

# MODERN **LUXURY**

## The Best of Manhattan Aesthetics & Wellness for 2019

### **MOST LUXE MED SPA**

[NYDG Integral Health & Wellness](#) (119 Fifth Ave.) With decades of experience and bespoke services, NYDG Integral & Wellness optimizes physical aesthetic, performance and well-being with therapies including cryotherapy and transformative facials, as well as personalized plans such as bridal and postnatal programs.

### **BEST MOMMY MAKEOVER**

[Dr. Melissa Doft](#) (755 Park Ave.) Dr. Doft focuses on individual patient beauty by utilizing a multidisciplinary team of top dieticians, physical trainers and estheticians to enhance surgical results.

### **BEST REPRODUCTIVE RESOURCE**

[Kindbody](#) (693 Fifth Ave.) A full-service women's health and fertility platform, Kindbody educates the public on fertility through info sessions and provides fertility assessments, IVF and egg freezing.

### **BEST LUXURY HOSPITAL DELIVERY ROOM**

[Penthouse at New York Presbyterian](#) (525 E. 68th St.) Decadent rooms equipped with Frette linens, marble countertops and even butlers await patients who stay in the penthouse with skyline and river views.

### **BEST WELLNESS RESOURCE**

[The Detox Market](#) (76 E. Houston St.) The Detox Market's carefully curated selection of green makeup and wellness products follows a strict approved ingredients list, and the flagship location serves up personalized and private consultations.

### **BEST WELLNESS RETREAT**

[Y01 Wellness Center](#) in the Catskills (420 Anawana Lake Road, Monticello, NY) The center provides an all-encompassing, personalized wellness retreat with 68,000 square feet of therapy areas that helps clients manage everything in their lives through ayurveda, yoga, naturotherapy and acupuncture.

### **BEST WELLNESS CONCIERGE**

[Tribeca Wellness Collective](#) (116 Chambers St.) Led by Dr. Josh Trutt, Tribeca Wellness Collective

centers on a well-rounded approach to wellness, anti-aging and disease prevention through personalized programs like biomarker testing and hormone therapies.

### **BEST GURU**

Tanya Zuckerbrot Famed dietitian Tanya Zuckerbrot created the F-Factor Diet, a weight-loss program based around fiber-rich nutrition, and her company features one-on-one diet counseling and supermarket tours.

### **BEST MASSAGE**

Naturopathica (127 W. 26th St.) Designed by founder Barbara Close, Naturopathica massages are a love letter to herbalism, each including a specific blend of oils and botanicals that promote wellness and relieve stress.

### **BEST WORKOUT**

The Class by Taryn Toomey (22 Park Place) Toomey's The Class concentrates on self-study through physical conditioning, a meld of music and movement that has won such fans as Jennifer Aniston and Christy Turlington.

### **BEST CELEBRITY**

Trainer J Train Wellness (505 Greenwich St.) With a cohesive team of trainers, acupuncturists, massage therapists, yogis and more, J Train's program puts clients under a holistic exercise regimen led by fitness powerhouse Joe Maysonet.

### **BEST COSMETIC DENTIST**

Dr. Michael Apa (30 E. 76th St., 5th Floor) An American Academy of Hospitality Sciences Five Star Diamond Award winner, Dr. Michael Apa of the Rosenthal Apa Group is behind some of the brightest smiles in New York. Working in NYC, California and Dubai, his Facial Aesthetic Design method of cosmetic dentistry placed him in the forefront of the field, and the Apa Beauty line (apabeauty.com) utilizes the best technologies in oral health. Patients can find Dr. Apa at his new clinic, which features the first in-house veneer ceramics lab in the U.S. "By having the world's top ceramists on staff and our operations all under one roof, it allows me to be completely hands-on with patients' cases," Apa says. "The final product truly speaks for itself."

### **BEST ALTERNATIVE HEALER**

Juhi Singh (164 E. 61st St.) At the new Juhi Center, clients can partake in Chinese medicine, acupuncture, ayurveda, homeopathy, therapeutic massage and meditation.

### **BEST ACUPUNCTER**

WTHN (20 W. 22nd St.) Experience the 2,500-year-old traditional Chinese medicine either by

choosing a specific procedure from the menu to focus on stress, muscle weakness or skin problems, or opting for an individually curated treatment for an entire body.

### **BEST DERMATOLOGY PRACTICE**

[Dr. Paul J. Frank](#) (1049 Fifth Ave.) Specializing in the latest technology for face and body rejuvenation as well as fat removal, Dr. Frank's minimally invasive techniques are renowned throughout New York, and his therapeutic skincare line PFRANKMD cleanses, protects and treats any skin type.

### **BEST FACE-LIFT**

[Dr. Andrew Jacono](#) (630 Park Ave.) A Patients' Choice Award winner, Dr. Jacono has a full suite of surgical and minimally invasive procedures and is a frequent contributor to a number of philanthropic pursuits through free consultations and reconstructions for underprivileged children around the world.

### **BEST INJECTABLES**

[Park Avenue Skin Solutions](#) (116 Chambers St., Floor 4) Find an array of injectable and dermal filler options, as well as laser and chemical peel procedures from founder Lauren Abramowitz.

### **BEST PLASTIC SURGEON**

[Dr. Matthew White](#) (800A Fifth Ave., Ste. 502A) A Harvard Medical School-trained surgeon and international authority on facial aging, Dr. White specializes in ensuring that the neck up looks as youthful as patients feel.

### **BEST SPINAL SURGEON**

Dr. Alexandre B. De Moura of [New York Spine Institute](#) (521 Park Ave.) Dr. De Moura's practice cares for all kinds of spinal injuries with house calls and a full physical therapy program.

### **BEST HOLISTIC DENTIST**

[Dr. Gerry Curatola](#) (521 Park Ave.) With more than 35 years of clinical practice, Dr. Curatola is an expert in holistic dentistry and aims to improve each patient's "mouth-body-spirit" connection through procedures such as tooth restoration and dental implants.

### **BEST FOOT SURGEON**

[Dr. David Levine](#) (523 E. 72nd St.) A Castle Connolly-listed top doctor, Dr. Levine is a specialist in post-traumatic foot and ankle reconstruction, fracture repair and arthrodesis treatment of chronic pain.

### **BEST HAIR RESTORATION**

[Goldenberg Dermatology](#) (14 E. 75th St.) The Goldenbergs' Platelet Rich Plasma method has been

revolutionary in nonsurgical hair restoration treatment, providing a noninvasive option that stimulates hair growth and can prevent future loss.

### **BEST NONINVASIVE PROCEDURE**

EmSculpt at [PFRANKMD Medspa](#) (1049 Fifth Ave.) Dr. Paul Frank's EmSculpt body contouring device allows clients to burn fat and build muscle in trouble areas by sending electromagnetic energy that stimulates thousands of muscle contractions.

### **BEST MEDICAL CENTER**

[Hospital for Special Surgery](#) (535 E. 70th St.) Ranked as the number-one orthopedic surgery center in the U.S. for nine consecutive years, the oldest orthopedic hospital in the country performs more hip surgeries and knee replacements than any other in the country.

### **BEST MEDICAL CONCIERGE**

[Studio Med](#) (133 E. 58th St., Ste. 512) Studio Med pioneered medical concierges in NYC by providing unlimited access to physicians 24/7 and puts same-day blood work, routine checkups and urgent care at patients' fingertips.