

MONTAUK YACHT CLUB

THE CABANA

BODY & MASSAGE

The Body Massage

60 MIN \$258 | 75 MIN \$318 | 90 MIN \$368

A bespoke massage that will indulge your muscles, whether you are in need of a Swedish massage or Deep Tissue or perhaps an infusion of both.

Mother-to-Be Ritual

60 MIN \$248 | 75 MIN \$308 | 90 MIN \$358

Alleviate the discomforts of pregnancy and reclaim posture and flexibility. Sure to relieve stress on joints, neck and back while nurturing body and soul.

The Sports Massage

60 MIN \$263 | 75 MIN \$323 | 90 MIN \$373

This invigorating massage designed for active sports enthusiasts incorporates stretching to enhance range of motion.

The Zen Body Wrap

75 MIN \$378 | 90 MIN \$428

Restore balance to your skin with a deep hydration and anti-aging botanicals formulation to bring back youthful skin. After a full body exfoliation, a deep hydrating mask is applied from head to toe and finally wrapped to enhance the youthful glow.

WELLNESS ENHANCEMENTS

Upgrade your treatment by choosing one or more of our carefully created service enhancements. Enhancements are available as additions to facial and body services without adding additional time to the treatment. All enhancements must be booked and received with a treatment.

Hot & Cold Therapy Relief

\$28

Enhance your treatment with hot & cold tools designed to provide soothing relief, boost circulation and tighten skin.

Theragun Percussion Therapy

\$33

A rhythmic massage experience designed to release tension, improve circulation, and promote deep relaxation. This device melts away stress leaving you feeling invigorated and refreshed.

SmartGoggles

\$33

A heated eye and temple massage for better relaxation.

Reflexology

\$28

Reflexology utilizes the application of pressure to specific reflex points located on the hands and feet that correspond to related organs and systems of the body. This add-on helps open energy flow and improves balance and circulation. You will feel the healing benefits throughout your entire body. *This is not recommended for expectant mothers.

Scalp Massage

\$28

Enjoy a relaxing scalp massage purify and hydrate distressed scalps with rosemary and sage leaf botanicals to sooth dry scalps. As the oils sooth the scalp, Lashin traditional Chinese Jade comb stimulates the scalp for deeper relaxation.

WELLNESS IN-ROOM

In-Room Massage

60 MIN \$358 | 75 MIN \$408 | 90 MIN \$458

Experience a bespoke massage in the comfort of your Hotel Room. Recharge with The Spa's massage therapist that comes directly to you. *Couples' accommodation may be available.

Private Events

A private spa is yours! Perfect for bridal parties, birthdays, or any special event. Reservations for the full spa are designed for groups of 4 or more. Enjoy exclusive access to our spa lounge & wellness bar which includes champagne and a spa gift for each member of your party. We are delighted to customize your day to fit your group's needs.

Pricing varies depending on the number of guests, therapies requested, availability, and event duration.

THE SPA RULES

The Spa hours may change seasonally and for holidays. Please scan the QR code below or email cabanawellness@montaukyachtclub.com for current operating hours or to secure your reservation.

Cancellation Policy

A valid credit card is required to hold all reservations. To avoid a full-fee charge, we require a 48-hour advance notice to cancel or reschedule any service. Please note that late arrival will result in reduced treatment time.

Pricing & Payments

To maintain maximum standards of service and quality, prices may change without prior notification. All major credit cards accepted. Personal checks are not accepted.

Gratuity

For your ease and convenience, a suggested 20% gratuity will be applied to each service. It is fully distributed to the spa therapist and support staff who served you during your spa experience. You are welcome to make any adjustments to the gratuity amount according to your personal experience at check-out.

Arrival

We request your arrival 30 minutes prior to your service to allow ample time for valet, check-in, and cabana boarding.

Spa Etiquette

The Spa is a cellphone and smoke-free zone. Please respect all guests' right to privacy.

Health Conditions

Prior to your treatment selection, please be sure to inform us of any health conditions you may have such as allergies, injuries, or pregnancy, as these may affect your treatment selection.

Age Policy

Guests must be 18 years of age or older to experience spa treatments. Guest under the age of 18 can enjoy a treatment accompanied by a parent or guardian.