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**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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2010 Feel Better Already Guide

Cooler Cleanse Juice and Raw Food Delivery

2010 Feel Better Already Guide

Tips from Instructor Tara Stiles

Feel Better Already, Part II

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