

January 22, 2020

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These Self-Care Sanctuaries Don't Skimp On Style



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UPDATED JANUARY 22 2020

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Even though 2020 has *just* started, we're pretty sure this year is all about self-care. As the beginning of a brand-new decade, the next few months are a great time to put your wellness first, whether that means starting up morning meditation sessions, limiting your screen time, or unwinding with a facial. (We mean, if not now, when?)

Don't believe us? Your favorite local hangouts are all the proof we need. Over the past few years, we've noticed some of the coolest, most Instagrammable spots place a heavy emphasis on your overall wellness. Not only does this surge of locations indicate that people are *actually* investing in self-care, but they also prove you don't have to sacrifice style to give yourself some much-needed TLC.

In the spirit of starting this year — and okay, the decade — on the right foot, we're giving you an up-close and personal look at some of our favorite soothing sanctuaries. Plus, we talked to the founders behind these helpful hotspots about how they gave self-care a stylish edge.

From Insta-worthy nail salons to digital detox destinations to health clubs that can rival your chic coworking space, one thing's for sure: Taking care of yourself has never looked so good.



Photographed by Kris Tamburello for The Well.

Let's be honest: Between your jam-packed schedule, a string of pressing deadlines at work, and the ever-present news cycle, your day-to-day routine can be a total drag. Determined to help you slow down and take care of yourself is [The Well](#)

Offering a range of services from massages to sports therapy to Chinese medicine, [this wellness club was designed to look and feel like a breath of fresh air from the hustle and bustle of New York City.](#)

"Design is an integral part of The Well as our physical environment plays a key role in our overall sense of well-being," says co-founder and CEO Rebecca Parekh. "We wanted The Well to feel light and bright but also deeply calming and serene. New York can be a lot sometimes — our hope is that people feel at ease the minute they walk through the door. Throughout the space, you'll find soft curves and diffused light, tons of greenery and natural finishes of wood and stone."

Fun fact: For an extra dose of zen, The Well buried charged crystals amongst the bedrock and concrete during construction. Translation? This place was *literally* built with good vibes in mind.