

COUPLES RETREAT | Romantic dining, salt caves and spa treatments

Couples seeking ways to relax and get pampered can make their way to **Montauk Salt Cave** (552 W. Lake Dr., Montauk; 631-668-7258, montauksaltcave.com), where halotherapy (the use of a salt cave) is used as an alternative treatment. Private salt cave sessions for couples are \$100; reiki and sound healing can be added for an additional \$75 per person.

Another spot to relax and unwind is **Organic Edge** (2 Montauk Hwy., Water Mill; 631-488-4086, yourorganicedge.com) a local holistic wellness center. Among the things to explore are the Infrared Sauna Pod, which uses a combination of dry heat, infrared heat, vibratory lymphatic drainage massage, aromatherapy and pink Himalayan salt air; the pod starts at \$65 a session.