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 I3DOME, 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 | Dr. Dorfman
Eye + Face Rejuvenation Treatments | Salmon Polynucelotides Rejuvenation Face Treatment | Dr. Jennifer Tsai
Face Sculpting Buccal Treatment | Biologique Recherche | Young Goose Scientific Skincare
Lymphatic Drainage Body Treatments with Icoone and Biologique Recherche
Hair Styling

PERFORMANCE HEALING

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

TEMPERATURE THERAPY

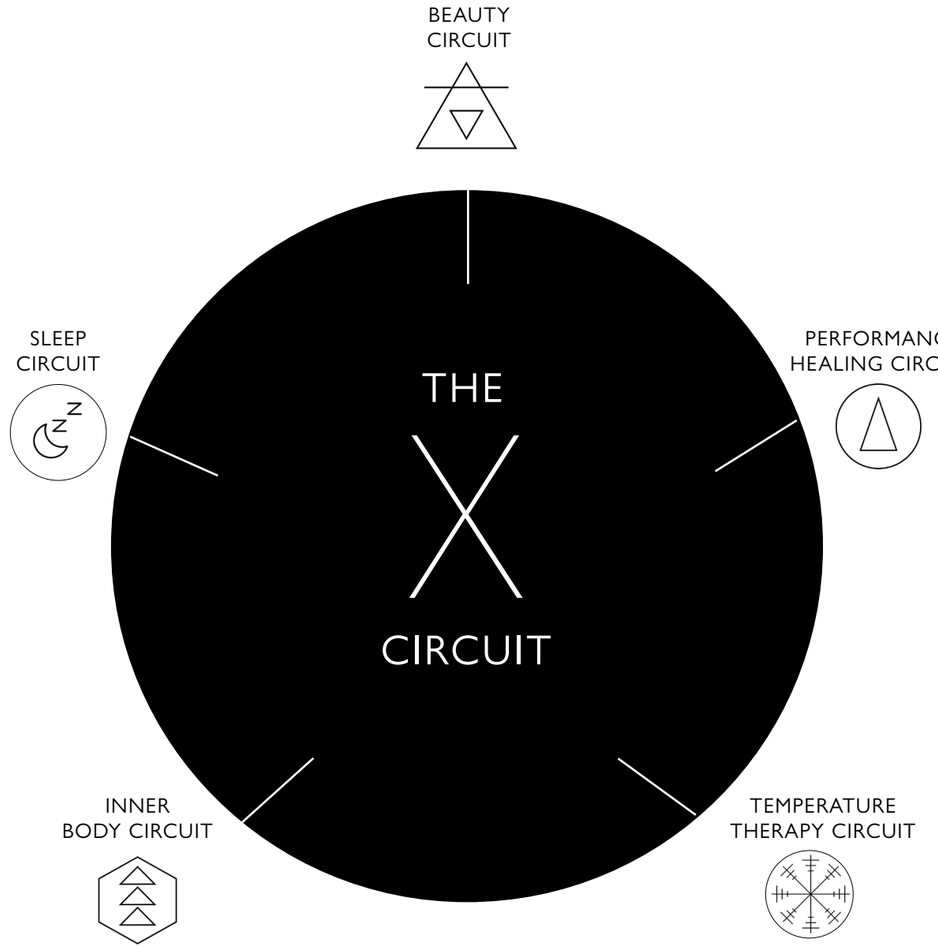
MLX i3Dome | Cryotherapy | Infrared Sauna

INNER BODY

Superfood Menu | Clean Market IV Drip Lounge at Equinox

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 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

PAUSE + RENEW
2-3 hours | ~~$990~~
20% off | $825

Take home gift:
Stripes Beauty's
Vag of Honor Serum for
intimate care +
Dr. Lara Devgan's Lip Plump

Performance Healing
Lymphatic Drainage Detox + Slimming Body Treatment with Icoone Roboderm helps firm the skin, improves hormonal fluctuations ending with Stripes Beauty's "The Full Monty" Squalane Hydrating Vitamin C Body Oil

Beauty
Dr. Lara Devgan Dermal Renewal Facial + scalp message featuring Stripes Beauty's "Root of It" scalp serum

Inner Body
Clean Market IV Drip Lounge at Equinox CoQ10 Booster Shot to enhance energy levels, reduces hot flashes, stabilizes mood swings and combats cognitive decline by supporting mitochondrial function

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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

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

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 scares and wrinkles for smoother, more youthful appearance

Performance Healing
Polynucelotides 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
Clean Market IV Drip Lounge at Equinox

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 droropy eyelids

Inner Body
Green + Carrot Juice

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

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.

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

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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 collagen rich face 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 microcurrent technology 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 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.

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.

MASQUE PIGM 400

$85

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

MASQUE PLATYSMA

$85

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

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.

EXFOLIANT P50 VISAGE
$85

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

THE ULTIMATE LIFT
TONE + SCULPT FACIAL

90 MIN | $550

Experience advanced skincare technology for a renewed complexion with the Sapphire 3 Ionic Oxylight. A Multi-modality approach to tone, tighten, lift and transform skin. Using a combination of LED light therapy, diamond dermabrasion, oxygen infusion, ultrasound, microcurrent and radiofrequency, skin and décolleté is renewed, plump and glowing.
For those seeking high tech and high touch, this facial is the ultimate treatment.

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.

RATIONALE

Since 1992, RATIONALE has delivered Luminous Skin for Life through luxurious, high-performing formulations and treatments. Partnering with leading Dermatologists, Plastic Surgeons, and Cosmetic Physicians for over 30 years, RATIONALE is considered the global authority on preventing and repairing sun damage.

Leveraging ground-breaking research into genetics and epigenetics, RATIONALE's Skin Identical technology mimics and delivers the body's own natural antioxidants, vitamins, minerals for optimal skin health. Celebrated for our Signature Glow, a RATIONALE complexion is incomparable and instantly recognizable, taking your skin to a new level of radiance and youthful energy.

RATIONALE SIGNATURE
VITALITY FACIAL

60 MIN | $360
90 MIN | $470

Unveil a brilliant, long-lasting glow with this high-performance rejuvenating facial, featuring the LYMA Laser - exclusive to Equinox Hotels. With a focus on Topical Skin Nutrition, a powerful complex of Skin Identical Antioxidants and Vitamins (Glutathione, Niacinamide, and Vitamin C) are infused into the skin to boost hydration and brighten the complexion, while an Enzyme Reactivation Complex refines and resurfaces skin texture.

Lymphatic drainage massage techniques promote blood flow to reawaken skin's inherent glow, while Microcurrent lift, tone and tighten to reveal more defined facial contours. This facial concludes with skin-cooling technology to reduce visible redness, and the rejuvenating powers of LED Light Therapy to elicit the RATIONALE Signature Glow.

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 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. LARA DEVGAN DERMAL RENEWAL FACIAL

90 MIN | $460

A revolutionary facial treatment designed by renowned plastic surgeon Dr. Lara Devgan to address transformative hormonal changes of perimenopause and menopause. The 90-minute service includes a scalp massage with Stripes Beauty's "The Root of It" Ectoine Densifying Scalp Serum, nourishing both the skin and scalp for comprehensive renewal.

DR. ROBERT DORFMAN

The Spa by Equinox Hotels and Dr. Robert Dorfman, renowned aesthetic dermatologist and founder of Done by Dorfman, introduce The BioRegenesis Collection—a new era of regenerative skincare defined by precision, performance, and transformation. Guided by Dr. Dorfman's clinical expertise and powered by his proprietary formulations, these exclusive facials merge advanced technology with methodical technique to deliver visible lift, refined texture, and restored vitality.

BIOREGENESIS 90 + OXYLIGHT BY DR. DORFMAN

90 MIN | $790

This multi-modality facial integrates microneedling, ultrasound, microcurrent and LED therapy to refine texture, lift contours, and boost cellular repair. Infused with salmon DNA and growth factors, it stimulates collagen production, restores elasticity, and enhances overall luminosity. Every step is precisely calibrated to rejuvenate from within—revealing skin that is visibly firmer, smoother, and more radiant, followed by a Clean Market IV Drip Lounge Glutathione Beauty Booster Shot.

BIOREGENESIS 60 BY DR. DORFMAN

60 MIN | $550

A concentrated regenerative protocol designed for visible renewal in under an hour. This treatment combines targeted microneedling, salmon DNA infusion, and cryotherapy to restore firmness, smooth texture, and awaken radiance. Lymphatic stimulation and detoxifying massage enhance circulation and absorption of potent actives. Powered by Done by Dorfman formulations, the facial delivers deep hydration and cellular recovery for skin that feels calm, lifted, and resilient—a precise balance of clinical innovation and restorative care.

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.

LISA HANNA BEAUTY

Lisa Hanna is a cross-disciplinary force - Miss World, parliamentarian, cabinet minister, and businesswoman - driven to translate timeless beauty into rituals that evolve with every stage of a woman's life. At the core is her proprietary Quantum ReCP Technology™, an advanced system that works in sync with the skin's natural intelligence to support renewal, balance, and protection while enhancing tone, clarity, and resilient luminosity.

THE LHB SIGNATURE CONTOUR RITUAL
LIFT | RELEASE | ILLUMINATE

60 MIN | $300

A results-driven facial designed to deliver visible lift, refined contours, and immediate radiance. It combines advanced actives powered by Quantum ReCP Technology™ with Lisa Hanna Beauty's signature contouring method to release tension, stimulate drainage, and restore definition. The experience concludes with a face + body glow and LED light therapy to seal in results and prolong luminosity well beyond the treatment.

Ideal for addressing fatigue, puffiness, and pre-event sculpting for a lifted, radiant finish.

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 merging under eye health and skin aesthetics. She pioneers treatments that blend preventative care with regenerative therapies to enhance both clear vision and aesthetics. Her signature LINE OF SIGHT dry eye treatments are designed for digital detox—relieving tired, irritated, and blurry eyes caused by screen time and travel.

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.

IPL PHOTOFACIAL

EYES	**20 MIN | $500**
FACE	**30 MIN | $600**

Lumenis IPL 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 for people on the go.

RADIOFREQUENCY

EYES	**25 MIN | $450**
FACE	**40 MIN | $600**

InMode Forma technology 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.

LASER RESURFACING

FACE	**45 MIN | $1000**
add on neck | $600	

Lutronic Ultra laser uses a non-ablative, fractional laser treatment that resurfaces the skin by creating micro-channels, stimulating the body's natural healing process. This process helps to improve skin texture, tone, and reduce the appearance of fine lines, wrinkles, hyperpigmentation, and other skin concerns.

MICRONEEDLIING

FACE 45 MIN | $1000
add on neck | $100

Morpheus8 is a powerful fusion of microneedling and radiofrequency that targets wrinkles, sagging skin, acne scars, and uneven texture. Gold-plated micro-needles deliver heat beneath the surface to stimulate collagen and tighten skin, delivering a sculpted, lifted, and smoother appearance without surgery.

CO_2 SKIN COOLING

FACE 30 MIN | $500

TargetCool is a CO_2 infusion device used to gently deliver the Rejuran Salmon DNA serum into the skin. The treatment feels like a refreshing cool mist and requires no needles—making it an ideal option for those who want the benefits of Rejuran without any downtime.

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.

REJURAN SALMON DNA

45 MIN | add $400
with Microneedling

45 MIN | add $750
with Mesotherapy

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

45 MIN | add $550
with Microneedling

Harness the power of stem cell–derived exosomes to rejuvenate skin. This advanced treatment boosts collagen, calms inflammation, smooths texture, fades scars, and stimulates hair growth. With faster results and minimal downtime compared to PRP, it accelerates cellular repair for a radiant, youthful glow.

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* $75	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 | $395

with LASER add on
60 min | $320
90 min | $425

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
with LASER add-on

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

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.

STRIPES BEAUTY BODY CARE

Stripes Beauty is a pro-aging beauty and wellness lifestyle brand founded by actor and entrepreneur Naomi Watts. The consumer brand provides science-backed personal care and beauty products across the categories of nutritional supplements, skincare, haircare, and vaginal wellness. The brand is on a mission to destigmatize menopause, empowering women physically and emotionally through its products, community, and expert menopause education.

DETOX + SLIMMING LYMPHATIC DRAINAGE WITH ICOONE ROBODERM AND STRIPES BEAUTY HYDRATION TREATMENT

60 MIN | $285

A 45-minute body-shaping therapy paired with Stripes Beauty's "The Full Monty" Squalane Hydrating Vitamin C Body Oil. This lightweight oil nourishes the skin, leaving it smoother and more radiant. Icoone's technology firms the skin, reduces the appearance of cellulite, boosts blood circulation, and strengthens immunity, helping to create a slimmer waist and overall revitalization.

RICH + TIGHT
60 min | $285

Start this full body experience with a polish exfoliation from head to toe, resurfacing and smoothing your skin from all of life's daily stressors. Red light therapy lamp is used to calm inflammation, build collagen, and speed the healing of the body. The body is then nourished with a massaging application of Stripes Beauty Rich and Tight Body Butter. This body butter works to hydrate and firm skin, reducing the appearance of cellulite.

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

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

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.

PRENATAL MASSAGE
Regenerate
60 min | $295
90 min | $420

Performed only after 12th week of pregnancy, this treatment provides relaxation and rejuvenation as the body prepares for labor. In a “side-lying” position with your body fully supported with pillows, swedish massage and acupressure techniques are used.

ADD-ON AMPLIFIERS

CRYO SPOT	3 MIN	$55	**DEEP TISSUE**	**$35**
LED	15 MIN	$65	**CBD TARGETED AREA**	**$35**
HOT STONE		$35	SCALP MASSAGE +	$75
PEMF THERAPY MAT (Pulsed Electomagnetic Field therapy for reduced inflamation and enhanced cellular repair)		$35	HAIR MASK	

RED LIGHT THERAPY

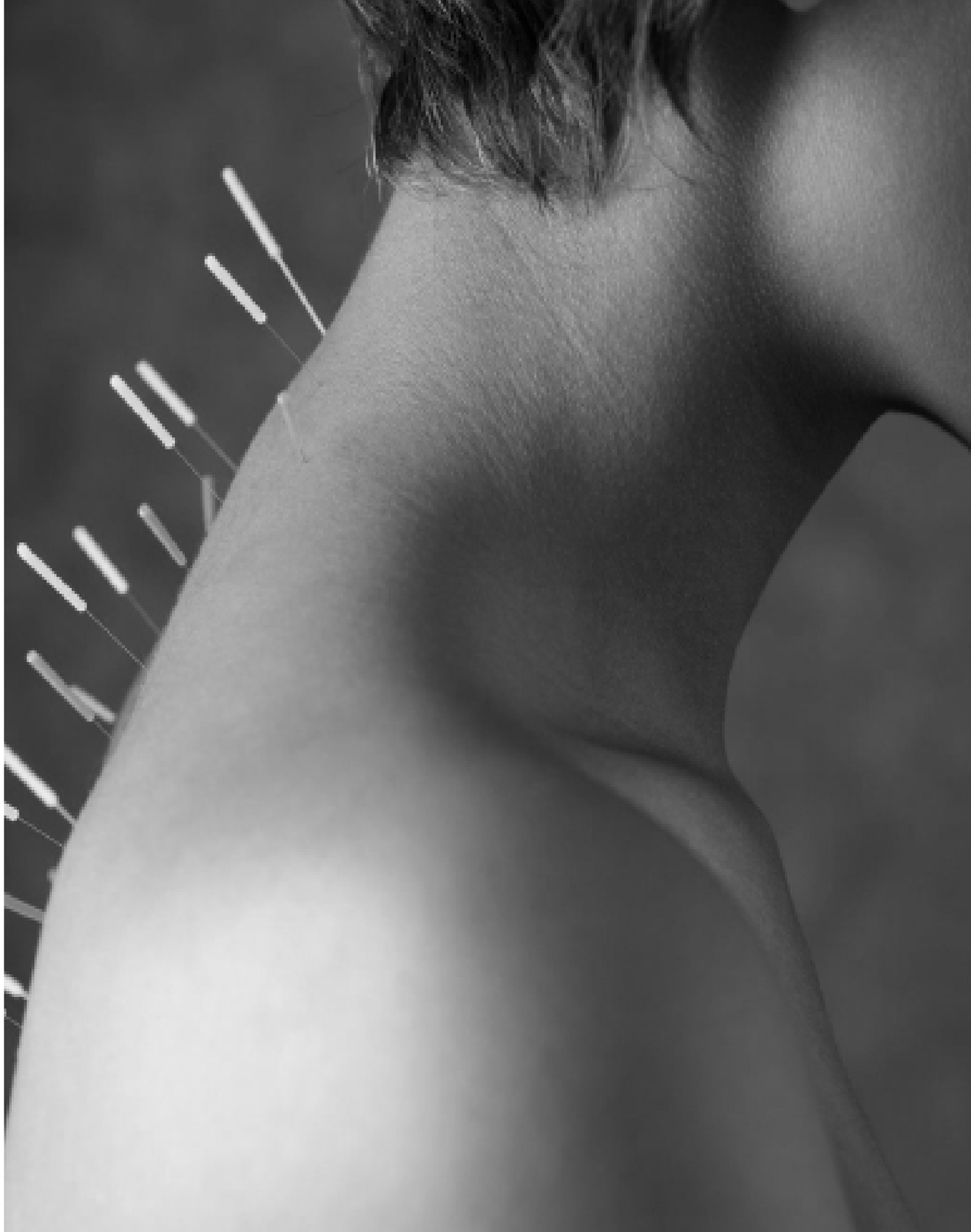
Relax, restore, and recharge in minutes, in the E.Scape pods and unlock the transformative power of red light therapy.

HAIR + SCALP REVIVAL
5 sessions | $125

This non-invasive treatment is designed to stimulate cellular regeneration, boost circulation, and promote healthier-looking hair and skin. Using clinically proven FDA-cleared red light technology to reactivate dormant hair follicles and restore natural hair growth, the iRestore Helmet targets the scalp to support fuller, thicker hair. Just 12 minutes, 3-5 per week, can show remarkable results in as little as 3 months.

SKIN RENEWAL
5 sessions | $125

Enhance the appearance and texture of your skin using advanced iRestore facial mask for Light therapy. In as little as 10 minutes, 3-5 times a week, it can improve the appearance and texture of your skin. Choose from red light for collagen boosting and anti-aging benefits, blue light for acne problematic skin or infrared light for glowing, clearer skin.



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
PAIN TREATMENT + MUSCLE REJUVENATION	60 min | $295
TRADITIONAL ACUPUNCTURE	60 min | $295

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.

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.

TRADITIONAL ACUPUNCTURE
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 experience with LED plasma light therapy	30 MIN	$150
FULL-BODY ONLY	30 MIN	$90

FULL BODY + FACE SERIES

6 SESSIONS	$630
12 SESSIONS	$1230
20 SESSIONS	$1700
UNLIMITED SESSIONS	$1800 PER MONTH

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 strenthens 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



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 SAUNA CHAMBER	30 MIN 60 MIN	$45 $65	Private infrared sauna delivers far-spectrum wavelengths to address muscle repair, cardiovascular health, pain relief, and cellular rejuvenation.
6 PACKAGE SERIES	30 MIN	$243	

ANITA HODOSI

Anita Hodosi is a New York–based cognitive wellness coach, hypnotherapy and intuitive advisor recognized for her ability to integrate clinical perspective with refined insight.
With more than two decades of experience across self-development and spirituality, her work combines hypnotherapy, coaching, and intuitive practices to guide individuals toward deeper self-connection and internal alignment. Her approach is precise, discreet, and highly tailored, creating a calm, elevated environment designed to restore clarity, balance, and sustained well-being.

INFRARED RESET & INSIGHT SESSION
60 MIN | $260
(30-40 MIN SAUNA SESSION)

Guided by Anita, this infrared sauna experience combines heat therapy with a personalized Akashic reading designed to support clarity, reflection, and mental reset. The sauna promotes relaxation and nervous system regulation, creating space for deeper self-assessment and intentional thinking. Through a focused insight session, Anita helps uncover recurring patterns and blind spots to encourage greater self-awareness, alignment, and confidence moving forward.
Guests are required to bring a swimsuit for the sauna.

HYPNOTHERAPY FOR HIGH-PERFORMERS
90 MIN | $350

Facilitated by Anita, this integrative hypnotherapy experience is designed to help reset the nervous system, release mental overload, and restore a more grounded, focused state. Through guided subconscious work, the session helps uncover and reframe limiting thought patterns and stress responses, supporting emotional balance, mental clarity, and overall well-being. The experience concludes with guided integration to help anchor a lasting sense of calm, resilience, and mind-body alignment.
Guests are advised to wear comfortable, loose clothing.

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

CLEAN MARKET IV DRIP LOUNGE AT EQUINOX HOTELS

Clean Market IV Drip Lounge at Equinox 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
- 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-hours

Key Nutrients
- B12
- B5
- B6
- B-Complex
- Taurine
- Carnitine

Plus
- Vitamin C
- Magnesium
- Trace Minerals

NutriMmunity — 60 MINS — L1 $295 — L2 $350
Supercharge your immunity

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 — 1-4 HRS — L1 $295 — L2 $460 — L3 $660
Repair Cellular Damage

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
- Gluthathione

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

45 MINS $295

Improve digestion and nutrient absorption.

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

Niagen® NR IV Drip

45 MINS L1 $395 L2 $560 L3 $760

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.

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
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
- 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 neu-rotransmitters
- 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.

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-in-flammatory compounds.

EQX CHA CHA MATCHA | $14
In collaboration with Cha Cha Matcha | blue spirulina | collagen | almond milk

GOLDEN MILK LATTE | $14
By dona | turmeric | ashwagandha | reishi | probiotics | oat milk + hemp seed milk

BEAUTY BLEND | $14
Beetroot powder | cinnamon | ginger root | collagen | almond milk

CHAI | $14
By dona | masala chai blend | probiotics | ashwagandha | oat milk

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FRESH + ENERGIZING BOWLS

CHIA SEED | $19
Coconut milk | cacao | brazil nuts | dates | black currants

BEAUTY | $19
Beet yogurt | honey crisp apple | grapes | pistachio | bee pollen

MARKET BOWLS

CAESAR SALAD | $22
Romaine + kale | creamy caesar dressing | 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 | $36
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.

TURKEY SANDWICH | $28
Smoked turkey | pickled shallot | celery root | honey crisp apple | mayo
Choice of fries or salad

DESSERTS

DARK CHOCOLATE MOUSSE CAKE | $16
Dark chocolate mousse | vanilla whipped 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 | $12

ICED COFFEE | $10

TEAS | $10
Power Down | Immunity | Recovery | Japanese Sencha | Peppermint | Chamomile

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REFRESHERS

SODAS | $9

FIJI + S.PELLEGRINO WATER 1L | $12

JUICES | $12
Orange | grapefruit | apple

GREEN JUICE | $15
Celery | apple | greens

CELERY JUICE | $15

BERRY ANTIOXIDANT SMOOTHIE | $17
Mixed berries | nectar agave | power strawberry | lemon juice | 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.

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

