

# Time Out New York

## Feel-good spas

New treatments that will relax,  
refresh and revive you



RESERVATION: 212-693-0111 (NYC)  
800-333-7369 (NATIONWIDE)  
L: 111 W. 42nd St., 11th Fl., New York, NY 10036  
T: 212-693-0111  
M-F 10am-7pm, Sat 10am-6pm, Sun 11am-6pm

INSIDE  
289  
five months  
extra!

The ultimate guide to Manhattan entertainment  
February 2004 \$4.95 (US) \$5.95 (CAN)

**SUPER TUESDAY BUSH BASHING**

Tim Rotherham speaks  
of the President's  
role in the world  
artists rock against  
the regime in  
MUSIC BY ANTONIO

Tue, Wed, Fri 10am-6:30pm; Sat 10am-6pm.  
Basic facial: \$75; basic massage: \$90. For more  
info, see page 19.

### Sea Change Healing Center

31 W 26th St between Broadway and Sixth Ave  
(212-889-7300; [www.seachangehealing.com](http://www.seachangehealing.com)).  
Subway: R, W to 28th St (W weekdays only); E, V  
to 23rd St. Mon-Thu 10am-9pm; Fri noon-  
8pm; Sat 10am-6pm. Basic facial: \$90; basic  
massage: \$90. For more info, see page 14.

### Shangri-La Day Spa

247 W 72nd St between Broadway and  
West End Ave, suite 100 (212-579-0615;  
[www.shangri-ladayspa.com](http://www.shangri-ladayspa.com)). L, 2, 3, 9 to 72nd  
St. 10am-8pm. Basic facial: \$85; basic mas-  
sage: \$85. For more info, see page 18.

### Silk Day Spa

47 W 13th St between Fifth and Sixth Aves (212-  
255-6457; [www.silkdayspa.com](http://www.silkdayspa.com)). Subway: E, V to  
14th St; L to Sixth Ave. Mon-Sat 10:30am-9pm;  
Sun 11am-7pm. Basic facial: \$110; basic mas-  
sage: \$105. For more info, see page 30.

### SkinCareLab

568 Broadway between Houston  
and Prince Sts, suite 403 (212-  
334-3142; [www.skincarespa.com](http://www.skincarespa.com)).  
Subway: R, W to Prince St  
(W weekdays only). Mon-Fri  
11am-8pm; Sat 10am-7pm; Sun  
noon-6pm. Basic facial: \$100;  
basic massage: \$125.

Soothe weary skin with the new  
Winterizing Facial by Decléor.  
The botanical extracts and aro-  
matized oils leave skin clar-  
ified; a brief back massage eases  
you into a state of serenity; \$120  
for 75 minutes.

### Soho Sanctuary

119 Mercer St between Prince  
and Spring Sts, third floor (212-  
394-5550; [www.sohosanctuary.com](http://www.sohosanctuary.com)).  
Subway: R, W to Prince St  
(W weekdays only). Mon 9-9pm;  
Tue-Fri 10am-9pm; Sat 10am-  
6pm; Sun noon-6pm. Basic fa-  
cial: \$110; basic massage: \$110.  
For more info, see page 13.

### Soho Skin & Laser Dermatology

**The Mezzanine Spa**  
62 Crosby St between Broome  
and Spring Sts (212-431-1600;  
[www.mezzaninespa.com](http://www.mezzaninespa.com)). Sat  
St. Tue, Wed noon-8pm; Thu  
Sat, Sun 10am-6pm. Basic fa-  
cial: \$100. For more info,  
see page 16.

### Spa at Equinox

140 E 63rd St at Lexington Ave  
for other locations, visit [www.equinox.com](http://www.equinox.com).  
Subway: F to Lexington  
R, W to Lexington Ave-59th  
only. Mon-Thu 9am-9pm; Fri  
Sat 9am-7pm. Basic facial: \$90.  
For more info, see page 16.

### NEW SPA: Spa at the Four Seasons Hotel New York

57 E 57th St between Madison and Park Aves  
(212-359-6420; [www.fourseasons.com](http://www.fourseasons.com)). Sub-  
way: N, R, W to Lexington-59th St (W week-  
days only); 4, 5, 6 to 59th St. 8am-9pm. Basic

facial: \$150; basic massage: \$150. For more  
info, see page 19.

### NEW SPA: Spa at Mandarin Oriental

Time Warner Center 80 Columbus Circle at 60th  
St, 35th floor (212-805-8880). Subway: A, C, B,  
D, 1, 9 to 59th St-Columbus Circle. Mon-Fri  
9am-8pm; Sat, Sun 9am-7pm.

The new 14,500-square-foot oasis offers an array  
of exotic pampering treatments like the Lomi  
Lomi, a deep tissue massage (90 minutes, \$385),  
and the Purna Karma Infusion, a half-day pro-  
gram that includes a salt-and-oil scrub, a four-  
handed massage and a facial with eye-lift  
treatment (3 hours, \$850). Access to the gorgeous  
spa facilities (including a vitality pool, experi-  
ence showers and a misty crystal steam room)  
is gratis with all treatments.

### Spa 64

154 E 64th St between Lexington and Third Aves  
(212-753-1064; [www.spa64.com](http://www.spa64.com)). Subway: N, R,  
W to Lexington-59th St (W weekdays only); 4, 5,  
6 to 59th St. Tue-Sat 11am-8pm; Sun 11am-

you craving its edible counterpart. The half-hour  
treatment costs \$52; the couple's version, \$104.

### The Sports Club/LA Splash Spa

330 E 61st St between First and Second Aves  
(212-286-9790; [www.theclubla.com](http://www.theclubla.com)). Sub-  
way: N, R, W to Lexington Ave-68th St (W week-  
days only); 4, 5, 6 to 59th St. Mon-Fri 9am-  
9pm; Sat, Sun 9am-7pm. Basic facial: \$110;  
basic massage: \$99. For more info, see page 17.

### Stone Spa

125 Fourth Ave between 12th and 13th Sts (212-  
254-3045; [www.stonespa.com](http://www.stonespa.com)). Subway: L, N, Q,  
R, W, 4, 5, 6 to 14th St-Union Sq (W weekdays  
only). Mon 1-9pm; Tue-Fri 10am-9pm; Sat,  
Sun 10am-6pm. Basic facial: \$125; basic  
massage: \$95. For more, see page 21.

### Susan Ciminelli Day Spa

At Bergdorf Goodman, 754 Fifth Ave between  
57th and 58th Sts, ninth floor (212-872-2650;  
[www.susanciminelli.com](http://www.susanciminelli.com)). Subway: N, R, W  
to Fifth Ave-59th St (W weekdays only).  
Mon-Wed, Fri, Sat 9am-7pm; Thu 9am-7pm;  
Sun noon-6pm. Basic fa-  
cial: \$120; basic massage: \$115.

The new Microcurrent Facial  
Sculpting (\$115 for an hour) uses  
three different frequencies to  
mimic your body's electrical sig-  
nals and revitalize your skin.

### Sweet Lily Natural Nail Spa & Boutique

222 W Broadway between  
Franklin and White Sts (212-925-  
5441; [www.sweetlilyspa.com](http://www.sweetlilyspa.com)).  
Subway: 1, 9 to Franklin St. Mon-  
Fri 11am-8pm; Sat 10am-6pm.  
For more info, see page 19.

### The Spa at Chelsea Piers

The Sports Center at Chelsea  
Piers, Pier 60, 23rd St at the Hud-  
son River (212-326-6780; [www.chelseapiers.com](http://www.chelseapiers.com)). Subway: C, E to  
23rd St. Mon-Fri 10am-9pm;  
Sat, Sun 10am-7pm. Basic fa-  
cial: \$90; basic massage: \$85.  
For more info, see page 21.

### Wring Heads Beauty alon and Day Spa

8 Leves Ave at 121st St (212-  
38-4600; [www.wringheads-  
spa.com](http://www.wringheads-<br/>spa.com)). Subway: 2, 3 to  
55th St. Mon-Fri 10am-7pm;  
Sat 9am-6pm; Sun, by appt. Basic  
massage: \$85.

Scrumptious Scrub, a new  
experience, features products  
w/ Rins-off the sea salt under  
Vichy shower and finish with  
rub—75 minutes for \$140.

at Greenwich and Hudson  
Rivers (212-318-8650). Subway: B, D, E, V to  
47th-50th Sts-Rochefeller Ctr. Mon-Sun 9am-  
9pm; Tue-Fri 9am-7pm. Basic facial:  
\$85; basic massage: \$115. For more, see page 21.

### Warren-Tricomi Salon and Spa

At The Sports Club/LA, 45 Rockefeller Plaza,  
third floor (212-318-8650). Subway: B, D, E, V to  
47th-50th Sts-Rochefeller Ctr. Mon-Sun 9am-  
9pm; Tue-Fri 9am-7pm. Basic facial:  
\$85; basic massage: \$115. For more, see page 21.



New treatment: Paprika Facial at Maksim Spa

### Susan Ciminelli Day Spa

At Bergdorf Goodman, 754 Fifth Ave between  
57th and 58th Sts, ninth floor (212-872-2650;  
[www.susanciminelli.com](http://www.susanciminelli.com)). Subway: N, R, W  
to Fifth Ave-59th St (W weekdays only).  
Mon-Wed, Fri, Sat 9am-7pm; Thu 9am-  
7pm; Sun noon-6pm. Basic fa-  
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The new Microcurrent Facial  
Sculpting (\$115 for an hour) uses  
three different frequencies to  
mimic your body's electrical sig-  
nals and revitalize your skin.

Basic massage: \$90. For more info, see page 19.

### Spa Sun

26 W 30th St between Fifth and Sixth Aves  
(212-337-0030; [www.spasun.com](http://www.spasun.com)). Subway: F,  
V, R, W to 23rd St (W weekdays only). 10am-  
9pm. Basic facial: \$85; basic massage: \$85.  
The Chocolate Raspberry Body Scrub may leave

CHILL OUT