



Seaside Pampering
At its Finest



SPA MYC offers a wonderful selection of services and treatments designed to relax and rejuvenate.

Whether you're seeking recovery from a deep sea fishing adventure, working the rigging of your sail yacht or just, perhaps, from too much sun at your favorite beach - SPA MYC has the perfect treatment for you.

SPA MYC Director Deborah Thompson is long renowned in the East End for providing the best and most professional treatments on the South Fork of Long Island.

Offering a menu of traditional spa treatments as well as services tailored specifically for the needs of yachters and beachgoers, the staff of SPA MYC looks forward to pampering you!

RESERVATIONS & CANCELLATIONS

To insure your desired reservation time, we recommend that you reserve your appointment in advance.

A credit card number is required to secure a reservation. If you need to cancel or reschedule your appointment, we ask that you notify us at least by 8pm the day prior. Your appointment is a commitment of the therapist's time - if we do not receive your cancellation notification, we will have to charge for the full price of the service reserved. We sincerely appreciate your cooperation and understanding.

Facials

(All facials are 60-minutes)

Aromatherapy Spa Facial **\$ 90**

Our signature facial is designed to cleanse, nourish & firm the skin, resulting in a healthy & radiant appearance. Great to ease tension & melt away stress (no extractions).

Organic Spa Facial **\$ 95**

This facial is custom-tailored to your skin type. We use organic and natural products that feel good, smell fantastic and give you outstanding and transforming results. Your skin is protected from free radicals and penetrated with moisture, giving a refined and glowing appearance.

Deep Pore Cleansing Facial **\$100**

Designed to rid the skin of surface impurities, improve the level of hydration and restore balance. A visibly brighter complexion is revealed (possible extractions involved).

Gentleman's Facial **\$90**

A thorough custom cleansing with relaxing neck and shoulder massage to soothe and repair the effects of daily shaving.

Microdermabrasion Facial **\$110**

This gentle, manual, light scrub with tiny grains of magnesium exfoliates deep inside the smallest pores while nourishing the skin and delivering a fresh, clean glow. Great for anti-aging and rehydrating - creates a visual face lift for tired looking skin.

Accompaniments to any Facial

Paraffin Mask **\$30**

Ampoules of Elastin and Collagen **\$20**

Glycolic and Enzyme Peels **\$50**

Organic Eye Treatment **\$20**

Signature Treatments

The following treatments were created specifically with our resort and marina guests in mind and are uniquely available at SPA MYC.

Beach Body Massage **\$115**

Cool off with this relaxing and revitalizing massage after you've been kissed by the sun. Prevent further damage and start the healing process with our special blend of massage cream which includes aloe, chamomile, vitamin E and Emu oil. Cool compresses soaked in black tea help reduce the sting from the wind and sun. Your skin will be glowing and radiant. 60 Minutes

Yachter's Massage **\$115**

This massage is especially designed for after a long day on the yacht! Drop anchor and enjoy our utopia for the weary fisherman. This deep tissue massage, using organic gel infused with special lineament will concentrate on the specific areas that can be affected by rough seas. Leave prepared to return to the deep sea! 60 Minutes

Ready for the Hamptons Weekend **\$115**

Ready, set, go!... and start your hectic weekend after this rejuvenating massage that will help you forget your stress and re-energize your spirit. Using cream infused with sandalwood, lavender and orange organic essential oils, your mind and body will feel ready for a fabulous Hamptons weekend! 60 Minutes

Detox and Depart Treatment **\$195**

Now it's time to bounce back to reality... A combination of our stone therapy massage, infrared sauna and detox foot soak will bring you back to your routine. You will feel refreshed and prepared to face the world! 120 Minutes



Massages

Using Organic Gel or Cream

Swedish Massage

Traditional European massage done with organic gel or cream, using stroking and stretching movements to ease tension and stressed muscles.

60 Minutes **\$110** **90 Minutes** **\$160**

Deep Tissue Massage

A deep, penetrating manipulation of major muscle groups often associated with sports strains and long term injuries or scar tissue.

60 Minutes **\$115** **90 Minutes** **\$170**

Stone Therapy

Experience a luxurious and relaxing massage combined with deep heat therapy. Smooth, polished basalt stones are heated and incorporated into the massage. The perfect treatment to loosen tight muscles, relieve stress and ease tension.

60 Minutes **\$120** **90 Minutes** **\$175**

Hot Lava

Warmed compress packed with volcanic ash, positioned on the back and neck. This moist heat penetrates the fascia helping release tightness for a deeper more healing massage.

60 Minutes **\$115** **90 Minutes** **\$170**

Pre-natal Massage

Gentle techniques are applied to relieve back pain and leg cramping and improve circulation This is a special massage at a time when it is needed the most!

60 Minutes **\$125**

Couples Massage

Enjoy our special appointed room for two. You and a partner will benefit from a rejuvenating hour of massage. Re-connect with each other and together loosen tired muscles, relax your bodies and bring peace to your minds. Choose preferred style of massage: Swedish, Deep Tissue or Stone Therapy. Add on the infrared sauna - it's great for two! Priced According to Massage Style.

The Ultimate - most highly recommended!

It's as close to heaven as you can get - ninety minutes of bliss! Full-body stone therapy treatment combined with an aromatherapy facial or spa reflexology. Deep, deep relaxation of the body, mind and spirit. **90 Minutes** **\$195**

Body Treatments

Foot Loose & Fancy Free **\$110**

A combination of the spa reflexology and full scalp treatment, feel great head to toe! 60 Minutes

Spa Reflexology **\$ 85**

A facial for the feet to exfoliate, hydrate and soften. Followed by a massage of the reflex zones which induces full body relaxation. 45 Minutes

French Gommage **\$125**

Using honey and natural extracts, this exfoliating treatment returns skin's resilience, moisture and suppleness. Maintains moisture levels and prevents dehydration. 60 Minutes

Desert Bliss **\$125**

Renewing body treatment using organic sucanat sugar. Muscles are relaxed and impurities are drawn out through a full body buff. The organic gel feels warm to the body as though it has been simmering in the desert sun. 60 Minutes



Extras

Available on most treatments.

Balinese Leg and Foot Treatment **\$40**

A treat for feet and lower legs, this scrub with raw sugar and tangerine-infused jojoba is followed by a Balinese style mud wrap, finished with a foot and leg massage.

15 Minutes

Scalp Treatment **\$40**

Warm oil is poured slowly across the forehead, nourishing the hair and scalp with amazing results. 15 Minutes

Spa Reflexology **\$40**

A massage of the reflex zones which induces full body relaxation, a great way to end a massage or facial!

15 Minutes

Infrared Sauna **\$25**

This is the newest concept in saunas and SPA MYC is the only spa in the area to offer this fabulous treatment. The infrared sauna uses the same healing energy that is released naturally from the sun without the harmful UV rays. The sauna will help eliminate the toxic build up that wears you down. The perfect ending to any treatment.

30 Minutes

Detox Foot Soak **\$50**

This soak will bio-energetically stimulate and enable you to self-detoxify and rebalance. When your body is over-stressed, over-tired and you've over-indulged, your cells are affected and the bio-energy level is dramatically reduced. This treatment will allow your body's organs to function at a higher level. We invite you to immerse and enjoy! 30 Minutes





RESORT & MARINA

32 Star Island Road Montauk, NY 11954

tel: 631.668.7736 ext. 1450

info@montaukyachtclub.com

www.montaukyachtclub.com