

COMPLETE WELL-BEING

As part of our continuing effort to provide a comprehensive wellness experience, CLAY offers a variety of personalized Bodywork and Skincare therapies to club members and non-members.

Increase flexibility and range of motion, find relief from muscle tension and stiffness, enhance your mind-body awareness, and experience the numerous holistic health benefits of deep relaxation and stress relief.

Our New York State Licensed massage therapists and estheticians will help you achieve your goals, look your best, and ensure that you feel relaxed and ready for whatever comes your way.

FACIAL TREATMENTS

SIGNATURE FACIAL

Designed to keep your skin in its best shape, CLAY's classic facial deep cleanses, minimizes the appearance of pores, and helps prevent breakouts without aggravating the skin. Exfoliation, customized mask, and relaxing head, shoulder, neck and hand massage included.

PERFECT SEASONAL FACIAL

An intensive regenerative facial customized with clinical grade natural enzymes or AHA's to exfoliate, reduce fine lines and wrinkles, and deeply hydrate, leaving skin firm and smooth. Includes extractions, customized mask, and relaxing head, shoulder, neck, and hand massage.

AYURVEDIC GLOW FACIAL

An active organic facial featuring Ayurveda inspired Shaffali Skincare. Detoxifies, balances, and brightens dull, tired, environmentally stressed skin. Aromatherapy and Marma point massage for face, scalp, ears, neck and shoulders center and rejuvenate the entire being.

ULTRALUXE AGE DEFENSE FACIAL

A luxurious facial to reverse and prevent signs of aging on the face, neck, and décolleté. Features Sonya Dakar's gentle and effective Ultraluxe line, the Botox alternative. Lymphatic drainage helps eliminate toxins and advanced interval massage assists in tightening the facial muscles.

MEN'S PERFORMANCE FACIAL

Designed to address ingrown hairs, razor burn, and overall conditioning. This rejuvenating, balancing facial hydrates dry areas, reduces congestion and soothes the skin.

BACK FACIAL

Renew the skin on your back with this purifying treatment. Relieves trouble spots and inflammation, leaving you with smooth, glowing skin.

FACIAL UPGRADES

GREEN TEA ACTIVE PEEL (Six different strengths of clinical grade, gentle AHA exfoliation)

MICRODERMABRASION (Resurfacing treatment can be paired with any facial service)

EYE CONTOUR TREATMENT (Reduces puffiness, fine lines, and under eye discoloration)

HAND AND NECK FIRING TREATMENT (Nourishes and firms the areas that show aging first)

WAXING

CLAY Spa provides a full menu of FACE, BIKINI, LEG and BODY waxing services. Please see the Spa pricing for details.

QUICK FIX THERAPIES

QUICK FIX FACIAL

For those who need glowing results with limited time. Deep and steamy cleanse, oxygenating Vitamin C and Fruit enzyme peel or organic polish microdermabrasion, and balanced re-hydration.

QUICK FIX MASSAGE

This energizing massage concentrates on the neck and shoulders, releasing stress and promoting relaxation.

BODYWORK

SIGNATURE RELAXATION MASSAGE

This classic relaxing full body massage uses a light pressure combination of both long and kneading strokes to soothe aches and pains, relieving stress and tension.

THERAPEUTIC MASSAGE

This deep tissue massage uses firm pressure, deliberate strokes, and compressions to target knots and release chronic muscle tension. Recommended for active individuals and those who need to focus on problem areas.

CLAY'S EAST MEETS WEST MASSAGE

By combining Swedish Massage, Shiatsu Massage, Aromatherapy oils and hot towels, this treatment deeply relaxes your muscles and encourages circulation. Unique blends of oils nourish and balance your body, as well as enhance emotional well-being.

HEALING STONE MASSAGE

A fusion of Body Massage, Thermotherapy, Energy Work and Aromatherapy. This ultra-pampering treatment offers therapeutic benefits for your physical, emotional and spiritual well-being. Healing with thermotherapy promotes lymphatic drainage, increases circulation, and eases muscle tension.

PRE-NATAL MASSAGE

A customized massage for the Mom-to-be, recommended during the 2nd & 3rd trimester to assist with water retention, improve circulation and mobility, and relieve lower back pain.

CLAY COMPLETE RELIEF*

Maintain balanced wellness as you achieve your fitness goals. Target the most common areas for pain, improve flexibility, and avoid injury: 30 minutes of deeply therapeutic back, shoulder and neck of massage using hot towels, and a 30 minutes of performance stretching. The perfect aid after an intense workout.

BODYWORK UPGRADES

THERAPEUTIC PAIN RELIEF (Anti-inflammatory blend with arnica naturally eases pain and tension)

AROMATHERAPY (Customized Therapeutic grade essential oils)

THAI HERBAL POULTICE (Warming herbal poultice draws out toxins. Choose Relax or Revive)

REFLEXOLOGY (30 min, Soothing massage using acupressure points for the feet and lower legs)

EASTERN THERAPIES

THAI MASSAGE

This ancient body therapy has its origins in Thailand, incorporating pressure points, rocking joint movements, and stretching applications that resemble yoga asanas. Deeply relaxing and revitalizing.

SHIATSU

Based on Chinese medicine, this therapy utilizes specific stretches combined with pressure points along the energy meridians of the body to promote the flow of life force and balance energy and health.

REIKI

In this gentle, healing therapy, which means "universal life energy" in Japanese, a therapist facilitates energy flow that induces relaxation, rebalances energy, and reduces stress and fatigue.

ACUPUNCTURE

Practiced for over 5,000 years to promote health and alleviate pain. Fine needles inserted at key points along the body's surface address energy balance and physiological function. Available for pain management, weight loss, stress relief, Detox, and menopause.

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CLAY SIGNATURE SPA PACKAGES

EXCLUSIVE PURE INDULGENCE

Prepare for the ultimate indulgence. SPA package features CLAY's Ultraluxe Age Defying Facial and Renewal Body Massage.

ATHLETE'S ANTIDOTE

Whether you are training for a marathon, an outdoor adventure or you are a weekend warrior, this restorative package will help you reach higher fitness goals. Includes Sports Massage, Reflexology and Conditioning Stretch can be used at once or in separate visits to CLAY Spa.

CLAY DAY

This program unites physical training and Spa therapies for a complete wellness experience with personalized guidance extending far beyond the usual fitness routine. Purchased as a package, you may use sessions in one visit or break them into separate visits to CLAY. Package includes:

- Signature Facial (60 min)
- CLAY East Meets West Massage (60 min)
- Reiki Balancing (15 min)
- Lunch designed by CLAY Nutritionist
- And choose two from below (60 min ea.)
 - a. Personal Training session
 - b. Private Pilates session
 - c. Private Yoga session
 - d. Private Boxing/Self Defense

HALF CLAY DAY

A taste of the integrated wellness experience for those with limited time. Package includes:

- Quick Fix Facial (30 min)
- Quick Fix Massage (30 min)
- CLAY Signature Smoothie
- And choose two from below (30 min ea.)
 - a. Cardio Training session
 - b. Private Pilates session
 - c. Private Boxing/Self Defense

Purchased as a package, you may use sessions at once or use them in separate visits to CLAY.

POLICIES AND HOURS

APPOINTMENT AND CANCELLATION POLICY

Spa Appointments may be reserved by calling 212.206.9200. We enforce a strict 24-hour cancellation policy. If you change or cancel your appointment without a minimum of 24 hours notice, 75% of the service fee will be charged to the credit card holding the appointment.

GUEST POLICY

The spa is open to non-members, but members enjoy preferred rates on all services. Spa amenities include access to the sauna, shower and locker rooms, a luxurious robe and sandals, sauna wrap, lounge and café.

SPA HOURS

CLAY Spa is open 8am to 9pm daily. Advanced booking is recommended.

GUIDE TO SPA

Please be sure to tell us if you have any health condition of which we should be aware such as high blood pressure or pregnancy. If you enjoyed your service you may leave your therapist a customary gratuity of 15-20% on your club account, credit card or cash. Please also note that while CLAY Spa provides lockers for your belongings during your session, CLAY Spa is not responsible for lost or missing items.