

For a spa-riffic time, suit up and douse the winter blahs

Get into hot water

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MANHATTAN OASIS

Great Jones Spa



Getting wet: As you walk into this cavernous spa, you know you're in for a treat — the thick, humid air, faint chlorinated smell and chatter waft up from the sunken water lounge. You can spend hours there padding around in slippers and swimsuits while you sweat it out in the Russian sauna or steam room, chill in the cold plunge pool or relax in the hot tub. On weekends and evenings, the water lounge fills up with spa-goers soaking up the atmosphere while reading magazines and sipping citrus-infused water. A water-lounge pass is \$50 but is free with any treatment costing more than \$100.

Treatment: Lemongrass mimosa body scrub, \$140 for 60 minutes.

For seriously dry, winter skin, try one of the spa's new body scrubs — either lemongrass mimosa or rosemary citron. The treatment takes place in a private bathtub area, where a masseuse lathers you up with the aromatic scrubs and then washes you down with warm water. The lemongrass mimosa scrub "was magical," says Athena Chang, 31, of the East Village. "The whole experience is relaxing, refreshing, and my skin was so soft afterward." 29 Great Jones St.; 212-505-3185, gjspa.com

FOR SPLASHING IN STYLE

Complete Body & Spa

Getting wet: Immerse yourself in the 30-by-40-foot heated saltwater pool in a room enclosed by glass walls with 180-degree city views. It's mostly used for laps, but even the nonathlete can splash around.

Treatment: Sea mud wrap, \$60 for 30 minutes; \$110 for 60 minutes through March 31.

To gain access to the pool, indulge in a seaworthy experience that combats winter by softening the skin and extracting impurities through the natural minerals in the sea mud. "It's mostly to nourish the skin," says spa director Fred Anguera.

Still cold? Try the new hot-stone bamboo fusion massage, good for deep-tissue work. 301 E. 57th St.; 212-777-7703, completebody.com

A BATH 'TRUMPS' ALL

The Spa at Trump SoHo

Getting wet: Things heat up in the eucalyptus-scented steam bath that will transport your thoughts away from the city. The water will also help you detox, release tension and get circulation pumping. A \$35 manicure or 15-minute waxing gets access to this bath and other spa facilities.

Treatment: Moroccan hammam, \$195 for 60 minutes.

“You’re sloughing away dead skin,” says spa assistant director William Myers of the ancient bathing ritual. “It’s quite interactive and invigorating.”

First, you lie down on a Calacatta Gold marble stone heated to 108 degrees in a room decorated with a lively mosaic. “It warms you from the inside out,” Myers says. A hammam attaché (attendant) then pours water of varying temperatures over you. The skin is pampered with a moisturizing black olive soap infused with orange and other citrus-y scents, and exfoliated from top to bottom with a Kessa mitt. Afterward, you’re wrapped in a clay mask then sent to bask in the steam room, returning to the stone to wash off. 246 Spring St.; 212-842-5505, trumpsohohotel.com

DEEP SEA RELAXATION

The Spa at Chelsea Piers

Getting wet: Walk into this immense gym and spa and feel like you’re walking on water — the floor-to-ceiling windows overlook the Hudson River. Jump into the lap pool, bliss out in the hot tub and end the experience in the saunas or steam rooms in the men’s and women’s locker rooms. “You can really do everything here,” says spa manager Victoria Bennett. Access to the spa is \$50 for a day pass or free with any service more than \$75.

Treatment: Maritime algae full-body treatment, \$140 for 60 minutes.

This new service is a day at the beach — starting with a sandy skin scrubdown. Then the body is painted with a semolina blue algae. The salty, seaweed smell transports you to the shore as an aesthetician wraps you in a cocoon of heated blankets. The heat helps sweat out toxins, and lets you imagine napping on the beach under a warm sun. After a rinse, cream is applied to seal in the moisture. Your skin will feel softer and have a lovely sea scent afterward. Pier 60, 19th Street and the Hudson River; 212-336-6780, chelseapiers.com/spa

FIREPLACE APRÈS-POOL

Body by Brooklyn

Getting wet: One part day spa, one part bar and one part ski chalet, this huge facility houses two saunas (Russian and Finnish), a steam room, hot tub and cold plunge pool. In addition to the wet lounge, the spa also offers a dry lounge, complete with a cozy fireplace, full bar and cafe. It’s all popular with the happy-hour crowd on Friday evenings. but whether you need to unwind from the week with a drink and a dip, or recover from a hangover, Body by Brooklyn offers specific guides for how detox, relax or get energized. A wet lounge day pass is \$45, free with \$80-and-up treatments.

Treatment: “In a NY Minute ...” menu, \$60 for one 30-minute express treatment; \$80 starting Wednesday.

These quickie services include the “Back to Basics” back facial; “The Heel of the Day,” to energize feet and legs; and the “Décolléte Dismay,” which helps sun-damaged skin around the neck and shoulders. 275 Park Ave., Clinton Hill, Brooklyn; 718-923-9400, bodybybrooklyn.com

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