

THE SPA *by*
EQUINIX 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 treatments 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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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

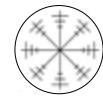
Lymphatic Drainage Body Treatments with Icoone and Biologique Recherche

Hair Styling



PERFORMANCE HEALING

Massage | Lymphatic Drainage Body Treatments | Acupuncture



TEMPERATURE THERAPY

Cryotherapy | Infrared Sauna



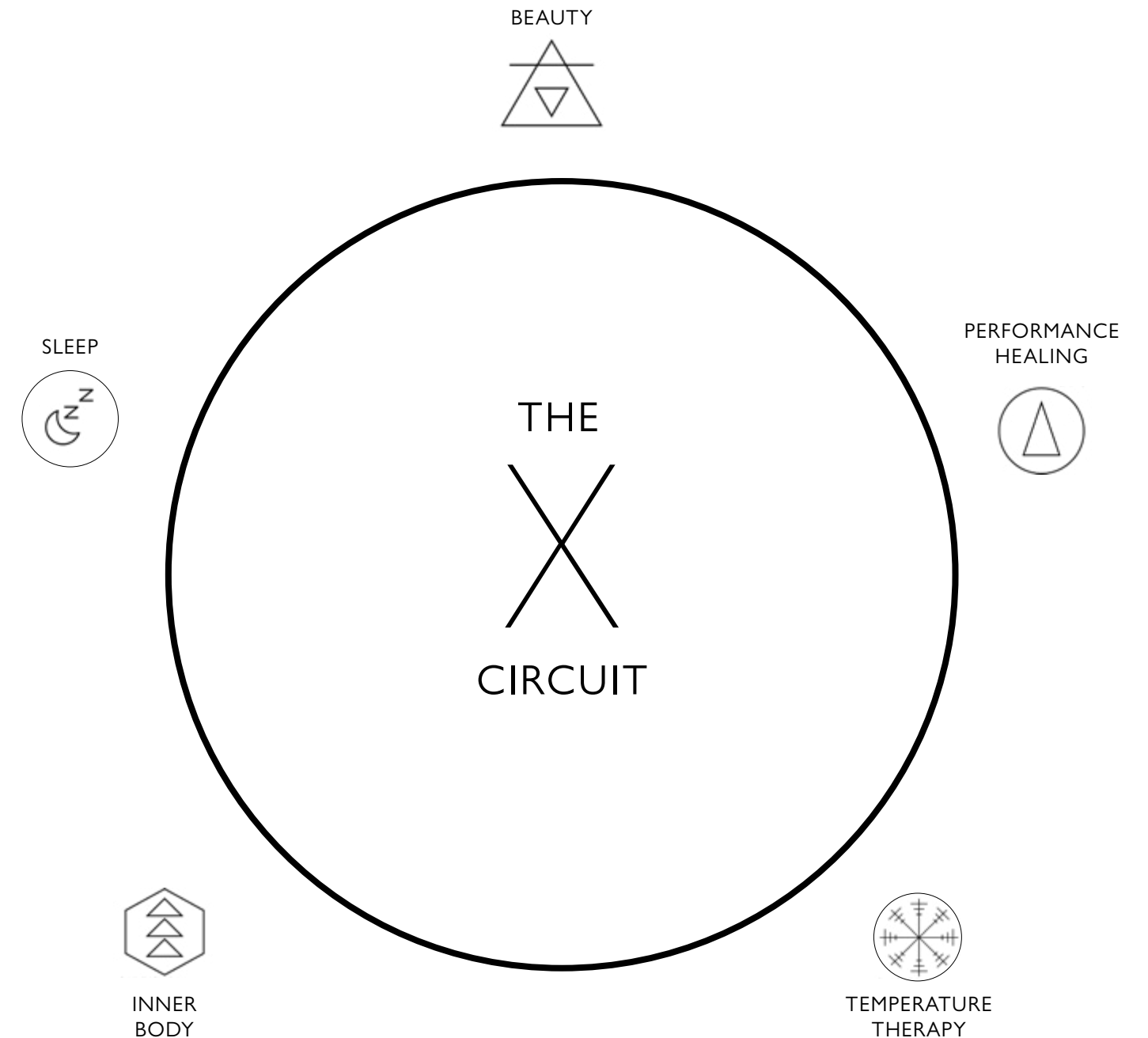
INNER BODY

NutriDrip IV Therapy | Superfood Menu



SLEEP

Spa Wave Table





PACKAGES

ANTIOXIDANT GLOW

2-3 hours | ~~\$770~~
20% off | \$595

- Beauty**
Gold Collagen Facial by Dr. Lara Devgan
- Performance Healing**
Lymphatic Drainage Detox + Slimming Body Treatment with Icoone Roboderm helps removes toxins, reduces bloat, skin is firmer, slimmer, smoother and glowing
- Temperature Therapy**
Choice of Cryotherapy or Infrared Sauna
- Inner Body**
Super Green Complex Gummies by Dr Lara Devgan

ANTIAGING

3-4 hours | ~~\$736~~
20% off | \$588

- Beauty**
Equinox Customized Facial by Biologique Recherche
- Performance Healing**
Lymphatic Drainage Detox + Slimming Body Treatment with Icoone Roboderm helps firm the skin, improves gut health and immune function
- Temperature Therapy**
Choice of Cryotherapy or Infrared Sauna
- Inner Body**
Super Anti Aging Beauty Booster

HIGH PERFORMANCE

3-4 hours | ~~\$982~~
20% off | \$785

- Beauty**
Remodeling Lift Facial by Biologique Recherche
- Performance Healing**
CBD Massage
- Temperature Therapy**
Cryotherapy
- Inner Body**
NutriFit IV. Choice of one dish from Superfood menu

ULTIMATE SILHOUETTE

2-3 hours | ~~\$630~~
20% off | \$525

- Temperature Therapy**
Infra Red Sauna
- Performance Healing**
Lymphatic Drainage Detox +Slimming Body Treatment with Icoone Roboderm helps tone and firm skin while reducing cellulite and bloat. **Ideal for pre events + post indulgence**
- Beauty**
Silhouette Shaper Body Treatment which stimulates, contours the body using deep cellulite massage by Biologique Recherche



BEAUTY CIRCUIT

FACIALS + BODY TREATMENTS

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:
Platinum lip plumping serum

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 | \$325
90 MIN | \$440

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 | \$360
90 MIN | \$490

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.

ANTIAGING + LIFTING FACIAL

120 MIN | \$625

An exclusive facial only available at Equinox Hotel, New York. Get red-carpet ready and turn back the clock with this customized tech facial. Treatment includes: the remodeling face machine, micro-puncture, hyaluronic treatment and collagen finishing mask. The facial addresses loss of volume, fine lines and helps plump and tone the skin.

SECONDE
PEAU FACIAL

60 MIN | \$350

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
COLLAGEN JET PEEL FACIAL

60 MIN | \$360
90 MIN | \$450

Our signature facial using Biologique Recherche skincare and Jet Peel technology. Take years off your face with this customized, popular facial. This treatment includes: a customized facial and Jet Peel exfoliation and infusion of nutrients, and specific serums to address loss of volume, boost collagen, glow and cellular regeneration. Fine lines, wrinkles and hollows are diminished.

MEN’S HIGH PERFORMANCE
FACIAL

60 MIN | \$325

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.

MASQUE PIGM 400
\$85

Brightening and oxygenating sheet mask to prevent and reduce the visibility of pigmentation spots for uneven and dull complexions.

MASQUE PLATYSMA
\$85

Toning, Rejuvenating, hydrating mask specifically tailored to the chin area, to tighten and contour loose skin.

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 | \$275
90 MIN | \$365

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

20 MIN \$150

EYES

10 MIN \$100

SCALP

20 MIN \$100

HANDS

20 MIN \$100

ADD-ON AMPLIFIERS

SCALP + HAIR TREATMENT

in treatment
\$75

Stimulating massage combined with deep conditioning mask.

VIBRATION TECH

in treatment
\$75

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

NECK TONE + LIFT

in treatment
\$100 /30 mins

Tighten, tone and lift the skin under the chin and neck to reduce lines and signs of aging.



LYMPHATIC DRAINAGE BODY TREATMENTS

The **lcoone Roboderm** is a non invasive lymphatic tech body treatment that delivers customized lymphatic drainage and body slimming to help shape the silhouette. This treatment delivers customized draining, firming and body remodeling to rejuvenate skin and tissue, reducing cellulite while boosting circulation and enhancing the performance of your lymphatic system. In addition to the aesthetic benefits, it helps remove toxins from the body, relieve muscle tension and soreness, improves digestion and gut health, and accelerates the production of elastin, resulting in smoother, firmer, and more toned skin in only a few sessions.

DETOX + SLIMMING LYMPHATIC DRAINAGE

60 MIN | \$275
90 MIN | \$350

Achieve optimal outer + inner body excellence. Shapes the body, firms the skin, reduces the appearance of cellulite, relieves muscle pains, improves blood circulation and digestion + optimizes lymphatic drainage. Eliminates toxins from the body and improving immunity while creating a slimmer waist

MAXIMUM RESULTS ACCELERATED CIRCUIT

3x TREATMENTS PER 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 Detox + Slimming treatments, combined with 1 x Biologique Recherche Silhouette Shaper body treatment

BODY TREATMENTS

Biologique Recherche regimen is a hands-on treatment revered for its highly effective results for the body

SILHOUETTE SHAPER

60 MIN | \$275

90 MIN | \$350

Stimulating, 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.





HAIR STYLING

We offer a variety of hair care services

STYLING

CUT + STYLE	\$195
BLOW DRY	\$85
BLOW DRY WITH EXTENSIONS	\$120 + UP
UPDO	\$185 + UP
GLAMOR WAVES ONLY	\$65
IN ROOM STYLING	UPON CONSULTATION

RESTORATIVE HAIR TREATMENTS + BLOW DRY

HAIR RITUEL BY SISLEY	\$125
REGENERATIVE HAIR CARE MASK BY OLAPLEX OR MILBON	\$100



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
Signature Treatment
60 min | \$295
90 min | \$420

Highly personalized combination of rejuvenating and therapeutic massage techniques designed to address muscle tension and flexibility. Light table stretches enable the joints and ligaments to be more limber to promote enhanced tissue massage. Head to toe relaxation using breathing rituals and ending with a warm, moisturizing foot treatment. The ultimate wellness massage.

THE E. DEEP MASSAGE
Higher intensity for
overworked + fatigued muscles
60 min | \$315
90 min | \$440

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 | \$275
90 min | \$365

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

LYMPHATIC DRAINAGE
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	15MIN	\$60
LED	15 MIN	\$65
HOT STONE		\$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.

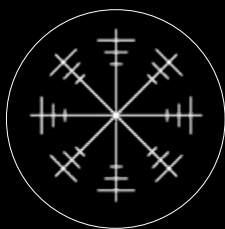
FACE LIFTING TREATMENT	60 min \$345	
PAIN TREATMENT + MUSCLE REJUVENATION	60 min \$295	
TRADITIONAL ACUPUNCTURE	60 min \$295	30 min \$150

FACE LIFTING TREATMENT	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.
60 min \$345	

PAIN TREATMENT + MUSCLE REJUVENATION	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.
60 min \$295	

TRADITIONAL ACUPUNCTURE	Used for all internal issues: Anxiety, depression, stress, digestion and fertility.
60 min \$295	30 min \$150





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 atheltic 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 <i>Detox and Replenish</i>				
	60 - 90 MINS	L1 \$295	L2 \$325	L3 \$355
Potential Benefits	Key Nutrients	Plus		
<ul style="list-style-type: none">• Boosts natural energy levels and immune system• Combats harmful toxins from urban exposure• Great for fatigue, poor diet and low energy	<ul style="list-style-type: none">• Megadose Vitamin C• Gluthathione• B12	<ul style="list-style-type: none">• B-Complex• Magnesium• Calcium• Taurine• Trace Minerals		

NutriBoost <i>Boost Energy Levels</i>			45 MINS	\$250
Potential Benefits	Key Nutrients	Plus		
<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• B12• B5• B6• B-Complex• Taurine• Carnitine	<ul style="list-style-type: none">• Vitamin C• Magnesium• Trace Minerals		

NutriMmunity <i>Supercharge your immunity</i>			
	60 MINS	L1 \$250	L2 \$295
Potential Benefits	Key Nutrients	Plus	
<ul style="list-style-type: none">• Reduces the intensity and dura-tion of viruses• Helps the body fight inflamma-tion and infection• Great for depleted immune sys-tems and frequent travel	<ul style="list-style-type: none">• Megadose Vitamin C• Zinc• Lysine	<ul style="list-style-type: none">• B-Complex• B12• B6• Calcium• Magnesium• Trace Minerals	

NutriGlow <i>Reveal Glowing Skin</i>				
	15-30 MINS	L1 \$115	L2 \$150	L3 \$185
Potential Benefits	Key Nutrients	Plus		
<ul style="list-style-type: none">• Cleanses and detoxifies the liver• Promotes glowing skin and enhances overall complexion through the master antioxidant• Great for immune boosting and anti-inflammation	<ul style="list-style-type: none">• Glutathione	<ul style="list-style-type: none">• Vitamin C		

NutriBody <i>Kickstart The Fat Burn</i>			45 MINS	\$250
Potential Benefits	Key Nutrients	Plus		
<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• MIC-B12• Carnitine• Taurine	<ul style="list-style-type: none">• Vitamin C• B-Complex• B5• B6• Calcium• Trace Minerals		

NutriYouth <i>Repair Cellular Damage</i>				
	1-4 HRS	L1 \$295	L2 \$460	L3 \$660
Potential Benefits	Key Nutrients	Plus		
<ul style="list-style-type: none">• Supports mitochondrial health, repairs DNA and slows cellular aging• Improves brain, memory and mood function• Great for youthful energy and aging skin	<ul style="list-style-type: none">• NAD+• Glutathione	<ul style="list-style-type: none">• Vitamin C• Magnesium• B-Complex• B5• B6• B12• Calcium		

NutriFit <i>Recover and perform at your best</i>	45 MINS	\$295
Potential Benefits <ul style="list-style-type: none"> 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 <ul style="list-style-type: none"> Amino Acids 	Plus <ul style="list-style-type: none"> Magnesium Taurine B-Complex B6 B12 Trace Minerals

NutriBeauty <i>Reveal Radiant Skin</i>	45 MINS	\$295
Potential Benefits <ul style="list-style-type: none"> Supports stronger, longer and fuller hair growth Boosts healthier nails with a mega dose of Biotin Reveals glowing skin while boosting the immune system 	Key Nutrients <ul style="list-style-type: none"> Electrolyte Fluids B12 B-Complex Biotin Glutathione Vitamin C 	Plus <ul style="list-style-type: none"> Zinc Trace Minerals

The Pre-Game <i>Prepare for the night out.</i>	45 MINS	
Potential Benefits <ul style="list-style-type: none"> Help your body stay hydrated while boosting B vitamins and keeping your head in the game with Taurine and Carnitine. 	Key Nutrients <ul style="list-style-type: none"> Electrolyte Fluids B12 B-Complex Taurine Carnitine 	Plus <ul style="list-style-type: none"> Vitamin C Magnesium Calcium B5 B6 Trace Minerals

RECOVERY DRIPS

MegaRecovery <i>Severe Hangover</i>	45 MINS	\$250
Potential Benefits <ul style="list-style-type: none"> Replenishes electrolytes and dehydration levels Boosts immunity, vitality and liver function Great for food poisoning, dehydration, jet-lag, inflammation and hangovers 	Key Nutrients <ul style="list-style-type: none"> Electrolyte Fluids Vitamin C B12 Gluthathione 	Plus <ul style="list-style-type: none"> B-Complex Magnesium Option of Pain or Nausea RX Medication

SuperRecovery <i>Moderate Hangover</i>	45 MINS	\$190
Potential Benefits <ul style="list-style-type: none"> Replenishes vitamins that are depleted with alcohol, food poisoning or illness Great for food poisoning, dehydration, jet-lag, inflammation and hangovers 	Key Nutrients <ul style="list-style-type: none"> Electrolyte Fluids B-Complex 	Plus <ul style="list-style-type: none"> B12 Option of Pain or Nausea RX Medication

BasicRecovery <i>Light Hangover</i>	45 MINS	\$140
Potential Benefits <ul style="list-style-type: none"> Provides electrolyte solution containing minerals for maintaining optimal body functions Great for dehydration 	Key Nutrients <ul style="list-style-type: none"> Electrolyte Fluids 	Plus <ul style="list-style-type: none"> 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
FLUID	
500ml**	\$90
1000ml**	\$140
RX	
Pain	\$20
Nausea	\$20
TAURINE	
150mg	\$35
B-COMPLEX	
3ml*	\$35
B12	
5mg*	\$45
B5	
500mg*	\$35
B6	
300mg*	\$35
ZINC	
5mg*	\$35
LYSINE	
300mg*	\$35
MIC-B12	
3ml	\$45
CARNITINE	
1500mg	\$35

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	Key Nutrients
<ul style="list-style-type: none">Provides skin with a brighter and radiant glowProtects cells from free radicalsAssists the body with expelling toxins	<ul style="list-style-type: none">Glutathione
Super B's	\$35
Potential Benefits	Key Nutrients
<ul style="list-style-type: none">Boosts body systems with energyReinforces energy productionSupports hair and nail health	<ul style="list-style-type: none">B-ComplexB12
Sunshine D	\$35
Potential Benefits	Key Nutrients
<ul style="list-style-type: none">Improves mood, sleep and concentrationStrengthens muscle and bone healthSupports the immune system	<ul style="list-style-type: none">Vitamin D



B12 Energy	\$45
Potential Benefits <ul style="list-style-type: none">• Double B12 for extra energy• Helps produce red blood cells• Increases natural energy levels	Key Nutrients <ul style="list-style-type: none">• B12
Anti-Aging	\$65
Potential Benefits <ul style="list-style-type: none">• Improves brain, memory and mood functions• Increases production of neurotransmitters• Protects cell DNA to maintain energy levels	Key Nutrients <ul style="list-style-type: none">• NAD+
Cell Protector	\$45
Potential Benefits <ul style="list-style-type: none">• Assists in the production of ATP energy• Supports muscle recovery after exercising• May help reduce blood pressure	Key Nutrients <ul style="list-style-type: none">• CO-Q10
Body Boost	\$46
Potential Benefits <ul style="list-style-type: none">• Boosts the body's metabolism• Targets stubborn fat stores• Helps kick start weight loss	Key Nutrients <ul style="list-style-type: none">• 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 | \$13

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

TURMERIC LATTE | \$13

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

BEAUTY BLEND | \$13

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

CHAI | \$13

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

PUMPKIN SPICE LATTE | \$13

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

FRESH + ENERGIZING BOWLS

CHIA SEED | \$22

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

BEAUTY | \$22

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

POWER UP | \$22

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

MARKET BOWLS

CAESAR SALAD | \$22

Romaine + kale | creamy caesar dressing | choice of protein: chicken \$11 | shrimp \$12 | salmon \$15 | steak \$20

COBB SALAD | \$22

Romaine + kale | avocado | tomato | bleu cheese crumble | buttermilk ranch | choice of protein: chicken \$11 | shrimp \$12 | salmon \$15 | steak \$20

SUPERGRAIN BOWL | \$24

NY state grains | grilled sweet potato | hard boiled egg | avocado | cilantro | lime vinaigrette | choice of protein chicken \$11 | shrimp \$12 | salmon \$15 | steak \$20

ROASTED CHICKEN BOWL | \$40

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 antioxi-dant) as the bread itself, due to reactions from baking at high temperatures.

CARROT + DAIKON BANH MI | \$24

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

TURKEY SANDWICH | \$25

Smoked turkey | pickled shallots | celery root | honey crisp apple
Choice of fries or salad

DESSERT

CHOCOLATE LAVA CAKE | \$16

Molten chocolate cake | vanilla ice cream

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 | \$12

ESPRESSO | \$8

LATTE + CAPPUCCINO | \$10

ICED COFFEE | \$10

TEAS | \$10

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

REFRESHERS

SODAS | \$8

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

JUICES | \$12

Orange | grapefruit | apple

GREEN JUICE | \$15

Kale | celery | apple | collard greens

CELERY JUICE | \$15

ELECTRIC KALE SMOOTHIE | \$17

Kale | cucumber | apple | MCT oil

BERRY ANTIOXIDANT SMOOTHIE | \$17

Mixed berries | whey protein | chia seeds

WINES BY THE GLASS

SPARKLING WINE | \$19

Prosecco

CHAMPAGNE | \$31

Veuve Cliquot

WHITE WINE | \$25

Chardonnay

WHITE WINE | \$19

Sauvignon Blanc

ROSE WINE | \$22

Whispering Angel

RED WINE | \$23

Pinot Noir

RED WINE | \$25

Cabernet Sauvignon



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

