

Weddings

NEW YORK

LISTINGS

Beauty

(various locations)
212-982-8833; lingskincare.com
This bare-bones salon isn't the place you'll want to settle into for a day of pampering, but the facials are surprisingly good. After late evenings at your desk, Ling's nonsurgical, muscle-toning Micro-Lift Eye Contour (\$100) and all-natural Micro Salt-Dermabrasion Facial (\$300) are suitable remedies.

LUCY PETERS INTERNATIONAL, LTD.
150 E. 58th St., nr. Lexington Ave., 29th fl.
212-486-9740; lucypeters.com
Brides adore this intimate hair-removal salon for its Integrated System electrolysis. Multiple visits ensure the barest and smoothest of skin, and personal consultations with your electrologist beforehand guarantee treatments (starting at \$72) are tailored to your needs.

METAMORPHOSIS DAY SPA
127 E. 56th St., nr. Lexington Ave., fifth fl.
212-751-6051; metspa.com
Muted lights and a no-cell-phone policy make for a tranquil environment at this beauty sanctuary. The Bride Beautiful treatment package includes a facial, milk-and-honey body wrap, full-body massage, and manicure-pedicure (\$445).

MEZZANINE MEDICAL DAY SPA
62 Crosby St., nr. Spring St.
212-431-1600; mezzaninespa.com
This East-meets-West medi-spa specializes in science-based therapies that are more potent than typical treatments, while still feeling indulgent. Standout services include nine types of massage and three forms of microdermabrasion (\$175).

OASIS DAY SPA
1 Park Ave., nr. 33rd St.
(various locations)
212-254-7722; oasisdayspanyc.com
Models swear by these mellow, minimalist spots for their Brazilian bikini waxes. The Bridal Package includes a salt scrub, aromatherapy massage, facial, manicure, and pedicure (\$350); the deluxe package adds a makeup application (\$450).

OC61
33 E. 61st St., nr. Madison Ave., third fl.
212-935-6261; oc61.com
Tucked inside an Upper East Side brownstone, this elegant spa offers a variety of facials (from \$155), manicures (\$30), and pedicures (\$60). Brides will also appreciate soothing herbal aromatherapy treatments.

OKEANOS SPA
211 E. 51st St., nr. Third Ave.
212-223-6773; okeanosclubspa.com
The staff at Okeanos Spa takes its time to pamper brides—their "quick-relief" facial and massage lasts a full hour (\$125). The spa provides premium waxing for men and women (\$25 to \$60), three different

212-581-8136; pratimaskincare.com
Pratima Spa draws on a holistic approach to wellness and beauty. Facial treatments, like Pratima's signature Ayurvedic facial, use rose and sandalwood to calm wedding-stress-related flare-ups (\$85 to \$100). Body treatments include scalp massage, cellulite reduction, and the unique Rudraksha treatment, where customers lie in a bed surrounded by stress-relieving Rudraksha medicinal beads from Himalayan Rudraksha trees (from \$54).

PRITI ORGANIC SPA
35 E. 1st St., nr. First Ave.
212-254-3628; pritiorganicspa.com
Former model Kim D'Amato founded this back-to-nature spa in 2005, offering beauty-philies an organic alternative to traditional treatments. The spa's signature manicures and pedicures (\$20 to \$75) are alone a fine spa experience, with essential oils in the footbath, fresh fruits and vegetables, soy polish remover, and nontoxic nail polishes. Botanical facials (\$85 to \$125), massages (\$110), and bikini waxes (\$55) are also popular.

RED DOOR SPA—ELIZABETH ARDEN
691 Fifth Ave., at 54th St.
212-546-0200; reddoorsalons.com
This swank salon now covers five floors of its landmark building. Not sure which treatment to get? Try the Bridal Bouquet, which includes a massage, bikini wax, spa lunch, manicure-pedicure, haircut, style, and finish (\$335).

REHOBOTH SPA LOUNGE
55 W. 14th St., nr. Sixth Ave.
212-462-4957; rehobothspalounge.com
This spacious, Asian-inspired spa features a Bride-to-Be package that includes a spa manicure, marine-derived pedicure, facial treatments, and a custom massage (\$400). All facials and massages cater to customer preferences, rather than favoring specific trends.

RESCUE BEAUTY LOUNGE
8 Centre Market Pl., nr. Broome St.
(various locations)
212-431-0449; rescuebeauty.com
Ji Baek's popular Rescue Beauty Lounge offers a great bikini wax (\$30 and up), and both locations have private rooms that fit four; it's the perfect hideaway for you and your friends to indulge in manicures (from \$28) and pedicures (from \$48).

SHIZUKA NEW YORK
7 W. 51st St., nr. Fifth Ave., sixth fl.
212-644-7400; shizukany.com
This Japanese sanctuary spa is an escape from the drab humdrum of midtown, with bright beechwood interiors, soothing garden accents, and the preternaturally calm aesthetician Shizuka Bernstein. Brides can also indulge in the four-hour Hanayome treatment (from \$345).

212-350-6420; fourseasons.com/newyork
This small spa doesn't skimp on details, boasting dimly lit relaxation rooms and a sauna-steam-room-whirlpool trio. A deep-tissue "acupressure" massage (from \$205) flushes out toxins for wedding-day bliss.

THE SPA AT MANDARIN ORIENTAL
80 Columbus Circle, at 60th St., 35th fl.
212-805-8800; mandarinoriental.com
Save your spa experience for celebration instead of prep. Brides-to-be opt for the 80-minute wrap treatment, which includes an exfoliation and a scalp massage, perfect for giving you a wedding-day glow. A couples package starts at \$1,150.

SPA H
112 Sinatra Dr., Hoboken, NJ, nr. First St.
201-526-9001; spa-h.com
Spa H is stocked with the organic, handmade beauty essentials from Eminence and Sonya Dakar's plant-based products. For \$285, get the whole bridal package: a 30-minute salt glow, express facial, manicure and pedicure, and a one-hour aromatherapy massage.

SUSAN CIMINELLI DAY SPA AT BERGDORF GOODMAN
754 Fifth Ave., at 57th St., ninth fl.
212-872-2650; susanciminelli.com
After your final fitting in the Bergdorf bridal salon, head upstairs to this soothing oasis to have your wedding-day nerves soaked and scrubbed away. The bridal package (\$640) includes a skin-sloughing mineral-salt scrub and seaweed body wrap.

THAI PRIVILEGE SPA
155 Spring St., nr. West Broadway, second fl.
212-274-8121; thaiprivilege.com
Most brides arriving at this exotic spa opt for the Scent of Siam treatment. For two hours and \$250, the soothing therapy includes foot reflexology, a full-body massage, and a deep-cleansing facial. The spa also has a VIP room with three massage tables so that the bride and her family or friends can prep together.

TOWNHOUSE SPA
39 W. 56th St., nr. Sixth Ave.
212-245-8006; townhousespa.com
Although new, Townhouse Spa has already accommodated many brides in its spacious couple's room. For about \$500, a bride can get a manicure, pedicure, facial, and a trip to the spa's famed Oceana Hydra-Capsule for an hour-long steam and massage. The spa can arrange bridal-party-catered spa packages for five to ten people.

TRIBECA BEAUTY SPA
8 Harrison St., nr. Hudson St.
212-343-2376; tribecabeautyspa.com
A small Tribeca spa that editors love so much they really do try to keep it a secret. The spa's signature Day Spa package is four-and-a-half hours of nail services, body scrubbing, massaging, and facials (\$325). Catered bridal showers are \$10 to \$25 per person, plus the price of services.

TRIBECA MEDSPA
114 Hudson St., nr. N. Moore St.
212-925-9500; tribecamedspa.com
This spa offers state-of-the-art procedures like dermal fillers and laser skin rejuvenation. According to owner Camille Meyer, brides most often request botox (\$18 per unit for up to 24 units) and noninvasive laser face-lift (\$2,500 per session, six sessions recommended).

THE WELLNESS SPA AT THE BENJAMIN
125 E. 50th St., nr. Lexington Ave., third fl.
212-715-2517; thebenjamin.com
This tiny midtown gem will arrange for brides and their attendants to have massages in a hotel suite. Try their East-meets-West massage (from \$120), an apt primer to ready you for your own upcoming merger of hemispheres.

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