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Chic Report

10 NYC WELLNESS TEMPLES YOU NEED TO VISIT IN 2020

written by Mani Tolkow | December 19, 2019

There are always ways to incorporate wellness into your life, especially when you live in New York City. From functional lattes and cryotherapy to Chinese medicine and non-toxic nail polish, here are 10 go-to wellness spots to try out in the new year.

1. THE WELL

Address: 2 East 15th Street

Phone Number: (646)-560-8080

Looking for an all-in-one holistic health, wellness, and fitness destination? THE WELL is the place to be. Frequented by celebs like Priyanka Chopra, THE WELL has an exceptionally modern, bohemian design and is all things relaxation. THE WELL recognizes various benefits of both Western medicine and Eastern healing. THE WELL offers Day Tripper services a la carte (plus amenities) allowing all day access to the club. You can also sign up for their full membership program which includes preferred member pricing on treatments and medical services, one-on-one health coaching, unlimited fitness classes, complimentary assessments and priority reservations at their restaurant. THE WELL provides everything from mindfulness to sports medicine, healthy food, a shop, spa services, health coaching, and Ayurveda, THE WELL is the perfect escape from the chaos of the city.

