

# rest recharge & rejuvenate

## Spa De La Mer - Midtown

Enter through a long glass-enclosed corridor and catch a glimpse of the marble clad pool before being greeted by the warm and welcoming front desk staff. Once checked in, you are guided to the dressing room that comes equipped with showers, slippers, sandals for the pool, robes, and essential toiletries. After you are snuggled into the robe, a designated masseuse arrives to lead you to the massage room where ambient lighting and the scent of oils draw you in as you lie on the heated massage bed and prepare to have all your pain and trouble areas rubbed away. Our masseuse, Becca, also shared some holistic tips and tricks for using pressure points to relieve a migraine and calm anxiety while also curating the experience by asking what our “yummy” spots were. The metallic paint and rounded room corners make the environment feel extra relaxing as soft light bounces from wall to wall. Guests can opt for a regular oil massage or La Mer body cream—the famous cream, known worldwide for leaving skin looking plump, smooth and glowing.

Veteran facialist Vorlicka started with an exfoliation treatment, followed by a facial massage using La Mer face cream. Even the slightest mention of a problem area and she made her best efforts to sneak in a little bit of extra treatment for the pure love of the job commenting “Every one of my clients are celebrities, whether I see them often or just one time.” A dip in the pool, followed by a nice warm soak in the hot tub was the best way to end the day. The cabanas in the pool area are comfortable and roomy and come with a pot of tea.

VUE has rounded up  
some of the most luxe  
spa experiences found  
just across the Hudson.

By Rosy Alvarez



## QC Spa - Governor's Island

Mere steps from the ferry, QC Spa has selected the old Officer's Quarters, which date back to the early 1900s, as its new home, equipped with 3 floors that offer space to snooze, sip, and swim. The best way for guests to explore the spa is from the ground up. The aqua rooms feel like a modern version of the bath houses of ancient Rome. There's a foot bath that encourages users to dip their feet in freezing cold water for a few minutes before filling the bath and dipping them into bubbly, hot water. The different water temperatures help reduce inflammation and relax muscles. These foot baths sit between the steam showers and the vichy showers.

Prior to entering the Vichy showers, guests are encouraged to rub sea salt onto their body for exfoliation. Once applied, guests can lie on a slab of stone that warms from body heat and the temperature of the water. The water rains down onto the table right onto the spine and core of the body at different water pressures and then spreads horizontally which feels like an aqua massage. Directly

across from the Vichy showers are the steam showers with nozzles on the wall that are arranged at different heights to spray users with tiny water drops from the thighs, the torso, and the head. Along with the spray, steam is released from the ceiling and envelops you in water from all angles. Finally, guests can exit the aqua rooms and wade into the garden that looks out over New York Harbor. The garden features layers of bright blue pools that come equipped with lounging beds, some that provide a bubbling massage. The rest of the spa is filled with saunas, beds, rocking chairs, lotions, treatments, and facemasks, all of which allow the experience to be customized based on the guests preference. The spa also provides showers, toiletries, hair dryers, and body lotion for guests to wash up after a long day of relaxing. Overall, QC Spa has revitalized a gorgeous property and given visitors the option to luxuriate on the island in a brand new way. The spa doesn't close until 10:00 p.m. so grab a cocktail, lounge by the pool, and leave your worries behind.





## Holos NYC - Flatiron

Located in the heart of Gramercy, Dr. Noran Malouf is the mastermind behind Holos NYC which offers a number of holistic treatments. The Quantam Flo treatment uses copper rods and special frequency music to give guests an overall sense of renewal, increased awareness, and mental clarity. Theraphi Therapy, first discovered by Nikola Tesla in the 1940s, uses electrical technology to restore cells and reduce signs of aging. Officially called "cell memory reversal" Theraphi uses plasma waveforms to recharge cells, stimulate the healing process, and increase vitality.

VUE visited the Holos spa to explore the benefits of sensory deprivation floats. There are options of floating in a singular tank with a lid, or to float in a larger room. We chose the larger room that is entered through a door in the wall that is attached to a shower, where guests step into warm salty water. The shower rooms come equipped with a robe and slippers, towels, and toiletries. As well as ear plugs and a special float halo to support your head.

The tank is well lit with a bright blue bulb and twinkling ceiling lights and allows users to turn on meditative music if preferred. It takes a bit of time to get used to the environment and quiet thoughts down but soon floating becomes an immersive experience of diving into your own mind. People float to relieve stress, recover from injuries, fight addiction, eliminate chronic pain, and much more. Studies indicate that floating increases your positive neurotransmitters and endorphin levels, boosting your mood and leaving you with a pleasant afterglow.



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