EQUINOX
SPORTS CLUB

THE SPA
MORE THAN A SPA.

A deeply restorative one-of-a-kind experience awaits you in The Spa at Equinox, where our diverse roster of services offers something special for everyone. Whether they’re therapeutic, corrective or a little bit frivolous, our treatments – and the talented practitioners who administer them – are the absolute best in class.
FACIALS

24-KARAT GOLD SIGNATURE FACIAL
Finally, a facial worth its weight in gold. This signature service uses a 24 karat gold mask for maximum hydration, smoothing and radiance. Good for all skin types and especially beneficial for hyperpigmentation and aging, this facial uses gold powder and silk extract to moisturize, hydrate, lift, firm and reduce the appearance of fine lines and wrinkles.

CAVIAR INDULGENCE SIGNATURE FACIAL
Indulge in real luxury with this rejuvenating, vitamin-infused facial that delivers the most advanced defense against aging. Infused with roe extract, marine DNA, collagen, quince extract, CoQ10 and sodium hyaluronate, it’ll leave your skin feeling firm, fresh and forever young.

CHOCOLATE FACIAL
Sweet indulgence. Beneficial for dry and/or dehydrated skin and great for all skin types, this delectable treatment is a moisturizing facial that’s loaded with antioxidants and anti-inflammatory benefits. Improve the skin’s elasticity for better overall skin texture and emerge with a smoother, firmer complexion.

COLLAGEN FACIAL
Look absolutely fabulous without invasive injections or chemical peels. This facial, suitable for all skin types, incorporates a collagen crystal mask which helps to metabolize facial cells, eliminate melanin, inhibit formation of skin pigment and condition the skin while moisturizing and reducing wrinkles.

EQUINOX CONDITIONING FACIAL
A facial built around the fundamentals of good skincare: deep pore cleansing, exfoliation, invigorating massage, steam, gentle extraction and a treatment mask, all customized to your skin’s needs. A must for maintaining healthy, youthful skin.
PURIFYING DEEP CLEANSING FACIAL
A full-service facial emphasizing deep-cleansing, exfoliation and extraction. Purifying plant extracts and a soothing mask calm and clarify the skin. Ideal for oily, blemish-prone skin.

MEN’S FACIAL
The men’s version of our Equinox Conditioning Facial. A deep-cleansing treatment designed for a man’s complexion. This exfoliating and toning facial will soothe and pamper the skin.

ADVANCED FACIAL TREATMENTS

MICRODERMABRASION
These safe, highly effective skin-resurfacing treatments use a fine stream of micro-crystals to quickly and painlessly exfoliate and polish the skin. They lighten hyperpigmentation and age spots, reduce fine lines and wrinkles, minimize most stretch marks and reduce the effects of sun damage and acne scarring, leaving skin smoother and more youthful. And there’s no downtime. Suitable for most skin types.

OXYGEN-INFUSED FACIALS
Cooling, calming oxygen is applied directly to the skin surface. Your skin will emerge deeply hydrated, youthful and glowing. Even the most sensitive and stressed skin will benefit from this treatment. Suitable for most skin types.

HYDRAFACIALS
The HydraFacial treatment is the latest advancement in skin resurfacing. Soothing, moisturizing, non-invasive and non-irritating, it improves the appearance of fine lines, wrinkles, congested and enlarged pores, oily or acne-prone skin and hyperpigmentation. Suitable for most skin types.
FACIAL ENHANCEMENTS
To further customize your facial, you may add on any of the following enhancements.

REVITALIZING EYE TREATMENT
This treatment eliminates dryness and wrinkling with a gentle peel, nourishing extracts, a pure collagen firming mask and an eye contour cream to give the skin a full, smooth and youthful look.

COLLAGEN MASK
This collagen velvet mask restores hydration and reduces the appearance of sun damage.

OXYGEN MASK
Our refreshing oxygen-infused treatment offers non-invasive anti-aging benefits that instantly diminish the appearance of expression lines while preventing future lines and wrinkles.

DÉCOLLETÉ TREATMENT
The décolleté area is renewed and restored with all the steps of the Equinox Conditioning Facial, plus the added benefits of a gentle peel and a moisturizing mask. An excellent treatment for sun-damaged, dry or hyperpigmented skin.

MASSAGE

ADVANCED BODY THERAPY
This customized massage treatment draws from your therapist’s ability to integrate techniques used in Swedish and Deep Tissue massage, as well as various other body work styles to suit your unique needs.

DEEP TISSUE
A series of intensive techniques is used to manipulate sore, tight muscles and the connective tissues that hold them in place. Deep tissue work increases circulation, releases built-up toxins and heals and restores balance to the body and nervous system.
SOOTHING STONE
Soothing basalt stones are heated and then lubricated with essential oils. The therapeutic effect of the heated stones helps the treatment penetrate deeper into your muscle tissue, inducing deep relaxation without overheating.

PRENATAL AND POSTNATAL
These soothing full-body massages target areas of tension during and after pregnancy, and will help relieve lower back pain, sciatica and water retention. An excellent way to increase circulation, this technique allows you to lie down safely and comfortably, and can be used any time after the first trimester.

REFLEXOLOGY
This massage targets the thousands of nerve endings found in the soles of your feet. Reflexology has been scientifically proven to promote relaxation and improve circulation, as well as balance the organs, glands and other regions of the body.

SWEDISH
A classic technique that uses therapeutic soft tissue manipulation to ease muscular tension and stress while providing deep relaxation and a sense of renewal.

THAI
This massage unites elements of Shiatsu and yoga, offering a unique interactive experience using light stretching and acupressure massage to revitalize the body as it relaxes muscle tension. Please dress in comfortable clothing.

BODY TREATMENTS

BODY POLISH
A gentle exfoliating body cream eliminates dead skin cells, and soothing marine collagen body balm leaves skin soft, polished and smooth.
NOURISHING SEAWEED WRAP
This deeply relaxing and rejuvenating treatment includes a gentle essential oil scrub and a warming, mineral-rich, full-body algae wrap and mask to eliminate toxins and recharge the body.

DETOXIFYING MUD WRAP
A deep-cleansing body polish prepares the skin for a warm Dead Sea mud wrap and mask infused with healing and detoxifying essences. This treatment stimulates the lymphatic system to release toxins and create vibrant, healthy skin.

CELLULITE-FIGHTER WRAP
Designed to eliminate water retention and the build-up of cellular toxins, this wrap gives you a smoother, leaner body profile. Micronized algae and marine and botanical extracts are combined to minimize fatty deposits and improve the skin’s elasticity and suppleness. Ideal after pregnancy or weight-loss to tighten and tone localized areas.

PURIFYING BACK TREATMENT
A deep-cleansing treatment for that hard to reach skin on the back. It includes a deep cleaning treatment, a relaxing skin-softening steam and a rebalancing mask. A great way to tame dry, irritated, blemish-prone areas.

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SIGNATURE TREATMENTS AND PACKAGES

TOTAL RELAXATION PACKAGE
Focus on total relaxation as you spend the day being pampered from head to toe with our holistic treatments. The day begins with a full-body exfoliation and massage. After a relaxing foot treatment you will be wrapped in a healing body wrap while the tension zones on the forehead are massaged. Complete the day with a signature facial, leaving you completely refreshed and relaxed.

- Full body Scrub
- Healing body wrap
- Advanced body therapy massage
- Lunch
- Signature facial

DE-STRESS MASSAGE AND BODY COCOON
This indulgent treatment focuses on relaxing and soothing your mind and body. A full-body exfoliation smoothes you, after which time you’re enveloped in a hydrating cocoon for relaxing foot reflexology. This de-stressing treatment ends with a full-body massage.

BODY DETOX
Begin with a foot treatment and a deep cleansing full-body exfoliation and massage. Followed by an application of seaweed algae to stimulate circulation, eliminate toxins and improve energy levels. A forehead and scalp massage soothes and calms the mind.

ZEN FOR MEN PACKAGE
A customized retreat specifically geared for masculine balance. Your retreat includes a Deep Tissue massage, tailored to what you need at the moment, and finishes with a men’s facial specifically formulated to address the needs of your skin.
MOTHER-TO-BE BODY TREATMENT
A luxurious pre and postnatal body treatment offers the ultimate indulgent pampering for pregnant and nursing mothers. This treatment is adapted to address how you look and feel during the different stages of your pregnancy. While treating muscular aches and fluid retention, as well as stress and fatigue, it also helps to maintain skin tone and elasticity to prevent stretch marks, enliven your senses and boost your energy levels.

BEAUTIFUL BRIDE
Prepare for your special day with an indulgent treatment designed to help you relax and glow. Begin the treatment with a gentle cleansing, followed by an application of lactic acid to exfoliate and hydrate the skin. A blend of vitamins A, C and E, plus additional antioxidants is then massaged into the skin for an added boost. Areas needing special attention will be treated with a seaweed mask to enhance the results of your treatment. Complete this body facial with an aromatherapy massage. End your spa day with a signature facial to achieve glowing and radiant skin for your walk down the aisle.

LET YOURSELF GLOW.
TO SCHEDULE AN APPOINTMENT, VISIT THE SPA DESK TODAY.

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