

In Balance

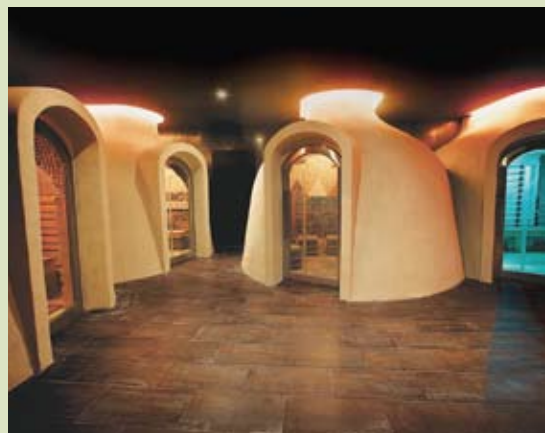
Don't let the frenzy of the Big Apple get to you. After a long day, unwind at one of Manhattan's most soothing spas and full-service salons.



YELO

315 W. 57TH ST.
212.245.8235

Nothing sounds better after a long day than a nap and a foot rub. There to deliver is Yelo, an urban refuge for relaxation, reflexology and sleep. Short sleep sessions are available — naps come in 20- or 40-minute lengths — and 30- to 90-minute reflexology sessions can be booked separately or with a nap. Guests relax inside private treatment rooms where the lights, sound and scent are customizable. To stimulate some shut-eye, a patented treatment-and-sleep chair is provided, as well as a cuddly cashmere blanket. Nap-and-massage combos start at \$40; reflexology sessions begin at \$80.



AURA WELLNESS SPA

49 W. 33RD ST.
212.695.9559

This futuristic, 12,000-sq.-ft. facility features three floors of pampering. The spa menu highlights a wide range of facials, massages, body therapies and water treatments, as well as a few unexpected offerings, such as teeth whitening, reflexology and acupuncture. Amenities include jade and crystal saunas and steam rooms, and a stone ice grotto — a cold room to help sauna and steam-room guests beat the heat. Want a massage but can't seem to find the time? Aura Wellness Spa is open until 2 a.m. every day. A half-dozen facials are on offer, starting at \$75; \$120 will get you a 60-minute massage or body scrub.



SPIFF

750 THIRD AVE.
212.204.8720

Men looking for some primping may want to check out one of Midtown's newest grooming centers. The white, blue and gray space is close to Grand Central Station (and also happens to be on the ground floor of FN's offices). It offers barber services such as haircuts, straight razor shaves and beard touch-ups. For those interested in a little more pampering, mani-pedis,

waxing and even shoe shines are for sale. Treatments can be purchased à la carte, but six- and 12-month memberships are available for city residents and frequent guests: Perks include discounted and unlimited services. Shaves start at \$35, manicures go for \$18, and haircuts are \$45.

CHOPRA CENTER & SPA AT DREAM

1710 BROADWAY
212.246.7600

Start or end your day with a meditation session at this Ayurvedic center, helmed by Deepak Chopra. Located inside the Dream Hotel, this spa offers traditional Ayurvedic therapies, which aim to balance body, mind and spirit. The spa décor blends rich colors, Indian accent pieces and modern treatment tools with its amenities, which include soaking tubs, a tea lounge and meditation space. Within the facility you'll also find a range of yoga classes and mind-body workshops. Ayurvedic facials and massages start at \$75 and \$90, respectively. For a more exotic experience, try shirodhara, a treatment that involves a warm stream of oil poured on the forehead (\$95), or opt for one of the center's yoga classes (\$15 each).

