

THE SPA *by*  
EQUINOX HOTELS

33 HUDSON YARDS, NYC  
5TH FLOOR

# INNER + OUTER BODY EXCELLENCE

Select from our integrated circuit treatments – inter-modal, multi-treatment experiences, cryotherapy, infrared sauna, quantum harmonics sessions, massages, body work and skin therapies – or create your own circuit from our innovative treatments and add on amplifiers, developed by a team of internationally recognized medical authorities and therapists renowned for their mastery of healing.



# GLOSSARY

FACIALS + BODYTREATMENTS

MASSAGE + ACUPUNCTURE

MLX 13DOME, CRYOTHERAPY +  
INFRARED SAUNA

INNER BODY

SLEEP



# GUEST GUIDELINES

To optimize your spa experience, please read the essential guidelines provided prior to booking.

## HEALTH CONSIDERATIONS

When making an appointment, please let us know if you are pregnant or have any health concerns, such as high blood pressure, heart conditions or allergies. We will tailor your treatment accordingly.

## SPA ETIQUETTE

As a courtesy to other guests, please silence your mobile devices prior to arrival and be mindful of others when taking photos. In the relaxation area, keep conversations at a lower volume to allow everyone to enjoy their spa experience.

## SPA ATTIRE

For your comfort and convenience, personal lockers are provided to secure your valuables and belongings, and are equipped with slippers and robes.

## APPOINTMENT ARRIVAL TIME

We suggest arriving at least 30 minutes before your treatment begins to enjoy the spa facilities. Please note that treatments must end on time, regardless of their start time. If you arrive late, we will not be able to complete the full service, and treatment fees cannot be prorated.

## CANCELLATION POLICY

If you need to cancel or reschedule, please notify us at least 24 hours before your appointment to avoid being charged for the service in full.

## SERVICE & GRATUITY

For your convenience, a 20% gratuity will be added to each service. Please note you may change it according to your discretion.

## CHILD SUPERVISION

For their safety and for the relaxation of all guests, children under the age of 18 are not permitted in the Spa. Spa services are available for guests 18 years of age and over only.

# 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 | Young Goose Scientific Skincare

Lymphatic Drainage Body Treatments with Icoone and Biologique Recherche

Hair Styling

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## PERFORMANCE HEALING

Massages | Lymphatic Drainage Body Treatments | Acupuncture

Dr. Jennifer Tsai Eye Rejuvenation

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## TEMPERATURE THERAPY

MLX i3Dome | Cryotherapy | Infrared Sauna

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## INNER BODY

Superfood Menu | NutriDrip IV Therapy

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## SLEEP

Spa Wave Table



BEAUTY  
CIRCUIT



SLEEP  
CIRCUIT



PERFORMANCE  
HEALING CIRCUIT

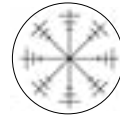


THE  
X  
CIRCUIT

INNER  
BODY CIRCUIT



TEMPERATURE  
THERAPY CIRCUIT



# 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 bloat, 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

NAD+ Anti-Aging Facial featuring Young Goose, the bio-hacking, scientific skincare line to invigorate cellular renewal for youthful skin

### 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 IV Drip

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

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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

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SLEEP + RESTORE

2.5 hours | ~~\$760~~

20% off | \$600

### **Temperature Therapy**

MLX I3DOME 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

RADIANT  
REJUVENATION  
1-2 hours | ~~\$1700~~  
20% off | \$1400

**Beauty**

Micro-needling (Morpheus8 or Skinpen) for eyes and face, performed by Dr. Jennifer Tsai that stimulate collagen production, reducing scars and wrinkles for smoother, more youthful appearance

**Performance Healing**

Polynucleotides Salmon DNA Rejuvenation as an add-on skin booster after micro-needling. Activates fibroblasts and stem cells to enhance body's natural renewal process

**Inner Body**

NutriGlow IV Drip

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

**Beauty**

Targeted IPL for eyes, performed by Dr. Jennifer Tsai, offer a rejuvenating solution to dry eyes, redness, and signs of undereye discoloration for a refreshed and youthful appearance

**Performance Healing**

Radiofrequency for eyes, performed by Dr. Jennifer Tsai, stimulates collagen production to reduce undereye bags, dark circles, and droopy eyelids

**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.

**Available Mon - Thurs | Receive a complimentary add-on for any facial. Add-ons include depuffing eye patches, Caviar Vert hydrating mask, LED red light therapy or Shampoo / Blow Dry (available only on Monday).**

# DR. LARA DEVGAN

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

## THE GOLD COLLAGEN FACIAL BY DR. LARA DEVGAN

60 min | \$350

Add-ons include:

Retinol Micropeel | Lip Plumping

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

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## 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 dermis 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 eye care and her innovative approach to integrating beauty and eye health. She pioneers treatments that blend preventative therapies with regenerative medicine, offering a holistic approach that enhances both vision and aesthetics.

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## ALL TREATMENTS BELOW PERFORMED BY DR. JENNIFER TSAI

Dry eyes can arise from various genetic and lifestyle factors, including screen time, contact lens use, buildup from sweat or makeup, and insufficient sleep. These issues can leave your eyes feeling tired, irritated, and blurry.

### DIGITAL EYE DETOX

**IPL** 15 MIN | \$500

**RADIOFREQUENCY** 20 MIN | \$450

**IPL + RF** 45 MIN | \$850

**4 PACKAGE SERIES** IPL + RF | \$3000

IPL and radiofrequency techniques - deliver energy around the eyelids to reduce inflammation, unclog meibomian glands, and boost tear production. The result is brighter, more hydrated eyes with reduced dark circles and puffiness.

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### RADIOFREQUENCY REJUVENATION

**EYES** 15 MIN | \$450

**FACE** 30 MIN | \$600

**4 PACKAGE SERIES** EYES | \$1600

FACE | \$2000

Signature technology that uses thermal heat to treat dry eyes and boost natural collagen production to rejuvenate the skin. It targets undereye bags, dark circles, droopy eyelids, while also addressing facial sagging, wrinkles, and volume loss. It results in tighter, plumper skin with a long-lasting lifted and contoured appearance.

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### IPL PHOTOFACIAL

**EYES** 15 MIN | \$500

**FACE** 30 MIN | \$600

**4 PACKAGE SERIES** EYES | \$1800

FACE | \$2000

This innovative technology uses light pulses to treat dry eyes and rejuvenate the skin, addressing discoloration, acne scars, sun damage, age spots, redness, rosacea, and broken capillaries. It reverses signs of aging, leaving skin radiant with no downtime, making it ideal for people on the go.



# MICRONEEDLING

## MORPHEUS8

FACE 45 MIN | \$1100  
add on neck | \$100

## SKINPEN

FACE 45 MIN | \$600  
add on neck | \$100  
HAIR 60 MIN | \$800

Morpheus8 is a revolutionary treatment that combines microneedling and radiofrequency to reverse aging. It addresses sagging skin, wrinkles, acne scars, and more by stimulating collagen production. This process uses gold plated micro-needles to heat underneath the skin that results in a non-surgical facelift effect that dramatically improves skin texture + tone.

Skinpen is a microneedling pen that creates micro-channels to stimulate collagen + elastin production. This improves skin texture, reduces wrinkles and acne scars, and promotes hair growth with minimal downtime.

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## ADD - ON SKIN BOOSTERS

Experience the cutting edge of regenerative aesthetics with advanced bioactive skin boosters that reverse signs of aging and hair loss. **When applied topically after microneedling**, therapies like exosomes and polynucleotides activate your body's natural cellular growth, repair, and healing processes.

### SALMON POLYNUCLEOTIDES REJUVENATION

EYE 30 MIN | add \$350+  
FACE 30 MIN | add \$450+  
to Morpheus8 or Skinpen microneedling

Polynucleotides, derived from salmon DNA, activate fibroblasts and stem cells enhancing the body's natural skin renewal process and promotes facial collagen growth. This effectively diminishes fine lines, wrinkles, dark circles, and improves skin laxity.

### EXOSOME REJUVENATION

FACE 30 MIN | add \$600+  
HAIR 45 MIN | add \$1000+  
to Morpheus8 or Skinpen microneedling

The Evovex Exosome uses regenerative particles derived from stem cells to turn back the clock on aging. On skin, it boosts collagen, reduces inflammation, smooths texture, and minimizes scars. For hair, it stimulates growth and restoration. With faster results and less downtime than PRP, this treatment accelerates cellular repair, leaving you with a youthful, radiant complexion.

# 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.

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## 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

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## 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.

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## 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.

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## 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.

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## AUGUSTINUS BADER

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

## THE METHOD BY AUGUSTINUS BADER

60 min | \$325

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

# 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.

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## **MASQUE PIGM 400**

**\$85**

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

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## **MASQUE PLATYSMA**

**\$85**

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

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## **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.

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## **EXFOLIANT P50 VISAGE**

**\$85**

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

# YOUNG GOOSE

The Young Goose brand is a revolutionary skincare line with advanced scientific formulations rich in NAD+ nano precursors and Spermidine that are the pinnacle of skincare innovation - fueling cellular energy, facilitating DNA repair, and fortifying the skin's protective barrier for impactful, and long-lasting beauty results.

## **NAD+ ANTI-AGING FACIAL**

**60 MIN | \$350**

**90 MIN | \$450**

Embracing the advanced science at the heart of Young Goose, this facial treatment boosts the skin's natural rejuvenation process. Featuring deep exfoliation with copper peptides, designed to tap into the skin's youthful state and invigorate cellular renewal. This is complemented by a lymphatic drainage massage and red light therapy to supercharge collagen synthesis and enhance detoxification while facilitating DNA repair.

Our 90 min version is an elevated experience for deeper cellular turnover with triple exfoliation steps while hands are massaged, followed by Cryotherapy to seal in the moisture serums and provide a defense barrier to environmental stressors.

# 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.

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MICROJET STREAMING +  
INFUSION TECHNOLOGY

Powerful 3-phase treatment of lymphatic drainage, exfoliation, and serums targeted to penetrate deep into the dermal layers to restore vital radiance via this cutting-edge technology.

CHIN | NECK | DÉCOLLETÉ

20 MIN                      \$150

EYES

10 MIN                      \$100

SCALP

20 MIN                      \$100

HANDS

20 MIN                      \$100

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## ADD-ON AMPLIFIERS

SCALP + HAIR TREATMENT

*in treatment*  
\$65

Stimulating massage combined with deep conditioning mask.

VIBRATION TECH

*in treatment*  
\$75

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

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.

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## **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

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## **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

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## 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	\$195
BLOW DRY	\$95
BLOW DRY WITH HOT TOOLS	\$120 + UP
UPDO	\$185 + UP
GLAMOR WAVES ONLY	\$65
IN ROOM STYLING	UPON CONSULTATION

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RESTORATIVE HAIR TREATMENTS + BLOW DRY	\$220
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REGENERATIVE HAIR CARE MASK BY MILBON	\$125
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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.

**Available Daily | Receive a complimentary techno-therapy treatment: infrared sauna or cryotherapy session with any massage.**

**Available Mon - Thurs | Receive a complimentary add-on amplifier on any massages.**

## 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

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## 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..

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## 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.

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## ADD-ON AMPLIFIERS

CRYO SPOT

3 MIN

\$55

DEEP TISSUE

\$35

LED

15 MIN

\$65

CBD TARGETED AREA

\$35

HOT STONE

\$35

SCALP MASSAGE +

\$65

HAIR MASK



# DR. TRAVALL | ACUPUNCTURE

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

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FACE LIFTING TREATMENT

60 min | \$345

PAIN TREATMENT + MUSCLE REJUVENATION

60 min | \$295

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.

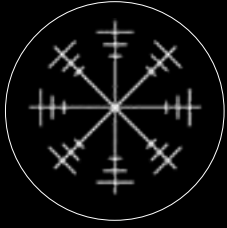
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## TRADITIONAL ACUPUNCTURE

30 min | \$150

60 min | \$295

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



TEMPERATURE THERAPY CIRCUIT

# MLX 13DOME, 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	

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## 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.

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## EXCLUSIVE EQUINOX DRIPS

### NutriFit PRO

Designed for High Performance

60 MINS

\$325

#### Potential Benefits

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

#### Key Nutrients

- Amino Acids
- Magnesium
- Taurine
- Carnitine

#### Plus

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

### 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 \$295

L2 \$350

### 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 \$135

L2 \$170

L3 \$205

### 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

- Gluthathione

### Plus

- Vitamin C
- 

## NutriBody

*Kickstart The Fat Burn*

45 MINS

\$295

### Potential Benefits

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

### Key Nutrients

- Megadose
- Vitamin C

### Plus

- Calcium
  - Magnesium
  - B-Complex
- 

## 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 brain function
- Great for youthful energy and aging skin

### Key Nutrients

- NAD+
- Gluthathione

### Plus

- Vitamin C
- 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
- 

## NutriBeauty

Reveal Radiant Skin

45 MINS

\$295

### Potential Benefits

- 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

- Electrolyte Fluids
- B12
- B-Complex
- Biotin
- Glutathione
- Vitamine C

### Plus

- Zinc
  - Trace Minerals
- 

## The Pre-Game

Prepare for a 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



# 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
- Glutathione

### Plus

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

## 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

\$150

### 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

## Gut Health IV Drip

Improve digestion and nutrient absorption.

45 MINS

\$295

### Potential Benefits

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

### Key Nutrients

- Glutamine
- Zinc
- Vitamin C

### Plus

- Magnesium
- B-Complex
- Trace Minerals

## Niagen® NR IV Drip

Boosts NAD+ levels within 24 hours of infusion. NAD+ is an essential coenzyme that is responsible for energy production, mitochondrial health, cellular defense, and DNA repair.

45 MINS

L1 \$395

L2 \$560

L3 \$760

### Potential Benefits

- Increases NAD+ levels by 20%
- Supports cognitive function, memory + mental clarity
- Promotes cellular energy production in the mitochondria
- Helps protect the DNA in every cell from damage

### Key Nutrients

- Niagen® NR (Nicotinamide Riboside)



# 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
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## FLUID

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

## RX

Pain	\$20
Nausea	\$20

## TAURINE

150mg	\$35
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## B-COMPLEX

3ml*	\$45
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## B12

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

## B5

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

## B6

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

## ZINC

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

## LYSINE

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

## MIC-B12

3ml	\$45
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## CARNITE

1500mg	\$55
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# 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

- 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

\$45

### Potential Benefits

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

### Key Nutrients

- B-Complex
  - B12
- 

## Sunshine D

\$45

### 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**

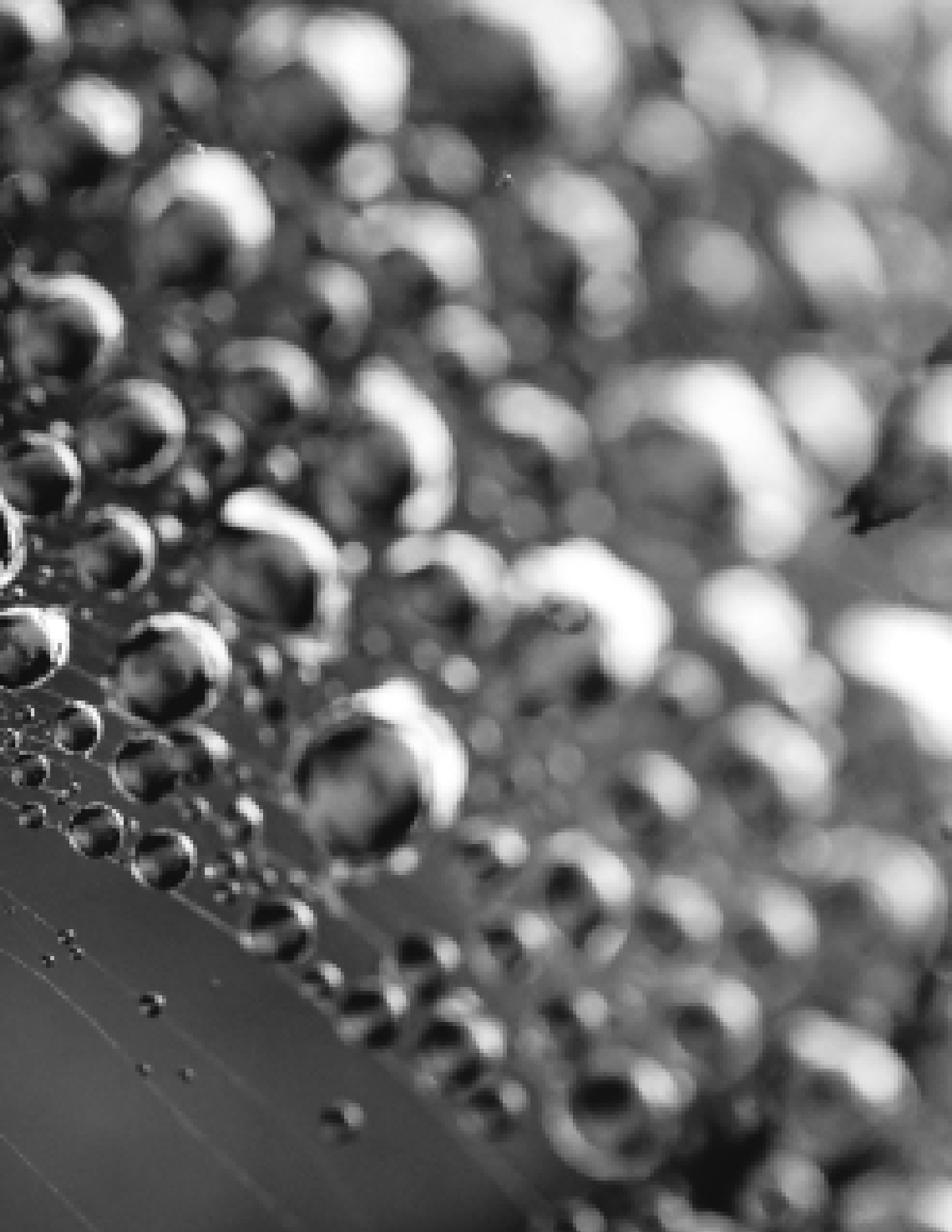
- Boosts the body's metabolism
- Targets stubborn fat stores
- Helps kick start weight loss

**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.

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## **SUPERFOOD LATTES**

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

### **EQX CHA CHA MATCHA | \$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

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## SANDWICHES

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

### CARROT + DAIKON BANH MI | \$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

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## 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 + CAPPUCINO | \$10**

**ICED COFFEE | \$10**

**TEAS | \$10**

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

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## 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





