

# MODERN LUXURY

## Lifestyle Guide

### WELLNESS

#### 5 GO-TO LONGEVITY CENTERS

When NYC revives, we're all going to need a treatment or two.

BY KANIKA TALWAR

Ora enhances its revitalizing acupuncture treatments with teas and tonics.

Four Seasons Downtown

Ora

The Well

The Yinova Center

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#### 1. Dr. Richard Firshein

Using DNA-based, gut biome and allergy-based testing, Dr. Richard Firshein creates customized longevity and anti-aging solutions. Dr. Firshein offers numerous treatments and testings, including PRP rejuvenation programs, IV therapy and DNA testing. 1226 Park Ave., [firsheincenter.com](http://firsheincenter.com)

#### 2. Four Seasons Downtown

This urban spa contains seven treatment rooms, a eucalyptus steam room, an outdoor terrace, a fitness gym and a 75-foot lap pool. Indulge in the Royal Ritual (\$1,108) with Remineralizing Crystal Detox body treatment, four-handed Serenity massage with warm rose quartz, Green Caviar facial, Wanderlust manicure and pedicure, and a Champagne cocktail. 27 Barclay St., [fourseasons.com/newyorkdowntown](http://fourseasons.com/newyorkdowntown)

#### 3. Ora

Noho's Ora focuses on immunity and emotional/mental health. The Essential service (50 minutes for \$120) is a customized session that balances the body's energy flow. 9 E. 4th St., [oraspace.com](http://oraspace.com)

#### 4. The Well

The 13,000-square-foot, two-story private members-only health club is a place for workaholics to unwind and rejuvenate. Membership (\$175 per month) includes all the necessary amenities under one roof: oiled thermal suite, meditation dome, private training gym, library, reflexology lounge and restaurant. 2 E. 15th St., [the-well.com](http://the-well.com)

#### 5. The Yinova Center

Led by Dr. Jill Blakeway and Dr. Nuhli Rubinstein, the center has a board-certified team of acupuncturists, herbal medicine practitioners and an on-site apothecary. The wellness destination includes moxibustion, cupping, *gua sha*, herbal consultation (\$150), nutritional counseling and lifestyle advice. 150 E. 58th St., Floor 6, [yinovacenter.com](http://yinovacenter.com)