B-Complex
- B5
- Calcium
- Zinc

## WELLNESS DRIPS

### NutriCleanse

*Detox and Replenish*

60 - 90 MINS      L1 \$250      L2 \$280      L3 \$310

#### Potential Benefits

- Boosts natural energy levels and immune system
- Combats harmful toxins from urban exposure
- Great for fatigue, poor diet and low energy

#### Key Nutrients

- Megadose Vitamin C
- Gluthathione
- B12

#### Plus

- B-Complex
- Magnesium
- Calcium
- Taurine
- Trace Minerals

### NutriBoost

*Boost Energy Levels*

45 MINS      \$220

#### Potential Benefits

- Boosts energy and provides the perfect “pick me up”
- May increase metabolism and sexual vitality
- Great for adrenal fatigue, low energy levels and long working

#### Key Nutrients

- B12
- B5
- B6
- B-Complex
- Taurine
- Carnite

#### Plus

- Vitamin C
- Magnesium
- Trace Minerals

### NutriImmunity

*Supercharge your immunity*

60 MINS      \$250

#### Potential Benefits

- Reduces the intensity and duration of viruses
- Helps the body fight inflammation and infection
- Great for depleted immune systems and frequent travel

#### Key Nutrients

- Megadose Vitamin C
- Zinc
- B6
- Lysine
- B-Complex
- B12
- Calcium
- Magnesium
- Trace Minerals

## NutriGlow

### Reveal Glowing Skin

15-30 MINS L1 \$100 L2 \$130 L3 \$160

#### Potential Benefits

- Cleanses and detoxifies the liver
- Promotes glowing skin and enhances overall complexion through the master antioxidant
- Great for immune boosting and anti-inflammation

#### Key Nutrients

- Glutathione
- Vitamin C

#### Plus

- Vitamin C

## NutriYouth

### Repair Cellular Damage

1-4 HRS L1 \$250 L2 \$400 L3 \$600

#### Potential Benefits

- Supports mitochondrial health, repairs DNA and slows cellular aging
- Improves brain, memory and mood function
- Great for youthful energy and aging skin

#### Key Nutrients

- NAD+
- Glutathione
- Vitamin C
- Magnesium
- B-Complex
- B5
- B6
- B12

#### Plus

- Vitamin C
- Magnesium
- B-Complex
- B5
- B6
- B12

## NutriC

### Reduce Inflammation

60 MINS L1 \$200 L2 \$240

#### Potential Benefits

- Boosts the immune system with antioxidant and anti-inflammatory powers
- Supports collagen production for skin health
- Great for preventing viruses and autoimmune disease

#### Key Nutrients

- Megadose
- Vitamin C
- Calcium
- Magnesium
- B-Complex

#### Plus

- Calcium
- Magnesium
- B-Complex

## NutriMax

### Maximize Hydration

60 MINS \$220

#### Potential Benefits

- Complete body rehydration
- Boosts energy, metabolism and mental clarity
- Great for upcoming travel, jet lag, bad hangovers and severe dehydration

#### Key Nutrients

- Maximum Electrolyte Hydration
- B-Complex
- B12
- Taurine
- Trace Minerals

#### Plus

- B-Complex
- B12
- Taurine
- Trace Minerals

## NutriBody

### Kickstart The Fat Burn

45 MINS \$200

#### Potential Benefits

- Supports metabolism by targeting the liver and breaking down fat cells
- Controls mood and appetite
- May increase metabolism and sexual vitality
- Great for energy production; kick-starting fitness and weight-loss goals

#### Key Nutrients

- MIC-B12
- Carnitine
- Taurine
- Vitamin C
- B-Complex
- B5
- B6
- Calcium
- Trace Minerals

#### Plus

- Vitamin C
- B-Complex
- B5
- B6
- Calcium
- Trace Minerals

## NutriFit

### Recover and perform at your best

45 MINS \$250

#### Potential Benefits

- Assists with muscle formation, endurance and recovery to improve athletic performance
- Increases circulation and energy production
- Great for sleep quality, mood and concentration

#### Key Nutrients

- Amino Acids
- Magnesium
- Taurine
- B-Complex
- B6
- B12
- Trace Minerals

#### Plus

- Magnesium
- Taurine
- B-Complex
- B6
- B12
- Trace Minerals

# RECOVERY DRIPS

## MegaRecovery

*Severe Hangover*

45 MINS

\$200

### Potential Benefits

- Replenishes electrolytes and dehydration levels
- Boosts immunity, vitality and liver function
- Great for food poisoning, dehydration, jet-lag, inflammation and hangovers

### Key Nutrients

#### Plus

- Electrolyte Fluids
- Vitamin C
- B12
- Gluthathione
- B-Complex
- Magnesium
- Option of Pain or Nausea RX Medication

## SuperRecovery

*Moderate Hangover*

45 MINS

\$150

### Potential Benefits

- Replenishes vitamins that are depleted with alcohol, food poisoning or illness
- Great for food poisoning, dehydration, jet-lag, inflammation and hangovers

### Key Nutrients

#### Plus

- Electrolyte Fluids
- B-Complex
- B12
- Option of Pain or Nausea RX Medication

## BasicRecovery

*Light Hangover*

45 MINS

\$120

### Potential Benefits

- Provides electrolyte solution containing minerals for maintaining optimal body functions
- Great for dehydration

### Key Nutrients

#### Plus

- Electrolyte Fluids
- Option of Pain or Nausea RX Medication

## VITAMIN ADD-ONS

### VITAMIN C

Level 1	\$30
Level 2	\$60
Level 3	\$100

### GLUTATHIONE

Level 1	\$50
Level 2	\$80
Level 3	\$90

### MAGENSEIUM

1000mg*	\$40
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### FLUID

500ml**	\$80
1000ml**	\$120

### RX

Pain	\$20
Nausea	\$20

### TAURINE

150mg	\$30
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### B-COMPLEX

3ml*	\$30
------	------

### B12

5mg*	\$40
------	------

### B5

500mg*	\$20
--------	------

### B6

300mg*	\$20
--------	------

### ZINC

5mg*	\$30
------	------

### LYSINE

300mg*	\$30
--------	------

### MIC-B12

3ml	\$40
-----	------

### CARNITE

1500mg	\$30
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## MINI DRIP ADD-ONS

Body \$100

### Key Nutrients

- MIC-B12
- B5
- Carnitine

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Anti-Aging \$160

### Key Nutrients

- NAD+

### Fit

### Key Nutrients

- Amino Acids

\$160

## IM BOOSTER SHOTS

Beauty Boost \$40

### Potential Benefits

- Provides skin with a brighter and radiant glow
- Protects cells from free radicals
- Assists the body with expelling toxins

### Key Nutrients

- Glutathione

---

Super B's \$30

### Potential Benefits

- Boosts body systems with energy
- Reinforces energy production
- Supports hair and nail health

### Key Nutrients

- B-Complex
- B12

---

Sunshine D \$30

### Potential Benefits

- Improves mood, sleep and concentration
- Strengthens muscle and bone health
- Supports the immune system

### Key Nutrients

- Vitamin D

B12 Energy \$40

**Potential Benefits**                   **Key Nutrients**

- Double B12 for extra energy
- Helps produce red blood cells
- Increases natural energy levels

Anti-Aging \$55

**Potential Benefits**                   **Key Nutrients**

- Improves brain, memory and mood functions
- Increases production of neurotransmitters
- Protects cell DNA to maintain energy levels

Cell Protector \$40

**Potential Benefits**                   **Key Nutrients**

- Assists in the production of ATP energy
- Supports muscle recovery after exercising
- May help reduce blood pressure

Body Boost \$40

**Potential Benefits**                   **Key Nutrients**

- Boosts the body's metabolism
- Targets stubborn fat stores
- Helps kick start weight loss



BRAIN HEALTH CIRCUIT

# SLEEP

Optimized sleep therapy, brain boost, cognitive enhancement.

## 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

