

September 2019

MODERN LUXURY

# MANHATTAN

FEATURING GOTHAM  
MAGAZINE INSIDE

## Fearless & Fabulous

NYCS WOMEN OF  
STYLE YOU NEED  
TO KNOW!

## Day & Night

GLAM FALL  
FASHION HAS  
YOU COVERED

### Plus

Lagerfeld's Last  
Collection for Fendi,  
Norma Kamali's  
Beauty Secrets &  
All the Most Stylish  
Scoops of the Season

# THE



# /N/O/W/ IN/NYC

In addition to this steam  
room, The Well features  
a dry sauna, relaxation  
areas and a private  
training studio.

### GET WELL SOON

Step inside newly opened **The Well**, and you will be greeted by a pristine, monochrome reflexology lounge to your left and a welcoming front desk to get you started with your wellness goals. Fusing the benefits of Western medicine and the wisdom of Eastern healing, founders Rebecca Parekh, Sarrah Hallock and Kane Sarhan developed a science-backed program for the urban professional. The Well's goal in providing innovative amenities and services is to guide its community of busy members through a holistic approach to wellness. Doctors, health coaches and skilled practitioners make up the staff that creates customized plans to help members get and stay well in between their hectic schedules. The Well provides members access to integrative services, such as a full-service spa, organic restaurant and vitamin bar, reflexology lounge, yoga and meditation studio, private training and weekly programming. "Our integrated model offers best-in-class services, content and products and provides our members with the proper tools to achieve their wellness goals," Parekh says. "The Well is your complete ecosystem for wellness." \$375 per month, 2 E. 15th St., [the-well.com](http://the-well.com) —*Lauren Brocato*

PHOTO BY GRANT LEGAN FOR THE WELL

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**Manhattan Magazine  
Circulation: 60,000**