

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

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SLEEP	



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 | Dr. Lara Devgan

The Method by Augustinus Bader | Biologique Recherche

Body Sculpting + Lymphatic Treatments with Icoone and Biologique Recherche



PERFORMANCE HEALING

Massage | Lymphatic Massage | Acupuncture



TEMPERATURE THERAPY

Cryotherapy | Infrared Sauna



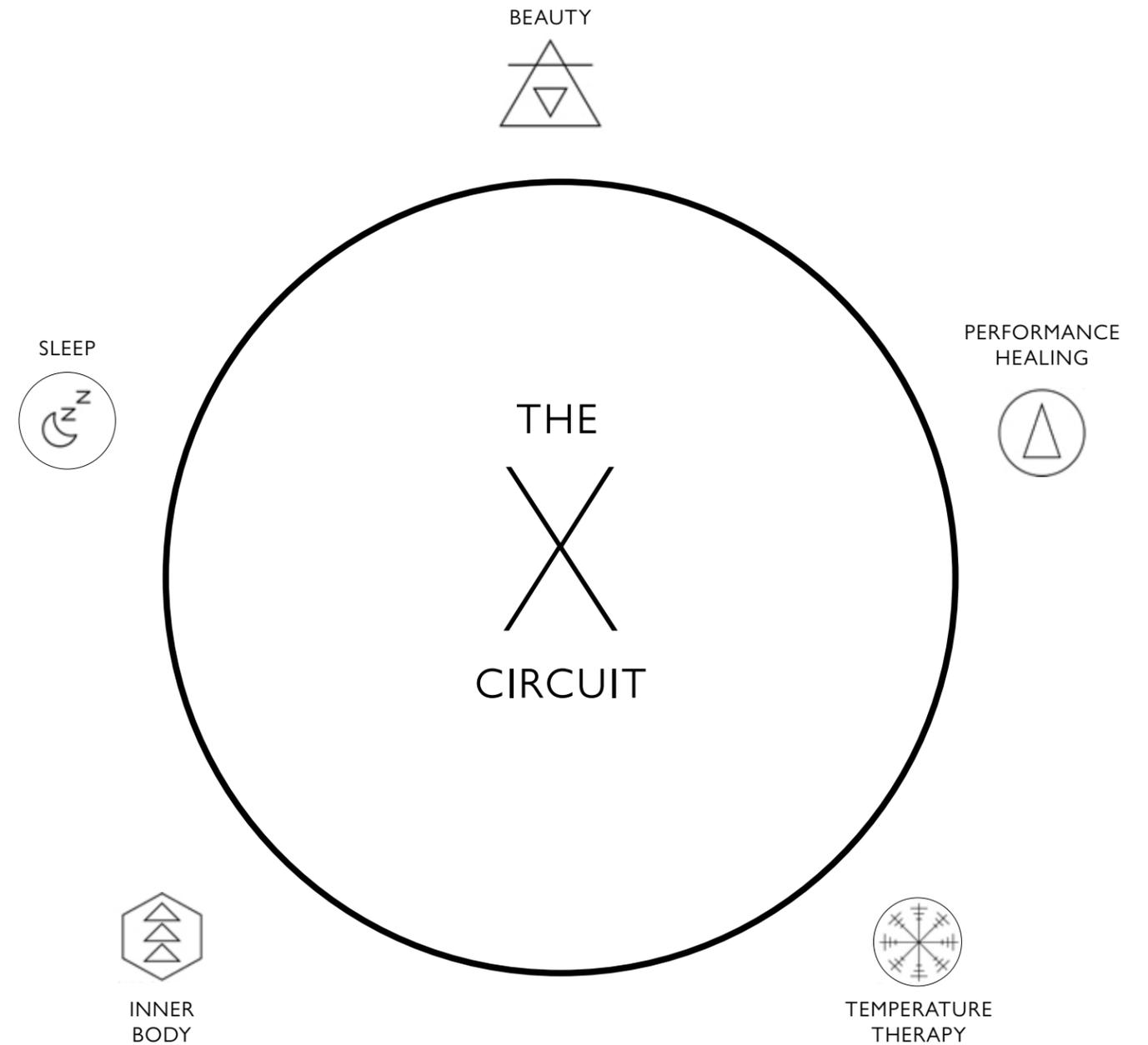
INNER BODY

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

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 | ~~\$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

ULTIMATE SILHOUETTE

2-3 hours | ~~\$630~~

20% off | \$525

Temperature Therapy

Infra Red Sauna

Beauty

Precision Body Sculpting Treatment with Icoone Roboderm

Beauty

Polish + Glow Body Treatment with exfoliation and hydration



BEAUTY CIRCUIT

FACIALS + BODY SCULPTING

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.



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.

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.

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.

DR. TRAVALL ACUPUNCTURE FACE TREATMENT

FACE LIFTING

60 MIN | \$345

Dr. Travall is an acupuncturist specializing in cosmetic, orthopedics and sports medicine. He is highly regarded for his beauty amplifying facials which target & lift facial muscles, creating long lasting facial contouring and sculpting results. This treatment includes 5 main components; two that relax and tone facial muscles with acupuncture and micro-current probes, and three that tone and tighten the skin with high frequency therapy, micro-current applied through a sheet mask, light therapy, gua sha and facial cupping.

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.

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

ADD-ON AMPLIFIERS

SCALP + HAIR TREATMENT

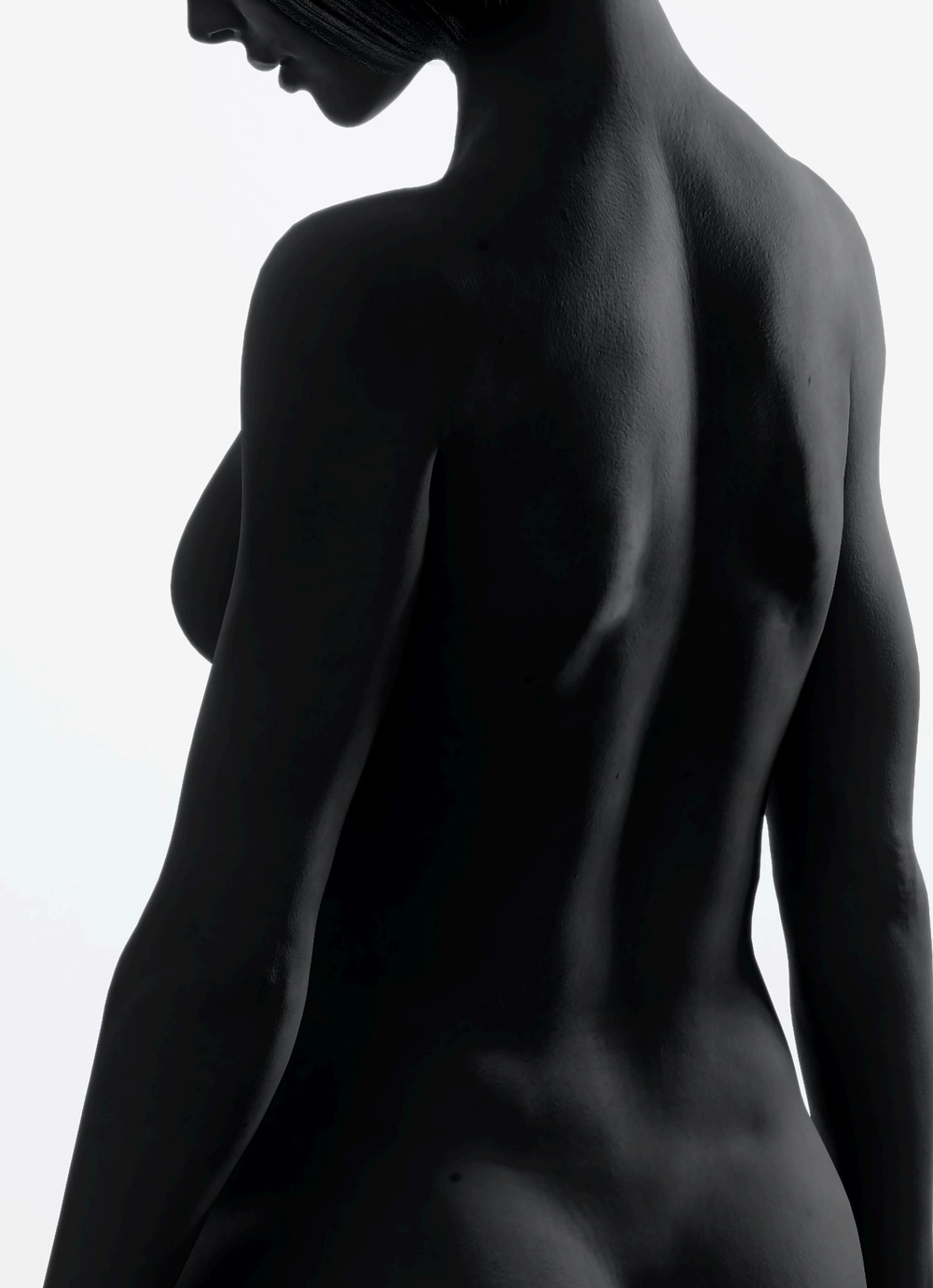
in treatment
\$65

Stimulating massage combined with deep conditioning mask.

VIBRATION TECH

in treatment
\$75

Intense high-speed vibration and percussion therapy to increase circulation and mobility.



TECH BODY SCULPTING + LYMPHATIC TREATMENTS

The Icoone Roboderm is a non invasive tech treatment that delivers customized body sculpting to help shape the silhouette. This treatment helps to reduce the appearance of cellulite, making your skin lifted, toned and firm.

PRECISION BODY SCULPT

60 MIN | \$260

90 MIN | \$340

Achieve optimal outer + inner body excellence. Sculpts the body, firms the skin, reduces the appearance of cellulite, relieves muscle pains, improves blood circulation + optimizes lymphatic drainage. Restoring a harmonious body shape.

POWER LIFT FOR FACE + BODY

60 MIN | \$290

90 MIN | \$360

Sculpt + contour the body to oxygenate + reinvigorate the face. Stimulates the production of collagen+ elastin, smoothing signs of aging, restoring the elasticity and firmness of the tissues, making you look visibly younger.

MAXIMUM RESULTS ACCELERATED CIRCUIT

3x TREATMENTS / WEEK

3 WEEKS | \$1485

Combining high tech + high touch, this accelerated program is designed to enhance your silhouette in just 3 weeks. A weekly program of 2 x Precision Body Sculpt tech treatments, combined with 1 x Biologique Recherche Silhouette Shaper manual body sculpting treatment

MANUAL BODY SCULPTING + LYMPHATIC TREATMENTS

Biologique Recherche regimen is a manual treatment revered for its highly effective results for the body

SILHOUETTE SHAPER

60 MIN | \$275

90 MIN | \$350

Stimulating, manual contouring body treatment which combines lymphatic drainage, deep anti-cellulite massage and glove sculpting to shape, contour the waist and target cellulite. Enhanced by concentrated active ingredients that stimulate tissues and help break down adipose cells. This creates a more contoured shape, while making skin look smooth and toned. The ultimate hourglass silhouette shaper.

* 90 min treatment targets the waist, inner + outer thigh and hip area

POLISH + GLOW

60 MIN | \$265

90 MIN | \$340

Regenerate and hydrate your body with a combination of exfoliating active ingredients and massage techniques. This treatment is beneficial for dehydrated skin in need of a deep exfoliation and hydration. A combination of acids and mechanical exfoliation reveals smoother skin texture, followed by a massaging application of hydrating cream to replenish moisture for a toned and glowing silhouette.





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*

60 min | \$255

90 min | \$345

Highly personalized bodywork session tailored to enhance and elevate your body.

THE E. DEEP MASSAGE

*Higher intensity for overworked +
fatigued muscles*

60 min | \$285

90 min | \$375

CBD RECOVER.E

Pain Relief | Recovery

60 min | \$290

90 min | \$380

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.

E.ENERGIZE

Restore | Energize

60 min | \$265

90 min | \$355

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

LYMPHATIC MASSAGE

Regenerate

60 min | \$285

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.

ADD-ON AMPLIFIERS

CRYO SPOT 3 MIN \$55

LED 15 MIN \$65

HOT STONE \$30

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.

FACE LIFTING TREATMENT	60 min \$345	
PAIN TREATMENT + MUSCLE REJUVENATION	60 min \$295	
TRADITIONAL ACUPUNCTURE	60 min \$295	30 min \$150

FACE LIFTING TREATMENT

60 min | \$345

Targeting and educating facial muscles, create long lasting facial contouring and sculpting results. This treatment includes 5 main components; two that relax and tone facial muscles with acupuncture and micro-current probes, and three that tone and tighten the skin with high frequency therapy, micro-current applied through a sheet mask and light therapy. Gua sha and cupping are added to relax connective tissue and increase circulation.

PAIN TREATMENT + MUSCLE REJUVENATION

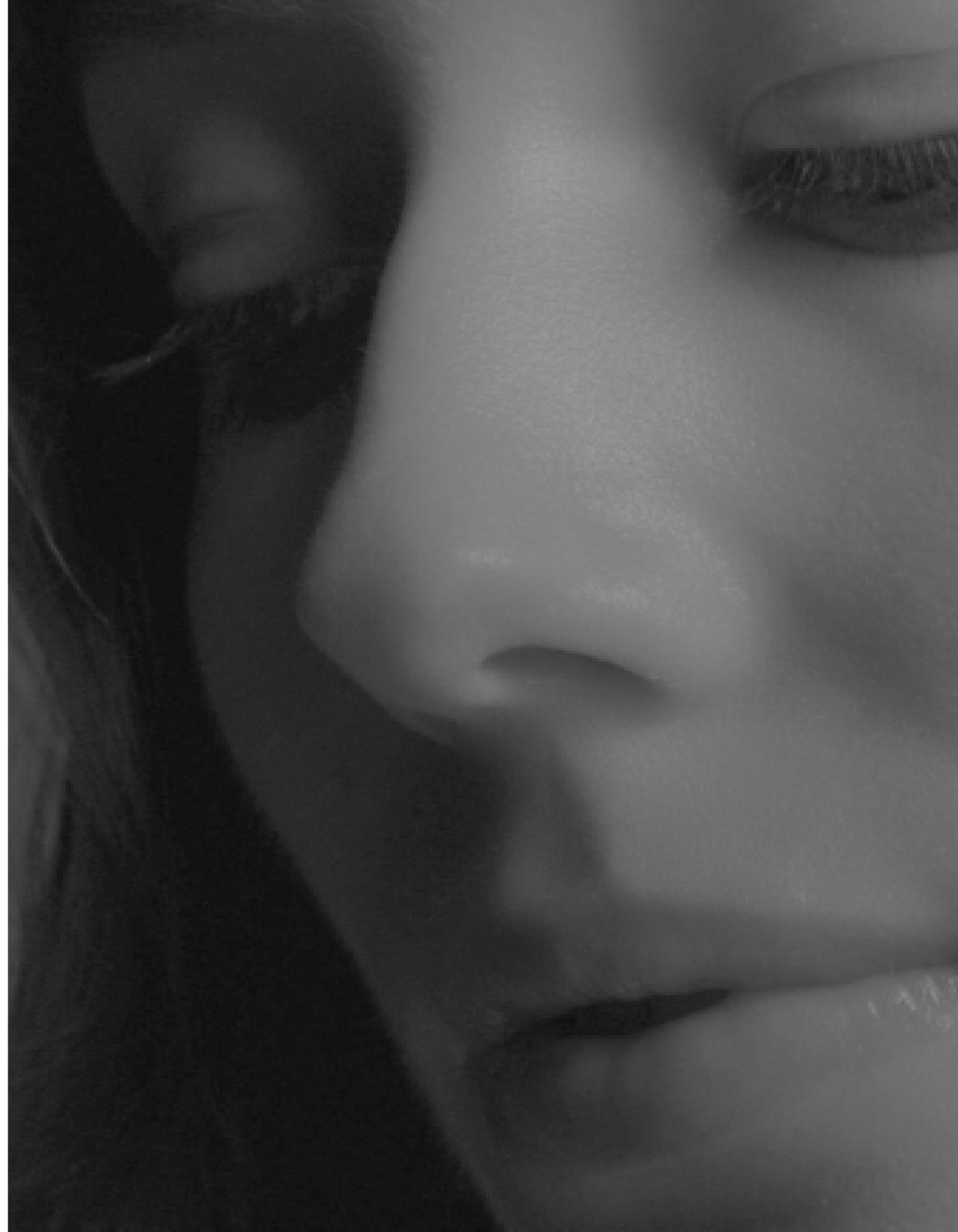
60 min | \$295

Muscle rejuvenation acupuncture is a muscle specific electrical stimulation treatment where the affected muscles are isolated, needled and a light electrical current is applied. This helps the nerve and muscle connection to relax and eases tightness and pain, while healing the muscle. This can be used to improve sports performance.

TRADITIONAL ACUPUNCTURE

60 min | \$295 30 min | \$150

Used for all internal issues: Anxiety, depression, stress, digestion and fertility.





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.

EXCLUSIVE EQUINOX DRIPS

NutriFit PRO

Designed for High Performance

60 MINS

\$325

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 \$295 L2 \$325 L3 \$355

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 \$250

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
- Carnitine

Plus

- Vitamin C
- Magnesium
- Trace Minerals

NutriMmunity

Supercharge your immunity 60 MINS L1 \$250 L2 \$295

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 \$115 L2 \$150 L3 \$185

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

NutriBody

Kickstart The Fat Burn 45 MINS \$250

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

Plus

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

NutriYouth

Repair Cellular Damage 1-4 HRS L1 \$295 L2 \$460 L3 \$660

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
- Calcium

NutriFit

Recover and perform at your best

45 MINS

\$295

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

\$250

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
- Gluthathione

Plus

- B-Complex
- Magnesium
- Option of Pain or Nausea RX Medication

The Pre-Game

Prepare for the night out.

45 MINS

\$295

Potential Benefits

- Help your body stay hydrated while boosting B vitamins and keeping your head in the game with Taurine and Carnitine.

Key Nutrients

- Electrolyte Fluids
- B12
- B-Complex
- Taurine
- Carnitine

Plus

- Vitamin C
- Magnesium
- Calcium
- B5
- B6
- Trace Minerals

SuperRecovery

Moderate Hangover

45 MINS

\$190

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

\$140

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	\$35
Level 2	\$65
Level 3	\$115

GLUTATHIONE

Level 1	\$55
Level 2	\$85
Level 3	\$100

MAGENSESIUM

1000mg*	\$45
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FLUID

500ml**	\$90
1000ml**	\$140

RX

Pain	\$20
Nausea	\$20

TAURINE

150mg	\$35
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B-COMPLEX

3ml*	\$35
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B12

5mg*	\$45
------	------

B5

500mg*	\$35
--------	------

B6

300mg*	\$35
--------	------

ZINC

5mg*	\$35
------	------

LYSINE

300mg*	\$35
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MIC-B12

3ml	\$45
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CARNITINE

1500mg	\$35
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MINI DRIP ADD-ONS

Body \$115

Key Nutrients

- MIC-B12
- B5
- Carnitine

Anti-Aging \$180

Key Nutrients

- NAD+

Fit

Key Nutrients

- Amino Acids \$180

IM BOOSTER SHOTS

Beauty Boost \$45

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 \$35

Potential Benefits

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

Key Nutrients

- B-Complex
- B12

Sunshine D \$35

Potential Benefits

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

Key Nutrients

- Vitamin D



B12 Energy \$45

Potential Benefits

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

Key Nutrients

- B12
-

Anti-Aging \$65

Potential Benefits

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

Key Nutrients

- NAD+
-

Cell Protector \$45

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 \$46

Potential Benefits

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

Key Nutrients

- MI-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.

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

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

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

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

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.

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

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

