Élysée
NEW YORK

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HAMPTONS **BIOMED**

WELLNESS GUIDE

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Introduction

Hotel Elysée New York

At Hotel Elysée New York, a stay is never just a stay - it's a rhythm to be entered gently and left rested. In partnership with Hamptons BioMed, we've curated a collection of wellness rituals built around the natural moments of your visit: the hour you arrive, the morning after, the window before something important, the evening you want to feel your best, and the visits that quietly become part of your New York routine. Each ritual is designed to help you feel restored, composed, and entirely yourself.

Our 5 Signature Rituals

01 The Arrival Reset

02 Midnight to Morning

03 The Performance Window

04 The Elysée Glow

05 The Endless Season

Our Signature Rituals

01 The Arrival Reset

120 MIN + OPTIONAL IV (1 HR+)

A discreet reset for guests stepping from flight into the rhythm of New York.

- Clears the fog and fatigue of travel at the cellular level
- Restores energy without stimulants — no crash, no jitters
- Reduces the systemic inflammation that builds up during long flights
- Rehydrates and replenishes key nutrients depleted in transit (with IV)

MODALITIES

Red Light Therapy $150
Human Regenerator $300
Firefly Therapy $200
Optional IV (variable $120–$825, complimentary consult required)



02 Midnight to Morning

90 - 120 MIN

A restorative pause for the morning after a late dinner, a long night, or an unforgettable evening at the city's edge.

- De-puffs and brightens skin visibly in a single session
- Rebalances the nervous system after overstimulation
- No downtime - guests leave looking and feeling refreshed

MODALITIES

Red Light Therapy $150
Hamptons Signature Facial $350
Cold Plasma Facial $530



03 The Performance Window

30 MIN + OPTIONAL IV (1 HR+)

A focused ritual for clarity, composure, and presence between important moments of the day.

- Sharpens focus and mental clarity before high-stakes moments
- Supports sustained energy without the spike and crash of caffeine
- Increases cellular energy production at the mitochondrial level

MODALITIES

Red Light Therapy $150
Optional IV (variable $120–$825, complimentary consult required)

04 The Elysée Glow

90 MIN

A pre-evening ritual for skin that should look luminous, rested, and never overdone.

- Immediate visible improvement in skin tone, texture, and radiance
- Reduces puffiness and lifts the complexion in a single session
- Non-invasive - no redness, no downtime, no risk

MODALITIES

Hamptons Signature Facial $350
Cold Plasma Facial $550

05 The Endless Season

90 MIN + OPTIONAL IV (1 HR+)

For the guest who returns often and travels constantly - a wellness ritual built to become part of their New York rhythm.

- Supports immune resilience during periods of high travel and stress
- Restores cellular energy at the mitochondrial level
- Reduces the cumulative inflammation of a high-output lifestyle

MODALITIES

Human Regenerator $300
Firefly Therapy $200
Optional IV (variable $120–$825, complimentary consult required)

Recovery & Reset

TREATMENT / RITUAL	DURATION	PRICE
Red Light Therapy (ARRC Bedd)	30 min	$150
Hyperbaric Oxygen Therapy*	30–60 min	$175 / $225
PEMF Therapy	60 min	$150
Infrared Sauna	45 min	$50
FlowPresso Lymphatic Massage	60 min	$120
Firefly Therapy	30 min	$200

*Not yet available on the Upper East Side - pricing shown is for once available.

Skin & Beauty

TREATMENT / RITUAL	DURATION	PRICE
Hamptons Signature Facial	60 min	$350
Hamptons Deluxe Facial	90 min	$550
NeoGen Plasma Skin Regeneration	120 min	$1,000–$3,400

*NeoGen results develop over 4–9 weeks; complimentary consult required; variable pricing.

Integrative Medicine

Our Holistic Approach

Multiple appointments; pricing varies by provider and testing (custom per individual). Genetics, gut health, nutrition, and clinical testing combine into a personal Health Action Plan across nutrition, medicine, technology, and skin.

Integrative Provider Visits

Holistic provider appointments; peptides and prescriptions available when clinically appropriate. Pricing varies per individual, based on provider and prescriptions.

Peptide Prescriptions

Naturally occurring amino acid chains prescribed through provider appointments and the holistic approach above, sourced from accredited compounding pharmacies.



How To Book

To arrange any of the rituals or treatments in this guide, please contact Alex Chung, Hotel Elysée New York's Sales Manager, who will personally coordinate your booking with Hamptons BioMed. Alex can be reached at achang@elyseehotel.com.

- Info needed to book: first & last name, phone number, email, card on file
- Cancellation policy: 24 hours' notice
- Guests will receive required intake forms ahead of their appointment- First-time IV recipients require a 15-minute IVconsult with a PA