

# Frank Rich: The GOP Knows Exactly What It's Doing p.36

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# NEW YORK

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Aire Ancient Baths

for \$10 to \$15. A full set takes twenty minutes (you sit, they stand), and you can dial up the drama as you go. Lashes can last up to two weeks with proper care, and should any fall out in the first five days, Benefit will touch them up for free.

## Shvitz

### AIRE ANCIENT BATHS

88 Franklin St., nr. Church St.  
212-274-3777

It may lack the democratic bustle of Spa Castle, but this Tribeca newcomer—the first North American offshoot of a Spanish mini-chain—

brings a certain grandeur to the urban shvitz tradition. In exchange for the steepish cost of entry, you get small groups instead of gawky packs (about 25 people per 90-minute, \$75 block), plus access to a staggering suite of amenities. Pools of hot, warm, cold, and ice water, modeled after Greco-Roman and Ottoman rituals, glow in the basement grotto along with jet and salt baths and a steamy hammam. You can tuck on a massage (fifteen minutes to an hour and two to four hands for \$95 to \$210) or book a special treatment—a private bath enhanced with milk, citrus juice, olive oil, cava, or red wine, plus a massage and access to the thermal baths, runs \$450 to \$500.

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## CREATIVE JUICE AT EQUINOX

1633 Broadway at 50th St.;  
646-747-8600  
344 Amsterdam Ave., at 76th St.;  
646-747-6600

“We’re excited about what Danny Meyer is doing with juice, essentially elevating it to culinary standards. You see superfoods and greens used in juice a lot, but not jicama, kohlrabi, shiso, dried apricots, and pepper. One of our favorites, Clockwork Orange, is made with carrots, pink grapefruit, and cacao nibs. And even if you’re not an Equinox member, the Upper West Side location is superconvenient to lots of boutique fitness studios we love.”

—ALEXIA BRUE AND MELISSE GELULA, co-founders of Well+Good NYC

## PACKAGED GOODS

Transportive combo treatments from the city’s top spas.



### THE TWOFER:

Facial + Manicure = \$99

#### Savor Spa

327 W. 11th St.,  
at Greenwich St.;  
212-304-2887

For this quickie Friday-night beauty fix, an aesthetician pairs a skin-brightening, antioxidant-packed serum from the organic Om Aroma skin-care line with a rich honey mask, leaving skin peachy-fresh-feeling. But the real highlight is the seven-point face-and-neck massage: It hits all the right spots, alleviating a workweek’s worth of clenched-jaw tension.

### THE THREE-IN-ONE:

Lash Extensions +  
Manicure + Pedicure =  
\$350

#### Courtney Akai Lash Boutique

594 Broadway,  
at Prince St., Ste. 610;  
212-226-2166

The lash master’s new space has the same dollhouse appeal as her first salon, with the bonus of nail services. While Akai applies faux lashes, manicurist Selena Reyes goes to town on your hands and feet. The mani-pedi massages make the 90-minute application feel downright short—not to mention bearable for anxious types.

### THE FOUR-PACK:

LED Light Slimming +  
Pulsation + Hyperbaric  
Oxygen + Workout =  
\$320

#### Pure Flow

791 Madison Ave.,  
at 66th St., fifth fl.;  
212-737-0070

LED-lit pads, placed on trouble spots, emanate warmth for fifteen minutes—a process believed to make fat cells easier to shrink while exercising. Hence, the half-hour workout. In between, get strapped into a squeeze-and-release pulsation machine and hang out in a pressurized oxygen chamber.

### THE FIVER:

Skin Analysis + Facial +  
Microdermabrasion +  
Lunch + Makeup  
Application = \$425

#### Gotham Beauty Lounge

32 W. 40th St., at Sixth  
Ave.; 212-921-2002

Like every treatment here, this package starts with a thorough skin analysis. The Ultrasonic Wave Therapy facial is less Zen relaxation than it is targeted problem-solving (clogged pores, dryness), but the microdermabrasion is uncharacteristically pleasant—a firm, satisfying scrub that makes skin feel velvety-soft.

**THE WHOLE-DAY ESCAPE:** Workout +  
Blowout + Massage or  
Facial + Manicure +  
Lunch = \$215

#### The Underground at Le Parker Meridien

119 W. 56th St., at Sixth  
Ave.; 212-708-7444

The hotel’s spa-and-fitness cellar started offering this grab-bag deal last month, and the services are superlative: a bouncy blowout at Drybar, a gleaming Ten Over Ten manicure, a facial or massage at Moonshine Spa, access to equipment and classes at the Gravity Fitness gym, and lunch at Petit BlueDog Café.