

INNESS

ACCORD, NY

SPA + WELLNESS MENU

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THE SPA



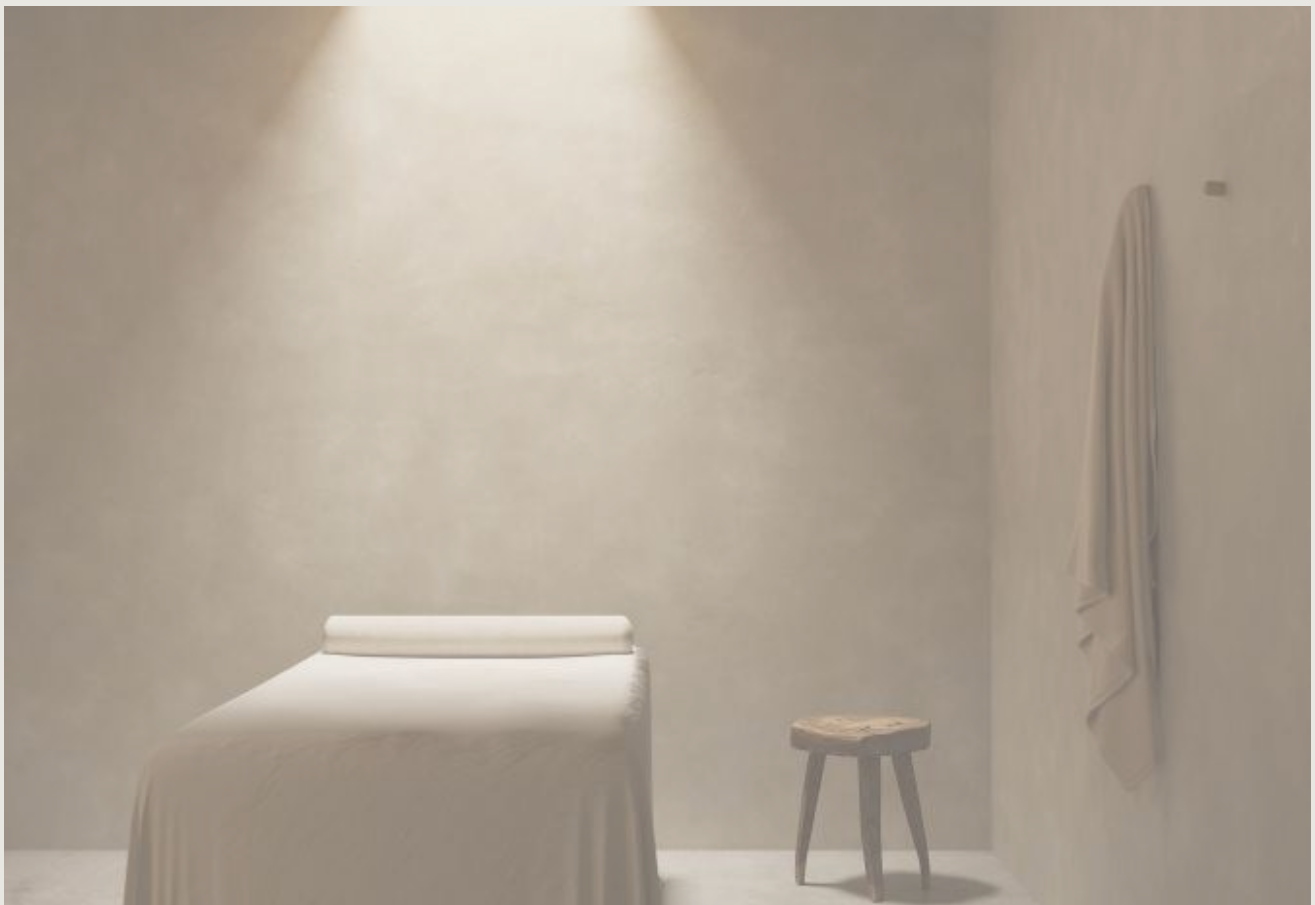
A luxurious 7,000-square-foot haven, designed to immerse you in an unparalleled experience from the moment you arrive. The Spa welcomes you with an elegant reception and boutique retail area, leading to five private treatment rooms, separate locker facilities, a serene relaxation nook, a state-of-the-art 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

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

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
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ALTERNATE THERAPIES

REFLEXOLOGY

Experience deep relaxation as targeted foot pressure relieves tension, enhances circulation, and restores balance. This therapeutic treatment promotes energy flow, reduces fatigue, and leaves you feeling refreshed and revitalized.

60	MINS	\$225.00
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ACUPUNCTURE

Practiced for over three thousand years, Acupuncture, is a core practice of Traditional Chinese Medicine (TCM). This ancient technique stimulates energy flow promoting healing, pain relief and overall well being.

60	MINS	\$270.00
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90	MINS	\$370.00
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AURICULAR ACUPUNCTURE

This gentle technique stimulates specific points to support stress relief, detox, and emotional balance. A soothing, needle-based treatment for whole-body harmony through the ear's energy map.

30	MINS	\$165.00
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REIKI

A gentle, hands-on therapy, which channels universal life-force energy to support healing and overall well being to facilitate rebalance, promote deep relaxation, inner peace and renewed sense of harmony within self.

60	MINS	\$225.00
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90	MINS	\$370.00
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FIRE-CUPPING

An ancient medical practice that involves placing glass cups on the skin to create suction with the use of a flame to promote circulation and immunity, cleansing the body of toxins to releases tight muscles.

30	MINS	\$90.00
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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

ESHIN WITH ISUN

An Ayurvedic-inspired scalp and hair therapy designed to rejuvenate the skin and soothe the senses. Using time-honored tools like the jade gua sha and kansa wand, this treatment boosts circulation, tones the skin, and encourages deep relaxation for restoration and radiance.

60 MINS

\$250.00

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
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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
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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



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

INNESS

DESIGN BY JIGME TOBY

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