

THIS SPOT WAS FEATURED IN:

Happy
NYC

This week's byte of feel-good things to do in the city

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Post-Party Detox



Hmmm...six hours of open bar sounded like a good idea at the time. Now, you look and feel like that ball in Times Square landed on your body, and it's gonna take more than a couple aspirin to snap out of it. At **Some Like it Hot Yoga** (206 E. 63rd St., Ste. 3; 646.840.0108), heated yoga and core conditioning classes (\$22) help you sweat out nasty toxins while getting your body and soul back on track. If you're worried about liver abuse, drag the poor thing to **Great Jones Spa** (29 Great Jones St.; 212.505.3185), where, in addition to saunas, facials, and body wraps, you can have your liver cleansed. The 40-day nutritional program can cost anywhere from \$450 to \$1,000 depending on your budget and lifestyle, but afterwards, that baby will be as clean as a whistle...just in time for St. Patrick's Day! And if all else fails, the Surf & Turf body treatment (\$135) at **Haven** (150 Mercer St.; 212.343.3515), which includes a salt scrub followed by a toning mud pack, should do the trick.

**DRINK, EAT, SHOP, PLAY & INDULGE IN THE BEST OF NYC!
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