

AN EXCEPTIONAL JOURNEY TO WELL-BEING

Welcome to Crystal Life Spa™, a uniquely luxurious and thoughtfully curated experience designed to awaken the senses through delicate, holistic rituals. With expert finesse, Crystal's very own spa program takes you on an amazing spa journey with proven aesthetic techniques and progressive therapies that pamper the body and rejuvenate the spirit.

LING | *East meets West, Science meets Total Wellness*

State-of-the-art ingredients merged with Asian beauty secrets for truly complete holistic wellness of skin, body, mind and spirit! Ling delivers visible results, inside and out.

LEONOR GREYL

This extraordinary line of natural hair-care products was founded in Paris, France, by Leonor and Jean-Marie Greyl, two individuals passionate about beauty. Environmentally friendly, their vitamin-infused shampoos and conditioners make hair brighter, softer, stronger and more radiant.

MARGARET DABBS LONDON

Provides innovative luxury for fabulous hands and feet. Founded by the internationally-renowned podiatrist, this brand specializes in products that the beauty and medical industries have embraced.



SPA HOURS

SUN & MON 10AM - 6PM | TUES - THURS 10AM - 8PM | FRI & SAT 9AM - 8PM
RESORTS WORLD CATSKILLS • 888 RESORTS WORLD DRIVE • MONTICELLO, NY 12701 • 845.428.7200 EXT. 2131/2132



CRYSTAL LIFE™
SPA



CRYSTAL LIFE SIGNATURE RITUALS

SIGNATURE TOTAL WELLNESS FACE & BODY MASSAGE | *signature ritual*

Treatment Time: 120 minutes | Price: \$300

Feel the relaxing energy of our total wellness treatment. LING's proprietary tourmaline gemstone technology is used in this head-to-toe treatment. Energy Lift is infused into deep tissues to instantly melt away tension, draw out toxins, relieve back pain, and improve joint stiffness while stimulating cellular metabolism for weight and cellulite reduction.

ULTIMATE ZEN RITUAL | *signature ritual*

Treatment Time: 120 minutes | Price: \$250

This luxurious body ritual includes an ultra-hydrating full body exfoliation, body wrap and hot-oil scalp treatment followed by a relaxing and hydrating shea butter massage tailored with your favorite aroma. Your skin will maintain its glow and radiance for days.

ENERGY LIFT COMPLETE FACIAL | *signature facial*

Treatment Time: 120 minutes | Price: \$245

Featured in *New York Magazine* as the "Best in New York," this treatment begins with 20 minutes of our energy lift infusion on the back of the body to relax and restore a sense of well-being. Followed by a LING Signature Triple Peel with glycolic sugar cane, papaya enzymes and an acid-free rescue skin peel. Thorough extractions are included. This facial concludes with an infusion of 'chi' energy into the accupressure facial points for an instant facelift. Your face will be instantly rejuvenated, lifted, toned, regaining a youthful appearance.

BODY MASSAGES

SWEDISH

WELL-BEING MASSAGE | *rebalancing*

Treatment Time: 60/90 minutes | Price: \$150/\$190

MINERAL STONE MASSAGE | *restoring*

Treatment Time: 60/90 minutes | Price: \$165/\$225

DEEP SLEEP MASSAGE | *calming*

Treatment Time: 60/90 minutes | Price: \$150/\$190

AROMATHERAPY MASSAGE | *relaxing*

Treatment Time: 60/90 minutes | Price: \$150/\$190

DEEP TISSUE MASSAGE | *rehabilitating*

Treatment Time: 60/90 minutes | Price: \$165/\$225

PRENATAL MASSAGE | *harmonizing*

Treatment Time: 60 minutes | Price: \$150

BODY TREATMENTS

IMPERIAL RICE BODY SCRUB | *softening*

Treatment Time: 30 minutes | Price: \$85

ZEN BODY SCRUB | *protect & brighten*

Treatment Time: 30 minutes | Price: \$85

CASHMERE QUENCH | *hydrating*

Treatment Time: 60 minutes | Price: \$150

BUTTERED CLAY

DETOXIFYING WRAP | *cleanse & moisturize*

Treatment Time: 45 minutes | Price: \$135

SPA HAIR & SCALP CARE

LADIES*

SHAMPOO & BLOW DRY

Treatment Time: 30 minutes | Price: starting at \$50

HAIRCUT, SHAMPOO & BLOW DRY

Treatment Time: 45 minutes | Price: starting at \$75

UPDO

Treatment Time: 30 minutes | Price: starting at \$50

SPECIAL OCCASION STYLING

Treatment Time: 45 minutes | Price: \$95

MEN

SHAMPOO & BLOW DRY

Treatment Time: 15 minutes | Price: \$35

HAIRCUT, SHAMPOO & BLOW DRY

Treatment Time: 30 minutes | Price: \$55

OTHER CARE

RELAXING | *dry & frizzy hair*

Treatment Time: 90 minutes | Price: \$95

LEONOR GREYL MINI TREATMENTS

Treatment Time: 30 minutes | Price: \$50

**Prices based on length of hair.*

FACIALS

WOW TRIPLE PEEL FACIAL | *resurfacing*

Treatment Time: 90 minutes | Price: \$225

C' THE DIFFERENCE

ANTIOXIDANT FACIAL | *protect & brighten*

Treatment Time: 60 minutes | Price: \$150

DNA DoNotAge FACIAL | *rejuvenating*

Treatment Time: 90 minutes | Price: \$225

BRIGHTENING &

LIGHTENING FACIAL | *illuminating*

Treatment Time: 90 minutes | Price: \$225

GENTS' CHARCOAL

DETOX FACIAL | *deep cleansing & calming*

Treatment Time: 60/90 minutes | Price: \$150/\$225

INSTANT LIFT FACEBAR

Treatment Time: 30 minutes | Price: \$85

REJUVENATING EYE TREATMENT

Treatment Time: 30 minutes | Price: \$85

FINISHING TOUCHES

SUPREME MANICURE | *luxury*

Treatment Time: 60 minutes | Price: \$80

TOTAL MANICURE | *classic*

Treatment Time: 30 minutes | Price: \$55

SUPREME PEDICURE | *luxury*

Treatment Time: 75 minutes | Price: \$95

TOTAL PEDICURE | *classic*

Treatment Time: 60 minutes | Price: \$75

SUPREME MANI & PEDI | *luxury*

Treatment Time: 115 minutes | Price: \$165

TOTAL MANI & PEDI | *classic*

Treatment Time: 85 minutes | Price: \$125

FOOT MASSAGE | *reflexology*

Treatment Time: 30/60 minutes | Price: \$65/\$95

GEL MANICURE

Treatment Time: 45 minutes | Price: \$70

GEL POLISH REMOVAL

Treatment Time: 15 minutes | Price: \$15

BEAUTY & MAKEUP

DAY OR EVENING MAKEUP

Treatment Time: 30 minutes | Price: \$85

BRIDAL MAKEUP CONSULTATION

Treatment Time: 45 minutes | Price: \$150

BRIDAL HAIR & MAKEUP CONSULTATION

Treatment Time: 120 minutes | Price: \$225

WEDDING DAY HAIR & MAKEUP

Treatment Time: 105 minutes | Price: \$185

Face and body waxing services available upon request.