

# FREE VEIN SCREENING



Varicose Veins are not just a cosmetic issue! There are solutions that are covered by most insurance providers.

Wed, Oct. 24<sup>th</sup> 5:00-7:00pm

OR

Wed, Nov. 7<sup>th</sup> 5:00-7:00pm



Please Call To Register:  
**1-877-863-6873**

275 7th Ave. 3rd Fl. New York, NY 10001

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## Best of New York

By **Lucy Cohen Blatter**  
Special to amNewYork

### BEST SPA TO SPEND AN ENTIRE DAY IN

#### Spa Castle

131-10 11th Ave at 131st St.  
College Point, Queens,  
718-939-6300

This five-floor, 100,000-square-foot "castle" has enough to keep you busy all day. The first floor features separate nude bathing and showering areas for men and women and an indoor spa. On the second floor, you'll find massages, saunas, a sushi bar, salad bar and a Starbucks. Up on the third floor, there's a water park. All-day admission is \$35 during the week and \$45 on weekends. Massages and special treatments cost extra.

### BEST SPA PACKAGE FOR COUPLES

#### Townhouse Spa

39 W. 56th St., 212-245-8006

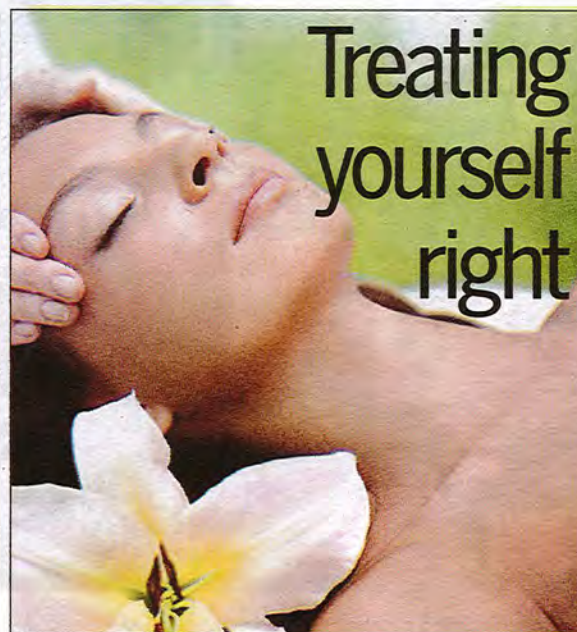
It may not come cheap, but this couples package is sure to please your partner (and you!). For \$450 per person, you treat yourselves to four hours of personalized treatment: Hammam baths, a couples massage, facial and side-by-side manicures and pedicures. Lunch or light dinner are served during the pedicures. If you want to impress someone, this is the way to do it.

### BEST MANICURE FOR THE TIME-STRAPPED WOMAN

#### Hair Party 24 Hours

450 Park Ave. S., btwn 30th and 31st sts., 212-213-0051; 76 Madison Ave. at 28th St., 212-213-0057

This salon takes the "city that never sleeps" mantra seriously,



## Treating yourself right

offering treatments 24 hours a day (note: there's a \$5 surcharge for appointments after 10 p.m.). Things can get busy, so call ahead of time to find out about a wait. A wide range of services are available and, if you've got time to dawdle, you can enjoy a glass of wine or tea.

### BEST MASSAGE ON THE CHEAP

#### Asia Tui-Na Wholeness's

organic deep-tissue massage  
37 E. 28th St., Suite 800,  
212-686-8082

The setting here is clean, but no frills. And the \$60 for 60-minute treatment is a price that can't be beat. The organic deep tissue Tui-Na massage make you feel virtuous and oh-so-relaxed.

### BEST SPOT TO PLAY TENNIS IN MANHATTAN

#### Manhattan Plaza Racquet Club

450 W. 43rd St., 212-594-0554  
Features five indoor hard courts, a sauna and sundeck. Individual, family and corporate memberships are available. Full members also have access to the Manhattan Plaza Health and Swim Club's adjacent glass-enclosed rooftop pool. Court

rentals are \$130/hour for non-members (availability is limited) and \$49-\$83 for members. Private lessons range from \$60 to \$120 plus court fees.

### BEST INDOOR SWIMMING POOL

#### Asphalt Green

555 E. 90th St., 212-369-8890,

Asphalt Green's Aqua Center houses the city's only Olympic-sized pool. A day pass is \$35. During family recreational swim, a day pass is \$35 for adults and \$10 for kids. Swim membership is \$99 per month.

### BEST OUTERBOROUGH SPA

#### Body by Brooklyn

275 Park Ave., Clinton Hill,  
Brooklyn, 718-923-9400,  
bodybybrooklyn.com

For \$45, you can spend a day in this 10,000-square-foot spa, and steam, sauna, and soak to your heart's content (treatments are extra). Brunch is available on weekends for \$20 extra. Or, grab up to five friends and rent out the private VIP suite. **BEST PLACE FOR YOGA BEGINNERS**

#### YogaWorks

Locations on the Upper West Side, Upper East Side, SoHo and

#### Union Square

YogaWorks offers about 30 beginner classes across its four locations every week. You'll start by focusing on the basics and go on from there. Class packages (\$320 for 20 classes) or single classes (\$22-\$30) are available. Monthly membership includes unlimited yoga (\$105-\$140).

### BEST WAY TO TRY ZUMBA

#### Z Club NY

Multiple locations, 347-709-2582, Z Club is a good place to try out Zumba. Z Club partners with six studios around the city, offering three types of classes — Aqua Zumba, Zumba Fitness classes and Zumba Toning. Classes average \$15.

### BEST PLACE FOR A QUICK, AFFORDABLE BLOWOUT

#### Drybar

4 West 16th St., 212-561-5392; Le Parker Meridien Hotel, 119 W. 56th St., 212-561-5392

This West Coast transplant (and celebrity hangout) is popping up all over the city, with current locations on 16th and Fifth and one in the Parker Meridien Hotel. Their slogan: No cuts. No color. Just Blowouts. The signature blowout is \$40, but several other variations are offered.

### BEST SPA COMEBACK

#### Cornelia Spa at the Surrey

The Surrey Hotel, 20 E. 76th St., 646-358-3600

The famously opulent Cornelia Day Spa shuttered its Fifth Avenue location three years ago, but has been reborn in the Upper East Side's Surrey Hotel. The hotel spa is a stripped-down version of the original, with only five treatment suites -- so book early.

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