

# **DOES A BODY GOOD**

**FROM SALT CAVES TO  
HYPNOTHERAPISTS, A NEW  
KIND OF HEALTH CENTER  
IS BRINGING THE WIDE WORLD  
OF WELLNESS UNDER  
ONE (VERY STYLISH) ROOF.**

*by Sandra Ballentine*

The NYDG Integral Health and Wellness center in Manhattan.

The gym at Lanserhof at the Arts Club in London.



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**FOR EVEN THE MOST** health-minded, multitasking urbanites, making time for all those medical appointments—not to mention that last-minute craniosacral massage—can prove to be a challenge. Until now. These days, a new breed of luxury day clinics attends to every health and wellness need, all under one roof. Combining serious medical bona fides, state-of-the-art cosmetic procedures, fitness classes, and health coaches with holistic practices like meditation, Reiki, and crystal healing, these sleekly designed “one-stop-shopping” wellness destinations are popping up in cities like New York and London. “We work hard and play hard, and too often we don’t prioritize our health and well-being,” says Rebecca Parekh, founder

of the Well, a new private health club in Manhattan. “But more and more, people are embracing wellness and the benefits of preventive and integrative medicine, so there is tremendous demand for easy access to best-in-class wellness services.”

### **NYDG Integral Health and Wellness**

David Colbert, who is a cult favorite among New York’s boldfaced names, recently opened NYDG Integral Health and Wellness. The space in Manhattan’s Flatiron District is organized around a fiberglass-clad pod that houses eight large treatment rooms. Patients can cherry-pick from an extensive menu of aesthetic services and wellness-based therapies that includes high-tech facials (the new “Glacial Facial” combines cryotherapy with laser therapy), detox massages, body contouring, LED beds, and IV infusions that help with stress, inflammation, and fatigue. Colbert also brought in a trio of highly regarded physicians

to provide other medical services: orthopedic surgeon John G. Kennedy, gynecologist Kathleen Mulligan, and John F. Adams, an internist and travel-medicine specialist. [nydgwellness.com](http://nydgwellness.com)

### **Modrn Sanctuary**

This center, also in New York’s Flatiron District, takes a slightly more New Age approach to wellness. The focal point of the loftlike space is what has to be the most impressive Himalayan salt room in the city (it’s filled with nearly 11,000 pounds of the stuff). Clients can check in to the Somadome relaxation pod—which combines light therapy, binaural beats, and guided meditations for an experience that some compare to flying—or just relax in the IV drip lounge. There are life and nutrition coaches, energy workers, chiropractors, and acupuncturists. More surface-oriented treatments include Botox and body contouring using Cryoskin, a fat-freezing technology from Paris. [modrnsanctuary.com](http://modrnsanctuary.com)



A treatment room at London's Grace Belgravia.

### Evolved Science

The brainchild of integrative doctor and hormone expert Erika Schwartz, this Midtown Manhattan space is a whispered referral for wellness fanatics who want same-day IV infusions before events, personalized preventive care, specialized testing, and weight-loss protocols, as well as antiaging therapies and aesthetic procedures. The staff will even coordinate clients' fitness routines with trainers at Gym on 5th, located a few floors below. [eshealth.com](http://eshealth.com)

### The Well

Next spring, former Deepak Chopra COO Rebecca Parekh will open a sprawling members-only space near New York's Union Square. Here, clients will have access to health coaches, integrative medicine doctors (celebrity health guru Frank Lipman is the club's chief medical officer), and practitioners in meditation, Chinese medicine, and yoga. There will be a spa, state-of-the-art gym, organic restaurant, vitamin bar, and—this being Manhattan—a waiting list to get in. The Well's founders are bullish on the concept, and hope to expand to Los Angeles and London soon. "More than ever before, people are embracing wellness and understanding the benefits of preventive and integrative medicine," says Parekh. Sounding like her former boss, she says, "It's a state of mind and a way of life." [the-well.com](http://the-well.com)

### Lanserhof at the Arts Club

In London's Mayfair neighborhood, the storied Arts Club is teaming up with the trendy Austria-based medical spa Lanserhof to open a members-only medical spa and gym across the street. The facility will provide access to sophisticated diagnostics, specialists in sports medicine, and cryotherapy chambers, as well as a roster of doctors trained in the gut-detox methods of legendary Austrian physician Franz Xaver Mayr. Members can also consult with experts in sleep therapy, mental coaching, and stress management. [lanserhof.com](http://lanserhof.com)

### The Wellness Clinic

Harrods in London has transformed part of its fourth floor into the Wellness Clinic. The stylish space, accented in cherrywood and limestone, offers the standard facials and fillers along with full-body cryotherapy, acupuncture, osteopathy, personal training, and mindfulness lessons with in-demand hypnotherapist Terrence the Teacher. There are also pop-ups by top practitioners like cosmetic dermatologists Barbara Sturm and David Jack (known for his dermaplaning skills) and oculoplastic surgeon Maryam Zamani, who performs her signature noninvasive eye and brow lifts. [harrods.com](http://harrods.com)

### Grace Belgravia

Promoting self-care and women's empowerment before they were hashtags, Grace Belgravia, in London, is a members-only health, well-being, and lifestyle club for women. The sumptuously appointed space features an extensive spa, a comprehensive medical clinic that includes mental health services, and a restaurant and bar where male guests are welcome. [gracebelgravia.com](http://gracebelgravia.com)



A communal area at The Well in New York City.