

## SPA &amp; BEAUTY

## CAUDALIE

Attention, busy New Yorkers! The Express Facial, a 30-minute, radiance-boosting treatment, is exclusive to the West Village boutique. It's the perfect on-the-go stop when your visage needs a super quick boost. 375 Bleecker St., 212-308-3552; us.caudalie.com

## FOUR SEASONS NEW YORK DOWNTOWN

The spa at this arrestingly beautiful luxury hotel blends high-tech treatments (such as the remineralizing crystal detox body ritual) with a host of natural ingredients to create a rejuvenating experience. **INSIDER TIP:** We suggest the Hydrating Swiss Milk Treat—it's regal and reminiscent of Cleopatra's favorite beauty ritual. 27 Barclay St., 844-246-1097; fourseasons.com/newyorkdowntownspa

## DR. STEVEN GREENBERG

Dr. Greenberg has become a go-to resource for those considering plastic surgery, with a book (*A Little Nip, a Little Tuck*) and an antiaging product line (Cosmetic Surgeon in a Jar) to his credit. 461 Park Ave. S., 212-319-4999; greenbergcosmeticsurgery.com

## JOEY HEALY EYEBROW STUDIO

A go-to for perfectly refined brows, this

sleek studio is right underneath Alec Baldwin's apartment, so a celeb sighting or two is in the cards. 51 University Pl., 212-477-2444; joeyhealy.com

## NATUROPATHICA CHELSEA

Sample from an array of herbal tonics and elixirs at the center's Vitality Bar. This is the spot in NYC (and the Hamptons) for antiaging au naturel. 127 W. 26th St., 646-979-3960; naturopathica.com

## THE RED DOOR SALON &amp; SPA

This cornerstone of Manhattan luxury spa offers everything from facial cosmetic treatments and hair therapy to a range of massages. **INSIDER TIP:** The Potent Ceramide Capsules are our top pick for take-home products. 663 Fifth Ave., 212-564-0200; thereddoor.com

## SEPHORA

This beauty chain has become the foundation (pun intended) of looking great, with a new flagship store on Fifth Avenue offering skincare and fragrances from top luxury brands. 580 Fifth Ave., 212-980-6534; sephora.com

## SISLEY

The brand's West Village boutique offers a number of antiaging spa treatments in a private back room. We recommend the signature 80-minute

Supreme experience, which offers muscular remodeling, facial massage, and a dose of Sisley's concentrated Surenprezia at Night products. The result is smoothed fine lines, firmer skin, and redefined facial contours. 343 Bleecker St., 212-645-1013; sisley-paris.com

## SPA DE LA MER

Imagine being pampered head-to-toe in La Mer's famous products. This spa features bio-fermentation procedures to revitalize the whole body. **INSIDER TIP:** Try the Miracle Broth facial, which combines bespoke massage techniques and a pure infusion of La Mer's coveted Miracle Broth to aid with moisture, regeneration, soothing, smoothing, and radiance. 28 W. 53rd St., 212-790-8910; baccarathotels.com/spa-de-la-mer

## DR. MATTHEW WHITE

Hailed as the top facial plastic surgeon in NYC, this Harvard-trained surgeon is an international authority on facial aging. 800 Fifth Ave., Ste. 502A, 646-568-9115; drmatthewwhite.com

## FITNESS

## BALLET BEAUTIFUL

Strengthen your core like you're one of Lincoln Center's finest at this ballet-based class of balance, strength, and elegance. **INSIDER TIP:** Follow founder Mary Helen Bowers on Instagram

(@balletbeautiful) for some pre-session inspiration. Not only are her moves transformative, the feed is arrestingly beautiful to look at. 98 Greene St.; balletbeautiful.com

## FITTING ROOM

The boutique fitness studio, which specializes in under-an-hour, high-intensity workouts, has locations on the UES and in Flatiron. It's a fast-moving whirlpash of a workout. 31 W. 19th St., 646-850-0469; fittingroom.com

## EXHALE

This is where fitness and spa meet. Our tip for the coolest class to book is a one-on-one session of Thai yoga. The stretch is subtle, but the impact is transformative. 150 Central Park South, 212-567-7400; exhaletspa.com

## SLT

Strengthen, lengthen, tone—that's the mantra at this line of fitness studios across the city. **INSIDER TIP:** Try to get into founder Amanda Freeman's class. She created the Pilates-based exercises from her own SLT Megaformer Classes, but she mixes it up with ChaseFitness and yoga. Various locations, 212-226-7814; sltnc.com

## SOULCYCLE

A cross between fitness, fashion, music, and culture, SoulCycle has become a lifestyle for many—in addition to offering some of the best cycling classes in the city. **INSIDER TIP:** Be sure to look out for our favorite instructors—Julie D. Jade, and Noah F. Various locations; soul-cycle.com

## STUDIO B BY BANDIER

In the heart of the Flatiron District is the go-to store for fitness apparel—look for lines like Alaia or one-off collabs with the likes of Nike. Nestled upstairs is the gem of the operation: a contemporary fitness studio that blends music, fashion, and fitness. 164 Fifth Ave., 917-408-4617; bandier.com/studio-b

## YOGA FOR BAD PEOPLE

These retreats are the perfect way to stretch out while still staying fit. Follow @yogaforbaddpeople to track the retreats. Various locations; yogaforbaddpeople.com

**WHO:** Founder and yoga director at Sky Ting Yoga. **GROCERY**

**GAMES:** "Dimes Market (143 Division St., 646-870-5113; dimesync.com)—I eat mostly organic, and there's nothing in this store that I wouldn't eat." **FACE OFF:** "I get facials at Take Care Spa (41 Perry St., 212-677-2717; takecarespa.com) in the West Village from Tess Adams. She's amazing! She only uses high-quality organic products and does the best micro-current facial in the city." **DINNER PLANS:**

"My favorite go-to spot for something very healthy, **Souen** (326 E. Sixth St., 212-388-1155; souen.net) is the original Japanese macrobiotic restaurant in NYC. I love everything they make. All of their dishes are so simple and nourishing—and organic, of course." *Sky Ting Yoga* is located at 381 Broadway, Second Fl., 212-390-85104, and 55 Chrystie St., Fourth Fl., 212-203-5786; skytingyoga.com.

— Secret Source —

KRISSY JONES

