

SPA

Spa treats for the whole body

Mostly men

What it is: One signature treatment is the "Water Journey with Massage." It includes an invigorating salt glow body treatment and "Vichy Shower," followed by a healing hot soak. Next stop is a private steam waterfall that melts away your stress. But the pièce de résistance is the 50-minute massage.

Who needs it: Someone who's in desperate need of a couple stress-free hours
Price: \$150 for 70-minute treatment

► Editor's pick: Maximus Spa, 15 Mercer St., 212-431-3333

All in one

What it is: One-stop shopping is key for just about everything, so why not when it comes to spa services?

Who needs it: Someone that wants an exclusive hair cut with an exclusive manicure/ pedicure.

Price: \$25 for waxing to \$750 for thermal

reconditioning

► Editor's pick: Paul Labrecque, 171 East 65th St., 212-988-7816

On the move

What it is: If location is everything, then why compromise on the luxury of spa treatments? A centrally located spa is perfect for people who don't have a lot of time to waste for travel.

Who needs it: The person who is trying to fit 25 hours into a 24-hour day

Price: \$25 for a basic manicure, up to \$800 for more extensive procedures

► Editor's pick: Metamorphosis Day Spa, 127 East 56th St., Fifth Floor, 212-751-6051

Downtown chic

What it is: A perfect place to go to for a quick treatment after yoga or a day of shopping

Who needs it: Anyone who

is afraid to go past 14th Street.

Price: From \$12 for a quickie manicure to the Time Out Facial for \$225

► Editor's pick: Aqua Beauty Bar, 7 East 14th St., 212-620-4329

Brooklyn beauty

What it is: A spa that combines both Eastern and Western traditions, for example a Swedish massage with Chinese acupuncture

Who needs it: Those who like to unite worlds

Price: From \$30 for a 15-minute massage to \$200 for a facial rejuvenation package

► Editor's pick: Cornerstone Healing, 476 Court St., Brooklyn, 718-254-4075

Return to nature

What it is: An entire body experience using natural products

Who needs it: Those who



CORNERSTONE HEALING in Brooklyn offers acupuncture in addition to traditional spa treatments.

don't want unnatural products used in their treatments
Price: \$50 for a half-hour massage, \$295 for a signature

facial and massage package
► Editor's pick: Jurulique Wellness Spa, 477 Madison Ave., 212-752-1980

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