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# IN

## NEW YORK

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special well-being issue

**GREAT  
ESCAPES!**  
DAY SPAS THAT  
INDULGE YOUR  
BODY AND SOUL



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The aim of the treatment is to open all energy channels in the body by way of the head. "A key tenet at the Chopra Center is that the body has an inner pharmacy capable of naturally generating the chemistry necessary for happiness and health," says Kodandaramachandra. "Therefore, balancing the body is a key component in balancing the mind."

The Sphatika Experience (1841 Broadway, Ste. 811, 265-5885) takes a holistic approach by incorporating music, sounds, organic botanicals, quartz crystals, minerals and semi-precious gems in its treatments. "Health, well-being, sustainability and beauty are so connected," says Owner and Founder Janet League-Katzin, who has created a spa menu that encourages the deep restful state in which the body best heals. Before treatments begin,

**"Clients are looking for a holistic approach to relaxation that involves the whole body."**

guests relax in the infrared sauna, which prepares the body for what comes next. "All of our treatments are choreographed," says League-Katzin. Afterward, guests are brought to Shanti Loka, meaning "peace place" in Sanskrit, a quiet room where they can further relax before reentering the frenetic city.

## Spa Vacations

It's a documented fact: Travel can be good for you. Since ancient times, people have voyaged to exotic locales to drink and bathe in mineral waters or bask in the sun in search of well-being. At Great Jones Spa (29 Great Jones St., 505-3185), many of the world's most luxurious treatments are gathered under one roof. Sugarcane from Fiji and tropical nut oils nourish the skin and help restore elasticity in a one-hour body massage. Traditional Turkish bathhouses were the inspiration for Great Jones' five-step, two-hour Red Flower Hammam Treatment and Massage. In this indulgence, Morocco is the source of the mint tea that cleanses the skin and the Rhassoul clay that detoxifies it. From Russia comes the *platza* treatment popular with men. The esthetician takes a broom made of oak leaves drenched in olive oil soap and opens pores and cleanses the skin by gently, but firmly, passing it over the client's body. A bracing cold plunge in the pool follows.

Whatever treatment you chose, take a tip from the vinophiles and decant yourself, inhale and taste the elixirs of health and beauty.

