



*Gurney's Inn*  
RESORT, SPA &  
CONFERENCE CENTER

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T H E   S E A   W A T E R   S P A

290 OLD MONTAUK HIGHWAY  
MONTAUK, THE HAMPTONS, NY 11954

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



*scape to Our  
Sea Water Sanctuary*



*Return To the Mother Sea  
The Source of Life  
Ever-evolving yet Always Present  
In Nature We Discover Ourselves  
Depart from your Everyday to  
Revive and Restore with the Healing Hands  
of our Skilled Therapists  
Providing you with a Meaningful  
New Experience for Your Body and Soul  
Liberate Your Spirit  
Rejoice, Indulge, Relax*

*Come experience the Living and Healing Waters of the only authentic Thalasso Center in the continental United States. Nestled high on windswept bluffs overlooking one of the widest, whitest, sandiest private ocean beaches in the world - endless vistas of unpolluted crystal clear ocean water, unpolluted air filled with the intoxicating fragrance of the sea, beach areas so uncongested that even the shore birds feel at home, the magical rays of the majestic sun bouncing off the waters surface and moonbeams gently casting a relaxing calm over all.*

*Our theme is personified by the Giancarlo-created sculpture based on Botticelli's Birth of Venus depicting the sea giving birth to life, to beauty, to health and to love. We make use of the magical curative resources of the Healing Sea.*

*The Sea...*

*Our Healer since the  
beginning of time.*

*The sea is a source of life. It is ever evolving, yet always the present part of our world.*

*A Thalasso program includes the curative multifaceted effects of a Sea Water hydro massage, exercise programs in Sea Water pools, body treatments with seaweed products enhanced with massage, relaxation, good nutrition and seaside physical activities.*



*The Sea...*

*Your Journey to  
Well-Being*

*The landmark Sea Water Spa, founded over 25 years ago by Nick Monte, a true visionary, became legendary as the only authentic Thalasso center in the continental United States. Our facilities are renown throughout the International Spa Communities as one of the principal healing spas, embracing classical European traditions, and using the latest & purest natural products. Many of our guests return season after season to benefit from the abundant use of our natural therapeutic products and the healing hands of our professional therapists. You may select your services of choice from a plentitude of curative therapies. Please ask for assistance from our dedicated spa consultants to customize treatment selections for your optimal spa experience.*





# SIGNATURE

## therapies

### ACTIVE GREEN ARGILITE MUD THERAPY

*This ultimate therapy begins with an exfoliation using calcium and magnesium grains infused with black currant toning oil followed by a warmed mineral-rich Argilite mud "body mask wrap" mixed with bioactive herbal extracts. Next, a steam-infused therapy using an aromatic re-mineralizing gel, ending with the application of Rose Geranium body oil. Excellent for increasing metabolism, reducing fluid retention, providing relief of soreness in muscles and joints while it softens and nourishes the skin. Enhanced with Liv-A-shield-Tisana Blend Tea. 90 minutes*

### AROMATHERAPY LYMPHATIC DRAINAGE FACE & BODY

*This specialized treatment combines the benefits of our new Rose Lymphatic Facial and our Ultimate Rose Face & Body treatment. The Rose products utilized in this treatment have been renowned throughout the ages for their beautifying and nourishing properties. Experience the beneficial technique of lymphatic massage throughout the entire body aiding in the elimination of excess fluids and toxins, stimulation of the immune system and balancing of the autonomic nervous system, resulting in reduced edema and relief of chronic and sub-acute inflammation. A truly powerful treatment that will leave you calm minded and feeling deeply relaxed. 120 minutes*

### HEAD-TO-TOE OCEAN RADIANCE TREATMENT

*A head-to-toe healing experience beginning with a nurturing one-hour Swedish massage using our specially formulated Ocean Radiance aromatherapy-oil followed by a facial rejuvenation massage with a marine plasma serum. Receive a reflexology while you rest with a cryogenic seaweed facial mask. 120 minutes*

### MARINE KUR THERAPY

*Experience the 'Healing Powers of the Sea'. Begin with a gentle exfoliation using our signature seaweed toning gel and a loofah mitt, followed by sea water hydrotherapy massage to soothe aching muscles. Next, you are wrapped in our nourishing mineral-rich seaweed body mask. The treatment is completed with the application of our signature seaweed body cream. 90 minutes*

### MONTAUK STONE THERAPY

*This ancient 'Art of Healing' uses elements of Mother Nature to bring relief to tense muscles, stressed emotions and a weary spirit. As you are massaged with heated smooth lava stones you will experience deep relaxation as your muscles release tension. 90 minutes*

### OCEAN AIR BEACH WALK

*Breathe the mineral enriched sea air on our complementary morning ritual beach walk. Visually soak in the beauty of the Atlantic Ocean while you enjoy the benefits of aerobic walking. Experience the positive effects the ocean has on the mind, body and spirit. Great for improving muscle tone in the legs. 60 minutes*

### PEPPERMINT SEA PLUNGE

*This is an authentic thermalism curative therapy. This therapy is designed to increase circulation and create balance. A gentle exfoliation using a loofah mitt and our signature seaweed toning gel is followed by a sea water hydro massage. The body is then quickly wrapped in a sheet soaked in essential oils of peppermint and cold seawater. The initial invigorating sensation is followed by an astonishing warmth as you are wrapped in a warm wool blanket. Experience deep relaxation, stimulation of the immune system and lymphatic detoxification. The body is then hydrated with peppermint oil. 90 minutes*

## SHIRODHARA SANCTUARY TREATMENT

An ancient Ayurvedic therapy known for its healing benefits. This exotic treatment begins with an exfoliation using dried herbs followed by the pouring of a warm oilstream focused on the third eye, eventually flowing into the hair and then gently massaged into the scalp. This treatment culminates with a wrap using herbal-infused towels and the application of Ayurvedic body oils. 90 minutes

## ULTIMATE DETOX THERAPY

This intense cure focuses on stimulating the lymphatic system while remineralizing your body. This is ideal for reducing cellulite and fluid retention while stimulating the metabolism. A vigorous dry brushing of the body is followed by a sea water hydro massage. Next, an active Argilite mud wrap with tailored bioactive herbal extracts. The next step is a steam infused treatment using remineralizing gel, ending with an application of our signature seaweed body lotion. Service enhanced with Liv-Ashield Tisana Blend Tea. 110 minutes

## ULTIMATE ROSE FACE & BODY TREATMENT

Luxurious products, formulated with organic damask rose, lavender, sandalwood, primrose oil and natural seaweed extracts are used to exfoliate and nourish the skin, while you rest cocooned with rose body gel, rose cream and rose oil. A gentle scalp massage is given with frankincense oil to quiet the mind. Rest in a nourishing rose body cream, gel and oil wrap while you receive a gentle facial treatment using a blend of damask rose, white rose and rose water products. 90 minutes

## WOMEN'S BALANCING & CELLULITE TREATMENT

A naturally slimming ritual starting with a marine body polish followed with a deep tissue thalasso therapy hydro-massage to promote detoxification, then a calcium-rich white algae wrap to reduce bloating while firming the skin. Ending with a seaweed firming cream leaving your whole body silky smooth. 90 minutes



## SEA WATER BATHS

### ALGAE SLIMMING BATH

Immerse yourself in our luxurious European Thalasso tubs filled with filtered, heated seawater. Infused with our 100% micronized seaweed complex to boost metabolism, detoxify the body and tone the skin. 25 minutes

### HYDROTHERAPY

Our European Thalasso tubs are filled with filtered sea water and heated to 94 degrees. The body is suspended in water while being massaged with multi jet action. This unique experience allows for a deep and effective massage without the touch of another's hand. Color therapy is used to relieve stress and aid in the healing of sore muscles while using the natural curatives of the healing sea. 25 minutes

### SEA WATER HERBAL BATH

Enjoy our legendary European style baths offered in our hydrotherapy tubs. Choose the herbal bath most suited for your needs while the jets massage your muscles. Lavender will enhance well being to combat fatigue. Eucalyptus is fresh and clean and helps to clear the senses. Spruce & pine lifts the spirits. Orange & linden blossom reduces stress and creates harmony. 25 minutes



## THALASSO HYDRO THERAPY MASSAGE

Luxurious European Thalasso tubs are filled with filtered sea water heated to a comfortable 94 degrees. Your body benefits from the absorption of sea-minerals and trace elements while the muscles are skillfully massaged with a high-pressured stream of seawater. \*This treatment is not recommended for anyone with hypertension or weakened health conditions. 25 minutes

## THERMALISM SEA PLUNGE

Thermalism is a wholistic practice using the changes in hot - cold temperatures to stimulate circulation, increase metabolism, enhance the detoxifying processes of the body and create balance and deep relaxation. The process is three 10 minute intervals of Steam Bath alternating with a one minute cold Swiss Shower followed by a plunge into the healing sea. You are carefully monitored during this experience but it is not recommended for individuals with heart disease, hypertension, acute or chronic illness or pregnancy. Practiced all year round and especially fun with groups! (Minimum 5 guests) 60 minutes



## ALGAE BODY POLISH

A gentle exfoliation combining the therapeutic benefits of micronized algae in addition to the moisturizing benefits of pine oil. Recommended for sensitive skin. 25 minutes

## APRES SUN RECOVERY

The perfect antidote for skin that is sensitive and overexposed from the sun. This gentle face and body combination treatment will cool and nourish sunburned and dry skin, providing instant relief from sunburn helping to restore moisture to the skin. The active ingredients of aloe, green algae, green tea and calming lavender are used to help reduce redness and restore hydration. 25 minutes

## BRUSH & TONE

Using a soft nylon brush the body is thoroughly exfoliated. This dry exfoliation promotes circulation and is recommended for all skin types. After brushing an application of our signature seaweed body cream is applied to nourish and tone the skin. Recommended for sensitive skin. 25 minutes

## BRUSH & TONE/SEAWEED WRAP

This signature therapy combines our gentle dry exfoliation with a nourishing wrap and lotion. A soft nylon brush is used to promote circulation and to exfoliate the skin, followed by an application of our pre-warmed liquid seaweed cell fluid gel. The wrap facilitates the absorption of all the rich minerals and bio-trace elements from the seaweed and helps to tone and detoxify the body. This treatment finishes with an application our signature seaweed body cream. Recommended for sensitive skin. 50 minutes

## HERBAL WRAP

Your body is cocooned with hot towels steamed in pure chamomile, rose petals and lavender. This treatment promotes muscle relaxation and the release of toxins through perspiration and is excellent for stress reduction. Not recommended for anyone with hypertension, claustrophobia, or weakened health. 25 minutes

## ITALIAN FANGO THERAPY

A rich Moor mudpack combined with paraffin is heated and applied as a localized pack to treat a stressed and tense area such as the neck and shoulders, the lower back, or stiff joints. You will receive a gentle 10-minute foot rub as you relax. 25 minutes

## LOOFAH SCRUB

A gentle exfoliation using a loofah mitt and our signature seaweed toning gel. The body is cleaned and scrubbed while promoting circulation. Recommended for sensitive skin. 25 minutes

## MAPLE SUGAR BODY SCRUB

A unique experience in body exfoliation using Bio Maple Sugar combined with sweet almond, lemon, orange, cinnamon and peppermint oils followed by an application of maple sugar body lotion renowned for its moisturizing and anti-aging properties. 25 minutes

## MILK AND HONEY RE-HYDRATING

The milk and honey body wrap is a maximum performance conditioning and revitalizing body wrap ideal to indulge and regenerate your skin. Lactic acid eliminates dry rough spots, while vitamins and trace elements activate your metabolism. Skin balance is restored resulting in velvety, soft skin. 50 minutes

## SEA MINERAL SCRUB

Aromatherapy oils, algae and sea mineral salts are combined into a paste targeted to exfoliate the body. Choose lavender or almond scented oils. 25 minutes

## SEA WATER AROMATHERAPY WRAP

This sea water based body wrap is enhanced with the therapeutic essential oils of basil, lavender, sage, sandalwood, and ylang ylang. The cool sea water based body gel wrap hydrates while soothing the skin, ultimately followed by a spritz of satiny spray. This therapy improves microcirculation, stimulates cellular regeneration and is recommended for anyone enduring stress and fatigue. 50 minutes

## SEAWEED WRAP

This therapy begins with an application of a pre-warmed liquid seaweed cell fluid gel, rich in sea minerals and bio-trace elements. Loosely wrapped sheets and heat lamps create comfortable warmth, ending with an application of our signature seaweed body cream. This treatment promotes toning and detoxification. 25 minutes



## ULTIMATE HERBAL BODY EXPERIENCE

*A three-step body treatment beginning with a body polish using lavender or rosemary mineral salts combined with an aromatic body gel to exfoliate the skin, followed by a relaxing herbal wrap with herbal infused steamed towels. This treatment is finished with the application of a lavender or rosemary body lotion. The lavender scent is recommended for relaxation and rosemary is recommended for rejuvenation. 50 minutes*



## AROMATHERAPY

### AROMATHERAPY SCRUB & HYDRO MASSAGE

*Start with an exfoliation using refined olive grains and your aromatherapy "body wash" of choice. This initial phase is followed by an immersion in our Thalasso tubs filled with heated, filtered seawater and your choice of essential oils. Your choices include:*

*Revive - to energize and detoxify.*

*Relax - slow down and unwind*

*De-stress - ease muscles and clear the mind*

*50 minutes*

### DE-STRESS HYDRO AROMA THERAPY

*A special detoxifying treatment beginning with a body polishing exfoliation using crushed olive grains and your choice of aromatherapy body-wash followed by a luxurious soak in our Thalasso tub filled with heated, filtered seawater and essential bath oils, crowned by a one-hour aromatherapy massage with your choice of essential oils. Designed for healing, relaxing, de-stressing both the body and mind. 90 minutes*

### DETOXIFY AND REVIVE AROMATHERAPY TREATMENT

*Feel cleansed inside and out with this powerful treatment. After an exfoliation to smooth and refine the skin, rest in a detoxifying body gel wrap, aiding in the release of toxins, reducing fluid retention while enhancing skin tone and texture. Receive a gentle foot massage as you relax. This therapy energizes the mind and body. Enhanced with Liv-A-Shield Tisana Blend Tea. 50 minutes*

### MUSCLE SOOTHER

*Choose this treatment to help ease muscle tension. Begin with an exfoliation to increase microcirculation, rest in a relaxing wrap using a de-stress muscle soothing gel of rosemary, lavender, peppermint, and rich oils of petitgrain, chamomile and frankincense. Let the stress melt away with a scalp massage using frankincense oils. Service enhanced with stress relief Tisana Blend Tea. 50 minutes*

*\*This treatment is perfect when combined with a deep tissue massage.*

### NOURISHING ROSE BODY TREATMENT

*Luxurious products, formulated with organic damask rose, lavender, sandalwood, primrose oil and natural seaweed extracts are used to exfoliate and nourish the skin. Then while you rest cocooned with rose body gel, rose cream and rose oil, a gentle scalp massage is given with frankincense oil to quiet the mind. 50 minutes*



# TOUCH

## therapy

*Most of our Massage therapies are available in the privacy of your hotel room.*

### AMMA THERAPY

*This ancient Chinese therapy uses digital pressure along the meridians of the body to promote balance by opening energy channels. 60 minutes*

### AROMATHERAPY

*The powerful effects of aromatherapy combined with gentle massage techniques to stimulate the nervous system and help to create balance. The therapist offers choices of essential aromatherapy oils to suit your needs. 60 minutes*

### COUPLES MASSAGE

*Our touch therapies are offered to couples that wish to share the relaxing and soothing benefits of this special touch in the same treatment room.*

*\*Most therapies are available to couples upon request. 60 & 80 minutes*

### CRANIO SACRAL

*A gentle hands on technique that allows direct balancing and healing access to the nervous system. By using subtle palpitations and light pressure points of the cranium and sacrum the therapist enhances the natural healing capabilities of your body. Please wear loose-fitting clothing. 60 minutes*

### DEEP TISSUE MASSAGE

*Both a therapeutic and firm massage that focuses on specific areas to relieve tension and restore flexibility. Using various strokes and deep pressure, specific muscle tension is released and flexibility restored. May include assisted stretching and is highly recommended for chronic pain and limited range of motion. Ideal for anyone that desires a very firm and deep massage. 60 & 80 minutes*

### IN-ROOM MASSAGE

*Experience your choice of touch therapies in the privacy of your room. Most therapies are available upon request 60 & 80 minutes*

### LYMPHATIC DRAINAGE MASSAGE

*Extremely light, sequenced strokes stimulate the movement of lymphatic fluid, thereby cleansing the body. This treatment is excellent for reducing pain, fluid retention and chronic inflammation. It is also recommended for sinus conditions, headaches and sprains. 60 minutes*

### 'MOTHER-TO-BE' MASSAGE

*This massage provides comfort and relaxation for the expectant mother. It focuses on your individual needs at this special time when your body needs extra care and nurturing. 60 minutes*



## NECK, BACK, AND SHOULDER

*A Swedish massage technique, concentrated on the back, shoulders and neck, quickly relieves tension and improves circulation. 30 minutes*

## THE OUTDOOR MASSAGE

*Enjoy your massage overlooking the beautiful Atlantic Ocean. (Weather permitting) 60 & 80 minutes*

## POLARITY

*This massage enhances energy flow and balances the body's energy system through gentle touch and holding techniques. Physical and mental relaxation occurs. 60 minutes*

## REFLEXOLOGY

*Based on Ancient Chinese teachings using pressure point massage, this foot therapy restores the flow of energy to the entire body and promotes a sense of well-being. 30 and 60 minutes*

## REIKI

*A treatment in which the guest is fully clothed while the practitioner places his or her hands slightly above the body. Energy flows from the hands, activating the body's natural ability to release blocked energy to restore balance and harmony. 60 minutes*

## SHIATSU

*A traditional Japanese massage technique designed to balance the body's energy flow and eliminate energy blockages by applying acupressure to body meridians. Good for stress reduction, wellness and balance. Please wear comfortable shorts and a T-shirt. 60 minutes*

## SPORTS MASSAGE

*Specifically addresses the accumulation of lactic acid in muscle tissue produced from regular exercise. This therapy promotes muscle relaxation. Pre or post event treatments are available. 60 minutes*

## SWEDISH MASSAGE

*A gentle and relaxing full body massage that promotes circulation, relaxes muscles and reduces tension. Therapists adapt their techniques to fit your needs. You may upgrade your massage by choosing specially formulated Ocean Radiance aromatherapy oil. 60 and 80 minutes*

## THAI MASSAGE

*An ancient art of body therapy massage used for healing, health and regeneration. This treatment is effective for relief of chronic pain and limited range of motion using slow and gentle assisted yoga stretching movements and acupressure. Please wear loose and comfortable clothing. 60 and 90 minutes*

## TRAGER BODY WORK

*This unique treatment uses gentle rhythmic, rocking and stretching movements to facilitate joint mobility, the release of body-mind tension leaving you with a feeling of inner peace. Please bring loose comfortable clothing. 60 minutes*

# *The Salon de Beaute*

A FULL SERVICE SKIN CARE, NAIL,  
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FOILS, UP-DO'S, CUTS & STYLING.

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## FACIALS

### *therapies*

*Our customized European facial therapies begin with a personalized evaluation of your skin care needs. Your esthetician will analyze and recommend a treatment designed for optimal results. Each facial includes cleansing, a facial masque and/or therapeutic treatment, a moisturizing massage of the face, eyes, neck, décolleté, hands and feet, finishing with a moisturizer. 25-minute facials do not allow time for extractions (except for 25 minute Hydra Active Facial), massage and hand & foot treatments. Our 70 and 90 minute high performance specific facial therapies use additional tailored products. All of our facials conclude with a home-care regimen specifically designed for your skin care needs.*

#### COMPLEXION PERFECTION FACIAL

*This super anti-aging, skin strengthening, free radical blasting treatment that utilizes cutting edge ingredients to brighten your skin and deliver concentrated vitamins, anti-oxidants, plant extracts and hydrators. Your skin will be smooth and simply radiant. 70 min. For sun damaged or thicker skin, or if more intensive exfoliation is needed, a micro scrub gommage may be added. Add a power lifting, collagen boosting, firming mask for those extra special occasions.*

#### ANTI-BLEMISH FACIAL

*A therapeutic and effective facial with tea tree blemish oil, flower acid peel and ph purifying repair cream. Designed to treat problem skin. 50 minutes*

#### BACK FACIAL

*This luxurious back treatment commences with a gentle cleansing. After an exfoliation to remove dead skin cells, for 50 minute treatments only, a steamy vapor opens up the pores preparing the skin for gentle extractions. A mask tightens the pores and will remove any impurities. A toner and moisturizer are applied for tightening and re-hydrating. 25 and 50 minutes*



### CALMING ANTI-OXIDANT FACIAL

*Specially formulated for sensitive and rosacea skin types. Calming, healing and soothing ingredients including azulene, vitamin k and green tea will cleanse, hydrate, balance and calm sensitive skin. 50 min.*

### EYE CONTOUR TREATMENT

*The fragile eye area often reveals the signs of aging all too quickly. This multi-action eye treatment uses an innovative therapy using a specific massage to reduce puffiness and dark circles, relieve tired eyes and minimize wrinkles and fine lines while promoting a youthful appearance. This treatment can be done alone or incorporated into any facial. 20 minutes or incorporated into facial.*

### FACIAL LYMPHATIC DRAINAGE

*A highly effective non-cosmetic therapy for the face, neck and shoulders to relieve puffiness and/or swollen tissue. Using extremely light sequenced strokes, this inner cleansing stimulates regeneration of the surface skin and subcutaneous tissue. The elasticity and complexion of your skin will be instantly improved. 25 minutes*

### GENTLEMEN'S HOT TOWEL FACIAL

*A deep cleansing facial designed specifically for the special skin care needs of men. The skin is cleansed, toned and moisturized while you relax under the skillful hands of our skincare therapist. 50 minutes*

### QUICK-CLEANSE FOR MEN

*A condensed version of our Hot towel facial for gentlemen, this treatment captures the benefits of the longer facial, yet is suited for even the busiest lifestyle. Perfect for reducing stress and tension in the neck and shoulders. 25 minutes*

### HYDRA-ACTIVE FACIAL TREATMENT

*This innovative treatment may be used for any skin type, but is ideal for dehydrated skin. This facial includes skin analysis, a light cleansing, gentle exfoliation, and a hydrating mask. This specialized mask contains active freeze-dried seaweed pads that contain essential nutrients to restore the skin's ability to retain its natural moisture. 25 or 50 minutes*

### INTENSIVE HYDRATING FACIAL

*This high quality treatment brings immediate comfort to even the driest skin. The combination of highly concentrated active ingredients helps to restore suppleness, vitality, moisture and radiance to the skin. Hand back, eye and scalp massages will take you into a state of total relaxation. 70 minutes*

### LUMINOUS FACIAL FOR HYPER-PIGMENTATION

*This is the ideal facial treatment for sun exposure or skin plagued by discoloration. Includes a natural whitening and herbal DNA repair agent with vitamin C using an anti-inflammatory approach for vibrant skin. 50 minutes*

### OCEAN RADIANCE FACIAL

Our most popular facial using seaweed-based products, this facial is designed to hydrate and nourish the skin. 25 minute facial includes a light cleansing gentle exfoliation and hydrating mask. 50 minute facial includes skin analysis, cleansing, exfoliation, gentle extractions, décolleté massage and a hydrating mask. 25 or 50 minutes

### OXYGENATED FACIAL

Recharge your skin with a triple blend of bio-fermented algae, antioxidants and liquid oxygen. Activate these three powerful layers to lift, firm and smooth the skin on your face, neck and décolletage. Pure liquid oxygen, Vitamin C esters and bio-fermented algae gently exfoliate, stimulate collagen synthesis and regenerate cells by deeply penetrating the dermis to repair and protect the skin from environmental damage. You'll see a radiant "boost" to your skin instantly. 70 minutes

### ROSE LYMPHATIC FACIAL

Embrace the uniqueness of your skin and the vital, regenerative properties of pure essential oils and natural plant extracts with a prescriptive and therapeutic facial. More than a facial, this re-balancing experience combines acupressure points and lymphatic drainage techniques to eliminate excess fluids and toxins, thereby alleviating puffiness and congestion in the skin. This soothing treatment tones and refines your skin with a combination of mineralizing and hydrating masks leaving you refreshed and revitalized! 50 minutes

### SELF-HEATING MUD ALONG THE SPINE

Self Heating Mud is an active, bubbly mud and is known for its relaxing and soothing qualities. This treatment stimulates the back's reflex zones using a mixture of massage oil and relaxing serum. Self-heating mud is applied along the spine. (This service must be booked with a facial.)

### SINUS SOOTHING FACIAL

Using the finest blends of therapeutic oils and seaweed extracts combined with lymphatic drainage of the face, this treatment is perfect for those suffering from chronic sinus congestion or allergies. 50 minutes

### THREE LAYER ANTI-AGE FACIAL

This exceptional treatment provides anti-aging and firming action to multiple layers of the skin. The combination of specific massage techniques and three high performance masks will smooth and firm the skin as well as soften the marks of time. 70 minutes

### VITAMIN C FACIAL

An intensive treatment for sensitive, dry or environmentally stressed skin. This facial will boost the skin's radiance by delivering a combination of algae, to replace lost minerals and stimulate collagen synthesis, and antioxidants to protect against free radical damage. 50 minutes





# MAKE-UP

*services*

## MAKE-UP APPLICATION

*Have our experts create a "new you".*

## MAKE-UP LESSON WITH APPLICATION

*Learn the subtle art of applying your new make-up while trying the latest trends with one of our experts.*

## WEDDING MAKE-UP CONSULTATION

*Meet with one of our experts to discover your best look for your special day.*

## WEDDING MAKE-UP APPLICATION

*Make-up application on your special day.*



# NAILS

*manicures &  
pedicures  
by the sea*

*All nail services are performed overlooking the ocean. The pedicures are done in full-body heated massage chairs that allow you to direct the level of heat and intensity during your service. Gaze over the ocean and you may see a whale swim by...*

## LUXURY SPA PEDICURE

*A luxurious, marine-inspired facial for the feet that features a four-step exfoliation process using beach sand, quartz crystals, sea-salt and alpha-hydroxy acid. A rejuvenating marine-algae foot masque is applied along with cucumber heel therapy cream that treats dry and cracked heels. A relaxing foot and calf massage is performed to promote healthy circulation. 50 minutes*

## PARAFFIN HAND TREATMENT

*During our paraffin hand treatment we first apply a nourishing lotion to your hands and then dip them into pre-warmed wax, which allows the lotion to penetrate deeper. Heated mitts are worn to intensify the moisturizing effect. 20 minutes or incorporated into manicure or pedicure.*

### SOLAR MANICURE

*The Solar nail line leaves your hands soft and pampered. Choose from a variety of the latest in-style colors and enjoy the breathtaking view while our experienced nail technicians perform little miracles using hot towels, Solar sweet almond oils and sea salts. 25 minutes*

### SOLAR PEDICURE

*This deluxe pedicure refreshes and beautifies your tired feet. Using a sweet almond and sea-salt exfoliating scrub, you will relax with a moisturizing foot massage followed by the application of your favorite nail color. 30 minutes*

### SPORTS PEDICURE

*Sport abused feet are brought back-to-life with a soothing soak and foot massage. Calluses are smoothed away and feet are treated with a generous dose of cucumber therapy cream and finalized with a perfectly performed pedicure. 30 minutes alone or with polish change*

### ULTIMATE SPA MANICURE

*Our ultra-luxurious Vitamin C treatment leaves your hands looking radiant and refreshed. This ultimate manicure begins with a citric acid exfoliation and is followed by a paraffin dip that will rejuvenate, deeply hydrate and will give your hands a more youthful appearance. 35 minutes*



### DEEP CONDITIONING HAIR TREATMENT

*Helps to restore dry and damaged hair. A nourishing and ultra rich deep-conditioning masque is applied generously to your hair. May be rinsed, followed by blow-dry styling or left on for even more intensive results. 20 minutes (styling additional)*

### ULTIMATE AROMATHERAPY SCALP TREATMENT

*A restorative program designed specifically for you using superior essential oils of Eucalyptus and Peppermint. Enjoy a stimulating scalp massage designed to increase circulation adding luster and vitality to scalp and hair. Customized for your unique needs. This treatment helps to strengthen your hair while relaxing your body and mind. 30 minutes or with style*

### WAXING SERVICES

*See Spa price list for wax services and prices.*

*Eye Brow Sculpting available.*





# FITNESS & WELLNESS

s e r v i c e s

## BIOFEEDBACK

A tool for monitoring physiological functions bringing biological information to conscious awareness using computerized biofeedback equipment. A certified Biofeedback therapist helps you interpret these signals and designs a therapeutic program for stress reduction, health and balance. 80 minutes

## BODY COMPOSITION ANALYSIS

By determining lean body mass versus body fat the client will have an accurate BMR (basal metabolic rate) to help any fitness program reach the full potential. The Electro Lipograph will use all vital information to determine an individual's result based on age, gender, height, weight and circumference measurements. Clients are then encouraged to retest every 8-12 weeks for best results. 50 minutes

## COMPREHENSIVE FITNESS EVALUATION

Regardless of your current fitness level or exercise experience, an initial fitness assessment is a very important tool to get a baseline measurement of your body fat, aerobic capacity, weight bearing ability, balance coordination and flexibility. 50 minutes

## GROUP EXERCISE

Class schedules are available at spa reception desk or call spa 631-668-1892 to receive a copy in advance to better plan your visit 60 & 90 minutes classes are available.

## NUTRITION CONSULTATION

A nutrition counselor will discuss the basics of proper nutrition with you, in understandable terminology that you can apply to your current eating habits. You will learn about nutrition basics to create meal plans with a healthy approach to food shopping, eating in restaurants, and preparing meals at home. This consultation is a great way to help anyone begin and maintain a healthy eating habit. 50 minutes

## PERSONAL TRAINING

An individualized workout regimen created for your needs to begin or help overcome a workout plateau. We have many experienced personal trainers available for you. Are you bored with exercise? Are you tired of not seeing the results you want. Call the fitness office at 668-1884 or Ext.7713 to meet with a trainer. Ask about personal training with our Celebrity Master Trainer, Candace Monte (surcharge applied). 60 minutes.

# Treatments for Teens

*Teens ages 13-15 can enjoy treatments only. Teens 16-17 can experience Sea Water Spa facilities. Facility fees are not included.*

## WAVE MASSAGE FOR TEENS (AGES 16 - 17):

*A refreshing massage with tropical lotions. 30 or 60 minutes*

## TEEN FACIAL

*This facial is designed to hydrate and nourish the skin. 25 minute facial includes a light cleansing gentle exfoliation and hydrating mask. 50 minute facial includes skin analysis, cleansing, exfoliation, gentle extractions, décolleté massage and a hydrating mask. 25 or 50 minutes*

## SPECIAL SWEET 16 PARTY PACKAGE:

*Includes: access to indoor sea water heated pool, 25 minute Ocean Radiance facial, Mini Manicure & Mini Pedicure, and cake. Minimum of 5 guests are required.*

## TEEN SPA DAY (AGES 16 - 18):

*Includes: Pedicure and Manicure & Choice of 25 minute Ocean Radiance Facial or 30 minute Swedish Massage.*

## TEEN MINI FACIAL PACKAGE

*Includes: 25 minute back facial and 25 minute Ocean Radiance Facial. Access to spa facilities is not included with this package.*

# Children's Programs

## PRINCESS MANICURE

*(ages 4 to-12) A quick clean up, moisturizing and polish change.*

## PRINCESS PEDICURE

*(ages 4 to 12) A foot soak, file or clip with polish.*

## PRINCESS PACKAGE

*(ages 4 to 12) Includes: Princess up do, princess makeup application, princess pedicure and manicure designed for particular age group.*



# Spa Programs & Packages

*\*All Package prices are based per person unless noted otherwise. Day Packages Include lunch, unlimited fitness classes and spa facilities.*

## Day Packages

### DAY OF BEAUTY (FOR LADIES)

*Choose any one of our 50 minute body therapies, 25 minute Ocean Radiance Facial, manicure, neck back and shoulder massage.*

### DAY OF PREGNANCY PAMPERING

*Includes: Brush & Tone, 60 minute 'Mother to Be' massage, 25 minute Ocean Radiance facial, manicure and pedicure*

### DAY OF VITALITY (FOR GENTLEMEN)

*Choose any one of our 50 minute body therapies, 25 minute quick cleanse, 30 minute neck, back and shoulder massage and sports manicure.*

### \*DELUXE COUPLES ROMANCE PACKAGE

*Choose any one of our 50 minute body therapies, add a Couples Massage, 50 minute facials and pedicures.*

### MARINE REFRESHER

*Includes: Thalasso Therapy, 50 minute Ocean Radiance Facial, Brush & Tone Seaweed Wrap*

### \*MOTHER & DAUGHTER PACKAGE

*This package offers both mother and daughter a 60 minute Swedish massage with aroma oils, and your choice of manicure and pedicure or 25 minute Ocean Radiance Facial.*

### ULTIMATE DAY

*Choose any one of our 50 minute body therapies, 50 minute Ocean Radiance Facial, 60 minute Swedish massage, Manicure and Pedicure.*

### \*ULTIMATE MOTHER & DAUGHTER PACKAGE

*This package is a perfect way to share a fun and rejuvenating spa experience together. This package offers both mother and daughter a 30 minute Swedish massage, a 25 minute Ocean Radiance Facial, a relaxing ultimate scalp treatment and style.*

*\*Rate based on two guests.*

# Mini Day Packages

*Includes unlimited use of spa facilities. Call the spa for reservations.*

## MARVELOUS MORNING PLAN

*Includes: 50 minute Ocean Breeze Facial, Manicure, Pedicure, Deep Hair Conditioning, and Hair Cut & Style*

## SPA QUICKIE

*Choice of: 25 minute Facial or 30 minute Massage, Mineral Scrub or Herbal Wrap.*

## TUB, SCRUB AND RUB

*Includes: Loofah Scrub, Hydrotherapy Bath, 30 minute Massage.*

## ENERGY AND YOUTH

*Body composition analysis and a Personal training.*

# Wedding Packages

## BRIDAL PARTY PAMPERING

*Includes: 30 minute Swedish Massage, 25 minute Ocean Radiance Facial, Manicure and Pedicure.*

## DELUXE WEDDING PACKAGE FOR THE BRIDE

*Before the Wedding Includes: Consultation on hair design and veil application, Make-Up Consultation and application, Pedicure, and a 60-minute Swedish massage. On the Wedding Day: Includes: Manicure (can be done day before), Make-up application, Custom Hair Design and Spa Gift*

## DELUXE WEDDING PACKAGE FOR THE GROOM

*Includes: 60 minute Swedish Massage, Herbal Wrap, Gentleman's Facial, and Manicure*

# Series Packages

*These spa packages may be booked if you are staying at our hotel, a neighbor hotel or a local home. They are booked over several days and are designed for the busy lifestyle to create a sense of tranquility and balance.*

## RETREAT & RENEW

**DAY ONE:** Hydrotherapy bath, Swedish Massage with Aroma Oils

**DAY TWO:** Customized 50 Minute Facial, Any 50 minute body therapy

**DAY THREE:** Pedicure & Manicure, 30 minute reflexology

## EXECUTIVE ENERGY BOOSTER

**DAY ONE:** Marine Kur, Manicure & Pedicure

**DAY TWO:** Montauk Stone Massage, Customized 50 Minute Facial



# Overnight Packages

*Includes unlimited use of spa facilities and fitness classes. Call the hotel for reservations.*

## ESCAPE FOR A BREAK (2 NIGHTS, 3 DAYS)

*Includes: Partial ocean view accommodations, Brush & Tone, Seaweed Wrap, 60 minute Swedish Massage, 25 minute Ocean Breeze Facial, Manicure, 6 Spa Meal Credits, Unlimited Fitness Classes, & Unlimited Use of the Spa Facilities. (This Escape Package may be booked for 3, 4, or 5 nights. As additional nights are added, the package price increases accordingly, however, the "core" of services remain the same. After your reservation is confirmed a Personal Spa Consultant will contact you to customize your plan.*

## SPA SAMPLER (1 NIGHT, 2 DAYS)

*Includes: Partial ocean view accommodations, Brush & Tone, Seaweed Wrap, 30 minute Swedish Massage, 25 minute Ocean Breeze Facial, Manicure, 3 Spa Meal Credits, Unlimited Fitness Classes, & Unlimited Use of the Spa Facilities.*

*\*All services are subject to an 18% service charge and are subject to change without prior notice.*

*\*Along with all Spa Services you will be given: a locker, a robe, towels, and shower shoes and may use all spa facilities.*

*\*Please bring: exercise clothes, sneakers, swimwear and goggles.*

*\*Spa Packages are available Sunday through Friday. These Packages are not available on Holidays*

*\*To book spa appointments call (631) 668-1892 or (631) 668-2345 ext 7600*

*\* For Information on special overnight stays, please call Hotel Reservations at (631) 668-3203 Or 1-800-8-GURNEY*

# General Information & Policies

## AGE RESTRICTIONS:

*Guests between the ages of 13 to 18 may receive treatments (excluding hydrotherapy or any heat therapies) if accompanied by a parent or guardian and with a signed waiver. Minors may be asked to show proof of age. For your children's' safety, guests must be 16 or older to participate in our spa facilities.*

## CANCELLATION POLICY:

*To cancel or change an appointment, please note we must receive a 24-hour notice before your scheduled appointment or you will be charged full value of the service. All no Shows will be charged the full value of the service.*

## CHILDREN HOUR/RESTRICTIONS

*Children under the age of 16 are invited to use the pool during the hours of 12pm to 2:30pm and 6pm to closing daily.. There are boys' and girls' changing/locker/shower areas at the east end of the pool. To provide a tranquil environment for our spa guests, children are not permitted in the pavilions. There is an infant changing area in the pool.*

## COUPON BOOKS

*You may wish to purchase a book of 10 coupon passes for daily facility use. These books present a savings vs the purchase of individual day passes.*

## GIFT CARDS

*Gift cards are available for purchase and are non-refundable. For more information, call (631) 668-3203 or (631) 668-2345 ext. 4311*

## GRATUITIES

*Gratuities are not required but are appreciated in recognition of superior service. A suggested gratuity of \$5-10 for 30 minute services and \$10-\$20 for hour services is recommended for superior service.*

## MEMBERSHIP

*Ask about our current spa and beach membership specials.*

## SERVICE CHARGE

*All services and packages are subject to an 18% service charge. From the service charge, all service providers receive 15% of the service price. The balance of the service charge is distributed amongst support staff of the spa and the house. Most guests leave an additional Gratuitiy in recognition of superior service. Please ask to speak to our Spa Consultants to help you plan a program that is especially designed for your needs.*

## SUBJECT TO CHANGE

*Prices are subject to change without prior notice.*

## VISITING GUESTS:

*Use of the Spa facilities are complimentary for hotel guests. For visiting and neighbor resort guests, a facility fee will be added to your total charges for spa services. This fee is for the use of the spa facilities including the Sea Water Roman Bath, Finnish Rock Sauna, Swiss Shower, Russian Steam Room, Fitness Center and use of a private locker, robe, towels, and shower shoes. If you are a day guest and only having salon services, and don't wish to use the spa facilities or use any amenities, there is no additional facility use charge.*

**PRIVATE SPA AFTER HOUR PARTIES ARE AVAILABLE, PLEASE CALL 631-668-1892 TO BOOK YOUR SPECIAL EVENT**



# How to Spa

*Here are some of the most frequently asked questions and their answers to help you make the most of your Spa experience.*

## WHAT DO I NEED TO BRING?

*Gurney's Inn provides robes, towels, shower slippers, and lockers. All you need to bring is exercise clothing and proper footwear if you plan to work-out, and a swimsuit and goggles if you plan to use the sea water pool.*

## HOW FAR AHEAD SHOULD I MAKE MY SPA APPOINTMENT?

*In order to guarantee the availability of your preferred time and service, we suggest making your appointment at least 1-2 weeks in advance for individual services and 5-6 weeks in advance for spa packages and groups.*

## HOW EARLY SHOULD I ARRIVE FOR A SPA TREATMENT?

*Arrive at least 30 minutes before your first appointment to allow yourself ample time to check in, change, and familiarize yourself with the Spa. This will also allow time to experience the Sea Water Roman Bath, steam or sauna. Please be on time. We highly advise that you shower before using the facilities and prior to having your treatments. Late arrivals will not receive an extension of services and the full value of the treatment will be charged.*

## WHAT IF I'M LATE FOR MY SERVICE?

*Arriving late will limit your treatment time and therefore the effectiveness of the therapy. Your treatment will end at the scheduled time in order to not inconvenience the next guest, and the full price will apply.*

## SHOULD I ALERT SOMEONE IF I HAVE ANY PHYSICAL AILMENTS, DISABILITIES, OR ALLERGIES?

*Yes. Please notify the spa reservation associate when booking your treatments. The spa reservation associate will get you in contact with our Spa Nurse. It's always advisable to check with your physician prior to your arrival. If you have high blood pressure, heart condition, allergies, recent surgery or if you are pregnant or taking any medication, or any other concern, please let us know.*

## SHOULD I AVOID THE SPA IF I AM PREGNANT?

*Not at all, though you will want to avoid treatments using deep pressure and heat, such as hydrotherapy, herbal wrap, and deep tissue massage. Also avoid heat facilities, such as our Swiss Shower, Roman Bath, Sauna, and Steam Room. 'Mother-to-Be' massage, Brush & Tone, Nourishing Rose Body Treatment, and salon services are recommended.*

## DO I HAVE TO DISROBE ENTIRELY FOR A SPA TREATMENT?

*Most body treatments are enjoyed without clothing. However, please wear what is comfortable for you. For massage or thalasso, you may wear undergarments or a swimsuit if this would be more comfortable for you. Your therapist will leave the room while you lie down on the table and drape yourself with a large sheet or towel. Please keep in mind that our therapists are trained to drape you discreetly and to protect your privacy at all times.*

### WHAT ABOUT MY COMFORT LEVEL?

*This is YOUR time and it should be a truly delightful experience. Please advise us about any preference in room temperature, massage pressure, music volume, or choice of male or female therapist.*

### DO I HAVE A CHOICE BETWEEN A MALE OR FEMALE SPA TECHNICIAN?

*Yes. Please note your preference at the time you are making the reservation and we will try our best to accommodate your request.*

### WHERE CAN I EXPECT TO STORE MY JEWELRY AND VALUABLES?

*If possible, please leave all valuables at home or in your guest room safe. For guests wearing jewelry, safety deposit boxes are available upon request at check-in. The Sea Water Spa at Gurney's Inn is not responsible for items lost or left in the spa.*

### SHOULD MEN SHAVE BEFORE A FACIAL OR SHOULD A WOMAN SHAVE HER LEGS BEFORE A SERVICE?

*Shaving isn't necessary, but is recommended before a facial. It's best to shave at least 2 hours before your scheduled appointment. Women shouldn't shave the same day as any exfoliation treatment such as a Mineral Scrub, body brushing, Rose Treatment, Ultimate Herbal etc.*

### WHAT AMENITIES CAN I EXPECT IN THE LOCKER ROOMS?

*Available are clothes lockers, private showers, dressing areas, hair dryers, shampoo, conditioner and body lotion. We also have a Sea-water Roman Bath, Swiss Shower, Steam Room and Sauna available for your use.*

### FIRST TIMER? SOME BASICS OF HOW TO RECEIVE A MASSAGE.

*If you have never had the pleasure of a therapeutic massage, here are some guidelines to put you at ease.*

- 1. Take a warm shower.*
- 2. Enjoy our Sea Water Roman Bath, steam or sauna, as heat prepares the muscles for the massage experience*
- 3. Advise your therapist about any areas of concern (injuries or muscle tension)*
- 4. Your body will be draped properly at all times. If you feel uncomfortable with any massage technique, please advise your therapist promptly. This is your time and you should fully delight in the experience. Whether it's the room temperature, massage pressure or volume of the music, please notify your therapist at any time of discomfort or preferences.*
- 5. Mention any medical conditions such as pregnancy, high blood pressure, varicose veins, headaches, heart problems, edema or any recent surgery to your therapist.*
- 6. Please advise your therapist of any skin rash, cold or flu, as massage will often increase discomfort.*

### SPA ETIQUETTE

*The Spa environment is one of tranquility and relaxation, so please respect the other guests' right to privacy and quiet. Please turn off your cell phone prior to entering the spa.*

### HOURS OF OPERATION:

*Fitness Center: 7am to 8pm (9pm in Season and all weekends throughout the year)*

*Spa: 8am to 8pm (9pm in Season, Memorial Day through Labor Day and all weekends)*

*Salon: 9am to 6pm (7pm in Season)*



# THE *Sea Water Spa*



*The vision of one man, Nick Monte, Keeper of the Inn, finally became reality on April 17th, 1979 when the International Health & Beauty Sea Water Spa was opened. It was dedicated by Mario Cuomo, then Lt. Governor of New York State. To this day it is the only spa on the continental U.S. using Sea Water in the Olympic sized, heated indoor swimming pool, Roman baths with waterfalls and the famous Thalasso therapies. Nick Monte, who drank a glass of Sea Water daily, has dedicated his life and soul to Alternative and Complementary Sea Water Therapy and his Sanctuary in the Hamptons.*

*We're open 365 1/4 relaxing days of the year*

On the brink of the world's finest, private, wide, white, sandy ocean beaches!