

THE SPA *by*  
EQUINOX 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 9
MASSAGE + ACUPUNCTURE	Page 17
CRYOTHERAPY + INFRARED SAUNA	Page 21
INNER BODY	Page 25
SLEEP	Page 42



# 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.



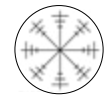
## BEAUTY

Facials + Body Optimization | Dr. Lara Devgan  
The Method by Augustinus Bader | Biologique Recherche



## PERFORMANCE HEALING

Massage | Lymphatic Massage | Acupuncture



## TEMPERATURE THERAPY

Cryotherapy | Infrared Sauna



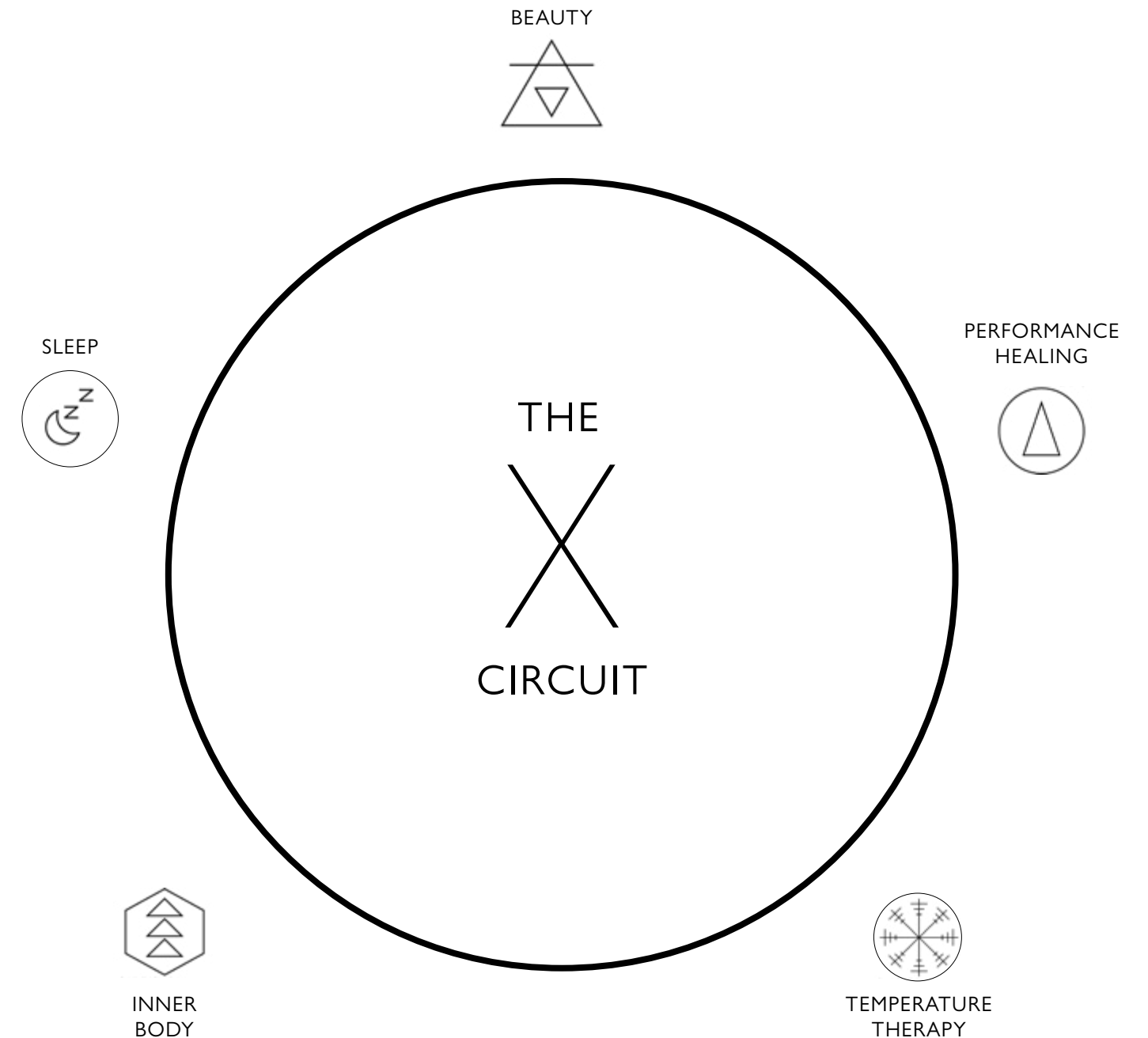
## INNER BODY

NutriDrip IV Therapy | Superfood Menu



## SLEEP

Spa Wave Table





## PACKAGES

### POWER UP LUNCH

45 min | ~~\$363~~

20% off | \$290

#### Inner Body

Choice of NutriDrip IV Therapy

#### Lunch

Superfood Menu with a beverage

#### Temperature Therapy + Sleep

Choice of Cryotherapy or Spa Wave Table

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### 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

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### HIGH PERFORMANCE

4-5 hours | ~~\$932~~

20% off | \$745

#### Beauty

Remodeling Lift Facial

#### Performance Healing

CBD Massage

#### Temperature Therapy

Cryotherapy

#### Inner Body

NurFit IV. Choice of one dish from Superfood menu

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### THE SKINNY

3-4 hours | ~~\$612~~

20% off | \$489

#### Beauty

Reset + Recharge from Body Perfector

#### Temperature Therapy

Choice of Cryotherapy or Spa Wave Table

#### 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.

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## 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.



## BIOLOGIQUE RECHERCHE

The foundation of the Biologique Recherche methodology's reputation for efficacy rests on the combination of a clinical approach to personalized cosmetic treatment; pure, concentrated, almost raw products; complex formulas; and rigorous original treatments.

### EQUINOX CUSTOMIZED FACIAL

60 MIN | \$295

90 MIN | \$395

Each facial is highly customized utilizing unique formulas that are rich in botanicals, marine and biotechnical extracts. These formulas are combined with specific massage gestures to achieve immediate and long lasting results. \*A choice of 1 complimentary techno-therapy when scheduled with services of 90-minutes.

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### REMODELING LIFT FACIAL

60 MIN | \$345

90 MIN | \$425

Unparalleled technology through a combination of 3 types of electrical currents to improve the absorption of the active ingredients, reshapes and tones, and revitalize the epidermis. The results are visibly lifted and toned skin, wider-looking eyes, more prominent cheek bones, softer wrinkles and better defined facial contour. \*A choice of 1 complimentary techno-therapy when scheduled with services of 90-minutes.

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### MICRONEEDLING FACIAL

60 MIN | \$345

Micro-Puncture Lab is a machine consisting of an oscillating needle handpiece with a single use multi-needle head of 1cm for precise and perfectly controlled results. The technique is nearly painless and is based on micro-stimulations to remodel the deeper dermal layer for increased regeneration, resurfacing and firmness. The obtained effects are the stimulation of intra-dermal collagen production and increase penetration of specialty serums. This procedure may be done full face or on a targeted area when combined with a full facial.

## SECONDE PEAU FACIAL

60 MIN | \$345

The Seconde Peau treatment accelerates cell renewal and optimizes healing for a visible and immediate tightening effect. It increases cohesion, firmness, and density of the skin. Seconde Peau is an electrospun mask strip made up of 80% Hyaluronic Acid of medical origin. This revolutionary facial utilizes a form of electrospun pharmaceutical grade hyaluronic acid, known for its incredible ability to plump and hydrate the skin, to visibly treat wrinkles and provide a genuine alternative to conventional fillers.

## THE ULTIMATE ANTIAGING + LIFTING FACIAL

120 MIN | \$625

A signature facial by Biologique Recherche only available at Equinox Hotel, New York. Get red-carpet ready and take years off your face with this customized tech facial. Treatment includes: the remodeling face machine, micro-puncture, second peau hyaluronic treatment and a collagen finishing mask. The facial addresses loss of volume, diminishes facial hollows and boosts cellular regeneration.

## MEN'S HIGH PERFORMANCE FACIAL

60 MIN | \$275

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.

## 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.

## ADD ON INTENSIVE SHEET MASKS

### COLLAGEN FÉERIE FACE + NECK

\$125

Moisturizing and soothing Collagen sheet mask ideal for all skin types. Skin is hydrated, plumped and firm.

### SOIN BIOVECTEUR MARIN

\$125

Brightening and oxygenating sheet mask ideal for mature and/or tired skin. Skin is radiant and energized while smoothing lines and wrinkles.

### MASQUE CAVIAR

\$100

Rejuvenating, hydrating caviar mask for dehydrated skin. Skin is hydrated and soothed while reducing fine lines and improving elasticity.

### ACIDES DE FRUITS PEEL

\$85

Mild fruit acid chemical peel for all skin types. Skin is exfoliated and regenerated while refining the skin surface and evening out skin tone.

### EXFOLIANT P50 VISAGE

\$85

Exfoliating and brightening treatment for sensitive, dull skin. Skin looks luminous, pigmentation and fine lines are reduced.



# BODY PERFECTOR

## 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. 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.

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## 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.

### CHIN | NECK | DÉCOLLETÉ

40 MIN

\$300

### CHEST

40 MIN

\$300

### SCALP

40 MIN

\$300

### HANDS

20 MIN

\$150

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## 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.



PERFORMANCE HEALING CIRCUIT

# MASSAGE + ACUPUNCTURE

Highly functional body work, acupuncture, deep tissue, craniosacral and lymphatic drainage 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*

Highly personalized bodywork session tailored to enhance and elevate your body. \*A choice of 1 complimentary techno-therapy when scheduled with services of 90-minute

60 min | \$255

90 min | \$345

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## CBD RECOVER.E

*Pain Relief | Recovery*

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. \*A choice of 1 complimentary techno-therapy when scheduled with services of 90-minute

60 min | \$290

90 min | \$380

## E.ENERGIZE

*Restore | Energize*

Crystal-infused essential oils are combined with intuitive bodywork and healing gemstones to balance and restore optimal energy flow. \*A choice of 1 complimentary techno-therapy when scheduled with services of 90-minute

60 min | \$265

90 min | \$355

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## MANUAL LYMPHATIC DETOX

*Regenerate*

Light pressure massage strokes are performed rhythmically and evenly to stimulate better flow of fluids through the lymphatic system. This renews the cells, expedites the removal of toxins and strengthens the immune system.

60 min | \$285

## ADD-ON AMPLIFIERS

CRYO SPOT                      3 MIN                      \$55

LED                                      15 MIN                      \$65

HOT STONE                                      \$30

DEEP TISSUE                                      \$35

# DR. TRAVALL | ACUPUNCTURE

Dr. Travall is an acupuncturist specializing in cosmetic, orthopedics and sports medicine. His focus is on injury prevention, pain management, and beauty amplifying facials - blending both eastern and western practices allows Dr. Travall to treat his patients with a 360-approach to high-performance sports medicine.

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FACE TREATMENT	75 min   \$450	
SPORTS + PAIN TREATMENT	60 min   \$350	
TRADITIONAL ACUPUNCTURE	60 min   \$350	30 min   \$200

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<b>FACE TREATMENT</b>	Targeting and educating facial muscles, create long lasting facial contouring and sculpting results. This treatment includes 5 main components; two that target the muscles with micro current probes, and three that target the skin. From acupuncture, LED and micro current.
<b>75 min   \$450</b>	

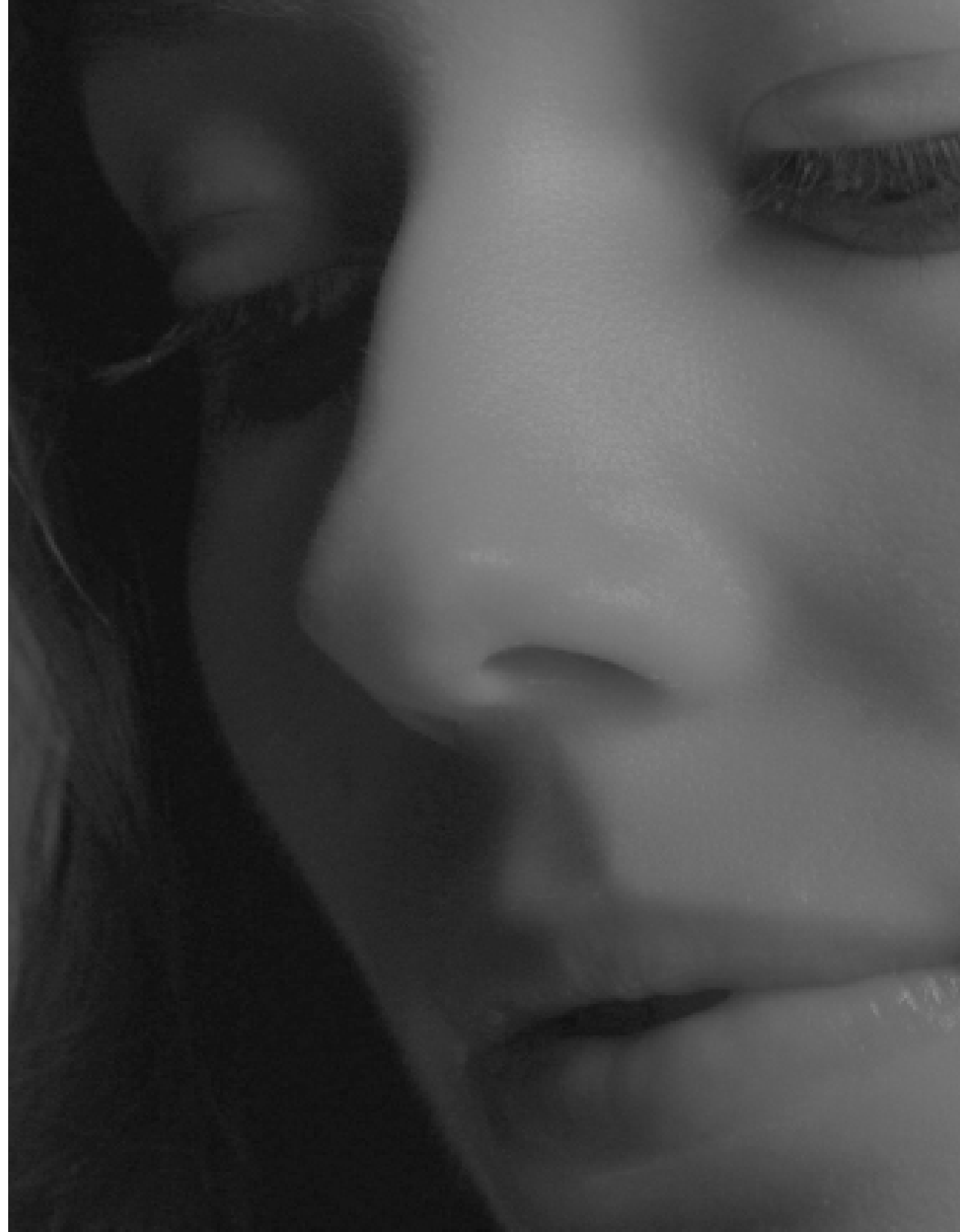
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<b>SPORTS + PAIN TREATMENT</b>	Acupuncture is used at the nerve and muscle connection to relax tight muscles, tone the weak ones that cause sagging, and for pain conditions. Manual muscle testing is used to determine which muscles are causing pain and then used to treat the effected muscle. This same treatment can be used to improve sports performance.
<b>60 min   \$350</b>	

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<b>TRADITIONAL ACUPUNCTURE</b>	Used for all internal issues: Anxiety, depression, stress, digestion and fertility.
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**60 min | \$350    30 min | \$200**





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

6 SESSIONS		\$378
12 SESSIONS		\$756
20 SESSIONS		\$1260
UNLIMITED SESSIONS		\$1000 PER MONTH

## INFRARED SAUNA

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

INFRARED	30 MIN	\$45	Private infrared sauna delivers far-spectrum wavelengths to address muscle repair, cardiovascular health, pain relief, and cellular rejuvenation.
SAUNA CHAMBER	60 MIN	\$65	





NUTRITION CIRCUIT

# INNER BODY

Essential nutrients, targeted antioxidants, superfoods, adaptogens promoting peak performance and regenerative benefits through IV Therapy, and a curated selection of superfoods, adaptogenic drinks and nutrient dense meals

## 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.

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## EXCLUSIVE EQUINOX DRIPS

### NutriFit PRO

*Designed for High Performance*

60 MINS

\$295

#### Potential Benefits

- Boost natural energy levels and immune system
- Combats harmful toxins from urban exposure

#### Key Nutrients

- Amino Acids
- Magnesium
- Taurine
- Carnitine

#### Plus

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

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### 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

## NutriMmunity

*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
- Lysine

### Plus

- B-Complex
- B12
- B6
- 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

### Plus

- Vitamin C

## 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

### Plus

- Calcium
- Magnesium
- B-Complex

## 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
- Carnite
- Taurine

### Plus

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

## 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

### Plus

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

## 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

### Plus

- B-Complex
  - B12
  - Taurine
  - 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

### 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

- Electrolyte Fluids
- Vitamin C
- B12
- Glutathione

### Plus

- 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

- Electrolyte Fluids
- B-Complex

### Plus

- 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

- Electrolyte Fluids

### Plus

- 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

### MAGENSESIUM

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
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### B12

5mg*	\$40
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### B5

500mg*	\$20
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### B6

300mg*	\$20
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### ZINC

5mg*	\$30
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### LYSINE

300mg*	\$30
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### MIC-B12

3ml	\$40
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### CARNITE

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

Body \$100

### Key Nutrients

- MIC-B12
- B5
- Carnite

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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

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**Super B's** \$30

**Potential Benefits**

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

**Key Nutrients**

- B-Complex
- B12

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**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**

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

**Key Nutrients**

- B12
- 

**Super Anti-Aging** \$55

**Potential Benefits**

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

**Key Nutrients**

- NAD+
- 

**Cell Protector** \$40

**Potential Benefits**

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

**Key Nutrients**

- CO-Q10
- 

**Body Boost** \$40

**Potential Benefits**

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

**Key Nutrients**

- MIC
- B12









## 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.

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### 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

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### 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 pronyllysine (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 | pickled shallots | celery root | honey crisp apple  
Choice of fries or salad

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## DESSERTS

### DARK CHOCOLATE MOUSSE CAKE | \$16

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 + CAPPUCINO | \$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

### GREEN JUICE | \$17

Kale | celery | apple | collard greens

### CELERY JUICE | \$17

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## WINES BY THE GLASS

### SPARKLING WINE | \$19

Prosecco

### CHAMPAGNE | \$26

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.

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### 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 Health
  - 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

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## NON ALCOHOLIC

### RUBY RED | \$14

Ruby artemisia | fresh lime juice | agave | club soda

### SUNRISE | \$14

Rose bergamot | pineapple juice | sparkling water



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 simulate 3 hours of sleep.

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

