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VITAL SPY

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Patti Stanger

Fall in love with these healthy city picks.

After losing 20 pounds, **Patti Stanger** taped her fourth season of *The Millionaire Matchmaker* in NYC. She shares her favorite healthy hotspots:



Fresh idea.

"We had chopped salads every night from **Fresh & Co.** I made my own: smoked turkey, apple, egg white, cranberry, avocado, romaine and cucumber with raspberry vinaigrette."

Fresh & Co., multiple locations, 681 Lexington Ave., (212) 681-6810, [MAP](#)



Be shellfish.

"I love the Spanish restaurant on the UES, **Malaga**. It is tapas and they make shrimp and lobster [like] 50 different ways. The food is really 'Mediterranean healthy.'"

406 E 73rd St., (212) 737-7713, [MAP](#)



Hot stepping.

"There was no time to work out. I made it a rule that after we had a heavy meal, we had to walk 45-60 minutes. I felt like we had done hot yoga. I was like 'this is Bikram walking.'"



Slim & spa.

"I went to **Susan Ciminelli Spa** and had the **lymphatic drainage massage**. If I did that every day I'd be like a twig. She also has blue wax and did a crystal healing on someone on the show."

120 E 58th St., 2nd Fl., (212) 750-4441, [MAP](#)



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