



New York - July 12, 2010

7 Ways to Look and Feel Better

2010 Health and Wellness Guide



Put down the pocket fan. Here's where to sweat, rejuvenate, and beautify.

Get Wet

Fight sweat with water at the new Gansevoort Park Avenue's rooftop pool and bar, opening July 26 (pool open to guests only; bar open to everyone at night). It's more of a party spot than a place for aqua aerobics, but in this weather every little doggy paddle counts.

Get Stranded

Combat chlorine damage at Marie Robinson salon, where Marie and her crew offer a free ColoristCure with any service — an all-natural deep treatment exclusive to the salon — and craft the perfect beachy highlights.

Get Pressed

Nutrient-rich, cold-pressed juices, raw foods, and vegan delights are the focus at The Juice Press. Order a Ginger Fireball (ginger, lemon, orange, colloidal silver, oil of oregano, and cayenne pepper), or give toxins the finger with this new juice bars' one-, three-, or five-day

cleanse programs.

Get Treated

But one cannot live on liquids alone. Check out the not-so-sinful, recently launched Vegan Divas, whose pastry chef is a former Babycakes baker. Find the dairy- and refined sugar-free confections (coconut macarons, chocolate cupcakes) at Butterfield Market.

Get Glowing

Fashion stylist-turned-health coach Quinn Asteak offers advice, regimens, and positive vibes for women dealing with weight loss, digestive issues, and acne. When you schedule your consultation (\$25), ask about her DIY vitamin C serum.

Get Moving

What's more motivating than free? Laughing Lotus teachers lead gratis classes in Chelsea every Wednesday through September 29 (14th Street Park, 7-8 p.m.). If group sweating isn't your thing, contact new-to-NYC Yada Yada Yoga, a mobile fitness and spa company that helps you book everything from in-home Pilates and kickboxing classes to massages.

And ... go!

Photo: Yannis / Flickr



For more painless health tips, check out our gallery of twelve ways to get a beach body without breaking a sweat.

This Week on *Swirl*



Up to 65% off Cardigan

You can never have enough cardigans — especially designer Lynne Hiriak's modern versions. Stock up on the preppy-chic staples (plus dresses, pullovers, tanks, and shorts) while they're up to 65% off on our sample sale site.

Beauty Junkies, Comes to You, Healthy, Pool Party, Veg Head, Wellness

Locations

Butterfield Market
1114 Lexington Ave
bt 77th & 78th Sts
New York, NY 10075
212-288-7800

- website

14th Street Park
W 14th St
@ 10th Ave
New York, NY 10014
Marie Robinson Salon
155 5th Ave
bt 21st & 22nd Sts
New York, NY 10010
212-358-7780

- website

The Juice Press
70 E 1st St
bt 1st & 2nd Aves
New York, NY 10003
212-777-0034

- website

Gansevoort Park
420 Park Ave S
@ 29th St
New York, NY 10016
212-206-6700

- website

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Tips from Instructor Tara Stiles

Feel Better Already, Part II

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