



NEW YORK - APRIL 27, 2011

NYC Spring 2011 Health and Beauty Guide

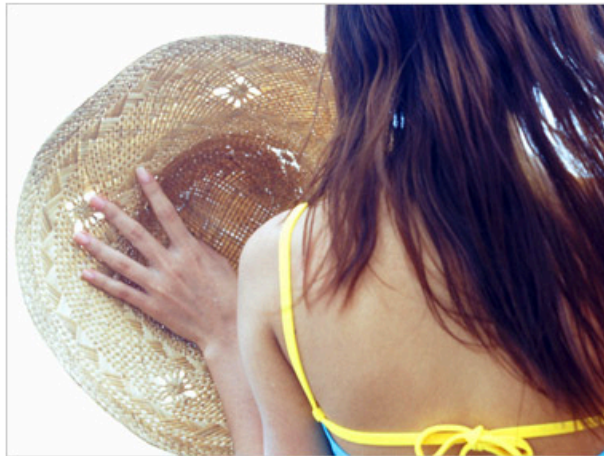
A Facial, Scrub, Exfoliation, and Workout

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Let's be bold: Spring means you can finally channel those exhibitionist tendencies. Here are our favorite new treatments and tweaks to prep for months of skin baring.

About Face

Instead of giving your pores a blast of cold air, try increasing your circulation. Skin care guru [Robin Evans's](#) new oxygen facial (\$115) detoxifies and hydrates using [natural botanicals](#). The extractions didn't give us a breakout, which was a first. *611 Broadway, at Houston Street, suite 508 (212-677-6114).*

Tune Up

Walk to [Plank](#). The just-opened LES Pilates studio has five top-of-the-line towers for small classes (\$25) in a light, airy space. Grab a jar of chilled cucumber and lemon water upon arrival and a eucalyptus towel after class. *187 Chrystie Street, between Rivington and Stanton Streets (212-260-2501).*

Head Strong

Your scalp is skin, too. Show it some love with an exfoliation or cleansing treatment (\$70) from [Greg Ruggeri](#). The Aussie uses La Biothétique (fancy French beauty serum) to slough off dead cells and follows it with an intense moisture and protein treatment to rehydrate sad winter hair. *153 West 18th Street, between Sixth and Seventh Avenues, third floor (212-229-2094).*

Derm Turn

Hit the tropics at [Great Jones Spa](#). The new Fiji coconut sugar glow (\$150) combines macadamia, dilo, and kukui nut oils with [exotic fruit](#) enzymes, coconut milk, and pure cane sugar to uncover new skin and restore elasticity. *29 Great Jones Street, between Bowery and Lafayette Street (212-505-3185).*

Locations

Plank Pilates Studio

187 Chrystie St
bt Rivington & Stanton Sts
New York, NY 10002
212-260-2501
[WEBSITE](#)
[+](#) Add to My Local List

Salon Ruggeri

153 W 18th St
bt 6th & 7th Aves, 3rd flr
New York, NY 10011
212-229-2094
[WEBSITE](#)
[+](#) Add to My Local List

Great Jones Spa

29 Great Jones St
bt Bowery & Lafayette St
New York, NY 10012
212-505-3185
[WEBSITE](#)
[+](#) Add to My Local List

Robin Evans Skincare

611 Broadway
@ Houston St, ste 508
New York, NY 10012
212-677-6114
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