



THE IT LIST
NYC'S GUIDE TO THE GOOD LIFE

HIGH STREET
GORGEOUS GOWNS TO HIT THE TOWN

+
JEAN-GEORGES VONGERICHTEN SHARES A PAGE FROM HIS BOOK

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Lifestyle Guide

BEAUTY & WELLNESS

4 CENTERS FOR RECHARGING

Reset your health with steam rooms, yoga classes, acupuncture and more.

BY AMINA FRASSL

In the heart of The Well, members can relax between restorative treatments.

1. COMPLETE
A favorite of Cameron Diaz and Leonardo DiCaprio, Alex Reznik's health club includes amenities such as infrared saunas, cryotherapy and regenerating spa treatments. Members can unwind in the Himalayan salt members lounge, sunbathe on the rooftop deck or indulge in nutrient-rich meals from the club's juice bar. \$250 per month with \$299 enrollment, 25 W. 14th St., complete.nyc

2. The Firshein Center
The center's medical PRP ACUFacial treatment (\$2,000) combines platelet-rich plasma therapy and acupuncture

PHOTO BY KIRSI TAMMIRELO

to trigger collagen production and rejuvenate the skin. The process involves extracting and concentrating platelets in a blood sample, which is injected directly into damaged points in the skin. Dr. Richard Firshein then uses acupuncture, in which each needle is dipped into PRP solution, to penetrate more deeply into the skin and stimulate the recovery of the surrounding tissue. 1226 Park Ave., firsheincenter.com

3. The Well

At this complete ecosystem for wellness, each member works with doctors, health coaches and functional practitioners to create a personalized and science-backed wellness guide. The club's innovative amenities help members achieve clarity amid their hectic schedules. Sweat out toxins in the steam and sauna rooms, or indulge in regenerating bodywork techniques, such as acupressure or therapeutic foot rubs. \$375 per month, 2 E. 15th St., the-well.com

4. The Yinova Center

Focused on making patients feel balanced, nourished and relaxed, Dr. Jill Blakeway's upscale acupuncture clinic creates individual plans fusing acupuncture with *gua sha*, cupping and different massage techniques. The ancient practice prompts healing by releasing blockage, decreasing pain and reducing inflammation. With a



new location on the Upper East Side, Yinova naturally treats patients with Chinese medicinal herbs. Board-certified herbalists curate custom tinctures (initial tincture from \$150) from the clinic's dispensary. During the first diagnosis (\$170), experts use acupuncture to recraft patients' internal landscapes. 150 E. 58th St., Floor 6, yinovacenter.com

3 FACIALS DESTINATIONS TO BEAT THE WINTER WEATHER

1. Joanna Vargas Day Spa

Located right across from Bryant Park, Joanna Vargas offers a number of services designed to cater to dry, damaged skin. For one, her clients can enjoy the Twilight Facial (\$1,200), which blends radio frequency and microneedling for a brighter, tighter result. Vargas' signature Triple Crown Facial (\$250) utilizes microdermabrasion, microcurrent and oxygen-infused therapy, while the celebrity-favorite Forever Facial (\$400-\$500) combines radio frequency and controlled heat to tighten collagen cells. 501 Fifth Ave., Floor 3, joannavargas.com

2. PFRANKMD

Celebrity cosmetics expert Dr. Paul Jarrod Frank utilizes technology such as injectables and lasers in his methods to cater to each customer's needs. Enjoy the soothing effects of the spa's cryo facials, which

use liquid nitrogen to combat inflammation and stimulate collagen and cell growth. For a special occasion, the Paparazzi Facial (\$750) is a combination of a laser facial, a signature cryo facial and a Madonna-collaborated MDNA skin facial that helps with immediate and long-term skin rejuvenation. 1049 Fifth Ave., Suite 2B, pfrankmd.com

3. Tribeca Medspa

Tribeca Medspa has been tending to its clientele with personalized consultations and remedies for the past 13 years. An exclusive feature of the spa is the CBD Detox Facial (from \$425), which incorporates manual lymphatic drainage using CBD products to allow a relaxing experience for all skin types. The Laser Photo Facial (from \$195) only takes one to two treatments to remove sun damage and brown spots from skin. In addition, the TMS Signature Facial (\$245) prevents toxic buildup, dehydration and collagen breakdown. 114 Hudson St., tribecamedspa.com
BY TEDDY SON

3 SALONS FOR KILLER CUTS

1. Spoke & Weal

Spoke & Weal is striving to modernize the hair-cutting and corrective coloring game.



Clockwise from top left: Warren Tricomi delivers an ultraluxe styling experience inside the Plaza Hotel; "it" esthetician Joanna Vargas delivers beautifying facials with all-natural products; COMPLETE's rooftop yoga classes allow members to find balance under the sun; The Yinova Center's waiting room offers a host of herbal products.

Firm believers that the secret to maintaining length and shape is a dry cut (from \$75) as opposed to a wet one, salon owners Jon Reyman and Christine Thompson wield their tried-and-tested treatments of color balance (from \$500) and hair retexturing (\$600-\$1,500) to educate clients on haircare nationwide. 147 Grand St., spokeandweal.com

2. Valery Joseph

For those looking for a time-efficient yet stylish service, Valery Joseph Salon provides a team of three dedicated to the client for a blowout, manicure and makeup application simultaneously (price upon request). Indulge in a keratin treatment (from \$400) before opting for the signature beach wave hairdo (from \$85), which teases tresses into soft curls with a brush instead of a traditional curling iron for the perfect bohemian look. 1044 Madison Ave., Floor 2, valeryjoseph.com

3. Warren Tricomi

With the most famous branch nestled in the Plaza Hotel, Warren Tricomi salons are known for their dry cuts (from \$190) and natural highlights (from \$285). Opt for the Japanese thermal reconditioning treatment (from \$1,000), which promises pin-straight and silky hair no matter the initial texture. 1 W. 58th St., warrentricomi.com
BY SREY DASGUPTA



HEALTH AND BEAUTY

We narrowed down Manhattan's bevy of top beauty and health specialists.

CHRISTINE CHIN

(82 Orchard St, christinechin.com)

Known affectionately as "mean Christine" for her effective extractions, Christine Chin attributes her success in the beauty realm to Asian techniques. **INSIDER'S TIP** Her eponymous facial is a deep, pore-cleansing treatment and includes the CCHIN technique for removing skin tags.

EUROPEAN WAX CENTER

(71 Broadway, waxcenter.com)

With a team of waxing specialists trained to minimize discomfort and smooth skin quickly European Wax Center offers most hair removal services imaginable. Choose anything from brow shaping to a full Brazilian wax. **INSIDER'S TIP** Your first brow, underarm or bikini line wax is complimentary.

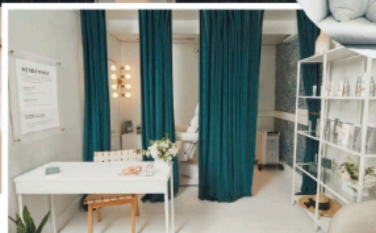
DR. PAUL J. FRANK

(1049 Fifth Ave., Suite 2B, pfrankmd.com)

Specializing in the latest technology for face and body rejuvenation, as well as fat removal, Dr. Frank's minimally invasive techniques are renowned throughout New York, and his therapeutic skincare line, PFRANKMD, cleanses, protects and treats any skin type. **INSIDER'S**



From top: The floral, first-floor bathrooms at The Well; Reviv offers various IV services administered by a nurse; a Ject studio in Bedfordhampton. Opposite page: Shou Sugi Ban House in the Hamptons; pampers with evenings by the fire pit.



in her L.A. and NYC salons. Her 90-minute Twilight Facial combines microneedling, cryotherapy, radio frequency and her patented RevitaLight bed technology. **INSIDER'S TIP** Vargas recently launched individual face masks to get a taste of her signature treatments at home.

THE WELL

(2 E. 15th St, the-well.com)

Fusing the benefits of Western medicine and the wisdom of Eastern healing, The Well offers a full-service spa, organic restaurant and vitamin bar, reflexology lounge, yoga and meditation studio and private training. **INSIDER'S TIP** The Well Kitchen & Table healthy restaurant is newly open with an ever-evolving menu.

DR. MATTHEW WHITE

(800A Fifth Ave., Suite 502A, drmatthewwhite.com)

A Harvard Medical School-trained surgeon and international authority on facial aging, Dr. White specializes in ensuring that the neck-up looks as youthful as the patient feels. **INSIDER'S TIP** Consider Kybella to take care of that double chin.

CECILIA WONG SKINCARE

(122 W. 26th St., Suite 1201, ceciliawongskincare.com)

Wong's Sculpt and Empower facial provides both immediate and long-term results. This 60-minute facial uses a microcurrent to firm, tone and lift facial muscles. **INSIDER'S TIP** Wong's three-minute peel mask maintains the glow in between appointments.

WTHN

(20 W. 22nd St., wthn.com)

Experience the 2,500-year-old, traditional Chinese medicine either by opting for an individually curated treatment for the entire body or by choosing a specific procedure to focus on stress, muscle weakness or skin problems. **INSIDER'S TIP** WTHN has its own herbal line, so be on the lookout for concoctions such as Run the World, one of the stress management formulas.

treatments such as scalp massages and aromatherapy before immensely chic cuts and color.

SHOU SUGI BAN HOUSE

(337 Montauk Highway, Water Mill, N.Y., shousugibanhouse.com)

This Hamptons getaway focuses on education, massages, hydrotherapy, skincare and more as part of its holistic living approach to health. **INSIDER'S TIP** The

best dishes from the kitchen are warm sunchoke soup, and pan-roasted duck egg with foraged greens, among others.

SOBEL SKIN

(960A Park Ave., sobelskin.com)

Offering dermatology, cosmetic surgery and aesthetic medicine services, Sobel Skin helped pioneer the medspa trend. Dr. Howard Sobel's EmSculpt uses high-intensity,

precision-focused electromagnetic energy to trigger muscle contractions for fat loss and muscle fiber growth. **INSIDER'S TIP** Sobel also has a powerful new line, Sobel Skin Rx, out with Sephora.

JOANNA VARGAS

(501 Fifth Ave., joannavargas.com)

For facials that reshape and refine, Vargas uses all-natural ingredients