

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 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 + BODYTREATMENTS

MASSAGE + ACUPUNCTURE

MLX I3DOME, CRYOTHERAPY +
INFRARED SAUNA

INNER BODY

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
Eye + Face Rejuvenation Treatments | Dr. Jennifer Tsai
Face Sculpting Buccal Treatment | Biologique Recherche
Lymphatic Drainage Body Treatments with Icoone and Biologique Recherche
Hair Styling



PERFORMANCE HEALING

Massages | Lymphatic Drainage Body Treatments | Acupuncture
Dr. Jennifer Tsai Eye Rejuvenation



TEMPERATURE THERAPY

MLX i3Dome | Cryotherapy | Infrared Sauna



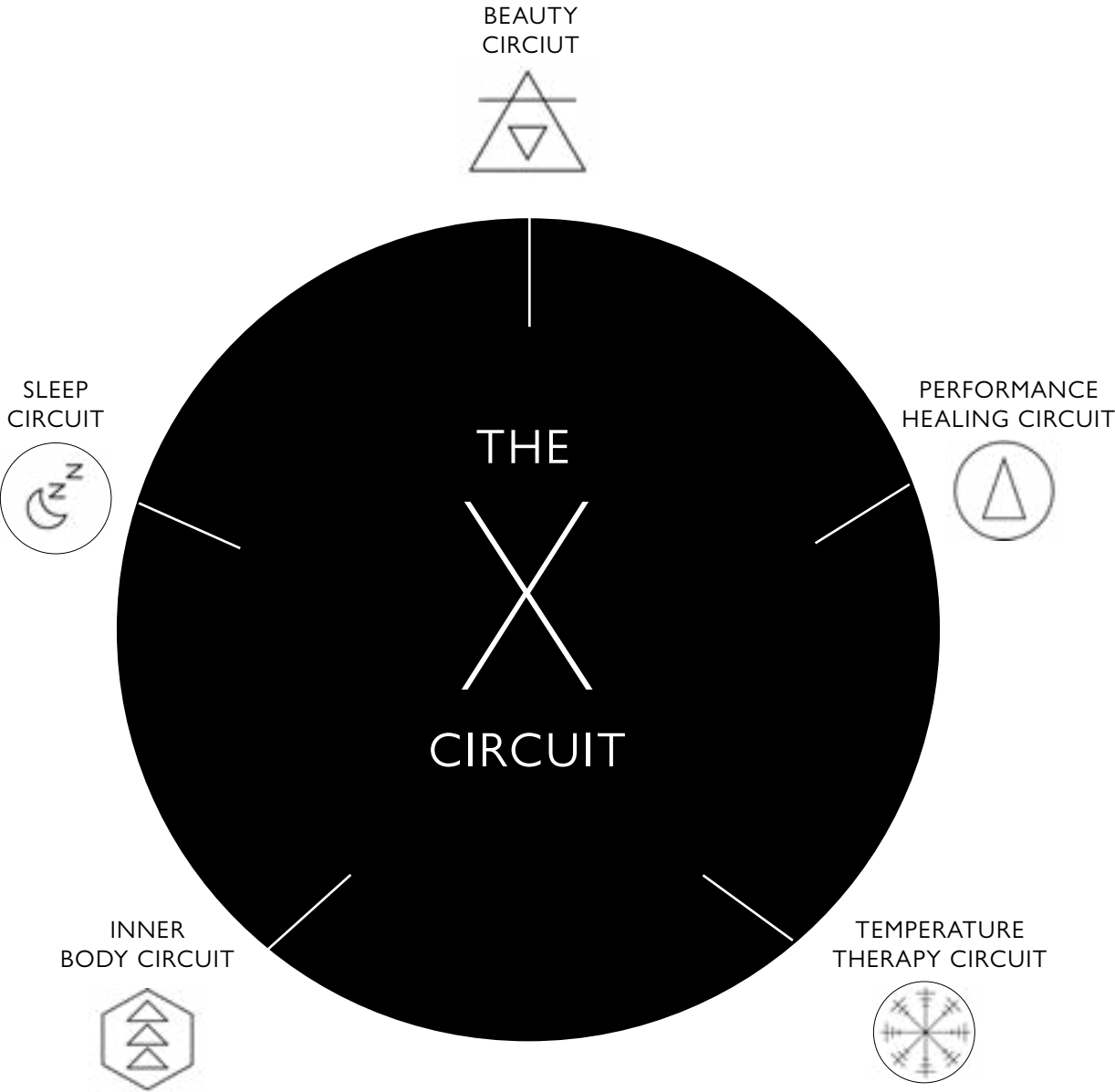
INNER BODY

Superfood Menu | NutriDrip IV Therapy



SLEEP

Spa Wave Table



PACKAGES

ANTIOXIDANT GLOW
2-3 hours | ~~\$740~~
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 vloat, skin is firmer, slimmer and smoother without laser
- Temperature Therapy**
Choice of Cryotherapy or Infrared Sauna
- Inner Body**
Super Green Complex Gummies by Dr. Lara Devgan

ANTIAGING
3-4 hours | ~~\$816~~
20% off | \$650

- 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 without laser
- Temperature Therapy**
MLX I3DOME far infra red for the ultimate detox
- Inner Body**
Super Anti Aging Beauty Vitamin Shot

ANTI INFLAMMATORY
3-4 hours | ~~\$895~~
20% off | \$716

- Temperature Therapy**
MLX I3DOME far infra red for the ultimate detox
- Performance Healing**
Herbal Recovery Massage
- Inner Body**
NutriCleanse

THE ULTIMATE DETOX
+ SILHOUETTE SHAPER
2-3 hours | ~~\$755~~
20% off | \$600

- Temperature Therapy**
MLX I3DOME far infra red for the ultimate detox
- Performance Healing**
Lymphatic Drainage Detox + Slimming Body Treatment with Icoone Roboderm helps tone and firm skin while reducing cellulite and bloat with laser
- Beauty**
Silhouette Shaper Body Treatment which stimulates, contours the body using deep cellulite massage by Biologique Recherche

GLASS SKIN
+ BRIGHT EYES
2 hours | ~~\$1300~~
25% off | \$940

- Beauty**
Glass Skin Micro infusion Micro needling Facial designed by Dr. Lara Devgan. Boosts skin's collagen production for poreless looking hydrated skin using Dr. Lara Devgan's mixed-molecular weight, niacinamide-fortified hyaluronic serum.
- Performance Healing**
Radio-frequency for eyes performed by Dr. Jennifer Tsai Stimulates collagen production to minimize fine lines, undereye bags and dark circles.
- Temperature Therapy**
MLX I3DOME far infra red for the ultimate detox

SLEEP + RESTORE
2.5 hours | ~~\$760~~
20% off | \$600

- Temperature Therapy**
MLXI3DOME far infra red for the ultimate detox
- Performance Healing**
CBD Massage is a one hour experience to relieve muscle tension and promote rapid recovery
- Inner Body**
Sleep IV Drip

EYE + FACE LIFTING
REJUVENATION
1-2 hours | ~~\$1600~~
20% off | \$1280

Beauty
Morpheus8 for eyes and face performed by Dr. Jennifer Tsai.
Advanced radiofrequency with microneedling to stimulate collagen production minimizing scars and wrinkles.

Performance Healing
Exosome for eyes and face performed by Dr. Jennifer Tsai.
Stimulates skin cell repair to reverse aging and boost collagen production.

Inner Body
Green + Carrot Juice

EYE REJUVENATION
1 hour | ~~\$850~~
20% off | \$680

Beauty
Targeted IPL for eyes and photofacial for face performed by Dr. Jennifer Tsai
Rejuvenating solution to dry eyes, ageing and more.

Performance Healing
Radiofrequency for eyes performed by Dr. Jennifer Tsai
Stimulates collagen production to minimize fine lines, undereye bags and dark circles.

Inner Body
Green + Carrot Juice



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:
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.

DR LARA DEVGAN'S GLASS SKIN MICROINFUSION MICRONEEDLING FACIAL

60 min | \$700

For a luminous and poreless complexion, Dr. Devgan's Glass Skin Microinfusion facial boosts the skin's own collagen production to hydrate the skin achieving a "glass skin" feel. Featuring the application of Dr. Devgan's mixed-molecular weight hyaluronic acid serum delivered 200 microns deep into the dermins with a single-use device. Stimulated collagen production plumps up skin for a youthful and revitalized appearance. Includes Dr. Devgan's popular Hyaluronic Serum for at home maintenance, \$245 retail value.

DR. JENNIFER TSAI | EYE + FACE REJUVENATION

Dr. Tsai is a board-certified optometrist renowned for her expertise in eyecare and her innovative approach to seamlessly fuse beauty and eyecare by introducing treatments that harmonize preventative therapies and regenerative medicine.

ALL TREATMENTS BELOW PERFORMED BY DR. JENNIFER TSAI

Dry eyes result from a range of genetic and lifestyle factors, such as screentime, contact lense wear, insufficient sleep, and more. This can cause our eyes to feel tired, irritated, and blurry.

DIGITAL EYE DETOX

IPL	15 MIN \$400
RADIOFREQUENCY	20 MIN \$350
BOTH	30 MIN \$650

IPL and radiofequency techniques gently delivers energy around the eyelids to reduce inflammation, unclog the eyelid meibomian glands, and increase overall tear production. The result is brighter, fresher, and more lubricated eyes along with reduced dark circles and undereye puffiness.

RADIOFREQUENCY REJUVENATION

EYES	20 MIN \$350
FACE	30 MIN \$450

Innovative technology that delivers thermal heat to treat dry eyes and restore youthful tighter skin. This process aims to tighten and tone the skin by increasing natural collagen production. The result is tighter plumper skin with a long-lasting lifted and contoured appearance.

IPL PHOTOFACIAL

EYES	15 MIN \$400
FACE	20 MIN \$500

Groundbreaking technology that delivers pulses of light to treat dry eyes and restore brighter smother skin tone. It addresses skin discoloration, acne scarring, sun damage, age spots, redness, and broken capillaries. This process of photo rejuvenation aims to reverse aging and provide the skin with a radiant glow.

MICRONEEDLING

MORPHEUS8

FACE	60 MIN \$1200
add on neck	10 MIN \$100

Morpheus8 is next level technology that combines microneedling with radiofrequency to visibly transform your complexion and reverse aging. This process uses gold plated micro-needles to heat underneath the skin and stimulate collagen production. This treatment is known to provide a non-surgical facelift effect to get radiant healthier skin.

SKINPEN

FACE	45 MIN \$600
HAIR	30 MIN \$800

Skinpen is a microneedling pen that creates micro-channels to improve skin complexion and hair growth. It addresses wrinkles, acne scarring, and hair loss. The result is tighter smoother skin and fuller hair volume.

ADD - ON EXOSOME THERAPY

Experience the pinnacle of regenerative aethetics with an all-natural skin booster that reverses signs of aging skin and hair loss. Exosome contain regenerative particles that stimulate hair growth and collagen production. When **applied topically after microneedling**, it stimulates the body’s own cellular growth, repair, and healing process.

EXOSOME FACE REJUVENATION

15 MIN | add \$500 +
microneedling treatment
Morpheus8 or Skinpen

The microneedling exosome facial is a dynamic duo treatment that aims to revive your skin’s texture, diminish fine lines, and replenish a youthful complexion. Powered by Morpheus8, a microneedling radiofrequency technology that tightens and plumps the skin.

EXOSOME HAIR REJUVENATION

30 MIN | add \$1000 +
microneedling treatment
Morpheus8 or Skinpen

The microneedling exosome for hair is a dynamic duo treatment that aims to revitalize your hair growth by replenishing thickness and density. Powered by Skinpen, a microneedling technology that stimulate hair follicles for a rejuvenation process.

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.

FACE SCULPTING MASSAGE BUCCAL TREATMENT

60 MIN | \$350
90 MIN | \$470

The Buccal, a highly specialized intra-oral facial massage technique to sculpt, define and lift the facial muscles, inside and out, reduce eye puffiness and accentuate jaw and cheek contours. Skin cleansing with a firm muscular massage of the face, neck and décolleté, followed by customized Biologique Recherche mask, serum and cream to create toned, glowing skin.

6 PACKAGE SERIES

60 MIN | \$1890
90 MIN | \$2538

Our 90 min treatment combines the face sculpting massage enhanced with the remodeling lift micro current machine for an enhanced face lift.

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 PERFORMNACE 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	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.
60 MIN \$345	

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	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.
60 min \$325	

ADD ON INTENSIVE SHEET MASKS

COLLAGEN FÉERIE FACE + NECK	Moisturizing and soothing Collagen sheet mask ideal for all skin types. Skin is hydrated, plumped and firm.
\$125	
MASQUE PIGM 400	Brightening and oxygenating sheet mask to prevent and reduce the visibility of pigmentation spots for uneven and dull complexions.
\$85	
MASQUE PLATYSMA	Toning, Rejuvenating, hydrating mask specifically tailored to the chin area, to tighten and contour loose
\$85	
ACIDES DE FRUITS PEEL	Mild fruit acid chemical peel for all skin types. Skin is exfoliated and regenerated while refining the skin surface and evening out skin tone.
\$85	
EXFOLIANT P50 VISAGE	Exfoliating and brightening treatment for sensitive, dull skin. Skin looks luminous, pigmentation and fine lines are reduced.
\$85	

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. 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

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
\$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.

NECK TONE + LIFT

in treatment
\$100 for 30 min

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

LYMPHATIC DRAINAGE BODY TREATMENTS

The Icoone 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 | \$285
90 min | \$360

with LASER add on
60 min | \$320

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 SERIES

6 PACKAGE SERIES | \$1500

6 PACKAGE SERIES | \$1720

Combining high tech + high touch, this accelerated program of 60 min treatments each series is designed to enhance your silhouette in just a few weeks.



BODY TREATMENTS

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

SILHOUETTE SHAPER

60 min | \$285

90 min | \$360

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 WITHOUT STYLE	\$130
CUT + STYLE	\$65
BLOW DRY	\$95
BLOW DRY WITH HOT TOOLS	\$120 + UP
UPDO	\$185 + UP
GLAMOR WAVES ONLY	\$65
IN ROOM STYLING	UPON CONSULTATION

RESTORATIVE HAIR TREATMENTS + BLOW DRY	\$220
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REGENERATIVE HAIR CARE MASK BY MILBON



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

THE E DEEP MASSAGE

*Higher intensity for overworked +
fatigued muscles*

60 min | \$315

90 min | \$440

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.

CBD RELIEF MASSAGE

Pain Relief | Recovery

60 min | \$315

90 min | \$440

Enhance athletic performance and rapid recovery of musculature with alignment techniques, deep tissue massage, and CBD healing balm, targeted to relieve or prevent injury and improve flexibility.

HERBAL RECOVERY MASSAGE

Restore | Detoxify

90 min | \$450

A signature aromatic massage using warmed herbal poultices featuring a blend of herbs and spices to alleviate inflammation, muscle tension and remove toxins. Massage of the stomach area aids in digestion and reduces bloating..

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	3 MIN	\$55	DEEP TISSUE	\$35
LED	15 MIN	\$65	CBD TARGETED AREA	\$35
HOT STONE		\$35	SCALP MASSAGE + HAIR MASK	\$65



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
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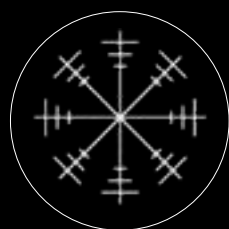
PAIN TREATMENT + MUSCLE REJUVENATION	60 min \$295
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TRADITIONAL ACUPUNCTURE	60 min \$295
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FACE LIFTING TREATMENT 60 min \$345	Targeting and educating facial muscles, create long lasting facial contouring 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.
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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.
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TRADITIONAL ACUPUNCTURE 30 min \$150 60 min \$295	Used for all internal issues: Anxiety, depression, stress, digestion and fertility
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TEMPERATURE THERAPY CIRCUIT

MLX i3DOME, CRYOTHERAPY + INFRARED SAUNA

Advanced technology that each deliver multiple therapeutic benefits.

MLX i3DOME - The Ultimate Detox

Significant Wellbeing Improvement | Accelerated Detoxification | Metabolic Booster | Dramatic Sports Recovery | Reduced Negative Stress and Depression | Promotes Supple Skin

FULL-BODY + FACE 30 MIN \$150
experience with LED
plasma light therapy

FULL-BODY ONLY 30 MIN \$90

MLX i3Dome is the new generation of touchless detox treatments, combining 2 ultra-effective wellness technologies. Helps stimulate and detoxify the body, reduces inflammation, muscle and joint pain and strengthens the immune systems and reducing stress.

Far Infrared Rays - powerful yet gentle technique, that gradually increases body temperature, to aid in detox and boost metabolism, and reduce inflammation and soreness,

Plasma - for stress relief and energy boost

Light - for skin rejuvenation and detoxification

FULL BODY + FACE SERIES

6 SESSIONS \$630

12 SESSIONS \$1230

20 SESSIONS \$1700

UNLIMITED SESSIONS \$1800 PER MONTH



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.

SERIES

6 SESSIONS	\$378
12 SESSIONS	\$600
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	
6 PACKAGE SERIES	30 MIN	\$243	



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

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	Key Nutrients	Plus
<ul style="list-style-type: none">• Boost natural energy levels and immune system• Combats harmful toxins from urban exposure	<ul style="list-style-type: none">• Amino Acids• Magnesium• Taurine• Carnitine	<ul style="list-style-type: none">• Calcium• B-12• B-Complex B5• B6• Trace Minerals
NutriSleep		
Improve Sleep Patterns	60 MINS	\$250
Potential Benefits	Key Nutrients	Plus
<ul style="list-style-type: none">• Help your body unwind and recharge• Fight symptoms of adrenal fatigue• Recharge your battery with improved sleep quality	<ul style="list-style-type: none">• Magnesium• Glycine• Taurine	<ul style="list-style-type: none">• Vitamin C• B-Complex• B5• Calcium• Zinc

WELLNESS DRIPS

NutriCleanse				
Detox and Replenish	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 systemCombats harmful toxins from urban exposureGreat for fatigue, poor diet and low energy		<ul style="list-style-type: none">MegadoseVitamin CGluthathioneB12	<ul style="list-style-type: none">B-ComplexMagnesiumCalciumTaurineTrace Minerals	

NutriBoost			
Boost Energy Levels	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 vitalityGreat for adrenal fatigue, low energy levels and long working		<ul style="list-style-type: none">B12B5B6B-ComplexTaurineCarnite	<ul style="list-style-type: none">Vitamin CMagnesiumTrace Minerals

NutriMmunity		60 MINS	L1 \$295	L2 \$350
Supercharge your immunity				
Potential Benefits		Key Nutrients	Plus	
<ul style="list-style-type: none">Reduces the intensity and duration of virusesHelps the body fight inflammation and infectionGreat for depleted immune systems and frequent travel		<ul style="list-style-type: none">MegadoseVitamin CZincLysine	<ul style="list-style-type: none">B-ComplexB12B6CalciumMagnesiumTrace Minerals	

NutriGlow				
Reveal Glowing Skin	15-30 MINS	L1 \$135	L2 \$170	L3 \$205
Potential Benefits		Key Nutrients	Plus	
<ul style="list-style-type: none">Cleanses and detoxifies the liverPromotes glowing skin and enhances overall complexion through the master antioxidantGreat for immune boosting and anti-inflammation		<ul style="list-style-type: none">Glutathione	<ul style="list-style-type: none">Vitamin C	

NutriBody		45 MINS	\$295	
Kickstart The Fat Burn				
Potential Benefits		Key Nutrients	Plus	
<ul style="list-style-type: none">Boosts the immune system with antioxidant and anti-inflammatory powersSupports collagen production for skin healthGreat for preventing viruses and autoimmune disease		<ul style="list-style-type: none">MegadoseVitamin C	<ul style="list-style-type: none">CalciumMagnesiumB-Complex	

NutriYouth		1-4 HRS	L1 \$295	L2 \$460	L3 \$660
Repair Cellular Damage					
Potential Benefits		Key Nutrients	Plus		
<ul style="list-style-type: none">Supports mitochondrial health, repairs DNA and slows cellular agingImproves brain, memory and brain functionGreat for youthful energy and aging skin		<ul style="list-style-type: none">NAD+Glutathione	<ul style="list-style-type: none">Vitamin CB-ComplexB5B6B12Calcium		

NutriFit Recover and perform at your best	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 Reveal Radiant Skin	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 Vitamine C 	Plus <ul style="list-style-type: none"> Zinc Trace Minerals

The Pre-Game Prepare for a night out	45 MINS	\$295
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 Severe Hangover	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 Moderate Hangover	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 Light Hangover	45 MINS	\$150
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

Gut Health IV Drip

Improve digestion and nutrient absorption.

45 MINS

\$295

Potential Benefits

- Relieve gastrointenstinal issues and bloating
- Increase hydration and energy levels
- Decrease in food sensitivities

Key Nutrients

- Glutamine
- Zinc
- Vitamin C

Plus

- Magnesium
- B-Complex
- Trace Minerals

VITAMIN
ADD-ONS

VITAMIN C	
Level 1	\$45
Level 2	\$85
Level 3	\$150
GLUTATHIONE	
Level 1	\$65
Level 2	\$95
Level 3	\$120
MAGNESIUM	
1000mg*	\$55
FLUID	
500ml**	\$90
1000ml**	\$140
RX	
Pain	\$20
Nausea	\$20
TAURINE	
150mg	\$35
B-COMPLEX	
3ml*	\$45
B12	
5mg*	\$45
B5	
500mg*	\$35
B6	
300mg*	\$35
ZINC	
5mg*	\$35
LYSINE	
300mg*	\$35
MIC-B12	
3ml	\$45
CARNITE	
1500mg	\$55

MINI DRIP ADD-ONS

Body	\$115
Key Nutrients	
• MIC-B12	
• B5	
• Carnite	
Anti-Aging	\$180
Key Nutrients	
• NAD+	
Fit	\$180
Key Nutrients	
• Amino Acids	

IM BOOSTER SHOTS

Beauty Boost	\$45
Potential Benefits <ul style="list-style-type: none">Provides skin with a brighter and radiant glowProtects cells from free radicalsAssists the body with expelling toxins	Key Nutrients <ul style="list-style-type: none">Glutathione
Super B's	\$45
Potential Benefits <ul style="list-style-type: none">Boosts body systems with energyReinforces energy productionSupports hair and nail health	Key Nutrients <ul style="list-style-type: none">B-ComplexB12
Sunshine D	\$45
Potential Benefits <ul style="list-style-type: none">Improves mood, sleep and concentrationStrengthens muscle and bone healthSupports the immune system	Key Nutrients <ul style="list-style-type: none">Vitamin D

B12 Energy	\$45
Potential Benefits <ul style="list-style-type: none">Double B12 for extra energyHelps produce red blood cellsIncreases 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 functionsIncreases production of neurotransmittersProtects 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 energySupports muscle recovery after exercisingMay 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 metabolismTargets stubborn fat storesHelps 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 pronyl-lysine (a disease-fighting antioxidant) 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 CLUB SANDWICH | \$25

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

DESSERTS

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 provide 3 hours of sleep.

FULL-BODY	30 MIN	\$60
	60 MIN	\$90
6 PACKAGE SERIES	30 MIN	\$324

