

## Spa Week superlatives

More than 100 venues citywide will offer \$50 treatments from Monday 11 through October 17; we let you know where to spend your hard-earned money. Illustration by Rachel Harris

**CHILL OUT!**

To read about six more top treatments, visit [timeoutnewyork.com/shopping](http://timeoutnewyork.com/shopping). For a full list of Spa Week offerings, visit [spaweek.com](http://spaweek.com).

**Best full-body treatment: 60-minute Aromatherapy Rolling Stone Massage at Spa Martier**

Sink into the softest sheets imaginable in a room the size of most studio apartments for this *ah*-inducing rubdown. The blissful treatment incorporates "Hot Lava Basalt" stones and Swedish massage with aromatherapy oils to stimulate your senses, loosen muscles and work out every kink from head to toe. *Normally \$135, 1014 Second Ave between 53rd and 54th Sts (212-758-5370, [spamartierny.com](http://spamartierny.com))* —Rachel LeWinter

**Most creative: 45-minute Turkish Hammam at the Spa at Trump Soho**

This Turkish tradition, performed in a steamy, temple-like dome, will help you relax and detox. While lying on a heated stone, a spa specialist pours warm water over your entire body and exfoliates your arms, legs, back and stomach using a mitt. You'll then be covered in a bubbly concoction of coconut and olive oils, and rinsed once again. Be prepared to be wet and naked, which sounds dirty but feels refreshingly clean. *Normally \$100, 246 Spring St between Sixth Ave and Varick St (212-842-5505, [trumpsohohotel.com](http://trumpsohohotel.com))* —Lauren Levinson



**Best for the sleep-deprived: 30-minute reflexology + 20-minute nap at YeloSpa**

A therapist will gently prod your tootsies, hands and ears in all the right places, so as to induce a deep state of physical and mental relaxation. The short yet powerful treatment is followed by a power-nap in one of YeloSpa's cocoon-like rooms, which should leave you more rejuvenated than Rip Van Winkle after his decades-long slumber. *Normally \$85, 315 W 57th St between Eighth and Ninth Aves (212-245-8235, [yelospa.com](http://yelospa.com))* —JC Hernandez

**Most relaxing: 50-minute Spa Week Stress Melter at Elizabeth Arden Red Door Spa**

Unburden yourself during this abbreviated version of Red Door Spa's popular Stress Melter treatment. A neck-to-toes exfoliating rub is followed by an aromatherapy wrap, where you'll breathe in hints of rosemary, lavender and grapefruit. The service caps off with a scalp massage, and you'll emerge with your nerves assuaged and your skin feeling baby-soft once more. *Normally 110 minutes for \$235, 691 Fifth Ave between 54th and 55th Sts (212-546-0200, [reddoorspas.com](http://reddoorspas.com))* —Audrey Tempelman

Shopping

## Locally made nail polishes

Support your neighbor by choosing one of these hot hues for your next mani or pedi. By Lauren Levinson

**GIVEAWAY!**

Be the 15th person to e-mail "nail polish" to [shopgiveaways@timeoutny.com](mailto:shopgiveaways@timeoutny.com) to win all five of these colors.

**Fun fact:** This ubiquitous brand is actually produced in Astoria.

**Manhattanites S. Liz Pickett and H. Ginger Johnson create these vegan, nontoxic paints.**

**▲ Essie Lapis of Luxury** nail polish, \$5, at Duane Reade, locations throughout the city; visit [duanereade.com](http://duanereade.com)

**▲ Ginger + Liz Colour Collection** Ivy League nail polish, \$12, at Townhouse Spa, 39 W 56th St between Fifth and Sixth Aves (212-245-8006, [townhousespa.com](http://townhousespa.com))

**▲ Kaia House St. Barths** nail polish, \$8, at Kaia House, 9 Clinton St between E Houston and Stanton Sts (646-861-3508, [kaiahouse.com](http://kaiahouse.com))

**In Sanskrit, *priti* means "satisfaction, love and pleasure."**

**▲ Priti NYC Star of India** nail polish, \$13, at Therapie, 309 Columbus Ave between 74th and 75th Sts (212-877-5394, [therapieny.com](http://therapieny.com))

**This LES shop is known for producing its own all-natural beauty booty.**

**▲ Rescue Beauty Lounge Yellow Fever** nail polish, \$18, at Rescue Beauty Lounge, 34 Gansevoort St between Hudson and Greenwich Sts, suite two (212-206-6409, [rescuebeauty.com](http://rescuebeauty.com))

**Ji Baek opened this beauty salon after a fruitless search for a hospital-clean pedicure spot.**