

Subway: 1, 9 to 28th St. Basic facial: \$80, basic massage: \$80.

Bliss

●Bliss 57

19 E 57th St between Fifth and Madison Aves, third floor (212-219-8970, www.blissworld.com). Subway: F to 57th St; N, R, W to Fifth Ave–59th St (W weekdays only). Basic facial: \$100; basic massage: \$120.

●Bliss Soho

568 Broadway at Prince St, second floor (212-219-8970; www.blissworld.com). Subway: R, W to Prince St (W weekdays only). Basic facial: \$100; basic massage: \$120.

NEW SPA: Bliss WHotel

541 Lexington Ave between 49th and 50th Sts, fourth floor (212-401-2001, www.blissworld.com). 6 to 51st St. Basic facial: \$100; basic massage: \$125.

Body Central

99 University Pl at 12th St, fifth floor (212-677-5633, www.bodycentrally.com). Subway: L, N, Q, R, W, 4, 5, 6 to 14th St–Union Sq (W weekdays only). Basic massage: \$85.

Body Essentials Day Spa & Ayurvedic Center

11 W 36th St between Fifth and Sixth Aves, fourth floor (212-465-2220; www.bodyessentials.com). Subway: B, D, F, V, N, Q, R, W to 34th St–Herald Sq (W weekdays only). Basic facial: \$90; basic massage: \$90.

Broadway Spa

7 W 25th St between Broadway and Sixth Ave (212-229-0636, www.broadwayspa.com). Subway: F, V, R, W to 23rd St (W weekdays only). Basic facial: \$72; basic massage: \$100.

Brush Day Spa

350 Bleecker St between Charles and W 10th Sts (212-989-0670). Subway: 1, 9 to Christopher St–Sheridan Sq. Basic facial: \$75; basic massage: \$75.

NEW SPA: C.B.N. Mobile Day Spa

(877-707-2812). Basic facial: \$60, basic massage: \$65.

Cloud Nine Reflexology

(212-714-3921; www.cloudninerflexology.com). One hour session: \$100.

Completely Bare

●Barneys New York, 2660 Madison Ave at 61st St (212-833-2566, www.completelybare.com). Subway: N, R, W to Lexington Ave–59th St (W weekdays only); 4, 5, 6 to 59th St.

●764 Madison Ave between 65th and 66th Sts (212-717-9300). Subway: 6 to 68th St–Hunter College.

●103 Fifth Ave between 17th and 18th Sts (212-366-6060). Subway: F, V to 14th St; L to Sixth Ave. Basic facial: \$135; basic massage: \$135.

NEW SPA: Cornelia Day Resort

653 Fifth Ave at 52nd St (212-871-3050, www.corneliadayresort.com). Subway: N, R, W to Lexington Ave–59th St (W weekdays only); 4, 5, 6 to 59th St. Basic facial: \$175.

Cornerstone Healing

476 Court St between Laquer and Nelson Sts, Carroll Gardens, Brooklyn (718-254-4075, www.cornerstonehealing.net). Subway: F, G to Carroll St. Basic massage: \$80.

Cynergy Spa

●87 Fort Greene Pl between DeKalb Ave and

Fulton St, Fort Greene, Brooklyn (718-403-9242; www.cynnergyspa.com). Subway: C to Lafayette Ave; B, M, Q, R to DeKalb Ave (M weekdays only); G to Fulton St.

●207 W 135th St between Adam Clayton Powell Jr. Blvd (Seventh Ave) and Frederick Douglass Blvd (Eighth Ave) (212-491-7880). Subway: B, C, 2, 3 to 135th St. Basic facial: \$65, basic massage: \$90.

D'mal Urban Day Spa

157 Fifth Ave between Lincoln and St. Johns Pls, Park Slope, Brooklyn (718-398-2100). Subway: R to Union St; 2, 3 to Bergen St. Basic facial: \$95; basic massage: \$95.

Dorit Baxter Day Spa

47 W 57th St between Fifth and Sixth Aves, third floor (212-371-4542, www.newyorkdayspa.com). Subway: F to 57th St; N, R, W to Fifth Ave–59th St (W weekdays only). Basic facial: \$68; basic massage: \$78.

Elizabeth Arden Red Door Spa

691 Fifth Ave at 54th St (212-546-0398, www.reddoorspa.com). Subway: E, V to Fifth Ave–53rd St. Basic facial: \$90; basic massage: \$95.

Erbe

196 Prince St between Sixth Ave and Sullivan St (212-966-1445). Subway: C, E to Spring St; R, W to Prince St (W weekdays only). Basic facial: \$90; basic massage: \$90.

NEW SPA: Essential Therapy

122 E 25th St between Park and Lexington Aves (212-777-2325, www.essentialtherapy.com). Subway: 6 to 23rd St. Basic massage: \$100.

Ettia Holistic Day Spa

239 W 72 St between Amsterdam and West End Aves, second floor (212-362-7109, www.ettia.com). Subway: 1, 2, 3, 9 to 72nd St. Basic facial: \$120; basic massage: \$95.

NEW SPA: Euphoria

18 Harrison St between Greenwich and Hudson Sts, second floor (212-925-5925). Subway: A, C, E to Canal St; 1, 9 to Franklin St. Basic facial: \$99; basic massage: \$115.

Exhale

●980 Madison Ave between 76th and 77th Sts (212-249-3000, www.exhalespa.com). Subway: 6 to 77th St. Basic facial: \$105; basic massage: \$105.

●150 Central Park South between Sixth and Seventh Aves (212-249-3000, www.exhalespa.com). Subway: F to 57th St; N, Q, R, W to 57th St (W weekdays only). Basic facial: \$105; basic massage: \$105.

Faina European Skin Care Center and Day Spa

315 W 57th St between Eighth and Ninth Aves, suite 402 (212-245-6557, www.fainaeuropeanspa.com). Subway: A, C, B, D, 1, 9 to 59th St–Columbus Circle. Basic facial: \$90; basic massage: \$90.

Finesse Day Spa

133 W 25th St between Sixth and Seventh Aves, second floor (212-352-3434, www.finessedayspa.com). Subway: F, V, 1, 9 to 23rd St. Basic facial: \$75; basic massage: \$75.

Georgette Klinger

501 Madison Ave between 52nd and 53rd Sts (212-838-3200, www.georgetteklinger.com). Subway: E, V to Fifth Ave–53rd St. Basic facial: \$90; basic massage: \$90.

Best & worst trends in spas

WORST TREND: Chocolate treatments

We love indulging in the semisweet confection as much as the next guy, but that doesn't mean we want to swim in a soufflé. With a flood of "chocolate cake" scrubs, "steaming cocoa" oils and—the worst by far—a service that, using cherries and chocolate, promised to transform us into "hot fudge sundaes," this year's crop of icky chocolate treatments made us want to throw up in our mouths.



BEST TREND: Acu-facials

The prospect of having a face full of needles isn't for the squeamish, but the results may help timid spa-goers shake their phobia. At spas such as Equinox and Cornerstone (and a dozen others), acupuncturists push superthin pins into specific points around the face and neck to relieve tension and stimulate collagen production, giving a temporary lift without invasive surgery. We'll take the needle over the knife any day. —JR

Gloss Day Spa

51 E 73rd St between Madison and Park Aves (212-249-2100, www.glossdayspa.com). Subway: 6 to 77th St. Basic facial: \$90; basic massage: \$150.

Glow Skin Spa

30 E 60th St between Madison and Park Aves, suite 808 (212-319-6654). Subway: N, R, W to Lexington Ave–59th St (W weekdays only); 4, 5, 6 to 59th St. Basic facial: \$110.

NEW SPA: Graceful Spa

205 W 14th St at Seventh Ave (212-675-5145). Subway: 1, 2, 3, 9 to 14th St. Basic facial: \$80; basic massage: \$80.

Graceful Services

1097 Second Ave between 57th and 58th Sts, second floor (212-593-9904; www.gracefulservices.com). Subway: N, R, W to Lexington Ave–59th St (W weekdays only); 4, 5, 6 to 59th St. Basic massage: \$50.

NEW SPA: Great Jones Spa

29 Great Jones St between Brewery and Lafayette St (212-505-3185, www.greatjonesspa.com). Subway: B, D, F, V to Broadway–Lafayette St; 6 to Bleecker St. Basic facial: \$130; basic massage: \$130.