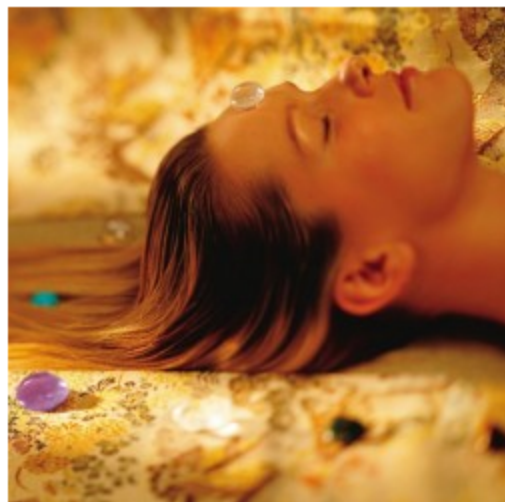


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*The chakra balancing treatment at the Mandarin Oriental, New York.*



## The Importance of Pampering

by Sharon Tong | Manhattan magazine | January 25, 2013

Imagine a blissful day of back massages, baths in rose petals and herbal facials. Pamper yourself at these indoor spas that'll take your mind far away.

### THE ULTIMATE TREATMENT at Trump Spa

Expect no less from the Trump Spa than the grandiosity synonymous with the Trump name—treatments like the essential body melt (deep massage with muscle warming

essential blend, followed by foot therapy) or the pure polish body therapy (mineral-rich sea salt scrub with body butter). **DETAILS** Trump International Hotel & Tower, One Central Park West, 212.299.1000, [trumphotelcollection.com](http://trumphotelcollection.com)

### THE ULTIMATE TREATMENT at Euphoria Spa

Euphoria's treatments combine beauty and health—alleviate any and all body pain with their myofascial release craniosacral therapy (gentle massage to relieve pain, improve flexibility and restore motion) and deep tissue massages. **DETAILS** 18 Harrison St., 212.925.5925, [euphoriaspanyc.com](http://euphoriaspanyc.com)

### THE ULTIMATE TREATMENT at The Spa at The Mandarin Oriental

With so many treatment options, you may end up canceling the rest of your day's appointments. Choose from some of their signature spa therapies, including the Mandarin Oriental Signature Spa, a body massage with custom-blended oils. You can also have your own spa suite for relaxation in solitude. **DETAILS** 80 Columbus Circle, 212.805.8800, [mandarinoriental.com](http://mandarinoriental.com)

### THE ULTIMATE TREATMENT at Susan Ciminelli

Renowned esthetician Susan Ciminelli goes all-natural when it comes to skin care. From Himalayan salt scrubs to seaweed body wraps, you can anticipate a natural treatment and even meditate with Susan herself to energize physical and mental health. **DETAILS** 120 E. 56th St., 212.750.4441, [susciminelli.com](http://susciminelli.com)

### THE ULTIMATE TREATMENT at Great Jones Spa

This spa on the historic Great Jones Street includes a waterfall, Jacuzzi and steam shower in candle-lit ambiance. Choose from an array of indulging massage therapies, including Swedish, Thai and Shaitsu. **DETAILS** 29 Great Jones St., 212.505.3185, [gjspa.com](http://gjspa.com)