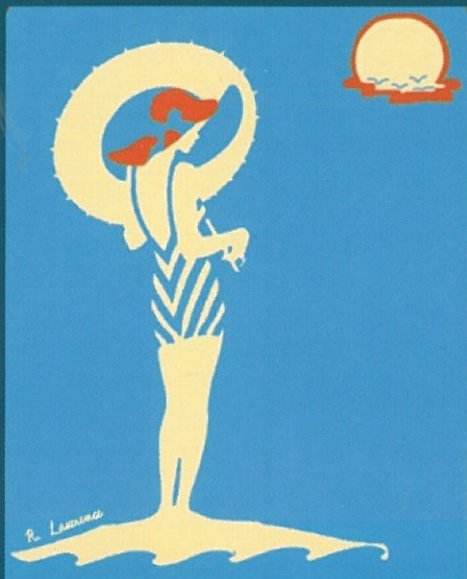


# SPA • MYC



Seaside Pampering at its Finest

**631.668.7736**

32 Star Island Road

Montauk, NY 11954

[www.montaukyachtclub.com](http://www.montaukyachtclub.com)

**NYS Licensed**

Located by the Villas & Tennis Courts

# FACIALS

for women & men

## Organic Spa Facial

This signature facial is designed to cleanse, nourish, and firm the skin resulting in a healthy and radiant appearance. The highest quality ilike® organic skin care products are used for this treatment. This facial is a great way to ease tension and melt away stress.

60 minutes \$100

## The Ultimate Facial

Enjoy the world of organic skin care. With our therapists' love and devotion this treatment is a great journey back to revitalized skin. This 90 minutes treatment includes a 75 minute organic spa facial, soyaffin hand and foot treatments, and our organic rice bran eye treatment. Enjoy our most unbelievable tension tamer yet!

90 minutes \$165

## Upgrade your Facial

tailor your facial to your specific needs

Extractions	\$15
Organic Eye Treatment	\$20
Ampoules of Collegen	\$10
Vitamin C	\$10
Manual Microdermabrasion	\$20
Organic Hungarian Paprika Peel	\$20

# MASSAGES

using organic gel or cream

## Swedish Massage

"Traditional" European massage, to ease tension and stressed muscles. Great for relaxation.

60 minutes \$115

90 minutes \$170

## Deep Tissue Massage

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

60 minutes \$125

90 minutes \$180

## Stone Therapy Massage

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

60 minutes \$130

90 minutes \$190

## Pre-Natal Massage

Gentle techniques are applied to relieve back pain and leg cramping to improve circulation. This is a special massage at a time when it is needed most! Only available in 2nd & 3rd tri-mesters.

60 minutes \$125

## Couples Massage

Enjoy our special appointed room for two. You and your partner will benefit from a rejuvenating massage. Reconnect 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. Priced according to massage style

## The Ultimate

**Its Almost Heaven~ninety minutes of bliss!**  
**Includes a full body stone therapy massage combined with your choice of an aromatherapy facial OR spa reflexology.**  
**Deep, deep relaxation of body, mind and spirit.**

90 minutes \$195

# BODY TREATMENTS

## Spa Reflexology

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 \$95

## Foot Loose & Fancy Free

The perfect combination of our fabulous scalp treatment and spa reflexology! Authentic warm Moroccan argan oil is poured over the scalp and into the hair. Restoring the hair and inducing relaxation. Argan oil is often referred to as 'Moroccan Gold'! Followed by a massage of the reflex zones. This wonderful combination will promote a journey off to the Sahara!

60 minutes \$115

## Botanically Charged Body Wrap

This calming and soothing body wrap is a great way to bring your skin back from sun damage or winter dryness. This treatment will soften, hydrate and nourish your whole body.

60 minutes \$140

## French Gommage

Gommage comes from a French word meaning "to erase," just as the therapist does using a light efflourage movement to eliminate a layer of dead skin cells. This allows hydration and nourishment to penetrate sluggish and tired skin.

60 minutes \$140

## Add-On's

add an additional 15 minutes on to your massage, facial or body treatment.

Spa Reflexology	\$40
Scalp Treatment	\$40
Soyaffin Hand & Foot Treatment	\$40
Infrared Sauna (30 minutes)	\$25
Hot Lava Packs - Two warm, moist compresses positioned on the back and shoulders. Great for deep tissue work, NO extra time required, massage only.	\$10



## Signature Treatments

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

### Yachter's Massage

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 a 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 \$125

### The Hampton

This rejuvenating massage will help you forget your everyday 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 stay in the Hampton's!

60 Minutes \$125

### De-tox and Depart

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

120 minutes \$205

### Tennis Massage

After a round of tennis, complete the experience with a customized massage. Our trained therapists will focus on specific demands of the tennis athlete. This massage is specially designed to improve range of motion, reduce adhesions, relax over-active muscles, and help prevent injury.

75 minutes \$155

Gratuity is NOT included in the price of services, therefore it is left up to your discretion. We accept Visa, MasterCard, and Discover. Credit Card information is required when booking your appointments!

## Cancellation Policy

To ensure your desired reservation time, we recommend that you reserve your appointments 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 -6 pm- 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 the FULL service rate.

We sincerely appreciate your cooperation and understanding.

Effective April 2010