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<https://airmail.news/issues/2019-12-28/a-bit-of-pampering>

STYLE



UNWIND

## A BIT OF PAMPERING

It takes a lot to impress us in the spa realm. We've been loyal to the **Greenwich Hotel's** facials (and underground swimming pool) since the dawn of time. But **the Well**, a new club just blocks from AIR MAIL's **Greenwich Village** HQ, is worth a visit. There's a beautifully curated boutique and a restaurant from the folks behind **Cafe Clover**. But it's the womb-like **meditation center**, the **reflexology room** lined with **Eames chairs**, and the **expert treatments** from the staff that will ensure our return. A membership, which costs \$375 a month, comes with a slew of benefits: Qigong and other mindful-movement classes, and a full gym, plus access to the Well's **medical director, Dr. Frank Lipman**, and sports-medicine guru **Dr. Keith Pyne**, among other perks. Or book an à la carte offering and spend a very civilized day hanging out in a **Turkish bathrobe**. ([the-well.com](http://the-well.com))