

# PRIMPED.

The go-to for the how-to in beauty.

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## Would you like a burger with that body treatment?

When you head off an indulgent spa-kinda holiday, you don't usually think of New York, do you? Those green-tea-drinkin', steam-bath-loungin' retreats tend to be in exotic places like Bali and the Maldives, or some quaint little village in the south of France. New York is more about competitive shopping, late-night bar hopping, and trying to ignore the stench of garbage lapping at the curb. However! We do have spas—lots of 'em. And when you think about it, what could be better than treating your sore little tootsies to a foot massage after a shameless splurge at Bergdorf's, or escaping all those bloody taxi horns by slipping into a peaceful, Zen oasis to bob about in a plunge pool for an hour or two?

The thing with New York spas is: they can be lovely and expensive (like the Plaza's **Caudalie Vinothérapie Spa**, where the treatments are wine-themed) or a little gross around the edges. Then there are places that offer you a little something unexpected with your rub-down, places like these that you're less likely to hear about in your guide book. *Follow me ...*

*If you want to top off your massage or facial with a swim 40 storeys above Central Park, and one of the most delicious burgers in town*

...

### Gravity Fitness and Spa:



You don't have to be a guest to use this spa in the Le Parker Meridien hotel. But if you do stay here you might get lucky with a seasonal guest discount on treatments. For non-guests, a day pass to the gym and pool is \$100 but is absolutely worth it for the Zen-like feeling of swimming among the skyscrapers. Ordering a cheeseburger from cult nosh spot Burger Joint (downstairs) is the ultimate poolside indulgence.

*119 W. 56th St., nr. Sixth Ave*

*If you want to listen to the sound of falling water, and share a plunge pool with a model ...*

### Great Jones Spa:



Serbian model Ines Crnokrak loves the Swedish massages at this hidden gem just north of SoHo. Aromatherapy and hydrotherapy treatments are a specialty but for what Oprah would call an "a-ha!" moment, step into the spa's Water Lounge. The sauna, steam room, thermal hot tub, and cold plunge pool are gathered around a 3-story indoor waterfall that can seriously make you forget you are in the middle of the big, gritty city. Free if you're getting a treatment, you can also just come to use the Water Lounge for a fee of US\$50.

*29 Great Jones Street, nr Lafayette*

*If you want to go for a run first to justify your massage ...*

**Jeunesse Spa and Salon:**



This spa offers **Aveda** and **SkinCeuticals** facials, and serious massages of the “ayyy yi yi” variety. (Although if you ask nicely you can get the floaty, dreamy kind, too.) Put karma in the bank by first sweating it out: The Empire Hotel (where the spa is located) just launched a program with City Running Tours where a local guide leads you on a jog through Central Park and around Upper West Side landmarks (“this is where Madonna was refused an apartment by the co-op board!”). Come back, jump in the sauna, get your massage, and then get all pretty in the salon. Sleep well knowing you earned it. (Or—just pop back over to Burger Joint and reward yourself for all that exercise! That’s what I’d do.)

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