

# INNESS

ACCORD, NY

SPA + WELLNESS MENU

## TABLE OF CONTENTS

<b>THE SPA</b> .....	3
<b>TREATMENTS</b>	
BODY.....	5
JOURNEYS.....	6
FACE.....	7
<b>FITNESS + MOVEMENT</b> .....	8

# THE SPA



A luxurious 7,000-square-foot haven, designed to immerse you in an unparalleled experience from the moment you arrive. The Spa welcomes you with an elegant reception and boutique retail area, leading to five private treatment rooms, separate locker facilities, a serene relaxation nook, a state-of-the-art fitness studio, and a spacious dojo. Indulge in the serene bathhouse featuring a tranquility pool, dry sauna, and steam room, or bask in the refreshing outdoor pool, all set against the breathtaking backdrop of majestic mountains and lush forests.

An idyllic escape to heal, revitalize, and unwind, surrounded by nature's beauty. Our bespoke spa experiences blend modern techniques with ancient rituals, fostering a wellness journey that transcends the physical.

# TREATMENTS

Our offerings have been thoughtfully and meticulously curated to cultivate the perfect harmony of body, mind, and spirit. Rooted in the art of holistic wellness, we blend the power of bodywork, movement, mindfulness, and nutrition to create an experience that is both transformative and deeply restorative.

Beyond the physical, we aspire to guide and inspire each guest on a journey of self-discovery and renewal, offering expert knowledge, personalized care, and unwavering support. By seamlessly intertwining modern innovation with time-honored healing traditions, we engage all five senses—awakening a profound sense of balance, tranquility, and indulgence.



INNESS

# BODY

## CUSTOMIZED MASSAGE

A bespoke experience tailored to your desires. Whether for therapeutic relief or gentle relaxation. Each session is customized with your needs in mind.

30	MINS	\$145.00
60	MINS	\$270.00
90	MINS	\$360.00
120	MINS	\$480.00

## HIMALAYAN SALT STONE MASSAGE

Indulge in luxury with heated Himalayan salt stones to detoxify and balance your body. This deeply therapeutic experience melts away stress, leaving you rejuvenated and restored.

60	MINS	\$295.00
90	MINS	\$380.00

## PRENATAL MASSAGE

Designed specifically for expectant mothers, this massage eases discomfort, reduces swelling, and promotes deep relaxation. \*Available for those who have completed their first trimester.

60	MINS	\$295.00
90	MINS	\$380.00

## ABHYANGA

A deeply nourishing and rhythmic Ayurvedic massage, where exquisite herbal oils soothe your senses, enhance blood circulation, and alleviate pain and stiffness, promoting ultimate relaxation and balance in a serene setting.

60	MINS	\$280.00
----	------	----------

## THAI MASSAGE

Harmonize your body's energy by combining acupressure, deep stretching, and rhythmic compressions. Promotes balance and vitality throughout your entire being. \*Performed while fully clothed

30	MINS	\$195.00
60	MINS	\$280.00

# JOURNEYS

## TRANSCEND WITH ISUN

A deeply relaxing massage with soothing aromatherapy blends, energy-balancing gemstones, and herb-infused oils. Promotes deep relaxation, and a luxurious sense of balance and overall well-being.

80 MINS

\$390.00

## QUENCH WITH ISUN

This indulgent treatment begins with a moisturizing scrub, blending fine mineral salts and organic shea butter for exquisite exfoliation. The body and skin is then enveloped in a lavish honey avocado mask and herbal shea butter to allow deep absorption.

105 MINS

\$425.00

## CLEANSE WITH ISUN

Experience rejuvenating treatment that promotes circulation, detoxifies tissues, and tones your skin. Our expertly blended body mask contains detoxifying herbs, clay and herbal oils. This treatment is stimulating and energizing to promote blood circulation, detoxification and pain relief.

105 MINS

\$415.00

## RECOVER WITH ISUN

A restorative treatment, featuring a CBD-infused mask that melts away tension, followed by a warming wrap designed to revitalize and soothe sore muscles. The session is concluded with a nourishing massage to address areas of pain and reduce inflammation.

105 MINS

\$445.00

# FACE

## HYPER-CUSTOMIZED FACIAL WITH BIOLOGIQUE RECHERCHE

Utilizing renowned skincare formulas, rich in potent marine and botanical extracts. This bespoke facial caters to all skin types and concerns delivering luxurious, transformative results.

60	MINS	\$265.00
90	MINS	\$305.00

## CUSTOMIZED FACIAL WITH LUZERN

Using nutrient-rich serums, antioxidants, peptides, and vitamins, this treatment is tailored for clarity, sculpting, or hydration. Features Luzern's clean, potent Swiss botanical formulas enhanced with stem cell technology and cold-processed for ultimate efficacy.

60	MINS	\$250.00
----	------	----------

## OXYGEN RENEWAL FACIAL WITH LUZERN

An exclusive facial that merges Luzern's luxurious Alpine botanical actives with advanced medical-grade Oxygen infusion therapy. This treatment revitalizes, and rejuvenates your skin, leaving it luminous, radiant, and red-carpet ready.

90	MINS	\$390.00
----	------	----------

## CHAMPISSAGE

Incorporates Marma techniques by blending nourishing herbal oils and Ayurvedic movements. Indulge in a soothing head, shoulder, and face massage to enhance skin tone and promote lymphatic drainage for ultimate rejuvenation.

60	MINS	\$250.00
----	------	----------

An 18% gratuity will be added to all services at checkout.

# FITNESS + MOVEMENT

## FITNESS FOR EVERYBODY

Our fitness and movement facilities offer a diverse range of classes and personalized training options to enhance your well-being. From expert personal training to biodynamic and flow yoga, Pilates mat sessions, and dynamic dance fusion classes, there's something for every body. Book your experience by contacting [spa@inness.co](mailto:spa@inness.co)





DESIGN BY JIMMY TOBY

YOUR JOURNEY TO RELAXATION BEGINS HERE. WE ARE  
HONORED TO BE PART OF YOUR WELLNESS EXPERIENCE.

INNESS

INNESS